

Humber following polytechnic pathway

Degrees programs aside, not seeking university status

Christina Romualdo
NEWS REPORTER

Humber is offering the highest number of degree programs of any college in Ontario, and many students are wondering whether the institution will

begin the long process to becoming a university.

Humber President Chris Whitaker said he's been asked that question many times since taking office in 2012 and his response is always the same.

"The notion of a university as we currently understand it in Ontario is not an institution that we aspire to become," said Whitaker. "At the same time, what Humber as-

pires to is what we call a polytechnic model of education."

His answer echoes strategic plan set out in 2013 by Humber, now formally known as Humber College Institute of Technology and Learning, a polytechnic designation. It outlines three pillars, the first of which is "strengthening our polytechnic identity."

"This vision of leadership in polytechnic education as we've

defined it at Humber means staying true to the original college mission and mandate of providing access to opportunities for learning for students that want post-secondary education," said Whitaker. "And so, by providing that broad range of credentials and programs within that, we're just offering more choice to students."

A quirk in the system is that the province doesn't rec-

ognize the term polytechnic, which begs the question of what the term means

Ken Coates has worked in university administration since 1991 and co-authored the book *Campus Confidential*, which exposed some harsh realities about Canada's universities.

Coates penned a column in *The Globe and Mail* entitled "This is Canada's polytechnic moment," which at-

tempted to spark a discussion on polytechnic institutions.

He defines a polytechnic as "an institution that realizes the need to combine practical training, skills training, and an education. It's not narrowly focused on careers, but it actually has elements of an advanced education and practical training."

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'Worst student' is top jazzman

Charlotte Morritt-Jacobs
ARTS & ENTERTAINMENT REPORTER

It's hard to believe that award-winning jazz saxophonist David Rubel was at one time a terrible Humber Jazz student.

Now less than 10 years later, Rubel is performing to sold out jazz venues promoting his latest album "Into the Dark" and gearing up for a U.K. tour set March 2016.

Rubel said that despite being "the worst Humber Jazz student," he used the school to begin his career writing and collaborating with talented musicians.

The Jazz Bistro on Victoria Street in Toronto opened its doors March 5-7 to Rubel as he played a three-day performance comprising of 14 jazz swings and standards.

Each performance was recorded for a live-off-the-floor CD that will be released next spring.

His skilled quartet consisted of Winston Matsushita, Malcolm Connor and Robin Claxton showcased guest vibraphonist Nat Steele from the U.K.

Before the show Rubel shared his thoughts on how he measures his progress and what he does to improve his craft.

Recording songs and tracing back how one sounds is a nice way to measure progress, Rubel said.

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INTERNATIONAL WOMEN'S DAY PAGE 2



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JENNIFER BERRY

Last Saturday's International Women's Day march in downtown Toronto drew demonstrators like mother of three Pam Ross.

Women's first gold since 2005

Andy Redding
SPORTS REPORTER

Humber Hawks are OCAA women's basketball champs for the first time in a decade.

On the shoulders of a dominant third quarter in the gold medal game at Centennial College on Saturday, the Hawks pulled away from the Mohawk Mountaineers to be crowned the best in the OCAA.

"It feels surreal, but it feels amazing to have accomplished one of the team goals," said third-year shooting guard Natalie Hagopian. "We worked so hard throughout the whole year to be where we are today."

The 61-46 final score was not indicative of the whole game, as Humber was losing by three points at half time.

Mary Asare was awarded the championship MVP award after playing a key defending role throughout the tournament, constantly shutting down the other teams' best scorers every game.

The final outcome of the gold medal game was Humber's largest margin of victory throughout the tournament, after winning two closely contested games to reach the final.

Humber beat Niagara College in the opening game of the tournament by six points, led by Aleena Domingo's 13-point effort.

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JENNIFER BERRY

Demonstrators marched from Bloor Street West and St. George Street to Ryerson University's Student Centre in support of International Women's Day.



JENNIFER BERRY

The theme of the celebration was "Empowering Women, Empowering Humanity: Picture it!" International Women's Day was first celebrated in New York City on February 28, 1909.

International Women's Day march

Women's issues such as rights, consent and violence raised

Jennifer Berry
NEWS REPORTER

March's unforgiving chill didn't stop International Women's Day demonstrators from coming out in droves to march in solidarity.

The energy was palpable, the mood was upbeat and the placards held high as people gathered on March 7 at the corner of Bloor Street West and St. George Street to march through downtown Toronto to Ryerson University's campus.

The demonstration came just one day after Ontario

Premier Kathleen Wynne revealed a plan to combat sexual violence. The plan includes commitments to address sexual assault policies on post-secondary campuses.

Other prominent issues such as gender equality, violence against Aboriginal women, childcare and consent were also focused on.

Humber Sport Management student Mandee Borne, 23, said progress is needed in regards to gender equality.

"I feel women's issues are really important because we aren't where we think we are," said Borne.

She cites the so-called "tampon tax" as a glaring example of gender inequality. The issue has recently been reignited after a petition

calling for Canadian tax law to reclassify tampons as "essential" — and hence free of consumer tax — and amassed over 50,000 signatures since January.



Not enough people are paying attention even though we know it's a huge issue in Canada

Annie Morrison
PROTESTER

"A perfect example that I didn't even know about is they charge us GST on our feminine products, which I don't find appropriate at all, especially since they don't charge tax on things like birthday cakes and sperm," said Borne. "That makes no sense to me."

Pam Ross stood out from the crowd of demonstrators while holding a hand-painted sign that simply said "Consent is Hot."

"I'm here because I have three daughters in university and the message of consent is really important to me," said Ross, executive vice-president at Toronto's Sunnybrook Hospital Foundation. "I thought this was a great venue to talk about it."

People of all ages, genders and ethnicities — led by a pick-up truck blaring upbeat dance music and a mistress of ceremonies on a loudspeaker — walked proudly for about an hour.

As the march wound down to a stroll and participants filtered into Ryerson Uni-

versity's Student Centre for the International Women's Day fair, professional housecleaner Annie Morrison, 26, explained why she feels passionately about violence against Aboriginal women.

"Not enough people are paying attention even though we know it's a huge issue in Canada and I think there is momentum moving towards taking action on it," said Morrison. "It's more important than ever to continue to support the movements when they're happening."

Morrison noted while the demonstration was largely about politics (there were "Stop Harper Now" posters as far as the eye could see), she thinks awareness about issues like sexual abuse needs to start closer to home.

"We need to also look at what businesses can be doing about sexual harassment in the workplace, I think that's an important piece that we need to keep in mind," she said. "It's not just about government action."

Toronto high school student Sarah Walker, 18, was spotted holding a pink glitter sign stating "My Pussy, My Choice". Walker said that in the last year, she's become more socially aware, particularly of the injustices towards women, citing gender equality and consent as issues dear to her heart.

"I've had teachers that have made sexist comments and I've brought it to the office and the office hasn't done anything about it," said Walker.

Walker added that rape culture and the prominence of victim blaming needs to change.



JENNIFER BERRY

Toronto high school students Sarah Walker (left) and Nicole Baran marched on March 7 in celebration of International Women's Day.



JENNIFER BERRY

Toronto's Annie Morrison said now is the time to support movements around women's issues.



JENNIFER BERRY

People of all ages, genders and ethnicities walked for about an hour, despite the late winter chill.

Ontario colleges evolving new identities

Continued from page 1

In Ontario, polytechnics go by a different name.

The government of Ontario does not officially designate 'polytechnics', in part because the term is not used consistently across jurisdictions," the Ministry of Training, Colleges, and Universities said in an emailed statement.

"Ontario does not have any publicly-assisted institutions that use the designation 'polytechnic,' nor does the Ministry have any formal criteria for what constitutes a 'polytechnic' institution."

Instead, the Ministry has chosen to differentiate five colleges as Institutes of Technology and Advanced Learning or ITALs. The institutions can offer up to 15 per cent of their pro-

“Colleges Ontario is going to have a very hard time differentiating between its members.

Nobina Robinson
POLYTECHNICS CANADA/PRESIDENT

gramming as applied degrees.

Of the five designated ITALs, only three of them – Sheridan, Conestoga and Humber – adopted the ITAL name. The other two, Seneca and George Brown, only adopted the model in terms of being able to offer a certain percentage of applied degree programming.

But what's in a name?

Polytechnics Canada President Nobina Robinson argues calling an institution a polytechnic is a crucial aspect of its definition.

"The public doesn't know what an ITAL is – it's a large community college that has the power to offer degrees. And Humber has been one of the first to be an ITAL," said Robinson.

"So, in my mind, Humber is a polytechnic. It's just that the government hasn't allowed it to brand itself that."

Robinson says in driving this discussion Humber's leadership is deeply rooted in its past.

"This is not something new to Chris Whitaker. Humber's past two presidents – (Robert) Squee Gordon joined Polytechnics Canada and helped create it, John Davies was a member and

became chair of Polytechnics Canada – they all instinctively understood that Humber's not the same as (other colleges in the province), so how do you explain that difference?" said Robinson.

"You have to be careful when you use the word 'difference' to not put a value judgment against the other," he said.

Discussions on differentiation have always been difficult for that very reason.

The Ministry attempted to tackle the topic with a series of round-table discussions in 2013, which culminated in a policy framework released in November of that year.

Robinson's organization advocates for polytechnics at a federal level and leaves provincial advocacy to its members. In Ontario, that means that

Humber has to go through its provincial association, Colleges Ontario, to advocate for change.

"It would stand to reason that all 24 colleges in Ontario are not the same," said Robinson. "They're not the same in size, in scope, in width and breadth of programming. They're not the same in location, which has a lot to do with economic factors.

"Colleges Ontario is going to have a very hard time differentiating between its members. That differentiation is easy for me to do in Ottawa, but much harder to do in Toronto where the association has to equally represent all 24 entities," she said.

For its part, Colleges Ontario is doing its best to address the needs of all its members.

"Although there is a great deal

of commonality among missions of the 24 colleges, there is also considerable differentiation," said Bill Summers, vice-president of Research and Policy, in an email.

"All colleges are committed to developing pathways amongst our diploma and degree programs so that graduates of diploma programs throughout the province have access to the aligned college degree programs," he said.

Despite the ITAL designation, Robinson maintains Ontario needs to go a step further in creating an official polytechnic designation outside of the existing pillars of universities and colleges.

"If the word polytechnic is used, as it should be, (it's) as a differentiator – we're neither a university nor an old-fashioned community college," she said.



TRAVIS KINGDON

The bus loop under construction as part of the LRC addition at Humber North is slated for completion in fall of 2015.

LRC bus loop expected to improve rider safety

Travis Kingdon

TRANSPORTATION REPORTER

Students who take transit to the North campus soon won't have to dart across Humber College Blvd. to get to class.

A section of the Learning Resource Commons project is a bus loop being constructed adjacent to Arboretum Drive.

All of the buses that serve Humber will use the bus loop.

"Eighty-five per cent of our population is taking transit," said Carol Anderson, senior director of strategic asset management at Humber. "We weren't serving them well when we were dumping them off on Humber College Blvd. and making them walk the furthest," she said.

Aaliyah Hyde, a first-year Early Childhood Education student, said drivers sometimes can't see people crossing

the street. "Having a bus stop on campus would be better, especially in the winter," she said.

"I'm not suggesting for a minute it's going to be easy," said Anderson, noting that bringing buses onto campus will cause more congestion.

Rob Kilfoyle, Humber's director of Public Safety, said buses will come in the entrance controlled by traffic lights and enter the bus loop from there.

These buses will use the far side of the loop, closest to the University of Guelph-Humber.

Buses following this path will be the ones that come most frequently. This includes all TTC buses, Brampton Transit and MiWay, he said.

Other buses will use the exit on Arboretum Drive, next to Lot 5. These buses will utilize the other side of the

loop, and service the campus less frequently. This includes Viva and GO Transit, said Kilfoyle.

"Transit authorities wanted [Silver Bell Line] to just be entrance B for buses," said Anderson.

"We just won't accept it being a priority bus lane." Silver Bell Line will be widened and a new signal system will be implemented at the intersection to accommodate both bus and vehicle traffic., Anderson said.

"If there is a wait of a bus sitting at the intersection it's going to make that signal change faster than being on the regular sequence," said Anderson. This will help vehicle traffic around campus as well, she said.

She said widening the entrances to the college at cer-

tain points will also occur as a part of the preparation for the bus loop.

The amount of room buses need to turn was taken into consideration when designing the loop, said Kilfoyle.

"We did it with all their specs, they were engaged and that's how the design of the bus loop came together," he said.

The Queen's Plate shuttle from the excess parking area near Woodbine Centre will not use the new bus loop. The service will continue to drop students off on Spruce Vista, the main road in the college, said Kilfoyle.

"There will be no problem in having it up and running for the fall semester," said Anderson. The loop will be completed by the end of June, and then the transit authorities will begin training their drivers shortly after, she said.

Ontario's Work-Study Program translates to Humber campus jobs

Jeremy Appel

CITY HALL/QUEEN'S PARK REPORTER

Applications are open for the Ontario government's youth summer jobs program.

A Feb. 26 statement from the Ministry of Training, Colleges and Universities touts the program as an opportunity for youth to "gain valuable skills and experience."

The initiative is a part of the province's Youth Jobs Strategy, where \$295 million is invested to assist Ontarians aged 15 to 29.

Humber is not involved in the government's summer employment program, opting instead for the Ontario Work-Study Program to create work for students, Career Advisor Christine Colosimo said.

"The students are allowed to work on campus, and it gets subsidized, so it allows departments to hire more students," she said in her office at the Career Centre.

Colosimo says the summer job program often gives students

to start their own business. "We don't really support that because we don't want to have a student have to fork money out of their own pocket," she said.

Belinda Bien, who works at the Ministry of Training, Colleges and Universities, said the government's summer jobs program can essentially be divided into three components.

First the program teaches students how to write a resume and

other valuable job seeking skills.

Next, "Summer Company provides students with awards up to \$3,000 to start and run their own businesses. Students are provided with mentoring and hands-on business training," Bien said in an e-mailed statement.

Finally, the Aboriginal Youth Work Exchange Program provides First Nations youth with a two-month summer job "working on natural resource development projects," Bien wrote.

Darlene Holowachuk is vice president of employment for the YMCA, which acts as a facilitator for the summer jobs program.

"We've been delivering services since the implementation of Summer Jobs Services at each of our employment sites," she said.

Holowachuk said the YMCA tries to connect university and college students with jobs in their field of interest. They also help high school students find their first job.

"Given the high youth unemployment rate, any advantage somebody has with having meaningful employment helps," she said.

Applications for Ontario summer jobs are available online at ontario.ca/jobs-and-employment/employment-programs-people-under-30.

The work-study application form is available on My-Humber under the "Apply for Student Aid" section.

Sexual assault policy seen only as starting point

Reporting needs to continue increasing, advocates still urge

**Veronica Appia
Malcolm Campbell**
NEWS REPORTERS

Policy only goes so far when it comes to changing perceptions.

Humber College is releasing its new policy and protocol dealing with sexual assault and violence in a few weeks. But that alone won't necessarily provoke change.

Corinna Fitzgerald, director of student life programs at Humber, is a part of the team drafting the policy.

"Sexual violence is a complex and multi-layered problem, and it demands a similarly diverse response," she said. "Different people have different needs when it comes to being a victim of sexual violence, and we need to offer a wide range of services at various levels to ensure we are doing our best."

Rob Kilfoyle, director of public safety and emergency management, agrees that there isn't a one-size-fits-all solution.

"We have a strong referral network, and access to resources that allow us to give a person who has experienced sexual assault what they need," he said. "Everybody's different, and we handle each case on an individual basis."

It's controlled by the person reporting the incident."

Only 33 sexual assaults of every 1,000 cases in Canada are reported, according to the action plan to prevent sexual violence and harassment recently released by the Ontario Liberal government.

This is a problem not only in treating victims, but also hinders law enforcement efforts.

"One way we can prevent (sexual assault) is by getting a handle on the problem, so we would encourage anybody experiencing a harassment or assault situation to report that in," Kilfoyle said.

Humber offers a range of educational programs for students and staff that aim at preventing incidents of harassment and assault.

One such initiative is the Rape Aggression Defense training course launched in 2011. The course, exclusive to women and offered each school year at no cost to participants, offers assault resistance tactics participants can employ to avert assailants.

"Statistically, the aggressors in sexual assault are generally men," said Keith Pua, the public safety co-ordinator at Humber's Lakeshore campus. "We wanted to have the type of program that protects women against male aggressors."

Second-year Justice Studies student, Genevieve Yung, said it's always important for wom-



VERONICA APPIA

Humber College's Rape Aggression Defense training program, offered each school year for free, teaches women to defend themselves against potential aggressors.

en to learn to defend themselves. Yung, who participated in a RAD workshop last Tuesday night, said the class is important for safety and a good step for women to take in protecting oneself.

Women need a place of their own to learn how to defend themselves, said Lisa Steacy, a representative from the Canadian Association of Sexual Assault Centres.

When taking into consideration the rise in sexual assault cases in Canada in recent years, Humber has been productive in providing women with the tools to empower themselves and prevent sexual violence on campus and in the communi-

ty, he said.

Reported sexual assaults have nearly doubled over the past decade. The instances of police reported incidents rose to 2,461 in 2012 from 1,300 in 2002, according to Statistics Canada.

These stats do not solely apply to women.

"I have a lot of friends that are abuse victims, both male and female," said Jordan Orford, president of Humber's student group in support of the LGBTQ+ community called Beyond the Rainbow.

Orford understands the need for a women-only space, but advocates for similar treatment for the members of the LGBTQ+ community.

"We are leaving out a huge demographic that potentially experience violence on a day to day basis," he said. "Trans women are one of the most physically harmed groups in the LGBTQ community."

RAD instructors acknowledge the need to serve the greater Humber student community.

"If we find the right opportunity to expand and grow, the more people we can serve," Pua said. "That's our goal - to be able to serve 100 per cent of the community."

Humber's policies for transgender students will not make a difference unless students and faculty act upon them, Orford believes.

Treadmill use can predict lifespan, says cardio study

Amy Wallace
NEWS REPORTER

New research provides us with one more reason to hop on a treadmill.

Cardiologists from Johns Hopkins University devised a formula that estimates an individual's risk of dying in the next 10 years, based on their ability to exercise on a treadmill at an accelerating speed and sharpening incline.

Researchers analyzed data from 58,020 residents of Detroit, Mich., between the ages of 18 and 96. Participants free of heart disease were referred for an exercise stress test from 1991 through 2009. The researchers then tracked how many participants died from any cause over the next decade.

The algorithm, named the FIT Treadmill Score, factors in age and gender. It also factors in peak heart rate reached during intense exercise, and how well one can tolerate physical exertion.

Scores ranged from positive 200 to negative 200, the former being the optimal score.

According to the FIT Score, those with scores above zero had better estimates of survival, and those who scored 100 or higher had a two per cent mortality risk for the next 10 years.

Having a score below negative 100 was associated with a 38 per cent risk of dying in the next 10 years.

Even after accounting for factors such as diabetes and family history of premature death, fitness level was the greatest indicator of death risk.

Researchers hope that, by highlighting mortality risk, it will incentivize for patients to increase exercise and improve cardiovascular fitness.

"Based on a fairly large sample size, researchers have found a way to predict the effects of an individual, in their current health status, on how long they would continue to live that way," said Dr. Michael O'Leary, associate dean of Humber's School of Health Sciences, Allied Health Division.

"It's a really poignant point that if we are able to show individuals who are in the lower end of physical fitness, perhaps they can make some changes to offset that, hopefully."

The study is published in this month's Mayo Clinic Proceedings.

Prescription is a workout with Exercise is Medicine club

Christy Farr
NEWS REPORTER

A new Humber club is prescribing exercise for all students to help improve their health.

Humber College, in collaboration with the University of Guelph-Humber, is one of the first colleges in Ontario to be a part of the global movement Exercise is Medicine on Campus.

The new club, Exercise is Medicine on Campus, was launched in B105 at the North campus on March 10 with an array of healthy snacks for attendees and an invigorating presentation on the concept behind the initiative.

"We are trying to educate doctors and nurses and trying to bring them on board so they can prescribe exercise as a way of prevention for different diseases and chronic conditions," said Aleksandra Patrzalek, president of the club's Humber chapter.

Exercise is Medicine is a world-wide initiative to make people healthier by incorporating exercise as a prescription to reduce risk factors of chronic diseases.

Patrzalek said the organization seeks to promote the inter-professional relationships between health professionals and fitness professionals.

Exercise is Medicine also



We are trying to educate doctors and nurses so they can prescribe exercise.

Aleksandra Patrzalek
PRESIDENT,
EXERCISE IS MEDICINE ON CAMPUS

seeks to increase the number of Canadians meeting the minimum 150 minutes a week of physical activity, as prescribed in the Canadian physical activity guidelines and the Canadian Sedentary Behavior Guidelines.

Humber is in need of an

initiative such as this to get students and faculty up and moving, said Patrzalek.

For students that came to the launch because they were curious about the new club, most are looking forward to larger Humber organized fitness fun events.

"I'm more interested in the larger campus wide events that will come in the future," said Austin Malone, 20, a second-year Fitness and Health Promotion student.

Karyn Humber, an instructor in the diploma program Fitness and Health Promotion who is also the faculty liaison with the Exercise is Medicine on Campus initiative, said bringing the

initiative to Humber was a must-have.

"I love the concept," she said. "It has been promoted to bring it to Ontario universities but I wanted to quickly get us on board"

Humber said she has been involved with Canadian Society for Exercise Physiology and a committee member and board member since 2005 - which is where she first learned about the initiative.

Starting next year, the club intends to organize events such a campus wide scavenger hunt and 10-minute walk around campus, as well as educational seminars and special guest speakers.

Etobicoke charity robbed

Humber students touched by YouTube video of Toronto boy

Eric Wickham

REXDALE/N. ETOBICOKE REPORTER

A strong community reaction to a crime in Etobicoke gave a charity the chance to recover quickly.

Surveillance cameras captured two men tearing out catalytic converters from delivery trucks owned by the Furniture Bank around 8 p.m. on Feb. 27. The charity gathers donations of used furniture and redistributes it to people in need.

Catalytic converters, devices that control emissions from vehicles, are targeted by thieves for their trace amounts of precious metals. The theft of the converters would have hit the charity hard.

It would have also hit families who had no furniture and were expecting donations.

"To take from a charity, that's very low," said Adrian Lee, who worked as a mover at Furniture Bank for two months. He said he found this job through his job agency and was interested in having the chance to make a positive impact in the community.

The charity's director Dylan Kershaw said the organization discovered the thefts on Saturday morning. He said the first priority continued to be their

clients, and the recent theft would cost Furniture Bank around \$20,000.

"We had three trucks that were scheduled for doing deliveries. So we had about 24 families who were expecting furniture who at that time had no furniture," said Kershaw, adding the charity was also victims of a similar theft in November.

They thought they were in a jam, but others rallied and pitched in to ensure the deliveries were made on time.

Noah Kravitz, the Furniture Bank's Community Manager and Fundraising Coordinator and a Humber Lakeshore 2013 grad from the postgraduate Fundraising and Volunteer Management program, said the furniture company Leon's reached out.

Leon's donated two trucks and movers to help them pick up and deliver furniture while they raised money to fix their trucks.

"One thing that's really amazing is we can say confidently since last week we were able to do all our client delivery and donor pickups on time, it's really been the community stepping up," said Kravitz.

A fundraising effort began on the Monday following the theft. As of March 10, Furniture Bank had raised \$19,500 to replace the what was stolen.

"The world threw us lemons, and we did our best to



ERIC WICKHAM

Furniture Bank is a charity that aims to furnish the homes of the underprivileged in Toronto.

make lemonade. We've been very fortunate," said Kershaw.

He said six or seven companies in the immediate area have experienced catalytic converter thefts.

"All the furniture delivered to a home was selected by the clients," said Kravitz said.

"All the items our clients are selecting are free of charge," he said.

Kravitz said there is a delivery fee of \$150, but depending on the referral agency clients could have their whole home furnished for free.

He said the delivery fee was an important part of Furniture Bank's social enterprise.

Kravitz said Furniture Bank is a charity, but the pickup service charges donors a fee in return for a tax receipt, and has a business model.

"That's run like a business, but all the funds we raise through the social enterprise, or the pickup service is what's funding this charity," Kravitz said.

The delivery service is the

part of the charity most affected by the thefts of the catalytic converters.

Kravitz's career in the non-profit world began at Humber Lakeshore.

"I got my eyes open to fundraising," he said. "It was a very much a professional field, and work that was very much needed in the non-profit sector."

Kravitz enrolled in the postgraduate Fundraising and Volunteer Management program at Humber College and immediately realized it was for him.

Through networking in this program Kravitz made his way to Furniture Bank.

"There are tens of thousands of people in the city that for various reasons all linked to poverty are living without furniture," said Kershaw. "We don't really realize how much we love furniture until we don't have it."

"It's really the community bounding together and doing something that we understand is bigger than all of us," said Kravitz.

Humber's Good Deeds Club supports child following brain tumour surgery

Katie Jones

A&E REPORTER

Students at Humber hugged members of the Good Deeds Club to support an eight-year-old boy who underwent brain surgery on March 5 to remove a brain tumour.

This comes after a video posted on YouTube by Nadine Weis, his mother, who told the world about her son and asked viewers to make one simple act of love the day of his surgery.

"I'm here to prove to my kids that we are very capable of creating something very powerful when people get together," she said in the video.

Sebastian Yanquevech, 9, of North York thought more about how his mom would be coping rather than his impending surgery so the two devised a plan: Hug Day.

"I need you to tell the world about my operation, because I want you to have the support you're going to need when I'm in surgery. I want you to have power. I want the world to know so that the world can be beside you," Weis said her son told her in the video.

In order to make sure his mom didn't feel alone on the day of the big operation, Sebastian asked people to hug

others.

Members of Humber's Good Deeds Club rose to the occasion by making signs to promote the cause.

"I am here because I think Sebastian has an incredible message that he is spreading," said Mikki Decker, a Family Community Social Services transfer student and committed member of the club.

"It is his birthday today and he is having his second brain surgery and all he can think about and all he wants is the world to hug today," she said.

Decker praised the young boy for his courageous spirit, highlighting that at nine, his only wish is to spread love.

"To be nine years old and have that much of a heart I think it explodes with such a lesson we can learn. Back to the basics of being kind and human to each other," said Decker.

Students who passed the event beside the library were able to hear the music the club was playing and had the chance to sign a big card that Mobeen Sheikh, president of the Goods Deeds Club, made for Sebastian and his family.

"We're the Good Deeds Club, let's work our magic and try to get the good people of Humber to come together and spread awareness," said Sheikh. "We want to reach a new record for hugs, we gave out 600 on Monday."

Sebastian will receive his card from the members.

"I'm already in touch with Nadine, Sebastian's mom, and she knows and is aware of this event. We're trying to get a couple club members to go to the hospital to personally give him and his family a hug and give him the card," said Sheikh.

"A lot of the pictures and videos will be online and we're trying to trend the #HugsForSebastian as well," Sheikh said "We hope that it makes people spread the word and raise awareness about the cause."

Shawn Manahan, a Humber student running for HSF president, also attended the event giving out hugs. Manahan has been a part of the club for over a year and believes in spreading positivity for a good cause.

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Ryan Durgy

BIZ/TECH REPORTER

A tech company thinks its new device can hide people in plain sight.

AVG Technologies is now demonstrating a concept pair of invisibility glasses that are designed to protect wearers' "visual identity in the digital age," according to the firm's website.

The glasses are a departure from the multinational company's usual focus, computer security software.

Using infrared LEDs only visible to digital cameras, the glasses use a bright flash around the wearer's eyes and nose to obscure areas critical for facial recognition software to identify a person.

Some students are con-

cerned that if students get their hands on a pair of invisibility glasses, safety on campus may be affected.

But Rob Kilfoyle, director of Public Safety and Emergency Management at Humber College, doesn't consider the invisibility glasses a safety concern for Humber's campuses at this stage.

"For the college setting, I can't really see it being a major issue. We currently don't use facial recognition software," Kilfoyle said.

Kilfoyle said he would be curious about the intention behind people wearing the glasses, but pointed out that there is nothing prohibited about it.

"It's not illegal to obscure yourself," Kilfoyle said.

Although Kilfoyle said facial recognition software

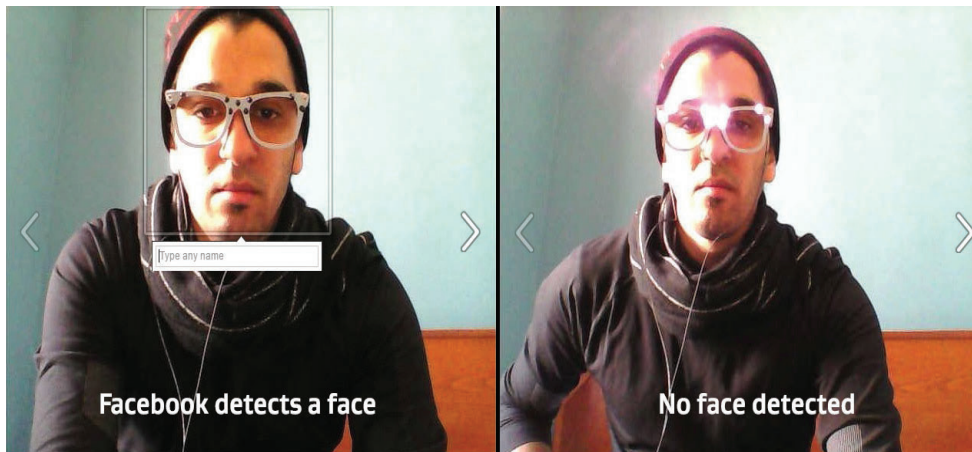


PHOTO COURTESY OF AVG

AVG's concept invisibility glasses designed to help people protect their identities from facial recognition technologies.

is not in use at Humber, he remarked the Public Safety department may look into implementing access control systems that use biometric technology such as facial scanning, fingerprints and iris scanning to control ac-

cess into high control areas.

Kilfoyle said they are not at the point of using such technology quite yet.

Bethany Hosick, a second-year Fashion Arts student, thinks the focus should be on the facial recognition

software rather than on the glasses themselves.

"The software shouldn't be open for public use," Hosick said.

"I wouldn't buy them and I wouldn't care if someone else bought them," she said.

"I would care if a criminal bought them... If you're actually using it to hide something then that's not good."

Hosick said she could understand why people may want the invisibility glasses to manage how they are seen online.

Hosick said she doesn't like Facebook using facial recognition technologies to recognize people in photos posted online.

"I guess by getting a Facebook account you're already putting your life on public display," Hosick said. "Do we really need that? (Facebook) is supposed to be a fun outlet, not a tracking device."

On its website, AVG has said its product is not meant for a market release and rather is another way for technology experts to "combat the daily erosion of our privacy in the digital age."

Career Centre fronts 1000 on-campus jobs

North campus advisory office also employs students who help their peers find work

Nicole Williams

BIZ/TECH REPORTER

Humber College's Career Centre not only provides career support to students and alumni but helps connect current students to about 1,000 part-time jobs available on campus.

Such positions allow students to work anywhere between eight and 12 hours a week on campus while completing their studies at Humber College and the University of Guelph-Humber.

"It's a great opportunity for students because they don't have to worry about working after classes. They can work their jobs into their timetable in between classes," said Christine Colosimo, head advisor at the centre.

Every department on campus employs students. Jobs on campus can include anything from lab technicians to working with student athletes in the Athletic Centre to planting flowers in the Arboretum.

Job eligibility on campus is based on a student's financial need.

Chante Morgan, a fourth-year Business Administration student, works as a career advising assistant at the Career

Centre.

Morgan says working on campus has given her unique working experience not easily found elsewhere for a student working part-time.

"We work with a lot of employers. My interpersonal skills have really improved. I talk to people on a daily basis that normally I wouldn't have talked to before. I've also learned how professionals speak to other professionals," said Morgan.



It was great because I was able to come in here, and have someone look at my resume and tell me exactly what employers are looking for.

Heather Foell
KINESIOLOGY STUDENT

Allison Baker, 20, a Kinesiology student at Guelph-Humber who is also a career advising assistant, says working on campus allows her to keep her education at top priority.



NICOLE WILLIAMS

Heather Foell (left), 22, a Kinesiology student, gets help improving her resume for job applications from work-study student Allison Baker, 20, at Humber's Career Centre. There are about 1,000 part-time jobs on campus offered across all departments.

"Being a Kinesiology student and working can be pretty crazy, but working here you have really flexible hours. You never feel like you have to put school second," said Baker.

Beyond Humber-based jobs, Humber and University of Guelph-Humber students and alumni can come in to the centre and get the help they need for any kind of career-related aid: resume critiquing, interview preparation and even help with

marketing their social media accounts towards potential employers.

Heather Foell, a fourth-year Kinesiology student at Guelph-Humber, made an appointment with the Career Centre to have her resume reviewed for a job application.

"It was a really simple process," said Foell. "I came in to the Career Centre to get another opinion. While my family have my best interest at heart, I needed someone with an unbi-

ased opinion," she said.

Foell says she's looking to apply to Top Hat, a competitive start-up that focuses on improving the classroom environment by integrating technology and instructor involvement in the learning experience.

"It was great because I was able to come in here, and have someone look at my resume and tell me exactly what employers are looking for," said Foell, adding that someone

was a fellow student.

The Career Centre will be moving into the new LRC Building at the end of April. It will share the space with The Recruitment Centre, said Colosimo.

"It's going to be wonderful. We'll be able to help students from orientation to graduation. It'll be really good having us all together, and collaboratively working for that student from beginning to end," said Colosimo.

EDITORIAL

HSF must attend to continuous low voter turnout

With another Humber Students' Federation election cycle to be in the books by this evening, it's again clear that Humber students don't care enough to vote despite the numerous issues the student body has with the day-to-day life at Humber.

Et Cetera has covered campus issues including parking, student fees, lack of space, WiFi reception and Blackboard repeatedly over the years, and there is never a shortage of students willing to speak out about the recurring problems. Despite this, the voter turnout to elect student representatives who consistently express a desire to work towards changes in these areas is always poor.

Last year's election saw less than 20 per cent of students utilize their right to vote, and it was even worse during the by-election in the fall where the turnout was less than eight per cent.

This for a student government that control just under \$10-million in student fees. Yes, you read that number correctly. It seems few Humber students realize how much clout HSF wields.

The low voting turnout statistics might not seem surprising considering how often it's reported that those within the post-secondary age demographic are consistently the lowest in terms of voter turnout, yet during the last federal election in 2011 nearly 40 per cent of 18 to 24 year olds voted.

This could be because many students are here solely to get their certificate or diploma as fast as possible in order to start their careers and working lives. We attend our one-to-four year programs and never set foot on campus again in most cases. Why bother voting when Humber is such a short moment in our lives?

Not only this, but Humber is a commuter school. Many students spend hours traveling to and from campus and since so few students live on campus, there's surely a sense of disconnect.

As Humber news outlets have reported in the past, many students do admit they simply don't care about voting. But others say they aren't provided with enough information in order to feel informed enough to vote.

Along with candidates' meetings and pre-election events around campus, there is a lot of information posted on the HSF website, but it means little if the level of student engagement isn't there.

The minutes of HSF meetings throughout the year are posted, and if anyone really wants to know how their student fees are being spent they can find it, but clearly HSF can't expect

a majority of the student population to inform themselves.

Every year the presidential candidates engage students at a forum where they answer questions about who they are and what they want to accomplish if elected, but there is sometimes a disconnect between what they want for students and what they have the power to achieve.

If HSF wants students to have more interest in the student government, maybe the best first step would be to outline what exactly HSF does. Inform people what they have the power to do for the people they serve because right now a small percentage of the total student population chooses who gets to influence the decisions being made for the coming year and then those elected are free to go about their business while most students pay little attention to them.

Spornosexual: Fashion conscious, hyper-masculine



Julianne Fox
A&E EDITOR

The term "metrosexual" is dying out, according to many news sources including the Toronto Sun and The Telegraph, as the new groomed but muscular "spornosexual" man is on the rise.

Gender fluidity has been the main reason for these new words. Essentially these terms are used for straight men that are obsessed with their physical image. But they also illuminate a fear of being identified as homosexual.

Spornosexual, made up of a combination of sport and porn, is a new trend quickly developing for men. These men are not only obsessed with fashion and style, they are body-obsessed, according to The Telegraph.

Spornosexuals, like metrosexuals, take pride in the way they dress and spend large amounts of money on grooming. However, they are also toned with bulging muscles and fit into society's image of the hyper-masculine man.

Men now want to be noticed for more than just their clothes and

style. Many retail fashion companies exploited the metrosexual wave in the 90s, making millions on urban street fashion and now gyms will most likely see a boost in their profit margin as the spornosexual emerges.

This new phenomenon is no surprise. It is obvious how perfect everyone wants and hopes to be. But it's unarguably vain, and not a little insecure, when people pose for full-body selfies just to flaunt what they've got. Many of us are guilty in this respect, including myself, because we all want to feel like we look aesthetically pleasing according to society's standards.

But it's very unfair for many men. Some levels of buffness are simply not attainable for certain body types. Timed transformations are simply not viable for some people. It is sad to see men who feel the need to look such a way, the same way many women struggle with their body image and have been influenced by unrealistic body types in the media. This up and coming spornosexual identity shows that men can suffer the same way many women do and could bring their struggles closer to the forefront.

Adding the suffix, "sexual," to these terms is also problematic. I would not consider spornosexual its own type of sexuality. It seems like a body type with added fixations. The trend is more about physical appearance and fashion, not a sexual identity or practice. The lifestyle that comes with being spornosexual can be compared to any other lifestyle people choose for themselves.

What's most problematic, for both the terms metrosexual and spornosexual, is that it allows straight men to term themselves so people understand they are actually straight. It illuminates the idea that men who primp and love fashion are afraid



ENRIQUE LIN/FICKR

Miguel Iglesias featured in *Adon* magazine exemplifies trend.

people will assume they're homosexual. In doing so, it brings up an issue even bigger than unrealistic body types in men -- a need for these men to identify as straight.

Admittedly, considering it is such a new term, many males who can be classified as spornosexual may not know they fit the new identity. I have a few straight male friends who work out and primp themselves, but have no idea what spornosexual is. They do their thing for the sake of being who they want

to be, not because it is what everyone else is doing.

I hope men who are unable to attain a spornosexual body won't be shamed in the same way many metrosexual men have been due to their "feminine" traits.

Any man can identify as being spornosexual, but they need to consider what is most important when satisfying or impressing one another. Like most of us, maybe they ultimately just want to be happy with themselves.

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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Newsroom:
416-675-6622 ext. 4514

Email:
etc.humber@gmail.com

Twitter:
@humberetc

Advertising:
416-675-6622 ext. 79313

Constant communication was soul-sucking. So I unplugged



Jesse Noseworthy
NEWS EDITOR

You're likely reading this on a computer or a smartphone, right?

Anyone can access any social media website within a moment's notice. And anyone in the world can likely reach you at this moment in time.

Being constantly connected is almost an obsession for some people. But it doesn't always feel that way for me; I need balance.

There was once a time when I couldn't put my phone down. It'd be at my hip and I'd respond to any communication at a moment's notice. It was not an enriching experience though. I felt bogged down. It was soul-sucking.

It came to a point when I decided to delete all of my social media ac-

counts, started speaking to people over the phone instead of texting and began to leave my phone at home.

I started to become more aware of my surroundings, conversations became enlightening and I began to enjoy being disconnected.

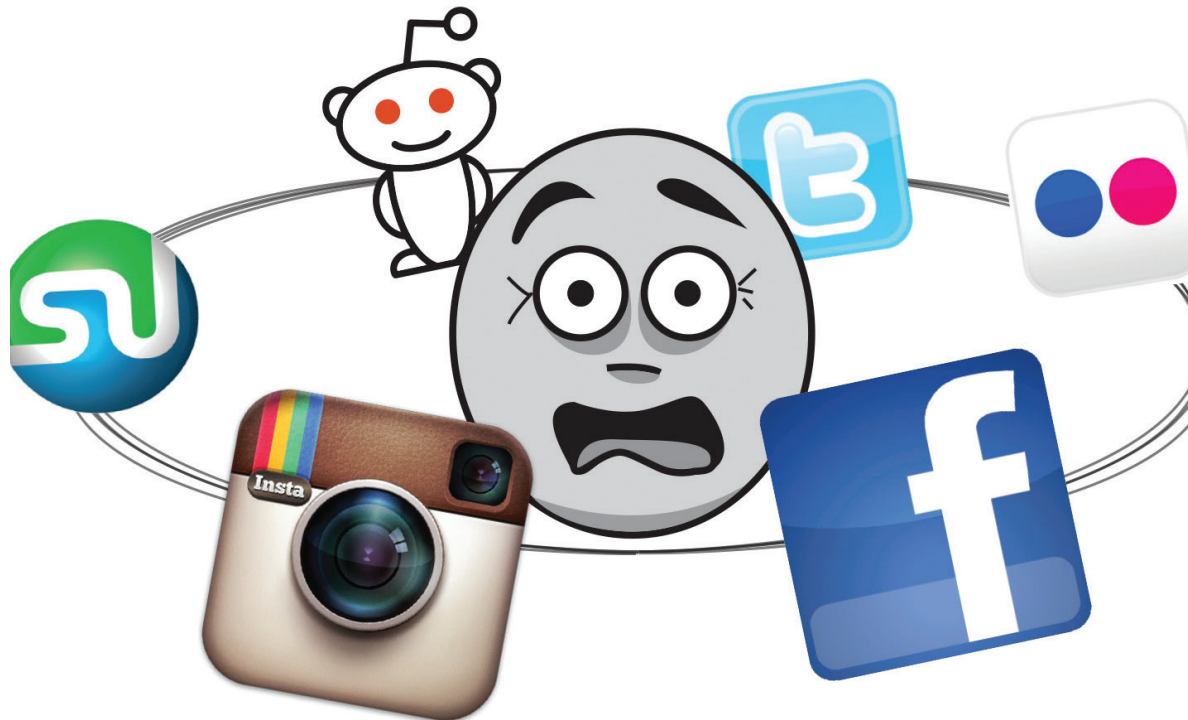
When we start to live vicariously through electronics, we begin to lose track of what's right in front of us.

"The Fear of Missing Out," otherwise called "FOMO," has consumed our society and driven us to desire instant gratification. It has dug itself deep into our roots and allowed us to have a wealth of information at our fingertips. This may be good for some, but after a while it can become too much. We start to feel like we need to consume this, consume that or attend this event and that event.

I called my absence from technology a "cleanses." My intentions were simple: take a step back from something for a period of time to better learn what role it played in my existence.

This technological cleanse took four months in total. Throughout it I began to observe my surroundings more, especially the people within them. One major thing I realized was that most people's cell phones were sacred to them. They had to be within five feet of them at all times and if they weren't it would cause general irritability and a lack of focus.

For example, one night I was hanging out with some friends. At one



FUCCHA.IN/FLICKR

point I looked around and noticed that the majority of them were on their phones. I'd try to start a conversation but it would quickly die down. This began to become a common occurrence in my social life.

I also noticed that, on average, a lot of people checked their phone every five minutes. Having a conversation with someone who suffered from FOMO became exhausting because of how distracted they were.

I felt cast off as a weirdo for not having social media. Upon hearing about my absence from the web,

many people looked at me with a perplexed look on their face, as if to say, "how do you go through your day?" But, I felt a sense of honour in missing out.

This allowed me to quantify life in a new perspective that didn't just stop at technology. I began to realize that it was okay to miss out on the goings on in life. I didn't have to go see a concert or go to a bar. I didn't feel guilty if something happened without me there.

Why? Because I was enjoying what was in front of me. I didn't live elsewhere, I lived in the now. I

found that we spent our days communicating with others who may have been anywhere in the world, which was fantastic, but we were forgetting to communicate with those right in front of us.

While it was tough to change how I communicated with the world (especially with friends and family), I no longer felt dragged down and I re-signed in to social media. And, as expected, it doesn't play a big role in my life. I don't check my newsfeed constantly and I often find myself turning my phone off.

Why ask if Toronto is ready for black police chief?



Vanessa Campbell
ONLINE EDITOR

"Is the Toronto Police Service open to a black chief?" When I read this Toronto Star headline on March 8 I thought it was pure click bait.

To my surprise, it wasn't. And it got better. The first line read, "Can merit have a black face?"

When this piece was posted online, comments and tweets were

enraged at the mere thought of bringing race into a job position.

"What does skin colour have to do with how qualified someone is for a job?" was just one of the comments. What does skin colour have to do with any person's prospects? Which then begs the question: who's really making it a race thing?

My answer: the news media.

Why? Because while race might have been the root of a lot of arrests, especially in the US, news outlets have the platform to shed light on it and to create awareness surrounding these serious problems. Instead we keep passing it around.

Everyone listens when race is brought up because no one wants to be labeled as racist. Once you're labeled as racist, it's hard to come back from it, if you do at all. And the convenient thing about it is that if worded correctly, it can fit anywhere. You can apply it and suggest it in any news story.

Is the world really racist or has the news shaped us that way? I'm not saying the news is bad but I think, especially as an aspiring journalist myself, we need to

choose how we use the "R" word.

Not everything is about race and we shouldn't introduce it into the conversation until it makes sense to. That also doesn't mean we can't ignore the signs of racism, if and when it is actually present. It just means that as a source of education to the public, we have a platform to help fix it, but it seems like a lot of publications have their own agendas. And usually it all boils down to money made by bringing more readers in. But when was money placed over a news organization's main job: to inform, to provide the public with credible news?

Race gets everyone hot and emotional. Race gets views and traffic and ratings. Race is good for business. And while racism is real and alive and well in the world, it's hard to tell now which is more important, the news or keeping newspapers afloat. Are news organizations bringing race up for the right reasons or for profit? And can we do both?

You're not born with hatred or racism. It's taught. And knowing that, I think we should be careful about how we word headlines, regardless of

whether it gets viewers reactions.

No one would blink twice if the Toronto Police possibly getting a black chief was introduced as, "Toronto Police welcomes new chief." The story could then be about his plans on making the department better. Making this about race now steers readers away from whether or not he's qualified. In some cases it could land him the job but in others it could discourage it.

News publications influence a lot of people's views and opinions. With suggestive headlines, we're planting seeds where critical thinking should be free to grow instead. We're creating unnecessary bias.

When you exemplify certain aspects of a narrative, you can get better reception, but often we use that for our own twisted agendas rather than for doing good and getting to the root of problems.

Around the world, Canada has a reputation for being polite and apologetic and while manners are not a bad thing to have, I feel as though we set no trends when it comes to real change or problem solving. As a nation we're pretty passive when it

comes to challenging issues.

As neighbour to the U.S., we're often looked to for reactions by the rest of the world. When something catastrophic happens in the United States, Canada gets a subtle side-eye as if to ask, "you too?" or "what next?"

Cracking down and addressing racism is possible. Flying over to Africa to help "end" poverty or to Iraq to "help out" is hardly any of our business. How can we take on these big issues when we can't even get past skin colour as a defining characteristic for a new Toronto police chief in our "free" country?

Canada doesn't deal with dirty laundry in the news. And we need to. We need to get over being the polite stepsister to the United States and start a long overdue conversation. Especially in Toronto, the most multicultural city in the world.

Why do we need to ask this question: Is the Toronto Police Service open to a black chief?

The question here is: are news publications more interested in click baits and page views or informing people of something as simple as their candidates for police chief?

ALUMNUS

Weak student Rubel became top jazzman

Continued from cover

Recording songs and tracing back how one sounds is a nice way to measure progress, Rubel said.

"The mood you're in as you are playing really dictates how you feel about what you just played. A lot of the times I'll play a solo that I think isn't happening and when I listen back to it, I realize it wasn't so good," he said.

Rubel said that he enjoys listening to his music.

He laughed as he told the story of a man who sat beside him in a barbershop and expressed his distaste for the music playing and more specifically for the saxophone in the song. Rubel's "Into the Dark" was playing at the time.

Rubel would not have been able to produce his latest album without the help of art grants. He will soon begin writing applications for new grants and encourages students to do the same.

"If you can't sell your music how can you expect someone else to?" Rubel said. If you're not 100 per cent for this and not ready to hustle for gigs you should absolutely quit, he said.

George Martinez, a first-year Commercial Jazz student, said that one of the biggest challenges is maintaining motivation.

"You hear of all these prodigy players and it makes you second guess yourself. It's not the easiest scene to break into and to make it big. You have to put in work and play with a great sense of soulfulness," he said.

Lydia Van Dyk, a first-year Humber Jazz student, cited many challenges facing jazz musicians such as: receiving adequate pay, reaching a large audience and living up to personal standards.

"Students hoping to break into the scene should lift many different styles of music, network with other musicians and continue expanding musical



CHARLOTTE MORRITT-JACOBSI

Rubel (bottom) respects jazz foundations such as improvisation. He lets everyone in the quartet, which includes Winston Matsushita, Malcolm Connor and Robin Claxton have their moment and express themselves.

knowledge and repertoire," she said.

Nate Mantle, a second-year Humber Jazz student, said that drawing influence from multiple genres is a good way to keep a craft lively.

"Take up more than one instrument. Don't limit your options," he said.

Rubel's philosophy is that musicians should stop trying to change

their sound.

"I was taught that you couldn't change your sound. You can improve your soul but the core, your sound remains the same," he said.

Can funny be learned? Humber alums say yes

Laura DaSilva
NEWS REPORTER

Sixteen students walked into a bar and put on a comedy show.

Budding performers from Humber's Comedy Writing program flaunted their funny bones as they took over Comedy Bar's main stage on March 9.

The stand-up and sketch night, ironically called "Not a Humber Show," was fully produced and advertised by the keen group of young comics.

The stage was a testing ground for new material and it allowed them to build upon the writing skills they have been learning on campus.

Patrick Stewart, a second-year student and member of the sketch troupe Respect Cops, hosted the event and said school is helping him sharpen his skills.

"I think comedy is a self-defense mechanism that you learn through a lot of struggle," he said. "The Humber program teaches you to harness it."

First-year student Zach Berge, who participated in the show, said all of Humber's teachers are professionals. "We get inside tips instead of just going out there blind," he said.

Gary Rideout Jr., comedian and owner of Comedy Bar - and an alumnus of the Comedy Writing program - disagrees with naysayers who say studying comedy is fruitless.

"You can get your driver's license without taking driver's ed," he said.

But "It's going to make you more confident when you go out into the scene because it's a hard scene to be a part of.

You create a network of people you're going to end up working with."

Josh Murray, children's performer and instructor at The Second City, agrees that a formal education is valuable.

"Studying the history of comedy brings you closer to an industry that's constantly changing," he said. "You have to know where you came from to know where you're going."

The mechanics of joke writing can be taught, but opinions vary on whether or not someone can learn how to be funny.

Brittany Pryatt, a second-year student who performed a stand-up set Monday, says comedic chops are genetic.

"To actually be funny is something you have to be born with and build upon when you grow up," she said.

Rideout said no comic is amazing the first time they perform, and that years of getting on stage every night can give truth to the "practice makes perfect" adage.

"I've seen people that frankly don't have comedic charm be terrible for five straight years, then all of a sudden in the sixth year something clicks and they're good," he said. "How's that not learned?"

One thing young comics need to learn is how to pick themselves up when their jokes fall flat.



LAURA DASILVA

Patrick Stewart keeps crowd entertained between sets as he hosts "Not a Humber Show" at Comedy Bar during March 9 performance.

"Feels like a big ol' punch in the gut. When you have a joke and think it's going to be really funny, you trust yourself," said Stewart. "When it bombs, it's like, 'Oh no I made a mistake and everyone saw.'"

He said he remains hopeful and doesn't let the negative energy take control.

"Comedy is a test. Everyone is against you it seems. You need to persevere," said Murray. "Every famous comedian had that time they felt like they should just pack it in and work at their dad's factory. You

need to push through and say, 'No, this is what I wanna do.'

Most aspiring comics want to get noticed. That's not an easy task when you're a small fish in a big pond like Toronto.

Pryatt, who wants to write comedy for a living and looks up to strong females like Joan Rivers, said getting great headshot photos, trademarking yourself and doing three or four sets each week is key.

Rideout said a lot of young comics are told to write what they think is funny, but that figuring out what



I think comedy is a self defence mechanism that you learn through a lot of struggle.

Patrick Stewart
MEMBER OF SKETCH TROUPE RESPECT COPS

is commercially viable and what the audience likes is also important.

"If you're not entertaining to anyone, no one is going to want to see you on stage, and no one's going to pay to put you on a stage," he said. "Branding, marketing and having business savvy are all as important as being funny."

Murray said comics really have to bring something unique to the table.

"We're tired. We've seen it all. When people are innovative and interesting that's when people take notice," he said. "If you're doing the same set about not having a job or a girlfriend... boo! Seen it. We don't care."

These ambitious jokesters clocking in at open mic nights around the city and producing shows of their own are adding practical experience atop the comedic foundation the Humber program is laying.

Rideout and Murray agree that comedy is a grind, but persistence and hard work pay off.

"Eventually the cream rises to the top," said Rideout.

Respect Cops will be performing March 15 at The Theatre Centre part of the Toronto Sketch Comedy Festival. Stewart is hosting a stand up night called "Unreal Comedy" at Placebo Space April 2.

Joe Lovano arrives as artist in residence

Corey Brehaut

A&E REPORTER

Lovano is in the house.

Humber Lakeshore campus auditorium was packed with students as three TV cameras captured them on stage with famed jazz saxophonist and composer Joe Lovano on March 6.

Lovano was named Humber Music's artist in residence during the event and was received with uproarious applause. Grammy winner Lovano,

62, brought that not only to Friday's show, but workshops leading up to the student concert as well.

"I think that for the students to have that opportunity to play at such a high level with such an established performer as Joe is and also to really rise to the challenge," said Andrew Scott, Music acting director.

The concert featured the Humber Student Tentet and Humber Studio Jazz Ensemble playing with Lovano.

Humber has hosted the artist in

residence concert for 12 years.

Lovano does not show off and left lots of room for the students to shine, said Matthew Chalmers, a fourth-year music student and drummer for the student tentet.

"It's just really inspiring every time because you get to see someone who is internationally known and is at the top of the jazz scene and who you've been listening to for years and years and you get inside their mind and see what it takes to

be on that level," he said.

The students had two full rehearsals and one horn section rehearsal before Lovano arrived said Shirantha Beddage, head of theory and harmony and a JUNO nominee and Galaxie Rising Star winner.

"The students rose to the occasion and then some. They performed their parts confidently and above all were able to react and communicate with Joe in the moment. Lovano himself was spectacular. He's been a

hero of mine since I was a teenager," he said in an email interview.

Lovano came from New York City for rehearsals and workshops with the students for three days before the concert.

"I was extremely proud of the students," said Scott. "I think they rose to the occasion and it was a fabulous performance. Joe was very gracious with his knowledge and his time and his musicianship and the students of course benefit from that," said Scott.



MATTHEW PARISELLI

Humber Comedy Writing program grad, Allison Hogg, is in Sketchersons at Toronto Sketch Comedy Festival.

Hogg's path to comic artistry

Matthew Pariselli

NEWS REPORTER

Allison Hogg walks on stage and feels at home. The gymnasium lights illuminate her as her schoolmates and teachers anxiously watch, and she knows it's time to release Mary Katherine Gallagher, the fictional character Molly Shannon used to present on Saturday Night Live.

The year was 1997 when Hogg was in Grade 7 in her Collingwood school's annual talent show.

Hogg, now comfortable at a table in Toronto's Comedy Bar, lets out a booming laugh. It was a shameless, blatant, word-for-word rip-off, but it served as her segue into comedy.

Hogg is a graduate of Humber's comedy writing program, now performing as part of the Sketchersons at the Toronto Sketch Comedy Festival running to March 15.

"It brings a lot of local acts together with some international, bigger people. The Sketchersons are the only group that has done it every year, so that's kind of exciting," Hogg said of TSCF.

Ashley Comeau, who's part of

the TSCF production team this year and has been involved with the festival in various capacities for the past six years, said, "It's bigger and better than ever. It's the 10 year anniversary, full of fantastic, cream-of-the-crop troupes," she said.

This year's lineup includes SNL cast member Kate McKinnon and world-touring duo Pajama Men.

Comeau has high praise for Hogg. "She's delightful," she said. "I've seen her do some really fun stuff. She's an absolute gem to work with and watch on stage."

Andrew Clark, director of Humber's comedy writing program, recalls Allison's days at the school.

"She was a very good student, very funny and intelligent. You got the impression from Allison that she was going places, that she was definitely thinking things through."

Hogg said of her inspiration, "Right before I'm going to bed, I'll think of something really silly. Afternoon naps are perfect for generating really great ideas."

Hogg also said her work stems from real-life, everyday encounters. One customer she served while

working at Pantry, a restaurant and catering company in Toronto, would routinely come in, sit down, and as she read her newspaper, whisper the words to herself. It was perfect material for Hogg to mould into a sketch she would perform with Ladystache, a duo that she and fellow Humber grad Steph Tolev created.

Ladystache has been around for roughly eight years and has brought both Hogg and Tolev great success. The duo has been nominated for two Canadian Comedy Awards.

Hogg said Ladystache is about high energy, with big, crazy characters. Her style of comedy with the Sketchersons is slightly different.

"It's grounded silly. I really like silly stuff, but I also love slice-of-life comedy. It's harder in sketch, but I love finding a relationship and laying that out," she said.

Hogg said Lucille Ball, Buster Keaton and Gilda Radner influenced her career moves.

TSCF runs out of Comedy Bar, the Theatre Centre, and Randolph Theatre.

Tickets are available at www.torontosketcfest.com.

PERFORMING ARTS

Humber grad acts around the world

Sebastian Marziali uses skills learned at Humber in his performances

Samantha Juric

A&E REPORTER

Humber alumni Sebastian Marziali, 25, jokes about being unleashed into the "real world" after graduating from the Creative and Performing Arts program.

It is merely days before opening night of the production of *Blood Wedding*, in which both Humber alumni Marziali and Bahareh Yarghi are acting.



We had the tools and knew how to produce and help others because (Humber) helped prepare us to do that.

Sebastian Marziali

HUMBER CREATIVE AND PERFORMING ARTS ALUM

"The real world is terrifying," Marziali said as he laughs.

Since he graduated from Humber, Marziali has been taking the world by storm. He's been travelling all over Latin America, Europe and North America with the Aluna Theatre company, which is co-producing *Blood Wedding* at Toronto's Buddies in Bad Times Theatre this March.

Marziali is excited to be acting and dancing in the production of Latin theatre's staple playwright Federico Garcia Lorca.

Blood Wedding is a tragedy, deeply entrenched in the woes of a star-crossed love and lends to the forbidden romance genre of *Romeo and Juliet* but with a few Latin twists.

It seems that although *Blood Wedding* ends in tragedy Marziali's time at Humber ended with the op-

portunity for many new beginnings in the world of the arts.

As if global trotting wasn't enough, the young actor, director and producer has co-founded a theatre company of his own called Go Play Producing with fellow Humber alumni Pooria Fard and Kristina Abbondanza.

"Helping artists with Go Play Producing is always a challenge but one that is very rewarding and continually inspiring," said Abbondanza.

The initial intention, Marziali explains, was to finish things that the group had begun while at Humber.

"We had the tools and knew how to produce and help others because they had helped prepare us to do that. We had the chance to test our skills while at Humber."

For Marziali, life after Humber is satisfying.

Fellow Humber alumni Bahareh Yarghi, 33, who graduated from the Creative and Performing Arts program as well, said she is still constantly learning, even after graduating nearly five years ago.

"Three years of training is never enough for an actor," said Yarghi.

Yarghi is in line with Marziali's enthusiastic attitude towards Humber's Theatre program.

"It's a great solid foundation. You get to figure out your own voice in the room, creatively and professionally," said Yarghi.

Yarghi stars in *Blood Wedding* as the bride who finds herself torn between two men.

Marziali does let on that although his artistic journey has been gratifying there is a pressure, a necessity to become a jack-of-all-trades in the business.

"You need to do a little bit of everything," Marziali said.

"I think it has gotten me farther in the game. I wouldn't be where I am if I weren't able to implement those skills," he said.

Blood Wedding is now on at Buddies in Bad Times until March 29.

St. Patrick's not cultural celebration

Students 'celebrating' the Irish holiday know little or nothing of its origins

Nadia Monaco

LIFE REPORTER

Jake Mandel might be too busy to attend any "pancake-keggers" this St. Patrick's Day.

Mandel, a Humber College Fire Fighter Training and Education student, usually celebrates St. Patrick's Day by attending a party or kegger, the pancake version of which at Laurier University features flapjacks with the alcohol.

But this year his homework may be getting in the way.

"I usually go to Waterloo for some 'pancake-keggers' because it gets crazy there, but this year I'm pretty busy with school so I don't know if I'll get a chance," Mandel said.

A holiday ostensibly centred on Irish culture, St. Patrick's Day is mainly about green beer guzzling among young people and students.

Sinead Brown, member of the executive committee for the St. Patrick's Parade Society of Toronto, said most people might not know the history of St. Patrick's Day.

The holiday commemorates the patron saint of Ireland, but for most, it's a day to imbibe.

"It's celebrated by the Irish community but everyone is welcome to celebrate and I think that's what's made it such a popular holiday...like the popular saying 'everyone is Irish on St. Patrick's day,'" Brown said.

Like many North American celebrants, Mandel is unsure of the complete history of the holiday.

"In our culture today, it seems to me like it's just an excuse to throw some 'breakfast-keggers' and party all day," Mandel said.

Rob Kilfoyle, director of Public Safety at Humber College, believes it is important to remind students who use the day as an excuse to go out and party to drink responsibly.

Kilfoyle said at this holiday, like Halloween and Frosh Week, there tends to be more social pressure to drink excessively.

"We just want to remind folks that they need to be mindful of the amount they drink and pace themselves properly and watch out for their friends," he said.

Kilfoyle describes how it's a constant concern but when events for St. Patrick's Day, or another special event are happening on campus, it's an opportune time for Public Safety staff to remind students they don't have to over-consume alcohol to have a good time.

"With excessive drinking comes other problems, so we're just trying to help mitigate some of the issues that might present themselves," Kilfoyle said.



ALLIE LANGOHR

Christina Bianchi (left) a third year Early Childhood Education student and Rachel Lamarra are both peer mentors at the Learning Skills Workshop on memory and concentration held at Humber College.

Learning Skills Workshops a daily event at Humber North

Allie Langohr

LIFE REPORTER

People are said to retain 10 per cent of what they read, 20 per cent of what they hear, 30 per cent of what they see.

Humber's Learning Skills Workshops feature a cycle of 12 topics each speaker presents throughout the year on topics from note taking and memory to money management and group dynamics.

They're held Monday to Friday by a

different mentor each day.

Each mentor crafts their own teaching technique to encourage students to participate and feel comfortable, said senior peer mentor Rachel Lammara.

"Everyone has their own flare," she said. "We all do our best to connect with the various programs students are in."

This way, students can engage with a variety of teaching styles and are able to revisit any mentor that is most con-

ducive to their own ways of learning.

"The workshops are realistic. I can actually follow the steps," said Christina Bianchi, a third year Early Childhood Education student at University of Guelph-Humber.

Bianchi, who is also a peer tutor, said her favourite part of attending the workshops is sharing ideas with other students.

"We learn from our mistakes and that's what we are here for," she said.

Third year Business Administra-

tion student Jesse Flynn also appreciates the opportunity to learn new techniques with other students.

"We were told to present in front of the mirror to feel more comfortable because we are often our own biggest critics," said Flynn after attending a workshop on presentation skills.

"Since the workshop, I know that other people struggle with presenting, and it's nice to know we can work on it together through events like these," he said. "I wish we had a bigger turn-out so that we could have attempted the practice activity to a bigger crowd."

While the workshops have had up to 10 students per session during the first semester, attendance usually dwindles during the second, said Lamarra.

"It's sad, but people don't really have 45 minutes out of their time to sit here," said Lamarra.

The workshops have been fairly successful over all, said Stephanie Brum, senior peer mentor and assistant to the peer programs facilitator.

"Our attendance isn't always the highest," said Brum. "In the beginning of the semester we get a spike, however, around exam time attendance dips a bit because everyone is so focused on studying and finishing the year."

Part of the issue is that Humber is a commuter college, said Brum.

"Students don't really stick around," she said. "They just go to classes and go home. It's hard to get them to stay and attend the sessions."

"We can see the benefit to attending the workshops, but students don't always see the same advantages."

The challenge now is getting students to see that the workshops are worth their time. Advertising the workshops on social media outlets has helped attendance and promotion continues to be a priority, said Brum.

If a student completes five workshops, he or she is given a certificate. International students also receive stamps for their Passport to Success.

The certificate can be used on a resumé to show the student has been active on campus and is an involved and self-improving student.

Facebook develops new tool aimed to prevent suicide

Christina McAllister

LIFE REPORTER

On February 25, Facebook announced it was updating tools that would provide more resources to users struggling with suicidal thoughts.

According to a blog post by Facebook Product Manager Rob Boyle and Facebook Community Operations Safety Specialist Nicole Staubli, this update would allow friends to report posts they deemed distressful.

Once a user's post is reported, a team working 24/7 reviews the post and prioritizes it based on its sense of urgency, said the blog post.

The next time that user logs onto their account they will receive a message that says "A friend thinks you might be going through some-

thing difficult and asked us to look at your recent post."

The user is obliged to answer the question "What would you like to do?" whereupon Facebook provides a list of options such as "Talk to someone" or "Get tips and support."

Andrew Thomson, a Humber student in the Sports Management Program, said he would use this new application if he saw distressing posts by a Facebook friend that he wasn't close with.

"I would prefer to talk to them first," he said, "but some friends on Facebook aren't necessarily that close to you that you would bring it up in conversation, so this is an anonymous way to do it."

"As long as it's not too invasive and it's an optional thing that you can use, it could be helpful," Thomson said.

If one or two people benefit from this application, then it has done its job, he said.

According to Humber College counselor Liz Sokol, people who have suicidal thoughts seldom want to take their own life.

“

If we talked about (suicide), it would be so much easier to get help.

that wants to keep going, she said.

Even people who don't want to communicate their thoughts often do, because they don't want to die, said Sokol.

Cryptic messages on Facebook may not seem to be a cause for concern but this is not the case, said Sokol.

All threats of self-harm are serious, no matter if they are just a cry for attention, she said.

According to Sokol, the policy at Humber is to take every suicidal gesture seriously.

As for the new Facebook tool, Sokol said that while face-to-face communication is preferred to online interactions, social media is here to stay and any outlet is better than none.

"Anything that educates people around suicide prevention is good," she said. "If we talked about it, it would be so much easier to get help."

Liz Sokol
HUMBER COLLEGE COUNSELOR

Humber Residence Life Awards

Leadership efforts can be rewarded with \$500 prize, honouring at banquet

Shaun Fitl

LIFE REPORTER

Humber College's Residence Life Awards recognize students who have shown leadership within their community, according to Jeck Bacongga, a Residence Life coordinator at North campus.

"Essentially what we're trying to do is give back to students who have given us a lot this year and have truly done their best to become excellent leaders," he said.

"Chartwells, our food service provider at Humber, offered a great chunk of money to us for the awards,"

said Humber Residence Life Manager Phil Legate.

Winners of each award will receive \$500 and will be honoured at the Residence Life Appreciation Banquet.

Some residents admit they know little about the awards, but already know somebody they would like to nominate.

"When I first saw it, one guy named Shun Naito popped into my head," said Liam Johnston, a first-year Game Programming student at Humber.

"He's just generally a nice guy to everyone and is in a club called the Good Deeds Club at Humber ... whenever he has club stuff he tells us about it and often brings leftover food from the club to the people in residence," said Johnston.

"He's just always doing good things for people," he said.

"The Residence Awards are basically a chance for us to recognize student achievements, accomplishments and when they have gone above and beyond the call of duty with their participation in residence," said Legate.

The Residence Awards started in 2009.

"It came from Shaun Carson, a Residence Life manager who is still an employee at Humber College. The idea was to create an event for recognizing the students who have really given their time and deserve that recognition," said Legate.

"Around this time of the year students are realizing their financial burdens because it's near the end and maybe their meal plans are low or they just made a tuition payment," said Bacongga.

It is difficult because there are so

many students in residence and some may feel they don't get the recognition they deserve, he said.

"If it wasn't for the students we wouldn't be here, at the end of the day," he said.

Students in residence are allowed to nominate themselves or they can be nominated by a peer.

The awards include a Positive Contribution Award and a Living Learning Community Award.

"The Positive Contribution Award is for students in the community that display positive attitudes and behaviors among their peers," said Bacongga.

"The Living Learning Community Award is for the students who participate often or have shown specific leadership in the activities."

Dating app Hinge calls self 'classy' alternative

Interface with Facebook gives more info on dates

Sarah Trumbley

LIFE REPORTER

The digital world is swiping in the right direction to Hinge, a dating app recently launched in Canada.

Downloadable dating apps have taken over and introduced the idea of swiping right to accept someone and swiping left to decline. And now it's Hinge's turn to take the spotlight.

Toronto matchmaker and dating coach Shannon Tebb said the app launched in Toronto on Feb. 26 and is "the classier version of Tinder."

(Tinder was unable to respond to an *Et Cetera* request for comment.)

"I think with Hinge you have a better idea of who these people are, which I like and I think that's what makes it classy," Tebb said.

Justin McLeod, CEO of Hinge, dubs it classy by linking to users' Facebook profiles and matching people through mutual friends.

"It interfaces with Facebook so you can see who your mutual friends are," said Toronto based online dating and matchmaking expert Carmelia Ray.

Users can email that mutual friend and ask questions about the potential match, she said.

Ray said people use Hinge as a real matchmaking or relationship app and people on the app from what she has seen are more mature.

"I think it's definitely warmer and more social and it's more for relationship minded people," said Ray.

Ryerson Media student Emily Beteridge, 21, said she likes Hinge's approach because it makes online dating through an app seem more natural.

"I'm not looking forward to creating a profile...I don't really know what to put on it," she said.

Ray said when it comes to online dating it's all about the profile.

"I think the most important thing is a great picture so no selfie photos, no guys with their phones in the mirror taking pictures," said Tebb. A profile photo should capture the person's interests and passions, she added.

Ray said the good thing about Hinge is because it links to Facebook, it uses the real name versus a nickname.

Ray said people should describe themselves as an experience or in a story-telling fashion.

"Don't provide disinterests. You really want to keep your profile as positive as possible to reflect as much as you are without throwing up all over it," she said.

Keeping it light and fun is important as opposed to listing a bunch of expectations, said Tebb.



AMY WITT VIA FLICKR

Purveyors of new paid cuddling services recently arriving in city claim contact helps clients 'feel accepted and loved,' while sex is ostensibly forbidden.

Hourly cuddling services hit Toronto

Christine Tippett

LIFE REPORTE

There's a new service available in Toronto that costs \$75 an hour. It gets people into bed but it's not what one might think.

The city has seen an influx of a new type of affection-based service in the past year, namely professional cuddling services including Cuddleme.ca, the Cuddlery, and The Cuddle Co.

Kristina, who didn't want her last name used for personal reasons, is the founder and CEO of The Cuddle Co. She was inspired to start the company after she went through a difficult period in her life and realized the positive impact of human touch.

The Cuddle Co. offers its service to people who want to be cuddled

for both therapeutic or relaxation reasons.

"We go to them or they come to us. We hold them and we cuddle them the way a mother would cuddle their child - it's very nurturing," Kristina said. "We want to make them feel accepted and loved and not so alone for that period of time."

Because of the intimate nature of this service, however, there are often misconceptions the business is a front for sexual services as well.

The Cuddle Co. sends out a client service agreement form that explicitly states what is allowed and what is not so prospective clients don't get the wrong idea. Kristina said this filters the people who have good intentions from the people who think there's more to the business.

Most of The Cuddle Co.'s clients are repeat customers, said Kristina.

Clients often report back to The Cuddle Co. saying they feel much better after their session. They're interacting with people more, they wake up with pep in their step, and they can't believe a cuddle session can have these types of results, said Kristina.

The company has a strict safety policy to ensure the safety of both the client and the cuddler. Clients are required to sign a client agreement contract and provide photo ID prior to their first session. Cuddling sessions are also discreetly monitored and every cuddler employee follows existing safety protocols.

"With our advancement in technology we are more connected than ever but we're really more separat-

ed from each other," said Kristina. "We're very disconnected physically from each other."

Many students at Humber College haven't heard of the new cuddle services in Toronto and think the concept is a little strange.

"I think I would be uncomfortable with the whole situation," said first year Broadcast TV student Michael Nolan. "I think the whole time I would be kind of psyched out about it."

First year Cosmetic Management student Stephanie Vanee agrees, but said the confidentiality of the service plays into her decision as well.

"I feel like it would just be an awkward situation if someone random just comes into your house to cuddle you. It's kind of strange," said Vanee.

Kristina understands people may be skeptical of using a cuddling service but is still optimistic about the future of the business.

HOROSCOPES by LUCY SKY



JAN. 20 – FEB. 19
Shoot for the moon and you'll land among the stars. Keep your hopes high, or you'll find yourself discouraged and not working to your fullest.



FEB. 20 – MAR. 20
The Sun is coming back out and you can feel it inside and out. Your hair is brightening and so is that gorgeous smile. Embrace it!



MAR. 21 – APR. 20
Friendships will bloom this week, but keep your friends close and your enemies closer.



APR. 21 – MAY 20
Keep your head up high this week, it's not going to be an easy one, but you got this.



MAY 21 – JUN. 20
Take life one step at a time, don't try and take on more than you can handle. It may be your demise.



JUN. 21 – JUL. 22
Make sure to let your loved ones know how you feel this week. You can be a little distant at times, so just remind them that you're there and you care.



JUL. 23 – AUG. 22
The search for something special is nearly over, keep your eyes open, it's sitting right in front of you.



AUG. 23 – SEPT. 21
This month has been a bit of a rollercoaster, but it's about to calm down for the long haul.



SEPT. 22 – OCT. 22
In the coming week, you should find something that keeps your head on straight. Maybe a good song or a cup of tea. It's going to be a bit of a bumpy one.



OCT. 23 – NOV. 21
Your life has been a little bit spicy in the past few weeks, maybe it's time to try something a little more bland. Some down time never hurt anyone.



NOV. 22 – DEC. 20
When you fall, you fall hard, but you pick yourself right back up again. So brush yourself off and put your kicks back on.



DEC. 21 – JAN. 19
Love is in the air this week. Be ready for a rather surprising revelation in your love life.

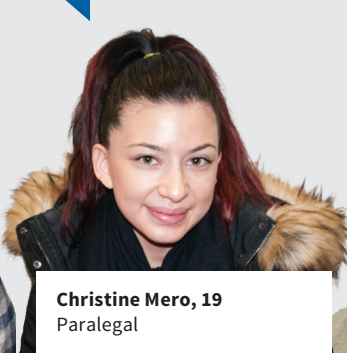
QUOTED: DID YOU VOTE AT THE HSF ELECTIONS?

"No interest. (I'm) only here for a month so I don't care what happens at Humber after I've left."



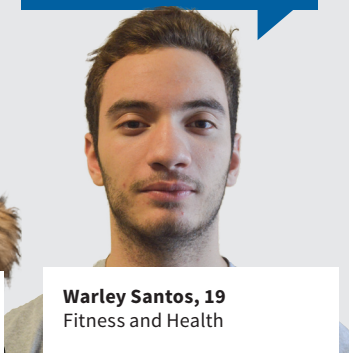
Brett Walker, 24
Radio Broadcasting

"I actually never really heard about it"



Christine Mero, 19
Paralegal

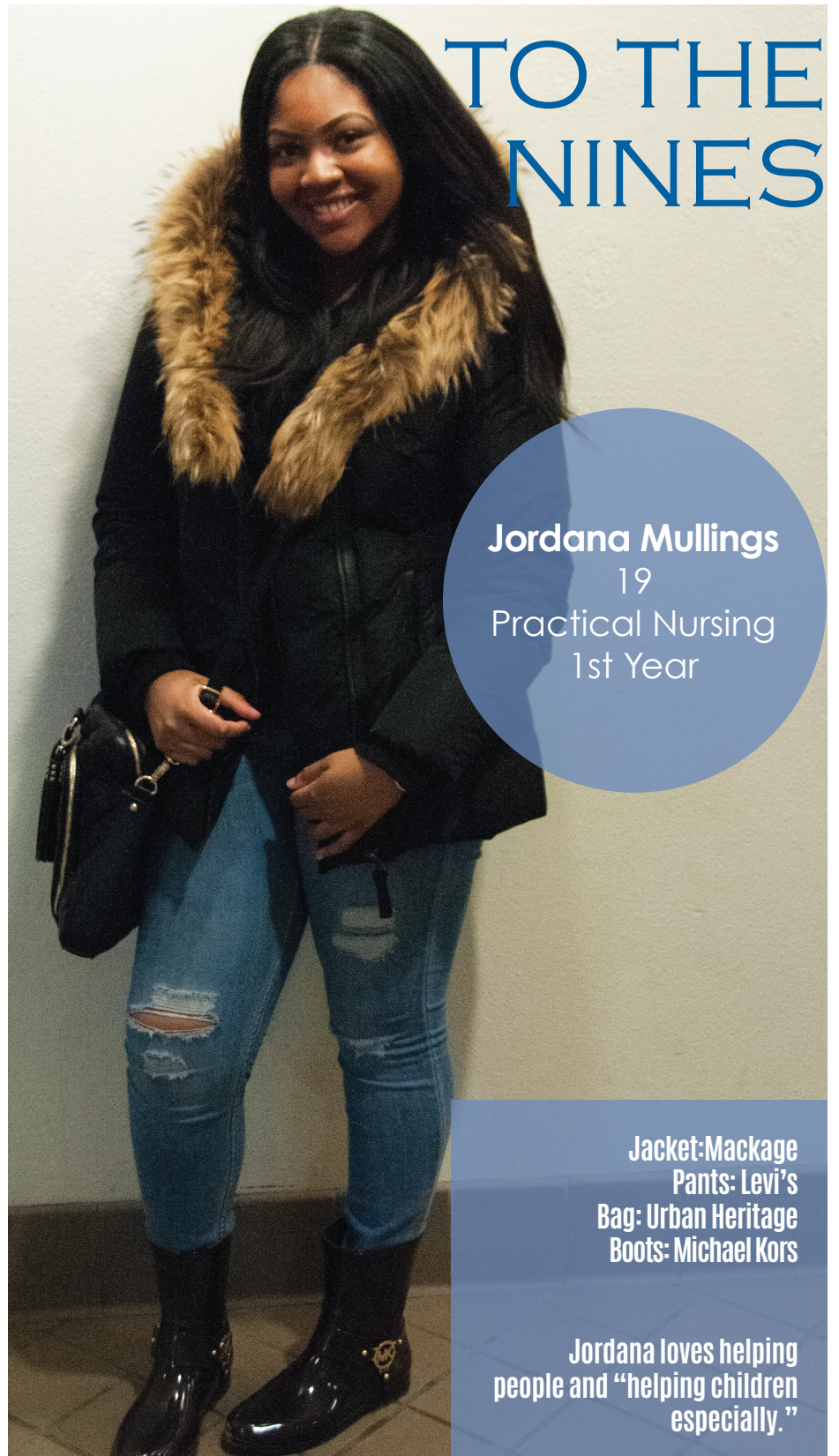
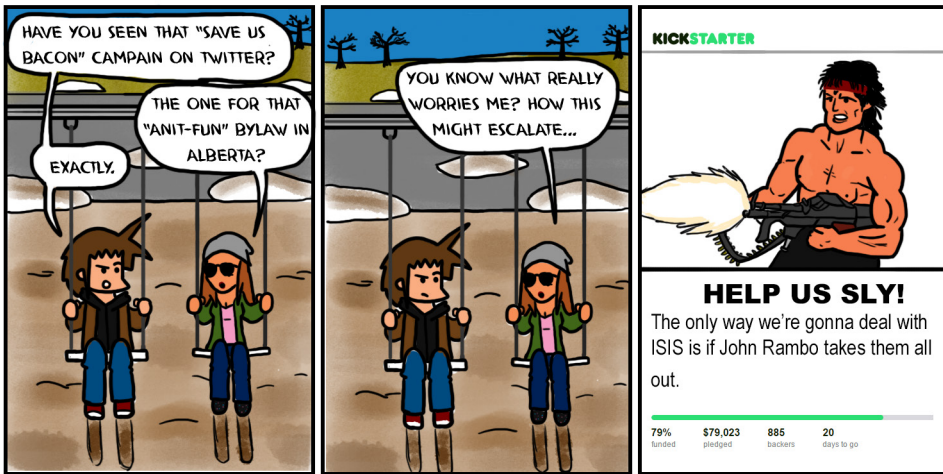
"Yes, I voted because the elections are about students who will be in charge of making decisions that will affect me."



Warley Santos, 19
Fitness and Health

SCHOOL DAZE

COMIC BY JORDAN BIORDI



TO THE NINES

Jordana Mullings
19
Practical Nursing
1st Year

Jacket: Mackage
Pants: Levi's
Bag: Urban Heritage
Boots: Michael Kors

Jordana loves helping people and "helping children especially."

Indoor cricket tourney intense

Alexandra Martino
SPORTS REPORTER

The extramural men's indoor cricket tournament at the University of Toronto - Mississauga campus had an air of excitement last Friday.

Teammates strategized, observed the gameplay of other teams, and loudly supported the action in the gymnasium.

It may be a recreational sport, but every player takes the game very seriously.

Humber North's indoor cricket team was short of a spot in the tournament final but put in a solid effort.

"Our team showed some depth after having a few key players miss the tournament," said Jason Patraj, head coach

of the team.

Missing players meant a slow start to the day, losing their first game against UTM by a 10 run margin.

"We lost trying to fill the gaps that were left from the players who couldn't attend but we bounced back quickly," Patraj said.

The bounce back came in their second round-robin game against Sheridan College. Humber fielded well and a thrilling six-run boundary hit by Srimantha Wijeyeratne on the last ball of the game secured their win.

An all-Humber matchup in the quarterfinals saw the North campus team easily out-batting Lakeshore to move on to the semi-finals

against Sheridan College.

"It's always fun playing against Sheridan as they are our biggest rival. This was the second time we played Sheridan twice in one tournament and the sixth time this season," said Taqi Baig, student coach and player on Humber's indoor cricket team.

The second matchup between the two teams proved to be more suspenseful, with Sheridan shutting down Humber's batting and holding them to 34 runs.

"We definitely had a better time with fielding against Humber in the second match," said Tahir Khan, the coach of Sheridan's indoor cricket team. "We were lucky enough to get a three wickets

in one over which definitely helped our momentum."

Humber did its best while fielding, but Sheridan managed to lose fewer wickets and end Humber's day at the tournament. Sheridan would go on to win the tournament final against Centennial College.

"Although we lost to Sheridan, we have a point of reference for the level we are at and what we need to do to win the next tournament. We beat them in the round robin stage but were not able to pressure them when it counted," said Patraj.

Patraj expects to prepare better as the team goes ahead.

"I will need to finalize my roster a little further in advance next time," he said.



ALEXANDRA MARTINO

Humber North celebrating their win against Humber Lakeshore in the a tournament quarterfinal match.

"This will avoid the added nerves of making last minute decisions and we will look like a cohesive unit.

"We can't blame a plan if we

don't have one or if we don't even stick to it," Patraj said.

Baig believes the lessons learned last week are already showing through in practices.



ALEXANDRA MARTINO

Italy would mark the first time the Humber's women's soccer team will travel out-of-country to compete.

Women's soccer earns dream trip to Italy

Katherine Green
SPORTS REPORTER

Humber women's soccer team has been granted an incredible chance of a lifetime as they set their sights 'come play football' in Italy.

Many young athletes can only dream of the opportunity to play their sport abroad. But for a soccer player, Europe is more than a destination.

It's the mecca of the sport, the grand stage for the world's best footballers. The finesse, the touch, the tiki-taka, the "beautiful game."

The Hawks' women's team is currently one of the top ranked and most feared competitors in the OCAA. The squad's track record of winning three of the last five On-

tario provincial titles makes it a top competitor in Canada's collegiate circles.

But assistant coach, and former player, Filomena Aprile knows that playing in Italy in spring 2016 will expose the team to a higher calibre of play.

"Undoubtedly the competition will be a great challenge," said Aprile. "I believe the competition will be different in terms of the style they play.

"It's always nice to play strong teams, which allows you to see what your weaknesses are and what you can improve on. It's also an opportunity for coaches to see a different style of play that you may be able to use with your own team," Aprile said.

Team travel is not only about playing the sport. Every team spends as much time together off the field as they do on. Team captain and left-fullback Justine Robb believes a two week stay in Rome and Venice will foster a greater bond among players.

"It's about connecting as a team and developing that sense of family with overseas travels," she said.

Associate director of athletics and recreation Michael Kopinak, and the Humber staff, are making their facilities and resources available to the women's soccer team to aid fundraising efforts.

Humber Athletics has helped send other varsity members overseas but Italy is the first trip organized

for the women's soccer program. "Athletics has already sent teams and individuals to a number of places. Off the top of my head (we have sent athletes) all over the U.S., to Cuba, Amsterdam, Bahamas, and Scotland," said Kopinak.

The players hope to capitalize on life-changing opportunities to relish Italian culture and football.

"I, for one, never thought I would even play at the level I do now and to say that I'll be playing on the same fields as some professionals is a dream come true," said Robb.

"A country where the passion for the game is so high is a rare find and being exposed to that sort of culture is an experience I look forward to," she said.

Championships add pressure on players

Jessica Reyes
SPORTS REPORTER

There's three minutes left in the final game and all eyes are on Humber Hawk athletes to bring home the gold medal. While some won and some lost, the pressure for athletes to succeed rises before each game.

Chris Wilkins, coach of the women's varsity volleyball team, recently broke a record by winning their eighth consecutive OCAA championship title.

Shawn Collins, coach of men's varsity basketball, had to settle for a silver medal during the OCAA championships at Durham on Saturday after losing to Mohawk.

"All these girls know it's a great accomplishment here in Ontario, and we just want to continue having the success in the rest of Canada," Wilkins said.

Elizabeth Deakin-Poot, who plays middle for varsity volleyball at Humber and is a first year Early Childhood Education student at Guelph-Humber, said balancing time for homework, practice and tournaments is stressful and adds a lot of extra pressure on her performance.

"I really feel a lot more stress around midterms or exams. Right now I'm entering Nationals this week and I have a bunch of major assignments due," Deakin-Poot said.

For many athletes like Deakin-Poot, their biggest fear is disappointing their

coach, teammates and fans.

But Wilkins tells the team there is no pressure in winning or losing.

"I say give us your best and whatever happens after that, happens, but we'll enjoy it and we'll have fun with it," Wilkins said.

Deakin-Poot said she reassures herself that volleyball is for fun and having a positive mindset calms her nerves going into the game.

"The reality is that in life there's going to be a lot more stressful events and more pressure events that mean so much more than a volleyball provincials," she said.

Humber's men's basketball team weren't able to match the success of some of the school's other teams, but the first thing coach Collins was thinking about was getting ready for Nationals.

"Every game is its own entity, you're playing somebody for the third time... I just felt that they played better than us on that day and they deserve to win. We prepare to battle back for Nationals and hopefully get another opportunity," Collins said.

Collins said the team did not perform well during free throw shots, which were contributing factors to the outcome of the game.

"When the ball doesn't go in the hole for an athlete, we don't get relaxed...I try not to big up any game. You should treat every game the same, prepare it the same way and your thought process shouldn't change," he said.

Women get gold, end nine year drought



Humber players and coaches react to a late Humber basket in their semi-final win over Algonquin College.

Continued from page 1

The semi-final victory over four-time defending champion Algonquin Thunder proved to be Humber's greatest test all tournament, winning by three points in a back

and forth battle.

"It's pretty amazing, we've always got to this point, and it either doesn't go our way or it's just been so close, and we finally made it over that hump," said third-year power forward and player of the game

Atissa Cronk. "We're going to the gold medal game, and I couldn't be more happy."

The semi-final was a seesaw battle, seeing Algonquin College storm back to take the lead in the final quarter.

"It's basketball, ebb and

flow, teams are going to come back when the game settles down," said Humber head coach Ajay Sharma. "We talked about that in our timeout, people are going to come back, and you've got to respond to it."



ANDY REDDING

Llyandra Kerr shoots a late fourth quarter free throw.

Hagopian said, "This team is the greatest bunch of people I've ever played with and was coached by, there's no other team I would have rather gone through this war with."

Humber now sets its sights on the rest of Canada, when they compete in the CCAA championship at Vancouver

Island University starting March 17.

Humber will seek to be the first women's basketball team in school history to finish on the podium at nationals.

"With a positive attitude, our team dynamics, our relentless effort, and our desire to win, I think we can accomplish anything," said Hagopian.

Mohawk defeats Humber 84-74 to take gold at championships

Mathew Hartley
SPORTS REPORTER

A dash of acrobatics and a miracle got the Humber Hawks men's basketball team to the gold medal game.

But they used up all their luck and had to settle for silver at the OCAA championship tournament at Durham College that ran March 5-7.

In the Hawks' first game they played underdog Lambton College. Lambton Lions spent the first 39 minutes of the inaugural knockout game looking like they would pull off an upset against the number one seeded Hawks.

The Lions held a comfortable 10-point lead with less than three minutes left on the game clock.

It was then that Humber's elite showed they would not be denied.

Humber's Gibson Eduful and Tyrone Dickson combined for nine points before the Hawks' Ancil Martin converted two clutch free throws with the weight of the season on his shoulders.

Lambton had a chance to put away the game at the free

throw line but Jason Marshall missed the second shot, leaving eight seconds for the Hawks to find a chance to tie.

Martin put up a desperation



MATHEW HARTLEY

Mohawk's Matt Savel celebrates with teammate Patrick Lavarone as the Mountaineers win gold.

jump shot from behind the arc with only three seconds left.

Fans stood in anticipation as only Humber's Dickson watched the shot that was falling short and chased it to the rim at full speed.

Dickson leaped in the air and pushed an acrobatic layup back up to the basket.

His shot landed with one-tenth of a second left

in the game and as his body slammed to the ground the crowd erupted.

Dickson later calmly described the epic basket that sent the game to overtime.

"I just followed the shot. The game isn't over until the buzzer goes off," Dickson said.

Lambton celebrated after the shot, as officials announced it may not count, but later stood with the call.

Overtime went back and forth before Lambton's Trey Langford missed a crucial free throw as time expired, awarding the Hawks an 83-82 comeback victory and progression to the semi-finals.

Fanshawe College eliminated Georgian College in the first round which setup a meeting against the Hawks on Saturday.

Humber found its wings during the game and strolled to a comfortable 80-62 victory before facing the dynamic Mohawk Mountaineers in the OCAA final.

The Mountaineers' number one OCAA offense was hot, hitting the century mark against Seneca on Friday and they came out firing against

Humber's number one defense.

Mohawk silenced the Humber fans with a 9-0 run right out of the gate forcing an early Humber timeout where assistant head coach Samson Downey tried to settle down the flustered Hawks. "We're okay, we're okay," repeated Downey.

It would take the entire first quarter for Humber to catch back up before three self-inflicted turnovers reopened Mohawk's lead.

Humber's center, Vule Grujic, failed to make an impact in

the first half and appeared visibly despondent as teammate Junior Davis spoke out.

"Let's wake up right now. Wake up!" said Davis to Grujic.

Humber gave constant attention to Mohawk's player of the year Matt Fennell, but point guard Matt Saval took advantage of the extra space ending the game with 21 points.

The Hawks would begin yet another second half rally, but only got within seven-points of the constantly scoring Mountaineers.

Mohawk ran across the court as the final buzzer sounded, taking an 84-74 victory and the OCAA title.

Mountaineers head coach Brain Jonker was all smiles after the win as he agreed to let his players celebrate.

"They can celebrate for a couple of days at least and then we'll start getting focused for the nationals," Jonker said.

Humber still qualifies for the CCAA national championships in two weeks at Mohawk College in Hamilton with a chance at redemption on Mohawk's home court.



MATHEW HARTLEY

Lamar Barr takes part in the traditional winners net cutting ceremony after the Mountaineers take gold in the OCAA Championships on Sunday March 08 at Durham College.