

The International African Inventors Museum comes to Humber North's concourse



HUMBER WORLD JAZZ ENSEMBLE



KATE RICHARDS

Steve Mancuso, back center, performed alongside his World Drum Ensemble at Humber's first ever World Jazz showcase on Jan. 24. The event – organized by the college's music department – allowed students to explore diverse musical cultures. Full story on pg. 9

Academic credit transfers go online

By Sonya Kahlon
NEWS REPORTER

The Ontario government has created a new database that will make it easier for students to transfer credits.

"The progress we've made implementing a strong credit transfer system will lead to a more valuable and flexible postsecondary education for students across Ontario," said Brad Duguid, minister of training, colleges, and universities, in a news release.

According to Jennifer Smith, admissions manager at Humber College, the Course-to-Course Transfer Guide will help students switch post-secondary schools without having to take or pay for the same course twice. This database, which went online Jan. 20, shows which school will give credits for the courses the student has completed.

"There were 210,500 transfers (in the province) last year," said Glenn Craney, executive director of the Ontario Council on Articulation and Transfer, adding that business, health, engineering, social sciences and humanity courses were the top five transfer programs.

The post-secondary institutions that signed on in the GTA are Humber College, Sheridan College, Centennial College, Durham College, Seneca College, Ryerson University, University of Toronto, McMaster University, Brock University, University of Ontario Institute of Technology and York University.

ON Transfer is talking to the remaining institutions to finalize the timelines. "No one said no," Craney said.

Lia Quickert, communications director of the Ontario Council on Articulation and Transfer, expects other schools to follow suit. "We anticipate having those 12 institutions loaded into the Course-to-Course Transfer Guide by the end of March."

Students push for lower tuition fees

By Charles Tang
NEWS REPORTER

Two Ontario student unions have submitted their recommendations for the provincial budget on how to reform the financial aid structures.

The Canadian Federation of Students – Ontario, an umbrella group made up of more than 30 student union locals, is asking the province to eliminate the Ontario Tuition Grant (OTG) and relocate the fund to reduce tuitions for all students by 30 per cent in three years.

"The OTG was introduced as a way to attract votes, par-

ticularly those middle class families who have kids in high school," Alastair Woods, president of the CFS-O, said. "You must be a full-time student who cannot be more than four years after graduating from high school in order to receive the grant. The average age of a college student is 24, which make you ineligible for the grant."

"Many students just don't qualify for the grant," Woods said.

The Ontario Undergraduate Students Alliance, which represents more than 140,000 students, called for the elim-

ination of the student's tax credit and suggested using the funds to directly reduce tuitions instead.

"We found that the tax credit system is inefficient when it comes to helping student who need it most," said Spenser Graham, vice president the undergraduate alliance.

"We found that the majority of the tax credits are going to students who come from higher income backgrounds, (and) students from lower income backgrounds receive less," he said. "In order to receive the tax credit, stu-

dents need to earn sufficient income to pay tax to receive the tax credit. Only one out of three students is eligible to do so," he said.

Graham said tuition tax credits don't go to the students who need them the most.

However, instead of calling for the elimination of the Ontario Tuition Grant, the alliance suggests the loosening of rules for some, including aboriginal students and students with dependants, who are more likely to be ineligible for the grant, and to expand the tuition reduction covered in the grant to 35 per

cent from 30 per cent.

The alliance also supports the loosening of application rules for the Ontario Student Assistance Program (OSAP) and grants, and to increase student living allowances.

Both student unions are preparing to campaign on the education issue as the next provincial election may come as early as this spring.

"The Ontario Tuition Grant was made because education was such a big issue in the last election," Woods said.

see TUITION on page 2

WORLD EVENTS THIS WEEK

SUNDAY 2	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8
SuperBowl XLVIII Seattle Seahawks VS Denver Broncos 6:30 P.M. MetLife Stadium, East Rutherford, New Jersey	Veterans' Day Victory Monument, Thailand Remembering the founding of the War Veterans Organization of Thailand.	World Cancer Day This health awareness day is led by the Union for International Cancer Control.	Weatherperson's Day Observed on the birthday of one of the United States' first weather observers, John Jeffries	Day of Zero Tolerance to Female Genital Mutilation A UN-sponsored awareness day to promote its eradication.	Sochi Winter Olympics begin The Winter Games begin today, and finish on the 23rd.	Setsubun, Japan Setsubun, also called Bean-Throwing Festival, refers to the Spring Setsubun, or "seasonal division"

Ontario Tuition Grant should broaden scope

Continued from pg. 1

"It was a result of a lot of pressure we were able to put on and all of the parties actually provided something tangible to the students."

He said the CFS-O will host a lobby week to talk with MPPs from different parties. Woods said in the case of an election, the federation will campaign to encourage students to vote.

Graham said his organization is not expecting a spring election. But if there is one, "we will make sure students are actually getting out and voting. We will also provide information on what are the parties' stands on different student issue," he said.

Among other changes, the CFS-O recommends improving students' access to public transit, re-introducing the post-residency fee for graduate students to see their tuition reduced by half after they finish their courses, tackling the issue of unpaid internships and being tougher in enforcing the rules on auxillary fees.

"Many schools are having these auxillary fees which are not providing services to students but are just making money out of them," Woods said.

"Government should be tougher when enforcing the laws," he said.

The College Student Alliance, representing the Humber Students' Federation, has yet to make their submission this year, but in 2013, they called for the expansion of the Ontario Tuition Grant, and to increase direct funding to schools to reduce pressure on students with the increasing tuition.

Hiroko Nakata, 30, a second-year Humber nursing student pays \$1600 per semester for tuition. She receives OSAP, but is ineligible for the OTG.

"Many schools are having these auxillary fees which are not providing services to students but are just making money out of them."

Alastair Woods
PRESIDENT OF CANADIAN FED. OF STUDENTS -- ONTARIO

"Personally, I have no complaint for that. Students just graduated from high school don't have that much money to pay for school, but if they made the distribution of the fund more even, that would be good," she said.

Steven Edgerton, 20, is a second-year heating, ventilation and air conditioning student at Humber. While he qualified for the OTG, he missed the deadline and didn't receive the tuition reduction.

"It would be better if the grant is automatic," he said. To pay off his tuition, he worked during the summer and receives help from his parents.

"I think if the government can pay straight up for our tuition and let us pay them back in the future, that would make it easier for students," he said.

Edgerton suggests the government look into improving the quality of education, and provide more opportunities outside classrooms, like expanding co-op programs.



SANJA ANTIC

Humber Gospel Choir will help kick off Black History Month tomorrow and Wednesday at North and Lakeshore campuses.

Black History Month events kicking off at North campus

Tyrell Martins
SENIOR REPORTER

Humber College's Gospel Choir will be one of the many acts displaying their talent at the Roots/A Celebration of Black Culture and History event.

The Gospel Choir is a Humber program made up of approximately 30 music students. With the intent of future growth, auditions will be hosted in the fall, as the choir is searching for members from various programs to join them at the Lakeshore Campus.

Humber music professor Brad Klump believes that understanding the history of gospel music would be beneficial for embracing various music genres.

"This an opportunity for students to explore and celebrate a type of music we don't usually do. If you trace the history of gospel music, you realize that it has influenced and informed all types of popular music," Klump said.

He added gospel music has the ability to instill togetherness,

and provide a jubilant atmosphere throughout the student body.

"There's a tremendous richness in exploring the repertoire, understanding the history of gospel music, and then getting people together to sing songs that have tremendous meaning and a sense of joy," Klump said.

The event, which takes place at the North and Lakeshore campuses over the next two days, will showcase various performances by local comedians, musicians and poets. An art gallery and fashion show, along with information and food booths, will headline the festivities.

Event organizer and former Humber interior-design student, Tennesha Skyers, also wants to commemorate all cultures while guiding Humber's launch of Black History Month.

Skyers will be auctioning off two paintings in hopes of creating a brother and sisters scholarship, which will be issued to any future Humber student that exemplifies unity

and togetherness.

"At Humber we have multiple scholarships that celebrate talents or abilities, but not necessarily anything that promotes togetherness," Skyers said.

Likewise, Skyers hopes the scholarship can become an annual event that sends the same message on a yearly basis.

"I thought this would be a great beginning to highlight different races, people from different schools, age-groups, different variations of talents and art genres coming together to honour one long journey that we've all endured through our ancestors."

The Jade Project, co-founded by Carissa Brooks, is a group that creates awareness of mental health and mental illness through handmade bracelets. Each bracelet has a jade bead, which stands for healing, hope, acceptance, and removing the negative stigma attached to mental illness.

Brooks believes that this event would provide a great platform to educate peers

regarding the battle against mental illness.

"We find that in the black community (mental illness) is not talked about as much because of fears of what others may say and there's so much stigma around mental illness. It's not portrayed as a strong feature of a person," Brooks said.

Jade bracelets will be sold at the event for \$5, while necklaces will also be available, ranging from \$10 to \$30.

"You don't have to be what people expect of you, you can surpass the stereotypes, and the same thing that goes for stereotypes regarding black individuals goes for mental illness," she said. "We've combined both to show people that we're young black women, but we've both identified having a mental illness and speaking up for it, and it's a good thing."

The free event takes place tomorrow at 11 a.m. in the North campus Student Centre, and at the same time Wednesday in the L-cafeteria at the Lakeshore campus.

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Vietnamese greet lunar new year

Adriana Zhang
NEWS REPORTER

Nearly a hundred Humber students gathered to celebrate the Lunar New Year with the Vietnamese Student Association on Jan. 25.

The event, Fly to Vietnam, was hosted in the Humber North campus Student Centre and was open to Humber students, alumni, as well as friends and family.

Attendees got a taste of traditional Vietnamese culture, including a sampling of traditional foods and enjoying various traditional dances and performances.

A dynamic lion dance kick-started the event followed by singing and dancing. Many of the female greeters wore ao dai, a traditional form-fitting dress.

There are about 200 Vietnamese international students at Humber College, said VSA president, Vinh (Edward) Tran.

"All of them live very far from home and are homesick," said Tran. "We organized this event so students have the chance to celebrate



ADRIANA ZHANG

The Vietnamese Student Association welcomes the Lunar New Year with celebrations such as a lion dance performance

together and to feel as if they had flown home to Vietnam."

The Lunar New Year, known as Tet Nguyên Đán in Vietnamese, is the most important day of Vietnamese culture, said Tran. This year, it began on Jan. 31 marking the start of the Year of the Horse.

Vikram Subramanian, a first year Hospitality Operations Management student, said a friend had invited him to the event and it was his first time attending a cultural celebration on campus.

"It's a good way to get to know people and exchange

cultures," said Subramanian, whose own heritage originates in South India.

Tran credits the success of this year's event to the support of the Humber Students' Federation.

"We're very thankful to HSF who helped us with funding,"

said Tran, "They also sent staff to help us with the set up."

The HSF president, Timothy Brillhante, said this was the first year HSF has assigned a full time clubs coordinator to work exclusively with clubs. The coordinator helps student clubs handle logistics, plan-

ning, budget and financing.

Victoria Mathieson, clubs coordinator, said she oversees club activities at all three Humber campuses. Her role includes helping clubs with logistics, funding, booking club space and supplying part-time staff to help at events.

Mathieson said the goal of this new position was to facilitate and deliver more campus events to students.

"At the end of the day, it's the students' dollar," said Brillhante. "They should have the right to more events that interest them."

Trang Vu, a third year accounting student, said there were more people in attendance this year and that it was more organized compared to the event last year.

"This is my last year at Humber so I wanted to make memories before I leave," said Vu, who has only been home once in the last five years.

Tet Nguyên Đán features aspects of western holidays such as Thanksgiving, Christmas, and New Years. Traditionally celebrated with family and friends over a large feast, children receive red envelopes from parents containing cash.

Tailoring accommodations to students with disabilities

Humber seminar held on meeting individual needs on campus

Reagan McSwain
DIVERSITY REPORTER

North campus reaffirmed its determination to providing a supportive learning environment during a Tuesday discussion about accommodating students with disabilities.

Human rights lawyer Brenda Bowlby told listeners at the Centre for Human Rights Equity and Diversity that accommodation has to match the needs of each individual.

It is up to the school to assess possible requirements and options instead of just applying a fixed plan to ensure the student receives the accommodations required, she said.

"You can't take a 'one size fits all' approach you've got to look at the individual situation, the student's individual needs, and make an assessment of those needs," Bowlby said.

She said the school's responsibilities in accommodating a students needs goes

beyond the walls of campus. "Engaging in proactive problem solving, not just meeting and engaging with the student, but also engaging with third parties whose cooperation may be necessary to accommodate the student...for example a co-op



You can't take a 'one size fits all approach', you've got to look at the individual situation, the student's individual needs and make an assessment of those needs.

Brenda Bowlby
HUMAN RIGHTS LAWYER

placement," said Bowlby.

Attending the event were staff, faculty and students from Humber and other colleges and universities.

"I have been doing this [work] for many years, and in this area there are ongoing changes all the time," said

Brenda Lycett, student relations consultant at Centennial College. "As an individual doing this work, it's important to know about those types of changes...it was really valuable and I appreciated the opportunity of Humber inviting us."

"We now have a stronger focus on being student centered and this is one of the places that we are embedding - how do we stop any or any possibility for a human rights violation?" said Nancy Simms, director, Centre of Human Rights Equity and Diversity.

"I myself am deeply committed to that, it's my role here in terms of prevention but I'm happy to say that today's turnout certainly reflects the interest and the commitment," she said.

"It sends a really loud message," said Simms.

The next Diversity and Inclusion Dialogue will host Will Rowe who will speak about working with transgendered students in the post-secondary institution. The event will be at Lakeshore campus on Feb. 19.



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Million Jobs Act draws heat

Ian Burns
NEWS REPORTER

Ontario's opposition leader Tim Hudak is focusing his efforts on job creation, but opponents say his plan will do nothing to create jobs or help job-seeking students.

Progressive Conservative party leader Hudak is set to introduce the Million Jobs Act when the provincial legislature begins its spring sitting on Feb. 18. In a statement, Hudak said his bill will include tax cuts, increased training for skilled jobs, and increased trade.

"I am excited to bring forward an economic plan that will put people back to work, and help young people achieve their goals," said Hudak in the announcement. "If passed, this legislation will immediately begin its task of creating jobs. This is more critical now than ever."

Hudak's efforts come on the heels of a Statistics Canada report, released in January, which stated that Canada lost 45,900 jobs in December, with 39,000 of those job losses coming in Ontario. Hudak pointed in the news release to the closures of manufacturing plants such as Heinz in

Leamington and Kellogg's in London as evidence that the current Liberal government has failed to create jobs.

Gabe De Roche, director of communications for the Ontario Ministry of Economic Development, Trade, and Employment, said that Hudak's proposals, which include his "right-to-work" efforts which would eliminate mandatory union membership, would drive down wages.

"The Tim Hudak plan to kill jobs through billions in (tax) cuts and reduced wages," said De Roche.

Hudak also wants to ensure that those seeking a career in the skilled trades will be better able to find jobs by changing the journeyman-to-trainee ratio to one-to-one and eliminate the Ontario College of Trades, which Hudak said in the statement kills jobs and is "nothing but a tax on workers."

"We need to train more skilled workers to meet the demand in trades, and help young people in Ontario – including recent and future post-secondary graduates – find good jobs," said Vic Fedeli, the opposition critic for finance.

Fedeli said Colleges Ontario estimates there are 46 per

cent fewer trades people per capita in Ontario compared to the rest of Canada, and that the current government has failed in its efforts to enhance opportunities in the skilled trades.

Brad Duguid, Ontario's Minister of Training, Colleges and Universities, noted Hudak's efforts will do nothing to increase access to the trades.

"The Ontario College of Trades has increased opportunities for the training of skilled tradespeople," said Duguid. "The college has reduced the journeyman-to-trainee ratio in 16 different professions."

Duguid said that the Liberal government's record of success in reducing the journeyman-to-trainee ratio is in contrast to the previous PC and NDP governments. He added efforts such as the Youth Jobs Strategy have created numerous job opportunities for students.

Duguid also pointed to the fact that the Tories want to eliminate the 30 per cent tuition rebate that was instituted by the government in 2011.

"I find this repugnant," said Duguid. "Students already have enough challenges, they don't need this added to them."



DANIELLE LA VALLE

The Arboretum has received more than \$100,000 from TD Canada Trust over the last decade.

Sponsors fund Arboretum

TD Canada Trust leads private sector support for habitat

Celia Grimbley
NEWS REPORTER

Much like the deer that thrive in the Arboretum, Humber's Centre for Urban Ecology and surrounding nature preserve thrive on community partners' support.

Centre coordinator Jimmy Vincent said TD Canada Trust's Friends of the Environment Foundation has been one of the biggest supporters of the programs at the centre.

"TD FEF has given us over \$120,000 in the past 10 years and thousands of students have taken advantage of that," said Vincent.

The Arboretum offers a glimpse of wildlife in a natural habitat and it's not uncommon to see various creatures roaming its land. Last week was no exception as deer were seen foraging on birdseed in the feeders outside the windows of the office.

The Arboretum and Centre for Urban Ecology provide students, usually junior kindergarten to Grade 8, with a self-directed learning opportunity to help their understanding of the natural environment, he said.

"What we do is use that fundraising to help off set the cost of a trip for students," said Vincent.

Carolyn Scotchmer, regional manager for the bank's environmental program, said the foundation searches for projects involved in environmental education, urban greening, outdoor classrooms and conservation.

"I think the work at Humber is so important to the urban greening and environmental education space so it hits the main pillars that we're often looking for," she said.

"TD FEF has given us over \$120,000 in the past 10 years and thousands of students have taken advantage of that."

Jimmy Vincent
ARBORETUM COORDINATOR

Scotchmer said the bank's environmental charity donated more than \$430,000 to 90 programs in the Toronto and Durham Regions in 2013 and just over \$360,000 of that total went to Toronto programs alone.

She added over 150,000 TD Canada Trust customers donate one to two dollars monthly with 100 percent of the donations going back into community environmental projects.

"TD pays for all the admin and operational costs of the foundation so that all

the money customers donate goes back into the charitable projects," said Scotchmer.

Vincent said the Arboretum and Centre for Urban Ecology also get funding from the City of Toronto to offset the costs of maintaining a public garden because the Arboretum is a designated Toronto park.

He said the Toronto and Region Conservation Authority helped restore some of the trail networks in the Arboretum last summer.

Humber watershed specialist Vicky McGrath said the conservation authority owns the land along the Humber River within the Humber watershed and plays an advisory role to the Arboretum and Humber College.

"The role of the conservation authority is to oversee any work that is done on conservation authority land or to provide guidance," said McGrath.

She said Peel, York and Durham regions and the City of Toronto fund the conservation authority in support of the priorities of the regional municipalities.

"The Humber contributions, over the course of time, are in the millions [of dollars]," said McGrath. Vincent said the Arboretum and Centre for Urban Ecology apply for funding from several community partners, emphasizing the collective effort in environmental education and protection.

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North campus gets games room

HSF partners with We Got Game to provide students with a place to play videogames

Kathleen Jolly
NEWS REPORTER

Humber's North campus has finally caught up with Lakeshore in the video game department.

Humber North is now home to a new video games room equipped with Xbox Ones, located in KX203.

"We had the video games at Lakeshore last year as part of their games room," said Humber Students' Federation services coordinator Kimberly Daniels. "It went over really well at Lakeshore, so we thought we'd introduce it here at the North campus this year."

The games room, which opened on Jan. 13, has been in the works since last summer.

"I oversee the games room, it's my staff in there taking care of it, but this really was a project that our VPs worked on over the summer to kind of get it introduced here at the North campus," said Daniels.

To set up the room, HSF

partnered with We Got Game!, a Toronto-based interactive game centre that hosts Xbox video game events with different schools and clubs.

"(We Got Game!) comes a few times a semester and they do gaming tournaments," said Daniels.

The room has colourful wall blocks reminiscent of Tetris pieces, and features eight Xbox Ones and monitors, as well as an array of seats, from chairs to bean bags.

The room is open 9 a.m. to 4 p.m. Monday to Friday.

"It's free play for students," said Daniels. "You go into our gaming room, you have to leave behind your student card or a piece of ID to sign up to use the equipment, and you get half an hour of free play."

Daniels said student reception has been strong: "There's tons of students in there all the time."

"The game room has been well received by students, and we couldn't be happier put-



KATHLEEN JOLLY

Humber students unwind in KX203 where HSF has created a video game room to match a facility at Lakeshore campus.

ting a space to use that was otherwise left empty," said Timothy Brillhante, HSF president.

Gilbert Gayle, 21, a Humber computer and networking student, said, "It's awesome."

Gayle is one of the regulars, playing every Monday and Wednesday usually from noon to 2 p.m.

Asked what his favourite game is, Gayle cited the popular first-person shooter Call of Duty: Ghosts.

Cautious Taser use by police urged for confrontations

Travis Pereira
NEWS REPORTER

Policing involves split-second decisions, but an important skill is to learn how to buy time.

"If you need to stop someone for their own and your safety a Taser may be the best way to do it, rather than waiting for 15 or 20 minutes and trying to talk it out," said Henri Berube, Humber's police foundations program coordinator. "(Talking) would be a preferable option, but it's not always the option you have."

He said when an officer faces the threat of violence by someone who has an edged weapon, it's hard to devise a separate response for those who suffer with mental health issues.

"With that being said, if you can identify that the person has mental health issues prior to the confrontation, there may be better ways of responding," said Berube.

Humber counsellor Andrew Tibbetts said emotions are contagious and the only

way to override automatic emotional responses is adequate training.

"We have a primal defence system and we evolve to survive in tough situations, but in the modern world we have to bump into strangers all the time and we can't be sure of their emotional situation," he said.

Tibbetts said when facing the threat of violence in confrontations with an individual who may have a mental illness, proper training would still allow for de-escalation techniques to be used to avoid the use of force.

"Obviously, it's preferable to being shot," he said. "But, even more preferable is not to have to use anything at all and that's why I think with really good de-escalation training we might be able to save things like that as a last resort."

Steve Tuttle, vice president of communications for TASER International Inc., said the main benefit of the device is its effects are immediate and it safely and effectively stops a threat in a way that is

less injurious to the suspect.

"It stops somebody for a five second period of time in which they can't do coordinated action," he said.

Tuttle said the Taser is the most misunderstood use-of-force device.



Obviously it's preferable to being shot.

Andrew Tibbetts
HUMBER COUNSELLOR

"The primary goal is for an officer to achieve their window of opportunity when dealing with a person that is threatening violence to the officer, themselves or others," said Tuttle. "The recovery for the person it's used on is almost immediate."

Berube said Tasers allow for possible non-lethal intervention and if Ontario officers are allowed to carry them, there would most likely be a decrease in the incidents where firearms are used.

"If you're going to carry it,



COURTESY WIKI COMMONS

De-escalation techniques should precede any resort to taser use, says Humber College counsellor Andrew Tibbetts.

you have to be trained for it, it has to be reliable and the public has to know that there is potentially still some danger with it," he said.

Berube said the Humber program doesn't provide training for the proper use of devices such as the Taser.

"We're teaching people academically about critical thinking," said Berube.

He said police colleges or training centres give information on current standards and training on the effective application.

"Everything from racism and sexism to dealing with mental health issues is discussed and creates a better and deeper understanding for the students towards the challenges and struggles that people face, and hopefully builds some empathy," he said.

Berube said the process of applied learning includes

teaching awareness of current issues and getting experts to share their experiences and introduce students to the critical thought process involving complex issues, a necessary requisite before being involved in a situation.

"You're giving the student a balanced view from all angles," said Berube, "from the individual facing a challenge such as mental illness, (to) the police perspective of having a job to do, and then from an oversight perspective of what can happen if you abuse the powers of arrest and search or deviate from the Ontario Use of Force model when doing that job."

Tibbetts said when dealing with angry, upset or confused people, it's very difficult not to reciprocate similar emotions.

"We have to be trained to learn when it's necessary to

go against what we might instinctively do," he said.

"If someone is upset with, you it's a natural response for your body language to get defensive, and that may read to the other person as aggressive," said Tibbetts. "If you don't interrupt this process, it's just natural that things will escalate."

Tibbetts said remaining calm and composed is crucial in setting the tone in confrontational situations.

"It's definitely doable. My attitude and my presentation can set the tone and the other person can be calmed down," he said. "People don't want to be upset so there's a lot you can do to ease their worries and deescalate the situation before the use of force is necessary."

Tibbetts said a provincial standard for de-escalation training used by the health-care industry to manage and prevent aggressive behaviour might be transferable to policing. He said Code White training, such as may be used in hospitals, focuses on effectively using words, tone and body language to de-escalate tense situations.

"If things are going to change, it's crucial that experts in the area are involved in the training," said Tibbetts.

Developing cities need to listen to all perspectives



Change is inevitable for a sprawling metropolis like Toronto. It's understandable that aspects of the city need to evolve in order to accommodate the rapidly rising population numbers. Yet, it appears the city can't get through a solid week without some type of backlash from residents when urban development is involved.

From the Billy Bishop Airport expansion, to David Mirvish's Frank Gehry-designed towers on King St. W to the arrival of franchise competition in Kensington Market, all have become major concerns for residents living in those areas. Are the petitions, rallies, and protests against these developments what Toronto needs during this tough transitional phase?

It most certainly is. However one must be aware about what both sides want, and make sure protests

go beyond the "not in my backyard" attitude.

Looking at Kensington Market and the approval for a Loblaws at College Street and Spadina Avenue in 2016, the main fear within the community is about the probable decrease in business for the many colourful smaller food merchants of the neighbourhood. Despite being a very resilient neighbourhood that's remained fairly intact for decades, it becomes more fragile as corporate businesses slowly siphon off merchants' customers. Even though the Spadina Ward is unable to actually tell landlords who their tenants should be, the importance of strengthening the decision-making process of commercial development with the community remains crucial. Loblaws wasn't going to be stopped, but plans for a Wal-Mart next to Kens-

ington have been stalled since the end of July last year, after residents mobilized to protect the community from potential congestion. A Wal-Mart doesn't quite belong in Kensington Market. And it becomes more obvious when compared to deciding whether or not the Billy-Bishop island airport at the foot of Bathurst Street requires an expansion.

Meetings were held last year to address legitimate points from both sides of the debate regarding the airport. This is how development anywhere should proceed. Some people appreciate the convenience of having a downtown airport, but others worry about safety concerns involving both residents and marine life. Direct communication between developers and locals cannot be overlooked, and those who stand behind their community and care

about what happens to it deserve to have their voices heard.

The city will change as it moves forward, and this is a process we have little control over. However, everyone living in areas of development must stand up, and make sure their communities are being treated fairly, and that any and all concerns are being addressed. Yet we must ensure we don't protest just for the sake of protesting. Development isn't an evil entity that needs to be banished. Businesses often - but not always - do seriously take into consideration the concerns raised by those in attendance, and one must understand that a dramatic change in scenery, doesn't necessarily signal the end of a community's identity and connection with residents.

Protest with passion, and understand the full story.

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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School board to train teachers on mental health



Victoria Quiroz
OPINION EDITOR

Mental well-being issues are reported to affect one in every five students, according to the Toronto District School Board.

And so, last Tuesday, the TDSB, Canada's largest school board, unveiled a new plan to address mental health issues among public school students. The four-year plan will equip every public school in the district with a mental health team. All school staff, including teachers, support staff and caretakers will be trained in youth mental health, and there will be an increase of programs that raise awareness about mental health issues.

This is a huge step forward for Toronto's public school system, and the initiative to decrease the social stigma of mental unwellness. How-

ever, when it comes to an effort for something that can be so particular depending on the situation, I'm left wondering how effective a wide-spread campaign can actually be.

The strategy was first announced in February of 2013 following findings from a 2011 survey. Large percentages of students who participated in the survey, reported themselves as excessively tired, having difficulty concentrating, often losing sleep and feeling like crying.

TDSB director of education Donna Quan spoke with reporters about the new strategy at Rosedale Heights School of the Arts, where the issue of mental wellness has been addressed for several years. Students at Rosedale can participate in lunch hour yoga programs, meditation and a weekly wellness group.

I am an alumna of Rosedale Heights. Although I'll never be someone to wax poetic over my high school years, I will admit to feeling a small swell of pride upon hearing my alma mater was leading the charge.

Still, there is a limit to what the TDSB, and students, can expect of their teachers. The training teachers will undergo is imperative to this cause, but it will not be able to provide the level of help many students desperately need. When a teacher runs several courses, along with extra-curricular activities, they cannot be expected to be able to notice mental health issues in students and give them the attention needed.

What the TDSB needs are trained youth counselors in schools that can give students with these issues professional help. I see the plan that has been unveiled as a school board-wide Band-Aid that will only pacify and do nothing to actually heal.

Again, I emphatically agree with the decision to provide training in mental health issues to all school staff. Giving school staff the tools to understand and help their students is an invaluable addition to public schools. Yet it shouldn't be regarded as a solution. Many teachers already go above and beyond their job de-

scriptions every day. By adding another level to what they're expected to do not only are we placing an unfair amount of responsibility on them, we're doing a disservice to their students.

Mental health issues do not follow guidelines or anything regarding structure. They can't be assessed by checking off boxes on a list. I don't know the specificities of the training teachers will have but I'm certain it's not as thorough as the years of school that mental health professionals have under their belts.

Training teachers in recognizing mental health issues is a step in the right direction, but only that - a step. I realize funding is at the core of this issue, as is with everything in the public service sector. But what we need is a reminder to not remain stagnant on these developments. These issues need to remain at, or near, the top of the list, if and when funding becomes available. Mental health issues are ever changing and expanding, and our programs to help treat them should do the same.

QUOTED: Do you believe there's still a stigma around mental health issues?

Yeah, people are like 'get over it,' and say it's not a real thing.



Salvador Celestial, 17
Visual and Digital Arts, 1st Year

Yes, I strongly do.



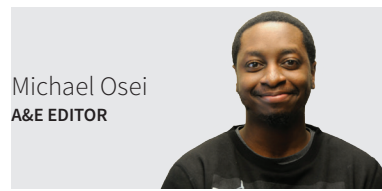
Vivi Makarewicz, 18
Visual and Digital Arts, 1st Year

I don't know actually. It varies from person to person.



Thu Dang, 18
Massage Therapy, 1st Year

Legend of Vinsanity: Carter should retire as a Toronto Raptor



Michael Osei
A&E EDITOR

There was a time when Vince Carter was the most influential player in basketball. His purple jersey covered in white stripes with the number 15 on the back was what every kid who watched him play wished to own. The man dubbed 'half-man, half-amazing' put Toronto and its NBA Raptors on the map in the basketball world. Don't believe me? Ask the top contender to win the league MVP this year, Kevin Durant, who his favourite player was growing up.

"I was a big Vince Carter fan and I just liked their jerseys, to be honest," said Durant on the Dan Patrick radio show a little over a year ago.

'Half-man, half-amazing' had astounding feats of athleticism. He jumped over 7'2" center, Frederic Weis during the 2000 Olympics for a devastating dunk that is still talked about today. He conquered and redefined the 2000 Slam Dunk Contest. And the city of Toronto, which had his services for six years from 1998, stood behind him up



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Carter currently plays for the Dallas Mavericks.

until the relationship took a sour turn.

It began with a missed attempt at a series clinching shot against the Philadelphia 76ers in the 2001 post-season. I remember the outrage towards Carter from Raptors fans. I couldn't understand it at the

time until my older brother explained. Carter had missed practice to receive his diploma from the University of North Carolina.

Injuries followed, along with a declaration by Vince that he wouldn't dunk anymore. Although he said it jokingly, it didn't sit well

with fans. Then it happened: Carter was traded to the New Jersey Nets (now the Brooklyn Nets) in December 2004.

Since that trade, every appearance he has made in the Air Canada Centre has been met with jeers from the Toronto crowd. To make

matters worse, Carter's game had a resurgence while he wore the Nets uniform. He showcased impressive dunking skills and crossovers, as if he were the same age he was when he won rookie of the year honors. A few seasons later Carter would also eliminate the Raptors in their first post-season appearance since 2002. The animosity hit its all time high when the former hero defeated his former squad, then led by Chris Bosh.

Fast forward to 2014. Tracy McGrady, Allen Iverson, Grant Hill, and Jason Kidd have all entered retirement. These were names synonymous with Carter's when they were in their prime. McGrady, Carter's distant cousin, was drafted by the Raptors a year before Vince was. With time winding down on what has been a stellar career for Carter, the question remains whether or not he should retire a Raptor.

It has been nearly a decade since the Vince Carter trade. If time does heal all wounds I say he deserves to come full circle and end his career where it all began.

Raptors fans and management shouldn't pass on the opportunity to bring closure to the career of one of the most athletically gifted talents to ever play the game. Before he goes, bring Vince home.

Sexist media prefer dating gossip to career data from women



Taylor Parsons
LIFE EDITOR

Cut the sexist fluff. As journalists, we're to present readers with the facts. It's our responsibility to remain unbiased and ask the big questions. So, it's a sad sight when media members fall flat interviewing notable women.

Sexism is alive and well. If you're a successful man, interviews are

about your success, how you got there, and how the public can be you -- that's what is reported. Publications want you to speak your mind. The public wants to hear your opinions, no matter who's offended.

Now, if you're a woman being interviewed about your success, get ready to talk about everything but your success. Prepare to deflect "fluff" questions. Your interviews will noticeably revolve around "tell the people what they want to hear," rather than "tell us what you want the people to hear."

The people, evidently, want to know what you're wearing, about your family, your best diet tips, your personal trainer's name, and how much you hate your female competitors.

The above might sound unbelievable. If the media were being that overtly sexist, surely something would be done about it. Well, media can be crafty that way. It's slipped into your brain in small doses over time, and you grow immune to seeing it -- like Wesley grew immune to cocaine powder in *The Princess Bride*.

Several examples of this subtle sexism occurred within five days this January, all affecting notable women.

On Jan. 21, 19-year-old tennis player Eugenie Bouchard simultaneously became the first Canadian to reach the Australian Open semi-

finals and second Canadian to do so in a Grand Slam, after defeating Ana Ivanovic. Following her win, a TV reporter asked Bouchard the following:

"You're getting a lot of fans here, a lot of them male. They want to know: if you could date anyone in the world of sport, of movies -- I'm sorry they asked me to say this -- who would you date?"

Bouchard, visibly embarrassed, blundered out her answer -- Justin Bieber. The camera panned to the visibly disappointed crowd.

Just days before, at the 2014 Screen Actors Guild awards, Mayim Bialik, known for her role as Amy Farrah Fowler on the hit TV sitcom *The Big Bang Theory*, was asked by reporters if, being on a show about brainy nerds, how many people actually think she can solve calculus?

The result was cringe-worthy as Bialik reminded her interviewers that she in fact has a Bachelor of Science degree, as well as a doctorate in neuroscience.

"I was actually trained in calculus for several years. Yeah, I'm a neuroscientist. You may not have known that, but, yeah, I can do calculus."

On Jan. 17, the Toronto Star released an interview with Toronto MP Olivia Chow to promote her new book *My Journey*. The article is certainly in Chow's favour, eventually going into the heavy depths

of some of Chow's trials and tribulations, yet is absolutely littered with fluffy tidbits you would have never found in the story of a male MP.

The very first lines of the article read: "Olivia Chow welcomes guests to her large Victorian home looking calm, cool, and stylish in a canary yellow blazer and slim black pants." Immediately after, Chow warns a photographer he mustn't go into the corner of her living room, or he'll uncover her Christmas decorations. The horror!

Later still in the article: "More revelations come to light when a reporter suggests setting up in the dining room. 'I didn't clean up in there,' she protests as she herds her three indignant cats."

The writer then proudly boasts that Chow "doesn't pretend to be entertaining queen Martha Stewart" and that her house reflects it.

Now that we've read about four paragraphs to confirm that Chow is a delicate little cherub with three cats, a sense of style, but unable to maintain a house -- the Star finally mentions her accomplishments.

Now, call it sexism, call it ignorance, or call it plain old bad journalism, but whatever it is, it needs to stop. You wouldn't ask Donald Trump his favourite sexual position and you wouldn't have commented on Jack Layton's living room, so don't subject women to these same questions.

ET CETERA CARTOON



JESSICA STEIN

Skulpt Aim: Tech gadget helps with fitness goals

By Marlon Gomez
BIZ/TECH REPORTER

A device called Skulpt Aim will launch this May, allowing people to personally measure their muscle fat percentage, and muscle quality.

The device lets people see muscle improvement despite not being able to see results in the mirror.

"A big reason why people go to the gym is because they want to see the aesthetics," said Joseph Gibbons, professor of exercise science and lifestyle management at Humber North. "So if they don't see that after a couple of months, it's not usually likely that they hadn't seen improvements in their strength, though."

Stasia Dara, social media and PR coordinator for Skulpt Aim, says the device is easy to use. By placing the device on a desired muscle, it will scan the fat percentage along with muscle quality.

The device will be able to measure a total of 24 muscles, including the gluteus maximus, she said.

Skulpt Aim will also launch a dashboard where people can review all of their muscle information.

"The Dashboard will initially be accessible through the web and an iOS app. We will also develop an Android app soon after as well," said Dara.

Gibbons explained anybody looking to use this device should measure their muscles on the same day of the week and same time of day. This will give people a more accurate picture of the changes, he said.

Skulpt Aim created a new metric with the aim device, which they call "muscle quality" or MQ.

"MQ is a measure of your muscle's strength and definition that was designed to be intuitive," said Dara. "A typical person's muscles have MQ of about 100, with higher numbers representing better fitness. It's measured on a similar scale as your IQ, where the average person has an IQ of 100."

Despite this explanation, some people still have questions.

Ajay Rampersad, a fitness and health promotion professor at Humber North, said he was having a hard time understanding how this metric translates into someone's health, life and function.

"Is it more beneficial to know that number than it is to see weights and strength going up?" said Rampersad.

People can currently pre-order the device for \$149, with the price rising to \$199 at the May launch.



Device is put on a muscle to measure fat and quality



DERICK DEONARAIN

Adam Kozak, final year Journalism student, has started his own video company, Kozak Video Reels, with Humber's help.

Sports videos win seed funds

By Casey Taylor
BIZ/TECH REPORTER

A Humber student is looking to help amateur athletes move to the next level.

Kozak Video Reels seeks to create professional videos for high-level athletes to market themselves to scouts and coaches.

The venture is the brainchild of Adam Kozak, a final year Journalism student. It came after attending a New Venture Fund information session, which he was covering for Et Cetera.

"I wasn't even planning on entering this contest," said Kozak. "But I was blown away by what (business professor) Jim Skinner was talking about. That's when the wheels started to roll."

There's a market for such videos in the United States where there is funding abundance and teams pull in major revenue for their schools but Canada's market is just beginning to grow.

"I think players and athletes could benefit from it," said Michael Kopinak, associate director of Athletics and Recreation at Humber North. "Probably coaches and administrators like myself could benefit from that because there's a video that's made, it kind of gives you an idea about the person you're trying to recruit."

Kozak's is one of nine ventures to have won seed funding from this year's New Venture Seed Fund.

He said the fund is Humber's best-kept secret.

"They gave away \$80,000, and that's just for the seed fund," said Kozak. "They also give away \$40,000 for the LaunchPad Competition."

Kozak said the funding was critical for starting his business, and gave him one-on-one time with a lawyer, a session with an expert entrepreneur, and the ability to network with all the other funding hopefuls.

"They're not just helping

me fund my business," said Kozak. "They're helping me fund my dream."

His videos will have three components: a full game tape, a demo skills tape, and an interview to showcase character and personality.

"It's really a full package of what that athlete can do, and what that athlete can bring," he said.

Kozak said the target market for his services would be elite athletes playing rep or higher in Ontario, primarily geared to landing athletic scholarships.

"I imagine I might eventually gear it towards scouts who want to see full game tape but don't want to travel to different cities," said Kozak. "But that's kind of in the future for now."

He said he will also target marginal players.

"It's not just the superstar athletes because they're going to be scouted no matter what," he explained. "It's mostly guys on the fringe,

like rep players who maybe haven't gotten any offers yet or maybe they haven't gotten the offers they wanted."

"When I was playing hockey, there were a bunch of guys I can think of that might have (benefitted from a video)," said Mark Godfrey, a first year paramedic student at Humber.

"One of the guys on the team had a tough time deciding which school to go to because of scholarships," said Godfrey. "He didn't get a scholarship from the school he wanted so ended up missing out on a better program for one that did."

Kozak won't initially focus on all sports. There are issues with lighting and glare inside hockey arenas, for example, so he won't be catering to that market right away.

Kozak has used the seed money to pick up the essentials for his business, including video equipment, a website, and a 27" Apple iMac.

ColinResponse uses music to spur students' pursuit of life

By Aabida Dhanji
BIZ/TECH REPORTER

Humber's New Venture Seed Fund is supporting ColinResponse's dream to help others keep their dreams.

The Bachelor of Music student at Humber's Lakeshore campus is using his stage name, ColinResponse, as the name of the business he launched in 2010 to show students how to stay committed and follow their dreams the way he did.

ColinResponse is one of the winners of this year's New Venture program. This fund gave out monetary help to student startups



COURTESY EUGENIA ELDER

ColinResponse speaks about the skills students need to pursue their dreams at high schools, colleges and universities.

The money gives him the opportunity to help pay for equipment he needs for the company, including the costs of creating videos, setting up a website, and technical pro-

duction.

The money from the fund covers a fraction of the costs, said ColinResponse, but the seed money helps greatly as startup capital for the techni-

cal equipment.

"The idea around ColinResponse is that I'd like to take it into affecting others in a positive light. We are geared towards all students and music is there to draw a parallel between what my passion was and what I did pursuing that," he said.

A pop/soul artist on the stage, ColinResponse plans to move his workshops into highschools this fall with his band to talk to students about developing skills that are going to help them find success in their lives.

"It gives students motivation and encouragement to keep trying even though it

may seem tough," said Grade 10 student Raeesha Rajan. "He's gone through it himself and he is fine. Which is reassuring to students. He is motivated to go for your passion."

"I think ColinResponse is great, he has a nice voice, groovy style and I like the fact that he works with live musicians. I feel like his workshops would definitely help me out because music is a passion of mine as well," said Sarah Thawer, a music major at York University.

"It would definitely help me out," said Ayaz Amlani, a third year student at York University.

"Forms of art such as mu-

sic can really send a strong message, especially with such a digital generation associated with entertainment and various figures," Amlani said.

"Learning from such an artist's story, challenges, and successes through such expression may have a strong, unique, personal, and memorable experience on someone's life and positively impact their goals and motivation," said Amlani.

In the next three to five years, ColinResponse said he would like the business to be fully self-sufficient.

He wants the work he does with high schools and universities to be recognized.

TORONTO EVENTS THIS WEEK

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
Art Opening at C'est What TIME: 7:00 P.M. Rob Slivchak will be hosting a display of his artwork at C'est What restaurant at 67 Front Street East.	Arrabal TIME: 8:00P.M. A young woman searches for her father. Show is at Panasonic Theatre, 651 Yonge St..	The Radio Show Kyle Abraham pays tribute to urban culture through dance. Performed at Harbourfront Centre in Toronto at 8 PM	Dimensions @ Arta Gallery, Toronto All Day Event Dimensions represents the accumulated work of four different Toronto artists showcasing paintings.	Exhibition Opening: 1286 Bloor St. West Time: 7PM Push and Pull presents a series of new works by artists Bridget Moser, Michael Vickers and Nikki Woolsey.	501 Streetcar Food Tour Time: 11:30 A.M. The 501 Streetcar will visit six neighborhoods and give a taste of what they have to offer.	Animation Inspiration TIME: 11: 00 A.M. Screening, discussion and creative exercises with animator Malcolm Sutherland. 1411 Dufferin St, Unit B



KATE RICHARDS

Jon Shearsmith is in his fourth year of Humber's Bachelor of Music program and is seen performing guitar as part of Ravi Naimpally's World Jazz Ensemble.

World jazz ensembles put on a 'spellbinding' performance

By Kate Richards
A&E REPORTER

Three student ensembles performing hot blends of Latin, Brazilian, Indian and African jazz beat out the polar vortex on Jan. 24 for Humber's first ever World Jazz Showcase.

"The world jazz ensembles offered by the music department allow students who have a foundation in traditional jazz to explore the music of other cultures," said Denny Christianson, Humber's Director of Music.

"The results are absolutely spellbinding. It gives them a chance to explore new ways of expressing themselves," he said.

The performance was held at the Humber Auditorium at Lakeshore campus with spectators looking on. It showcased lively performances by the Humber World Drum Ensemble, led by Steve Mancuso and the Humber World Jazz Lab, led by Waleed Abdulhamid.

The Humber World Jazz Ensemble performed compositions by music faculty member Ravi Naimpally, who comes from a background in

Indian classical music.

"It's nice to be in touch with this generation and to see what music they're into," said Naimpally.

The Humber World Jazz Ensemble showed enthusiasm not just for the music they performed but for the meaning behind the songs they spent four months practicing.

Between songs, the vocalists shared stories about their learning experience and provided the audience with background information about the meanings behind the songs they performed.

Jon Shearsmith, 25, a guitarist in his fourth year of the Bachelor of Music program at Humber, said he wanted to try something new.

Naimpally's Indo-jazz ensemble "seemed like something different than what I was normally used to," he said.

The nine-member ensemble met outside school-scheduled practice time to perfect their sound, which allowed Shearsmith to play with other like-minded students.

"This opened a door for me into this other world that I want to explore," he said.

The pen, the paper and the pageantry

Students have opportunity to show off literary skills in short story competition

By Shoynear Morrison
A&E REPORTER

Whether it's the best of times, or a dark and stormy night, the Student Literary Competition offers students the opportunity to showcase their creative talents.

"The competition is a chance for students to write a short story, poetry or fiction to be judged at the Humber level," according to Carol Bueglas, English secretary for the School of Liberal Arts and Sciences at Humber.

Contestants placing first at Humber will then go on to the regionals where they will be judged against students from the United States, said Bueglas.

The annual competition is organized by the League for Innovation

in the Community College based in Arizona and is open to community colleges around North America.

After being encouraged by his media studies teacher Eva Bednar, third-year Humber paralegal student, Shang-Lun Ko, 27, competed in last year's literary competition. Ko placed first for his essay, "The Pink Star."

"I wrote my story within a week but procrastinated in handing it in. I didn't write it to win, I just wrote it for myself and to get my story off my chest," he said.

Joel West, 52, a Humber comedy writing student, placed second in the fiction category with a short story called Jeremy. He said he was encouraged by others to participate in the contest.

"I always felt that I had talent," he said. "I spent time working on my story and with the encouragement of others I entered Jeremy."

Past contestants urge aspiring writers to enter the Literary Com-

petition.

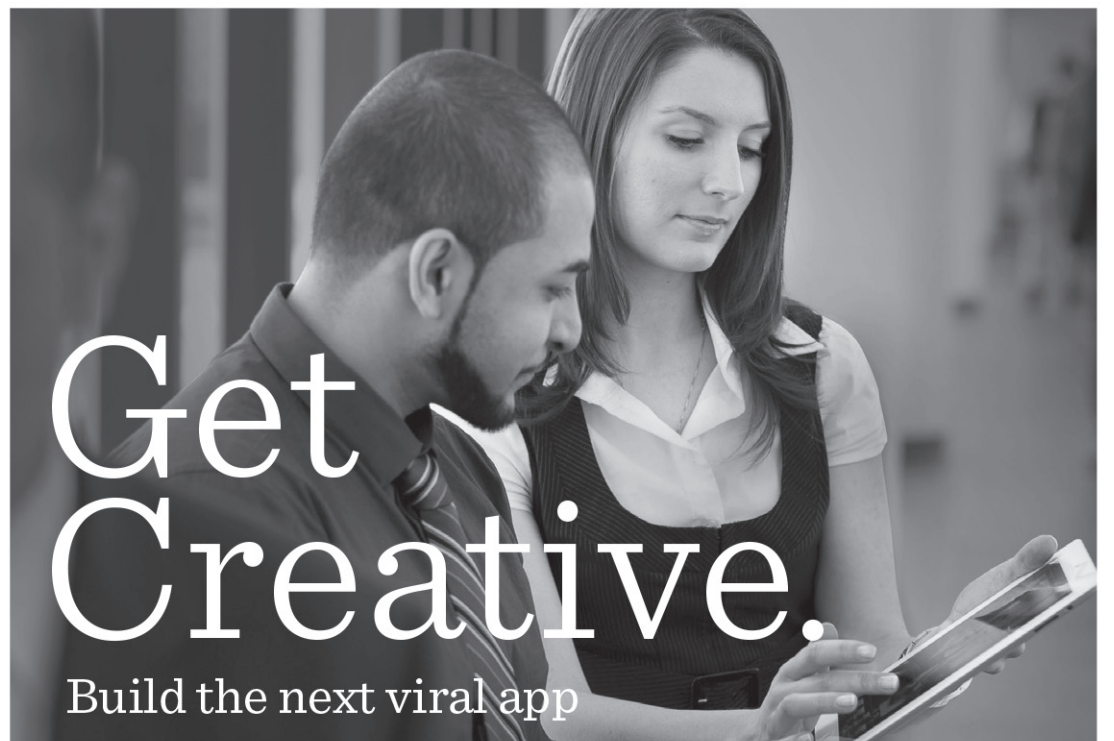
"I absolutely do recommend the competition to anyone who has a story that they want to tell," said West. "The absolute worst thing that will happen is that you remain who you are. The best is that you could win."

He also said the competition provides a feeling of accomplishment.

"I was honored to have been chosen by the judges. It let me know what I had always believed, that I had talent in telling stories," said West.

Prize money for winners of the national competition will be disbursed to each category. First place will receive \$500, second place \$200 and third place \$100, the competition poster states.

Contestants have until April 4 to enter their literary work. All entries must be signed and approved by a member of faculty, states the competition poster.



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Current Sessions spreads indie vibe

Nick Jean
A&E REPORTER

A cross-country dream got its start at Humber and took a big step on Jan. 24 at The Central Bar in downtown Toronto.

Third-year Film and Television student, Nicholas Posthumus, and Marco Carboni, a graduate of the Television and Broadcasting program, were both studying at North campus when they conceived Current Sessions, a series of video profiles of Canadian bands.

"We work exclusively with Canadian (musicians) and we want to show where these artists grew up, where their music was inspired and how their art was formed" by those locations, Carboni, 21, said of their project.

They have released eight videos so far on their website, with Toronto acts such as Birds of Bellwoods and Future History. They recorded the entire show featuring local Toronto artists such as Emma Hewson, Kenisha Humber, Birds of Bellwoods and Rory Taillon, at The Central Bar on Markham Street in Mirvish Village and plan to release a series of videos from the footage in the near future.

Their dream, however, reaches well beyond the GTA.

"Our ultimate goal is to eventually take this Toronto-based project

and go across the entire country," Posthumus, 21, said.

"The big goal is to take Current Sessions across the country and make it a national sound and not just a Toronto sound," he said.

For now the pair are taking it slow and building their presence in the city.

"The second that I'm done school we're really going to dedicate a lot of our time to making the company really solidified in Toronto and really establish ourselves," Posthumus said.

"I would love to work with them again," Emma Hewson, one of the night's performers, said of Current Sessions. She'll likely get her chance soon as plans were set in motion that evening for a session of her own.

Both Posthumus and Carboni gave the same answer when asked who would be the ultimate cap to their trans-Canada dreams. Current Swell, a four-piece band out of Victoria, B.C., is the group the pair bonded over and the inspiration for their company's name, Carboni said.

"If we could someday end up on the coast and run into (Current Swell) and record a video with them, we could look at each other and we would know that ... we've accomplished everything we've set out to do," Posthumus said.

People can check out Current Sessions' website at www.currentsessions.com.

PHOTOS, NICK JEAN

Top:
Kenisha Humber (left) performs with her group for Current Sessions' inaugural show at The Central in Mirvish Village on Jan. 24.

Right:
Nicholas Posthumus (left) and Marco Carboni of Current Sessions Productions make themselves at home, securing a monthly residency at The Central in Mirvish Village.



New photo and fashion club

Adam Stroud
A&E REPORTER

Circle, a new Humber Students' Federation club, is aiming to create a network of ambitious artistic students from Humber North and University of Guelph-Humber, who are interested in photography, fashion and cosmetics.

Craig Bagol, 20, club founder/president and electrical engineering student at Humber, said the club was created to help his peers collaborate and find work outside the school walls.

"It's hard for people...to find good people to work with, so why not start something like that here at Humber?" Bagol said.

The club was originally proposed to include people from all Humber campuses with any artistic interests, but in order to simplify things its scope was narrowed, Bagol explained.

"We just stuck to what we're good at," he said.

Bagol is studying engineering, but photography is his passion and dream career.

"Even if you don't know how to do any of those (photography, fashion or cosmetics), we're going to be teaching photography classes every

week," he said.

Bagol hopes by the end of the semester Circle will be able to hold a photo exhibit and fashion show to showcase their members' work.

Jeith Diga, 18, electrical engineering student and vice-president of Circle, said spending time with artistic individuals, like his friend Bagol, has changed his worldview.

"It opens my eyes towards different types of art, instead of having a narrow mind towards building things," he said. "I can see things from the perspective of a photographer, I can see the perspective of other people."

Cathy Bidini, a part-time photography professor at Humber North campus, said Circle is a great idea because collaboration between artists is more important than ever.

"[Artists] often rely on each other in order to get from A to B to the end result. These days photography, design, media, is very much a collaboration," she said.

The first meeting of Circle will be tomorrow. They plan to meet every Tuesday and Friday after that.

Those students looking to be in the loop should contact Bagol at partofthecircle@gmail.com or visit www.facebook.com/groups/partofthecircle/.



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INTERNATIONAL AFRICAN INVENTORS MUSEUM



ALEX COOP

The Honourable Jean Augustine (left) sits next to Mitzie Hunter, MPP of Scarborough-Guildwood, before accepting an award for her contributions to the community.



ALEX COOP

A large display of inventions created by those of African heritage filled several tables at the Humber concourse at North campus, Jan. 30, launching Black History Month.



ALEX COOP

Francis Jeffers, left, curator for the museum, addresses the audience during the opening ceremony.



ALEX COOP

One of the displays showed off a chess board, and explained the game's ties to African history.



KURTIS SHANE

Humber concourse at North campus was packed with children from local elementary schools.



ALEX COOP

Francis Jeffers, curator of the International African Inventors Museum, hoped the museum educated all in attendance.

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Grad makes the cut at Splendido

Janie Ginsberg
LIFE REPORTER

Using a knife was all Ali Grundman could think of after her first day of class in the Culinary Management program at Humber College four years ago.

"I went to the grocery store and bought three bags of carrots, four stalks of celery, and I just stood in my kitchen and practiced my knife skills," she said. "I think for about two months my dad took veggies and dip and stir fry to work."

In her second year, she landed an internship at one of Canada's top fine dining restaurants, Splendido in downtown Toronto. "I started off where we put all our interns, picking parsley and coriander stems," she said.

Throughout her internship, Grundman followed the advice from her teachers at Humber – always say, "oui, chef."

"I took it literally. I did not talk to anyone, if I was told to run down stairs to get something I just put on a smile and went to get it," she said. "I was a new addition to their team and I had to gain their trust. At the beginning nobody talked to me, but slowly they started asking questions about my life."

Jeff Lapointe, the sous chef at Splendido, said Grundman's initia-

tive helped her develop her skills. "Ali has a big heart, lots of ambition, knows when to take slack and when not to. Her palate has improved a lot, and that comes with cooking."

Grundman now works full-time at Splendido.

She said prospering in the culinary profession is not always about skill.

"Anyone can cook but if you have a good attitude, you can be hired anywhere," Grundman explained.

Rudi Fischbacher, the culinary program coordinator at Humber, backs that up.

"They can train the other skills to you, but if you come in with a good attitude and a smile, ready to go, they'll work with you," he said.

Chef Michael Teune, a teacher at Humber College, remembers Grundman as a top student.

"Great students are devoted to what they're doing. The biggest thing that struck me [about Grundman] was that she was very punctual, had a pleasant personality, and was ready to learn. All the things you look for in a student," he said.

When asked about her ultimate goal, Humber seemed to be on Grundman's mind.

"I think what Splendido has given me I can bring back to Humber and help future kids figure out what they really want," she said.



PHOTOS: JANIE GINSBERG

Humber culinary school graduate Ali Grundman prepares a succulent meal.

Selfies signal lonely culture

Sarah MacNeil
LIFE REPORTER

Justin Bieber does it, Barack Obama does it and even Pope Francis does it.

The selfie is more popular than it has ever been. Social media sites like Instagram, Twitter, and Facebook are chock-full of self-portraits.

The selfie reveals a society obsessed with instant gratification, said University of Guelph-Humber psychology professor Dr. Dan Andreae.

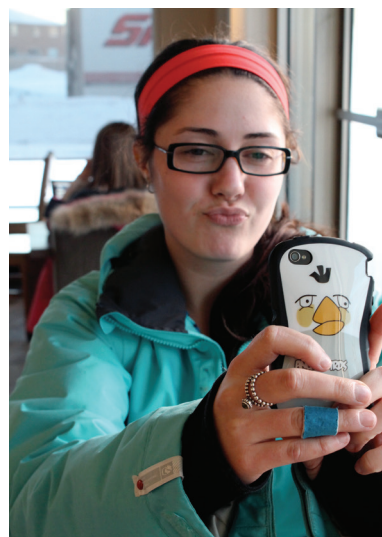
"The world has changed so much in terms of technology and how we communicate with each other. A selfie is the appropriate response to a society that is preoccupied with what other people think," said Dr. Andreae.

In the past, the self-portrait fell more into the fine arts category of photography and also was about self-discovery, explained Humber photojournalism professor Erin Riley.

The selfie today is very quick and has no thought behind it, she said, adding they can manipulate how you are perceived.

"Everyone starts to look the same. It strips you from your individuality and lumps you into a group -- it backfires," she explained.

"I see at least 10 selfie postings per day," said Humber Academic Upgrading student Kathleen



SARAH MACNEIL

Holmes-Henri, 20, adding that the "duck face" while wearing heavy-makeup, is popular.

People are lonelier than they ever have been, due in large part to the explosive growth of social media and instant technology trends, Dr. Andreae said.

He also said people have a psychological need to connect with others, and the selfie has the ability to bring people closer and drive them apart at the same time.

"Selfies are more complex than just a picture. The act shows how society uses technology to define identity," said Dr. Andreae.

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New technology making thinner, better condoms

Protection against STIs, pregnancy should not hinder sexual pleasure, say those working in field

Kenda Hamilton
LIFE REPORTER

Thirty-seven per cent of sexually active young adults in Canada between ages 20 and 24 -are not using condoms, according to Statistics Canada, to the concern of health workers and others who counsel on sex.

“Condoms are important to protect against STI’s (sexually transmitted infections) and unwanted pregnancy,” said Catherine McKee, registered nurse co-ordinator at Humber College North and Lakeshore campuses.

“The highest reported STI across

our nation is chlamydia. We also have gonorrhea and syphilis, and unfortunately, HIV,” she said.

“There is also more and more infection transmission through oral sex,” said Lorraine Hewitt, store spokesperson at the Good For Her feminist sex shop in downtown Toronto.

Herpes, HPV, chlamydia and gonorrhea can all infect your throat, Hewitt said.

“Condoms these days are great, and they should not decrease your pleasure when used correctly,” said McKee.

The most popular condoms at Good For Her, on Harbord Street near the University of Toronto, are Japanese latex brands such as Kimono and Beyond Seven, said Hewitt.

“They meet all the same safety standard as thicker condoms do. It’s just a thinner technology,” she said.

“It feels like they’re not even

“Condoms these days are great, and they should not decrease your pleasure when used correctly.”

Catherine McKee
HUMBER NURSE CO-ORDINATOR

there,” said Robin Young, a second-year public relations student at Humber, and Kimono enthusiast.

For those with a sensitivity to latex, or don’t enjoy the rubbery feel, there are condoms made from polyisoprene, which have a softer stretchier feel, said Hewitt.

“There’s an idea that it may feel a little more natural,” she said.

Good For Her also carries lambskin condoms made from sheep intestines, said Hewitt.

“Since they’re made from a natu-



KENDRA HAMILTON

Free condoms from Humber Health Services on display.

ral membrane they feel very much like there’s nothing there,” she said.

While lambskins help protect against pregnancy, however, they do not protect against sexually transmitted infections, said Hewitt.

She added it’s important to get the right fit when choosing a condom that will keep sex safe and pleasurable.

“It shouldn’t feel overly restrictive and it should be able to roll down to the base of the penis,” she said.

Finally, using lubricant with a

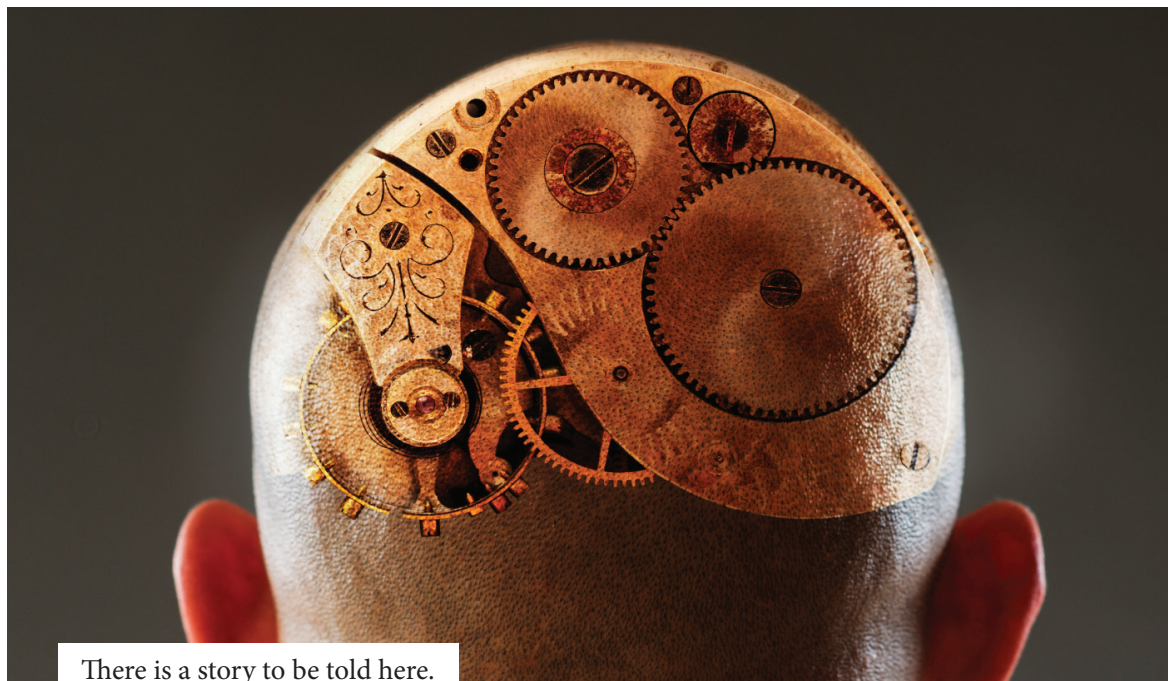
condom is the key to increasing pleasure and decreasing the risk of the condom breaking, said McKee.

Water-based or silicone-based lubricants are both good to use with condoms, while oil-based lubricants will compromise the integrity of the condom, she added.

Condoms and lubricant are free at Health Centre locations at Humber North and Lakeshore campuses.

The Health Centres are located at A107 at North Campus and H206 at Lakeshore.

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H&M, Urban Behaviour

FAVOURITE CLOTHING

The scarf I’m wearing

Caleb Smith, 19
 1st year, Massage Therapy

Young adult chances better to quit smoking than older generation

Karina Nowysz
LIFE REPORTER

Smoking kills over 13,000 Ontarians every year. It is the number one cause of preventable death and disease, according to the Smoke-Free Ontario Act.

The act, which was created in May 2006, indicates that young adults more than any other age group use tobacco.

However, young adult smokers have a better chance of quitting.

"Their smoking career is shorter and their smoking behaviour is different," said Lindsay Taylor, Assistant Manager of Leave The Pack Behind.

Young adults aged 18 to 29 are not smoking as heavily compared to other age groups and fewer are addicted, said Taylor.

In Ontario, numerous health policy efforts have been implemented to combat tobacco consumption.

Policies such as smoking in public places and tobacco displays in stores were changed in the Smoke-Free Ontario Act to keep youth safe from tobacco's health effects.

The next step to reduce tobacco consumption is Bill 131, the Youth Smoking Prevention Act. It was introduced in November 2013 to amend the Smoke-Free Ontario Act that has been static since 2006.

"It has not been passed yet but further legislation is needed," said Taylor. If passed, the bill will prohibit the sale of flavoured tobacco products.

Smoking on school campuses is yet other issue where policy has

been static.

Young adults are vulnerable to smoking, especially on school campuses.

Not only is it a physical exposure but a social exposure as well," said Robert Schwartz, Executive Director of the Ontario Tobacco Research Unit. "Peer smoking on campus makes young adults vulnerable."

For Humber, the first step would be to create designated smoking areas and then eventually make the campus 100 per cent smoke free, said Taylor.

Finding ways to help students live tobacco-free is what the would-rather... program, hosted by the Leave the Pack Behind (LTPB), aims to achieve.

LTPB program offers students three different ways to change their smoking. Daily smokers can quit for good or can cut their smoking in half. Social smokers can refrain from smoking when drinking alcohol. Ex-smokers and non-smokers can also pledge to remain smoke-free.

Students who want to quit can receive support from the nicotine replacement therapy, which includes eight weeks of free nicotine patches and gum, said Petra Alexis, registered nurse at Humber North.

"Eight weeks is the amount of time that it takes to have those supports to be able to loose your cravings and be able to stay smoke free without it," said Alexis.

LTPB is available to over 600,000 students. Representing 155,000 smokers. For more information visit www.leavethepackbehind.org.



KURTIS SHANE

Humber students engaged in table talk at Jan. 25 conference hosted by Residence Life and Student Leadership.

'Leadership comes in all shapes and sizes': Tetley

Make Your Mark leadership conference at North campus looks at creating a unique personal brand

Kurtis Shane
LIFE REPORTER

Humber College students became educated about creative branding and leaving a positive legacy at the annual Make Your Mark leadership event, organized by the school's residence life and student leadership office.

The workshop, which took place at the North campus on Jan. 25, was lead by director of the First Experience program at Webster University in St. Louis, Mo., Sarah Tetley.

She addressed a packed Seventh Semester hall on how to become a leader.

"I love meeting new people and making new connections," she said.

"I don't care what my legacy is, I want to help you figure out what your legacy is," she told students, who listened as she spoke of things she called clicks: personal clicks, involvement clicks, and academic clicks, all of which help develop a leader.

"Leadership comes in all shapes and sizes and it can happen anywhere," said Tetley.

Shari Walsh, manager of transition and leadership programs at Humber, opened the event energetically on a Sunday morning with high fives and what she called "high kicks."

"I think this is one of the most energetic groups that we have had, lots of thoughtful and purpose conversation and that's all we can ask for," said Walsh.



(Leadership) can happen anywhere.

Sarah Tetley
DIRECTOR OF THE FIRST EX

The event was broken down initially into five-minute intervals of what Tetley called "Table Talk," where students conversed around their tables on different subjects.

"It has been really fun and insightful," said Conor Doyle, a first-year home renovation student at Humber.

Niki Dailam Salehi, a multi-media web design student in her second year, won a book offered

by Tetley called, How Full is Your Bucket? by playing rock, paper, scissors.

"I am very happy to win the book, the workshop was really fun and I

met a lot of great people here," Salehi said.

The students then broke up into different groups called based on interests.

The groups focused on topics like, finding your inner brand, what legacy will you leave,

and spark your leadership journey with Humber Students' Federation president Timothy Brillhante.

"It's great for students to learn about the resources at Humber and I'm excited to be presenting," said Brillhante.

"It's a good opportunity because a lot of students don't take advantage of resources that Humber has to offer. It makes those who attend events like this stand out," explained Aashna Gandotra, AGE? a second-year food and nutrition management student.

Anushay Khan, coordinator for student leadership programs, said the conference focused on student leadership and development, while building ones unique brand.

"It encourages students to think about where they are, where they were and where they are going," said Khan.

For more information on student leadership or how to earn an advanced leadership certificate, visit www.humber.ca/studentleadership, or call (416) 675-6622 ext. 4816.



KARINA NOWYSZ

Canadian adults 18 to 29 are less heavy smokers, less addicted than elders

First-year mentoring program rises

Tutoring service from Lakeshore expands to North campus

Katherine George
LIFE REPORTER

A trial run for a new peer mentorship program has been launched at Humber College, aimed at guiding freshmen through their first year.

The First Year Experience program at North campus emerged in light of a similar program's recent success at the Lakeshore campus, said Amber O'Connor, student life coordinator at Lakeshore.

"We are now in our second year of the program, and the results have blown us away. We have doubled our enrollment of first year students and peer mentors. We've had immense success with the program," she said.

First Year Experience currently has about 400 participants, up from roughly 200 last year.

"We had about 17 mentors our first year, and this year we are up to 40," she said.

The First Year Experience program offers social programs, events, social connections and regular learning skill workshops.

"We know from a lot of the research that students who get involved on campus do better and students who feel a sense of belonging on campus are more likely to stay," said O'Connor. "This year we started working with a public relations class, and now, as more faculty learn about us,

we're starting to get closer to faculty who ask about the things we offer."

The transition to college is not only an academic change, but also a cultural change, said John Stilla, program coordinator for remedial and developmental (ESL) English.

"The extra comfort level is there with peers, and then peers also have the student perspective," said Stilla, adding peer guidance offers support to new students who may feel bewildered in a new environment.

"I think that peer help is really good because I do think that some students do feel that there is some sort of intimidation and they can't approach their instructors," he said.

"Some students are very well prepared because they are self-propelled, they come in and realize very quickly that college is very different," said Amanda Baker, an English professor at Humber. "I find that it takes a certain type of student to realize things are a lot different than they were in high school."

Stilla said these programs are important because of the significant differences between different levels of education.

Initiatives like First Year Experience "are something that needs to stay, and something that needs to expand because high school and college are so different from each other now, especially just from my perspective of teaching English courses," he said.



Gisella Herrea (left), a University of Guelph Humber student, takes advantage of the First Year Experience service with mentor.

KATHERINE GEORGE

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Center for Justice Leadership
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This event is designed to provide female applicants with the opportunity to learn about a career in policing and is designed to answer questions of particular interest to women regarding front-line policing, including but not limited to physical requirements, training and career opportunities. Participants will have the opportunity to practice the PARE physical test and attend fitness and lifestyle workshops.

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HOROSCOPES by BRIAN O'NEILL



JAN. 20 - FEB. 19
You've had a hard time getting over a moment in your life. Remember you are a born and bred Leaf fan, disappointment is like breathing.



FEB. 20 - MAR. 20
You want to prematurely judge someone. Stop immediately. That's only for the studio audience at Maury.



MAR. 21 - APR. 20
"Well, hey, slow down. If you're not a cat, stay and chat."--*Babe 2: Pig in the City*. Think about it.



APR. 21 - MAY 20
A past event is bothering your conscience. Do something purely on impulse and then it won't bother you anymore.



MAY 21 - JUN. 20
Mars is heavily influencing your sign, but Snickers is better. It's basically Mars with peanuts.



JUN. 21 - JUL. 22
You will get an unexpected pay day. Make it isolated showers with partial sunny breaks.



JUL. 23 - AUG. 22
Lately you have been very angry. Knock out a few poems in your journal, you'll be fine.



AUG. 23 - SEPT. 21
While feeling nostalgic, you will watch an episode of *Pasquale's Kitchen Express*. You will do the impossible: correctly follow his recipe.



SEPT. 22 - OCT. 22
Don't sweat the small stuff. People who are lactose intolerant never cry over spilled milk.



OCT. 23 - NOV. 21
Making mistakes is part of being human, don't get yourself down. We once thought Lunchables were great. Look how far we've come.

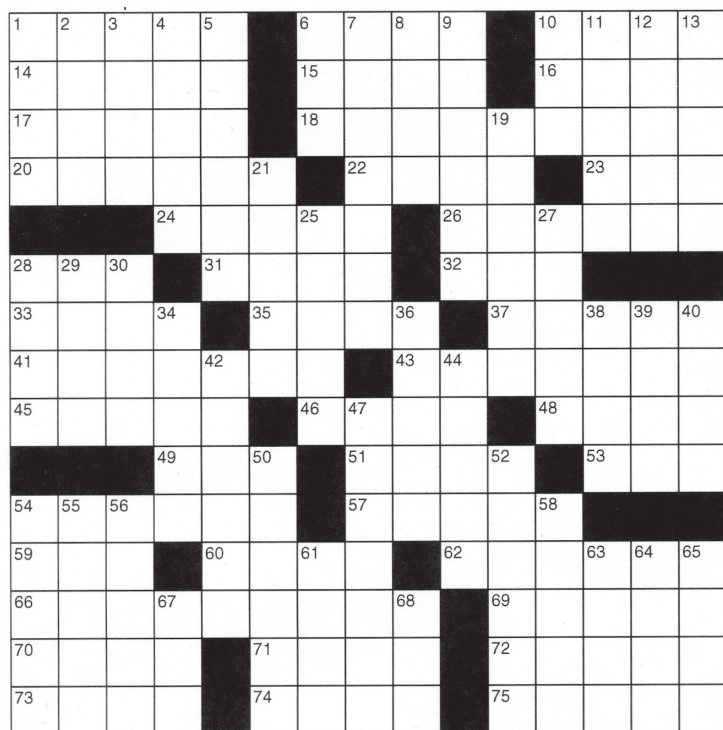


NOV. 22 - DEC. 20
You will throw a party that will be the talk of the town. Ain't no party like an S-Club Party? They are where now?



DEC. 21 - JAN. 19
As a Capricorn, you are a born leader, so take initiative. Have a scapegoat lined up for good measure.

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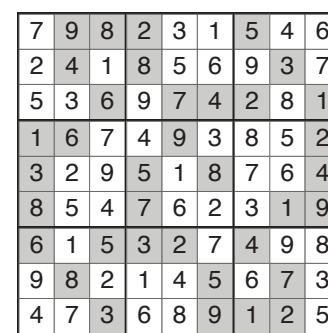
DOWN

1. Gather leaves
2. Scent
3. Positive
4. Vote into office
5. Radio noise
6. CBS rival
7. Use the supplier again
8. Bus money
9. Actress Meryl _____
10. Joan of _____
11. Caesar's language
12. Colander
13. More ancient
19. Delights
21. Skiing hill
25. All
27. Talks wildly
28. Or _____!
29. Bastes
30. Neckwear items
34. Penn and Connery
36. Scientist _____ Curie
38. Periods in history
39. Skirt length
40. Chatters
42. Oppressive ruler
44. Open soda
47. Memory loss
50. Biblical mount
52. Pencil rubber
54. Stop
55. Woody or Tim
56. Implant
58. Pilfered
61. Greater
63. Famed canal
64. Butterfly catchers
65. Fir or poplar
67. Radio spots
68. "Cheers" bartender

ACROSS

1. Fragrant flowers
6. Pound sounds
10. Likewise
14. Mature
15. Tempo
16. Banister
17. Seoul's country
18. Set right
20. Puts up
22. Spool
23. "____ Got Sixpence"
24. Laid bathroom flooring
26. Breadwinner
28. Newark time zone (abbr.)
31. Small bay
32. School gp.
33. Hawaiian necklaces
35. Salon treatment
37. Foe
41. More sugary
43. Vienna's country
45. Student's assignment
46. Knitter's purchase
48. Went underwater
49. Shooter's group (abbr.)
51. Small rodents
53. Family mem.
54. Roman general
57. Advances
59. Stately tree
60. Designate
62. Inventor's protection
66. Large seabird
69. More painful
70. Kernel
71. Pavarotti solo
72. Upper crust
73. Ceases
74. Athletic group
75. _____ Witherspoon of "Walk the Line"

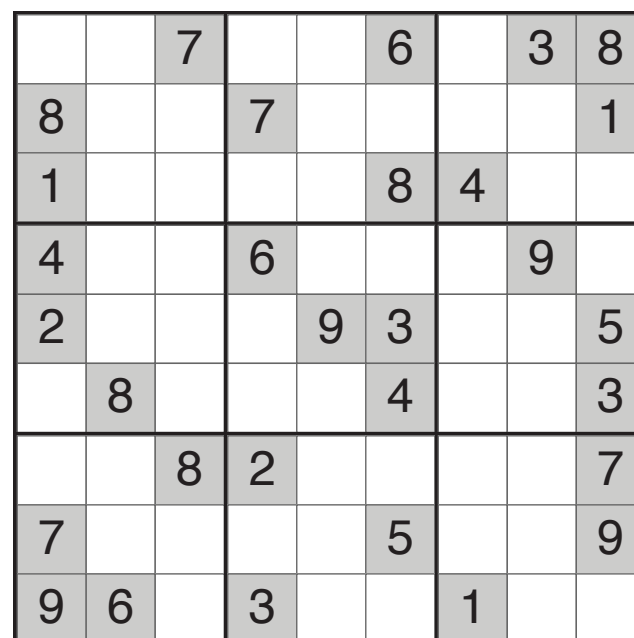
ANSWERS



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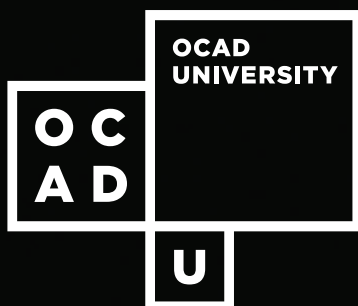
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'Dandy' victory for Hawks womens hoops

Team's youngest player O'Brien comes off bench to spur basketball charge

Kheon Clarke
SPORTS REPORTER

Erin O'Brien, who has been nicknamed "The Diaper Dandy" by her teammates, met the challenge, coming off the bench with nine points and a rebound in a 52-49 victory over the Falcons on Jan. 22.

"It was actually pretty amazing to watch (her play)," said Ajay Sharma, the Hawks head women's basketball coach. "(Erin) doesn't play a lot, and when we are healthy we don't usually have the minutes for her."

O'Brien didn't have a spot ready made for her on the team. Instead, she was a walk-on, making the team during the tryout process.

The youngest member of the team, hence the nickname, provided a huge spark for the team, said



KHEON CLARKE

Erin O'Brien came off the bench to help the Humber Hawks to a big win against the Fanshawe Falcons.

"She came in the game poised and knocked down three deep shots and got our girls really excited."

Ajay Sharma
HUMBER HAWKS HEAD COACH

Sharma.

"She came in the game poised and knocked down three deep shots and got our girls really excited," said Sharma. "She's kind of the little sister the girls look after."

Teammate Courtney Boyes said O'Brien stepped up and hit some key shots that changed the momentum of the game and boosted their confidence.

"I don't get a lot of playing time, so I thought it was my time to show them what I can do and help the team out when we were down a few players," O'Brien said.

The Hawks limped into London to take on the Falcons, with a number of injuries contributing to O'Brien getting the call at all.

Teammate Mary Asare said watching O'Brien knock down shots ignited the rest of the offense. Asare led the team with 14 points, six boards and five assists.

O'Brien said she's more confident and looking to carry it forward throughout the season, and hopefully into the playoffs.

Now, the Hawks are tasked with taking their momentum from the Jan. 22 showdown and using it in their back-to-back with Sault College this past weekend.

"If our injury situation doesn't change much, then I'm really going to focus on getting the girls that we do have in better shape to prepare for . . . the OCAA Tournament," Sharma said.



WILLY PHAN

Tyrone Dickson missed the first half of the season due to academic unavailability, but now he's back on the court.

Hard work gets Dickson back onto the hardwood

Willy Phan
SPORTS REPORTER

TYRONE DICKSON, #34, PF
2012-13 Totals

Games Played	20
Points per game	12.2
Field Goal %	51.5
Three-point %	31.8
Free throw %	44.4
Rebounds per game	7.8
Assists per game	1.5

Hawks men's basketball forward Tyrone Dickson knew he had to improve his grades if he wanted to get back on the court.

Despite experiencing enormous success as the OCAA Rookie of the Year in 2012-13, Dickson sat out last semester due to academic ineligibility.

In order to achieve success off the court, Dickson made significant strides in his approach to the classroom at Humber College.

"I moved closer so I was able to reach my classes on time and made an effort to always be at the front to pay attention, listen and make better improvements," said Dickson, a second-year general arts and science student from Scarborough.

"He's worked hard in the offseason and first semester to right the ship off the court," said Hawks head coach Shawn Collins. "As an institution of higher learning, we always want our kids to do well on and off the court."

Although Dickson didn't play or practice with the varsity team last semester, he stayed close to his teammates by playing with them in pick-up games and in a summer league.

"He's loud on the court," said Hawks guard R.J. Ramirez. "Ev-

I moved closer so I was able to reach my classes on time and to always be at the front to pay attention, listen and make better improvements.

Tyrone Dickson
HUMBER HAWKS FORWARD

ery time we play someone, I know their game film is on Tyrone and his shot-blocking in the paint. He's not the type of player to come to the team and mess everything up. We gel perfectly because he knows his role and we all know his role."

Despite only playing in a few games for the Hawks this season, Dickson has made an impact on the score sheets with his defense and rebounding.

Dickson showcased his tenacity on the glass by grabbing nine of-

ensive rebounds and delivered an emphatic game-saving block at the end of a 76-72 win against the Mohawk Mountaineers on Jan. 16. He was also integral in the Hawks win over the Fanshawe Falcons on Jan. 22, chipping in three blocks despite playing only 15 minutes.

"We needed those offensive rebounds and he came through for us with some big blocks too," said Hawks guard Junior Davis.

Despite his humble nature off the court, Dickson is known for his vocal leadership, aggressiveness inside the paint, and intangibles that can't be measured on the score sheet.

"Tyrone has a very high level of I.Q.," said Collins. "He doesn't need to score to define how he plays the game of basketball."

Collins praised Dickson's ability to understand the opposition, help and direct teammates, and communicate on defense.

Aside from working hard in the classroom, Dickson was also committed to staying in game shape last semester.

Dickson acknowledged there are still improvements he has to make this season. His field goal percentage is noticeably down from last season, which has impacted his scoring.

"I've just got to get into the gym and put up more shots," said Dickson. "Practice, practice, practice."

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Fanshawe downs Humber in five

Men's volleyball team now under pressure to retain number one division spot

Christina Succi
SPORTS REPORTER

Fanshawe Falcons have snapped the Hawks game-winning streak.

The Humber men's volleyball team hosted a much-anticipated match-up against Fanshawe Falcons on Jan. 30.

The Hawks were coming off an eight-day break, giving the team some downtime to relax, but it seems that they may have come back a little too relaxed.

Humber got off to a sluggish start Thursday night, losing the first two sets to the Falcons, a deficit that proved hard to come back from.

After what was initially shaping up to be a three-set match, the Hawks returned to the court after losing the second set, determined to turn it around.

The Hawks weren't done with Fanshawe yet, and won the third and fourth sets to tie the game at 2-2, forcing the Falcons to a fifth set.

By the end of the match, it was too, little too late for the Hawks. Humber's late efforts came up short as Fanshawe refused to let this win slip out of their hands, and ultimately took the game with a five-set victory.

"I thought our performance was lackluster" said Hawks head coach Wayne Wilkins. "I advised the team that they were going to be in for a fight. Fanshawe came to play."

Fanshawe has been trailing the



CHRISTINA SUCCI

Humber Hawks Trevor Wong attempts to put the team up three with a spike against the Fanshawe Falcons during the third set of their heartbreaking loss

Hawks closely throughout the season, and chasing the number one spot, that belongs to Humber.

Falcons head coach Patrick Johnston knew that if they had any chance at beating the Hawks and getting closer to clinching the number one spot, they had to be prepared with a game plan and not veer away from what they practiced.

"Throughout the match we just

wanted to stick true to our system and focus on what our game plan was from the very start," Johnston said.

"They had a good game plan," said Humber Hawks hitter Trevor Wong. "They played to our weaknesses whenever we had some of our weaker hitters in the front row, and they attacked our smaller blockers."

"We came up flat in the first two

sets," he added. "We can't do that against good teams."

Johnston believes it was the mental focus that made the difference between a loss or win for the team.

"[The difference] was mental mistakes," said Johnston. "For us that's what brought us into that fifth set, and on their side, there were also some mental mistakes, and they were ultimately the ones that

will make the difference when a game like this is that close."

Although Wilkins is disappointed with the results, he's not panicking yet.

"We're still in first place, the difference is we had to win one of these games," said Wilkins. "It was between this one and the one against Mohawk, so now the pressure's on."

"We have to win Mohawk"



WILLY PHAN

Humber Hawk's Taylor Hutchinson goes up for a jump serve against the Sheridans Bruins in her first game back after suffering a broken finger.

'Gravy time' as Hawks women's volleyball rolls to 14 in a row

Humber remains undefeated with victory over visiting Sheridan Bruins

Ari Salas
SPORTS REPORTER

Headed into 'gravy time' in the approach to the playoffs, coach Chris Wilkins and the undefeated Hawks don't expect an easy road ahead.

The women's varsity volleyball team is undefeated through 14 contests this season, after a 3-0 sweep of the Sheridan Bruins on Jan. 22.

Coach Wilkins said the team looked "okay" that night.

"There were a couple of lulls, we let them back into the game a few times," he said.

Wilkins said the remaining five regular season games are a chance to prepare for the playoffs.

"It gave me an opportunity to play some people and work on different line-ups for playoffs so I was

“We'll be in for a fight this year for sure, but we're going to be ready for it.”

Chris Wilkins
HEAD COACH, WOMEN'S VOLLEYBALL

pleased," he said.

Even with the undefeated streak, Wilkins doesn't expect anything to come easy for the squad.

"It's going to be a big push," said Wilkins. "We're coming into what I call our gravy time when we need to be better than everybody else in those last couple weeks of the season. We're going to tune up and get ready for playoffs. We'll be in for a fight this year for sure but we're going to be ready for it."

For Taylor Hutchinson, the game was a sign of things to come after several weeks on the bench following a broken finger. In her third year

at Humber, and third season with the team, Hutchinson was happy with her performance.

"I did better than I thought I would in my first game back since the break," she said.

Hutchinson shares coach Wilkins' expectation to win, and also echoed his warning that the championship will not come painlessly.

"The major thing is just consistency," she said. "I think we're doing a great job at overcoming (that). We're a great group of girls who mesh really well together. Our confidence level builds each other up and that's all we can do."

Wilkins elaborated on the issue of consistency, something he sees as the team's biggest difficulty.

"It's both from an offensive and defensive stance," he said. "Passing needs to be consistent for our offense to improve."

Wilkins said outworking the opposition is important and that he expects to bring home gold.



P.J. VALOIS

Former Humber Hawks cross country runner Jesse Bruce sets his sights on running his new business Alpha Obstacle Training.

Juggling cross country and running a business

P.J. Valois
SPORTS REPORTER

Jesse Bruce went from student athlete, to owner of a thriving fitness business in order to help transform others.

Alpha Obstacle Training, Bruce's burgeoning business, is a 557-square metre facility located at 13 Polson St. The facility is based on the obstacle race theme.

"After years of being in the fitness industry, I thought this is it," said Bruce, referring to his idea of opening an obstacle race themed facility. "Having an extreme passion for fitness and helping people (reach) their goals, I thought this was a great way.

"My whole life, in high school, as a kid, I was always the smallest, the skinniest, the weakest," said Bruce. "I had confidence issues, no self esteem, and didn't like how I

looked in the mirror."

He said he then picked up a set of weights and started getting fit.

"It legitimately changed my life. I finally had the confidence I never had before and I wanted to share that with others," said Bruce.

Bruce, 32, captained the cross-country team for two of his four years at University of Guelph-Humber and Humber College, before deciding to focus on his business, Alpha Obstacle Training, full-time after the fall semester of 2013.

"I would not be where I am today without Guelph-Humber and Humber," said Bruce, who also spent time at Niagara College where he took fitness and health.

Bruce graduated from the kinesiology program at Guelph-Humber in 2012 before enrolling in business management at Humber to

fine-tune the skills he needed to run his business.

Bruce, a 19-time obstacle race champion including in the Spartan Sprint Open, Mud Hero, and Warrior Dash, gives a lot of credit to his time on the cross-country team and Humber athletics as a whole for his success.

"I'll always want to be representing this school and I'll always want to give back to it whenever I can," he said.

Darren Mancini, a fourth year Sports Management student at Humber, is Bruce's friend, former teammate, and also helps promote Bruce's latest fitness endeavors.

"No matter where I am in life, Jesse will always have a job for me," Mancini said of Jesse's selfless attitude. "I try to do my best to promote his business."

The two met in their first year on the cross-country team and Mancini said form-

ing their relationship in such a competitive environment was a positive thing.

"If we're working out together, sometimes we'll get mad at each other," he said. "With any relationship you have with a teammate you just want to push each other as hard as you can without hurting each other."

Teresa Arnini, one of Bruce's cross-country coaches at Humber, called Bruce one of the most inspirational athletes she has ever seen.

Monique Haan, one of Bruce's cross-country coaches at Humber, said Bruce was a natural born leader, adding she has no doubt about Bruce succeeding in his new venture.

"He looks the part," she Haan. "He is strong and lean. When people look at him, they get motivated by him. His story alone is motivating."

Hawks unbeaten to start new year

Jeff Sehl
SPORTS REPORTER

Their win streak was on the line, but a victory over Fanshawe kept the Humber men's basketball team undefeated in 2014.

With their 78-64 victory over Fanshawe, the Hawks improved their record to 10-3 on the season and 4-0 in 2014. In the win, first-year shooting guard Junior Davis, who contributed 11 points off the bench, led the Hawks.

"I just want everything to continue smoothly," Davis said. "Teamwork is key right now. We've had a lot of ball movement and passing. Everything is going well right now."



"Teamwork is key right now. We've had a lot of ball movement and passing. Everything is going well right now."

Junior Davis
HUMBER HAWKS SHOOTING GUARD

The win was vital for the Hawks as a loss could have had major implications in the West Division standings.

"It was a very important game," said rookie point guard, R.J. Ramirez. "If we were to lose that game, we would've went from second to fifth in the standings. But

now that we've won that game we've solidified second place and we're guaranteed a spot in the playoffs and we have a shot to go 9-0 in the second half of the season."

With a win by Mohawk College on Jan. 24, the Hamilton-based team overtook the Hawks in the standings, dropping them to third place in the division. However, the Hawks hold a game in hand on the Mountaineers, making last weekend's set against Sault College of utmost importance.

Two wins would push them past Mohawk into second place and gain ground on the first place Sheridan Bruins, who sit at 12-1 heading into the weekend.

However, the back-to-back games against Sault offers a unique set of challenges, said head coach Shawn Collins.

"These situations are always tough because you're playing the same opponent back-to-back," Collins said.

Anticipating the weekend games with Sault, he added, "it's the first time we're playing someone who's below us in the standings, so it may be a little bit tougher for our guys to maintain their focus and execute at the level we expect of them, so that's a new challenge for us."

"We need to keep playing like we've been playing," said Ramirez. "Our last two games (against Fanshawe and Mohawk) have given us some fire for the second half of the season."



JEFF SEHL

Humber Hawks rookie point guard R.J. Ramirez looks to drive to the basket during a practice drill at Humber College as the team prepares for their upcoming exhibition games.

HAWKS SCOREBOARD

MEN'S BASKETBALL

West Division

	GP	W	L	Pts
Sheridan	11	10	1	20
Humber	13	10	3	20
Mohawk	12	9	3	18
St. Clair	12	8	4	16
Fanshawe	12	7	5	14
Sault	10	4	6	8
Lambton	13	5	8	10
Redeemer	13	5	8	10
Cambrian	10	1	9	2
Niagara	12	0	12	0

WOMEN'S BASKETBALL

West Division

	GP	W	L	Pts
Humber	13	11	2	22
St. Clair	13	10	3	20
Mohawk	14	10	4	20
Fanshawe	13	9	4	18
Niagara	13	8	5	16
Sheridan	13	8	5	16
Redeemer	15	6	9	12
Lambton	14	2	12	4
Cambrian	12	1	11	2
Sault	12	1	11	2

MEN'S VOLLEYBALL

West Division

	GP	W	L	Pts
Humber	14	13	1	20
Niagara	15	12	3	20
Fanshawe	14	11	3	18
Mohawk	14	10	4	16
Redeemer	15	9	6	14
St. Clair	13	7	6	8
Sheridan	14	5	9	10
Cambrian	14	2	12	10
Conestoga	13	1	12	2
Boreal	14	0	14	0

WOMEN'S VOLLEYBALL

West Division

	GP	W	L	Pts
Humber	14	14	0	28
Fanshawe	14	13	1	26
Redeemer	15	11	4	22
Conestoga	13	8	5	16
Mohawk	14	7	7	14
St. Clair	13	6	7	12
Cambrian	14	5	8	10
Niagara	15	5	10	10
Sheridan	14	1	13	2
Boreal	14	0	14	0

As of 01/31/14