



Ghomeshi trial wrestles contradictions

Veronica Appia and
Natalia Vega

SENIOR REPORTER

One minute Jian Ghomeshi was sweet and humble and the next minute he was physically abusive, the first witness told the court on Monday, on the first day of Ghomeshi's sexual assault trial.

Ghomeshi, a former high profile CBC radio host, has pleaded not guilty to four counts of sexual assault and one charge of overcoming resistance by choking. He is being tried at Toronto's Old City Hall by Judge William Horkins without a jury.

The complainant described a night that ended with kissing in the front seat of Ghomeshi's "Disney car" – a bright yellow Beetle – that suddenly turned into non-consensual hair pulling.

The complainant told the court Ghomeshi had reached around to grab her hair, pulling her back.

"I wasn't sure what just happened," she said. "I didn't really know what to do or say."

After that incident she said the two remained in the car talking but she said she was confused by the sudden change in his demeanor.

"It felt almost like a rage that wasn't there the second before he did it," she told the court.

The witness said despite the confusion she experi-



REUTERS/MARK BLINCH

Jian Ghomeshi, former celebrity CBC-Radio host who has been charged with multiple counts of sexual assault, leaves the courthouse after first day of his trial alongside his lawyer Marie Henein (L), in Toronto, Feb. 1.

enced on their first encounter she agreed to go out with him after another taping of his program >play.

She said the encounter ended with her taking a taxi while sobbing in the backseat.

The witness told the court she went to Ghomeshi's house that night and the pair ended

up kissing on his couch. After getting up to look around his house, she said Ghomeshi ended up behind her and grabbed her hair "harder than the first time," pulled her down and punched her in the head "multiple times."

"I felt like I was going to faint," she said.

She told the court she started to cry and Ghomeshi's reaction was to call her a cab and retreat to another room.

"He threw me out like trash," she said.

After Crown attorney Mike Callaghan completed his examination, Ghomeshi's lawyer Marie Henein cross-exam-

ined the witness by comparing her police statement and two interviews from 2014 to her testimony in court.

In interviews with CBC's The National and As It Happens in October 2014, the witness stated that she was not intimate with Ghomeshi during their encounter in his

car – a statement she testified in court was incorrect.

"I was focusing on the main parts," she told the court while recalling her thought process.

The complainant testified that she also made mistakes in her initial statement and follow-up e-mails to police.

She said that following her statement on Nov. 1, 2014 in an e-mail to police she stated that she remembered wearing clip-in hair extensions at the time of the first incident. In court, she stated that this was also incorrect.

Later Henein questioned another e-mail conversation the woman had with police where she had a recollection of her banging her head on the window during the incident with Ghomeshi in his car.

After several exchanges between the witness and Henein, the witness told the court she did not hit her head against the window but had come close to doing so.

In another examination of the witness's testimony, Henein clarified that Ghomeshi did not own a Volkswagen Beetle but a Volkswagen Golf, as stated by the witness in court, during the times the alleged sexual assaults took place.

Henein continued her grueling cross-examination of the witness at 10 a.m. on Tuesday.

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Summer Job Fair offers opportunity to students

Corey Brehaut

SENIOR REPORTER

Students hungry for summer employment flocked to Humber College's Summer Job Fair.

Attendance was strong as job hungry students matched off with employers on the main floor of the North campus Learning Resource Commons. The Feb. 4 event following a similar one at Lakeshore offered struggling students

an opportunity to find much-needed employment over the summer months.

"It's getting way more difficult to find a summer job so that's why this kind of event is very important," said Byung Oh, a student advisor for the Academic and Career Success Centre.

"Companies actually came to Humber to hire students so this is a good opportunity for Humber students," he said. "If you go outside trying to find these kinds of jobs it's

even more difficult."

All employers were looking to hire from the student body and some employers even preferred hiring students over other candidates.

"We're looking to hire everybody but students [especially] just because they offer a bit more flexibility in terms of hours and that's sort of the crux of what we do [because] you never really know how long you're going to work or how often you're going to



MALCOLM CAMPBELL

Students mill about North Campus LRC investigating potential summer employment options.

work," said Jamie Roy of Firemen Movers, a moving company owned and operated by GTA firefighters.

Between tuition fees, rising food costs and a struggling

economy, students welcomed the opportunity to look for employment under one roof.

"The tuition costs are really high and especially living on residence, too," said Luke Al-

linson, a student at Humber.

WITH FILES FROM ALI AMAD AND MALCOLM CAMPBELL

Campus

LinX Lounge eliminates drink specials, beer pitchers, shot-skis to curb bingeing

Daniela Gitto

REPORTER

Like any other Humber College student, Sara Odisho comes ready with two pieces of I.D. before reaching the bar's entrance. One proves her age, the other proves she's enrolled at Humber.

A LinX Lounge employee routinely checks the ban-list to verify she's welcomed.

Odisho has reached the check-point.

The staff slaps a pink neon wrist-band on her as an indication to bartenders that she's of age. After ordering her usual bottle of James Ready beer, Odisho habitually puts her wrist out for a heart-shaped stamp like a kid waiting for a new charm to add to their bracelet.

Level complete.

LinX is Humber's North campus bar and has had a year filled with changes geared to creating a safer environment for students.

Moderating students' consumption of alcohol has become a rising priority, according to LinX spokespeople, which is why they decided to ban drink specials on Monday and Tuesday, beer pitchers and the notorious shot-ski, where four people simultaneously gulp from a shot holder affixed to a ski.

These specials may encourage irresponsible drinking, something no school bar wants to support, said LinX bartender Lauren Bowden. "I respect the changes. They are made in the interest of

our success and safety," said Odisho after being asked how she felt about the changes.

The precautions not only apply to drinks but also to those who don't attend Humber.

Bowden says there have been a number of incidents where people have entered the bar without permission, which is considered trespassing. This has resulted in people having to show their Humber student card at the door.

Another stated priority for LinX relates to drinking and driving. "We are always concerned about drinking and driving. I think that's our number one concern when it comes to serving alcohol to our customers," said Daniela Trozzolo, manager of LinX Lounge.

The rules of the bar are in-



ALEJANDRA FRETES

In this Et Cetera file photo from 2015, a LinX employee offers water as part of a drive to improve on LinX's serving of alcohol to students. Drinking and driving is called a lead concern.

tended to be simple and correspond to common sense, but breaking them can land someone on the list of students who are not allowed back in the bar due to misconduct.

Banned students are given a chance to redeem themselves by taking an online module to help them examine their drinking patterns and choices. After two beers and a

pulled pork poutine, Odisho is ready to head out feeling relaxed, satisfied and safe, an example of what LinX now positions as responsible drinking..

Andreae has new LRC Math and Writing Centre named after him

Elving George

REPORTER

Dan Andreae's long list of accolades grew by one when Humber's new Math and Writing Centre was named after him.

The psychology professor and former Humber teacher continues to help the Humber community as the school honoured his contributions by naming the new centre on the third floor of the North campus LRC building after him: the Dr. Dan Andreae Math and Writing Centre.

Andreae cut the ribbon for the opening of the centre at the start of the school year. It's the crowning moment that celebrates the help he's given to countless students since

he first entered the Humber community 20 years ago.

His gifts to Humber include a \$250,000 endowment he started at Humber's School of Liberal Arts for student scholarships.

The scholarships are given to three students every year: a student studying psychology, another studying Liberal Arts, and one who has overcome a challenge during the school year.

"I wanted to be able to give back by giving small donations," said Andreae. "I've seen small gifts give the students a confidence boost to keep them striving in school. I just wanted to see how I can give the Humber community a real boost," he said.

Writing centre director



Photo of Professor Dan Andreae courtesy of Humber College

Franc Jamieson calls the centre a gift that allows him and staff to help students every day.

"This gift has given all of us

at the writing and math centre a boost in our dedication to serving the Humber community and helping them build their writing and math skills

for the future," said Jamieson.

"He has inspired me to work hard for the benefit of others," he said.

Day after day, the centre is

filled with both regulars and new students who are seeking the aid of math and writing help.

University of Guelph-Humber student Brian Agas, 19, said the centre has given him the help he needs dealing with math.

"I've gone to the Math Centre many times and they always guide me into the right direction, and have allowed me to better understand math using different techniques," said Agas. "This is why I recommend others to go there because it is very helpful."

Andreae was also the first Executive Director of the Alzheimer Society of Toronto and the longest serving president of the Ontario Association of Social Workers.

New bioscience labs added to North campus

Matthew Owczarz

REPORTER

New one-of-a-kind labs and state-of-the-art technologies are hoped to bring innovation to Humber School of Health Sciences learning capabilities as part of Humber's North campus F building expansion.

Two floors have been added atop the existing F building at the college.

The fourth floor of the addition now houses a science suite with new laboratories while the third floor contains student study areas and classrooms, said Humber director of capital development Scott

Valens.

Students in the School of Health Sciences gained access to the labs for the first time in September after the labs were opened last April, said Biotechnology program coordinator Dr. Mojgan Rezvani.

New bioscience, pharmacy, funeral services and anatomy labs are now operational and play a significant part in students' curriculums. Even biotechnology, a new diploma program offered at Humber received a new lab, said Rezvani.

Laboratories were built with functionality in mind so movable tables, hands-free sinks and drop-down electri-

cal outlets will allow students faster movement around lab space.

Interactive screens, three-dimensional anatomical models and high-tech microscopes will exponentially increase learning, said Dr. Ronald Stewart, the Bioscience program coordinator.

Students will also be taught about their own bodies with the aid of professionally dissected human cadavers and body specimens, said Stewart.

"We are the only publicly-funded college with cadaver labs," he said. "There are very few schools of anatomy

within Ontario overall.

"Most of them are large universities like the University of Toronto, McMaster, Western, Waterloo, Queen's, and then there is Humber. So we are part of that small family of big universities," said Stewart.

"We put significant effort into teaching and learning anatomy and physiology so that in the end they have a really good foundation of knowledge," he said.

"There's no question when you complete your diploma or degree here, you're going to learn your anatomy and physiology."



MARLEE GREIG

New Health Science labs got two added floors at F-Building.

Bounce Forward raises mental health awareness, helps students de-stress

Corey Brehaut
SENIOR REPORTER

The Bounce Forward Mental Health & Wellness Fair was in full swing at Humber College North campus Tuesday afternoon to bring attention to an important cause.

The Humber Students' Federation put on the event in conjunction with Health & Counselling Services, Humber Athletics and Mental Health First Aid at the Student Centre on the North campus.

"I think we all deal with mental health problems and issues sometimes. This is really about spreading awareness and about how we're all in this together," said HSF president Ahmed Tahir. "Mental health is something that affects everyone and you can see all the things happening."

The event offered students many activities to help de-stress and relax for the afternoon. Students could get a massage, paint, sample some David's Tea and even petting a therapy dog.

"The great thing about it is that whatever appeals to specific students, they can go, check out what they want to do and take part in [it]," he said.



KATIE JONES

A student enjoys quality time with a Bounce Forward event therapy dog.

"Today we're [doing] an activity where students are asked to pick their mood based on the colour of the icing that we have. We have 'super', 'rough', 'meh', 'a'ight' and 'good,'" said Kathy Kalpakiotis, president of Jack.org, a youth run grassroots organization dedicated to changing the discussion around mental health. "They pick the colour, mark it on the cookie and

then they eat it."

The school has many services available for students going through hard times or having health issues, said Tahir.

"Humber has counseling services, (and) the Health Centre which I think completely transformed the North campus," said Tahir.

The Bounce Forward event was founded in order for students to be more engaged in the

discussion on mental health.

"I started this here because I wanted a place for us to talk about it rather than just a resource for people to go to. I know people are interested in learning more in talking about mental health and that's what I want to provide," Kalpakiotis said.

WITH FILES FROM RYAN DURGY AND KATIE JONES

Aboriginal Resource Centre hosts second Fit Nish Challenge to advocate healthy living

Zachary McGregor
REPORTER

The Aboriginal Resource Centre launched its second annual Fit Nish Challenge this week aimed at getting students fitter and trimmer.

The challenge officially began on Feb. 1 and is an eight week fitness program developed by the Humber North-campus based ARC for Aboriginal students. Participants support one another in an effort lose weight over the next eight weeks.

The program aims at making it fun for students to exercise regularly, eat healthy and lose weight.

"It has become very popular amongst the students and encourages them to live a good lifestyle," said Quazance Boissoneau, ARC's Aboriginal liaison officer.

The Fit Nish Challenge is one of the many programs created by ARC to help improve the health and wellness of Aboriginal students at Humber College.

The ARC also provides students with health resources from organizations such as National Aboriginal Diabetes Association to help promote physical fitness and healthy nutrition. The ARC can refer a student in need of medical care to the Student Wellness Centre or other organizations like Anishnawbe Health Toronto, which has three medical centres for the indigenous community in the downtown core.

"Stress from school, personal problems, depression or feeling lonely are just some of the mental health issues some of our students may have," said Grace Esquega, ARC's coordinator.

The ARC has an elder on campus if students need advice or someone to talk to.

"We also work with the Student Wellness Centre to help students find appropriate counselling that fits their needs," said Esquega.

The ARC also gives Aboriginal students the chance to learn about their culture and traditions. The students

have access to smudging, elder's circles and traditional medicines such as cedar tea or sage.



If you don't know about your own culture you miss a part of yourself which affects your mental well-being,

Quazance Boissoneau/
ABORIGINAL LIASON OFFICER

Learning about their own culture helps them learn about themselves and is an integral part of an individual's wellness, staff at the centre say.

"If you don't know about your own culture you miss a part of yourself which affects your mental well-being," said Boissoneau.

"The ARC also gives non-Aboriginals a chance to learn about Aboriginal peoples and their culture," said

Shelley Charles, ARC's advisor on Aboriginal Relations.

Humber is seeking to set the standard among post-secondary institutions in Ontario when it comes to Aboriginal health and wellness. The more than 600 Aboriginal students at the college now have more access to health and wellness programs than in the recent past.

However, more could always be done in terms of health programming to make certain that all Aboriginal students can access it, say some.

"It would be nice to have more workshops on personal training, nutrition and mental health for students," said Sabrina Angecneb, ARC's fitness programming coordinator.

The ARC's goal is to add more health programs and keep Aboriginal students informed about health issues that may be affecting them while ensuring Aboriginal students have access to proper medical care and health information.

La Poutine Week has fourth annual event open across country

Founded in Montreal, occasion celebrates the concoction of fries, cheese and gravy with a week of deals and activities

Jess Reyes
REPORTER

The world just got a little cheesier as La Poutine Week kicks off its fourth year.

Toronto, Montréal, Ottawa and Québec City are some of many Canadian cities competing for the most delicious poutine dish.

Poutine might have originated in Québec but Naëem Adams, co-founder of La Poutine Week, said the movement has extended overseas to include South America, Europe and Australia.

"We're above 150 [restaurants] worldwide this year and we had more of a focus on getting into some international places," Adams said.

The classic poutine consists of French fries, gravy and cheese curds but this week consumers have the opportunity to pimp out the dish with lobster, fried eggs, steak and more.

La Poutine Week runs until Feb. 7 and offers food lovers a cheat day to indulge in some gourmet fries, with about a dozen participating GTA restaurants.

"This year alone we have half a dozen Asian influence poutines which I think is re-

ally awesome," Adams said.

The Bâton Rouge restaurant at the Eaton Centre is in on the action for the first time this year.

"Lately we noticed that a lot of restaurants are coming out with new unique dishes, and in recent years we've really made an effort to sort of make our recipe stand out," Sarah Condie, Bâton Rouge manager said. "One of the items on that happened to be our lobster poutine."

The location features a popular poutine dish with a lobster-based gravy, cheese curds, French fries and real lobster pieces on top for \$10.

"We thought it would be a fun way for our restaurant to be involved in city activities and also get our staff involved as well," Condie said.

"The reason why we only did it in Montréal is because we really wanted to just power it out and see how it goes there first," Adams said. "Then we really want to roll it out for Le Burger Week in September."

Adams said the goal is to get the community to try a new way of eating poutine and to support local restaurants during a slower time of the year.

Humber College's LinX lounge will not be participating in La Poutine Week this year as manager Daniela Trozollo said she was not aware of the event. She does have lots of ideas for next year, however.

"What we can do is coordinate with Smoke's Poutinerie head office," she said. "We would have a really good opportunity to do some promotions."



FLICKR

Different versions of the savoury snack arranged on a plate.



Star Wars: The Force Awakens logo parody is being used to promote HSF's art contest for 2016. The project seeks to spotlight student-created artworks.

April art show open to all submissions

HSF offers students not enrolled in arts programs chance to submit their work

Brandon-Richard Austin
REPORTER

From Visual & Digital Arts to Arts Administration, Humber College offers many programs in creative industries.

There are also opportunities for students in such streams to plan and put on real events in the school community related to their craft.

But while many of those opportunities are program specific, students in other areas such as Applied Technology or Business Administra-

tion may also wish a way to share their art with the community.

Humber: The Art Awakens, coming this April to North campus, gives all Humber and University of Guelph-Humber students the chance to submit their artwork for display and judging by professional jurors.

Examples of interested students include Larissa Machulec whose major (Hospitality and Tourism Operations Management) might not, at face value, reflect her affinity for music and visual art. But the second-year Humber student 'grew up musically' and continued to dabble with painting, fashion design.

Machulec continues to use

her art skills when redecorating her room, drawing detailed plans for where furniture should go.

"It's pretty cool, it's even better that it's not just open to [art] students," said Machulec about the upcoming art show.

"The community needs communication, that's exactly what art is. People can communicate issues in the community... some people aren't good with words, art is a perfect outlet for that."

Machulec cited Nuit Blanche, Toronto's annual all night arts festival, as an example of art bringing not just a community together but "the whole world."

Ahmed Tahir, president of the Humber Students'

Federation, also said he sees great value in having an art show at the college. "I love trying to spotlight people who are artists," said Tahir.

"Often we're locked in a box based on what program we're in. But with art it's, 'I like art, I'll make art.' There are so many good artists that are not necessarily in the arts programs."

Tahir said he loves going to art shows because it slows him down.

"It's soothing for me. Art is outside of the deadline-driven time that's so a part of our lives."

Dazhiel Belford, second year Media Studies student at Guelph-Humber, said he believes Humber needs to do more to recognize art.

"My high school had walls that were painted and sculptures all around the school to inspire and motivate the students but here the classrooms are bland and depressing, especially [considering] Humber is mostly hands-on and creative in most programs," said Belford.

Anna Bilan, Vice President of Student Affairs at Humber Lakeshore, said she believes an art show is great for student mental health.

"It makes people relax, brings relief and gives them something extra to do outside of school," Bilan said.

"The community has to share what they can do and people have to enjoy what others do."

Shutterbug photo entries from alumni, amateurs

Sanzana Syed
REPORTER

Karen Moyle loves to travel. She also loves to take pictures, and while traveling on Via Rail, the tourism instructor photographed an image of a breathtaking view from her train car that led her to win the Shutterbug photo contest hosted by the *Humber dialogue* magazine.

Moyle entered because she fit the requirements of the magazine's contest and last year the impulse was rewarded.

“

I'm not a professional photographer... I just take a disproportionately large number of photos."

Karen Moyle
HUMBER INSTRUCTOR

"I'm not a professional photographer," Moyle says. "I just take a disproportionately large number of photos."

The twice-a-year Shutterbug contest allows Humber alumni and "amateur photographers" to submit their work for a chance to win a prize of \$500.

"The judges who rate the photos are photography professionals," said Sabrina Silveira, the alumni coordinator for Humber College.

"They judge the photos based on the photographic elements that consider a photo to be 'great,' such as colour, texture, depth, et cetera, as well as how well the individual stuck to the theme of the contest."

Erin Riley, a photography instructor at Humber, says a good photo communicates not just by being visually appealing, but has feeling and a story behind it.

Although Moyle will not be entering this year's contest, she still has ideas in the back of her mind suiting the latest theme, Abandoned Places.

She says she would consider using her photos for other contests but would much rather take photos for herself.

"Shoot with passion and take pictures that interest you, then analyze," Moyle said.

Yoga classes offer relaxed way to cope with stress



Ryann Kahler
REPORTER

Yoga instructor Maureen Martin-Edey is biased.

She's been teaching yoga at Humber College for 17 years, has worked in the athletic facility for 27 and as far as she's concerned, the stretching and bending is best for anyone who really wants to de-stress and relax.

Running can also be good for stress relief, but yoga, is still better for the body and anyone can do it, no matter their age or fitness level, she said.

Yoga brings more oxygen into the body and helps with mental health issues.

"Combine yoga with running. Both are good for stress," said Martin-Edey.

Running is great for the cardiovascular system, but many runners get sore leg muscles and yoga can help with that, she said.

"It's not about being flexible. It's about feeling better," said Martin-Edey. "You are here for you."

Luisa Quijano, a yoga instructor at Humber for four years, agrees, saying that yoga is a much better practice for stress relief versus running.

"Running hurts your knees and as you age, your knees weaken," she said.

In order to relieve stress, Quijano suggests walking instead of running because it is "more human and you are more in tune with nature."

Quijano said students suffering from stress, sleep issues and drug problems have come to her for help and she believes yoga can help them in a variety of ways.

Yoga is about mind, body and spirit. Yoga is not about getting strong and muscular, but rather discovering the inner worlds, said Quijano.

However, Caitlin Azzopardi, says she enjoys running followed by a circuit of strength exercises.

"Yoga is more of a night time thing, puts me to sleep," she said.

Maureen Martin-Edey at site of yoga class at Humber College's North campus. Teaching yoga on campus since 17 years, she says yoga is not about flexibility, "it's about feeling better."

RYANN KAHLER

Hundreds of Ontario baby adoptions on hold due to Sick Kids' Motherisk investigation



RAYSONHO @ OPEN GRID SCHEDULER / GRID ENGINE

Sam Juric

EXECUTIVE EDITOR

Between 200 and 300 children are in a state of limbo while their adoptions are put on hold because of a court order by the government of Ontario.

Up to 300 hair-strand drug tests used to determine birth mothers' drug and alcohol abuse through the Motherisk lab at Toronto's Hospital for Sick Children have been discovered to be faulty.

The test analyzes the hair of infants to build evidence for thousands of adoption cases processed by the province's Children's Aid agencies every year.

"As an adoptive parent, I certainly feel for other parents who are caught in limbo. Not knowing would be a horrible spot to be in," said Justine Kruz, an adoptive mother of three children from Kingston, Ont..

Kruz is well acquainted with the complex effects of Fetal Alcohol Spectrum Disorder. Kruz's daughter battles the possible effects of FASD on a daily basis.

"I see how hard adoption is on my kids," Kruz said, "I think that having accurate information is more important for them."

"To be told as a teenager that you were adopted be-

cause your mom was using drugs, and then to find out a few years later that it wasn't the case puts the children at risk of further emotional harm," said Kruz.

Between 2005 and 2015, approximately 9,000 birth mothers tested positive for drugs or alcohol.

The test is one of many factors used to determine whether children should be taken from their birth mothers and into care, said Pat Convery, Director of the Adoption Council of Ontario.

"Not many kids became Crown ward adoptees based solely on a hair analysis," said Convery.

In a report written by the Ontario Ministry of the Attorney General's office, two key recommendations have been made to minimize potential harm to affected children and adoptive families, said Convery.

The report's first recommendation asks that adoptions which have already entered the final stage to be honoured for the wellbeing of the children

and prospective families.

"It is potentially harmful for these children, the longer they wait," said Convery.

The report also recommends that adoptions which were previously classified as "closed adoptions" be switched to the "open adoption" category to allow for contact between adoptees and their birth parents.

"It has to be so hard for that adoptive parent who thinks that this is forever to suddenly have everything put on hold. All due to the point of an error, it's horrendous," said Kruz.

"We actually need to put the best interest of the child ahead of everything else," Kruz said.

The government of Ontario has finalized the details for an independent commission to assist families who have been affected by the flawed testing.

The government of Ontario has set up a 1-800 number to provide prospective families with information.

The Hospital for Sick Children issued an official apology in a statement last October.



RYAN KAHLEN

Running improves health, brings fans to 'happy place'

Michelle Halim

STAFF REPORTER

Everybody has their own ways of relieving stress and getting exercise into their daily routines.

For a couple of Humber athletes, running is the key to a healthy life, both mental and physical.

Jake Campbell, a Humber College's industrial design program and is a member of the varsity cross country team, said he feels running benefits him in every aspect of his life.

"Running helps you know that there is a wall you can break, that even when you are getting tired, you know you can push yourself the extra mile," said Campbell.

He said running reduces his feelings of stress, helps him keep schedules and keeps him more focused.

"Physically I feel happier and better overall," said Campbell. Not only does he run, he also used to do yoga.

He said he used yoga to help him mentally and physically, but it was to make him a

better runner, as it helped him lengthen his strides.

Simon Wells, a member of Humber's varsity cross-country team, has been a cross-country runner for more than nine years and says it is a huge stress reliever.

The sports management student said it helps clear the mind and during the season he feels as if it keeps him motivated to get schoolwork done as well.

He said running helps keep him in shape but it also brings him to his "happy place."

The few times Wells, of Guelph, did yoga, he says it did help him with become more flexible.

Both said for varsity athletes at Humber there is a special gym for them where they train in High Performance Conditioning and that helps them get better mentally and physically more than yoga.

They say running is better for them in both developing and maintaining mental and physical health.

But Wells and Campbell agree it comes down to what the person prefers.

Canada losing \$17 billion each year due to delayed credential recognition, report says

Ali Amad

STAFF REPORTER

The Canadian workforce is losing up to \$17 billion annually due to the lack of learning credential recognition, according to a report published last week by the Conference Board of Canada.

The report, titled Brain Gain: The State of Canada's Learning Recognition, estimates this phenomenon impacts over 844,000 Canadians, including 524,000 immigrants.

The report analyzed results in comparison to a 2001 report the board also conducted.

The comparison shows a 54.7 per cent spike in Canadians facing a lack of learning credential recognition in the past 14 years.

The report states the three main challenges facing Canadian workers are the lack of international credential recognition, inter-provincial credential recognition and learning recognition.

Canada has 400 regulatory bodies and seven independent credential assessment agencies that address credential credibility for hundreds of occupations and post-secondary institutions, the report said.



KMR PHOTOGRAPHY

Despite all that, Michael Bloom, the Conference Board of Canada's vice president of industry and business strategy, told Humber News that several obstacles helped create the Canadian recognition gap.

"We have no national system for credential recognition in Canada," he said, adding that Canada requires provincial oversight for credential recognition.

The report said that almost 200,000 Canadians can't get the proper level of recognition when moving to another province to find a job.

Some 60 per cent of those impacted are immigrants.

Citizenship and Immigration Canada estimates that

Canada receives 250,000 immigrants in a typical year. The Conference Board said the gap between the skills people have and what they actually end up earning is already bad – and will only keep getting worse unless the assessment process changes.

The problem gets compounded for immigrants at the post secondary level, according to Bloom.

"Because post-secondary institutions have not seen credential recognition as a top-level priority, it's been left in the hands in different departments and the professors themselves," said Bloom.

"So, we're often seeing mixed results," he said.

The vast majority of international and out-of-province applicants to Humber College in Toronto, for example, must submit their transcripts and documents to WES (World Education Services) or ICAS (International Credential Assessment for Canada) for approval.

A student's application cannot be processed until Humber College receives approval from those organizations, Humber News confirmed.

Complications arise from the fact that the fees applicants must pay to those third-party assessment organizations can end up being hundreds of dollars, a costly proposition for young students and new immigrants.

"There's also no guarantee you'll get recognized. You may have spent your hard-earned money and gotten nothing for it," said Bloom.

He said the risk-averse mentality in our educational institutions may be at the root of the problem.

"Our education institutions tend to see risks in giving credential recognition," he says. "If they recognize that person's credential, then they won't study with them. They'll be losing a student."

Commentary

Print media to change, not die

Print is dead.

TorStar layoffs. Postmedia layoffs. *Guelph Mercury* dropping its print edition.

Our own school paper only exists as a website and PDF file.

Yet we at *Et Cetera* do not actually believe the print is dead -- although it does need a shot in the arm.

Postmedia Network Canada Corp., owner of the *National Post* and the various Sun local papers lost \$140.8 million in the third quarter of 2015 and is sitting on almost \$26 million in debt.

In the year since purchasing over 175 papers from Quebecor Inc., Postmedia has had to merge its newsrooms in Vancouver, Calgary, Edmonton and Ottawa and cut about 90 jobs to manage its economic problems.

Meanwhile, although Torstar Corp.'s profits are in decline, the company still posted almost \$250 million in profit for 2014, the most recent data available.

This didn't stop them from cutting 220 full-time and 60 part-time jobs with the closing of their printing press in January. Bob Hepburn, a spokesperson for the *Toronto Star* told *Et Cetera* that outsourcing its printing is a result of the paper's smaller circulation and the loss of outside contracts.

The *Guelph Mercury*, part of the Metroland family of community newspapers, shut down its print edition to focus on online delivery and closed its print newsrooms. *Et Cetera* similarly switched to an online-only model a year ago.

The strange thing is that peo-

ple triumphantly announce the death of print, while Bell Media cuts over 500 jobs in a single year including high ranking executives and just this month Rogers Media announced a 200 employee cull. If print is dead, then is broadcast a shambling corpse?

Obviously, the market is changing. The *Toronto Star* now posts videos on its website (videos from a newspaper?! Inconceivable!) and the new Toronto Star Touch app for tablets had almost 2,000,000 downloads since its launch in September.

We believe that print media is certainly changing but that there is hope. People can get their daily news online for free and without advertising and print needs to adapt. Newspapers are the only place where people can get long form in-

vestigative pieces and the only way to guarantee a properly sourced commentary.

While TV and online can deftly deliver up to the minute news as it happens, the publication cycle of newspapers allows them a unique opportunity. They can examine and explain the causes, reaction and consequences of stories.

Information has become a basic commodity like drinking water or basic health care thanks to the internet. Where print thrives is through analysis, interpretation and assessment of that commodity, making it distinctive and of greatly enhanced value to the public.

Where print media were once the vanguard of information, they can now adapt to be the last line of defence against its mere exposition.

Why can't we all get along? Uber versus taxi debate



Corey Brehaut
NEWS EDITOR

panies are setting up massive protests against Uber. Most recently, over 250 cab drivers protested the company on Parliament Hill. This came just a week after Edmonton legalized Uber, making it the first Canadian city to do so. Meanwhile, Toronto has made Uber tangentially illegal. The taxi unions do have some fair points. Uber drivers do not have the proper licenses, permits or insurance that cities require for cab operation, which was the cause of a protest at Toronto city hall on Dec. 9. Cab drivers often work for incredibly long hours to barely make ends meet and they're being undercut by the ride-sharing service. Maybe these are just the times, though.

Perhaps most appealing to the millennial market is that rather than hailing a taxi or calling a surly dispatcher, customers need only press a few buttons on their smartphones and BAM! Uber ordered.

Uber offers a service that often arrives at locations faster, with lower

rates and significantly better customer service than cab drivers weaving in and out of traffic while taking the longest possible route to a destination- running the meter up.

Rather than adapt to having competition for the first time in history, taxi drivers throw a tantrum.

It does not make a good case when a protester repeatedly slams their fists on a car, tries to break into it and holds onto the door as they are dragged 50 feet before letting go as one Toronto cab driver at the Dec. 9 protest against Uber was taped doing in a viral YouTube video. In Edmonton, Uber drivers are required to undergo criminal background checks, vehicle inspections, license applications and get commercial insurance. Not having these are the main complaints that taxi drivers level against the service in Toronto.

Once the unfair advantages of Uber are stripped away, all that's left is fair competition.

Part-time Uber drivers are unhap-

py with these regulations since they are restrictively pricey for those with only one foot in the waters and even Uber wants a single corporate insurance plan, as is done in the United States. Fair.

So Uber and cab companies are going after each other. But their sights are aimed in the wrong direction.

Requiring every single cab driver to have their own commercial insurance is a predatory practice and serves only to line the coffers of cities. It's no different from unreasonable parking fees, paying \$100 every time a personal license expires or any number of ridiculous driving fees incurred merely by having the capacity to drive a car.

Instead of fighting each other, Uber and taxis should take aim at having the laws and regulations in Canada changed.

And please, don't picket the basketball All-Star game. Nothing good can come of that.

Black History has big problem



Chelsea Alphonso
STAFF REPORTER

The Ontario government has announced its decision to introduce legislation that will officially declare February as Black History Month. This is not the first time a month has been designated by Ontario legislation to celebrate culture. Jewish Heritage Month, Sikh Heritage Month and Asian Heritage Month are just some of the other designated months to celebrate a specific culture and history. Why do we need to designate specific months to celebrate culture and history? Why do we need Black History Month?

The Black History Society of Ontario has said Black History Month is needed as it helps to affirm the contributions of African-Canadians. The group believes Black History Month gives young African-Canadians the opportunity to gain an understand-

ing of the social forces, which have shaped and influenced their community and identities.

These are valid points but the complexities of black history must not be overlooked. The consequences of telling young African-Canadian that their history is distinct from the rest of Canadian history is problematic at best. There is a cost in telling black youth that their distinct history is only worthy of center stage attention for only 28 days of the year. Isn't what we are really saying through this guise of tokenism, 'yes your history is important, but not important enough to be recognized as inherently apart of the rest of Canadian history you see in your textbooks?' Until black history is treated as an intrinsic part of Canada's story African-Canadians will continue to be painted as 'the other.'

The intention to help make black youth feel they are represented and affirmed is diluted by the Eurocentric history they are taught in school. We cannot minimize these effects by 28 days of putting African Canadians in the spotlight.

When Negro History Week was initiated in 1926, Carter G. Woodson anticipated it would grow into a yearlong celebration taught alongside American History. 50 years later Negro History Week evolved into Black History Month. In 2016, Ontario is set to create legislation to officially recognize February as Black History Month.

Here is some food for thought: What if instead of creating legislation fueled by tokenism, the Ontario government decided to acknowledge African-Canadian contributions throughout the year.

HUMBER
Et Cetera

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

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Would we then decide it is time Black history took its rightful place as an intrinsic part of Canadian history? Would we then see that our history—Canadian history—needs to be taught in its entirety?

What will it take for Canadians to ask for more than a feeble attempt at inclusivity by means of a February commemoration of African-Canadians and their history?

Motherisk substance abuse test failed Ontario children



Sam Juric
EXECUTIVE EDITOR

children's aid agencies whereupon they were put up for adoption. Family Law Association briefs reveal that the test was used in nearly every child protection case in Ontario where there was a mere whiff of parental substance abuse.

Following a Toronto Star investigation the program's testing has been discovered to be both incapable of identifying and quantifying drug use. The Star's investigation caused the program to shutter its doors last spring.

The entire Motherisk scandal reeks of negligence. There is the laboratory's decision to continue to represent the test as being competent in identifying and quantifying drug use through analysis of hair strands when it should not because of evidence to the contrary. There's the fact that a government-regulated (and renowned) hospital continued to misinterpret and overinterpret test results with little to no oversight. There is also the frightening matter that neither Motherisk founder Gideon

Koren or anyone reporting to him had any formal training or even possessed a rudimentary understanding of forensic toxicology.

The notion that a test involving several strands of hair empowered the state to further disenfranchise thousands of mothers by removing their children from their care is chilling. If one pays close attention, the scenario at hand echoes similar sentiments to Canada's disturbing past of eugenics. Canadian history is rife with haunting stories of countless children taken from their disenfranchised parents into the 'care' of residential schools.

Separation must always be the last resort. Although Motherisk does not quite meet the level of nefariousness used in eugenics projects or that of residential schools, there is one common thread to learn from. Programs like Motherisk are predicated on the disempowerment of Canada's poorest and most vulnerable. Instead of relying on a hair-strand test to help separate children

from their parents, perhaps a greater effort towards rehabilitating at-risk mothers is called for.

Tamara Broomfield was sentenced to seven years in prison after she was found guilty in 2009 of giving her toddler a near-lethal dose of cocaine in 2005. The evidence used to sentence her was largely reliant upon Motherisk's tests of her son's hair. Broomfield's cocaine-related convictions have since been tossed by the Crown, after new expert evidence, which criticized the test for its gross insufficiencies. Although her convictions were lifted one haunting fact remains: Tamara's son is now someone else's.

Removing children from their mother's care and putting them up for adoption seems to have become the state's Band-Aid, knee-jerk reaction.

Band-Aids come off.

Adoption is largely perceived as a win-win situation where both the child and barren couple equally benefit. This is a gross oversimplification. Adoptees, no matter how

well-adjusted they grow to become, always lose.

This skewed version of the adoption story is not about the lifelong struggle of identity, shame, anxiety, and abandonment. It is not about the mental health issues that manifest in disorders such as Post Traumatic Stress Disorder (PTSD) or Reactive Attachment Disorder (RAD). The dominant adoption story does not reveal the alarming realities of disrupted adoptions, a disturbing and desperate circumstance in which the adoptee is relinquished again, not by their birth mother this time, but by what was supposed to be their "forever family."

Separation must be the absolute last resort. Programs like Motherisk fail to meet the best interests of the child as well as the state's most vulnerable. Motherisk serves as yet another cautionary tale of the gross inadequacies of children's aid and the system it is derived from. But when will we learn?

#JunosSoMale...and still so Canadian



Phil Witmer
ASSIGNMENT EDITOR

The announcement of the nominations for the 45th Juno awards brought with it the usual mix of music fan cheerleading, pleasant surprise that a friend of a friend was up for an award in the jazz category, and the heart-sinking suspicion that the mainstream Canadian music industry still has no idea about what's making waves in this country.

This season, a new character was introduced to the cast of reactions: annoyance at the prevalence of men over women in the nominated artists.

The three leading nominees, Ontarians Drake, Justin Bieber, and The Weeknd are all male solo performers.

While their respective albums managed the feat of appealing to both hip bloggers and average listeners, these are still the songs of domineering playboys who tend to



WIKIPEDIA USER, KIM METSO

Among many female artists snubbed by annual Juno Awards this year was Vancouver-based solo artist Grimes.

view women as conquests. Women musicians like Carly Rae Jepsen were relegated to categories like Alternative Album and the dreaded Fan Choice. Even then, there was a notable snub.

Grimes, a.k.a. Vancouver-born musician Claire Boucher, was absent from any of the categories despite being one of the most acclaimed artists of last year for her kaleidoscopic Art Angels album.

She's hardly an unknown quantity either, with hundreds of thousands of devoted social media followers and only a few degrees of separation from major pop stars like Rihanna and the aforementioned Bieber.

Boucher took to Twitter not to complain about her own absence but to express disappointment that women seem to have been overlooked for not only the major awards but also technical achievements, saying, "I can't help but feel that if women were equally rewarded for technical work they would feel inclined to participate more."

The same logic applies to the hip-hop and R&B categories: why should a young, promising rapper like Jazz Cartier even bother when the Canadian music industry seems to only reward veteran mainstays like Kardinal Offishall and k-os? Tory Lanez had a bigger hit and was more visible in the rap world than either of the former two last year, where is he?

Canada needs to encourage and nurture its up-and-coming artists the same way the US and UK does. Relying on the same old guard to drive ratings will result in stagnation and a lack of interest from homegrown talent.

How can you engage with a diverse, growing artist pool when nearly every nominee in Group of the Year was formed more than a decade ago? Toronto rockers Dilly Dally – whose membership is half female – played overseas and in the United States to considerable buzz off just one album. They are who need to be celebrated, not Metric for the hundredth time.

Maybe we're just too polite to say no.

Complainant says her email was 'bait'

Continued from pg 1

She introduced a video to the court depicting the witness giving her statement to police in 2014.

In the video, a detective questioned the witness about which way Ghomeshi had pulled her hair at the end of their initial outing together, the first of two incidents of sexual assault reported by the witness.

He asked the witness if Ghomeshi had pulled her hair toward the seat, and in the video she agreed that had happened. However, in court she said this statement was incorrect and that Ghomeshi had pulled her hair towards the window rather than the seat.

"These are memories and in the early days you remember early pieces of them, but as you sit you begin to remember them," the witness told the court.

Henein then questioned the witness about the discrepancy between her testimony and what she initially told police about her second outing with Ghomeshi. That encounter took place at his house, where the witness said he grabbed her hair, pulled her to the ground and punched her repeatedly in

the head.

Henein said the complainant indicated in her statement to police that she did not know how she got on the ground.

"When I was describing this, I am describing being pulled down," the witness told the court. "I was being punched in the head violently. I was confused. So that's where I'm saying I don't know how I got there."

Henein asked the witness if she agreed that she was so traumatized by the events that she couldn't bear to watch Ghomeshi on television or listen to him on the radio.

The witness agreed this was true.

Henein also asked the witness if she had any dealings with Jian Ghomeshi.

The witness said no.

The defence team then showed the court two e-mails dating back to 2004, where the complainant reached out to Ghomeshi after the alleged 2003 assault.

The first was sent on Jan. 16 with the subject "Play>Boy" stating,

"Hello Play>boy Good to see you again! Your show is still great, when you take a break from ploughing snow naked, take a look at

[website]. If you search you will find the video [name of friend] and I did. The song has a T.Rex flavor to it. If you want to keep in touch this is my email!!!! Or [phone number]"

Six months later, in an e-mail sent on June 22, the complainant attached a photo of herself wearing a string bikini and said the following:

"Hi Jian, I've been watching you on Screw The Vote and I thought I'd drop a line and say hello. Hope all is well. Say hello to [name of friend] for me if you see him."

"You are now inviting the man who had traumatized you to contact you," Henein said to the complainant. "Are you prepared to admit that you lied under oath?"

"I wanted Jian to call me so I can ask him why he violently punched me in the head," the witness said. "I'm giving you, under oath, that I did not want to see him. The e-mail was bait."

This final exhibit concluded the defence's cross-examination. The Crown announced there will be no re-examination.

The trial is ongoing.

WITH FILES FROM CHRISTIANA CHAN, RYAN DURGY AND KATIE JONES



PHIL WITMER

Students board a 96A Wilson, one of the few transit routes to Humber North campus. The TTC says it will spend \$50 million on reducing subway delays across the system by 2019.

TTC adds \$50-M to reduce subway delays

Phil Witmer

SENIOR REPORTER

The TTC will steer its 2016 budget toward reducing delays on its subway line by 50 per cent, said Toronto Mayor John Tory in a press conference Monday morning.

Tory said \$50 million in additional funding would go toward the initiative, with a projected completion date of 2019.

The plan, which Tory described as "an aggressive strategy," will be implemented with the launch of additional trains on the Yonge subway line later this year along with more work trains and improvements to the maintenance and repair of

subway vehicles.

"I take the subway virtually every day. I know how important it is to get to work on time," said Tory. "We need fast, reliable subway service and that's exactly what we're focusing on delivering for the people of this city."

The commission would work to eliminate subway delays by replacing signal systems and increasing the security of passengers, said TTC CEO Andy Byford at the same conference.

"We're going to solve this problem the same way we've been doing for the past few years, which is [through] relentless attention to detail," said Byford.

Mayor Tory reminded people that while the refinements made through the budget last year have made a difference, ongoing projects like SmartTrack and the Scarborough line are necessary and part of his vision for Toronto's transit system.

"These are things that will provide relief for the overcrowding on the subway line," said Tory.

A \$95 million investment in the TTC last year resulted in an overall drop in delays across all systems by 13 per cent.

"We haven't achieved perfection," said Tory, "but we have achieved improvement that is noticeable to me as a customer."

Food banks seeing fewer donations due to rising food costs

Christiana Chan

SENIOR REPORTER

Canadian food banks worry that rising food prices are going to have a negative impact on donations and increase demand for their services.

Fresh food prices began to surge after Christmas, due to the weaker Canadian dollar and adverse weather in parts of the United States.

"We are worried that people who purchase food and put it in the box will be less likely to purchase it because it's more expensive. We spend over a million dollars a year buying food, and all of that is going up," said Gail Nyberg, executive director for the Daily Bread Food Bank.

The viral coverage recently of a head of cauliflower being priced at \$8 raised people's awareness of the pricing situation. However, cauliflower is not the only vegetable whose price is growing out of control. Celery shot up 46.3 per

cent since December, according to Statistics Canada.

While consumers dig a bit deeper into their pockets to buy fresh produce, food banks that rely on buying food for their agencies are faced with unstable prices.

"We know our suppliers have told us that prices are going to go up. We buy produce, but now it's so hard to forecast when your supplier won't give you a cost," said Nyberg.

Although Canada is still in the early stages of the food price increase and most food banks have already passed their peak food drive season after the holidays, there is still concern for what is going to happen in the near future.

"Where we start to see a diminishing quantity of food being donated every year is starting through the spring and the summer, so that is where we think there is the biggest risk," said Ryan Noble the executive director of the North York Harvest Food Bank.



MARLEE GREIG

The high price of cauliflower in Canadian grocery stores created a discussion about the increasing cost of food due to a low Canadian dollar and reduced U.S. harvest.

Food bank use across Canada has grown 26 per cent since the 2008 recession.

Food bank officials worry that the increase in prices will make buying food from the grocery store more difficult for low-income families increasing demand for their services.

"The good news is that in the past when we've seen things like recessions, we often see people that understand that their neighbours are in need and they step up, so we are very thankful for that and hope to see it continue," said Noble.

Food Price Report forecasts 4 per cent increase in 2016

Britnei Bilhete

SENIOR REPORTER

When the price of cauliflower in Canada rose to an \$8 high in earlier winter it was a glimpse of what's to come for food inflation in 2016 – and consumers are concerned.

The Food Price Report by the University of Guelph's Food Institute says the increase is at about 4 per cent, which means the average Canadian household will spend an extra \$345 this year.

Sylvain Charlebois, who co-authored the report, says the rise in prices is because of the the dollar's fall and climate change and has caused some Canadians to rethink the way they shop.

"More and more people are actually looking at prices," said Charlebois "Ten years ago people barely looked at them and now they're looking more diligently."

He advises people strategize before they go shopping. "Before getting into a store you should have a good idea of how much you need to spend to get certain products," he said.

"Second, if there is an item that is too expensive, look around. You can go to other grocery stores or go to the freezer aisle in the case of fruits and vegetables."

Food Price Report on cost increases from October 2014 to October 2015 by category

Meat	5.0%
Fish & Seafood	2.4%
Dairy & Eggs	1.5%
Grains	2.9%
Fruits & Nuts	9.1%
Vegetables	10.1%
Food from Restaurants	2.7%
Overall Food Expenditures	4.1%

Sports

Hawks dominate St. Clair in weekend doubleheader

Malcolm Campbell

SENIOR REPORTER

The St. Clair Saints came to town on Saturday for a basketball doubleheader involving both the Varsity teams making the trip to Humber.

The women played first and though the game stayed tight until the end of the third quarter, St.Clair had no answers for Humber's plans. The Hawks defence was stingy consistently, with six players registering steals, three players with three or more.

Felicia Velasquez helped out on the back end with 10 defensive rebounds leading Humber to a 79-66 victory.

Natalie Hagopian hit a few huge shots from beyond the arc in the third quarter, helping Humber pull away. Ceejay Nofuente put the game out of reach for St.Clair with a couple of steals in the final quarter to put the game on ice.

The team continued their winning ways on Sunday beat-



ing Lambton College 85-48.

The men's team beat St.Clair 99-81 and Lambton 89-81, giving them a season record of 12-3.

Both teams play next tonight at Redeemer College in Ancaster.

MALCOLM CAMPBELL



Curling teams face rule change at OCAA tournament in Thunder Bay

Ken Keller

STAFF REPORTER

Imagine being a varsity athlete heading off to the provincial championships.

Excitement. Stress. Nerves.

Now imagine being an athlete heading off to provincial championships having only learned the rules to your game a month ago.

This is the situation facing the Humber Hawks curling teams next week as they head to Thunder Bay for the OCAA tournament. The competition, hosted by Confederation College, will feature the new curling rules and techniques decided upon by Curl Canada in Nov/Dec. 2015.

Hawks curling head coach Cindy Bishop says that the teams were taught some of these new rules much later.

"We're still learning," said Bishop. "We were taught the new technique January 10. This is all new. Every game they are practicing to get better and better."

Bishop said the men's and women's teams were taught these new techniques by John Epping, one of the top curlers in Canada.

It's worth noting for the curling layperson that the new sweeping method being taught is quite different from the traditional curling these athletes know.

"There's only one sweeper," says Bishop. "The new sweeping is just with one person."



KEN KELLER

Humber Hawks curling team learned the new Curl Canada rules less than a month before competing in the Thunder Bay OCAA tournament.

Bishop says that this one-person technique is so new that it remains mostly unproven. There's no way to know for sure at this point how much impact it will have on the game going forward.

"Even though there's only one sweeper, what it does is, you can manipulate the line of the rock a lot

more... It's just totally different from your normal club curling game."

In any other sport, the coach might be expected to scream reminders from the sidelines, calling time outs to refresh the players' memories.

Not so with curling. Bishops says that per game, she gets two one-minute interventions and a five minute

half time session to go over strategies and pointers for the athletes.

Add to this the fact that each of Humber's curling teams – men's, women's and mixed – only gets one two-hour practice a week, plus one game at the Weston Golf and Country Club, and even the hardest athlete might start to feel the stress.

If there is any added stress from re-learning an old game, it hasn't shaken the team's resolve.

"[I'm] super excited," says Kyle Mills, a member of the mixed team. "Ready to go. We've been playing a lot better as a team, so everyone's confidence is up and a lot of this game is confidence. If you think you will miss the shot, you will miss the shot."

"Staying positive is the main goal," adds Allan Osborne, another member of the mixed team.

The mixed team's season ends with the OCAA tournament – only the Men's and Women's teams can go to the CCAA national tournament – so the team is taking the games as seriously as possible, and their enthusiasm for the sport shows. Every person on the ice on Sunday demonstrated a palpable passion for what they were doing.

"Even watching curling for me is kind of sad because I'd rather be there curling than watching," says Abbey O'Keefe, one of the mixed team members. "It means too much to me."

Even with a drastic change to the rules, and the short amount of time these athletes have had to adapt to and integrate these new techniques, the Humber Hawks curling teams are showing clear readiness for their 2016 OCAA shot. Coming off strong showings for both the women's and men's teams at the two previous college tournaments this season, prospects for gold at the provincial level appear strong.