



Teaching Islam with Taha Ali
Pages 10-11

HSF to be Humber students' landlord

HSF has plans to spend \$2 to \$3 million on new properties for students housing development.

Christina Romualdo
NEWS REPORTER

The Humber Students' Federation is dreaming big.

The organization's Board of Directors is looking into buying property and converting it into housing for students at Humber North and Lakeshore campuses.

HSF Executive Director Ercole Perrone said in an interview the aim is to "provide a high standard, yet affordable degree of student housing."

The idea stemmed from strategic brainstorming sessions between Perrone and the HSF executives.

"(We were) attempting to answer, 'Where should the organization be five years from now?' and we started to have a discussion about the best way for us to find opportunities to support students," said Perrone.

After conducting several small focus groups with Humber College and University of Guelph-Humber students, the idea was brought to the Board of Directors due to its financial scope and impact

on students.

Directors generally supported the proposal, but asked for additional research and details before making a commitment.

Lakeshore Director James Pashutinski likes the plan.

"My particular reasoning for supporting it is because I think it's a very practical project and something highly conspicuous as well," Pashutinski said. "If it's completed, it'll give students a good way to see their student government's efforts."

"Some of the other projects we work on are more behind-the-scenes. This is very tangible and can really stand out as something that we've achieved," he said.

The Board was presented with several options, including building a complex from the ground up, but ultimately chose to buy an existing property and renovate it. Timeliness and cost were cited as key reasons for the decision.

At its Jan. 14 meeting, the Board directed Perrone to move forward with contacting real estate agents to begin the process of finding a property to purchase.

"We're looking at the multiplex model," Perrone said. "Based on the research that we've done, that's in the...

See more on Page 4

HAWKS WOMEN'S TEAM REMAINS UNDEFEATED



Cutline

Backups keep team without a single loss

Katherine Green
SPORTS REPORTER

The Humber women's volleyball team showed that the next generation of players will be just as strong as the veterans during their win over Conestoga last Sunday.

The bench showed its depth of talent when it unleashed massive aerial attacks that clipped the wings of the Condors.

While there was an Arctic storm outside, the Conestoga gymnasium was heating up as the Hawks extended their season's undefeated streak to 16 straight games.

Humber already clinched the west division title after last week's victory against St. Clair College. Head coach Chris Wilkins saw Sunday's game in Kitchener as a chance to give some fresh faces more minutes on the court.

"I thought it was a good opportunity for me to give some girls some time that maybe hadn't got some time in awhile," Wilkins said. "So it was good to give them an opportunity."

And the players did not disappoint.

See more on Page 18

Rushing through prescriptions is dangerous

Dominique Taylor
LIFE REPORTER

If one's natural inclination is to take their medications and run, slowing down may prove to be a bit safer.

"We have to get away from the Tim Horton's drive-through mentality with healthcare," said Christine Herbert, professor in the pharmacy technician program at Humber College.

It takes time to make sure

that a prescription is prepared right. It also takes time to check drug interactions, allergies and other conditions that a patient might have, she said.

"It's more than standing around and counting pills, put-

ting them in a bottle and putting a label on it," said Herbert.

Six per cent of Canadians report they were given either a wrong medication or wrong dose after filling a prescription or while in hospital in the last two years, according to a Health Council of Canada report. This same statistic

was recently repeated in a CBC Marketplace feature on pharmacy error in January.

"We need to change the mindset of the patients," said Herbert. "You shouldn't really be getting your prescription in less than five minutes. It's not good and it means that there may have been short-

cuts taken."

There are a number of ways errors can happen, said Herbert, through the data entry process or a checking error of some kind. Commonly it's a physician's handwriting that's the problem, she said.

See more on Page 14

Looking for something to do during your week off? Don't want to actually read? Here's what your peers are up to for reading week. Page 13

This Week at Humber

Et Cetera extends the happiest Valentine's Day to the student body. Sneak a peak at how some students have lost touch with the romantic side of the day on Page 12.

Student groups petition Ontario for more support

High tuition costs, restrictions on rebate program and other challenges being cited

Jeremy Appel

QUEENS PARK/CITY HALL REPORTER

Student leaders insist the Ontario government do more to make post-secondary education affordable for the province's students in the March 2015 budget.

"Affordability in post-secondary education is a hot button issue" during budget negotiations, Executive Director of the Humber Students' Federation Ercole Perrone said.

Ontario's average tuition was almost \$7000 in 2014, Canada's highest according to statistics from the Canadian Federation of Students.

Perrone outlined three ways the government can make education more affordable.

First, Perrone said, the budget needs to address the \$4-billion disparity in funding between universities and colleges, whereby colleges receive less: "That gap needs to be closed quite considerably."

Second, the province's 30 per cent tuition rebate "is not inclusive enough." Perrone would like to see more greater accessibility for the grant, which currently is restricted according to length of time away from high school and parental household income.

Finally, Perrone said the province needs to invest in colleges' infrastructure and maintenance. The province has "some ancient campuses that are somewhere in the neighbourhood of 50 years old," he said.

The HSF does not lobby the government on its own. This task is delegated to umbrella organizations like the College Student Alliance (CSA) and the Canadian Federation of Students.

"You would find it very ineffective for individual student federations at individual colleges and universities to advocate directly to the provincial government," Perrone said. "It's a matter of strength through numbers."

Matt Stewart, president of the CSA, says his organization has "a great track record of success" working with the provincial government.

The CSA successfully lob-

bied the government to waive transfer fees for students who switch schools and deferral fees, Stewart said.

The CSA made two recommendations to the Ontario government this year, eliminating the vehicle assessment fee and making OSAP more readily available for Aboriginal students.

"We feel Aboriginal ancestry students are significantly disadvantaged compared to other students" in terms of eligibility for student loans, Stewart said.

The CSA's goal with this policy is "to close the educational attainment gap between Aboriginal and non-Aboriginal people in the province," which Stewart said the government shares.



We feel Aboriginal ancestry students are significantly disadvantaged compared to other students.

Matt Stewart
PRESIDENT OF THE CSA

"The cost depends on future Aboriginal enrolment, which fluctuates," he said.

The HSF is affiliated with the CSA on an ad hoc basis, but the CFS is the largest single student lobbying group in Ontario.

Anna Goldfinch, national executive of the CFS – Ontario, said her organization "is the only student organization that represents full time, part time, undergraduate, graduate, college (and) professional students across the province."

The CFS is currently lobbying the Ontario government to reduce tuition fees to 2005 levels, as well as to include international students under OHIP and establish a clear policy on sexual impropriety on campus with support for victims, Goldfinch said.

Goldfinch concedes there is a long road ahead on the path to decreased tuition fees, but insists it is a worthy cause.



VERONICA APPIA

Campus Walk volunteers ensure that students arrive at their location on campus safely.

Campus Walk needs to raise profile

Veronica Appia

NEWS REPORTER

They're red, they're everywhere, but no one knows them.

Campus Walk volunteers wear red vests, a service provided by Humber College for students wanting an accompanied walk to any location on campus.

Volunteer Co-ordinator Matthew Allen, 20, third year Justice Studies student said that's not their only duty.

"We want them to be on the lookout for anything out of the ordinary on campus, (any) suspicious activity," said Allen.

Allen said suspicious situations happened often when

he worked on campus during pub nights.

Panhandlers and people from organizations outside of Humber would come to campus looking for donations from students, he said.

"(It was a) common procedure (when these situations occurred) for people to go back to the Humber campus, because everything is monitored at Humber... We want people to retreat to a safe environment and call security," said Allen. (not sure if we need this quote)

Rob Kilfoyle, director of Public Safety at Humber North campus, said Campus Walk is one piece of Humber's overall security operation.

"The Campus Walk Pro-

gram isn't highly utilized," said Kilfoyle. "That's also a reflection of how people feel on campus."

For Humber students however, lack of utilization may have less to do with safety and more to do with visibility.

"They wear yellow, right?" said former Humber student Nicholas Di Prospero, 24.

"If the (Campus Walk) uniforms were yellow, it would be better," said Business Marketing student Dave Thaker, 19. "It's bright. It stands out more."

The volunteers for Campus Walk are chosen based on résumés and applications from Humber students. Although many of the volunteers come from the Justice Studies program, applications are open

to students from all disciplines, Allen said.

"(Campus Walk) is based on the safety in numbers principle," said Kilfoyle. "(Volunteers) are not taught self-defence or anything like that because that's not their job. Their job is to provide a safe walk and contact help if something is needed."

Moving forward, Campus Walk needs to focus more on promotion, advertising and public awareness, said Allen.

"I think we really need to get the name out there," said Allen. "We need to promote Campus Walk a lot more so that when people see a group of (volunteers) wearing red, they know it's Campus Walk and they know what Campus Walk is."

GO Transit pilot program has early limitations

Travis Kingdon

TRANSPORTATION REPORTER

To pass GO, please pay \$60.

Monthly TTC Metro Pass holders are now able to pay \$60 to get a GO Transit sticker affixed to their pass, but it can only be used between three GO Stations in downtown Toronto

The sticker is only eligible for use at Exhibition, Union and Danforth GO stations and according to Metrolinx allows riders to travel as many times as they want in a month between the stations.

With the TTC fare hike coming March 1, the cost of the adult Metro Pass will rise to \$141.50. Riders purchasing the GO sticker would see

their monthly transit cost rise to just more than \$200.

The transit advocacy group TTC Riders believes that the \$60 sticker is too expensive, said Brenda Thompson, Chair of the Board at TTC Riders and founder of Scarborough Transit Action group.

"If they want to give people that option to get on the GO Train do that, but don't charge them \$60," said Thompson.

Transit riders who purchase the new sticker will have the option to use GO Transit in addition to the TTC.

The project is still in its early stages and is only a one year pilot, said Anne Marie Aikins, manager of Strategic Communications at Metrolinx. Riders have only

been able to purchase the sticker since Jan. 26 and the sticker has only been valid for use since Feb. 1.

There are no real numbers yet on sales because of how new the program is, said Aikins.

At Humber College, students are able to purchase Metro Passes at the discounted student rate at the bookstore but as of right now it doesn't sell the new GO Sticker, said Debby Martin, the Campus Store Manager.

The announcement of the project came days before the unveiling of the 2015 TTC Customer Charter, which promised the Presto system would be available on a majority of TTC services by the

end of 2015.

The Presto system will be accepted on all streetcars and a few subway stations by the end of this year, said the Customer Charter.

"Our ultimate solution is to have Presto throughout the whole system," said Aikins.

TTC and GO are not waiting for the Presto rollout because there was pressure from councillors to provide short-term options for transit relief, said Aikins. This pressure resulted in the GO TTC sticker partnership.

The GO Sticker is a short-term fix, while Presto is expected to be the long term solution, said Aikins.

The GO Sticker pilot project concludes in January 2016.

Orangeville campus growth very slow

Expansion plans stymied by low enrolment but mayor says 'Build it and they will come'

Christy Farr

NEWS REPORTER

Humber College Orangeville campus is growing very slowly.

The college has been planning to expand its presence since 2005 with new programs to entice students, but the growth has yet to justify the costly expansion.

Humber will present, in March, a memorandum of understanding (MOU) to the Orangeville council and Humber Board of Governors for review, to propose the future of the Orangeville campus at the Alder Street Arena.

The MOU "has been worked on by both parties, the Mayor's office and Humber College," said Joe Andrews, director of the Orangeville Campus. "We are hoping to have this ready for town council review and Humber Board of Governors in the spring."

The previous Veterans' Way expansion was scrapped in 2014 when Humber officially gave back the land to the Town of Orangeville.

"It was not the route Humber wanted to go, but we are still committed to expanding at Humber in Orangeville,"

said Andrews.

Expansion at the Alder Street Arena is where the future of the Humber campus is set to stay.

"The new MOU is a commitment to grow the campus to ensure we will have space available for Humber to grow," said Andrews.

"Humber's commitment to grow has been a slow and lengthy process," said Orangeville Mayor Jeremy Williams.

But Williams said it feels like Orangeville is doing somersaults for Humber.

"Humber backed out of the Veterans' Way construction and now they have plans for an expansion at Alder Arena," he said. "Orangeville has always done everything it can

to help and assist Humber, if there are any delays it is on Humber's side.

"We try to help all businesses expand and grow in the town," he said.

Once the MOU is presented and approved, followed by a feasibility study to provide further commitment to the building design, attention will turn to enrolment levels at the campus to justify an expansion, said Andrews.

New programs are being added each year to the campus including the General Arts and Science College and University transfer certificates to start in fall 2015.

"Adding new programs is part of Humber's growth strategy to make sure we are

providing choice and access to the greatest extent possible," said Laurie Rancourt, Senior Vice President of Academic at Humber College.

Current enrolment is at 230 students. If the enrolment numbers reach the 450 range, Humber will need to act quickly to expand.

"We can't handle more than 450 students in this current operation. Once we get to say 300 students there has to be a commitment for building the new campus so we don't run out of space," said Andrews.

Much like expanding, adding new programs is a slow process for Humber.

"The reason it is a slow process is because there are so many factors that come

into play. We have a responsibility to do things that are sustainable," said Rancourt. "Students invest a lot in their studies so its important we balance the desire to do as much as possible, as soon as possible, with the time it takes to offer the right things at the right time."

Mayor Williams, however, believes if Humber expands now, so will enrolment.

"Build it and they will come," he said. "I don't know that low enrolment is a valid argument. It's hard to drive your numbers up higher when you are using spare rooms in a recreation centre.

"Put something concrete there that students can be attracted to," he said.

Students with Autism Spectrum Disorder come together at Humber

Matthew Pariselli

NEWS REPORTER

Joelle Ramey, an 18-year-old in her first year of Paralegal Education studies at Humber College, walks the halls of school with her eyes fixed either on the ceiling or the floor. She's unsure where to direct her gaze – if she grins at passersby, people will be creeped out.

If she sports the "bitch face" she has grown comfortable in, she will be deemed unapproachable.

Enter Humber's Autism Spectrum Disorder (ASD) weekly meetings at North campus.

Every Thursday from 10:50 a.m. to 11:40 a.m., Humber College students that fall on the spectrum, like Ramey, meet in B111. The spectrum encompasses autism, Pervasive Developmental Disorder (PDD), Kett's Syndrome, Asperger Syndrome, and Childhood Disintegrative Disorder.

The students gather to discuss topics of interest and challenges they face during the school week. They also work on social cues and interacting with other people through role-playing exercises.

Most importantly to the students, they attend the meetings to connect with others in similar situations.

"It's a place where you can talk to likeminded people about any issue," Ramey said. "It's a support group of sorts rather than just about learning social skills. This is the one day of the week that I actually talk to people."

This is exactly what Jas-



MATTHEW PARISELLI

Left to right, Co-facilitator Jaspreet Dhindsa, and students Alessandro Sgro, Kayla Pittman, Joelle Ramey, and Morgan Wall attend the weekly ASD group meetings.

preet Dhindsa, co-facilitator of the group and Humber College councilor, strives to achieve with the meetings.

Dhindsa said the opportunity to explore topics like social boundaries, dating, and appropriate versus inappropriate conversation starters is beneficial. The overwhelming advantage, however, is providing students a safe and open venue that encourages stimulating conversation.

Kayla Pittman, a 21-year-old Culinary Management student in her third year, substantiates this.

"It helps me get through the week," Pittman said. "I get

“

"It's a good place to connect and get together. Each semester, it helps keep people in contact with each other,"

Joelle Ramey
1ST YEAR PARALEGAL EDUCATION

to hang out with people and just talk to them. I have stress problems, but talking to people about them, it's like I'm not as crazy as I think I am."

Alessandro Sgro, a

26-year-old Multimedia Design and Production student in his third year has attended the meetings since the fall of 2011, agrees.

"It's a good place to connect and get together. Each semester, it helps keep people in contact with each other," Sgro said.

Maintaining contact can be challenging for members of the group with multiple conflicting schedules. But Morgan Wall, a 20-year-old Occupational and Physical Therapy assisting student in her first year, has recently taken it upon herself to create a Facebook group to help bet-

ter plan outings.

There is a passion for anime and gaming among the majority of students in the group, and they have hopes of attending the Comic Con and Fan Expo in downtown Toronto together later this year.

Dhindsa applauds the students' efforts to cultivate their friendships beyond Thursday's meetings. For the students to arrange social activities on their own signifies progress.

"If I set up the event for them, there's less opportunity for them to learn the skills that are necessary," she said.

Dhindsa said the move to

connect beyond the Thursday morning meetings is rewarding and promising.

"It's been really nice to facilitate the group and see that they're forming friendships. I hope they will last outside the group," she said.

The ASD meetings are co-facilitated by Jeff Szmyr, a disability consultant at Humber.

The activities that are introduced are based on the Learning to be Social program by Gail Hawkins, the innovative consultant and practitioner who has been globally recognized for developing curriculums for people on the Spectrum.

HSF purchase of real estate for student housing not on yet

continued from page one

...neighbourhood of about \$2- to 3-million depending on the location.

"It would just be a matter of finding the right property at the right price and the Board would make that call," he said.

It's believed the Federation has several million dollars it wants to invest.

"Over the past five years or so, HSF had been putting away some money for a couple of big projects that ultimately did not go forward for various reason," Perrone said. "There's existing money that we can now allocate."

But time may prove to be an issue.

Perrone said the Board hopes to have at least one

complex operational within the next 12 months.

However, real estate veteran Ron Chichora says legal and zoning issues may slow the process down.

Toronto's housing market already faces a problem of low vacancy rates. Chichora, a broker with Toronto-based Slavens and Associates, said if HSF were to find an existing housing complex, the tenants currently living there are protected under the province's Residential Tenancies Act.

"You can't just evict the current tenants," said Chichora.

According to the act, a landlord can only evict tenants if they're reclaiming the unit for personal use or use by an immediate family member.

In other words, HSF would

have to wait for the current tenants to move out.

"It could take years for students to actually move in," said Chichora.

Chichora said it would be better to build something new. But even that has its problems.

"There are zoning laws to consider. For example, if you bought an acre of industrial land, you would have to convert it to residential and that process could take a year or so to complete," said Chichora.

Despite the hurdles, there is a clear desire from students to see this through.

For the Board's part, this project is fueled by a passion to ameliorate the quality of student housing.

"We figured that (an HSF-managed building

would be better in the respect that students would always be taken care of," said Erik DiVito of University of Guelph-Humber's Board of Directors.

"If anything happened, we'd always have someone on maintenance to immediately fix it. And that doesn't always happen in a lot of housing – a lot of students get taken advantage of and we don't want that to happen," said DiVito.

Second-year Fashion Arts student Bethany Hosick likes the idea of the student association providing housing.

"When I moved here, it was really hard to connect with the campus because I was off-campus and wasn't from around here," said Hosick, who is also the Off-Campus Connection Assistant for the



CHRISTINA ROMUALDO

"We wanted to do this for students," said Guelph-Humber Director Erik DiVito of HSF's student housing proposal.

college. "I just felt like I was missing out with not being in residence and I feel like a lot of students can relate with that."

For now, the Board is content to take it slow.

"It will happen when it's right. It's a big initiative and we're going to do it right on the first try, which means we allow ourselves to take a little bit lon-

ger to do it right," Perrone said.

"It's students' money that we're spending – if it's not worth it for us to spend that money, then it's not worth it for students. We'd rather put that money somewhere more useful," said DiVito.

The Board meets Feb. 25 to discuss a detailed financial breakdown of the proposal.

Black History Month kicks off with Haitian-Creole jams

Aresell Joseph

NEWS REPORTER

Seventeen people from The Nathaniel Dett Chorale joined in song at Humber College's North campus to celebrate Afrocentric culture.

They sang in Haitian-Creole about slavery and resilience.

"My grandmother was five when slavery ended," said Brainerd Blyden-Taylor who started the choir to celebrate spirituality in the community.

"I wanted to start the event today with 'Mama Africa,' because it included the drums and I know Humber will end the month's celebration with the drums," said Blyden-Taylor.

He directed the choir, which performed at Humber's Black History Month's (BHM) opening ceremony.

Jude Antonio, a student at Humber, said she enjoyed listening to The Nathaniel Dett Chorale.

Antonio said she knew February was black history month before attending the opening ceremony.

"The lyrics are a bit religious but it touched on freedom, perseverance, and people's resilience," she said.

Black History Month, however, does have its detractors.

"It's now a month to generate interest in 'State Canada,' and I think there are some serious problems associated with Black History Month," said Dr. Arnold Itwaru, a Caribbean Studies professor at the University of Toronto St. George.

Itwaru said while Black



ARESELL JOSEPH

As more students and staff gather, The Nathaniel Dett Chorale perform their second song 'Drinking in the Wine,' which describes resilience, slavery and maintaining one's spirituality in the African Diaspora.

History Month is an important event, it doesn't account for the numerous communities from the African diaspora in which each is unique.

"Capitalism exploits everyone, and now we have Black History Month situated inside Canada's capitalist society," Itwaru said.

Jean Augustine, a former Grenadian politician and one-time parliamentary secretary to Prime Minister Jean Chrétien, and others felt they

were doing something good for the black community when they campaigned for Canada to recognize Black History Month, Itwaru said.

"February is the shortest month of the year, you don't need this month to celebrate or reflect on your reality," he said.

Itwaru said descendants of the African Diaspora should celebrate their culture every day of their lives.

"Well, some people will argue that Black History Month

is a good thing and should happen (every) month, but that's what 'State Canada' wants people to think," Itwaru said.

Humber's opening ceremony attracted many prominent figures from the college's administration.

Jessica Bowen, the Human Rights, Equity & Diversity Advisor at Humber, helped plan events for BHM.

She said Black History Month at Humber is not exclusively for blacks, it's for

everyone who wants to look back and celebrate Afrocentric cultural identity.

The opening ceremony was supposed to occur on Feb.2, but was delayed due to the weather.

The Nathaniel Dett Chorale performed a few spiritual songs and featured two solo performances.

"Black History is not just a month, it's something we celebrate every day of our lives," Blyden-Taylor said.

Security guard found dead at Humber

Adam Stroud and Hannah Hollingsworth

SPECIAL TO ET CETERA

A security guard was found dead on Humber North campus early Thursday morning.

Not many details are known at this time but Toronto Police have confirmed that the man was discovered by a coworker around 6:15 a.m.

The employee who discovered the body then promptly notified police.

The dead man's name has not yet been released but police have confirmed he was a man in his early thirties.

"It's obviously a very sad scenario. It's certainly one that none of us would've expected coming into work yesterday," said Andrew Leopold, director of communications at Humber.

"Our thoughts and prayers are with the security guard's friends and family."

The cause of death has not been released but foul play is not suspected.

Annual Valentine's Day breakfast raises money for women's shelter

Laura DaSilva
NEWS REPORTER

The smell of bacon and sorority filled the air at the second annual Stop the Violence Valentine's Day Breakfast on Feb. 9

The Canadian Federation of University Women hosted the event at Canadiana Restaurant in Etobicoke to raise funds in support of Ernestine's Women's Shelter.

"Our national focus this year is stopping violence against women," said Gail Rutherford, president of CFUW Etobicoke.

"People can turn blind eyes to these kinds of issues, but they need a higher profile," said Pat Joyce, regional director of CFUW.

The federation works to ensure that all girls and women have equal opportunities and access to quality education through scholarships, interest groups and a speaker series.

Guest speaker Sharlene Tygesen, executive director of Ernestine's Women's Shelter, told the audience at the Monday event that we live in a "culture of silence," and educating young women, but more importantly young men, is key in

making progress.

The shelter is one of 12 in Toronto providing services and support to women and children fleeing violence.

Tygesen said more than 40,000 arrests result from domestic violence nationally each year, accounting for 12 per cent of all violent crime in Canada.

"I don't want us to keep asking women why they stay in abusive relationships," she said.

"We have to start asking men: What kind of man do you want to be? What kind of father do you want to be? What kind of father do you want your son to be?"

The cases involving Jian Ghomeshi and Bill Cosby have brought sexual violence to the media forefront recently, but Tygesen criticizes the backlash women are experiencing when they come forward as victims.

"Women need to be believed. We can't keep going to that bad place where we think they're lying," she said.

Ontario colleges will soon be implementing a province-wide sexual assault policy, and Tygesen acknowledges steps are being taken in the



LAURA DASILVA

Members of the CFUW raised funds at the second annual Stop the Violence Valentine's Day Breakfast.

right direction.

She applauded Lia Valente and Tessa Hill, two 13-year-old female students who presented

Premier Kathleen Wynne with a petition asking to include "the topic of sexual consent" in the future curriculum.

"They saw the change, and they decided to be it," said Tygesen.

People can volunteer and

make donations to Ernestine's Women's Shelter by visiting their website at www.ernestines.ca

Denis Sacks honoured for his support of youth

PepsiCo executive gets award

Malcolm Campbell
NEWS REPORTER

The Rotary Club honoured a man who spent decades working for a charity aimed at helping youth with an award.

The Lifetime Achievement Award was given to Denis Sacks for his work in the community by the Toronto Rotary Club West at its annual Youth Impact Awards gala on Jan. 30 at the Old Mill Restaurant.

Sacks and his wife Sue immigrated to Canada from South Africa in 1979. He quickly moved up the rungs of the corporate ladder at PepsiCo, and is now with the PepsiCo Foundation Canada.

Sacks was actively involved with the foundation for more than 20 years and for the past 10 he has been the president. He directed the charity to focus more on healthy living among youth and less on substance abuse prevention.

He said the decision to al-

ter the mandate was made because the products and resources at Pepsi's disposal lend themselves to healthy living.

This change is evident through the types of organizations the foundation supports. The One By One program supplies breakfasts to underprivileged youth in First Nations' communities, and provides education about nutrition and healthy eating.

The foundation also supports a variety of community clubs that offer a wide range of services and activities for youth. The Jerry Love Centre in Mississauga, the YMCA throughout the GTA and The Toronto Kiwanis Boys and Girls Club are all financially helped by the foundation.

Each of these organizations acts as a hub within their communities, creating opportunities for youth to engage in sports and cultural events, educational and vocational programs. These organizations have become integral to the neighbourhoods they serve.

Amanda Neale-Robinson, sponsorship and events

co-ordinator at The Toronto Kiwanis Boys and Girls Club, emphasized the lifelong impact community centres such as theirs have.

"We provide a continuum of services for young people, all the way up to adulthood so we can instil strong, positive values, so they'll participate in social activities, engage with their peers and mentors, and have every opportunity to reach their full potential," said Neale-Robinson.

A major function of the program is to give youth the abilities and opportunities for meaningful employment later in life. The Boys and Girls Club and The Gap, a national sponsor, work together to offer the leaders-in-training a chance at trying work in the retail sector.

"For a lot of young people retail is usually one of the first job opportunities that they have so this is a great way for them to put some work experience on their resume," said Neale-Robinson.

The club is also the largest employer of youth in the downtown-east neighbourhood. Close to 90 young people are employed part-time, most of which are alumni of the leaders-in-training program.

University degrees leave grads with more student debt, less skills

Jessica Tedesco
NEWS REPORTER

Higher education can also lead to higher debt.

According to Statistics Canada, college students were more likely to graduate with less debt (under \$10,000) while bachelor students were more likely to graduate with more debt (\$25,000 or more).

The study, *Graduating in Canada: Profile, Labour Market Outcomes and Student Debt of the Class of 2009-2010*, also indicated that almost half of bachelor graduates pursued further education within three years of graduation. This means even further debt for students with bachelor degrees who are turning to college programs for more specialized work skills.

Annette Borger-Snel, Program Coordinator & Professor of the Public Relations Graduate Certificate at Humber College said that although the program available at North campus is capped at 80 students, they receive over 500

applications each year. "Our program is vocational-centric — we build on the critical thinking students may have obtained in university and help them become PR practitioners."



Almost half of bachelor graduates pursued further education within three years of graduation

2009-2010 Graduating in Canada study

For post-graduate certificate programs in areas such as public relations, Borger-Snel said, "in addition to the class instruction and casework, we help them network via industry associations, teach them resume writing, presentation skills and preparing a portfolio of work."

However, the pressure to get a university education is a reality for many students.

"I felt somewhat pressured to go to university," said Amanda Di Febo, a Sociology graduate from York University.

Students going to post-secondary institutions should be doing a realistic assessment of their individual interests and abilities in order to determine whether a university or college education is right for them.

"I think a university degree is worth the investment because no matter what, that degree will give you a strong general knowledge platform from which you can expand and specialize in the field and competitive edge in comparison to those who enter the work force directly from high school," said Melina De Guglielmo, contract teaching faculty and former teaching assistant at York University.

"It is important, however, to find a program that allows you to integrate both work in the field (a co-op placement) and course work to maximize your time and also to gain invaluable hands on experience."

Mental health awareness rises on campus

Shaun Fitl
NEWS REPORTER

Don't feel alone. That's what Humber Students' Federation wanted students to know as it hosted the Mental Health and Wellness Fair on Tuesday.

Students were given free tea and popcorn while they gained knowledge about the wide variety of services and resources represented at the campus event.

HSF marks February as a mental health awareness month because "during winter with less sunlight people get the blues from spending so much time inside," said Ahmed Tahir, HSF Vice President of Student Life at Humber North campus.

"Also, during February you get a week to relax and unwind but around that week (it) feels like craziness with exams and midterms and assignments," said Tahir.

He also says people sometimes feel alone because they think nobody knows how they feel.

"Mental health awareness is extremely important and across the province mental health (concern) is becoming more rampant across all different colleges and universities," said Andrew Garnet, registered social-worker and counselor at Humber.

"The more we become aware of it, the better we can reduce students' stresses and build support to help make the post-secondary environment more enjoyable all



SHAUN FITL

Ahmed Tahir, Vice President of Student Life at Humber North campus, gestures to "Tell Us How You De-Stress" wall outside the Humber Students' Federation office during Mental Health and Wellness Fair. Knowing you're not alone is key, he says.

around," said Garnet.

Humber Counseling offers free confidential services that are made available on the same day they are booked to fit better with busy school schedules.

A lesson at the Mental Health and Wellness fair was that sleep is very important for the mind.

"It gives our brain time to rest and restart," said Dana Nunes, a registered nurse working at the Humber Health Centre.

"Sleep can affect your day,

your mood, your work productivity and your health," said Nunes. "(It) is kind of the springboard for the rest of your day."

Something becoming very important is the link between physical and mental health because the brain uses, "90 per cent of all the carbohydrates from the food you eat," said Pavneet Singh, a 21-year-old fourth-year nursing student at Humber and president of the Humber Nursing Society.

"If you try to diet you start

to feel very lethargic in your head," she said.

This is a problem for Humber students who do not eat enough because of busy schedules. Eating less affects the mind directly.

"Statistics by the Mental Health Commission indicate a third of people are suffering from mental illness," said Pat Thacker, a certified mental health first aid instructor with the Mental Health Commission of Canada and an instructor at the Everyone Matters agency to raise respect

for all individuals.

"It is probably much higher but a lot of people are suffering in silence," she said.

The Humber Students' Federation is using the hashtag #HSFBounceForward for a contest it is having all month. They are asking students to submit a short letter about them overcoming a mental health issue. They have a chance to have their letter published on humberlife.com, get \$500 in their pocket and \$500 donated to the mental health charity of their choice.

Embassy 'come as you are' campus church

Jennifer Berry
NEWS REPORTER

It's Monday around 7 p.m. The halls of Humber's North campus have emptied but the Student Center is buzzing with energy. Above students chatting and foosball tables rattling are the sounds of drums being pounded, guitar levels being adjusted and a woman singing.

It's not band practice, it's a sound check for The Embassy's weekly church service.

And it's a packed house.

The Embassy Church is a Humber Students' Federation-sanctioned campus club whose activities revolve around the weekly service.

Third-year Early Childhood Education student Naomi Farough, 21, said she was looking for a campus church with a strong emphasis on community and a service she could attend

when choosing her post-secondary institution.

"I'm very grateful for Embassy being here because a lot of universities have fellowships and small groups and stuff like that but an actual service is special for me," Farough said.

Farough said there's always something students can relate to in the services and forums.

"Whether you've been a Christian your whole life or you're just new to it, it's relevant to you," Farough said.

The Embassy welcomes people of all faiths to join.

"One of the main goals that we try to cater to is 'come as you are,'" said club president Beth Hamilton, 23, a third-year University of Guelph-Humber Family and Community Social Services student.

Janelle Body, 21, a third-year Film and Television Production student and club marketing rep,

said at Embassy, "there's something for everyone."

In addition to Monday night services, The Embassy hosts alternating bi-weekly discussion forums and socials. Students are welcome to drop in without having to sign up.

This semester's forums are part of a series called Satisfied, which centres on consumer culture and teaches practical ways to avoid putting material pursuits first. If it sounds like the church tackles topics not exclusively religious, that's the point.

The Embassy describes itself as non-traditional and club events rep Steve Gardiner says members work hard to live up to their tagline: "Not yo' gram-ma's church."

"We try to stay away from the stereotypes of a traditional church," said Gardiner, 29, a first-year Sport Management student and club event rep. "The



JENNIFER BERRY

Embassy members Early Childhood Education student Naomi Farough, 21 (left), and University of Guelph-Humber Family and Community Social Services student, Beth Hamilton, 23.

Embassy is injected with young people who just want to see their school changed and want to see themselves changed and they believe that the best way they can do it is through the Embassy and God."

Hamilton has been involved with The Embassy since her

first semester at Humber and says the church's diversity is what makes it unconventional.

"Everyone's such oddballs, we're misfits and we kind of all just come together and make this fun time where we get an awesome sense of community."

Alternative Spring Break gets students to give back

Eric Wickham
NEWS REPORTER

This Reading Week, Humber students have the opportunity to put down their books and take their first steps in becoming active and engaged citizens.

The Humber Alternative Spring Break is a three-day event for community.

The college partners with The Redwood, Habitat for Humanity and Knights Table in three events this week.

Project coordinator Rebecca Mahadeo says this year's event will be the most popular in its four-year history.

"Ever since we promoted the program I've gotten a lot of inquiries from Humber students. Two of the three days are fully booked," said Mahadeo.

Mahadeo likes to help students participate in community.

"It is an important piece of growing and learning as a student. It is good to take your knowledge from the classroom and put it out there in the community," she said.

Guelph-Humber Family and Community Social Services student Mikki Decker, 24, said she was excited to make friends and get involved in Toronto.

"I just hope to have a good time, and make people smile and laugh. Just do something a little bit different," said Decker.

ASB begins Tuesday.

"We will go to Habitat for Humanity Restore. It is a warehouse where they have all the supplies and building materials for building the home," said Mahadeo.

Next day is in Brampton at Knights Table food bank, preparing a meal for residents.

The final day takes place at The Redwood, a safe haven for abused women and children.

"We are going to help sort donations at their shelter, and we are also going help prepare a meal for the women and children. We are going to run an activities group for the children as well. It is the Year of the Sheep for the Chinese New Year, so we are going to do a sheep craft," she said.

The Redwood's volunteer coordinator Evelyn O'Gwang says she is excited her organization will be working with Humber. She said it was important for students to experience The Redwood in person.

"When students interact with the women, the impact is personal," she said.

Faculty research engages student helpers

Nicole Williams
BIZ/TECH REPORTER

Neil Armstrong, the first man on the moon, said research is about creating new knowledge.

And research is sometimes a difficult thing to do with a lack of funding, assistance and know-how.

That's where SIRF comes in at Humber.

The Staff Initiated Research Fund first began in 2007 when a dean of research was brought to Humber.

Every year, faculty can apply for funds up to \$8,000 to conduct their research projects.

It was one of the first initiatives introduced by the new de-

partment. Getting funded for research is a difficult thing to do, and still remains so today.

Laura Keating, the current administrator of SIRF, and Laura Holmes, a project coordinator, explain that SIRF is about more than staff. It's about involving students.

"It's an opportunity to bring students in as assistants," said Keating.

"Every project must bring in some form of student involvement. It's one of the requirements for the project," she said.

"We've had projects from faculty across all eight schools of Humber," said Holmes.

"Every project is different."

That being said, successful proposals do share certain

things in common.

"It needs to be a well-defined project with a well-defined problem. The review committee also needs to see how well the funds will be distributed, and the likelihood of its success," said Keating.

"We also like to see its scale. What kind of impact will this project have on the greater community," said Holmes.

Not all proposals come through the SIRF door looking like a picture of success.

That's where Keating and Holmes come in.

"We help get projects where they need to be so that they're likely to succeed. Faculty can express their desires with projects and we help make it hap-

pen," said Keating.

Beyond funding, SIRF provides support: feedback on applications, help with patents, and training the research assistants.

"The goal is to get these projects to a place where staff can get funding from external funding partners. At SIRF, they can make mistakes, and then learn from them," said Keating.

What is just as important for SIRF as getting research projects funding is getting students involved in research.

"Our core practice is to provide meaningful experience and employment for students," said Holmes.

Staff can teach students how to do the work that students

can actually put on their resumes she said.

Kathleen White-Williams, a professor at the Bachelor of Nursing department, and Kaylee Fraser, a third-year nursing student, are proof of concept.

White-Williams was at a meeting about faculty involvement in nursing scholarships in Edmonton two years ago, when she started to wonder about the challenges faculty faced in getting involved.

She decided to seek funding from SIRF and was quite successful.

White-Williams was able to hire Kaylee Fraser as her research assistant.

"Kaylee has been instru-

mental in helping develop and make changes to the survey," she said.

For Fraser, it's an opportunity to get valuable experience she can put on her resume.

"Getting the experience has been amazing. The funding has enabled me to be able to work while being in school," said Fraser.

Being a part of this project, Fraser has been able to work with universities and colleges across the country.

"For me, it's quite rewarding to work with students. To train someone with virtually no experience and work with students from the ground up, it has been really rewarding.



ALEX DROBIN

The Humber Business School is instrumental in assisting students with career preparation.

Placement Centre a job portal

Alex Drobin
BIZ/TECH REPORTER

Whether it's employment research, resume prep, or self-promotion, graduating students will always need a little help when searching for a job.

Humber's Placement Centre plays an integral role in setting students up for professional success after graduation.

"We have been very effective in developing some key industry partnerships resulting in great placement and employment opportunities with students," said Antoniette Di Marco, Manager of the Placement Centre.

The co-op placement is a requirement for most Bachelor of Commerce programs and consists of 490 work hours within a 14-week span. It is done over the summer months, once students have completed their third year of schooling.

Di Marco said work placements are a great opportunity

for students to make industry contacts, gain valuable field experience and open doors for future employment.

The Placement Centre uses an internal job portal, which allows employers to post job opportunities exclusively to Humber. Students go through a screening process, and apply directly through the website.

This heightens their chances of securing a co-op as they have a respected institution behind them.

Di Marco said that Humber has great employer and industry partnerships and frequently hosts recruitment, networking and mentorship events.

Some of the recent companies that have been involved with Humber include Fairmont Hotels and Resorts, Samsung and TD Bank Group.

Students are assisted and mentored by Placement Centre advisors prior to applying for positions through the job portal or meeting with prospective employers.

"They have to take our class as a part of their regular curriculum. The support that we're giving them is with their job search, or anything from resume building to practice interviews," said Mary Cantisano, placement advisor for the Accounting, Fashion Management and International Business programs.

Alyssa Unrau, a final year student of the Fashion Management Program went through the Placement Centre before securing a promising internship at America Eagle.

"You go to that initial class and you're surprised at how much you learn. They give you tricks and tips on how to use keywords in your resume and how to really put yourself out there," she said.

The company has offered her a full time supply chain position upon graduation, she said.

"They (The Placement Centre) give you the resources, teach you how to look for jobs and give you support," said Unrau.

E-waste drive grabs unused electronics

Marino Greco
BIZ/TECH REPORTER

Electronics that can and should be recycled are collecting dust in basements across the GTA.

Humber College held an e-waste drive last Wednesday in a bid to raise awareness about waste diversion and properly recycle some broken and unused technology.

The drive was a co-venture between Humber Sustainability and the Ontario Electronic Stewardship (OES), a non-profit organization mandated by the government to uphold the responsible recycling of e-waste.

E-waste wasn't being recycled in an ethical or responsible way until the OES took over in 2009, according to Sharon Smith, supervisor of field operations for the OES.

"They were being stripped for the valuables and the rest of it was left strewn across the landscape in places like Africa and Asia," said Smith.

"The government mandated us to close the borders in Ontario so things didn't leave until they were shredded, smelted, and ground down so that they could go back into remanufacture," she said.

It wasn't just students who came out to support the drive. Neil Mathur, Humber radio broadcasting professor, brought in old headphones and a variety of cables.

"I think this is something that needs more publicity. There is no awareness when you throw something away. Where do all of our phones and tablets go? Most of them, I suspect, go to landfills," said Mathur.

Unfortunately, publicity

isn't the only issue affecting the disposal of e-waste. Outright laziness is also a concern.

"It's a convenience thing," said Smith. "People...might put it on their curb and be satisfied that somebody has removed it with no regard to what's actually happening to it once it's removed."

Students are becoming more aware of the impact of dumping electronics, said Amanda Shaw, media studies student at Guelph-Humber and Humber Sustainability marketing employee.

"If you remind them, they will remember," she said. "I've seen a lot of young students come in today talking about how this is something people care about and they want to learn more about it."

Electronic waste drop-off locations are listed at www.recycleyourelectroncis.ca.



MARINO GRECO

Electronic waste contains materials that are harmful to the environment, yet can be reused.

College sex assault policy finally to come

HUMBER
Et Cetera

Sexual assault has been in the news lately — although we would argue that it's a topic that should always be at the forefront of public discourse.

First, the presidents of Ontario's 24 colleges agreed this month to a uniform sexual assault policy. This would replace the patchwork policies on sexual assault that exist across the college system into one code that will apply to every student. In some cases, it will take its place where policies don't even exist. While we won't

comment on the shameful fact of the fact that some schools hadn't yet acted on this problem, at least something is being done.

Then, last Monday, the CBC released a study of 87 colleges and universities and their rates of reported sexual assault. Humber ranked fairly high on the list; 20th out of 87 institutions still left something to be desired.

But the experts contacted by the CBC found the number of report-

ed sexual assaults perplexingly low, with some institutions reporting no instances of assault. Although it could theoretically be the case that there were no assaults at these schools, the experts found it highly doubtful.

Whether or not one agrees with the findings in the CBC report, we would urge every institution in the country to ensure that sexual assault does not go unreported and victims feel they can report in a safe envi-

ronment, with consequences for the alleged assaulters if found guilty.

We also applaud Ontario's colleges for their action on this matter, but hope that their actions will not be empty platitudes and have serious consequences to back them up.

We look forward to Humber (and all colleges) having a robust policy against sexual assault and hope that it will be strongly enforced.

We owe it to the victims — and potential victims.

Humber Et Cetera serves to inform the Humber community and give its readers well rounded coverage on the things that matter to them.

Managing Editors
Ian Burns
Kate Richards

Art Director
Lucy Sky

News Editors
Ian Burns
Jessica Laws

Business & Technology
Editor
Brendan Quinn

Opinion Editor
Kate Richards

Arts & Entertainment
Editors
Julianne Fox
Comfort Obeng

Life Editors
Katherine George
Shaneza Subhan

Sports Editor
Edward Bayley

Online Editor
Vanessa Campbell

Faculty Adviser
Salem Alaton

Creative Adviser
Miguel Agawin

© 2014 All rights reserved Humber Et Cetera is a publication of the School of Media Studies & Information Technology at Humber Institute of Technology & Advanced Learning 205 Humber College Blvd., Etobicoke, ON, M9W 5L7

Newsroom:
416-675-6622 ext. 4514

Email:
etc.humber@gmail.com

Twitter:
@humberetc

Advertising:
416-675-6622 ext. 79313

Snowboarding industry back to roots, not dying



Brendan Quinn
BIZTECH EDITOR



RIPLEY 199 / WIKIMEDIA

On the surface, it seems as if the snowboard industry is dying. Fewer riders are taking lessons, sales are some of the lowest they've ever been. Sales in the U.S. have dropped to \$105 million in 2014 from \$124 million in 2010, and visits to resorts dropped from 60 million to 56 million, according to the statistics aggregator Statista.com. It appears a lot of young snow sports enthusiasts have either started with skiing or are making the switch to skiing now.

The most inauspicious sign came when Nike announced last year they would be dropping out of the industry to focus on skateboarding.

While this news has some scared, I remember when everyone freaked out that snowboarding was becoming way too commercial and mainstream when Nike said they were entering the market. Yet now that they are leaving, those same people see this as another nail in the coffin. I for one welcome a return to the niche, core culture that doesn't need big companies like Nike.

I don't care if Joe the accountant and his family aren't buying new gear this season for their annual trip to Whistler, only to put it all in the basement when they get home. The people who ride their dented deck with huge core shots and duct taped toe-straps are still going to strap in the second there's more than 10 cm of snow on the ground.

Snowboarding isn't dead, it's returning to its roots, and to those that have stayed loyal to the culture.

I've been riding since the mid-

90s, when snowboarding blew up on the scene and would eventually breathe new life into its rival/sister sport, skiing. What's happening to the snowboarding industry now happened to skiing two decades ago; numbers were down, the sport was stagnant, and innovation plateaued. Then, guys like Jeremy Jones and JP Walker brought skateboard-style urban riding to snowboarding and changed the game.

Several years later, skiers thought, "why not us too?" Technical innovations like twin-tips were directly inspired by snowboarders and revolutionized skiing, inspiring skiers to ride backwards and perform tricks like all the rebellious snowboarders.

The skiing industry would still be dying if it weren't for the innovations snowboarding brought to the sport, and the stigma of skiers hating snowboarders and vice-versa hasn't really existed for years. Hell, some of my best friends are skiers. After all, who is going to pull you through those flat sections or double back to grab your wallet when it falls out? At least, that's how it is with my generation. But hearing old guard ski snobs laugh derisively at us while they high five each other and say, "I told you it was just a trend, I knew it wouldn't last," really grinds my gears.

The snow sports industry as a

whole has been in decline since peaking in the early 2000s. Snowboarding numbers might be down, but so are skiing numbers. Blame global warming, or the economy, or whatever, the fact is less people are heading to the hills every year, regardless of which equipment is attached to their feet.



Snowboarding isn't dead, it's returning to its roots, and to those that have stayed loyal to the culture.

Perhaps we're at a point between generations. A lot of snowboarders from my era are working full-time jobs and dealing with those annoying responsibilities that come with adulthood. There's not as much time to get out there and ride when you're commuting to the city every day or picking the kids up at daycare. It's difficult to budget hundreds, sometimes thousands, of dollars for passes and new gear when you have a mortgage to pay.

I feel safe in saying, after working in the industry for nearly 15 years, that a major reason there are still plenty of people skiing is because that sport was designed around exclusivity for the wealthy. The majority of families I see out skiing

together are all decked out in the newest gear and can be seen pulling into the parking lot in expensive vehicles. Those rich parents who grew up staying at fancy lodges taking private lessons are going to make damn sure their kids do the same. Snowboarders, on the other hand, are stereotyped as dirtbags and rebels for a reason. When the sport began, the riders weren't out there for the prestige, or the image, or the expensive cocktails at the après party; they just wanted to get out and have fun. If that fun had the added advantage of annoying some snobby, condescending rich lady, then all the better.

Fear not though fellow shred-heads, there is light at the end of the tunnel. Those kids being picked up at daycare by their former shred-bum parents are getting snowboards for Christmas. They're getting to that age where mom and dad can take them out on the hill and teach them how to ride. It would be anathema to someone who spent a good chunk of their life on a snowboard to put their child in ski lessons with kids whose parents might prefer a return to the days when snowboarders were relegated to different hills. Give it another 10 years, and someone will be writing an article just like this about "Why the ski industry is dying." Everything happens in cycles, our day will come again.

Valentine's Day is not only occasion to show your love



Shaneza Subhan
LIFE REPORTER

For florists and chocolatiers, business is booming this week thanks to the commercial spectacle called Valentine's Day.

To me, February 14 shouldn't be the one and only day couples express their love for one another in grand romantic gestures, material gifts or two-dozen long stemmed roses. Singling one day out of the entire year isn't how you should show your partner affection.

I've had my share of above and beyond romantic gestures and I am glad to say they weren't heightened and over the top on Valentine's Day. That's what romance should be all about: being spontaneous and in the moment. The sweet surprises are much more meaningful than going all out on the day where everyone com-

petes to see who can be the most creative in their delivery of cookie bouquets.

In short, Valentine's Day has become more about material artificiality than a genuine celebration of love.

I'm all for expressing love in whichever way anyone chooses. But the problem here isn't being in love or showing your partner love. It's the fact that February 14 holds so many expectations and forces us to express love in a more extravagant way than we normally would. At the same time, it seems like Valentine's Day is inherently clouded by a veil of judgment if you choose not to celebrate it.

You shouldn't need a card from Hallmark stuffed into a bouquet of roses to symbolize your love for one another. The pressure that society puts on people to do something special on Valentine's Day is influential and powerful, and convinces many that it should be a big deal.

One Valentine's Day, my special someone ensured to do his best, but he knew better than to save up all his romance for the one day alone. He knew that love and romance shouldn't be summed up into one day, but rather shines brighter on unexpected, random occasions. He *did* acknowledge the day and decided to take the homemade gift route, which was much more meaningful to me and less materialistic.

One of the most romantic things



NADIA MONACO

Blossom Boutique in Newmarket, Ont., displays their Valentine's Day inspired flowers and gifts.

he ever did was whisk me off to another town to spend the day with me. It was spontaneous and completely random; it occurred in the middle of October when I least expected it. It wasn't saved for the

day when everyone tries to live up to society's expectations.

Love. That's what it's about. But it's not about dedicating only one day to your special someone. Take this day and spend it however you

want with whomever you love, whether that's a significant other, a sibling or your friends. After all, the hype of this day can also be a cruel reminder to some who don't have that special someone in their life.

More will fall between mental health care cracks



Jessica Laws
NEWS EDITOR

This past month and the beginning of February has seen mental health awareness at the forefront of conversations in the media and in the halls of Humber College.

The fifth annual Bell Let's Talk campaign took place on Jan. 28 and continues to serve as a platform for celebrities, athletes, and everyday individuals who suffer from mental illness to have their voices heard.

Subsequently, Humber kicked off its Mental Health & Wellness Fair with #HUMBERiwill. The college has committed the month of February as Mental Health month.

When the voices of individuals are combined with an inspirational spokesperson like Canadian Olympian Clara Hughes, the impact of the Bell Let's Talk campaign can be seen as a positive step towards ending the stigma that is associated with mental health. By creating a donation system based on customer use of texts and social media messages, Bell and its customers raised more than \$6 million this year and have now raised a grand total of \$73.6 million.

However, these efforts create a small impact on mental health as core issues with the system remain cyclical if the root causes of it are not addressed. Without having the tools that are needed to guide a person through a depressive episode or a mental breakdown, people with mental health issues will continue in a pattern of destructive behaviours that we as a society are not capable of treating and managing.

The Mental Health Commission

of Canada 2010-11 reported that mental health cost the Canadian economy \$50 billion a year. In the next 30 years, the commission estimates that the total cost to the economy will have reached \$2.5 trillion. With rising numbers of people suffering with mental illness, we can't expect Toronto's Centre for Addiction and Mental Health to treat, reintegrate and follow through with every single patient even in our city alone.

Statistics from CAMH show that currently two out of three people will experience some form of mental illness. According to its 2013 survey, 230,000 adults in Ontario seriously contemplated suicide, 7.5 per cent of Ontarians are using antidepressants and 8.9 per cent are using anti-anxiety medications.

Additionally, more resources and long-term care is needed in order to assist those suffering with mental health issues.

Many programs are offered by CAMH to assist individuals suffering from mental illness, but these individuals are only allowed to enroll in one assistive program. Upon completion of the program, the patient is no longer eligible for

additional services.

This lack of post-treatment care is a huge problem. Having assistance after treatment could greatly benefit individuals seeking to reintegrate themselves into society.

“ 230,000 adults in Ontario seriously contemplated suicide, 7.5 per cent of Ontarians are using antidepressants and 8.9 per cent are using anti-anxiety medications.

If we don't talk about mental health as a long-term health concern we are going to fail those who need help. As someone who has suffered from mental health concerns, this problem is of the utmost importance to me personally, and the society I live in.

There certainly are places that offer help to those that actively seek assistance, like the Self Help Alliance in Kitchener-Waterloo. Hours

of operation restrict availability to 9 a.m. to 5 p.m. and while the facility offers assistance covering a variety of assistive support, it is not set up to handle medical emergencies.

Other programs in and around Toronto can take up to a year to get into. Not to mention the outrageous cost in gaining access to some of these facilities. Some places will not take in new patients without doctor referral or a confirmed mental health diagnosis.

Relying on the willingness of a person to seek assistance fails the individuals with mental health issues. A parent of a depressed child does not always have the right to enter their child into a program and sometimes the costs associated with the help that is needed is beyond what a parent can afford. We are ignoring a large demographic of society if we expect people to pay for their mental health care. More and more people will continue to fall through the cracks if we continue on this path.

The conversation we've begun in February is a start, but only that — an initial step in the long journey Canadian society must take to address mental illness.



LEARNING ISLAM WITH TAHA ALI

Katie Pedersen

NEWS REPORTER

Graffiti scratched into a toilet paper dispenser in the men's washroom in L section at North campus reads, "Muslim = terrorism." If that ugly anonymous message is a measure of a community's feeling or its grasp of an issue, then there may exist a wide gap between Humber's Islamic and non-Islamic communities.

Nevertheless, Taha Ali, President of Humber's Muslim Student Association, remains optimistic about his peers' attitudes.

"Generally as humans we understand that things aren't black and white. When the media

presents something as a black and white issue where it's Muslims and terrorists and that's it, the curiosity in us just naturally sparks," he said.

More than one million Canadians identify themselves as Muslim according to the 2011 census but they didn't have an official presence at Humber College until Taha Ali launched the Muslim Students Association in October 2014.

Ali is a student in Justice Studies at University of Guelph-Humber.

His goal wasn't just to create a sense of community for a group that was facing increased prejudice, but also to spread awareness about the Islam that exists outside of the media.

"The aim is to integrate the Muslim and the non-Muslim community together," he said.

The rise of the Islamic State of Iraq and Syria (ISIS) however raised a lot of questions about who Muslims are, what their religion means, and whether Islam truly condones the horrific acts of violence that ISIS claims.

Sharia Law

Sharia law – the extreme customs enforced by Islamic states and the Islamic State of Iraq and Syria (ISIS) – is based largely on the writings of the Hadith, which is a compilation of oral re-

ports published centuries after the C

Dr. Shabir Ally, a religious studies professor, on his television program Let the Quran Speak on Aug. 26, 2014, that there may be reports that the reports were written by people who wanted to justify their wars with faith in the Prophet Muhammad. In Sharia law, the writings are second only to the Quran.

Taha Ali said when it comes to the difference between mainstream Islam and extremist Islam is an "issue of context. You can't isolate a verse to distort its meaning."

"They'll use a verse in the Quran that says 'kill them wherever you find them' and they'll forget the verse that came right before it. The question arises: who is 'them'? It can't only be a defensive stance," Taha Ali said. Chowdhury, president of the Toronto Muslim Centre, said when it comes to violence, it's not digressions from Islam, a blurring of lines, and cultural norms can cause it.

"Sometimes even when they come to this country they also apply those things."

Nayha Ali, a member of Humber's Muslim Student Association, said "Culture is very different than Islam. Culture sometimes collides with Islam." Ali said.



PHOTOS BY KATIE PEDERSEN

Humber Muslim Student Association president Taha Ali poses on Humber's North campus. He gives insight into a religion often surrounded in controversy.

“The aim is to integrate the Muslim and the non-Muslim community together.

TAHA ALI

PRESIDENT, HUMBER MUSLIM STUDENT ASSOCIATION

Education

As a member of the MSA Humber, students can learn Arabic, learn more about the Qur'an, and learn about Islam in general.

Many of the members who attend the Arabic and Qur'an classes that Taha Ali organizes are attended by non-Muslim students.

Hayat Chowdhury, president at the Toronto Islamic Centre, has also seen a surge of non-Muslims seeking answers.

“The media says the Qur'an is a bad book, a Muslim is a bad guy, Islam is a bad religion,” he said.

Chowdhury's centre downtown is full of free books, pamphlets and DVDs with titles like “Status of Women in Islam” and “What Does Islam Say About Terrorism?” to set the record straight.

Some critics – including Fox News reporter Greta Van Susteren – claim Muslims aren't doing enough to condemn the extremists.

It is possible this criticism might be because most Muslims won't say outright that extremists aren't “true” Muslims. Taha Ali said this is because Islam won't allow fellow Muslims to judge a peer's intentions, only his actions.

“One thing that Muslims do take seriously is the act of excommunicating somebody. If somebody says they're Muslim, then as far as we

know, they are Muslim. It's not for us to judge whether their intentions are correct or not correct,” he said.

Chowdhury said this rule is to allow digressions from the Muslim rituals such as praying and fasting without being criticized by the Islamic community.

“Because of weakness sometimes we fall behind. But still we are Muslim,” he said.

When it comes to North Americans converting to Islam and immediately joining extremist groups like ISIS, Taha Ali said they likely haven't taken the time to educate themselves about Islam.

“These people aren't inside the mosques and that's the problem. They watch a YouTube video and they go off and they do something by themselves. They're acting in the name of the community without actually being part of the community,” he said.

Roses are red, Humber is blue

Students show lack of attachment to traditional romance stories in library

Mahnoor Yawar

A&E REPORTER

Love is a many-splendored thing, even if it might be in short supply at Humber College.

Romance fiction continues to dominate the printed word, making up 13 per cent or \$1.08 billion in sales within the U.S. fiction market last year according to the Romance Writers of America.

Yet students are less inclined to old-school romance, judging by the use of college library resources.

Media library technician Maria Soares said the most popular movies checked out on the library's video streaming service, with over 16,000 titles, are cult favourites like *Fight Club* or the *The Breakfast Club*.

"We carry a lot of classic (romantic films), much of the old Cary Grant stuff, but they're mostly used by film and TV faculty in their courses," said Soares.

Professor Suzanne Senay, who teaches a course called the Philosophy of Love and Sex, said the library collection caters to the curriculum, restricted by administrative rules.

"Books in the library are not mandated to reflect popular taste," said Senay. Her class does involve reading about love in poetry.

"(Poetry) captures particular views on the nature of love that (show it) is extremely powerful and positive, and how it enriches our lives and gives us experiences that other aspects of life don't give."

Senay added it's important students be equipped to critically analyze their notions of romance.

"Most people think, 'I want to get married, I want kids, I need love to be happy.' These are assumptions reinforced by our culture at large. When students take a philosophy course, they are there to learn about philosophy," said Senay.

"This includes philosophic moral views, beliefs about the kinds of beings that we are, the nature of science, the nature of art."

"Students might think they don't want to read Aristotle and Plato, they might want to read *Fifty Shades of Grey*," Senay said. "But it's only when you start reading critically, what you learn takes you beyond the exposure you might get from fiction."

Systems support library technician Adam Weissgruber said the Humber libraries field a lot of questions about their fiction collection, which can fall short of demand.

"We certainly try to take suggestions. If students mention a book over time, we'll try to report that to our collection team. This is their library, so we try to find books that are not just coursework," said Weissgruber.



COREY BREHAUT

The Guilds of Humberlife RPG Club meet for their first role playing games of year at Humber North campus.

Role playing games unlock fantasies

Corey Brehaut

A&E REPORTER

A barbarian, a rogue, and a sorcerer walk into a bar.

This is the world of Dungeons and Dragons and the Guilds of HumberLife RPGs Club.

A Role Playing Game is played with five or more people who create characters to represent themselves in a fantasy world. Statistics on the sheets represent natural ability and a roll of the dice represents random chance. Everything is governed over by a dungeon master.

Alexander Rowe, 24, second year engineering for control systems student, is dungeon master for a Feb.

6 game mixing science fiction and medieval fantasy.

"The story going so far is that essentially there was a cataclysm. A giant star fell out of the sky onto one of the continents and basically killed all life existing on it," he said.

The club formed last semester as a breakaway from the Board Games Club with 30 to 50 people, said Katie VanderLaan, first-year business management student and president.

"I love making the characters and just getting along in a fantasy world. It is like writing a book except I'm in the book," VanderLaan said.

There are multiple ongoing games and they all play with their own rules. The game is usually played

with stat sheets and miniature figures on a physical grid but Rowe uses an online system called Roll20.

"It just digitized all of the stuff that we would normally have to be sitting there and erasing and writing," said Rowe.

The group is tight knit and casual with one another.

"It is the people, man," said Daniel Tersigni, a first-year general arts and science student.

"We all have like interests. They all play RPGs (and) they all play video games. They like the same things you do," he said.

"It is always really fun to see a bunch of people that you can connect with so easily," said Tersigni.

Humphreys' novel follows war prisoner seeking flight

Charlotte Morritt-Jacobs

A&E REPORTER

Helen Humphreys has a deeper appreciation for bird watching during her daily walks through the woods.

She took her interest of being one with nature and worked it into her latest novel, *The Evening Chorus*.

Contrasting the freedom birds enjoy to the incarceration of one Royal Air Force pilot who, rather than struggle to escape, turns his attention to a pair of redstarts.

The pilot's interest in the birds in turn interests the German camp's Kommandant.

On a wintery Wednesday evening, fans, historians and aspiring authors gathered at Another Story Bookshop on Roncesvalles Avenue to celebrate the launch of Humphreys' latest book.

Dozens crowded the quaint shop eager to share their love of literature and to hear Humphreys briefly read a passage from her novel.

Humphreys, who has taught Humber's creative writing correspondence course for the past three years, has an extensive library of work. She has written seven novels, two works of creative non-fiction and four books of poetry.

"Helen was amazing to work with," said Jane Warren, an editor at Harper Collins Publishing, who facilitated the event. "At first I was a little intimidated, but she was so down to earth that the whole editing process went smoothly."

After the reading, audience members asked the award-winning poet and novelist questions about inspiration, motivation and writing about a historical period.

The Evening Chorus borrows from the natural history mentioned in Tim Dee's *The Running Sky: A Bird-Watching Life*, and bases the idea of bird watchers in prison camps from a character in the novel.

"There's great symbolism in the birds that flew freely as the pris-



CHARLOTTE MORRITT-JACOBS

Fans have author and Humber writing teacher Humphreys sign her book.

oners were trapped inside," Humphreys said.

The author belongs to a generation that grew alongside memories

of the war. Humphreys has a personal connection to the story as her father and both grandfathers served in the Second World War.

"This was an era where poets were regarded as scientists," said Humphreys.

"The prisons I wrote about were not death camps and were not run by Nazis. The officers did not have to do any physical labour so they took to nature and did things like bird watching and gardening."

Humphreys said she had to find a creative way to depict a camp where each day mimics the other.

"I did not get as sick of this book as others in the past. I made a promise to myself to write so much each day, but then I wrote two drafts and realized that I didn't like either of them."

Ruth Taren, a student of Humphreys, said "Helen has been a wonderful mentor to me. Every time she emails my work back she says she looks forward to reading my next draft."

Humphreys said she advises her students to write honestly and read constantly.

So far *The Evening Chorus* has been published in Canada, the U.S., the U.K. and Italy.

Humphreys has set her sights on drafting a future novel, but readers will have to wait patiently.

TORONTO ACTIVITIES

Check out these events over reading week

Group outings

Prepare for the next Hunger Games while playing archery tag at the Archery District in Scarborough.

Jump in one of the largest polar bear dips in Canada. The Great Canadian Chill on Feb. 16 at Dundas Square.

Share some laughs at the Comedy Show at The Second City.

Join in on the cheer at a Marlies game on Feb. 1, 21 and 22.

Rock out to Stars with Hey Rosetta! at the Danforth Music Hall on Feb. 13 and 14.

Date night

Spice it up with a couple's cooking class at The Chef Upstairs.

Keep each other warm at the 10th annual IceFest in Bloor-Yorkville on Feb. 21 and Feb. 22.

Throw down the moves on that special someone while participating in a partner yoga workshop.

Dance across the ice at DJ Skate Night at the Harbourfront Centre on Feb. 14 and 21.

Individual activities

Test out individual strength at the O Course Training Camp on Feb. 21.

Try something new at an improv class held every Tuesday at Bad Dog Comedy Theatre.

Indulge the taste buds on a food tour. Take a culinary excursion through Kensington Market.

SCHOOL BREAK

Humber students share plans for this cold-weather reading week

Christine Tippett

LIFE REPORTER

Reading week is finally here for Humber College students.

The break allows students to catch up on much-needed sleep and schoolwork that may have been previously neglected. For some lucky few, reading week is an opportunity to jet off somewhere warm.

Long-time travel agent Nancy Bickell said despite discounts offered to students, it's still not cheap.

Students are often deterred from travelling over reading week because it is the second most expensive time to travel after the Christmas holidays, said Bickell. For students travelling on a budget, Cuba is a frequent choice because of its low tax rate.

"It's quite popular," Bickell said. "A lot of students are going down there."

For students who plan to stick around close to home over the break, here are some options to check out in Toronto.



ALL PHOTOS BY CHRISTINE TIPPETT

"I'll probably go home and see my parents for a couple days. There's a motorcycle show in Toronto, so I'll check that out."

Jason Vasanthkumar, 20
Mechanical Engineering, 1st year



"I'm looking forward to relaxing. Because of the weather there isn't much to do, just studying and spending time with family."

Monica Mora, 22
Interior Decorating, 1st year



"Looking forward to seeing my grandparents, probably going on vacation to visit them (in GA), otherwise I'm going to study and chill out."

Aman Singh, 18
Accounting, 1st year



"I'm just working and catching up on school work. Mostly looking forward to sleeping, relaxing and seeing family."

Emma Cameron, 20
Business, 3rd year



"A typical day is sleeping in and then reading. I go to a youth group that usually does activities outside. I'll probably join them."

Loretta Richards, 21
Media Foundations, 2nd year

TV binge-watching and depression, stress

Research finds links between serial watching of shows with loneliness, other mental health factors

Amy Wallace

NEWS REPORTER

Binge-watching episodes of our favourite TV shows may seem like a harmless pastime, but new research links this habit to depression.

A study by researchers at the University of Texas at Austin found that the more lonely and depressed someone is, the more likely they will binge-watch television.

Binge-watching is defined as watching between two to six episodes of the same TV show in one sitting.

Little empirical research has been conducted on this behaviour, as it is a relatively new term.

People engage in binge-watching to temporarily forget the reality they face such as stress from studying, the researchers said.

Researchers conducted an online survey of 316 people between the ages of 18 and 29. Respondents were recruited from a southwestern university in the U.S. and Amazon Mechanical Turk, an online job recruitment service.

They were asked questions regarding their TV watching habits and psychological health.

The findings also showed that those who lacked the ability to self-regulate were more likely to binge-watch. Although they were aware of other things they needed

to do, these viewers were unable to stop themselves from clicking the 'next' button.

"As far as coping strategies go, binge-watching TV is probably not the worst, but it is something to be concerned about," said Dr. Nigel Turner, Independent Scientist at the Centre for Addiction and Mental Health (CAMH), who specializes in behavioural addictions.

"There is an opportunity cost," said Turner. "There's the potential that people who are using TV-watching as a coping strategy may be losing out on time that they should be spending working or doing homework."

Multi-tasking is a productive option.

"Merge the relatively maladaptive behaviour with something more adaptive," said Turner, such as exer-



As far as coping strategies go, binge-watching TV is probably not the worst, but it's something to be concerned about.

Dr. Nigel Turner

INDEPENDENT SCIENTIST AT THE CENTRE FOR ADDICTION AND MENTAL HEALTH

exercising while watching TV.

"The treadmill might actually work to break that depression," he said.

Researchers also point to health problems that are related to binge-watching, such as physical fatigue and obesity.

"Since TV watching is sedentary,

people tend to eat and drink while watching," said Turner. "You might end up with obesity problems or drinking problems indirectly as a result of binge-watching."

Sarah Drysdale, 18, a first-year Food and Nutrition Management student at Humber College, watches a few hours of TV per night.

"I live by myself so I like to have the background noise," she said.

Sara Flores, 23, a third-year Massage Therapy student, enjoys watching Grey's Anatomy for its science and medical content.

"I usually watch TV during my free time, on Christmas Break and Reading Week," said Flores.

The researchers will present their findings this May at the 65th Annual International Communication Association Conference in Puerto Rico.



DOMINIQUE TAYLOR

Sadiyeh Ibrahim, an independent pharmacist in Mississauga, counsels a patient on her new medications. She says it's important people make time to talk to pharmacist and tell them if they have any health problems.

Patients must keep tabs on their meds, 'not be passive'

Continued from cover

Error is a "shared thing" and that's why a collaborative effort is needed, said Herbert.

Pharmacists, pharmacy technicians and doctors are all healthcare professionals and "patients should not be passive" when it comes to their medications, she said.

"If I see a drug name, I look it up

before hand," said Tara Dawdy, 23, first year Humber paramedic student. "So even if I have a general idea, then I know questions I can ask because I want to know what is going on in my body and what it will do."

"We have to be a team," said Sadiyeh Ibrahim, an independent pharmacist in Mississauga.

"Doctors are human and they make mistakes," she said. "But that's

why we are here, to make sure it's the right dose and the right directions for the patient."

A patient developing a relationship with their pharmacist and sticking with one pharmacy are good ways to protect oneself against medication error, said Herbert. Telling the pharmacist about medical conditions, allergies and other medications is important too, she said.

"Every day pharmacists and pharmacy technicians catch thousands of errors," said Herbert. "They are on the phone with doctors, asking for clarification and making sure their patients are safe."

FITNESS

CrossFit craze: latest workout needs caution

Christina McAllister

LIFE REPORTER

Fran, Murph, Linda and Grace.

No, these are not the names of grandparents. These are the names of popular CrossFit workouts, or workout of the day (WOD), as they are commonly called. Who would have guessed Linda was also known as the three bars of death?

CrossFit, which combines Olympic weight lifting with high intensity circuit training, has taken the fitness world by storm. With more than 7,000 gyms worldwide, however, this exercise has also garnered a lot of criticism and raised safety concerns.

A study published by the American Council on Exercise found individuals who participate in CrossFit classes exercise above their anaerobic threshold.

This means they are pushing themselves beyond what is considered safe by healthcare professionals.

The same study warns the competitive nature of Crossfit, and its emphasis on completing the WOD quickly, compromises good form, which could ultimately lead to injury.

The primary author of the study, John Porcari, said individuals' fitness levels need to be properly evaluated before beginning CrossFit.

Beginners should not be doing the same workouts as more advanced clients.

But this has not consistently been the case.

Shelly McDonald, host of the show Caribbean Workout and personal trainer, said too many injuries occur with CrossFit.

"There has been a lot of irrespon-

sible training and it's given me a bad impression," she said.

It's important that trainers have the ability to assess the needs of each client and not group them in with more advanced athletes, McDonald said.

She said the wrong people are becoming trainers.

"It's too cookie-cutter right now and they can't all be great instructors," McDonald said.

According to McDonald, most trainers are not specifically CrossFit certified.

"But it's not all bad," said McDonald. There are benefits to the exercise if performed correctly, she said.

Humber graphic design student Melissa Szilagyi said she enjoyed the CrossFit class she participated in but thought the instructor neglected her.

"It's efficient, but I don't think it's the best kind of workout," she said. "They don't focus on your technique, they focus more on strength and not actually helping you get the technique right, they do things as fast as possible."

Despite feeling neglected, Szilagyi said she would try it again because she liked the intensity and the CrossFit culture.

High-intensity, interval-training workouts like CrossFit are extremely effective if practiced responsibly, said Porcari.

"The formula to get fit is there. It's just a question of finding the right trainer," said McDonald.

"You will lose weight and you will get fitter. You can even get a cardio response from that kind of training. So there are definite benefits from it," she said.

Sex in the Dark frees up frank talk

Sarah Trumbley

LIFE REPORTER

Humber students were offered several shades of dark to encourage participants to talk more freely about sex during the Sex in the Dark event.

Students were offered blindfolds, glow sticks and the freedom to speak anonymously about sex with sex expert Dr. Jess O'Reilly on Feb. 9 and 10, at Humber North and Lakeshore campuses. O'Reilly appears on Global TV's The Morning Show every Wednesday.

The blindfolds were intended to give students the courage to ask questions and talk about sex without revealing their identity and avoiding any embarrassing moments.

Dr. O'Reilly hosted the Sex in the Dark event, organized by Humber Students' Federation, where she handled all of the audience's questions related to sex and relationships — without lights.

She is no stranger to Humber College. Dr. O'Reilly has hosted a number of question-and-answer sessions about sex in the past, said Ahmed Tahir, HSF vice president of Student Life at Humber's North campus.

"But this is the first year we've put on the Sex in the Dark event," he said.

Tahir said in the past not many students would ask questions during

Dr. O'Reilly's presentation because of nerves or embarrassment. They would rather wait until the presentation was over and talk to her one-on-one, he said.

"We wanted to hopefully eliminate the embarrassment people feel about asking sex related questions," said Tahir.

It's important for students to learn about sex in a safe and comfortable environment, he said.

"That's why we wanted to do it in the dark this time, so people can ask their questions and hopefully get a response to things that they're concerned about," Tahir said.

"I think everyone can benefit from Dr. O'Reilly's knowledge."

O'Reilly specializes in human sexuality and does a number of live speaking events, television appearances, and workshops around the globe.

"I'm really trying to change the way people think about sex," said O'Reilly. She said she wants to help people feel better about their current situation and empower them to make change as they see fit.

"I'm looked at as the expert but ultimately you are the expert and my job is to help you realize that and be a third party to help you navigate," said O'Reilly.

Alex Dursley, 21, said the event was beneficial to her.

"I always feel so awkward asking about sex, I get nervous that people will think I'm weird or stupid



SARAH TRUMBLEY

Alex Dursley, audience member at Sex in the Dark event at Humber Lakeshore campus earlier this week, with her blindfold and glow stick.

for asking certain questions," said Dursley. The event gave her the opportunity to ask questions without any judgment, she said.

For more information on O'Reilly's events, visit her website at www.sexwithdrjess.com or follow her on Twitter @SexWithDrJess.

LOVE

Valentine's Day too commercial for students at Humber

Time spent together trumps buying costly presents, they maintain

Nadia Monaco

LIFE REPORTER

Chocolates, roses, diamonds and mushy cards are what this holiday is all about.

Rose Pellegrino, founder of Blossom Boutique, said it appears Valentine's Day is centered on materialistic things.

"Every holiday now is commercialized and Valentine's Day is the same," Pellegrino said. "It's all about the gifts."

Pellegrino said Valentine's Day is one of its busiest times of the year at Blossom Boutique. Men are predictable in their choice of red roses and occasionally rose-petals, Pellegrino said.

But for Carly St. Jean, a first-year Humber fashion arts student, Valentine's Day is really about heart-shaped pancakes or maybe a dinner with her beau.

Valentine's Day has always been centered on celebrating and appreciating love and St. Jean said she and her boyfriend of three years will do that this weekend. While they don't exchange gifts for the occasion, they do believe in spending time together on that day.

"Last year, he made me breakfast in bed with heart-shaped pancakes," she said. "We do little things and nothing too extreme."

St. Jean said she believes people seem to look for an excuse to get each other presents and to show off who can spend more money.

This year St. Jean's boyfriend will stay in and cook dinner for her at home.

Humber interior design student Nicole Frondella, 20, shares similar views.

Frondezza, who has also been in a relationship for three years, said although she agrees the true meaning behind the holiday seems to have faded, she and her boyfriend do what they can to celebrate.

"Last year I was working and he had 40 long stemmed roses delivered to my workplace," Frondella said.

This Valentine's Day, Frondella and her boyfriend will be going out for dinner.

She said even though they spend time together regularly, it's more important to see each other than to spend money on gifts.

Starbucks approaching North campus with classy joe

Allie Langohr

LIFE REPORTER

One cup, two cup, red cup... green cup?

The majority of students head to Tim Hortons for their coffee on campus, but this might change with the arrival of Starbucks.

General Manager of Food Services at Humber, York Tang confirmed whispers that Humber North campus will be getting a Starbucks.

"It's 100 per cent true," said Tang. The popular coffee spot will be ready when the new Learning Resource Commons building opens.

The building is set to be ready for use in mid-April, said Tang.

An unscientific survey of 58 Humber students on Feb. 9 showed 81 per cent of Humber North students get their coffee from Tim Hortons while on campus.

Fourteen per cent said a Starbucks on campus would be their go-to destination.

During the Tim Hortons Roll Up the Rim promotion, 52 per cent of students increase the amount of



ALLIE LANGOHR

Second-year food and nutrition student Safia Shafea rolls up her rim on a cup of coffee from Tim Hortons at North campus, but doesn't win.

times they visit the coffee shop.

One in four students, who usually get their coffee at Java Jazz, Gourmet Express, or Second Cup, said they choose Tim Hortons more often during the promotion.

Second-year Humber food and nutrition student, Safia Shafea is one

of these students.

"I'm just going with the promotion, hoping my next cup is a winner," said Shafea.

The cost of the cup did not appear to influence people's choices.

Tim Hortons raised the price of their roasts in November to \$1.70

“

Everybody's price has gone up because the coffee source has gone up.

York Tang

GENERAL MANAGER
FOOD SERVICES, HUMBER COLLEGE

from \$1.60 for a medium cup. Java Jazz followed in January with the same price increase.

These prices are still cheaper than Starbucks' coffee, which usually sits at about \$2.65 for a medium sized cup.

There is not yet a fixed price for coffee sold at the soon-to-be-built Starbucks at Humber.

"Everybody's (price has) gone up because the coffee source has gone up," said Tang.

For others, location often determines where they choose to buy their daily cup.

"I go with whatever's closest. It's all the same," said first-year Humber arboriculture student Kyle Godon.

ADVERTISE

HERE

HUMBER ETCETERA PUBLICATION IS DISTRIBUTED ON THREE CAMPUSES. WE REACH OVER 20,000 FULL TIME STUDENTS, 55,000 PART TIME STUDENTS AND 2,000 STAFF. WE ARE ALSO READ BY STUDENTS AT THE UNIVERSITY OF GUELPH HUMBER AND SIX LOCATIONS AT THE WOODBINE CENTRE.



HUMBER

School of Media Studies
& Information Technology

To request a rate card or to book your advertisement please contact the media sales line at:
416.675.6622 ext 79313
mediasales@humber.ca

HOROSCOPES by LUCY SKY



JAN. 20 – FEB. 19
You've been doing a lot of thinking lately and while that isn't always a bad thing, it's time stop over-thinking and do something about what's troubling you.



FEB. 20 – MAR. 20
Love has hit second place in your life lately. Be it family, friends, or that person who's been in the back of your mind clouding your thoughts, turn that around already!



MAR. 21 – APR. 20
Strong opportunities are ahead for you. Prepare yourself for some life changing decisions in the next week.



APR. 21 – MAY 20
Questioning things never got you anywhere, so go out, be spontaneous and enjoy some random adventures! Who knows what'll happen? No one. That's the fun of it!



MAY 21 – JUN. 20
Time goes by in the blink of an eye and you never get that moment you just lived back. So call the people you love and let them know you still love them.



JUN. 21 – JUL. 22
It's time for a well deserved break for you. Kick back, relax and forget it all for a few days.



JUL. 23 – AUG. 22
You're missing something in your life and have felt a little empty lately. Whether it's a pet, some new friends, or even just some alone time, you need to get on it, quick.



AUG. 23 – SEPT. 21
Things have been pretty tame lately, so it looks like it might be time for a little spice in your life. Get out there and get wild already!



SEPT. 22 – OCT. 22
The upcoming week has a lot of surprises in store for you. Get ready for a wild week of mystery.



OCT. 23 – NOV. 21
Judging people never got anyone anywhere, so when you go to pass judgment, think of how you'd like to be treated and think about your actions.



NOV. 22 – DEC. 20
Things have been crazy in your life and you like it that way, so keep the pace flowing and don't slow down for anyone. Let your freak flag fly!



DEC. 21 – JAN. 19
Keeping a healthy balance in life is important. You've got a crazy week ahead of you. Just make sure it doesn't set you back from your goals.

QUOTED: DO YOU THINK VALENTINE'S DAY IS OVERRATED?

"I think it is overrated, because it gives a deadline on expressing your love for someone. Should be something shown all year round."



Brayden Greenough, 18
Funeral Services

"It is overrated because girls expect money being thrown at them and guys expect to get (sex)."

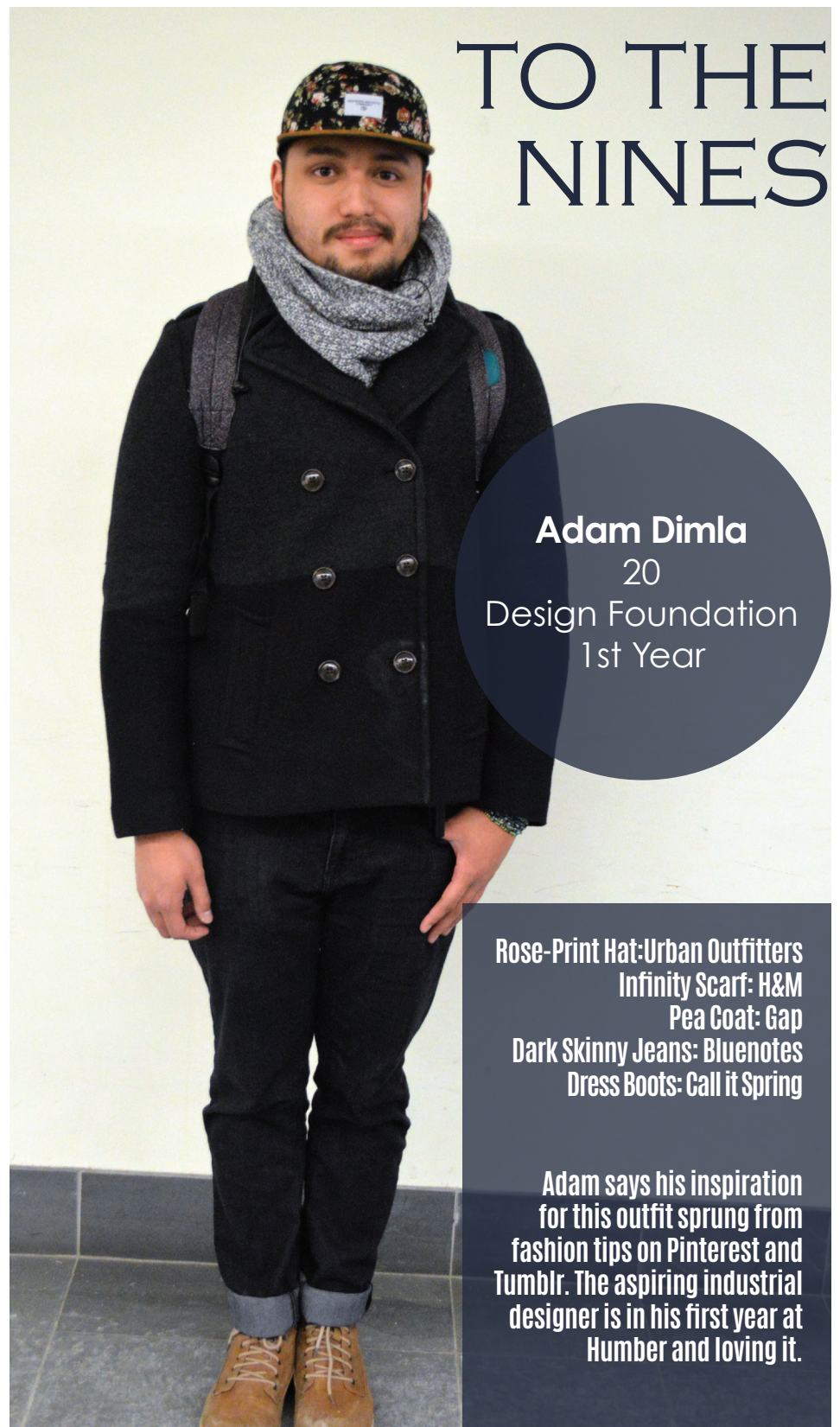


Alfonzo Savin, 19
Marketing

"I've had a boyfriend for two years now, so we can celebrate. I don't think (it's overrated) because I have something to look forward to. I didn't used to think much of it, so I guess it depends on your personal situation."



Nicole Waskul, 22
Justice Studies



TO THE NINES

Adam Dimla
20
Design Foundation
1st Year

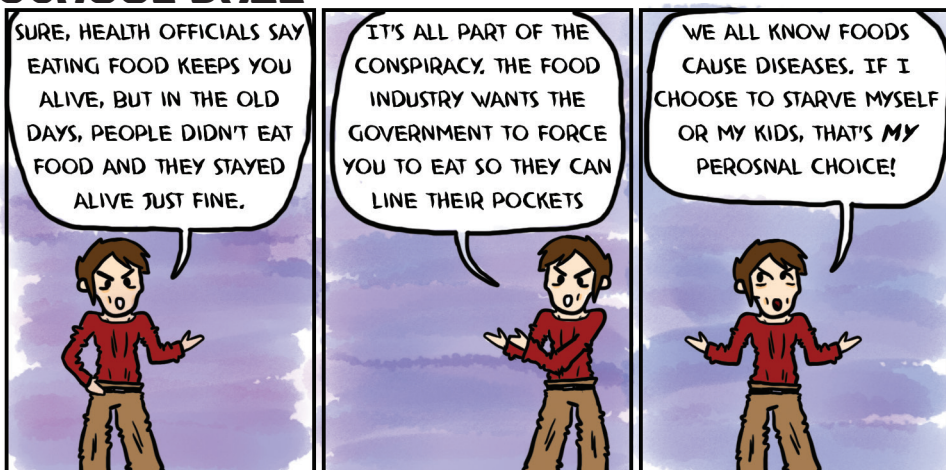
Rose-Print Hat: Urban Outfitters
Infinity Scarf: H&M
Pea Coat: Gap
Dark Skinny Jeans: Bluenotes
Dress Boots: Call it Spring

Adam says his inspiration for this outfit sprung from fashion tips on Pinterest and Tumblr. The aspiring industrial designer is in his first year at Humber and loving it.



SCHOOL DAZE

COMIC BY JORDAN BIORDI





KATHERINE GREEN

Elizabeth Deakin-Poot dominates by racking up kills and helping the Hawks to a easy win in straight sets at Sunday's game against Conestoga College in Kitchener.

Undefeated Hawks take out Conestoga

Continued from Page 1

Chief left-side hitter, Adela Xhameta, praised the performance of her fellow teammates. She said it came down to a strong week of practices where the team members really connected with each other.

The unseasoned players did face moments of solid op-

position from the Condors. The host team gave Humber a run for its money with the Hawks only winning the sets 25-19, 25-22, and 25-21.

Throughout the third quarter the Condors narrowly held a three-point lead over Humber, but in the end could not finish what they started.

"Humber is Humber," said

Conestoga head coach Marek Gwozdz. "They have been defending Champions for many years so it is hard to play against a team like that. You have to be consistent throughout every part of the game."

"You know you need to block well against Humber and you need to convert your points. If you don't convert

your points they will punish you," he said.

Big hitters Adela Xhameta and Thalia Hanniman each showcased their power with the final kills to take the game points in all three sets.

The Conestoga matchup was proof that Wilkins has developed a more-than-solid roster, with a deep bench bol-

stered by crucial closers like veteran Hanniman.

Wilkins will wrap up their season by looking to the bench again for the upcoming last home game against Mohawk.

"We will probably mix it up again a little bit," he said. "We have some nagging injuries so we will give some rest to the people that need to be

rested."

Wilkins said he will "make sure that everyone is ready to go for OCAA's (provincial championships)."

"Make sure that we can get equal minutes for everyone so all will be ready for a couple weeks from now when it really matters," he said.



ALI AMAD

Left hitter Terrel Bramwell prepares to server during the Hawks' 3-0 win over the Conestoga Condors Sunday.

Men's volleyball rebounds against Condors

By Ali Amad
SPORTS REPORTER

The Humber men's volleyball team got back to winning Sunday as they handily defeated the Conestoga Condors in three straight sets – a result that, from the start, was never in doubt.

Head coach Wayne Wilkins was missing from the sidelines. Wilkins received a two game suspension after getting ejected in last week's loss to St. Clair College. Assistant coach Hank Ma took the reins in Wilkins' place to get the Hawks back on track after losing their past two matchups.

"Our weakness the last couple of games has always been focus," Ma said. "It's not about the opponent, it's always about us. If we can maintain focus, we're going to be successful."

Wilkins was missed, but the Hawks welcomed back their star left side hitter, Terrel Bramwell. "My serve was a little off but hitting and passing-wise, I felt good," Bramwell said. "Getting back on the court and being with the guys just felt right."

The return of Bramwell also clearly made a difference in the team mentality, as they took charge early on to take the first set comfortably, 25-13.

That strong start carried on

through the second and an especially tight third set. The Hawks edged out the Condors, 25-21, to seal the match. Everyone on the Hawks played their part against the Condors, with second-year middle, Alex Stefaniuk, having a particularly strong game.

The consensus after the win was that Ma's emphasis on focus fully paid off.

"We've been struggling a lot with focusing and I think we played a more complete game and just took care of the ball," Bramwell said. "Guys were just more in tune with what was going on in the court."

"It was definitely a lot of

teamwork," second-year outside hitter Kamyn Wilkins said.

Ma is happy with how the team performed, but is now looking towards the tougher upcoming matches.

"The true challenge is going to be the Fanshaws and the Mohawks," Ma said. "Can we stay focused in those games? That's where our success is going to lie."

Ma was also candid on coaching without Wilkins around for a change.

"It's kind of interesting not having him around but that's the one thing about us, we're able to step up when we need to," he said.



ALEXANDRA MARTINO

Tracy Wong, of the mixed doubles team, prepares to serve against St. Clair's mixed doubles team in round robin competition.

Badminton regional tourney dominated by Hawks players

By Alexandra Martino

SPORTS REPORTER

Humber's badminton teams used their home court advantage to pull off a stellar performance in the OCAA western division, regional championship tournament Friday and Saturday at the north campus.

Humber's three doubles teams won first place. In the finals, the women's singles came first and second and the men's singles got second and third.

Friday was a perfect day for the Hawks' players, who won every round robin game.

"It's definitely a confidence boost," said men's singles player Jesse Assing, a third-year global business management student.

Assing would need all the confidence he could hold on

to as he met Redeemer's star player, Owen Kurvits, in the final. According to Assing, Redeemer's men's team is among the toughest competitors for Humber, and Kurvits was last year's OCAA gold medalist in men's singles badminton.

The final game was a suspenseful matchup, with lengthy rallies between Assing and Kurvits. "This is exhausting. People have no idea," said Michael Kopinak, Humber's associate director of athletics and recreation.

"When competing against Humber you have to be a good quality player because they're deep," said Benno Kurvits, head coach of Redeemer's badminton team and father of Owen. "We have a few players that can challenge them and we're giving it our best shot."

Assing played hard in the final, but Kurvits was able to take the gold.

Humber's Cameron Lai fought Redeemer's Shawn Brus for bronze. Lai struggled with a right shoulder injury throughout play on Saturday, but managed to sweep Brus in the bronze medal game with the rest of Humber's badminton team intensely cheering him on.

Perhaps one of the most gripping games of the tournament was during the women's semifinal between Humber's Cindy Fu and Jessica Murray of Conestoga College.

The women appeared equally matched, with Murray edging out Fu in the first game 22-20.

Fu quickly regrouped and took the next two games that

captivated the gymnasium with the fierce rallies of two petite powerhouses.

Fu would go on to face Olivia Lei in an all-Humber women's gold medal game, which Lei won with ease.

Overall, Humber's team scores were unparalleled, ranking first overall in both men's and women's team scoring.

The women's team achieved the remarkable feat of getting a perfect 37 points in overall scoring.

"I don't think I've ever seen that before," said Kopinak.

Humber badminton coach Ray Wong was elated as the results were announced. The exceptional conclusion means Humber's entire team will be on their way to the provincial championships in London, Ont., later this month.

Girls' hockey bench a contact free zone

By Katie Jones

A&E REPORTER

There is to be less physical contact for hockey players with Toronto Leaside Girls Hockey Association.

The association sent an email reminding coaches of the guidelines to be followed, particularly a no contact clause, which restricts physical contact between coaches and players while on the bench. This comes after the league received a complaint about a parent volunteer slapping a player's butt during an on-bench celebration.

The no-contact guidelines — which aren't regulations — involve putting hands on player's shoulders, tapping them on the helmet or giving a high-five.

"These are guidelines only," said Leaside Wildcats' Association president, Jennifer Smith, in a message on the league's website.

"The idea is not to prevent reasonable celebrations and acts of positive encouragement, but to ensure these acts are appropriate and comfortable for everyone involved," said Smith. "We encourage coaches to consider that not all players welcome such contact equally."

Humber's athletic director Ray Chateau, who is also the coach for his daughter's team, said the reaction appears overly cautious.

"It seems to be an overreaction to the initial issue," he said.

"It seems the association has received a complaint — and rather than just dealing with the complaint and the structure of how they should address contact between

players and coaches, it is now backfiring on them," said Chateau.

Graham Jones, first-year Fitness and Health Promotion student at Humber, said he's disappointed with the association's reaction.

"I think it's ridiculous," he said. "Not being able to high-five your players, that's taking the camaraderie of the team and the general attitude towards the game."

"If there is no contact involved then it is creating a police state on the ice," said Jones.

He said the policy would affect children's understanding of having that bond with a team and the coach. Removing contact can limit children's ability to differentiate between appropriate and supportive touching against its counterpart.

"I understand why some institutions try to take away contact because it can be worrisome of some things being inappropriate, but unfortunately with sports it is about contact. It's going to affect kids' enjoyment of the sport, it's not going to feel as fun," said Jones.

"People are going to be more detached and it will pull away from the concept of a team. It will be individuals out there on the ice," he said.

Sean Carter, head coach of the Oakville Rangers Peeewe AAA team, understands the importance of having a bond between players and coaches.

"You have to have the interaction with the kids. It is definitely an overreaction, whenever they put a policy in like this it is to protect everybody without having to really do anything," he said.

Varsity athletes receive scholarship eligibility but more support sought

By Jessica Reyes

SPORTS REPORTER

Humber Hawks coaches of every varsity sport are recruiting year-round, equipped with scholarship dollars to bring athletes to the college.

Ray Chateau, athletic director of Humber College said there are scholarship opportunities for athletic students.

"We don't have a set budget amount, it's approximately \$110,000 per year," Cha-

teau said.

Athletics Manager Jim Bialek was unable to provide the number of student athletes eligible for scholarships, but said the teams that achieve national championships get a bigger piece of scholarship pie.

"Last year, soccer had the highest amount of scholarship dollars. They won the national championship, but this year they have about half," he said.

Humber athletes receive

their scholarship at the end of each school term instead of at the front end like other colleges and universities. They are reimbursed for achieving academic requirements while playing their sport. If students don't pass, they will not receive the scholarship at the end of the term, said Bialek.

Humber athletes are provided with scholarships, transportation to away games and uniforms. Athletes are responsible for providing their

personal shoes for games and practices.

"Meal money is provided, not a lot, but helps subsidize for buying something on the road. The coaches and therapist are well aware of nutrition," Bialek said.

In college sports, especially the NCAA in the United States, there is a large debate surrounding whether or not student athletes should be paid or receive a portion of the profits made from their talent.

R.J. Ramirez, point guard for the Humber men's varsity basketball team, said paying college athletes would be helpful. "We wouldn't have to work, we could put more time into



"We wouldn't have to work, we could put more time into the sport. It would make us work like a professional,"

R.J. Ramirez

HUMBER VARSITY BASKETBALL PLAYER

the sport. It would make us work like a professional," Ramirez said.

He said college athletes would have extra money in their pocket that would motivate them to perform better.

Bialek disagreed, but Chateau said student athletes aren't able to work when they dedicate time to games and practices. "For many of them it's difficult to have a part-time job when they've got athletic commitments that they do for the institution," Chateau said.

Chateau and Bialek said there's not enough budget to pay athletes and Humber doesn't charge admission.

"For us to charge students to watch students is just wrong. I don't think there should be an entrance fee in my opinion for any Canadian collegiate or university game," Bialek said.

BACK-TO-BACK BASKETBALL



MATHEW HARTLEY

Humber's Vule Grujic makes his presence felt as he fights for a rebound opportunity during a win against local rival Sheridan last Friday. Brampton, ON



MATHEW HARTLEY

Humber's RJ Ramirez warms up for an aggressive second half.

Rivalry game gets physical

Elbows are thrown in a heated game between Humber and Sheridan

Mathew Hartley
SPORTS REPORTER

Only 21 kilometres separates the bright blue and gold of Humber from the double blue of Sheridan College.

Tension was in the air and felt by the players as the Humber men's basketball team visited the Sheridan Bruins for another heated rivalry game last Friday night in Brampton, in which the Hawks eventually prevailed 93-84.

"I don't know exactly how many games they've played, it's epic and a tradition," Sheridan's forward Adam Elhereich said.

Sheridan has had a disappointing season so far, but Humber's players were quick to fight off any misconceptions that they might be overlooking the reigning OCAA champions.

"It's a rivalry so records don't matter at this point. We both want to beat each other bad so it's going to be a tough, physical game," Humber's centre Vule Grujic said.



MATHEW HARTLEY

Humber's Tyrone Dickson put everything on the line to beat rivals Sheridan as he goes down with an ankle injury during the third quarter. Feb.06. Brampton, ON.

The pre-game talk did nothing to diminish the hype surrounding the game, which did not disappoint.

Sheridan's aggressive, full court press strategy frustrated the Hawks in the opening quarter as turnovers continued to hurt Humber's progress early.

It didn't take long for the aggression to spill over as Grujic dealt a heavy elbow to the face of Sheridan's Murray Hendry, a moment that was seen by fans but not officials.

Both had an eventful game as Grujic received a technical foul and Hendry avoided a

fifth travel call which infuriated Humber's women's head coach, AJ Sharma.

"That's his move! Every time he travels," Sharma yelled from the stands.

With the game still in the balance in the third quarter, Humber's Tyrone Dickson tripped on his own and slammed to the ground with an ankle injury.

With Dickson still down, tensions on the Hawks bench erupted as Humber's head coach, Shawn Collins took the stoppage in play to single out power forward Chad Bewley in a passionate exchange



It's a rivalry so records don't matter at this point. We both want to beat each other bad so it's going to be a tough, physical game.

VULE GRUJIC
CENTER, HAWKS MEN'S BASKETBALL

and demanded more effort from his team.

Dickson returned near the end of the third quarter and the Hawks fought through to defeat their rivals by nine points, and put a dagger in the Bruin's playoff hopes.

Both coaches and players were seen visibly frustrated with the officials and Bewley commented after the game.

"We know what we're going to get when we come here, we know we're not going to get any calls," Bewley said.

He also admitted that Humber's almost automatic approach to free throws in the fourth quarter was key with both RJ Ramirez and Ancil Martin perfect on the night from the line.

"It was big time, always good to seal the game," he said.

Hawks nearly double Bruins in blow out

Andy Redding
SPORTS REPORTER

The Humber women's basketball team battered the Bruins last Friday night at Sheridan College, almost doubling up Sheridan in points.

The 71-36 wipe out was indicative of the concentration Humber has in the final stretch of the season before the OCAA championship.

"Every practice is another day, and that's another day we lose until the season is done," said Humber point guard Ceejay Nofuente after the game in Oakville. "We're focused and motivated every time we step on the court."

With the OCAA provincial finals less than a month away, Humber is trying to concentrate on the little things that have got them to where they are today, said team captain Mary Asare.

"We need to get better and improve on things so when it comes to the big show we're ready," she said.

Sitting in a tie atop the west division standings with Mohawk College, the Hawks are trying to stay focused on finishing out the season strong, said Asare.

"We're taking it day by day," she said. "We're not thinking of the championship before the season's done, but we're definitely preparing for it."

If both Humber and Mohawk win their next games, they'll play on Feb. 20 with the west division title on the line.

"We're still playing for something, we're not even looking towards the OCAAs," said Humber head coach Ajay Sharma. "We're looking towards winning the division first if we can, and that'll more than likely be determined at

the Mohawk game on Feb. 20."

In order to win the division, the Humber Hawks will rely heavily on Nofuente, as they did against Sheridan last Friday. She dropped 21 points, including 11 in the first three minutes of the game.

Nofuente, who is less than a year removed from ACL (knee ligament) surgery, saw limited minutes in the game despite her strong performance.

"The knee is getting better every day, so I'm just trying to work on it and improve it," said Nofuente.



We need to get better and improve on things so when it comes to the big show we're ready.

Mary Asare

HUMBER BASKETBALL CAPTAIN

The Hawks received strong post play throughout the game as Sheridan had no answer for power forward Ruth Holland down low. She recorded 14 points and eight rebounds in the victory.

The Hawks got off to a hot start, taking an 18 point lead early in the first half, but let that lead slip to nine points by half time due to some poor execution and defence, said Sharma.

"We checked out mentally for a bit," he said. "It was a combination of taking bad shots and putting them on the foul line too much."

Humber will look to tighten up the defence in its two remaining regular season games before they head into the post-season, which begins on March 5.



ANDY REDDING

The Humber Hawks celebrate a big victory against the Sheridan Bruins where they nearly double their score.