



Art showcase on Queen West
See story on page 11

Psychiatric hospital is Lakeshore history

Interpretive Learning Centre on campus will welcome Etobicoke community to its past

Malcom Campbell
NEWS REPORTER

The history of Humber College — and the community it belongs to — is going on display. Ground was broken on Jan.

23 for the site of the Lakeshore Grounds Interpretive Learning Centre. The building will be a one-stop shop for students at Lakeshore campus with the registrar's office, counsellors, career services and the student

health centre located within it. The Welcome Centre, a section of the Interpretive Learning Centre, focuses on educating students and members of the public on the history of the grounds as a psychiatric hospital.

The centre will also collaborate with community leaders and activists to offer programs

and events to the community.

The Lakeshore campus is located within Ward 6, a region in the city with a deep history of community activism. Tara Mazurk, curator of the centre, said this was a factor in Humber College taking root in the community.

"The people in this community will advocate strong-

ly for what they believe," she said. "They really care about the heritage of these buildings and because the community advocated for these grounds — the old hospital — to still be a public space, Humber College was able to come in and secure the lease."

Visitors to the centre will be able to view archival materials

pertaining to the region's history as well as contemporary art, and rotating exhibitions.

Paul Chomik, a lifelong resident and recognized historian of the area, is pleased the centre will take on the role of educating new generations about the region.

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100 Years of Fashion hits L-Space Gallery

Vintage clothing show is curated by Humber Fashion Institute

Jennifer Berry
NEWS REPORTER

Amanda Crisolago's lunch break last Monday included fringed frocks, beaded bodices, and sequined stilettos.

She wasn't dining at the Gatsby mansion but popping into the opening day of the 100 Years of Fashion exhibition at Humber's L Space Gallery at the Lakeshore campus, a place the first-year graphic design student says is a welcome break from the hustle and bustle of the college's common spaces.

"It beats the busy cafeteria. I get to 'culture' myself in-

stead," said Crisolago, 26.

L Space is home to the fashion retrospective of vintage clothing curated by a committee of students from Humber's Fashion Institute for the first time in its three-year run.

Humber's gallery and collection curator Tara Mazurk said the group decided to move into the gallery this year to take advantage of its space and traffic.

"It's an area where students can gather and it's a nice bright, openly lit space, so that there is more room to play around with displays and different levels of visual merchandising," said Mazurk.

Unlike most gallery installations, visitors don't have to just look and not touch.

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BLACK HISTORY MONTH



CHRISTIANA CHAN

Babarinde Williams leads a drumming workshop to close out February's Black History Month in the Student Centre at Humber's North campus. SEE STORY ON PAGE 6

HSF ramps up winter get-out-vote campaign

Christina Romulado
NEWS REPORTER

Welcome back, Humber.

Students returned from reading week on Feb. 23 to find the hallways littered with smiling faces and catchy slogans.

The campaign period for the Humber Students' Federation elections began as of 8:30 a.m. that morning.

There are 20 candidates vying for the five executive positions: four for President, three for North campus VP of Student Life, four for Lakeshore VP of Student Life, three for North VP of Student Affairs, and six for Lakeshore VP of Student Affairs.

Campaigning ends on March 6 and students can vote for their preferred candidates from March 9 to 13.

The candidates are a representation of the Humber community, including diploma and degree students from a wide range of programs, spanning from first-year to final year.

Several have previous experience with HSF and clubs on campus, including current North VP of Student Life Ahmed Tahir who has laced his boots up to join the presidential race. Others are jumping into on-campus involvement for the first time.

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Hawks are first to defeat Mohawk in new home gym

Mathew Hartley
SPORTS REPORTER

The new David Braley Athletic and Recreation Centre is the pride of Mohawk College in Hamilton.

The home of the Mohawk Mountaineers was completed before the start of the 2013 OCAA season and the glistening centre held a pristine 26-0 record for their men's basketball team.

Until the Humber Hawks

swooped in.

Mohawk's head coach Brian Jonker proudly defended his team's impressive home record before the game.

"They're a great team and so are we, they beat us at their place but we've never lost a game in this building against a Canadian college team," Jonker said.

The perfect record stood for 513 days before the Hawks

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Grad's journey to Kenya led to charity creation

Laura DaSilva

NEWS REPORTER

Justine McNeil traveled to Kenya to help further her education and came back with a new school of thought.

"When we stepped off the bus, the children were singing a welcome song in Swahili," said the 22-year-old graduate of Humber's Child and Youth Worker program. "They took our cameras and started taking pictures."

The lack of electricity and running water pulled McNeil out of her comfort zone, but she wasn't the only one experiencing culture shock.

"One kid was afraid of us. His mom explained he'd never seen someone with white skin before. He thought we were ghosts," she said.

McNeil had flown to Kenya last May with 24 other students to build a school in the Maasai Mara region.

The volunteer experience through the Me to We Trips inspired her to start her own fundraising campaign called We Build Schools for Kenya.

McNeil witnessed how a lack of education snowballs into larger problems, like lack of health-care and sustainable living.

"They don't understand things as simple as proper hygiene and water," she said. "The stream where we collected water was so brown and disgusting, but they hadn't been educated on why that may be harmful."

Joining locals on their "water walk" was something McNeil says she will never forget.

"We had to carry 20 litre jugs of water on our heads," she said. "They do that four times a day, and sometimes have to walk six kilometres."

McNeil said she and her colleagues were exhausted af-

ter one kilometer.

Katherine Sloss, coordinator of Humber's Child and Youth Worker program, said McNeil was dedicated to addressing issues facing youth and always wanted to know more.

"The fact that she's turned one experience into a larger context that will have far-reaching impact is really powerful and exciting for us at Humber to see," said Sloss.

Nabila Tisha, Youth Engagement coordinator at Me to We, applauds McNeil for her continued efforts.

"After her Kenya experience, Justine knows who she wants to be," she said.

Tisha encourages students to look into volunteering in other countries.

"There are moments of realization that are lived on these trips. For the first time they understand what their priorities are," she said.

McNeil, Tisha, and Sloss agree that perspective is the most valuable souvenir.

"Often history books and data we collect are written by people in power and aren't necessarily the (experience of) minorities," said Tisha. "Getting first hand perspective is so crucial."

Sloss said it's important to understand there's not just one Western way of living, being, knowing and working.

"You do come back a different person," said McNeil, who is trying to raise \$10,000 to build another school in Kenya.

More can be learned about the campaign at the We Build Schools for Kenya Facebook page or by emailing webuildschoolsforkenya@gmail.com.

Information on volunteer trips is available at MeToWe.com.



MALCOLM CAMPBELL

The Welcome Centre at Humber Lakeshore's new Interpretive Learning Centre, focuses on educating students and members of the public on the history of the grounds as a psychiatric hospital.

New Welcome Centre opens

Cont'd from page 1

"There is a lot of misinformation about the neighbourhood," he said. "It's important that students and community members have access to accurate information about the community that grew and built this area."

The Welcome Centre is enlisting the area's residents, past and present, to pass on stories of the neighbourhood.

The buildings on the eastern side of the Lakeshore

campus were originally part of the Lakeshore Psychiatric Hospital, which closed in 1979.

Chomik reminisced about the neighbourhood when he grew up, and how patients at the hospital were active members of the community. This community connection is the other goal of the Welcome Centre.

Bruce Macdonald, a health worker in the community, is excited about the prospect of bringing people together.



There is a lot of misinformation about the neighbourhood.

Paul Chomik
LAKESHORE RESIDENT

"It's extremely important that they feel a connection to the community," he said. "There's so much history with the hospital, with the

grounds, people still feel a connection."

Mazurk believes history will bring many community members together. She sees this as a starting point for a conversation about where the neighbourhood is headed.

"This is a space that the community can come to, and really acknowledge and respect the heritage of this campus," she said. "In addition to thinking about how this history affects our present state, and our vision for the future."

Black History Month remains contentious

Some question limiting studying black history to one month

Jessica Tedesco

NEWS REPORTER

Morgan Freeman, in a famous 60 Minutes interview, said that he finds Black History Month ridiculous. Why should Black history be relegated to a month?

The controversy around Black History Month and the usefulness of this commemoration lingers, as some argue it only highlights racial segregation.

"Why limit the idea of Black history to one month of learning?" said Jake Carlson, a first-year pre-service Firefighter Education and Training program student at Humber North campus. "Do we have a Filipino history month? I know there's no Jewish history month..."

Throughout February, Humber has hosted various events celebrating the annual observance, such as "Ubuntu" (the spirit of human kindness), a leadership and character development workshop in tribute to Nelson Mandela with whom the Bantu term is now closely associated.



Why limit the idea of black history to one month of learning?

Jake Carlson
HUMBER FIREFIGHTER EDUCATION AND TRAINING STUDENT

"Ubuntu" is a presentation designed to promote kindness and humanity among Humber students and staff, said Candice Warner-Barrow, Human Rights, Equity & Diversity coordinator at Hum-

ber College.

"This presentation is brought alive through songs, music, chants, drumming and story-telling," said Warner-Barrow. "It is a traditional African philosophy that offers us an understanding of ourselves in relation with the world."

When asked about the importance of celebrating Black History Month at Humber College, Warner-Barrow refers to Ontario Black History Society President Rosemary Sadlier who said, "African Canadian students need to feel affirmed, need to be aware of the contributions made by other Blacks in Canada, need to have role models, need to understand the social forces which have shaped and influenced their community and their identities as a means of feeling connected to the educational experience and their life experience in various regions

in Canada. They need to feel empowered"

However, the actor Freeman argued the only way to get rid of racism is to stop talking about it. He suggested instead of history being divided by race, it be celebrated in a collective and unified experience in which Black history is known as every-day history.

Proponents still believe it's important to acknowledge that Black History Month as an opportunity to correct many of the misrepresentations and misunderstandings of Afrocentric culture, as well as promote an open dialogue and positive environment in which to celebrate racial diversity.

"The events that the Centre for Human Rights, Equity & Diversity presents for Black History Month reinforce that Black History is everyone's history," said Warner-Barrow.



COURTESY JUSTINE MCNEIL

Kenyan children will get a better education thanks to the new school Justine McNeil helped build.

Candidates are on the campaign trail

continued from page 1

platform designed to facilitate collective governance, an inter-campus bicycle share program, and “game therapy,” which would allow students to play games to help them take a break from work.

There are five recurring themes that have been brought up by candidates: reducing financial stress on students, addressing health and wellness issues, highlighting the cultural diversity of the Humber community, making health and dental benefits more effective and alleviating the concerns of international students.

Lakeshore VP Student Affairs candidate Alexis Richards is proposing to advocate for a reduction in the cost of using the TTC.

“I would collaborate with other student unions across the Greater Toronto Area, approaching the TTC and saying as students, this is a cost that we can’t afford to pay,” she said.

Tahir points out it’s important that whoever gets elected is open to changes in their plans.

“Once you get in the position, you need to be flexible to realise that maybe your platform point didn’t make the most sense,” said Tahir. “And it happens — a lot of candidates come up with platform points from a place of not much knowledge and that’s fine that they’re trying to be ambitious, but you need to be flexible and realize, maybe this isn’t in the best interest of students.”

Tahir’s Lakeshore counterpart, VP Student Life Dylan Rudder voiced a similar sentiment.



image removed by request

CHRISTINE ROMUALDO

Candidates being friendly at the All-Candidates Meeting held on Feb. 17 at Lakeshore campus. L-R: trone, Anna Bilan, Alexis Richards, Ayesha Pierre, Patrick Millerd, Ammar Abdul Raheem.

Gavin Halford, Mikki Decker, Carla Silves-



Once you get in the position, you need to be flexible.

Ahmed Tahir
NORTH VP OF STUDENT LIFE

“You never know until you’re actually in the position and have the connections,” he said.

You pick more than one platform point for that reason specifically, so that you

accomplish at least 50 to 75 per cent of what you set out to do.”

Rudder said a lot of platform points are made up of long-term and short-term goals.

“If someone has a platform point and they don’t finish them all, I wouldn’t get mad,” he said. “They’re probably laying some sort of groundwork for it being initialized.”

For a full list of candidates and their platforms, visit www.humberlife.com/elections.

IMPORTANT HSF 2015 ELECTION DATES

**January 5
to February 6**

Nomination Period

The first step to running in the HSF Election is to complete a nomination package.

**February 23
to March 6**

Campaign Period

Once candidates are verified, they can begin campaigning for votes. All candidates and their platforms are listed on posters around the campuses as well as online.

**March 9
to March 13**

Voting Period

Students are invited to vote at one of the many polling stations around campus. Voting takes place over the course of a week from Monday, March 9 to Friday, March 13 from 9:00am to 4:00pm.

Seventy Toronto schools face chopping block

Toronto District School Board has released a list of schools being underused after getting directive from Ontario Ministry of Education

Eric Wickham

REXDALE/NORTH ETOBICOKE REPORTER

The future of 70 Toronto public schools is up in the air. The Toronto District School Board (TDSB) released a list of nearly 70 schools a series of directives passed down from the province’s Ministry of Education.

One of the concerns from the province was how the school board intended to reduce underutilized space within schools.

According to the ministry, any school with enrolment under 65 per cent capacity is an underutilized space.

Elementary Teachers of Toronto (ETT), the local affiliate of the Elementary Teacher’s Federation of Ontario, has since released the names of 48 schools they believe are most likely to be closed.

Several of the listed schools are located in Ward 1, which is east of Highway 427, west of the Humber River, south

of Steeles Avenue and north of Highway 401.

Braeburn Junior College and The Elms and Boys Leadership Academy are located only 10 minutes from Humber College North campus.

Ryan Bird, media coordinator for the Toronto District School Board, said these schools will undergo a three-year study that could result in boundary changes, program shifts or potential closures.

“It is not a closure list, you don’t face closure just because you’re on the list,” he said.

Bird said schools would be monitored in clusters, add-

ing that decisions on schools would not be made in a vacuum.

“When we make a change in one school, it will affect the others,” he said.

Bird said that factors such as enrolment, transportation, program availability and projected growth would all be taken into consideration before closing a school. He added that the key is to find balance between underutilized Toronto schools,

“There’s a lot of I-don’t-knows about this,” said John Smith, president of ETT. “It’s very confusing as to what the directives are.”

He said closing schools

would not solve problems with the TDSB, and closures could negatively impact the surrounding community.

Smith said that if all schools under 65 per cent capacity were to be listed, 138 would be named. He added that the TDSB is operating at 85 per cent capacity, and that 117 of approximately 600 schools were overcapacity.

Another concern Smith has is that approximately two thirds of the schools listed in the study are located within low income neighborhoods. He noted that small community schools in vulnerable parts of the city are very important because some students’ academic success relied on school accessibility.

“The ability to walk to

their school can be the line between success and failure,” said Smith

Michael Ford, Ward 1’s TDSB school trustee, said he’s not in favor of closing schools within his ward. He added that those schools also act as community hubs in North Etobicoke.

Some schools in Ward 1 currently offer services such as daycare, senior’s classes, ESL, and adult learners classes.

“On the other side of the argument, it would be irresponsible for the board not to look at all the options,” said Ford. “If we have two schools that are underutilized, maybe we can look at merging them and closing one.”

Queens Plate's parking rates may lower

Overcrowded North campus lot at Humber triggers move to make nearby option a draw

Travis Kingdon
TRANSPORTATION REPORTER

Humber's Department of Public Safety is considering lowering the cost of parking passes for the Queen's Plate lot located near North campus, starting in the fall semester.

The idea was raised at a Board of Directors meeting at the University of Guelph-Humber on Feb. 4. Rob Kilfoyle, Humber's Director of Public Security, said the lower permit cost would hopefully encourage more students to use Queen's Plate lot, from which commuters proceed onto North campus with a free shuttle bus.

"We need to find ways to encourage people to go to Queen's Plate," he said. "We're hoping people will buy the permits to go there, because campus parking is quite congested."

There are 682 parking spots at Queen's Plate and the lot operates under 50 per cent capacity daily. A permit for eight months of parking in

the lot costs \$578.

"Having empty spots doesn't make money," said Eric Collings, chairperson of the Board of Directors. "Drop the price of Queens Plate, increase the chances of filling that lot up."

"Why would I go there, to wait for a bus, to come here?" asked Stephie-Lea Tabujara, a first-year Paralegal Studies student.

"If it was significantly cheaper that would kind of compensate for the fact of how far it is," she said. "I would never pay the amount I would pay here to park over there."

Kilfoyle said the reduction has not yet been decided, and rates for students who choose to not buy a parking pass will remain the same.

"We think the daily rates are adequate at this point," he said. The daily rates at all Humber lots are four dollars for four hours and anything longer than four hours costs seven dollars.

Kilfoyle said daily rates



TRAVIS KINGDON

Queen's Plate parking, which combines with shuttle buses to North campus, is underused yet costs as much as onsite spots.

are compared to Humber's competitors in the immediate area and based off the operating expenses of the college.

The Department of Public Safety is going to make a review of Humber's parking rates to the Board of Governors next year.

A change to the permit system has been considered by Collings.

Under his plan, students would have the option to purchase parking permits for specific days rather than the entire semester.

He said this way Humber could ensure that every spot with a permit designation on it was filled every day.

The shuttle buses take students to campus from Queen's Plate every 15 minutes, which

Kilfoyle said is adequate for the amount of students currently using the service.

If the discount is successful the department would re-evaluate the shuttle bus schedule.

"If we get much more increased utilization of the lot and the demand is there, then we would likely increase frequency," said Kilfoyle. "We're

finding more and more folks that aren't parking at Queen's Plate, parking at the (Woodbine Centre) mall, coming over and hopping on the buses."

For now, students struggling to find parking at North campus are left with Kilfoyle's advice: "Proceed to the Queen's Plate lot," he said. "It's never full."

Humber drug policy awaits pot ruling

Possible legalization of cannabis delays decision at college

Veronica Appia
CRIME/SECURITY REPORTER

Humber College has a campus policy on drugs in the works but it is not being released yet because school officials are aware there may be changes in laws prohibiting marijuana, according to Manager of Public Safety Rick Follert.

"Once (marijuana) is legalized, then it becomes an interesting situation," he said.

Humber would have to enforce rules similar to those for drinking alcohol, Follert added. It would be a matter of classroom behavior.

"We would have to adapt to whatever the situation," he said.

According to Follert, the vast majority of drug related situations at Humber are conduct issues involving soft drugs, like marijuana.

If a student is caught smoking marijuana on school campus, the student is asked

to dispose of it and a violation notice is issued

"When we talk about drug use it also involves student success and engagement because of conduct," he said. "Now if it was like 20 pounds (of marijuana), that's probably something where we'd call the police."

For more serious issues, the Department of Student Success and Engagement launches an investigation and judicial process with the student, but these occurrences are much less common, said Follert.

Corinna Fitzgerald, director of Student Life Programs at Humber, said students who are allegedly involved in serious cases will meet with the Manager of Student Conduct and explain what happened from their perspective, before the situation is investigated with the help of Public Safety.

Once it is decided whether or not the student is in violation, an outcome can be assigned, she said.

Possession of small amounts of pot doesn't seem to concern students or administrators as



CREATIVE COMMONS

Marijuana prohibitions could soon be changed, leading Humber to stall their upcoming on-campus drug policies

“Once (marijuana) is legalized, then it becomes an interesting situation

Rick Follert
HUMBER MANAGER OF PUBLIC SAFETY

there is a possibility of marijuana legalization lurking around the corner with a federal election in which Liberal leader Justin Trudeau has stated his willingness to change its contraband status.

"I would say that sometimes people just need to be reminded about what they can and can't do," said Follert.

HSF draws hungry students

Aresell Joseph
NEWS REPORTER

Care for a little chicken souvlaki with your HSF ballot?

Humber Students' Federation offered students free Greek food Feb. 18 to encourage students to vote in the upcoming election after the reading week hiatus.

Current HSF President Tom Walton said the event is used to promote the election, as well as help feed some of the 27,000 full-time students at Humber College.

The election campaign period ends on March 6, and students will vote from March 9 to 13.

"We throw these events for the students," Walton said. "At the end of day, one of the main reasons is to let the students know that we are there for them."

He said he chose Greek food to reflect Humber's international student body, which was one of his platforms in running for the HSF presidency.

"These smaller events are much appreciated, and the students are clearly enjoying the event," Walton said.

A few Humber's faculty

members also took advantage of the Greek cuisine.

"I was standing in line for a pizza and some salad and I saw this, I think it's a good surprise, and a good treat once in a while," said Shantanu Wadadar, professor at Humber's Architectural and Industrial Design Program.

Wadadar pressed the "Yes" button at HSF's "Happy or Not Survey" stand but he can't vote in the upcoming student election.

Josh Paglione, HSF programming coordinator, and Walton stood side-by-side, hoping to inform students about HSF events.

Paglione used a microphone, cheering and holler-ing out information on HSF.

"I am new to the position this year," said Paglione.

Some students chose to complete the survey, and some just walked away with their free lunch in hand.

Even the team of volunteers and HSF staff got to enjoy some food after working the hour-long event.

Four candidates are running for president, including Shawn Manahan, Patrick Millerd, Ayesha Pierre and Ahmed Tahir.



JEREMY APPEL

Humber grad Sophie Kiwala was elected Liberal MPP for Kingston and the Islands in the June 2014 election.;

Rookie Kiwala at Queen's Park

Jeremy Appel

NEWS REPORTER

Few may know that a Humber alumna sits at Queen's Park.

Sophie Kiwala was elected the Liberal MPP for Kingston and the Islands last summer in the election that gave Premier Kathleen Wynne a majority government.

The rookie MPP defeated her NDP opponent by more than 6,000 votes, but her long road to Queen's Park involved a seemingly unrelated stop at Humber College.

Kiwala was a young mother when she decided to enroll in Humber's Floral Design Program. The Kingston native was looking for a post-secondary program that could get her into the workforce quickly.

"I didn't have the luxury of time or money to go to university at the time," Kiwala said at her Queen's Park office.

Floral design appealed to her as someone with a family background in art.

"It was probably something that came naturally to me," she said.

Botany class was her favourite. She enjoyed working in the greenhouse and learning about the different types of plants.

However, her time at Humber was not dedicated solely to academics.

"I have to admit the campus pub was one of my favourite spots," said Kiwala.

Kiwala appreciated the social experience of getting together with fellow students and talking about what they had learned.

"It was a break from my regular life, which was quite filled with responsibility," she said.

Albert Graves has taught Floral Design at Humber since the program's 1990 inception. He said the skills he provides

his students are transferable to many different fields.

"I'm a very strong believer that each person has their own unique qualifications to be creative," he said. "It's my job to develop that within each student."

He repeatedly emphasized creativity as the major skill taught in the program, which he said allows the students to find themselves.

Floral Design took Kiwala to an award winning flower shop in France, where she spent more than two years. She spent another two years in Turkey, but always felt her calling was in public service.

Kiwala joined the Liberal party because in her view it "has the right mix of social justice concerns and fiscal accountability." It is the biggest tent of the three major parties, she said.

She opted for provincial politics because issues like health care and education are closer to her constituents' day-to-day lives.

But there is occasional overlap between provincial and federal jurisdictions.

For example, Kiwala joined the call to establish a federal inquiry into missing and murdered aboriginal women.

Rano Daoud, president of the Kingston and the Islands Provincial Liberal Association, worked directly with Kiwala during this past summer's election campaign.

"She works incredibly hard, [putting in] very long hours, probably longer than the hours I was usually able to put in."

He was most impressed seeing her speak to constituents individually.

"You can tell she cared very much about them," Daoud said. "She's a very good listener."

Supreme Court strikes out doctor-assisted death laws

Amy Wallace

NEWS REPORTER

On Feb. 6, the Supreme Court of Canada released a landmark judgment, striking down the existing law that prohibits physician-assisted suicide.

"Before the decision came out, the laws were absolute," said Alan Shanoff, lawyer and lecturer at Humber College. "Assisted suicide was illegal no matter what the circumstances."

After the ruling, Canadians are entitled to physician-assisted death when certain conditions are satisfied.

Death must be physician-assisted, and involve a competent

adult who is able to comprehend all aspects of the decision they are about to make. There must be a clear consent to the termination of life.

"The adult must have a grievous medical condition that cannot be remedied, and one that causes enduring suffering which is intolerable to the individual," said Shanoff.

Canada is now part of a handful of countries that allow for physician-assisted dying.

The Supreme Court has given the federal government one year to bring in a change to the laws on assisted suicide.

Wayne Sumner, Professor Emeritus in Philosophy at the University of Toronto, pro-

vided expert testimony relating to the Supreme Court's decision.

"The main question had to do with whether there is any ethical or significant ethical difference between physician-assisted death and various other end of life measures that also have the effect of shortening life," said Sumner. "What I did was explain why there isn't any ethical difference there."

Sumner said the decision gives patients a new option.

"In doing so, we're respecting their freedom of choice, they can decide how and when death will occur, and we are enabling them to avoid unnecessary suffering," he said.

Sabrina Labbee, a third-year social work student at Ryerson University, applauds the ruling.

"From a social work perspective, we want to be all about empowering people to make decisions for their lives rather than having a medical professional or someone in a place of power telling us what to do with our lives. So I think it's very important to give people autonomy," said Labbee.

Humber Nursing student Cindy Tran, 19, said physician-assisted death is a personal choice.

"If they are conscious enough to make the right decision, then assisted suicide should be okay," said Tran.



JENNIFER BERRY

Students from Humber's Fashion Institute for first time have curated display of antique garb at Lakeshore campus L-Space.

Fashion creativity in vintage show

Continued from pg. 1

"We set up a dress-up station as well so our visitors can have a little fun with authentic vintage fashion," said Mazurk.

Coordinator of the Fashion Management and Promotions post-grad certificate program Susan Robertson says the exhibit is an ideal way for students focusing on the business side of fashion to get their hands dirty in a creative way.

"The students do most of the dressing and they learn a lot about the hands-on. In the fashion industry, obviously visuals are a huge part of this field, store planning, visual merchandising, and windows...so this is all part of the skillset that you need. It's probably the more creative part of what we do," said Robertson.

Mazurk agrees.

"There's a creative bone in everyone's body and we just try to tap into it," said Mazurk.

Committees of post-grad students from diverse education backgrounds work with faculty advisor Wayne McLennan and private vintage collector Robert Wayne to curate the exhibit.

Robertson says the post-grad certificate is the ideal opportunity for students to layer fashion knowledge on top of the expertise they already have from undergrad educations across many disciplines.

"Because they're diverse as

they come in, they're diverse as they go out," said Robertson.

As for the future of gallery exhibitions at Humber, culture-hungry North campus students need starve no longer. Mazurk confirms that the new Learning Resource Commons building will have a gallery of its very own come September 2015.

"It's going to be nice and open concept and it's really going to give programs and departments at the North campus an opportunity to put on an exhibition and showcase what our students do," said Mazurk.



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Albert Graves has taught Floral Design at Humber since the program's 1990 inception. He said the skills he provides

his students are transferable to many different fields.

"I'm a very strong believer that each person has their own unique qualifications to be creative," he said. "It's my job to develop that within each student."

He repeatedly emphasized creativity as the major skill taught in the program, which he said allows the students to find themselves.

Floral Design took Kiwala to an award winning flower shop in France, where she spent more than two years. She spent another two years in Turkey, but always felt her calling was in public service.

Kiwala joined the Liberal party because in her view it "has the right mix of social justice concerns and fiscal accountability." It is the biggest tent of the three major parties, she said.

She opted for provincial politics because issues like health care and education are closer to her constituents' day-to-day lives.

But there is occasional overlap between provincial and federal jurisdictions.

For example, Kiwala joined the call to establish a federal inquiry into missing and murdered aboriginal women.

Rano Daoud, president of the Kingston and the Islands Provincial Liberal Association, worked directly with Kiwala during this past summer's election campaign.

"She works incredibly hard, [putting in] very long hours, probably longer than the hours I was usually able to put in."

He was most impressed seeing her speak to constituents individually.

"You can tell she cared very much about them," Daoud said. "She's a very good listener."

Supreme Court strikes out doctor-assisted death laws

Amy Wallace

NEWS REPORTER

On Feb. 6, the Supreme Court of Canada released a landmark judgment, striking down the existing law that prohibits physician-assisted suicide.

"Before the decision came out, the laws were absolute," said Alan Shanoff, lawyer and lecturer at Humber College. "Assisted suicide was illegal no matter what the circumstances."

After the ruling, Canadians are entitled to physician-assisted death when certain conditions are satisfied.

Death must be physician-assisted, and involve a competent

adult who is able to comprehend all aspects of the decision they are about to make. There must be a clear consent to the termination of life.

"The adult must have a grievous medical condition that cannot be remedied, and one that causes enduring suffering which is intolerable to the individual," said Shanoff.

Canada is now part of a handful of countries that allow for physician-assisted dying.

The Supreme Court has given the federal government one year to bring in a change to the laws on assisted suicide.

Wayne Sumner, Professor Emeritus in Philosophy at the University of Toronto, pro-

vided expert testimony relating to the Supreme Court's decision.

"The main question had to do with whether there is any ethical or significant ethical difference between physician-assisted death and various other end of life measures that also have the effect of shortening life," said Sumner. "What I did was explain why there isn't any ethical difference there."

Sumner said the decision gives patients a new option.

"In doing so, we're respecting their freedom of choice, they can decide how and when death will occur, and we are enabling them to avoid unnecessary suffering," he said.

Sabrina Labbee, a third-year social work student at Ryerson University, applauds the ruling.

"From a social work perspective, we want to be all about empowering people to make decisions for their lives rather than having a medical professional or someone in a place of power telling us what to do with our lives. So I think it's very important to give people autonomy," said Labbee.

Humber Nursing student Cindy Tran, 19, said physician-assisted death is a personal choice.

"If they are conscious enough to make the right decision, then assisted suicide should be okay," said Tran.



JENNIFER BERRY

Students from Humber's Fashion Institute for first time have curated display of antique garb at Lakeshore campus L-Space.

Fashion creativity in vintage show

Continued from pg. 1

"We set up a dress-up station as well so our visitors can have a little fun with authentic vintage fashion," said Mazurk.

Coordinator of the Fashion Management and Promotions post-grad certificate program Susan Robertson says the exhibit is an ideal way for students focusing on the business side of fashion to get their hands dirty in a creative way.

"The students do most of the dressing and they learn a lot about the hands-on. In the fashion industry, obviously visuals are a huge part of this field, store planning, visual merchandising, and windows...so this is all part of the skillset that you need. It's probably the more creative part of what we do," said Robertson.

Mazurk agrees.

"There's a creative bone in everyone's body and we just try to tap into it," said Mazurk.

Committees of post-grad students from diverse education backgrounds work with faculty advisor Wayne McLennan and private vintage collector Robert Wayne to curate the exhibit.

Robertson says the post-grad certificate is the ideal opportunity for students to layer fashion knowledge on top of the expertise they already have from undergrad educations across many disciplines.

"Because they're diverse as

they come in, they're diverse as they go out," said Robertson.

As for the future of gallery exhibitions at Humber, culture-hungry North campus students need starve no longer. Mazurk confirms that the new Learning Resource Commons building will have a gallery of its very own come September 2015.

"It's going to be nice and open concept and it's really going to give programs and departments at the North campus an opportunity to put on an exhibition and showcase what our students do," said Mazurk.



CHRISTIANA CHAN

Humber College students alongside faculty members take part in drumming lesson taught by Babarinde Williams.

Ubuntu drumming workshop for close of Black History Month fest

Christiana Chan

GENERAL ASSIGNMENT REPORTER

It was loud, rhythmic and moving.

Humber College's closing event for Black History Month was Ubuntu, an African drumming workshop in tribute of Nelson Mandela.

Students and staff joined Babarinde (Baba) Williams on Feb. 26 in exploring traditional African philosophy and what it has to offer for our understanding of the world.

Williams has been playing the drums since he was a toddler, and has had the honour of playing the drums for Mandela in 1990.

This is the first time Williams performed at Humber College, said Candice Warner-Barrow the Human Rights and Diversity Coordinator at Humber College.

The workshop helped remind students and staff of the importance of kindness and humanity in celebrating Black History Month.

And it was the caring

showed by Canadians that helped Mandela be freed after 27 years in a South African jail.

With the leadership of then Prime Minister Brian Mulroney fighting for the freedom of Mandela, Canada played an important role in Mandela's life, said Williams.

"For us to understand your future, you have to know the past, you don't ignore your past, but you learn from the past," said Williams.

Black History Month is everybody's month, event orga-

nizers say, and the workshop was intended to remind people of why the month holds such importance.

"I really believe black history is everyday history, it's everybody's history," said Nancy Sims, the director of Human Rights Equity and Diversity at Humber College.

"It's a time that I think Canadians or North Americans acknowledge and validate the gifts that people of African descent has brought to this country and the world," she said.

Cooking shows highlight rich, unhealthy fare

Christy Farr

LAKESHORE/ORANGEVILLE REPORTER

Barley Vine Rail Co., a bistro in Orangeville owned by Humber's Hospitality and Tourism graduate Ryan Latorre, was featured Feb. 20 on the Food Network's You Got to Eat Here!

But while the restaurant's menu features locally produced organic foods and has a balance of both rich and healthier dishes, the TV program showcased the most decadent dishes on the menu such as pork belly perogies, bacon wrapped meatloaf and butter tarts.

To first year Health and Fitness Promotion student Emmy Kane, 23, that's an issue.

"I don't know where it started, but these shows run marathons, every episode has pulled pork, they seem to go for the outrageous factor," said Kane.

She said all the foods featured were high in saturated fat, salt and sugar. "You're not really helping your body out by eating these types of food all the time," said Kane.

Barley Vine's head chef, Jason Cooney, a graduate of Humber's Culinary Arts program, admits there is not much health benefit from the dishes featured on the show, but said that people seek out these foods to make them happy.

"These foods strike that chord with people, it's a very pleasing feeling if they can associate the food with a child-

hood memory," he said.

Cooney said although the Barley Vine was given national attention for its most indulgent dishes, the restaurant also maintains a balanced menu with all recipes being produced from fresh local ingredients.

"As much as I'd like to say we are a comfort food restaurant, if we only served those type of dishes we would push away a lot of customers," he said.

"We incorporate foods like kale and quinoa on our menu and vegetarian dishes. We have a nice balance."

Kane said she has been to Barley Vine and enjoyed the beet salad, which had local ingredients and a light sauce.

"Then when you look on

the show that isn't what they are featuring," she said. "The show made the menu look worse than it is, but that kind of food is what people want."

Kane said the most important health issue with eating in a restaurant is the added salt and butter during each step of preparation. This wouldn't normally be a part of preparing a meal in the home.

Humber's Health and Fitness program coordinator, Nathan Campbell, said "The media focuses on these unhealthy foods because of the trend of an unhealthy lifestyle, obesity and diabetes being a problem, all preventable, but we still have these kinds of foods that people keep coming back to."

Farmer's market underlines value of healthy nutrition

Kaeleigh Phillips

ENVIRONMENT REPORTER

Farmers' markets offer alternatives for students with cupboards full of Kraft Dinner and Pop-Tarts.

The Humber College Farmers' Market held on Feb. 24 in the student centre, was an opportunity for organizations to educate students on the importance of health and safeguarding the environment in Toronto.

The Toronto Vegetarian Association had a booth where vegetarian starter kits and flyers were provided for students.

"The vegetarian lifestyle is so healthy and natural," said Industrial Design student Heather McDiarmid, 22. "It promotes locally sourced food. It is important for students to have access to that kind of information."

The TVA offers this information to the public along with community resources to support active vegetarians and vegans, along with a directory that pinpoints restaurants in the city.

"Farmers' Markets give the TVA an opportunity to let people, who already have a keen interest in food and healthy eating, know about the organization and the resources to help them make food choices that help the environment and animals," said Donor and Resources Volunteer Coordinator Barbi Lazarus.

The Marketplace had a diversity of offerings, including clothing accessories, balms, apples, honey, foccacias, sauces and processed meats.

"I'm happy to be here and offer our products. It's nice from a vendor's perspective because we use the markets to

get in front of these customers," said co-founder of Saha International Cuisine, Rob Heidenreich. He said the connection students make with the vendors will help with their future entrepreneurial careers.

"It's great to get in front of these kids at Humber and it's good for students to see entrepreneurs and what they do," Heidenreich said.

The monthly HSF Marketplace is in its first year and this past market was the first.

"I started the marketplace to open students' eyes to locally grown products and to products that they can't purchase at grocery stores," said HSF Marketing Manager Priscilla DeMaria.

She said she hopes the Farmers' Market will become more popular as it becomes a regular monthly event at Humber College's north and



"I started the marketplace to open students' eyes to locally grown products and to products that they can't purchase at grocery stores."

Priscilla DeMaria
HSF MARKETING MANAGER

lakeshore campuses, as many students are invested in making healthy life changes.

"Students are often eager to make changes in their lives," said Lazarus.

She believes with many students living on their own for the first time, it is a good time to offer healthy food choices in a farmers' market to promote sound life choices.



KAELEIGH PHILLIPS

Shannen, daughter of owner of Sun-Ray Orchards, Larry Short sells apples and pears to Humber students on Feb. 24.

Industrial design students a hit on Dragon's Den

Greenlids compostable waste containers draws \$85,000 for 20 per cent ownership of idea

Nicole Williams
BIZ/TECH REPORTER

The Industrial Design program at Humber College has a reputation for producing successful students, with its most recent success featured on the CBC show Dragon's Den.

Jackson Wyatt, 25, a student in the program, was on the television show February 4 with his brother Morgan, 29, a graduate from McMaster University's Chemical Biology PhD program.

Together, they pitched their product, The Greenlid.

"It was such a surreal experience," said Wyatt. "It's one of my favourite shows, and to actually be there in front of the cameras was so nerve-racking."

The Greenlid is an entirely compostable food waste bin. Frustrated with the unpleasant task of dealing with leaking and smelly bags that often accompany the green bin, the

Wyatt brothers decided there must be another way.

The brothers were faced with finding the appropriate material that would be durable enough to handle solid and liquid food waste, but also be completely biodegradable.

After much trial and error, they finally landed on molded pulp fiber, the same materials egg cartons are made out of.

"Pulp fiber is a great resource because it's not only the recyclable material we want, but we can make any shape out of it. It's incredibly flexible," said Jackson.

The whole process took about eight months until the brothers settled on something that was both efficient and cost effective he said.

They had met with investors prior to going on the Den, but family and friends insisted they give the show a shot.

"There's just so much added benefit to going on Dragon's Den. Even if we didn't get

an investment, the exposure alone was enough to try," said Jackson.

The brothers managed to make a deal with both David Chilton and Arlene Dickinson.

"I think they were impressed with the environmental aspect of the product, but also how simple it was. People don't realize just how gross dealing with the green bin is," said Jackson.

The pair offered \$85,000 for 20 per cent of the company.

Catherine Chong, one of Jackson's instructors at the Industrial Design school at Humber, said Jackson's product is a good example of many program success stories.

"The Industrial Design program is difficult, but pretty comprehensive. We help students by teaching them to communicate through drawing, investigate materials, source those materials, and then ultimately develop them into a product," said Chong.

Humber's program is known to be more hands-on than its competitors at Carleton University and OCAD.

"It's a very practical pro-

gram," said Chong. "We focus on teaching you how to apply valuable skills."

Sandro Zaccolo, another one of Jackson's instructors, said the Industrial Design program strikes a good balance between design and theory.

"We talked about intellectual property patents and offshore manufacturing," said Zaccolo.

Entrepreneurship and industrial design are becoming increasingly linked, according to program educators, and it's important to the business fundamentals that are integral to launching a product.

What the Wyatt brothers lacked in entrepreneurial know-how, they've now gained in Dragon experience.

"Arlene has so many contacts, and David is so hands-on. I feel like our business has just accelerated 10 times as fast as it would have if we had just done it on our own," said Jackson.

The Greenlid is already available at Home Hardware, with plans to expand to other locations in the future.



NICOLE WILLIAMS

Jackson Wyatt, 25, is a former student of Humber's Industrial Design program. Along with his brother Morgan, they designed The Greenlid.

Relaxing Humber video game room soon to get a bigger space at North

Ryan Durgy
BIZ/TECH REPORTER

There is a room on Humber's campus where students can play soccer and hockey, and even race cars, albeit doing it via video game consoles.

Students using Humber's video game room at North and Lakeshore campuses, in KX203 and the K Building basement respectively, get to experience a fun break from the stresses of school.

Cody Barevich, fourth-year Business student at University of Guelph-Humber and customer service representative for HSF, is among those who run the Humber Students' Federation's Games Room.

"The games room was introduced over the past few years as a way to help students relax and take a break from the stresses of school," he said. "And it allows them to take a half an hour or so to come and play a couple of games and have some fun with their friends in this hectic environment."

There are a variety of games available to play on eight Xbox One consoles within the room, including FIFA, NBA 2K15, Call of Duty, Madden, NHL, and any free games that stu-

dents want to download onto the console.

Students are asked to bring their student card or a piece of government ID to sign out a console in the room for 30-minute bookings.

"During the afternoons it gets pretty busy, you might have to wait a bit," Barevich said.

Students looking to avoid the wait time for a console should come in the morning.

Barevich said there haven't been any tournaments planned within the game room this year.

HSF does, however, run video game tournaments within the student atrium where more students can participate.

Thomas Appiah, a third-year Business Administration student, is games room fan.

"I used to come here three times a week but I stopped coming here, it's like, no one can beat me!" Appiah said.

Appiah said his favourite sport is soccer and he has been playing the FIFA series for years. He now uses his time there to mentor others.

"I'm just trying to support them. Train them," Appiah said about other gamers.

Barevich said that while the games room has an inclusive

environment, friendly rivalries do exist among the gamers.

"It has its moments," he said.

"There's always friendly challenges going on between friends at certain consoles. People are always watching to see what the next person does. If someone is playing a game and they do a sick dunk, it's like 'Oh replay, everyone come check out this!'" Barevich said.

Nelson Pacheco, a Sports Management student, recently experienced the room for the very first time.

"It was pretty fun," he said.

"We passed by a few times and saw that the place is actually packed but for some reason it was pretty dead so we ended up coming into play."

Pacheco said more gaming space would encourage him to use the room more often.

Students like Pacheco looking for more space to game are in luck. Barevich revealed to Et Cetera there are plans to move North Campus' game room to the student atrium behind the stage.

Barevich said the new gaming room will be moved into the new, larger space that will be shared with the pool room, providing a more "immersive experience."

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Trans community represented in new policy

Humber's Centre for Human Rights, Equity and Diversity announced the release of a new policy on gender diversity Feb. 24. The policy presents the Humber community's responsibilities, including its students and employees, towards "protecting gender expression and gender identity consistent with the Ontario Human Rights Code."

This policy geared expressly to trans people – it spells out a long list of nuanced terms including transgender, intersex and transsexual -- is a great step forward in respect to protecting what the Ontario Human Rights Commission has called one of the most vulnerable and margin-

alized communities in society.

A 2012 poll by the *National Post* found that an estimated five per cent of Canadians identify as lesbian, gay, bisexual or transgender. Five per cent may seem like a small number but this statistic means that approximately 700,000 people in Canada identify as LGBT.

The portion of those in the queer community who are trans in some sense is not known but it has become clear that they represent a number of people increasingly determined to receive the same rights and respect that others under the queer umbrella has sought for so long.

Any form of harassment based

on a person's gender identity or expression is against the law in Ontario. The terms "gender identity" and "gender expression" were added as grounds of discrimination in Ontario's Human Rights Code in 2012. To clarify and fully attend to the new grounds, the OHRC released a new policy on preventing discrimination based on gender identity and gender expression in 2014.

Following the province's own setting out of such legislation, Humber's policy, which was in the works for a year and a half and was approved Feb. 10, names self-identification as the "sole and whole measure of a person's gender"; highlights the sin-

gle-person all-gender washrooms on campus and says it will make maps available that locates them; and formalizes the point that any individual within Humber's community is entitled to be referred to by the gender pronoun of his or her choice.

The 13-page policy shows that Humber is taking the necessary steps to provide a safe and inclusive environment for its students, faculty and staff. It not only recognizes the need for a policy that specifically protects a person's freedom to self-identify as whichever gender they wish, but moves towards preventing gender-based harassment in our community.



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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Doctor assisted suicide should be a right



Edward Bayley
SPORTS EDITOR/MANAGING EDITOR

The unanimous Supreme Court of Canada ruling that allows doctor-assisted suicide as a medical option, under certain circumstances, has raised a lot of concern over how this will affect the way we treat certain medical cases in Canada — and rightfully so. It's easy to start running through hypothetical situations and to find issues that could, and likely will, arise.

Yet the Supreme Court has made the right decision. Despite all the worry surrounding the ruling, the

minority of cases where the option can save those suffering and their families from unnecessary pain and stress should outweigh the concerns.

My grandfather was diagnosed with pancreatic cancer at the beginning of the summer in 2014. It wasn't long after that specialists ruled out chemo as an option because he was too weak to undergo the treatment. He wasn't in unbearable pain, but in order to keep what pain he did have at bay he was on a lot of medication, which often caused him to be far from present. It was pretty easy to recognize, even if you hadn't interacted with him before, that his medication was having a serious affect on his ability to think clearly or hold a conversation.

The last conversation I had with him was about doctor-assisted suicide. While sitting at his bedside I listened as he told me about the episodes of *Border Security* he had been watching and then the last thing he ever said to me was along the lines of "I've been thinking a lot about doctor-assisted suicide and I really think it would be good. I think they should do that."

It's incredibly hard to hear someone you love say they are ready to let go, but I think it made his

eventual passing a lot easier for me because for the majority of his final months he was no longer really living. He was never the kind of guy who talked about what he had been watching on TV, he was a man of action. My usual conversations with him were about the new person he had met at the coffee shop, the latest little adventure he had been on or some silly business plan he had concocted. Whether it was because of pain or the affect of his medication he spent a lot of time in bed, he had very little appetite if any at all, and he couldn't do the things he loved any more.

Part of the statement from the Supreme Court cited Canada's recognition of the "sanctity of life" that should include the "passage into death." There comes a point when those dealing with terminal illness are no longer able to truly live. Life can become solely about managing your disease and why should anyone else be able to tell that person they can't go peacefully or must continue to suffer.

There are very specific criteria that the Supreme Court set as a requirement before doctor-assisted suicide becomes an option. The individual in question must be "a

competent adult person who clearly consents to the termination of life and has a grievous and irremediable medical condition, including an illness, disease or disability, that causes enduring suffering that is intolerable to the individual in the circumstances of his or her condition."

That's the correct approach to take.

Even though the option of doctor-assisted suicide should be available to those in especially bad situations, nobody is advocating suicide as an option.

Doctors are expected to provide patients with all other medical choices available. We won't know the exact limitations until the federal government debates the issue and comes up with legislation, but it should be strict. From there, like any new law, individual cases can be taken through the court systems to determine exactly where the boundaries should be.

Unfortunately this could mean that some might not have access to the option as Canada figures out where it stands on a very complicated issue, but the initial court ruling is a huge step forward down the right path.

'Black' identity not defined by Black History Month



Aresell Joseph
NEWS REPORTER

Black History Month is coming to a close, but the reference to "black" identity is still a troubling one. It's used in society to classify a group of people based on their physical appearance, but within this categorization are real individuals with multiple cultural identities. None of us within the range of skin colours so loosely called "black" is the same, but we are all marked by this distinctive racial and cultural reference..

Harlem Renaissance novelist Nella Larsen once said, "everything can't be explained by some general biological phrase." Black History Month in February is symbolic because it celebrates what? Afrocentric culture? What about Caribbean culture? Or are we all to walk under the same umbrella?

My brother said recently that black history or heritage did not start before slavery. He meant that a lot of people think blacks had no history before slavery because they were tribes in Africa not documenting their history, or cultural

norms and practices.

But boy, we can imagine it was rich and strong due to discourses and art published by individuals like Nigerian novelist and critic Chinua Achebe and American feminist, author and social activist bell hooks, whose work focuses on the interconnectivity of race, capitalism and gender. With such a vast heritage and so many cultural identities packed into "black" history, is it fair to designate only a single month every year to celebrate it?

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When Canada's first female African-Canadian MP Jean Augustine went to the House of Commons to advocate for Black History Month, she thought she was doing something right. Augustine, like me, is from Grenada and part of the African diaspora — but can we really say we are 100 per cent African? I grew up in Tuileries, St. Andrew's, a part of the island country in the Caribbean, Grenada.

As a child, I looked at my family and saw a group of multiracial individuals — dark skin, Indian, light skin, Creole — and I thought everyone was beautiful and interesting. Although Grenada does not have Black History Month, it does have a day called "Grenadian Independence Day," where people on the island celebrate their cultural heritage and mark the end of colonialism in Grenada.

Grenada was owned by several other nations. First Great Britain, then France, then the English again until the island became independent in 1974. Although Grenada was granted independence, it is still a part of the British Commonwealth, like Canada.

When I arrived in Canada and heard about Black History Month, I knew immediately that blacks were visible minorities in Canada but that not all blacks collectively shared the same identity.

Identifying as black meant that I was negating other racial or cultural ties flowing through my blood, while ignoring my blackness meant that I was promoting the "inferiority complex," which Afro-French psychiatrist, philosopher and revolutionary Frantz Fanon discussed in writings in the 50s.

He said some blacks love the people that enslaved them and hate their own.

The first time I experienced discrimination in Canada was through another black person, who mocked my Caribbean accent and called me a "monkey."

Then I thought about Caribbeans who are ostracized in and outside of the black community, or choose to use class and indulge in white privilege to get ahead.

Unity in the black community is broken, since blacks sold each other to slave masters. Even though slavery is not the basis of black history, it remains a focal point in our history.

During Black History Month these themes are not explored, because February has 28 days and black activists and event organizers across Toronto like Candice Warner-Barrow want to celebrate the beauty of Afrocentric culture, rather than reference the bad.

Yet, people in the black community must accept the good and bad in order to move towards solidarity. For while the general population needs to know that "Black" actually represents a multitude of cultures and histories, it is also important that people who share this racial designation not continue to marginalize each other based on those same social and cultural differences.

New sex ed curriculum nothing to worry about



Julianne Fox
A&E EDITOR

Awareness of the change brought by puberty seems to be hitting children at younger and younger ages as years pass and no one can do anything about it other than keep up with generations as they progress.

The Liberals are receiving backlash from parents since introducing an updated health education curriculum to the province earlier this week. This has been the first update of this kind since 1998.

A few topics children from Grades 1 to 7 will start learning in September include physiological change at puberty, masturbation, healthy relationships, consent, sexually transmitted diseases and oral

and anal sex.

Many parents are opposed to the curriculum because they believe certain sexual education topics will be taught to their children at too young an age.

Some of the other important topics included in the updates are cyber safety and same-sex marriage. Those who are advocates for the updates are modern thinkers, which is perhaps why they believe the new course material should be taught early on. I could not agree more.

It is best for schools to teach and inform children about subjects, such as sexting, early on, before problems relating to these practices escalate.

When I was taught sexual education in elementary school, I was not aware of sexting, but I do understand that it is a lot more prominent in our society today. I believe it is crucial for children to be informed so they will know how to handle such a situation if it ever comes about.

An example of when sexting can become an extreme situation is if a minor were to send a provocative picture to someone of age. The person receiving the image could be caught somewhere down the line for child pornography.

According to CP24, experts say proper sex education is important in the digital age. There are a lot of racy pictures accessible to every-

one online, compared to years ago when such images were harder to come by.

Some parents also believe that health and sex education should mainly be left to them to teach their children. Values do come from family, and it's certainly a valid argument that their roles are more important than that of the schools — but the problem is, a lot of them are not doing their job.

In his interview with CP24, Johnson says there are going to be things children do not want to ask their parents or teachers, so it is important for them to be able to access information online and recognize which information is credible.

In some cases, children can stir up ideas based on what they see on TV or what they play in video games. It seems strange that many parents allow their children to play violent, gory video games and watch violent films but shy away from allowing their children to be exposed to the subject of human intimacy and sexuality, especially since, in this case, it's in an educational institution.

In addition, to raise so much concern over an updated sex education curriculum seems out of place when there are so many growing concerns about child development in our society today, one example being child obesity.

As these children grow up, the

new curriculum should help them make smarter choices and be better prepared for when they are ready, whenever that is, to embrace their sexuality in an informed manner.

The new curriculum also aims to educate children about abuse so they can identify it and deal with it properly and safely. Parents, and anyone else who protests the updated curriculum, need to consider the things they knew at their children's age and what could have helped them be better prepared.

Considering Canada was the third country in the world to legalize same-sex marriage in 2005, adding same-sex marriage to the sexual education curriculum 10 years later seems almost negligently tardy.

Since children have access to handheld devices and information at their fingertips, the curriculum aims to control, to the best of its ability, how they take in and assess information regarding sex.

Parents who continue to oppose the updates still have the Education Act, allowing them to withdraw their child from a specific lesson. I understand that some parents want to preserve certain values, but their children are going to interact with others who are "different" and have other values at some point in their lives.

Parents need to know and remember their children's peers also play a major role in shaping them.

Slum tourism turns poverty into a commodity



Katherine George
LIFE EDITOR

The township of Vrygrond, a quick drive from Cape Town, South Africa, is located on a dry flat wasteland and only recently gained access to electricity, running water and a functioning sewage system. While volunteering with a community outreach program that aids in keeping children from Vrygrond off the streets, I received a tour of the town.

Around 1.7 million South Africans live in informal settlements, like slums and townships. Similar to many other slums, Vrygrond is

socially and economically deprived. Houses are made of rough materials like scrap metal, anything that can provide temporary shelter. There is a high unemployment rate, with nearly 60 per cent of the population affected by or involved in crime.

Since the emergence of poverty tourism in the last couple of decades, travellers have wrestled with the ethical and moral concerns of touring the world's most impoverished areas.

Proponents say this form of tourism can be seen as an educational experience that enlightens travellers who live a sheltered and privileged life. Westerners see first hand the extreme conditions and hardships people suffer which encourages them to make a difference. However, the voyeuristic holiday ends and many tourists return home only to get swept back into their daily lives.

The townships in South Africa are a dark reminder of what took place during Apartheid. In the late 1980s, township tours emerged into the mainstream tourism industry in South Africa as a means for the white residents of Cape Town to view the 'other side' of their city, which was strictly segregated.

Unlike other tours in areas of the world where travellers view historical sites haunted by a dark past, township tours allow visitors

to view communities that continue on in their impoverished conditions. These areas are not a tourist attraction, but a present day living tragedy.

Township tours emphasize the disparities of income and wealth around the world as the world's wealthiest and most privileged view the world's poorest people. In areas plagued by crime, it's not the best idea to highlight inequality between individuals. Despite the fact that tourists are advised to dress down their appearance and leave their valuables at home, the local residents are extremely aware of their economic and social differences.

Many tour companies offer walking tours, which are much less intrusive and avoid the feeling of visitors gazing down on local residents from large vehicles. Small walking tours provide the opportunity to interact with local residents face to face. Tourists can make personal donations to families, businesses and purchase products that might be for sale. However, this does not change the fact that individuals are touring a community in order to briefly survey the harsh poverty individuals suffer on a daily basis.

Handing out donations to individuals is usually an ineffective form of help. A more productive form of assistance is to provide

food, clean water, school supplies or offer funding to a local organization that is involved in building a sustainable community, slum tourism only offers the appearance of benefitting local residents. It promotes this notion by putting some tourist money back into the community and offering a few jobs to locals as tour guides.

The harsh reality is people who are suffering in many aspects of their lives are suddenly a tourist attraction and seen as a commodity to tour operators. Many tour companies visit a local household as a highlight of the tour, perhaps providing some money to the family for their services and cooperation with the tour operation. However, host households and even local guides pay is unregulated. And in the meantime, while some tour operators may dole out a few dollars here and there to the impoverished hosts, the whole encounter may more often entail a further loss of dignity for those being visited.

It is extremely important to educate affluent populations of the economic and social disparities around the world. And seeing is most definitely believing. But traipsing through a community to gawk at their way of life is intrusive and turns poverty into a commodity.

HOROSCOPES by LUCY SKY



JAN. 20 – FEB. 19
That special someone is wondering where your head has been at lately. Keep them in the loop or there might be dark days to come.



FEB. 20 – MAR. 20
Roses are red, violets are blue, you're great and your life should be, too. So chin up and don't let the little things get you down.



MAR. 21 – APR. 20
Shoot for the moon and you'll land among the stars. That should be your motto in the upcoming months, because doubting yourself never got you anywhere!



APR. 21 – MAY 20
Organization has never been one of your strong points, but you're going to really need it soon. So search for pointers and get your stuff in line before it's too late.



MAY 21 – JUN. 20
Time goes by too fast to stop and smell the flowers, so hurry up and get your life together before you realize it's too late.



JUN. 21 – JUL. 22
A good meal is the key to your heart and someone knows it. So don't be shocked if you walk in after a long day this week to the smell of something phenomenal.



JUL. 23 – AUG. 22
You haven't been all there lately and people are wondering what's up with you. Take some time to yourself to get your head on straight.



AUG. 23 – SEPT. 21
If you feel like you've been jumping through hoops for someone lately, stop walking on eggshells, get that backbone back and tell them how you feel.



SEPT. 22 – OCT. 22
Don't let the weather get you down, you're on top of the world and everything should start looking up.



OCT. 23 – NOV. 21
You've been extra chipper lately and while that is a good thing, it tends to get on the nerves of those suffering. So keep your spirits high, but remember not to gloat.



NOV. 22 – DEC. 20
While the stress may be a little overwhelming at the end of the week, remember, it's almost over! So untie those shoelaces and grab a cold drink. It's time to relax.



DEC. 21 – JAN. 19
You may have bit off a little too much to chew, but don't worry, you always figure it out. Everything will work out for the best.

QUOTED: DOES THE NEW SEX EDUCATION CURRICULUM START TOO YOUNG?

"The world is changing so it is a good thing that the curriculum is being updated. Grade 1 is a little young for anything too graphic being taught, however, it is an overall good thing."



Heber Salumbo, 22
Electrical Engineering

"I think it is kind of too early. Grade 3 or 4 is good for them to start learning anything. No kid should learn about sex too young. They should still have the talk with their parents, but not in the curriculum."



John Ebanks, 19
Business Administration

"It's good they're implementing these things, same-sex marriage especially. Better to learn things in school rather than find themselves online in an inappropriate way. As long as it's not too young with major topics such as anal sex."



Meghan Krizane, 21
Fashion Management



TO THE NINES

Melissa Johns
21
School of Applied Technology Co-Op

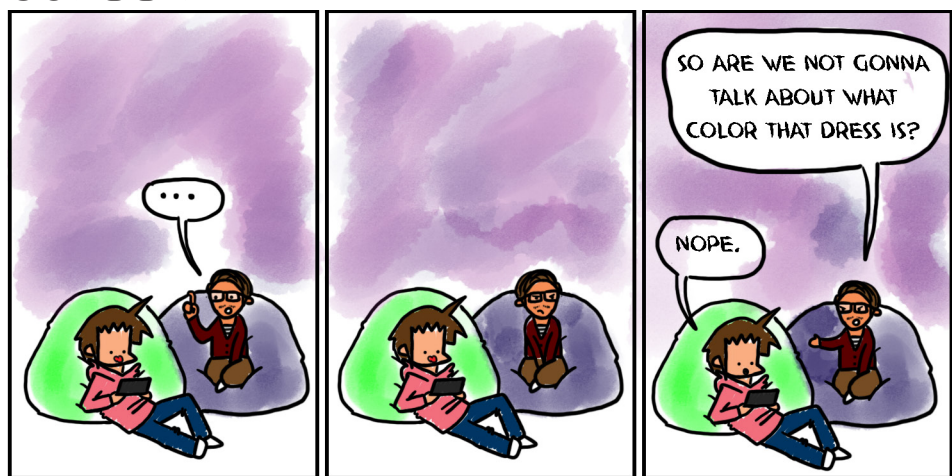
Dress: Thrift Shop
Scarf: Plato's Closet
Gloves: Made by a friend from
Boots: Doc Martens

Melissa said she takes most of her inspiration from other artists and has fun modelling her wardrobe on fashions and trends that don't "technically exist in the real world." Adding that she's recently inspired Lois Van Baarie.



SCHOOL DAZE

COMIC BY JORDAN BIORDI



Linking media studies, performing arts

Corey Brehaut

A&E REPORTER

Transmedia Fellowship is transforming the way Humber does media studies.

It's a new initiative from the college that involves students from media studies and performing arts, challenging them to tell a story through multiple media platforms.

It's a paid summer fellowship offered through the school.

"It's part of an initiative for the school seeing that Transmedia is the new sort of direction that media's heading," said Sean Doyle, a professor in the School of Media Studies and Information Technology who teaches web development and is a

facilitator of the fellowship.

The first project, "Remember the Tardigrades," had a four month schedule which ended in August last year.

"It was the most real world work in a school setting that you could get," said Jennifer Ferris, a third-year theatre performance student.

The project was a science fiction story of Lily, a teen who lives in a world where people can download memories directly to their eyes and music festivals are outlawed.

The story plays out in a series of scripted videos, clickable prompts, and documentary segments of an actual music festival.

"It helps us comment on the cultural relevance of something today by looking at it in the future," said

Ana Cronkite, a fourth-year film and media student.

The goal of the project is to showcase how social media affects people's lives as well as examine the importance of music festivals. Lily learns along with the viewer how technology affects our lives, Cronkite said.

"We were looking at the culture behind music festivals too," Ferris said.

"One of the ways you understand what it adds to society is when it doesn't exist or if you take away what elements get missing."

What brings these ideas together is human connectedness, said Cronkite. "I think that bringing the story back to a theme as big as that helped us get our message across to the audience."

Two facilitators, Doyle and Susan

Murray, whose job was to run weekly meetings and act as resources for the team, oversaw the project.

They also ran workshops for the students, said Doyle.

"One of the challenges that I know our supervisors fought with a lot was getting us out of our own little work silos," said Ferris.

"Because we come from different programs we all have a different way of communicating project ideas and creativity or work in different ways."

"What all of these students had in common is that they were good at creative thinking," said Cronkite.

The second version of the fellowship will run this summer. Applicants must submit a 500-word essay on their eligibility by March 23.



COREY BREHAUT

Transmedia Fellowship leaders, Jennifer Ferris, left, Ana Cronkite
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Art school critiques may be source of anxiety, stress

Samantha Juric

A&E REPORTER

Looking back at her two-year experience at the Ontario College of Art and Design, Candice Bradley, 24, admits that it was a combination of things that drove her to drop out.

"I was very young, I was 17, it was my first time living in the city and there is no residence at OCAD," she said. "I was extremely anxious to be in school and meet new people."

"I had anxiety about my artwork and fitting in," said Bradley regarding critiques.

Stress over art school critiques are reflected in the National Collegiate Health Assessment of 2013 showing students across Ontario face mental health issues on a daily basis.

Of 32 post-secondary institutions that participated, the study shows OCAD is overrepresented in the number of students who experience anxiety, stress and a tendency to self-harm in Ontario.

The OCAD statistics dominate the provincial average in several areas of mental health students were surveyed on.

Among some of the alarming statistics, 53 per cent of OCAD students admitted to battling depression in comparison to the 38 per cent provincial average.

The levels of anxiety for OCAD students shatters the provincial average and 75 per cent of OCAD students revealed feeling anxious whereas the provincial average was 56 per cent.

Bradley said that some contributing factors that explain why such a wide gap between the experiences of OCAD students and the rest of the province exists could be the culture of critiques and a lack of community.

"It was basically the student standing up and defending their art-

work or pointing out all the flaws," she said. "Pointing out everything that was wrong with it, making their work into garbage."

Frist year Humber Visual and Digital Arts (VADA) students Kristina Nawrot, 19, and Tanisha Bryan, 19, speak of the Humber critique culture with a sense of calm that Bradley is unable to manage when reflecting on her time at OCAD.

"As a student it helps me improve my art," said Nawrot. "I can see how it could be stressful though, people may not get the same message that you are trying to convey."

"It can just stress you out because they aren't looking at it the same way," she said.

Bryan attributes her positive attitude towards critiques to VADA's faculty.

"They are understanding," she said. "They are there to help you, they want to see you grow. There is so much support you don't ever feel like you can't do something."

Evidently, the critique culture at Humber is one that helps build students up as opposed to tearing them down.

But are critiques a necessary part of the curriculum?

Liz Sokol, a counselor at Humber's counseling services, said the critique process, however daunting it may seem, is integral.

"The process of critique is crucial. But it has to work in a supportive way," Sokol said. "Criticism that makes the person feel bad about themselves is useless."

Sokol notes there is a general sense of anxiety and a fear of inadequacy that accompanies the process of critiques and the experiences of art students.

Students agree it seems Humber's faculty is doing its part to keep its artists creatively charged and minimizes the weight of mental stress.



MATTHEW PARISELLI

Gallery 1313, located on Queen Street West, is running its fifth annual Sex Show exhibition now until March 1 and features work by over 20 artists. Curator Phil Anderson says, "we're not out to offend people."

Exploring sex ignites talk

Matthew Pariselli

NEWS REPORTER

February's bitter chill oozes sex. It's when Gallery 1313, at 1313 Queen St. W., celebrates its Sex Show exhibition, which runs through Sunday.

Phil Anderson, curator, seeks to amass pieces that investigate sexuality from multiple angles and through an assortment of mediums.

"The idea is to encompass as many different variations of what people consider sexual. It's always a sort of eclectic mix," he said.

The exhibition, which is in its fifth year, features work from more than 20 artists from Toronto, New York, Montreal, and Ottawa.

Olga Szkabarnicki, from Ottawa, is showing three pieces: *Pride I*, *Pride II*, and *Titanic*. Each piece takes the male body as its subject.

"I wanted to explore the theme of male identity and sexuality in the context of *Pride* – going from the

homo to the hetero and everything in between and beyond," she said.

Pride II is an oil on canvas painting of a nude muscular man bending over and reaching for a face on the ground. Szkabarnicki said the imagery is challenging for viewers, but that she derives a sense of pleasure from being able to test her audience.

Tara Mazurk, the curator of Humber College's L Space gallery, hasn't seen the exhibition but reiterates the role of art in urging viewers to think critically about tough subjects.

"Now that we've opened up new topics of feminism and sexuality, artists are more open to exploring those themes in a comfortable environment or not a comfortable environment where they can actually challenge the viewer and get us to think more critically about what the human body actually means," she said.

J.P. Guarraci, a Toronto-based artist, is also showing three pieces which challenge the viewer to con-

front notions of male objectivity.

"With mass media, there's a lot of images of masculinity and they bombard your mind and you have to sort of filter through what you take away from these images to create your own sense of masculinity. It becomes a question of, can sexuality exist without objectification?" he said.

Anderson hopes the exhibition generates discussion about sexuality, but with an eye to sensitivity.

"We're not out to offend people. People are taking all kinds of different approaches to trying to say something about sex or what goes on during sex," he said.

Aside from the discussion the exhibition may elicit, the artists are related to be part of the show.

"It's the first time that I'm showing in Toronto, and to be on Queen Street West, what an honour, what a thrill. It feels great," Szkabarnicki said.

The exhibition showcases work in textile, sculpture, photography, painting, and film. It's free and runs until Sunday, open each day from 1 p.m. to 6 p.m.

HEALTH

Beauty images on web influential, study

Scottish research shows images of femininity, masculinity guided by unrealistic images online

Christine Tippett

LIFE REPORTER

It's impossible not to be bombarded with images of very thin women and overly masculine men every day.

In a study conducted in person and online by the University of St. Andrews in 2014, Scottish researchers found the unrealistic expectations of how men and women should look is heavily influenced by the Internet.

Results showed people without Internet access preferred feminine men and masculine women with higher body fat, whereas people with Internet access were more likely to find skinny women and masculine men more attractive.

The study examined a sample of 197 men and women 18 to 25 years old from El Salvador with and without Internet access.

Previous studies found similar results, but the samples were mainly from developed countries where most people have access to the web.

Kristen Ritchie, a first year Humber Human Resources Management student said viewing these representations as a healthy reality is problematic.

"Bodies come in all shapes and sizes. The goal should be for a healthy body and mind, not for a thigh gap," Ritchie said.

Ritchie said there's always been pressure for people to look a certain way, but thinks social media highlights and perpetuates unrealistic ideals.

Jill Andrew, a body image consultant, public speaker, and co-found-



CHRISTINE TIPPETT

Media literacy key to understanding beauty images on web, says body image consultant Jill Andrew, co-founder of Body Confidence Canada Awards.

er of the Body Confidence Canada Awards, said it's critical to remember most of the images online have been doctored. Her message: it's important to arm ourselves with education.

"I'm a huge supporter of media literacy. I'm a huge supporter of having conversations with young people and with ourselves as adults

around the fact these images are not real," Andrew said.

People need to understand there are different body weights and shapes that are perfectly fine for different people, said Andrew.

"It's not as simple as looking at someone and saying, 'Oh, you're thin, you're healthy,'" she said. "We

fall into that trap a lot."

Social media expert and University of Toronto PhD candidate Jenna Jacobson said living in a visual culture heavily influences society's perceptions, but that it's not as simple as placing the blame on the Internet.

People explored the impact of photoshopping models in magazines

in the past, but the focus has now shifted to social media, she said, and it's important to note that social media also has beneficial effects.

"Rather than vilify social media, we also need to look at how social media builds community and has a positive impact on many people's lives," Jacobson said.

Ontario government creates online survey to assess the risks of cancer

New tool can determine level of risk for breast, lung, cervical, colorectal cancers in just 10 minutes

Dominique Taylor

LIFE REPORTER

Identifying your cancer risk is easier now because of a new online survey tool developed by the government of Ontario.

MyCancerIQ takes less than 10 minutes to complete and gives a personalized assessment for four commonly diagnosed cancers: breast, cervical, colorectal, and lung cancer.

"It takes about 20 years for can-

cer to develop," said Alice Peter, epidemiologist and director of population health and prevention at Cancer Care Ontario.

"If you start now, eating healthy, exercising, maintaining a healthy weight, not smoking and drinking alcohol in moderation ... you will prevent cancer that may occur in the future," she said.

The tool was developed over three years and involved about 60 people, including a team of scientists, designers and IT professionals, said Peter.

"The kind of advice that we provide for you is specific to you," she said.

"You can learn what your real

risks are, what's driving your risks, and where you land compared to other people in Ontario of the same age and gender, and what is making your risk higher or lower than the average person," she said.

Daniel Heartly, 20, a student in the architectural technology program at Humber, said he "thinks about cancer every day." He lost a family friend to cancer, and has made many lifestyle choices to keep himself well.

"I go to the gym every day to maintain my health, keep my immune system strong and keep my body functioning," said Heartly. "I eat healthy too,"

Daniel Santa Mia, PhD, a spe-



You can learn what your real risks are, what's driving your risks, and where you land compared to other people.

Alice Peter
DIRECTOR

cialist in cancer and exercise and program head of kinesiology at the University of Guelph-Humber, said "being aware of your body" is also an important part of managing your health.

He said people who typically engage in healthy behaviours like exercising and eating right are also more likely to engage in "cancer screening measures," like breast self-exams or other tests.

"A testicular self-examination is something a lot of guys don't think about, but testicular cancer typically affects men in their adolescence and early 20's," said Santa Mia.

While a family history and genetics can increase the risk of developing some kinds of cancers, Santa Mia said exercise "can create an environment that is not favourable for cancer cell progression."

Exercise reduces the amount of circulating hormones, insulin and certain harmful protein hormones, like leptin, in the body that can contribute to cancer, said Santa Mia.

Exercise can reduce the incidence of some cancers like colon, breast, endometrial, and prostate cancer anywhere from 30 to 50 per cent, he said.

To find the survey, visit www.mycanceriq.ca.

READING WEEK

Students travel to Guatemala, volunteer

Sarah Trumbley

LIFE REPORTER

Some students see reading week as an opportunity to catch up on homework, an excuse to go on vacation, or a chance to spend time with friends.

But 10 health science students from Humber College saw it as an opportunity to do more. They travelled to Guatemala for an eight day volunteer mission that would ultimately change their lives.

“The purpose of the trip was two-fold,” said Dean of Health Sciences at Humber College Jason Powell: to help support Humber students in an interprofessional collaborative practice mission, and embrace the concept of global citizenship and the wish to give back.

The volunteer trip included three students from the Practical Nursing program, six from Bachelor of Nursing and one from the Early Childhood advanced diploma. As well, one paediatrician and one family physician joined them on the trip, said Frankie Burg-Feret, a Bachelor of Nursing professor in charge of the mission.

Burg-Feret said the group stayed in an orphanage called Valley of the Angels, where they conducted examinations of children.

“There were 200 children there and we were able to do health assessments and screening processes on all of the children,” she said.

They also visited communities and set up outstation clinics in both rural and urban areas, said Burg-Feret.

“We saw hundreds of people and really made an impact,” she said.

Student volunteer Jesse Jardin said his favourite moment from his experience was seeing the faces of the children and the families after they were able to help them.

“I liked watching the students working so hard, hugging the children, I loved it when the children

came running to them,” said Burg-Feret.

She said it was really fulfilling for her as a teacher to see them responding that way.

Burg-Feret said some of the hardest parts of the mission were when girls revealed they had been sexually abused. Another striking memory she mentioned was looking in a child’s mouth and seeing that all the teeth were brown and rotting.

“It was unbelievable and it’s hard to imagine seeing that in North America,” she said.

Burg-Feret said it was a great learning experience, cultural immersion experience, and a team building experience for the students.

“

There were 200 children there and we were able to do health assessments and screening processes on all of the children.

Frankie Burg-Feret

PROFESSOR

BACHELOR OF NURSING

“I think this experience allowed me to grow as a person,” said Jardin.

“Happy does not even begin to explain my emotions following the trip,” said Orlee Benson, another nursing student volunteer.

Burg-Feret hopes to organize the trip again next year and both Jardin and Benson recommend the experience to Humber students.

Burg-Feret said she was proud of the students’ professionalism. They were caring and respectful with everyone they encountered.

“They truly represented Humber College in a manner that the dean and faculty of Health Sciences can be proud of,” she said.



FRANKIE BURG-FERET

Student volunteer providing help to a child from the orphanage.



ALLIE LANGOHR

Maids Virgil Makarewicz (left) and Yeji Kim, and butler Yelena Reithofer greet guests at the doors to Cafe Berritea’s Maid Cafe. Trend originates in Asia, where customers are taken care of by brightly costumed servers.

Maid cafe a sugary treat

Humber students hosts event: Cafe Berritea proves to be a success

Allie Langohr

LIFE REPORTER

Vivi the maid, in a bright and bulky pink dress, prances through the aisles to a table filled with girls dressed in gothic Lolita.

He smiles as he places the menu displaying sugary treats and café drinks in front of the girls, one knee slightly bent.

He brings the drinks, fashions his fingers into a heart and swings the shape around as he asks the girls to repeat after him. An upbeat J-Pop song plays as several other maids and butlers follow suit around the room.

Humber’s Café Berritea held its first Maid Café in the community room at Humber North on Feb. 25, serving 27 visitors from 4:30 p.m. to 6 p.m.

Styled after a phenomenon of such cafes in Asia, this was the first event of its kind at Humber. The club, which had its budget approved only weeks ago, is unique in Toronto.

Maid Cafés are common in Japan. They are spaces of fantasy role-play for the maids and butlers as well as the customers.

“It’s part of their culture,” said member and first year Humber photography student Nigel Murray. “We’re bringing that sort of culture

over to North America, and specifically Humber College to enlighten people on it.”

Essentially, participants dress up as maids and butlers and serve café items like hot drinks and baked goods to clients who come in for a sitting.

The maid costumes consist of short, bell-shaped dresses, in bright colours, with knee-high socks, and lots of bows. Each maid has a colour, a name and a personality.

The butlers also create characters. They wear dark pants with distinct vests and bowties. Each holds a cloth draped over their right arm. The colour of each cloth and bowtie matches one of the maid’s dresses.

“You take the maid outfit but you want to build a character out of it so you bring in accessories,” said club member Emma Kuhn.

Kuhn is a student at the University of Toronto and travels to Humber for the weekly meetings, as it’s her only opportunity to participate in a Maid Café.

“This isn’t something that is widely known about even in Canada,” said founder Virgil Makarewicz, whose maid name is Vivi. “A lot of people in the anime and cosplay communities know about it, but no one has actually taken the initiative to start one up on their own.”

The cafés only pop up during small events, if at all, and no other organization in Toronto is consistently and strictly committed to putting them on, said Makarewicz, a second year Humber visual and

digital arts student.

Before the tables were served, the maids and butlers lined up in front of the crowd and introduced their characters one by one.

Two servings of dessert were broken up by a dance performance by two of the maids. The choreography was taken from a song called Toluthin Antenna by Japanese artist Kagamine Len. It is common for J-Pop singers to create a dance that accompanies their songs.

All eight tables were at least partly filled with students who got to enjoy the intimate service and the treats.

But the intimacy has a limit. The relationship the maid has with her customers is supposed to be one of mutual respect.

Despite this, Maid Cafés are known for posting rules about how to interact with the maids.

“If anyone has actually been to Maid Cafés before, they know the do’s and the don’ts,” said Makarewicz. “They are to not touch any of the maids without their consent, as well as not to ask any of their personal information.”

“If any of that actually happened, we have key words to signify that that has happened.”

“Safety and enjoyment are really important to the whole concept,” said Kuhn. “There’s a lot of respect for gender expression and positivity.”

These concerns were unfounded, however, for the club’s first gathering. The next event is planned for the end of the school year.

CAREER

Social media can affect a potential job opportunity

Texas teen gets fired over inappropriate tweets

Shaun Fitl
LIFE REPORTER

The Internet is an extremely transparent platform. Earlier this month, a Texas teen tweeted frustration about her new job and was fired before she even started.

Many people do not even think about the reality that the Internet is primarily a public form of communication.

"I think in a sense people are so desperate to be recognized and validated that they would take a chance with something that might not be private," said Daniel Andraea, a psychology professor at University of Guelph-Humber.

"Peoples' needs end up winning over rationality in terms of what could happen with their posts," he said.

"Employers want to get to know their employees in a more in-depth way than their resume portrays," said Humber career advisor Christina Colosimo.

"Over 80 per cent of employers are recruiting through social media, so the importance of having a professional social media presence is at the top of the priority list," she said.

"Poor representation of an employee on social media can make a company look bad. It gives an unfavourable impression of the staff hired and in turn, the company's credibility," said Darren Parkes, owner of Parkaire Systems Inc., a heating, ventilating, and air conditioning company in Brampton.

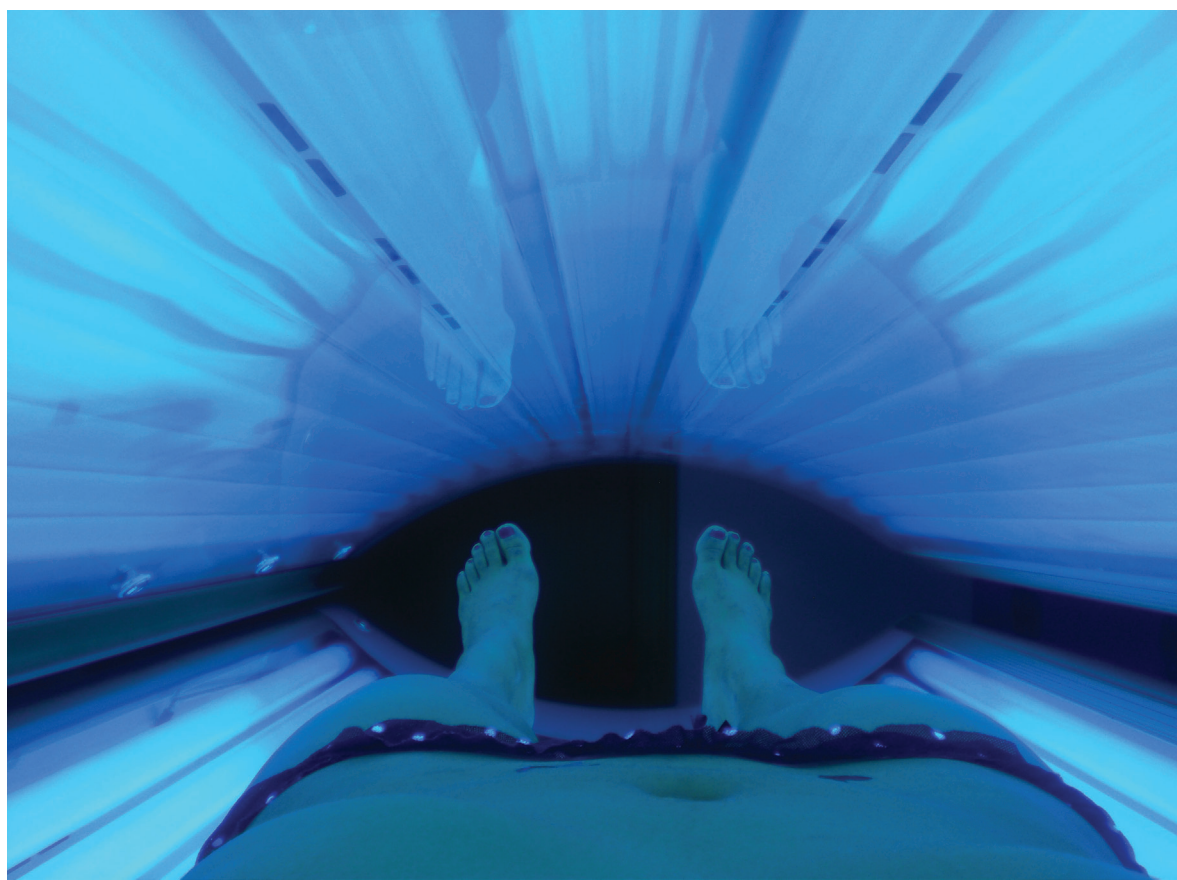
"Customers want to know that you have hired professional staff so they feel confident," he said. "Poor choices by staff which are seen on social media may promote an unprofessional image for the company."

Colosimo said for anyone who has lost a job because of his or her online image that it's important to be honest about what happened.

"Say that it was a stupid mistake and that you've learned from it and will not do it again," she said.

The Humber Career Centre organizes social media "boot camp" to help students create professional online images to improve their career prospects.

In many cases the Internet can be fun and allow people to connect and network with friends and other contacts. However, in reality, experts say posting online is the same as yelling something out loud in the middle of a crowded room.



COURTESY WHATSERNAME? VIA FLICKR

While indoor tanning increases body production of needed Vitamin D, Canadian Cancer Society advises against it.

Health risks of tanning

Lack of sunshine in winter leads young to indoor tan but practice has its harms

Christina McAllister
LIFE REPORTER

Canadians only average 111 hours of sun during the month of February.

This February in particular has been overwhelmingly bitter even in Toronto, shattering records with seemingly daily warnings of extreme cold.

The weather has got Canadians

pinning for 10 minutes of unadulterated sun and much needed vitamin D, which can be obtained this time of year at tanning salons.

Yet while tanning beds can increase vitamin D production, they are not a safe way to get Vitamin D, according to the Canadian Cancer Society.

A study published in the Journal of the American Medical Association found the number of skin cancer cases related to tanning is greater than the number of lung cancer cases caused by smoking — and an overwhelming number of these cases were among college students.

While legislation enacted last year prohibits people under 18 from frequenting tanning salons in Ontario, it apparently does little to quell young Canadians incessant urge to appear as though they have recently returned from vacation.

The Canadian Dermatology Association says melanoma is the third most common form of cancer among young Canadian women and the second most common cancer in Ontarians between 15 and 35. It is mostly preventable, the association said.

Giananthony Rizzo, cell biologist who studied oncology at Western

University, said tanning is dangerous and exposes individuals to unnecessary UV rays.

Harmful UVB rays are the primary cause of melanoma, the most common form of skin cancer, he said. Melanoma is caused by a mutation that occurs in the cell after it is exposed to UVB rays.

These mutations can accumulate and become cancer, Rizzo said.

"You can directly see the effects of radiation on the skin from a tan, a tan is dead cells," he said.

Tanned skin is more aesthetically attractive in our society, which is why indoor tanning appeals to young women, said Rizzo.

Vice Versa Tanning Salon employee Kayla Lopes said tanning is safe in moderation.

All employees at Vice Versa must be Smart Tan certified, she said.

Smart Tan training provides prospective employees with the knowledge to accurately determine a clients burning potential.

Lopes gives first time clients a short questionnaire that helps determine skin tone. Questions range from "how easily do you burn" to "what color are your eyes."

From these questions, Lopes determines where a client falls on the skin tone scale and recommends the amount time the client should spend in a tanning booth.

"The number one rule is not to burn," Lopes said, "When you burn your skin, that's what causes melanoma and long-term damage."

Lopes also regulates the amount of times a client can tan per week.

"I don't allow my clients to tan consecutively. I always make sure there's a gap in between days," she said.

Some amount of sun exposure is unavoidable, said Rizzo

"Tanning isn't bad, everyone tans, to stay out of the sun completely protected is very unrealistic but knowing the risk factors and understanding yourself personally is very important," said Rizzo.

TRENDING:

Detox teas: Not long term way to achieve better health

Combination tea blends designed to cleanse body

Nadia Monaco
LIFE REPORTER

Rebooting one's body with a detox may seem beneficial, but experts say a detox is not useful as a long-term health change and that trendy tea detoxes must be taken carefully.

Carol Saba, a holistic sports nutritionist, said detoxes done with herbs that support the body's organs, and not just flush the system, can be healthy — but it's important to make sure a detox is being done right.

Saba stresses that even though a detox can restore your body, people

should recognize that while many trendy detoxes assure weight loss, good health comes from lifestyle choices like eating nutritious foods and exercising, not simply losing weight.

"Changing their diets, eating a lot of vegetables will start to create a balance in your diet that the weight just sheds off of you," Saba said.

Tea detox companies such as Your Tea, Skinny Tea and Fit Tea provide a combination of tea blends to drink over an extended period of time that cleanse out the body and claim to offer multiple health benefits.

These companies are becoming increasingly popular, gaining viewership through social media websites.

Your Tea claims its detoxes and

blends are based on traditional Chinese medicine and target specific health concerns such as bloating and weight loss.

They also offer healthy tips and eating plans to follow while on a "teatox," yet they do not stress that following any meal plan is necessary while consuming the teas.

Fit Tea offers tea detoxes focused on weight loss and fat burning with ingredients such as ginger and pomegranate. Similarly, Skinny Tea offers tea detoxes that promote overall wellness with its blend of berries, herbs and teas.

Skinny Tea includes, in a description of its 14-day detox, that in order to reach the best possible health outcome, consumers should combine the detox with healthy eating and exercise.

Michelle Waithe, a registered holistic nutritionist and instructor at the Canadian College of Natural Nutrition, said these forms of detoxes can be beneficial, but they are somewhat taken out of context and

marketed as a quick fix.

"It's not overly dangerous for the most part, for most people...but it's not achieving the actual result that you need to achieve...it will help but it's not going to help long term," said Waithe.

Waithe said eating plans and healthy tips should be mandatory for each health concern such as bloating, and then followed up with a specific detox to match.

If these detoxes are consumed properly they can be beneficial to one's health, Waithe said.

Marlee Macdougall, a 25-year-old Humber Early Childhood Education student, said although she has heard of the trending tea detoxes she has no interest in ever doing one.

Macdougall agrees with Waithe that tea detoxes are promoting and providing a quick fix for health issues women experience and does not believe they are the healthiest option.

"It's the kind of thing that your body will do on its own if you're feeding it healthy things," she said.

R.J. Ramirez has pro ball aspirations

Jessica Reyes
SPORTS REPORTER

R.J. Ramirez first bounced a basketball when he was five.

The 21-year-old, who was Humber's 2014 basketball Rookie of the Year, wants to play pro for the Philippine Basketball Association.

The St. Catharines-born star moved to Toronto with his family, who emigrated to Canada from the Philippines, when he was chosen to represent Humber on the court.

Ramirez was hoping to get accepted to a four-year business university program but did not meet the academic requirements.

He chose Humber because of its pedigree of winning.

Ramirez is now in his final year at Humber studying the two-year tourism manage-

ment program because he enjoys traveling and exploring around the world.

The rookie of the year award he snagged last year honours the athlete who has shown commitment and dedication on the court and in the classrooms.

"I was kind of shocked, I've never felt this way before. It was a big accomplishment for me," Ramirez said.

"In the beginning of the year I was telling myself that I would get this reward, but I didn't think it would actually come true," he said.

Ramirez has been focused on his basketball career. His only diversions are hanging out with friends and family, and working on his cobra pose.

"I just started doing yoga and I actually like it," said Ramirez. "It's benefiting me. I

do yoga for personal reasons, because I'm not flexible."

Men's varsity basketball coach Shawn Collins has been leading the Hawks to championships for 10 years.

Collins says Ramirez is a big part of why the team is successful.

"R.J. was chosen because, coming in as a first year player at Humber with a strong tradition of basketball, its not easy to have a level of success and fit in. He was able to do all of that and move forward," Collins said.

Mathew Bukovec, small forward, says being on a team with Ramirez has been a great experience so far and has created a closer bond off the court.

"R.J. is a very talented scoring point guard. He makes the right reads and is playing

really well this season," Bukovec said.

Ramirez plans to continue playing basketball after graduating this April. He hopes that in a few years he will be playing professional basketball in the Philippines where his parents are from.

Collins says that being a professional basketball player takes a lot of time and energy but Ramirez has the drive and motivation.

"He loves the game, he has the willingness to work hard and whatever he needs to do to be successful," Collins said.

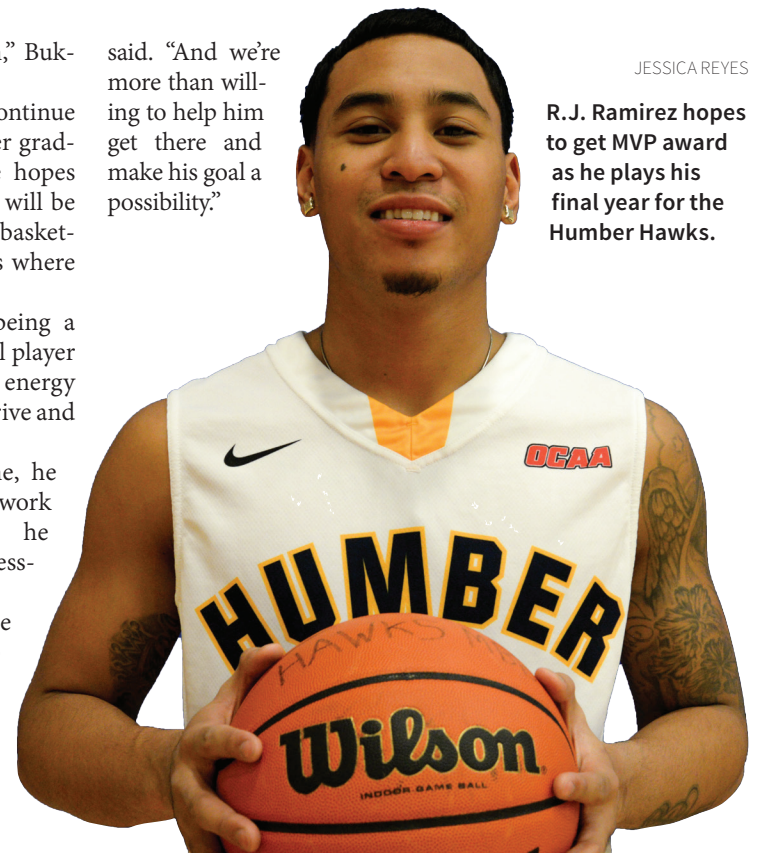
Collins says he is willing to help Ramirez achieve his dream job.

"It takes a lot of time and energy to get to that level," he

said. "And we're more than willing to help him get there and make his goal a possibility."

JESSICA REYES

R.J. Ramirez hopes to get MVP award as he plays his final year for the Humber Hawks.



ALEXANDRA MARTINO

Ahmed Patel, Mohin Vadiwala, Sukhvinder Singh, Miraj Patel and Taqi Baig of the men's extramural indoor cricket team.

College cricket and its future in the OCAA

Alexandra Martino
SPORTS REPORTER

First year business management student Shorya Dogra recalled watching the highly anticipated ICC Cricket World Cup match between India and Pakistan played in Australia earlier this month.

"I went to watch the game at the Hershey Centre (in Mississauga) with my friends, it was very exciting to be in there," he said of the sport expected to gain varsity status in the next few years.

The screening event was attended by hundreds of South Asian Canadians staying up into the early hours of the morning to watch the whole match.

For many students at

Humber, cricket is the sport of choice, and the Cricket World Cup is as important to them as the FIFA World Cup. "Many international students are gathering on weekends to watch the games on the big screen," said Matthew Keefe, an advisor at Humber's North campus International Centre.

Taqi Baig, a coach for Humber's extramural, indoor cricket team and convenor of the intramural indoor cricket program, explained how the team has been keeping up with the World Cup.

"Members are extremely excited. Almost every player watches every match of the team they are supporting," Baig said.

Humber's indoor cricket players have taken their pas-

sion for the sport and made it into an activity that allows matches to be played in spite of the Canadian climate.

The indoor version uses a different scoring system than outdoor cricket and is more spatially limited than the large circular fields cricket is normally played in.

In spite of such differences, indoor cricket programs have seen steady interest not only at Humber, but a number of schools in the area.

The interest in the sport has led to the OCAA fielding the idea of including cricket as a varsity sport.

"It's come up in a couple of (annual general meetings) and they are definitely interested in moving forward with it," said Michael Kopinak, associate di-

rector of Humber athletics.

Cricket's inclusion is in discussion as the OCAA considers new sports. That ongoing conversation has Baig optimistic about the results down the line should the sport go varsity.

"It will give a boost to cricket in terms understanding and participation and we would be able to play outdoor games, which is a totally different compared to the games we play indoors," Baig said.

There are some potential difficulties cricket may have becoming an OCAA varsity sport.

"The challenge that comes up is there may only be a male team so it may not create a gender balance, but it will definitely bring a balance to diversity," Kopinak said.

Volleyball men seal spot in provincials

Humber defeats
Algonquin 3-0

Ali Amad
SPORTS REPORTER

The Humber men's volleyball team is still figuring things out before the OCAA Championships this weekend, hitting a few bumps on the road in its victory over the Algonquin Thunder last Sunday.

Head coach Wayne Wilkins said poise was the key to the Hawks' 3-0 win that qualified them for provincials.

"They were nervous a little bit," he said. "They didn't know what to expect from Algonquin but they kept their composure."

Wilkins was concerned with the inconsistency of the team's overall performance, but saw the game as an opportunity to iron out some of the kinks ahead of the OCAA Championships. The Hawks built up big leads in each of the three sets but had issues finishing off the feisty Thunder.

"It's just not a sign of a great team," he said.

Third year outside, Alex Lewicki said "once you hit that 20-21 [point] mark you can sometimes let your foot off the gas and think 'okay we're going to win this one' but you want to win it when they're still at 13." Algonquin Thunder coach Jay Mooney

was disappointed with the loss but believes playing the Hawks' experienced veterans showed his team what they were lacking.

"They just have a lot more polish to their game," he said. "A lot of their guys have been here four, five years so they've just seen more balls."

It's that veteran edge that has made the Hawks such a daunting proposition for any team all year. Fifth year middle Matt Isaacs was adamant in setting an example for the younger rookies on what it takes to win.

"We wanted to get our rookies in and give them a chance to feel that pressure," Isaacs said. "I think they did awesome, they helped us close out the match. "In my five years, we've always made it to OC's [OCAA Championships] and I think that push of almost not making it gave us that extra drive," he said.

Star left hitter Terrel Bramwell was solid in the first and had two big plays to clinch the deciding 25-to-20 set, but it was the performance of Isaacs that was the revelation. Isaacs is in his final year with the Hawks and wants to make sure he does his part to take the team as far as possible.

"We worked hard and left it all on the court and I feel like that's all I'm going to do at OCs," he said. "Just leave it all out there."

Hawks play Mountaineers to close out regular season

Undeclared at home Algonquin hosts Humber Hawks

continued from page 1

broke through with a 96-89 win against the Mountaineers last Friday night.

The game was set up as simply as could be: number one versus number two in the OCAA West Division duking it out for the division title.

Both teams had already sealed a spot in the OCAA championships but Humber's head coach Shawn Collins stressed the importance of

the game.

"If you're a player that likes the game of basketball, these are the types of games you want to play in," said Collins.

Immediately following tip-off, Humber's Tyrone Dickson would lay up an easy two-pointer and charge back down the court to recover the game's first rebound.

Dickson's tenacity briefly silenced the near-capacity crowd.

Mohawk would lead 21-19 at the end of the first, but a strong run before half saw the Hawks lead by five at the break.

Humber increased its lead further to nine points

before the Mountaineers began a fierce comeback.

The Hawks' Chad Bewley would try to bring momentum back to the blue and gold by hitting a long range three-point shot and instantly offered the crowd a cocky three finger salute.

The home team would not lie down however as the Mountaineers guard Lamar Barr would steal the ball, put up a shot and teammate Matt Fennell slammed home the put-back to electrify the building and give Mohawk the lead with seven minutes to go.

The Hawks had to fight

through the noise for the win but in the final minutes Humber would fire on all cylinders and bring home a seven-point victory.

The Hawks' Gibson Eduful would play for almost 30 minutes and expressed the team's confidence after the big win.

"It felt amazing to beat them in their gym. We just wanted to show everyone who the best team in the OCAA is, if they didn't already know," said Eduful.

The Hawks get one-week off before learning who they face next weekend in the OCAA championships at Durham College.



MATHEW HARTLEY

A fight at the net for a rebound as Mohawk's Matt Fennell fights, Humber's Vule Grujic and Humber's Gibson Eduful.



KATHERINE GREEN

Men's Baseball head coach Denny Berni addresses a crowd of eager young prospects pooled from all over Southern Ontario.

Humber baseball, softball recruitment camp

Katherine Green
SPORTS REPORTER

Ontario's next generation of elite ball players showcased their talent and abilities in hopes of being slated as future college-calibre athletes;

and perhaps worthy of wearing a Humber Hawks blue and gold jersey.

The Humber men's baseball and women's softball programs hosted back-to-back prospects camps over the reading break on Feb. 15.

The teams invited nearly 90 athletes between the two camps to showcase their skills for the coaches and returning veteran players. But it was also Humber's opportunity to promote their programs'

impressive resources offered to student-athletes on and off the field.

Assistant coach Matthew Ferreira is the lead recruitment liaison for the men's baseball team. He recognizes that the off-season grants a head start on finding those players that are potential gems in the rough.

"Based on current players now and past players we know where the needs are," Ferreira said. "We have pitching coming back, but we're still looking for three or four next level pitchers, and then after that it's the best available athlete."

Returning Hawks' outfielder Andrew Thomson was a prospect in last year's evaluation camp after coming off a

three-season career played at Western University.

"University is four-year schooling so there is a lot less turnover," Thomson said. "At Humber our right fielder this year was only here for a year program and our short-stop for two. So building a program can be a bit more difficult."

Players as young as 16, and from as far as Ottawa, were invited to the 2015 men's baseball camp to broaden the recruitment pool. Ferreira anticipates that early exposure to Ontario college ball will facilitate a slew of top prospects to join the Humber family for the 2016-17 and later seasons.

For now Ferreira is confident this camp spells success for the immediate future.

On the women's side, assistant coach Duaine Bowles approaches the recruitment in a similar way to offset the challenge of shorter college careers.

"We want to get some girls that will be good for the long term, we want to make it in the situation where we win and keep winning," he said.

Despite having a focus on certain spots, the coaches from both teams are always looking for talent that could improve their team.

"We never turn away anyone, we could find a diamond in the rough," Bowles said.

"Case in point, last year we found Kaitlyn Piteck and she is one of our most valuable players on our roster," he said. "She just showed up out of the blue."

Women's basketball wins western division

Andy Redding
SPORTS REPORTER

Being on top of the mountain has never felt so good.

And now the Humber women's basketball team is aiming to be the best in the province.

The Hawks won the OCAA West Division title last Friday night in a winner-take-all game against the Mohawk Mountaineers in Hamilton.

They thumped Mohawk College 82-53 in the last regular season game before the OCAA Championship.

Humber and Mohawk had identical 16-1 records going into the game, sharing the top of the West Division.

The game was an old-fashioned slugfest, with two Mohawk starters leaving the game due to injury, and the teams accumulating 57 fouls in total.

Humber flirted with foul trouble all game, ending up with six different players earning three fouls or more.

"They're [the referees] not letting them play the game," said Humber men's assistant coach Samson Downey from the stands.

"Fouls are fouls, I told the team it would be this way coming here," said Humber head coach Ajay Sharma. "We were able to respond even through that. I think that was the key."

Humber used its distinct size advantage throughout the game to overpower the

Mountaineers on the inside, forcing them to settle for low-percentage shots.

Although the OCAA Championships are their main goal this season, the Hawks are proud to call themselves the West Division winners, said Humber fourth year shooting guard Mary Asare.

"Our team at the beginning of the year had many goals," said Asare. "Winning the West Division was one of our goals, and winning the OCAA's is another goal of ours."

Heading into the OCAA Championship, Humber looks to continue checking off their goals, said Sharma.

"We went in phases, we had set out four or five goals over the year, and this was absolutely one of them to win the West division," said Sharma. "Then the OCAA's, then the nationals."

Humber has a full two weeks of practice before the OCAA Championships begin, as they receive a bye from the crossover round for finishing in the top two of their division.

"We can tighten up a lot of our in-game management, handling the press, knowing what we want on offence coming down the court, broken plays, and defensively we've got some work to do as well," said Sharma.

Humber will start its quest for glory at the provincial varsity championship at Centennial College on March 5.