



International student numbers soaring

Enrolment grew by 84 per cent in Canada in 2013; many are seeking work, permanency

Laura DaSilva and
Katie Pederson

NEWS REPORTERS

Many international students are hoping to make O Canada their new national anthem.

Canada's work opportunities and welcoming environ-

ment are encouraging foreign students to pursue permanent residency after graduation.

International student enrollment in Canada grew 84 per cent in 2013 to more than 290,000 from 159,426 in 2003, according to the Cana-

dian Bureau for International Education.

Matthew Keefe, international student advisor at Humber College's International Centre, said foreign students no longer have to wait six months to apply for a work permit.

"As of June first of last year, international students can work on or off campus as soon as they arrive, as long as

they have a valid study permit and they're a full time student," he said.

Still, it seems that students struggle with the job hunt. The semester is two weeks away from ending and Humber Funeral Services student John Mutumba has only just found work. "I failed to find any job on campus, despite many attempts I made but I then

decided to just leave it until now," he said. "A friend found me a place to work at outside school."

Varum Dua, a Business Management student from India, said he resorted to working under the table.

"They pay \$9 or sometimes \$6 per hour," he said. "I know it's not legal but we have to work to figure out our tuition fees."

Jerry Sun founded Instec International Inc. to help visiting students in the Hamilton area find room and board, and connect them to resources in the community.

"I recruit ESL teachers for students who want to learn English, and help students extend their study permits and entry visas," he said.

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BUDDING BETHOVENS AT HUMBER



MAHNOOR YAWAR

Students in Junior Jazz I (aged 10 to 12 years) practice together every Saturday morning with instructor Jane Fair.

Bollywood Night a campus smash

Mahnoor Yawar

ARTS & ENTERTAINMENT REPORTER

Humber danced to the beat of its own *dhol* last Friday night.

LinX Lounge came alive with Bollywood Night, a sold-out 19-plus event that had students and faculty dancing late into the night.

The event was organized by students in the postgraduate Hospitality and Tourism Operations Management program to raise money for Food4Kids.

"We're doing this for our event planning class, and we started organizing it in about January," said Sargam Yagnik,

25, the organizer of the event.

Yagnik said they opted for Bollywood night to reach out to the international student body at Humber.

"We felt that a lot of other colleges have pub nights specifically for their international students, but Humber lacked that," she said.

All proceeds from the event will go towards providing underprivileged children aged five to 14 with healthy packed meals they can take home from school.

"Every dollar that is raised today will go towards providing food for the children," said Maddie Kassinger, operations coordinator at the Food4Kids Oakville office. "It costs \$10 to feed one child for

one weekend, so hopefully we can feed a lot of kids in the next couple of weeks."

Jan Park, community development manager at Food4Kids, said she was very appreciative of Yagnik and the rest of the planning committee for reaching out to the organization and helping children in the community.

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Eligibility snag earns badminton bronze

Andy Redding

SPORTS REPORTER

The taste of bronze is always a little bittersweet, but for Ryan Chow and Darcy Schmidt, it had an extra kick to it.

Humber's Chow and Schmidt, varsity badminton players, were awarded the CCAA bronze medals in men's doubles last week, after an eligibility ruling bumped them up from fourth place.

"It feels pretty good," said Schmidt. "It's not the way I wanted to win it, but I guess the guy wasn't playing legally so he shouldn't have been there anyways."

The eligibility ruling was based on a Langara College athlete's academic course load, or lack thereof, said Humber athletic director Ray Chateau.

"It was nothing untoward by the institution," said Chateau. "In fact the athletic director self-identified to the CCAA that one of their athletes had just changed courses from full-time to part-time, so it became an issue that they weren't eligible to compete."

The ruling made way for the Chow and Schmidt duo to be bumped onto the podium, after initially losing the bronze medal match to the now ineligible Langara College team.

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Etobicoke residents in development battle

Malcolm Campbell
NEWS REPORTER

The Humber Valley Village Residents' Association is fighting another proposed development in their backyard. Elia Corporation has slated the site, about two kilometres north of Royal York station in central Etobicoke, for a major change.

It plans to raze five, three-and-a-half storey walk up apartments, and replace them with towers varying in height from six to 16 storeys. The buildings are located on St. Steven's Court, a few blocks north of Humber-town Plaza.

Anne Anderson, a board

member for the residents' association, says developers are keen on the area with proximity to the subway, and space to build as contributing factors in Elia's decision to look there.

Ward 4 Councillor John Campbell said there needs to be a balance between residents and developers.

"They're not going to put money into it (the development) out of the kindness of their hearts," he said. "They're going to put money into it to make money."

Developers are looking for areas like Humber Valley to build all across the city, and the fight between the HVVRA and

Elia is a possible sign of things to come.

Anderson pointed to the High Park neighbourhood in west Toronto as another example of developers taking advantage. The High Park Residents' website is full of actions they have taken against construction companies looking to cash in.

The city also needs to continue expanding to meet the needs of citizens.

Campbell said he stands with residents on keeping the density of the neighbourhood manageable. He also said he doesn't want the three-and-a-half storey buildings replaced by eight to 10 storey towers, but encour-

ages the prospect of change.

"This is a collection of very run-down, walk-up apartment buildings, that were built in the early 1950s," Campbell said. "They badly need redevelopment, renovation or refurbishing."

Anderson agrees the buildings have fallen into a state of disrepair, but doesn't want that to allow for drastic changes to the density, and feel of the neighbourhood.

Residents are holding their breath as the Ontario Municipal Board weighs the decision. The OMB is an appeals tribunal that is put into action when one party in a dispute disagrees

with a municipality's decision.

Anderson says she is worried that the OMB will favour the developer's cause, as they do in 65 per cent of cases. She isn't against growth and knows the buildings are in bad shape, but she foresees problems in the area due to a rise in population.

"Royal York is two lanes, and the buses are already overcrowded," she said.

Larry S. Bourne, emeritus professor in the geography department at the University of Toronto, said the suburbs need change to move forward.

"Most of the former suburbs need to add urban den-



They're not going to put money into it out of the kindness of their hearts

John Campbell
COUNCILLOR
WARD 4, CITY OF TORONTO

sities to their base to encourage transit use," Bourne said.

These types of developments are cropping up across the city, causing anger and frustration among residents. Campbell says there needs to be balance between the neighbourhood and city needs.

Selfie era not just for self-loving

Amy Wallace
NEWS REPORTER

Selfies are the cultural phenomenon du jour. Social media platforms like Instagram and Facebook are awash with them.

The Oxford English Dictionary deemed "selfie" the word of the year in 2013.

Celebrities are not immune to the trend. One cannot forget Ellen DeGeneres's star-studded selfie at the 2014 Oscars, featuring Jennifer Lawrence and Brad Pitt among others.

Selfie queen Kim Kardashian is releasing a 352-page book featuring her best selfies. "Selfish" will hit shelves next month.

While some view the activity as harmless self-expression, others see it as a display of self-promotion and narcissism. Is it time the selfie trend went out of vogue?

While chatting with a crowd during a recent military training tour in Australia, Prince Harry expressed his distaste for selfies.

"Seriously, you need to get out of it, I know you're young, but selfies are bad," he urged a young fan, according to an article in The Telegraph. "Just take a normal photograph."

"I think it all depends on the individual, what they are photographing, why they are doing it, who they are sharing it with, and so on," said James Nielson, Liberal Arts and Sciences professor at Humber College. "A selfie could be a narcissistic gesture by a person uploading to a site where they have hundreds of 'friends' they have never met



AMY WALLACE

Cultural phenomenon of selfie not always narcissism, says Humber prof James Nielson.

and don't really care about."

In the quest to making selfie-snapping easier, selfie sticks are the latest new gadgets to have emerged on the market.

With the device, smartphones are secured in a holder, attached to a long metal rod. The stick's length allows for a wider shot, and gives the impression that someone else is taking the picture.



There's kind of a weirdness about always trying to chronicle what we're doing from day to day

James Nielson
PROFESSOR
LIBERAL ARTS AND SCIENCES

This past holiday season, the selfie stick was one of the most popular gifts. Time magazine listed it as one of the best inventions of 2014.

Despite its popularity - or perhaps because of it - there is

a backlash against selfie sticks as of late.

Recently, they have been banned from a number of museums and landmarks, including the Palace of Versailles, Britain's National Gallery in London, and the Colosseum in Rome.

This year, popular U.S. music festivals Lollapalooza and Coachella banned the devices. Coachella dismissed them as "narsisitics" on a list of prohibited items.

"They will be turned away and we'll probably make fun of you," Ultra posted on its Twitter account.

The stick is visually disruptive to others, critics say, as well as a hazard to precious monuments and works of art. Some dismiss them as obnoxious, taking self-obsession to new heights.

"There's kind of a weirdness about always trying to chronicle what we're doing from day to day like this," Nielson said. "Some people lose sight of their physical personality, they're thinking of some virtual version of themselves."

Christine Kebalo, 24, a first-year Paralegal Education student at Humber, admits to taking the odd selfie.

"I think it depends on my appearance, I would have to say maybe minimum once a month, maybe every two weeks maximum," she said, adding that she takes more photos that she posts online.

Christian Kyriazis, 19, a second-year Baking and Pastry Arts Management student at Humber, snaps selfies occasionally.

"Usually when I'm out partying, maybe out at the gym," he said.

When it comes to selfie sticks, Kyriazis does not participate in the latest technological trend.

"I think they're a little bit ridiculous," he said. "It's so absurd to hold a camera five feet away from you to take a picture of yourself."

Kebalo agrees that it's smart for a person who wants an optimal picture.

"But at the same time it just looks hilarious if you're going to do it in a public place," she said.

Pianist Lisitsa's posts were trouble

Malcolm Campbell
NEWS REPORTER

There is no off-the-record when you post online.

Valentina Lisitsa knows this too well after she was relieved of her duties as a guest pianist for the Toronto Symphony Orchestra.

Lisitsa posted several messages to Twitter that caused a social media firestorm last week. As a Ukrainian of Russian ethnicity, Lisitsa directed provocative slams at the Ukrainian government over what she sees as mistreatment of the ethnic-Russian minority in the country.

Her posts and disinvitation from the TSO - she will still receive her contracted pay - have caused uproar in the media about freedom of speech, and the possible precedent this case sets.

Some have criticized the TSO's move, while others have defended it as its right.

John Campbell, Toronto Ward 4 councillor, believes in Lisitsa's right to free speech, but also in the TSO's right to disengage with her.

"I understand they buckled under the pressure," he said, alluding to anger in Toronto's Ukrainian community. "But they're running it like a business and they have to look out for their interests."

Kalene Morgan, Humber College program coordinator for the post-graduate public relations program, says this linkage cannot be denied.

"It's hard to escape having an online brand these days because of social media," she said.

Morgan says one's online brand can be an important tool for people trying to start their careers.

She said headhunters and employment agencies scour sites like LinkedIn looking for suitable candidates for employment.

People should only exist online in spaces they are comfortable with, she added.

The Ontario Ministry of Education has a media literacy strand in their curriculum. It is focused on creating an environment where students from Grade 1 are taught and exposed to the online world. But there is little in the curriculum about the dangers of posting online, especially for future employment.

Morgan raised the case of television's incoming Daily Show host Trevor Noah. Soon after he was hired as Jon Stewart's replacement, tweets that some viewed as offensive were discovered, even though he sent them over five years ago.

"If you are established as an online brand, you can be more provocative," Morgan said.

For the first generation of people who grew up with the Internet their whole lives, entering the workforce could feel invasive.

"The first thing someone is going to do if they're thinking of interviewing you, is to Google your name and see what comes up," Morgan said.

She gave some simple advice: "Be authentic, be transparent," she said.

"And never post anything on social media that you wouldn't want your grandma to see."

Humber recommended to int'l students

School draws some 3000 students from around world due to programs, work opps

continued from cover

"I recruit ESL teachers for students who want to learn English, and help students extend their study permits and entry visas," he said.

Sun said he sees more and more international students wanting to stay in Canada after they finish their studies.

"The high school students I deal (with) often have the primary goal of attending college or university in Ontario," he said. "After university, over half of them choose to stay in Canada."

"Usually students who can't find a job here or want to work for a family business are the ones who tend to move back to their home country," said Sun.

The Canadian Bureau for

International Education reported in 2009 the presence of international students created more than 83,000 jobs, but Sun said many of his clients have a hard time finding gainful employment in Ontario.

"Even local students who graduate face challenges after graduation. It's hard to get a job, especially a good job. For international students it's even more challenging because of the language barrier and lack of networking opportunities," said Sun.

Humber Law Clerk student Manpreet Kaur said it is difficult being separated from her relatives. Mutumba agrees, but hopes to gain permanent residency so he can bring over his girlfriend and their three-year-old daughter.

"The biggest challenge for me is that I'm living here alone," said Kaur. "There is a lot of difference between India and Canada (but) I think that everything is awesome here."

Mutumba said his intention would be to stay in Canada, despite not having any family or friends here.

The Government of Canada helps international students find work after graduation for up to three years through the Post Graduate Work Permit Program.

Students with some Canadian work experience have a higher chance of qualifying for permanent residency.

Keefe said immigration agents in other countries recommend Humber to prospective international students based on the quality of programming, and unique opportunities to gain work experience

while studying.

"Each school at Humber helps international students find work after graduation," he said. "A lot of the programs have co-ops and internships."

Keefe and the advising team at Humber's International Centre help foreign students integrate into the community.

"If students have questions, we route them to the right departments like counseling, HSF, or peer tutoring," he said. "We do trips and take students around Ontario."

Mutumba said he chose Humber because of the services available to students.

"I wouldn't mind going anywhere as long as my program is there," he said. "I got very good responses from my program coordinator and the International Centre. They were very responsive to my mail."

International students



KATIE PEDERSEN

Joel Scott is an Architecture student from Trinidad. He says, "So far, people in Toronto have been very kind."

make up eight per cent of the post-secondary population in Canada, according to CBIE.

Keefe said approximately

3000 international students attend Humber each year, accounting for 15 per cent of the student body.

Student Appreciation ceremony honours those who give of self

Matthew Pariselli

NEWS REPORTER

Marlo Paraboo was ready to declare defeat.

It was the fall of 2014 and the fourth-year Bachelor of Child and Youth Care student at Humber Lakeshore had reached her boiling point. The mother of two, who works full-time in the field, was succumbing to the demanding workload of the program. She needed to step back and explain her situation to her professor, noting that on nights when she had class, she didn't even find time for dinner.

Melissa McKenna, a classmate of Paraboo's who overheard her plight, convinced Paraboo to hang on a bit longer. She promised things would lighten.

Paraboo agreed after some hesitation, and walked into their next evening class with her usual empty, growling stomach. Unusually, however, there was a steaming bowl of chilli waiting for her.

McKenna had cooked a meal and brought it to class for her, an act of generosity she repeats week after week.

Paraboo was taken aback by McKenna's thoughtfulness. She began searching for a way to repay her, and an opportunity presented itself when she received an email

outlining Humber's Student Appreciation Awards (SAA).

"I was actually hoping something like this existed because I wanted her to get recognized somehow, somehow," Paraboo said.

Humber's SAA, is an annual event put on by second-year students in the Advanced Diploma — Public Relations program. It was sponsored by Humber Students' Federation, HSF and was held at Humber North's Seventh Semester room on April 13.

Jasmyn Ellis, 23, chair of the event this year, is clear about its objective.

"The focus of the event is to recognize students, faculty, and staff on their contributions to Humber," said Ellis. "We're recognizing them for some of the excellent things they've accomplished, showing our appreciation."

Students, faculty and staff could submit nominations for the Student Appreciation Awards, as well as the Volunteer of the Year Award, The Judy Harvey Student Spirit Award, and the Marci Fenwick Leadership Award. Nominations were submitted online.

The event is celebrated in style. Prior to the event this year, Matt Palmer, 22, vice-chair of the event, spoke highly of the function.

"We have a three-course



MATTHEW PARISELLI

Nadia Murillo, left, and Maiya Barrett, right, present a Student Appreciation Award to their Message Therapy clinic instructor, Andrew Clapperton, centre.

meal, and intermittently through the meal are the awards as well as the entertainment. We made sure that all the entertainment was from Humber itself, and we didn't just stick to the music program, either. One of our musicians is in our program, but in the year below us," he said.

Ellis draws on this idea.

"We have Tom (Walton), the HSF President, who will host the evening," she said. "We have a one-man band coming, so there will be a lot of singing ... We have a fudge table and some chocolate popcorn, too."

The considerate, chilli-cooking McKenna, who was attending the event with her nominator, Paraboo, was impressed.

"It's really fancy. It's well-prepared. I feel very important being here," she said.

Nadia Murillo, a 22 year-old third-year student in Humber's Message Therapy program, was hoping the man she nominated shares McKenna's sentiments. Murillo was there with Maiya Barrett, who together nominated their dedicated Message Therapy clinic instructor, Andrew Clapperton.

"He goes above and beyond.

He takes time off his own busy schedule — he runs his own practice — but he'll come in on weekends so we can practice. He'll supervise us and give us pointers ... because there's not enough actual lab time. He's just great, very kind," Murillo said of Clapperton.

Clapperton was recognized during the ceremony. He picked up one of the Student Appreciation Awards, which was presented to him by Murillo and Barrett.

McKenna also nabbed one of the Student Appreciation Awards. Paraboo presented

her with the final award of the evening.

The event was Charlie and the Chocolate Factory-themed, and featured an introduction by Chris Whitaker, Humber's president and CEO. Whitaker said it was the 30th anniversary of SAA.

Winners are decided by a jury comprised of past recipients and representatives of HSF, Student Success and Engagement and University of Guelph-Humber.

Winners received a certificate of appreciation and miniature inuksuk statue.

Van Loan at Lakeshore to pump Bill C-51

Jeremy Appel

CITY HALL/QUEEN'S PARK REPORTER

The Harper government is moving ahead with its tougher anti-terrorism laws, critics be damned.

Federal Conservative House Leader Peter Van Loan stopped by Humber's Lakeshore campus Thursday to promote Bill C-51, his government's controversial new anti-terror legislation.

Van Loan said Canadian intelligence needs enhanced powers to catch up with enhanced threats to Canadian security.

He warned against the "rising tide of Islamic extremism coming to our shores with ISIS-inspired terrorist attacks."

Canadian Security and Intelligence Services (CSIS) will now have the "ability to disrupt terrorist plots" before they come to fruition with judicial approval, Van Loan said.

He acknowledged this essentially allows judges to authorize breaches of the law by CSIS but insists it is necessary to keep Canadians safe.

Van Loan said it will also be a crime to advocate an act of terrorism, broadening the current prohibition against counseling terrorist offences.

A Forum poll from March says 38 per cent of Canadians support the bill.

This almost matches the 39 per cent of votes the Tories received in the 2011 federal election, according to results from Elections Canada.

Van Loan dismissed criticisms of the bill by four former prime ministers including Joe Clark, a Conservative, and five former Supreme Court justices as politically motivated.

"We're in pre-election mode and none of those prime ministers support the current government. None of them did when in office did (sic) any of the things they are saying should be done... Joe Clark has been telling everyone to vote Liberal. That's his mistake," Van Loan said.

Clark reluctantly endorsed Paul Martin for prime minister in 2004, calling him "the devil we know" on CTV News.

"Right now the bill allows secret agencies to enforce the law in secret, grants them the power to violate the law and our constitution to do so, criminalizes dissent, criminalizes speech that is far removed from violence and virtually eliminates privacy rights," *Toronto Star* columnist Scott Vrooman wrote in an e-mail.



CHRISTY FARR

At ninth annual Fight the Temptation, held at North campus Student Centre on April 15, event organizers from Public Relations made colourful efforts with a Motown-themed party to encourage Humber students to have fun in a responsible way.

Fighting temptation of excess drink

Christy Farr

NEWS REPORTER

Alcohol awareness got funky up at Lakeshore campus.

A Motown-themed alcohol awareness event was held Wednesday in the North campus Student Centre.

'Fight the Temptation' was the ninth annual event held to educate students about responsible drinking, just as students finish the school year and go off into the summer.

"Students are faced with temptations to over-drink or over-consume, and engaging with the vendors here that we

have, they will be able to have a fun open conversation about what it means to drink responsibly," said Adam Bornstein, co-chair of the alcohol awareness event and a student of the one-year post-grad public relations program.

Event organizers from the public relations program dressed in 1960s-style costumes, with a photo booth for the event, and played funky Motown music throughout.

The event is run twice annually, once in the fall and once in the spring.

This year was the first time the spring event was held at

Lakeshore campus, said Bornstein.

"Students like what they are hearing and I think you are selling the message very well," said Humber College President and CEO Chris Whitaker as he addressed the crowd of students and organizers of the event.

MADD along with several vendors, including the beer company Coors and LCBO, were there to promote responsible choices when it comes to alcohol use.

Coors partnered up with TaxiGuy, a company easily called by using an app on smartphones, to deter driving

impaired.

The Coors booth featured "beer goggles" that when worn simulate a blood alcohol level of 0.12; then students try the difficult task of throwing a bean bag into a hole just a few feet in front of them, said Melisa Chung, social-digital manager at Coors.

Coors was one vendor out of 10 and students were encouraged to visit each vendor to receive stamps to then enter into a raffle to receive prizes like Blue Jays tickets, and a Coors mini beer fridge.

Brandon Rowe, a student in the post-grad Public Re-

lations program and co-chair of the event, said this was the first year the social networking site Twitter was incorporated into engaging students.

Coors was asking students to tweet their pledge to celebrate responsibly, said Chung.

Tony Tran, a first-year Marketing student, said he was really enjoying the event because he liked the wide array of booths tailored to different types of information about alcohol and drug awareness.

"I want to be aware of the dangers of alcohol use so I came here to learn more," said Tran.

Humber Counselling was at the event promoting services that they offer to students throughout the whole school year to help them make responsible choices with drugs and alcohol.

"We can provide counselling when students turn to alcohol because of underlying issues," said Arpita Patel, a registered nurse at Humber Counselling.

Bernard Trottier, Member of Parliament for Etobicoke-Lakeshore, showed his support for alcohol awareness by addressing the crowd with a few words.

"There are some ways to enjoy alcohol responsibly but there are some inherent risks with this type of activities and other drugs also," said Trottier. "Every generation has to learn this what seems like for the first time, the more you can get that education and information out there the better off we'll all be."

A study by Health Canada says "while illicit drug use has generally been declining, the prevalence of heavy drinking has been holding steady and even increasing, particularly among youth aged 15 to 25."

Transit advocacy group challenges MPPs to ride TTC

Travis Kingdon

NEWS REPORTER

The TTCriders have saved you a seat.

The transit advocacy group is inviting Toronto area MPPs to take up their challenge and ride transit for a week instead of using their personal vehicles.

The group launched the campaign, "Saved You a Seat," on April 1.

"We felt that asking elected officials to ride the TTC for a week would inspire them to properly fund transit" said Jessica Bell, Executive Director of TTCriders. Elected officials are responsible for the service but many don't use the TTC, she said.

The provincial government used to match Toronto's contribution to the TTC, but it doesn't do that anymore, she said.

"Maybe if they (MPPs) rode the TTC more often, they'd be more inspired to do the right thing and give Toronto better transit," said Bell.

Students at Humber College are well aware of the frustrations that can come with riding transit every day.

"Occasionally I have to run for the bus, they (the drivers) see you, but they just drive away," said Daniela Vivas-Laguna, a final-year architecture student at Humber College.

"Politicians have no need to take transit," said Kristen Medina, a final-year architecture

student at Humber College.

She understands as politicians take their personal vehicles to work instead of the TTC, they don't really have any use for the services, she said.

"For many politicians using a car is still more convenient in the city than riding the TTC," said Bell.

"It would be nice to see them experiencing the same things as us on the day-to-day, the pros and cons," Medina said. "When a person walks a mile in someone else's shoes they are more likely to help solve the issues that the person faces."

"We often hear elected officials say 'look, we're too busy, we're too important to catch the TTC because we have re-

ally busy lives," said Bell. "Our message to our elected officials is that there are a lot of people in this city who are extremely busy and our time matters, too."

So far, the only three MPPs have agreed to take the challenge; Peter Tabuns, Cheri Di Novo and Arthur Potts.

As a part of the campaign, the advocacy group is having a day of action on April 27. The group will be out canvassing at transit stops around the city for better transit service.

"We're asking transit riders to join us at streetcar, subways and bus stops near elected officials' offices," said Bell.

TTCriders will be encouraging transit riders to contact their MPP and ask for better

service on the TTC.

The last time the group canvassed, they had representatives at over 40 transit stops across the city, and they expect the same turnout this time, said Bell.

One of the canvassing areas will be subway stop nearest to Kathleen Wynne's house, she said.

"We're going to save her a seat so she can talk to riders and experience the TTC with us as she travels to Queen's Park with us," said Bell.

With the provincial budget set to come later this month, the TTCriders message is clear.

"Do the right thing this May, fairly fund transit," said Bell.

Humber at Kortright

Nicole Williams
BIZ/TECH REPORTER

If you build it, they will come.

Well, it's already been built, but the Kortright Conservation Centre is looking to spruce up its Green Works building and is looking to Humber for help.

Five students from the Architectural Technology and Interior Design programs were recruited to help redesign the space into a learning centre for students.

The centre, located in Vaughan, northwest of Toronto, on Pine Valley Drive, serves as an environmental and renewable energy education and demonstration facility and is home to trails and educational workshops.

The Green Works building is currently serving as a storage area but is intended to become much more, said project mentor Elizabeth Fenuta.

"It's a bit of a design challenge since there are already architectural factors we need to consider," she said.

The process has proven to be educational for students, both technically and professionally.

"The conceptual phase is always the hardest. You have to work to create an image that merges what the clients want with what you intend



It's cool to be involved with something practical, and to work on a project with other people.

Jason Tian
ARCHITECTURAL TECHNOLOGY STUDENT

for the design," said Fenuta.

Third-year Architectural Technology student Jason Tian, who creates the rendering of the designs for the space, says the process has been exciting.

"It's cool to be involved with something practical, and to work on a project with other

people," said Tian. "[We] create change in a real project."

Working with others has been the most educational part of the process for Aliesha Dewdney, a fourth-year Interior Design student, also working on the project.

"I learned a lot working in a group setting, especially from the architectural students and what their business entails," said Dewdney.

Dewdney said it was all about learning to work with different personalities, and learning to compromise.

"Everyone is working towards a common vision," said Dewdney.

And it seems that Humber's practicality makes students the ideal candidates to work on such a project.

"We're a very experiential focused school with a large variety of disciplines. We like to apply the research we've done," said Fenuta.

Fenuta says that this project is one of many for Humber in a larger partnership with the Kortright Centre.



NICOLE WILLIAMS

The Kortright Conservation Center has recruited Humber College Architectural Technology students to redesign a current storage space into a functional study facility for students.



COURTESY OF JASON TIAN

A rendering by Humber student Jason Tian of proposed changes to Green Works building.

Dot-sucks domain no student danger

Ryan Durgy
BIZ/TECH REPORTER

Plans to commercialize the new dot-sucks domain names have companies and students questioning the motives behind the move.

A Canadian owned company, Vox Populi, won the right to manage the dot-sucks domain name last year and their recent announcement of pricing plans for the domains have caused controversy and backlash.

Trademark owners are being charged \$2,499 US a year to buy the addresses related to their brands. The idea is that companies will buy the names to avoid malicious use by others (e.g. chrysler.sucks)

The price tag for trademark owners is reportedly 10 times the amount others pay for dot-sucks domain names, opening up for public purchase on June 1.

Rebecca Morency, a second-year Media Studies student at the University of Guelph-Humber, thinks the domain names are bad.

"I think it's ridiculous that it costs that much and the fact that you can make a company pay so much more for it. I

think it's just a money scam," Morency said.

Dr. David Brake, Professor of Journalism at Humber College Lakeshore campus and author of *Sharing our Lives Online: Risks and Exposure in Social Media*, said most students shouldn't be concerned with dot-sucks domain names about themselves.

Brake said that unless a student is a celebrity, they don't have to worry about these domains, because of the way that search engines like Google structure their results.

"The only people you have to worry about coming across that are people who choose to type that domain and dot-sucks at the end," Brake said.

"If that is what people are doing...people already don't like you or they wouldn't be typing dot-sucks in the first place," he said.

"I very much doubt that (Google) would put the same priority on a dot-sucks domain, and therefore, it's likely to sit in the trash bin of millions and millions of names that are out there that are never seen," Brake said.

Morency also thinks that students shouldn't be worried.



RYAN DURGY

Plan to commercialize dot-sucks domain names has some students concerned but Humber prof Brake says no worry.

"It's a pretty expensive way to cyberbully," Morency said.

Ross Morgan, a second-year Sports Management student at Humber, thinks they're "hilarious" but thinks the high price-tag for the domain names are unreasonable.

Morgan said the idea that employers may find a dot-sucks website about an applicant as a deterrent, isn't a concern for him.

"If they didn't want to hire me based on finding a (sucks dot-com being created for my name) I don't know if that would be the type of organization I would want to work for," Morgan said.

Brake said the marginal risk of an unfavourable site about a corporation being created using a dot-sucks domain name may push them to spend thousands of dollars

purchasing the site related to their name.

"But for a corporation, there is a potential danger that someone...might be curious about the corporation and put in dot-sucks to see what would happen, to see if someone had actually pulled up some information about that company and put it on that link," Brake said.

Morgan thinks that companies could use a dot-sucks domain name to their advantage.

"I think what would be smart for companies to do would be to go along with it, have some fun with it," Morgan said.

Morgan suggested that a large company could purchase a domain and customize the website to poke fun at themselves without turning customers off from the company.

Blackberry is back

Alex Drobin
BIZ/TECH REPORTER

Blackberry is on the rise again.

The once-dominant smartphone company has been undergoing a transformation under new CEO, John Chen.

Chen is attempting to secure a niche market of Blackberry users, focusing on institutions, which naturally require a higher level of security and have no need for a large variety of gaming apps.

In a recent *Forbes* interview, Chen said that the company would focus on governments, financial services and health care. "I think we can capture those and become a winner," said Chen.

Blackberry has taken a proactive approach to find and different sources of revenue.

"Their revenue sources are changing not because of re-entry into the smartphone market, but because they're changing their line of business," said Kevin Ramdas, professor in the Wireless Telecommunications program at Humber College.

"What they're trying to do is become an IT software solutions provider," added Ramdas.

This can be seen through one of their recent developments, called "Worklife by

Blackberry". This software installs separate phone lines onto an employee's cell phone, allowing companies to separate work calls from personal calls, alleviating the need for cell phone expense reports.

Recently, they're focusing on marketing their security.

This feature is what differentiates them from other smartphone providers.

"What Blackberry did was that they encrypted their entire pathway from the beginning to end, onto their server, off of their server, everything," said Ramdas.

"The entire pathway is encrypted using Blackberry software, so that kept their e-mail a lot more secure than something like an iPhone," added Ramdas.

This sort of safety is essential in industries that are reliant on protecting information.

"When I'm working in a professional setting with very sensitive information, I would rather use a phone like a Blackberry because of the safety features," said Mikki Singh, 25, final year Engineering student at Humber.

"I mean, that's what Blackberry is known for, and that's why a lot of execs are still using those kinds of phones," he added.

EDITORIAL

Prayer in city council excludes too many

The Supreme Court of Canada ruled on April 15 that municipal council meetings in Saguenay, Que., cannot open with prayer. The unanimous decision was made because reciting a Catholic prayer infringes on freedom of conscience and religion.

Although the ruling was in regards to an eight-year long battle that began with atheist Alain Simoneau, who filed a complaint against the mayor of Saguenay, Jean Tremblay, other municipal councils throughout Canada, including in Ottawa and Dieppe, N.B., are taking the ruling seriously as it is implied that it applies nationwide.

While the ruling reads that reciting a prayer infringed on the right to religious freedom by “profess[ing] one religion to the exclusion of all others,” Mayor Tremblay has argued that reciting a prayer before a city council meeting is more a cultural homage to Quebec’s Catholic heritage than a religious action.

The Supreme Court ruling, according to some, doesn’t exclude all religious observance but means they must be without public display, so that a moment of silence, for example, may be permissible.

Many council meetings will have to be reconsidered now, because

they began with a scheduled prayer – usually for those of a Christian faith. Council meetings can still begin with prayer, but the language used to schedule that into the opening proceedings of a meeting has to now be inclusive to any religion or those who aren’t religious.

Councils may start with something more generic like a moment of silence or personal reflection, which each individual can use – if they so choose – as an opportunity to indulge in their personal faith or lack thereof.

The fact remains that the municipal government is a public entity, meant to represent each and every

citizen it governs.

As important as freedom of religion is, there is something to be said for freedom of no religion, as well. It should be just as important for people who don’t wish to participate in religious practices not to be subjected to them.

Also, Canada is an inclusive nation where the many cultures and religions of its citizens are a part of its culture as a whole and not simply something allowed. It’s fine for Saguenay to want to pay “homage” to its history, but that can’t come with the exclusion of everything else that has since been added to that culture.

Carbon cap and trade good, needs to be done right



Ian Burns
NEWS EDITOR

costs by a fair amount and the jobs created were basically only temporary construction jobs. It remains to be seen whether the implementation of solar, wind and biomass energy in the province will work out. And nuclear power, though clean, remains extremely risky.

So the province’s Environment Minister, Glen Murray, said he would meet with business and community leaders, green groups and Aboriginal groups in order to craft a plan. The government has said it would invest any revenue it gains from the carbon tax in “green initiatives.” The Canadian Manufacturers and Exporters Association pointed out that some of these

green initiatives should be directed towards industry in trying to make their plants more energy efficient, citing high energy prices in Ontario.

Everyone knows Ontario’s manufacturing sector, once the backbone of our nation, has gone through major changes over the past twenty years. As cheaper labour making low-quality products from abroad floods our market, our economy is in a major transition period to one of high-tech manufacturing. Our high energy prices are one of the major barriers to this, so let’s hope that cap and trade will not be another.

Clearly economic development is important, but so is environmental protection. While some still argue

on whether or not climate change is real, the fact of the matter is the planet seems to be changing, and steps are required to avoid continued smoke belching into the atmosphere.

Nations like China, India and the United States (depending on the state) seem to be uninterested in reducing their carbon emissions, despite being the worst offenders. It therefore unfortunately falls to smaller states to reduce their carbon footprint.

Ontario is one of those states. Let’s hope that the government is able to square the proverbial circle and ensure that we are able to reduce our carbon footprint without adversely affecting people’s jobs.



Premier Kathleen Wynne announced a cap and trade system of controlling carbon emissions on Monday.

On Monday, Premier Kathleen Wynne announced that Ontario was moving to a cap and trade system of controlling carbon emissions. Although the details provided were scant, the basics of cap and trade are well known: the government puts a cap on the amount of pollution industries are allowed to emit, and then creates a market where companies can trade permits that basically gives them the “right” to pollute beyond the cap by trading with companies that pollute below the threshold.

It’s an interesting idea, but needs to be done correctly. The Environmental Defense Fund calls cap and trade the “most environmentally and economically sensible approach to controlling greenhouse gas emissions.” They argue, unlike a more direct, coercive method like a carbon tax, it actually puts a cap on emissions and offers companies incentives to innovate to lower costs.

Unfortunately, the record of the current provincial government on the environment has been mixed, to be charitable. The Green Energy Act was introduced in 2009 to create jobs, increase energy conservation and renewable energy sources, but ended up increasing energy

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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Don't rush into your future, do what makes you happy



Jesse Noseworthy
NEWS EDITOR

I'll be graduating college in a few weeks. And, with that, I'll be looking to get a good job and a nice place to live.

But, in the midst of all the excitement that lies ahead of me, I can't help but look back on where I once was. It was just four years ago when I was preparing to graduate from basic training with the Canadian Forces. Afterwards I would deploy for the summer to complete some more training.

On paper I looked to be pretty successful. I was only 18 and was miles ahead of some of my peers from high school. But I wasn't in the right place. The military, simply put, wasn't for me. I knew that something needed to change.

I discharged from the military a month later and applied for journalism at Humber College. And, once I started school, my life began



CARO WALLACE / FLICKR CREATIVE COMMONS

"I backed out of a great career that would have sustained me well into my later years, to gamble on a college education."

to take shape. I was flourishing academically and it began to show in my overall well being. And now, as I look back, I can't help but realize that I made the right decision.

The sad thing is that many people won't make the right decision because it's hard. I backed out of a great career that would have sustained me well into my later years to gamble on a college education.

Why would anyone take that risk? Well, because being happy is what should be the key motivation behind any decision you make in life.

Society has cooped us up and made us believe that security is what matters. And we believe that we can't take our time to make the right decision. Instead of making logical decisions, we make decisions based on fear. The core issue

is that the human mind cannot make an informed decision when it's in a state of fear. So we make rash decisions and suffer for it because someone has made us believe that it's the right thing to do.

The solution to this is simple: don't believe that you have to do something because someone else expects you to. Breathe, take your time and think thoroughly about

the decisions you make. They really do matter.

As I peer into what my future could be like, I'm left with the feeling that it's all going to be okay. If I continue to follow my heart and promote what makes me happy, then there's absolutely no room for failure. And, if you're honest with yourself, the same rules should apply to you as well.

College, university should make collaborative education



Katherine George
LIFE EDITOR

As a student in a post-graduate program at Humber, I have experienced both a college and university education. I chose to return to school after completing four years in a university program because I felt like I had graduated without the adequate skillset to enter the workforce. Now

I believe the only way to attain the valuable life lessons that come from a university learning experience and the specified training of a college program is to combine the two forms of education in a college and university collaborated degree.

A recent report conducted by Ken Coates, a professor at the School of Public Policy at the University of Saskatchewan, said university enrolment across Canada should decrease by 30 per cent while there should be more focus on colleges and polytechnic schools. Coates said a decrease in university enrolment would improve the quality of education. The study, commissioned by the Canadian Council for Chief Executives, shows imbalances in the Canadian education system with an influx of generic ill-trained university qualifications and lack of real-wage skilled workers.

A university education is valuable because it teaches students the basics of what is required in not only a career-oriented job, but also in becoming an adult. A university education

builds on skills that were taught throughout high school. It focuses on developing the ability to understand complex theoretical concepts while perfecting reading and writing skills.

In addition, universities are usually broader institutions with a higher enrolment of international students. Students who enroll in a university program are more likely to move away from home for the first time than students enrolled at a community college. Leaving their parents' nest behind, university students are forced into learning the responsibility of living on their own. These are basic skills that build young adults into being successful students in a post-secondary education.

However, Canada's workforce today requires specification within education. The hands-on training programs offered at colleges gives students the ability to narrow down their interests and qualifications and become experts in a specified field, increasing their ability to find a job.

The influx of generically ill-trained university graduates comes

from an unrealistic perception of a university education. Families have pushed children away from blue-collar positions, despite the now higher level of technological work required for jobs in the skilled trades. Individuals between the ages of 17 and 19 are forced to decide which post-secondary institution or other training program they want to go to, leaving the development of the Canadian workforce in their hands. Young adults have an unrealistic perception of what the workforce requires because their experience has been about being taught to go to university and study at an academic level of learning.

Over the past five years, across Canada the number of university graduates enrolled in college programs has increased more than 40 per cent. Many of the university-trained individuals are matured adults who have acquired more education with more time to grow up. This puts young college-only educated students at a disadvantage competing with individuals with

more life and educational experience.

There is growing concern about the transition from school to work. Employers often emphasize that students graduating from university programs have been crafted to a high academic form of learning and have not acquired any soft skills. Soft skills are interpersonal skills that involve communication, friendliness and an individual's ability to interact with others. These skills are developed in most college programs where group work is encouraged, while many university programs focus on individual success.

There will always be a need for both a university and college education depending on an individual's route to career success. But in an increasingly technological world, there should be more collaboration between university and college programs to offer students the academic learning experience of a university education while receiving the specified training of a college program. The future of Canada's workforce is dependent on it.



MAHNOOR YAWAR

Tickets were sold out for Bollywood Night, a 19 plus event, as students danced the night away at LinX Lounge.

Food4Kids reaps benefit of campus Bollywood Night

continued from cover

“We know that school finishes on June 30 for those kids, but hunger does not stop. We’ve incorporated a summer feeding program to provide four food packages a week to the families,” she said. “Those packages are delivered to the families once a week for an eight week period.”

Park said the organization has grown to provide 980 packages a week over its three years of operation, and it was because of funds like this that they were able to achieve that.

Yagnik said everyone from the DJ to

the henna artists were students in the program, so costs were kept to a minimum. There was also a raffle with prizes like Steam Whistle Brewery tours open to everyone attending.

She said the event was a challenge to put together but it exceeded all her expectations in terms of success.

“There were times when we thought it wasn’t going to happen,” she said, looking visibly relieved.

“At one point we thought that if tickets didn’t sell, the 30 of us (in the class) would just come here and we’d give that money to Food4Kids. A lot of people had more faith than I did,”

Yagnik said.

Program coordinator Ramesh Srinivasan said he thought the event went wonderfully.

“The students worked hard to make it happen. The music was great, people had a wonderful time, and we raised funds for a wonderful organization,” he said.

The event ran late into the night, and LinX dealt with a number of real security issues. Yagnik said there was a chance that some attendees were selling their wristbands to people who were turned away from getting in, but security officials managed to keep things under control.

“When an event is popular enough for people to re-sell their tickets, that’s a pretty good measure of success,” she said.

Riff & Riot exhibit roams from drawing to digital art

Traditional and new tech work at reach both main campuses next week

Katie Jones

A&E REPORTER

Graduating Humber students from the Visual and Digital Arts Program will be showcasing their artwork at the Riff & Riot exhibition, which runs April 21 to May 7 at Humber North and Lakeshore campuses.

An interactive reception to offer people the opportunity to speak with the artists as they mingle over food and drinks, will be held April 23.

Colin Fringe is among the 50 graduating arts students.

He will be submitting two pieces that focus on equality and acceptance.

“I’m looking forward to the exhibition. As a student having a gallery exposition that you run yourself, you market and you try and sell, it’s an interesting opportunity to see how the real world works,” said Fringe.

Fringe said the program was intensive. He said the program focuses on both the traditional and digital mediums of art.

The process of organizing the event was challenging as well.

“Everything has been put together by the students. We’ve done all

the marketing and media with a little help from our teacher, but mainly it is all student run,” Fringe said.

“Thirty to 50 students trying to work together and run everything smoothly can be a cumbersome task. But it has all come together and that’s what matters in the end,” said Fringe.

Noni Kaur, coordinator of Visual and Digital Arts, said the program teaches a diverse variety of different mediums, and these skills will be showcased at the exhibition.

“Some skills could be drawing, painting, illustration, digital art. Working in Photoshop, in Illustrator, Painter, the whole Adobe suite and mixed media,” she said. The show will high-

Canadian comics hit road for U.S.

Many Canadian comics feel Toronto doesn’t provide rich opportunity

Samantha Juric

A&E REPORTER

Toronto’s comedy scene is about to get a lot less funny.

Standup and sketch comic Steph Tolev, 30, is hitting the road in the hopes of making it big on the U.S. comedy scene.

Tolev says Toronto’s comedy scene is full to the brim with talent but isn’t willing to take risks in supporting emerging talent.

It was 10 years ago when Tolev, wide-eyed and bushy tailed, entered Toronto’s comedy scene after graduating from Humber’s Comedy Writing and Performance program.

Tolev proudly shares she is able to fully support herself living off of the income she generates from her craft.

Tolev is one half of the sketch comedy duo LadyStache with fellow Humber alumna Allison Hogg.

It was during Tolev’s time at Humber she fell in love with the art of sketch and physical comedy as well as the art of clowning.

Tolev says the city’s standup scene is of a high caliber in comparison to other cities.

“Standup in Toronto has more story telling,” she said.

But Tolev also said show producers are not willing to bankroll comedians to broaden their horizons: “Toronto plays it too safe, or maybe our demographics are just too wide spread.”

Tolev is of course not the only Toronto-based comedian flocking to the U.S. in pursuit of the Canadian dream.

Humber alum Chris Robinson, who graduated from the comedy program in 2009, said he believes he can’t succeed in Canada.

“I think you have to move to the

States if your main goal is to be as successful as possible. Toronto is one of the best training grounds for standup. But it is very rare to get national or international exposure staying in Canada,” Robinson said.

Robinson feels that a lack of diversity in Toronto’s comedy scene is a roadblock to success.

“The majority of Canadian awards and festivals centre around white males. As a black comic, going to the States, where there are more black people in the entertainment industry, is very enticing,” said Robinson.



The majority of Canadian awards and festivals centre around white males.

Chris Robinson

HUMBER COMEDIAN GRADUATE

Fellow Humber alumnus James Hammond has a lot of opinions on the industry of comedy.

Like Tolev, Hammond declares through comedy gigs he has recently been able to start paying more than half of his monthly bills with the money he makes from performing.

Hammond has dual citizenship from Canada and the U.S. but disagrees with Robinson and Tolev’s more critical views on Toronto’s comedy prospects.

“There are tons of opportunities in Toronto. You just have to make them happen yourself,” said Hammond.

Despite the challenges she’s experienced in Toronto, Tolev remains ambitious and manages to keep laughing.

“Laughing is important. It’s the only thing that can change your mood instantly. It’s a getaway,” she said.



It is very open to everyone’s skill level. As long as you come here to work, anyone can be quite successful.

Brianne Whinfield

HUMBER, ART STUDENT

light “how they’re using mixed media to translate different ideas and come up with an artwork for a particular assignment,” said Kaur.

Brianne Whinfield is another graduating arts student who will be show-

casing three separate pieces. She said her work includes a digital piece, a hanging ink piece and an ongoing book report.

The amount of hours put into her work is extensive.

“I am done the digital and hanging piece. Both of those took two to three weeks. The book is a continuing piece. I’ve probably spent 20 to 30 hours on it and will continue until it’s finished,” said Whinfield.

It is apparent the program has been widely enjoyed by students.

“It is very open to everyone’s skill level. As long as you come here to work, anyone can be quite successful,” said Whinfield.



MAHNOOR YAWAR

Children of Community Music School practice art of jazz over weekend at Humber College's Lakeshore campus. Program has run for 35 years.

Jazz training for community kids

For 35 years, Humber Lakeshore's Community Music School has offered jazz lessons for youth

Mahnoor Yawar
A&E REPORTER

Humber students may be glad to sleep in on Saturday mornings, but there's no rest for the wickedly talented.

The Community Music School at Humber's Lakeshore campus is celebrating 35 years of providing acces-

sible music education during weekends to young people in the Greater Toronto Area.

"We aim to provide music training for everyone, not just for (those going on to) professional careers," said Catherine Mitro, founder and director of the program since its inception in 1980.

Mitro had been teaching music since before she enrolled in the Humber Music program in 1975. It was in her third year that she was struck by the idea to teach jazz to children.

"There's a certain pride and in-

dependence required (in music education)," she said. "Improvisation, especially, provides the opportunity to use your own voice."

Children as young as three attend the program to develop their sense of rhythm and melody. The program is developed within the traditional Orff and Kodály methods of early childhood musical education before transitioning into jazz instruction.

Jane Fair teaches Junior Jazz I, where 10 to 12-year-olds get their first experience playing as part of a complete jazz ensemble.

"They take piano lessons (on the side), so when they come here, they take a second instrument like the saxophone," she said.

Daniel Guerette, 18, has been attending the program ever since he asked his parents for a drum kit at age three.

"The program has helped shaped my style. Jazz isn't a very popular genre these days, but the harmony is involved in every other form of music," said the Etobicoke School of the Arts senior who was accepted to Humber but hopes to attend the Berklee College of Music in Boston

this fall.

Classmate Lucas Dan, 17, who plays piano with Guerette in the Improv Ensemble group, said the community school gave him his first experience playing with a band.

"This is the best youth program for jazz players in Canada," he said.

The program has opened a lot of doors for the young pianist, who is touring Europe this summer before moving to New York City to enroll in The New School in the fall.



We aim to provide music training for everyone, not just for (those going on to) professional careers

Catherine Mitro
FOUNDER AND DIRECTOR
COMMUNITY MUSIC SCHOOL

Guerette and Dan play in the advanced improv ensemble guided by Kirk Macdonald, who has been involved with the school for almost 15 years.

"This is the first thing I did with Humber," he said. "Cathy (Mitro) and I had done some summer workshops together, and she asked me if I'd be interested, and I said yes."

He said his daughter joined the program when she was six and is a second-year student at Humber now, so he feels a particular attachment with the Community Music School.

"It was refreshing for me to work with younger kids because most of the teaching I did was at an advanced level," he said.

"They're just really eager to learn, very bright, very talented and you get them at a time where you can really make a difference."

Macdonald said he was attracted to the program because he grew up with great mentors who changed his life.

"I've always felt grateful for having had that myself (as a young musician) and wanted to be available to do the same thing for other people, to give something back," he said.

Young Inspirations works to give chances to musicians under age 30

Created by Humber alum Jessica Paiva, grassroots music contest a spotlight

Corey Brehaut
A&E REPORTER

Young musicians have an inspiring opportunity in Toronto.

Young Inspirations is a grassroots music competition founded and operated by Humber College journalism graduate Jessica Paiva and her team. The event lets musicians under 30 audition for a chance to perform in front of judges and win prizes.

"What we do is promote inde-

pendent musicians strictly in the younger age range and we host yearly shows and give them a chance to perform in front of an audience and get a chance to win great prizes as well," said Paiva.

Paiva is backed up by a hand-picked team to bring opportunity to the masses. This includes her long-time friend and fellow Humber College journalism graduate Olivia Rogers.

Rogers is the executive director and is responsible for finding sponsors and suitable venues.

"I am so surprised, especially within Toronto, how many companies, large and small, want to support our musicians, they want to ad-

vertise our event, they want to send people to come to our event and



What we do is promote independent musicians strictly in the younger range and we host yearly shows

Jessica Paiva
JOURNALISM GRADUATE

mostly they want to give us prizes that will help young musicians," Rogers said.

One sponsor this year is Studio K,

which is located at Runnymede Rd. and Bloor St. The studio offers singing, piano and music theory lessons to people of all ages.

Katharine Toyne, owner of Studio K, will be one of the judges of this year's competition.

"I was actually searching for opportunities for my students to perform and I came across the Facebook page for Young Inspirations and I thought this looks like a great organization because I've found that there's a real lack of possibilities for advancement for young students who are looking for a singing career in Toronto," Toyne said.

Augusta Campoli, a 16-year-old country singer who is classically

trained and performed at Carnegie Hall, won last year's contest.

She is currently travelling between Toronto and Nashville to work on a six song EP due out in May. "I met a lot of people through Young Inspirations that inspired me to keep going," she said.

First place will win 10 hours of recording sessions at Noble Studios, second place gets an hour of engagement with Coalition Studios and third gets to make a music video with Current Sessions.

Young Inspirations is holding auditions on May 9 between 1 p.m. and 5 p.m. at 664 Lansdowne Ave. and the competition will be on July 18.

As running moves outside, care needed

Sarah Trumbley

LIFE REPORTER

The snow has melted, the air is warming and runners couldn't be happier.

But for those who took to treadmill running during the cold winter months, there are a few things to remember about outdoor running before making the transition from indoor to outdoor.

Brad Corcoran, program coordinator of Health and Fitness Promotion at Humber College, said road running takes an increased toll on the body because of the shock absorption necessary and the style of running.

"When you're running on the treadmill you're keeping up with the belt, you're not actually powering yourself to go forward," he said. "When you're running out on the road you're creating the force to create the movement."

"It is more physically demanding, it's more taxing, and takes more energy to do the same amount of work," he said.

Running coach and personal trainer, Bruce Raymer, said treadmills are a lot more forgiving than the concrete so he recommends people to transition slowly.

Raymer said the body gets a little lazy after a long winter of treadmill running. The stabilizer muscles that would normally be used in outdoor running aren't being used and the body becomes very accustomed to

doing the same strides over and over.

He said while transitioning from indoor to outdoor, runners shouldn't take on as much as they would on the treadmill.

"Do less, so if you're doing 45 minutes on the treadmill try 30 minutes outside for a while."

He said to do this until the body becomes accustomed and starts building up those muscles that have been hibernating all winter.

"Usually you can ramp up within two to three weeks of finding your outdoor muscles," said Raymer.

Corcoran said an important thing to keep in mind when outdoor running is wearing the right shoe because once a runner moves outdoors, it's all based on the surface.

There's enough shock absorption in the grass or through sand or trail running. The natural earth has a lot of its own absorbing properties, he said.

"Whereas once you get onto asphalt and concrete, it's nonexistent. So it really depends on the footwear at that point," said Corcoran.

"Getting the shoe fit for you individually not just what looks good is the most important factor for reducing injury but also improving the efficiency of your stride as well."

He said the right fit shoe allows runners to propel themselves with optimal force.

Another thing to consider when transitioning from indoor running to outdoor is hydration.

Aleksandra Patrzalek, a fourth



PETER VAN DER SLUIJS VIA WIKIPEDIA COMMONS

Transition from treadmill to pavement requires some precautions for runners to decrease physical wear.

semester student in Humber's Health and Fitness Promotion program, said weather conditions highly affect runners when it comes to hydration.

"If running outside in humid and warm temperatures, the rate of sweating will be much higher than if running on a treadmill at a gym with an air-conditioning system. Therefore, more water should be consumed," said Patrzalek.

Raymer said his general rule is to drink 250 to 500 ml of water every hour.

Ashwin Patel, Sport Manage-

ment, Recreation and Leisure professor at Humber said to transition from indoor to outdoor there are also mental aspects to take into consideration.

"I think the first thing is to set what your goals are from going inside to outside," said Patel.

He said once that has been figured out a runner can use those goals in a day by day process in order to get where they want to be.

He said a runner must also remember to be more mentally aware of their surroundings when running outside.

It's easy to zone out on the treadmill because there is no oncoming traffic or different undulations in the ground to worry about, said Patel.

"For some individuals the ability to run outside actually makes them look forward to it some more.

"I myself prefer running outside especially when the weather is nice. It gives me a chance to enjoy the fresh air and possibly even get some vitamin D when it's sunny," said Patrzalek.

She said there are nice trails around Humber College and great parks in Toronto for an outdoor run.

Adult colouring books use a childhood activity for therapeutic relaxation

More complex images with tighter spaces part of new publishing trend

Allie Langohr

LIFE REPORTER

A new trend based on an old trick may be able to help people de-stress this semester.

Colouring books are making a comeback, but this time, it's the adults who are cashing in.

Adult colouring books differ from children's colouring books in the complexity and subject matter of the designs.

For example, adult colouring books feature intricate nature scenes, city landscapes and mandalas that emphasize relaxation and balance. The colouring spaces are smaller, promoting more attention to detail.

The books are available at Indigo stores, as well as online on websites like Amazon.ca.

Companies like Colorama offer package deals including regular size books, pocket-sized books and



PIMTHIDA VIA FLICKR

Adult coloring books have more intricate designs and relaxing landscapes.

even colouring utensils.

The rise in colouring books designed and marketed specifically for adults has been beneficial for both therapists and their patients, said Ana Seara, an art therapist at Sunnybrook Health Sciences Cen-

tre.

Seara, who has worked with military veterans and palliative patients and their families for 15 years often encourages her patients to use colouring books, but this new trend makes finding suit-

able images much easier.

"You want to select images that aren't putting down your residents," said Seara.

"You want to pick images that reflect their age. To hear about these adult colouring books coming out now, it's great because we're always trying to collect these resources." Carly Whitehead, first year child and youth worker at Humber College said colouring books allow her to feel the benefits of art therapy without the pressure of creating something from scratch.

"It takes away the stress of having to draw something first," said Whitehead. "It's easier to just colour something in than to think of something to draw and deem it worthy enough to start colouring it in."

Whitehead started using colouring books as a way of relaxing since taking a therapeutic activities course as part of the Child and Youth Worker program at Humber.

"We did a lot of crafts. At first I thought it was dumb, but as I kept doing it I realized that this is

actually really relaxing. It kind of brings you back to when you were a kid," she said.

Opening the colouring book and seeing her strokes on the page have an immediate calming effect, especially when trying to fall asleep, said Whitehead.

"You feel like you've let go of something that was bothering you."

Jatinder Virk, a second year business management student at Humber, said he usually ends up on YouTube when trying to de-stress, and the new trend brings up fond memories.

"Colouring books are kind of old school, but really helpful. It was totally out of my mind, but that was a really good time when I used to do it," he said.

Seara urges using colouring books to explore their de-stressing potential in ways that the user is comfortable with.

"Besides the colouring books, the media you use, whether it be markers, pastels, pencil crayons, all of that should be considered," said Seara.

HOROSCOPES by LUCY SKY



JAN. 20 – FEB. 19
There's a hidden treasure in your life just waiting for you to dig it up. Keep your eyes open.



FEB. 20 – MAR. 20
A big change is upcoming, don't exaggerate it in your mind or you'll ruin it for yourself.



MAR. 21 – APR. 20
When tragedy strikes, someone needs to keep it together for everyone else. This is going to have to be you soon. Get ready.



APR. 21 – MAY 20
Something unexpected is going to come up soon, take it as it comes and don't let anyone sway your views on it.



MAY 21 – JUN. 20
It's been a bit rough around the edges lately, but don't fret, it's about to start looking up real soon.



JUN. 21 – JUL. 22
People come and go in life, but don't forget who your true friends are; they're few and far between.



JUL. 23 – AUG. 22
Don't pass up a once in a lifetime opportunity because you're scared of failure. You'll never succeed if you don't try!



AUG. 23 – SEPT. 21
The skies are clearing up and your schedule is about to too. Take advantage of it.



SEPT. 22 – OCT. 22
Don't let the good times pass without making some memories! Dust off your camera and get out in the sun.



OCT. 23 – NOV. 21
There's always that cute person you've got your eye on. But if you look a little further into someone else, you may realise you've been overlooking something amazing.



NOV. 22 – DEC. 20
You get embarrassed too easily and it's getting in the way of you being as hilarious as you really are. Shut off that filter.



DEC. 21 – JAN. 19
Keep your head up high when stuff gets rough, it's all blue skies ahead.

QUOTED: WHY DID YOU CHOOSE COLLEGE OVER UNIVERSITY, OR VICE VERSA?

"Humber offers the program I want to go into, and university doesn't."



Alyssa Rintaniemi, 18
Funeral Service Edu, 1st year

"Because I am an international student, and I'd have to pay huge, huge money for university. College is expensive too but not as much."



Maninder Batth, 22
Business Accounting, 2nd year

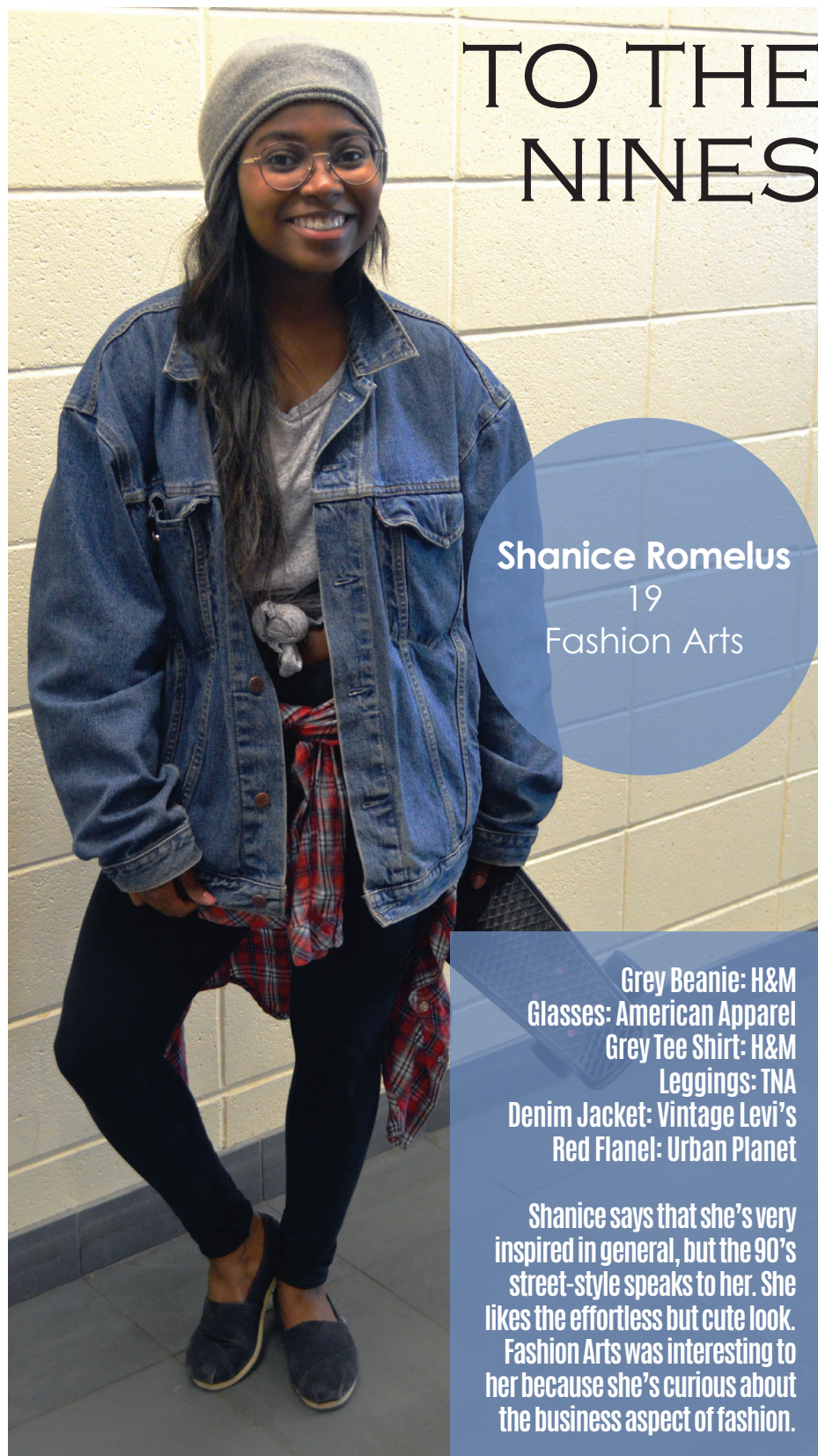
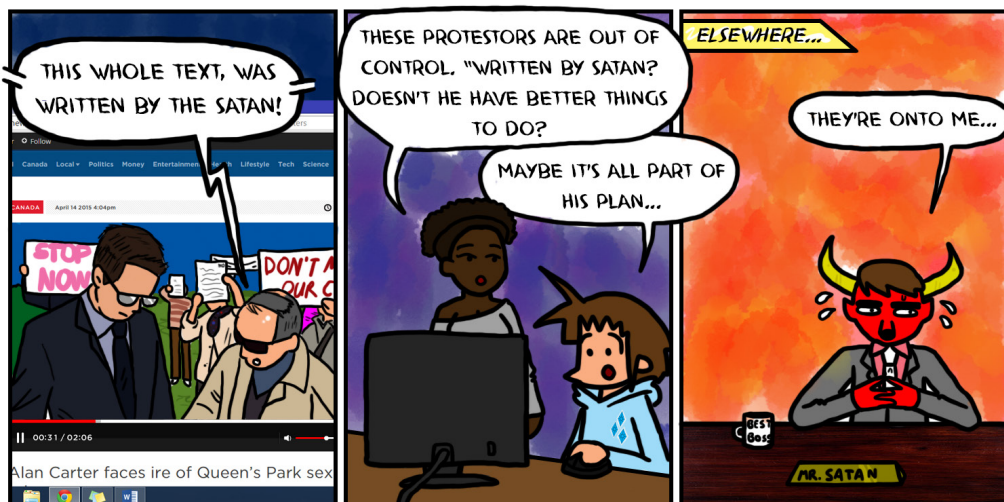
"You want to have the credentials that came with a university degree rather than a college degree."



Matt Kolisnyk, 21
Business, 3rd year, Guelph-Humber

SCHOOL DAZE

COMIC BY JORDAN BIORDI



TO THE NINES

Shanice Romelus
19
Fashion Arts

Grey Beanie: H&M
Glasses: American Apparel
Grey Tee Shirt: H&M
Leggings: TNA
Denim Jacket: Vintage Levi's
Red Flanel: Urban Planet

Shanice says that she's very inspired in general, but the 90's street-style speaks to her. She likes the effortless but cute look. Fashion Arts was interesting to her because she's curious about the business aspect of fashion.

Bumped onto the podium

continued from cover

“It was a tight match, it went to three games,” said Humber’s Ryan Chow. “It went to the wire, but in the third game we lost 21-16. We lost to them pretty closely in the round robin as well, so we knew it was going to be a tough game.”

Regardless of the original outcome of the match, Chow and Schmidt earned the bronze medal, Chateau said.

“It’s hard that they don’t get that moment of recognition,” said Chateau. “They were extremely close to winning it, I know Ryan Chow played outstanding badminton. Obviously it doesn’t have the same feel as if you do it at the venue, but for them it’s still a bronze medal.”

Eligibility ruling aside, Chow and Schmidt are happy with their performance at nationals.

“Medaling is always a big

achievement,” said Chow. “Obviously I would have liked to get second or first, but third is still a big accomplishment.”

Although the duo are holders of the CCAA bronze medals, they will have to wait to get their hands on the hardware, said Chateau.

“We’re going to make an effort to recognize them, so we’ll do something at our Varsity Gala in September to recognize them there,” Chateau said.

Until then, Chow and Schmidt will enter the offseason with a goal of improving for next year.

“I don’t really take breaks,” said Chow. “Basically four of five days a week, all year long.”

With a long summer of work and practice, Chow and Schmidt will enter next season with their eyes set on winning the CCAA gold medal, whether their opponents are eligible or not.



ANDY REDDING

Darcy Schmidt (left) and Ryan Chow were awarded CCAA men’s doubles bronze medal in badminton last week, after an eligibility ruling lifted them from their fourth place finish.



ALI AMAD

Hawks’ men’s volleyball will be rebuilding with the looming departure of veterans Terrel Bramwell (#15) and Matt Isaacs (#17).

Vacating veterans force rebuilding

Ali Amad

SPORTS REPORTER

Adding insult to injury, Humber men’s volleyball is losing a once in a generation talent after a disappointing season.

Left side star Terrel Bramwell is on his way out, and while most teams would be going into panic mode right about now, the future is looking bright here at Humber.

The Hawks had a disappointing run in 2014-2015 provincials by their standards, finishing fifth in Ontario. That run was preceded by a turbulent rollercoaster season that saw dips in form at the wrong time and injuries to key players.

“We underachieved,” said head coach Wayne Wilkins, who is returning next season for his 21st year coaching at Humber.

“We definitely set out in the beginning with high hopes. We were ranked in the top two

in the country at one point this season,” said Wilkins.

The provincials, held at St. Clair College this year, ended with the Hawks falling to the hosts before a 3-0 shutout at the hands of rival Mohawk, meaning Humber would finish outside the medal round.

Mohawk head coach Matthew Schnarr was happy with his team’s performance against the Hawks, but expects Humber to be a very different proposition next season with the departure of veterans such as Bramwell and middle hitter Matt Isaacs.

“They’ll have a complete overhaul of their roster. They’re losing their top scorer (Bramwell) so it’ll be interesting to see where their points are scored from,” said Schnarr.

“We don’t know what we’re up against yet, but we do expect them to be very competitive and at the top of the league again,” he said.

Wilkins is already busy at

work finding new blood as the team transitions in the post-Bramwell era. New recruits include Guelph’s Clayton Blanchette, a 6’6” middle outside hitter, as well as highly touted outside Nathan Murdock, who has played for the Jamaican national men’s volleyball team.

“With the addition of three or more positions in the next 30 days, we are probably looking at our best recruiting class in a long time,” said Wilkins.

Wilkins and assistant coach Hank Ma are looking at the positives adversity and disappointment can bring to a younger team.

“The message we’re going to share with the young guys going forward is live every moment. When you get to OC’s (OCAA provincials), anything can happen. You can’t take anything for granted. You get to OC’s, you only need three days of great play to win a championship,” said

Wilkins.

Ma sees replacing Bramwell as just another evolution of a winning team in a consistently winning program.

“It was great to have someone like Terrel,” said Ma.

“He’s like the Abrams tank you wish you had going into a fight, but you don’t always get that. He did a great job when he was here, but we’re looking forward to next year and having a different crop of players who will do the exact same job. We’re just not going to rely on one player to do that anymore,” he said.

Wilkins is confident in his overall squad and expects players like Kamryn Wilkins and Alex Gibbs to step up and bring some leadership into next season.

“They’ll help push the other guys and at the same time, show exactly the way Humber volleyball is played and that there’s a lot of pressure but a lot of excitement,” he said.

Hawks just dominate varsity sport in Ontario with 24 OCAA medals

Decade with nearly as many medals as next three combined

Mathew Hartley

SPORTS REPORTER

Another year is in the books as the Humber Hawks’ success continues with 24 OCAA medals, more than half of them gold.

The OCAA introduced championship banners in 2006 and the Humber gym has already lost an entire wall of space, which Athletics manager Jim Bialek said could be viewed as emblems of a dynasty.

Ont. aims for a career in policing.

Jackowski, 19, said he wants to convert his football game to rugby and faces a tough decision between the University of Guelph-Humber and Western University in London, Ont.

“Everything’s a factor, Western’s campus is much nicer, but Humber’s rugby team are provincial champs,” Jackowski said.

Guelph-Humber athletes get a rare choice between the Guelph Gryphons and Humber Hawks upon acceptance.

Sheridan has three campuses in Ontario and like Humber offers exceptional academics.

The Bruins have enjoyed success in OCAA soccer and basketball during the last decade but are middle of the pack in total team medal counts.

Bialek said Humber’s success within athletics doesn’t need to be the number one factor for those considering it as a post-secondary destination.

“Athletics helps draw people to the institution. A student should always choose based on their academics, but saying that, Humber has exceptional academics,” said Bialek.

Competition among educational institutions is intense, both academically and athletically.

Assistant coach for the Humber women’s volleyball team, Dean Wylie, said there is no such thing as too much winning.

“It’s a great problem to have, we’re not sorry about winning,” Wylie said.



It’s a great problem to have, we’re not sorry about winning

Dean Wylie

ASSISTANT COACH
HUMBER WOMEN’S VOLLEYBALL

Seneca, Mohawk and Fanshawe, three other teams in the top half of the OCAA total medal count in the last 10 years, only surpass Humber when all combined.

“Outside looking in, it’s actually spectacular, the key here is consistency,” said Bialek.

Humber stands alone as the only college to have medals in every OCAA sport in the last decade.

The Hawks’ continued success is having an effect on some of Ontario’s impending high school graduates.

Football player Kevin Jackowski, from Bishop Reading Secondary School in Milton,