

Photography professor looks at forgotten side of Toronto life



College enrolment reaches an all-time high

Students seek career-focused programs

By Cristina Pietrantonio
NEWS REPORTER

Ontario College Application Service calculations confirmed college enrolment for the current school year is at an all-time high.

The data, which was released Jan. 20, indicated an increase of nearly five per cent in first-year, and full-time programs. Enrolment in these programs increased to over 125,000 students.

President and CEO of Colleges Ontario Linda Franklin, said the increasing number of enrolments is a strong indicator that students want career-focused programs, which is important as the province's economy is hurting due to a mismatch of skills.

"A lot of the people who are looking for work don't have the qualifications to fill positions that are available, even in this difficult economy," said Rob Savage, communications director of Colleges Ontario.

The Key Performance

Indicators released by the province showed that nearly 84 per cent of college graduates found work within six months of graduation, even during the height of the recession.

The rise in popularity of colleges and the qualifications offered may be due to the amount of field experience students receive over most university programs.

"It's more direct," explained 19-year-old Daniela Vera, a second-year Humber esthetician/spa management student. "We can get a job right now."

Program classmate Fitz-Ann Howell, 20, said she likes to learn by practising in the classroom instead of sitting through lectures.

"College is not like 'oh, here's all theory for four years and maybe you'll get a job,'" she said.

Vera and Howell, both admit they like the teaching structure in college because it's more hands-on.

College diplomas allow students to graduate and go directly into the field of their choice, said Tyler Epp, College Student Alliance's director of advocacy.

"College programs are actually developed hand-in-hand with employers and with the labour market to address the actual skills that are needed in the workforce, whereas a university education provides a broader, more theoretical knowledge," he said.

Savage sees a change in attitude towards the value of college education and college programs. Epp agrees with the notion.

"I think there's a greater understanding at the public level," Epp said. "There's a lot more acceptance from that

side of the student's choice to go to college first."

He added there's been a 40 per cent increase in the number of university graduates applying to college.

"You're actually able to train and put a person into a career much more quickly through the college sector than you can with the university sector," he said.

Due to this wider understanding of colleges and their importance in the Ontario labour market, he expects to see enrolment numbers to continue to rise.

Lakeshore students have OPP workout

By Travis Pereira
NEWS REPORTER

Words of encouragement circulated the Lakeshore Fitness Centre as students struggled through a grueling, physical workout.

"Come on, you can do it. Push through, don't quit," yelled 21-year-old Matthew Pham, one of the 10 or so PFP students vying to get stronger while under the watchful eye of an Ontario Provincial Police recruiter.

The strenuous workout, known as a Practice Physical Readiness Evaluation, has been a part of the fitness routine for police hopefuls for nearly 14 years, said program coordinator Henri Berube.

"This is the first year that on top of doing it in class, we're actually doing the practice PREP sessions. We've got a strategic partnership developed with an external partner," Berube said.

Ontario Provincial Police recruitment officer Sgt. Elsa Gadsdon said this is the second semester the OPP has been officially offering a PREP for the program.

See OPP on page 2



Photo by Kate Richards

Tara Mazurk, left, curatorial and collections planner, and Jessica Salloum, Art in Access organizer, outside the L Space gallery which launched the new blog.

Blog unites students with established artists

By Kate Richards
A&E REPORTER

Humber student, meet working artist.

Humber Lakeshore's L Space art gallery has launched a new blog called Art in Access, which aims to bridge the gap between students and practicing artists.

Art in Access contains three categories intended to help bring students closer to the Humber arts community as well as the Toronto arts scene.

The first category, Art at Humber, showcases student work and helps with self-promotion, explains Jessica Salloum, overseer of Art in Access

and L Space's Marketing and Development Assistant.

Category two, Toronto in the Arts, "connects students to the Toronto arts scene and gives them an idea of what they can do outside Humber," said Salloum.

Technology and Art, the final category, shows students how to use technology to

promote themselves.

"[It] gives students the tools they need so they can advocate for their work and get their name known," said Salloum.

Art in Access not only helps promote L Space itself, but provides opportunities to students who have an interest in art but are not necessarily

studying in an arts program.

"Our contributors are not in any arts program," Salloum said. "We're giving people who want to get involved in the arts, but aren't in a program that's related to it."

Melissa Meyer, 22, will be the first contributor...

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LOCAL EVENTS THIS WEEK

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	SATURDAY 1	SUNDAY 2
Clubs Fair Find out what kind of social opportunities are on Humber's North Campus at the Student Centre at 11 a.m.	Pool Tournament Show off your skills at the Student Centre at Humber North starting at noon.	Budget Meeting Toronto City Council will be holding a budget meeting at 9:30 a.m., which will continue Wednesday	Student Market Buy or sell handmade goods, support local students at the Lakeshore campus. Starts at 11 a.m.	Chinese New Year The year of the horse begins.	Black History Month Begins Visit www.toronto.ca/blackhistory/ to see the list of events taking place across the city	Opportunities Evening Students in the pharmacy field can network with professionals. Sheraton Hall, 6 p.m.



Adriana Zhang

The RAAA! team gets locked into 48 hour game programming at North campus during fourth Great Canadian Appathon.

Game programming marathon a hit

Great Canadian Appathon at Humber North was a two-day contest for 72 gaming students

Adriana Zhang
NEWS REPORTER

It was a sleepless weekend for 72 Humber game programming students. The fourth Great Canadian Appathon ended Jan. 17 at 5 p.m. after 48 consecutive hours of coding.

The GCA is a two-day game developing competition where students test their skill against the clock. Toronto-based mobile game developer XMG Studio hosts the event, which was held in North campus classrooms. A different theme is chosen every year, and this year it was

fantasy.

Physical hubs – which are designated spaces set aside for the competitors – are set up at various post-secondary schools across Canada, said Patty Mikula, XMG vice-president of marketing and operations.

This year virtual hubs have been added, allowing students to compete from anywhere in Canada without having to set foot in a physical hub, Mikula said.

Humber College has the highest participation among the 18 physical hubs and is used as a case study for success, she said.

“This is the first hub that has brought in mats and pillows for sleeping,” said Mikula, adding Humber’s faculty support for the event is unmatched in Canada.

“We really have to thank our faculty members, Umer Noor and Lynda Hausman,” said Guillermo Acosta, dean of the School of Media Studies and Information Technology.

“Humber has participated for three years now,” said game programming instructor, Noor. “I got together with Lynda to advertise the event in our classes.”

To prepare the programmers, grad students who had previously participated in the GCA were invited to give a master class lecture, said Noor.

In addition to coordinating with the athletics department to bring in mats for sleeping, Hausman also arranged to bring in food from McDonalds for the students, said Noor.

Rohun Banerji, a second-year Humber game programming student, noted many of the students ended up sleeping at school, so the mats helped.

“We were drained,” he said, “We didn’t get a lot of sleep and we weren’t expecting to.”

Banerji and his team, The 4 Nerdmen of the Gamepocalypse, encountered all sorts of issues along the way despite all of their preparations.

Some issues were expected to appear, others cropped up at the worst of times. A lack of experience with building applications for touchscreen phones was a problem the team was prepared to encounter, said Banerji.

A last minute change to the app caused it to crash on the third level and left the team disappointed, he said.

“We practiced a few common genres, brainstormed, and reviewed different aspects of mobile game development,” Banerji said.

Banerji said no matter what happens, The 4 Nerdmen of the Gamepocalypse plan on smoothing out their game, Cruel Blood, and publishing it at the App Store.

XMG will narrow down a list of the best submissions and a panel of celebrity judges will determine the “ultimate champion” on Feb. 13. The winning team will be awarded a \$20,000 prize.

Humber students test fitness at OPP workout

Continued from pg. 1

She said what impresses her most with the students is their dedication to helping out, adding several students participating in the sessions were in the gym before she even arrived, willing to voluntarily help in any way they could.

“There’s a lot of team building going on and I think that may be reflective of the program, that those are values that are taught, and those are values that are very important in policing,” Gadsdon said.

Pham said the program has strengthened his ability to perform the important roles of an officer, such as community involvement and offering moral support. He lives in the North York neighbourhood of Jane Street and Sheppard Avenue, and regularly helps out at community outreach events.

“As a police officer, if you say you want to serve and protect that means you have to get involved with the community, you have to know the people you’re dealing with,” Pham said.

Gadsdon said PREP is designed as an exercise at Humber, which simulates the exact physical requirements test used by the Ontario Association of Chiefs of Police. She said this is part of a standardized test used by police organizations in the province for assessing the eligibility of applicants, and PREP represents the physical capabilities portion. It focuses heavily on pursuit and restraint scenarios, and also includes a Shuttle Run, which monitors aerobic fitness.

Gadsdon said the official standard completion time for the pursuit/restraint circuit is less than two minutes 42 seconds, whereas the Shuttle Run is nearly eight minutes of consecutive running.

This was Pham’s third time doing the PREP and he said he’s seen noticeable improvement in his strength training each time.

“The first time I did it I got the bare minimum two minutes, 42 seconds. Today, I got

two minutes, 30 seconds so I’m happy with those results,” said Pham.

Gadsdon said aside from the physical conditioning one of the major benefits for students is having valuable time to interact with a recruiter and prospective future employer.

“This gives them the opportunity to meet a recruiter at a critical stage in their life where they can learn how to make themselves more competitive while they’re undertaking their studies,” Gadsdon said.

Tresha Singh, 19, a second-year student, said she performed the PREP in gym class before, but this time it was different with the OPP recruiter present.

“The arm resistance part was difficult. I need to work on my upper body strength, but I felt more motivated,” she said.

Singh said after completing the program she plans on furthering her education by going to university for a bachelor’s degree in criminal justice.

The events coordinator for the Police Foundations Program Elizabeth Sheridan College is also a graduate of the program.

She said as a student it was clear the networking and resource building opportunities the program offered were invaluable, and now as a staff member she realizes creating these opportunities for students is an integral part of the program structure.

“We love to network,” Sheridan said. “We have lots of connections like the OPP and RCMP and we’re always working with different recruiters and they come in and meet with the students.”

Gadsdon said PREP is a great opportunity for students to test themselves and they should have no reservations about results being kept on file.

“We are here solely for the benefit of the students and the members of the public,” Gadsdon said. “We don’t keep records.”

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Aboriginal Resource Centre opens

Renovated space will be used by HSF club to host events, circles

Reagan McSwain
NEWS REPORTER

A newly renovated, open-concept space has transformed the Aboriginal Resource Center at Humber's Lakeshore campus into more than just a quiet study space.

The ARC is run as a school club through the Humber Students' Federation, which also uses the space to host events. All are welcome to join the circle or participate in events. It's also one of the only clubs that works out of both campuses.

"At the resource center you can find working stations, a study space which is quiet, help if you need to talk to someone – so kind of counseling, we have bursary options available and often have snacks there for students," said Quazance Boissoneau, acting Aboriginal liaison officer.

The ARC hosts cultural nights and workshop events. The new space at Lakeshore campus can be found in room H205.



(Left to Right) Kaitlyn Phillips, Work study student (Lakeshore Campus) Natalie Snow, Work study student, co-chair of the Aboriginal Student Circle (ASC) Quazance Boissoneau, Aboriginal liaison officer

"Our Aboriginal student population can be of status, non-status, First Nations, Metis, and Inuit. We do have

a large body (of First Nation students) at North campus, and also at Lakeshore," said Jessica Medeiros, co-ordinator

of the North campus ARC.

The bigger space at Lakeshore means a better balance of programming on both

campuses.

"We will be able to promote and have more events for Lakeshore students as well, as op-



"I encourage everyone to take advantage of the opportunities – it's fun."

Jessica Medeiros
CO-ORDINATOR
NORTH CAMPUS ARC

posed to having limited ones at Lakeshore and major ones here at North," said Medeiros.

Kaitlin Phillips, a work-study student for the ARC at Lakeshore campus, said promotion is currently the centre's biggest priority.

"Lots of students don't even know it's here, so we are trying to spread the word around campus," said Kaitlin Phillips, a work-study student for the ARC at Lakeshore campus.

Events are posted on social media and in a monthly newsletter that can be found humber.ca/aboriginal.

"I encourage everyone to come see us and meet us and get involved in our events. There's always an opportunity to get involved and I encourage everyone to take advantage of the opportunities — it's fun," said Medeiros.

First-year students more vulnerable to sexual assault on campus: study

Creating safe culture at schools a priority

Sonya Kahlon
NEWS REPORTER

Student leadership is key in preventing sexual assaults on post-secondary campuses, according to a recent Students Nova Scotia report on student safety.

The report, prepared by Martell Consulting Services Ltd., is the result of collaboration between StudentsNS and six other Nova Scotia university student unions.

"We create the culture we are living in. We need to create safer campus cultures," said Amy Brierley, StudentsNS chair.

Listed in the report are 21 recommendations for student unions to help prevent sexual abuse on campuses.

Peer education and the creation of specific policies to deal with sexual assault were among the report's recommendations.

At Humber College steps are being taken to promote

student safety.

Humber Students' Federation held its first self-defense workshop for students living in residence on Jan. 16.

"We want to raise awareness of your surroundings. It brings a peace of mind," said Brittany Carovillano, HSF events assistant.



"We create the culture we are living in. We need to create safer campus cultures."

Amy Brierley
STUDENTSNS CHAIR

Alexis Fabricius, owner and head instructor of Invicta Self-Defense in Toronto said, "These programs promote lifestyle change. The ultimate goal is to be more cautious in your day-to-day life."

Fabricius said the programs are designed to stop abuse before it happens.

According to the report,

first-year students are most vulnerable to sexual assault and assaults are most likely to occur during the first two months of classes, especially to the youngest students.

Not all students understand the idea of consent, according to the report. It defined consent "as the voluntary agreement to engage in the sexual activity in question."

The lack of understanding of the term is the basis of a StudentsNS awareness campaign coming out in early February.

"The focus is on consent. We want to target students through social media and have conversations on consent," says Brierley.

According to the report one recommendation for immediate student union action students should develop a position on sexual violence and sexual assault. Build it into the student union bylaws and student union handbook, publicize it on the student union webpage and promote it widely across campus using social media.

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Journalism a tough path: CP boss

Kathleen Jolly
NEWS REPORTER

Seeking a career in journalism today is not for the weak of heart.

Scott White, the editor-in-chief of Canadian Press spoke to students at Humber North campus last week, and his message was one of perseverance, adaptation and caution.

White's first words were: "Who wants to be a journalist? What's wrong with you?"

Journalism students were gathered at the Seventh Semester for the Jan. 22 talk presented by the Humber Students' Federation as part of a CEO lunch-and-learn series.

White told them, "Tough times in the industry, tough times in many industries, but it's always been tough in journalism."

However, White also said the future for journalists is not completely grim, as long as they have some necessary skills.

"Being a team player, not having an ego get in the way. The most important thing is the story, not you. Obviously, an incredible work ethic, and a really strong bladder," said White.

"You have to be able to do everything."

White also discussed some things the Canadian Press, a wire service supplying news



KATHLEEN JOLLY

Scott White, CP editor-in-chief, speaks to aspiring journalists

content to hundreds of newspapers in Canada and beyond, looks for when hiring journalists.

"In terms of trying to set

yourself apart, you have to have work published," he said. "Time and time again, the great equalizer for us is, shit happens, I need someone to

go there and they were there before we even asked them."

Inevitably, the question period that followed White's talk featured remarks on Mayor Rob Ford.

White said, "I told my daughter, at the time she was working for the Toronto Star last election, I said 'You better vote for Rob Ford.' She said, 'Why would I do that?' I said, 'Because I promise you this guy will be the greatest mayor for the Toronto Star and I was right.'"

Asked his goal in addressing students, White said, "Just to talk about that it's tough but the industry needs good people. And going at it with open eyes."

Naomi Leavage, 21, a media studies student at University of Guelph-Humber, said, "I thought it was definitely really informative, and kind of really opened my eyes to where my future is."

Tim Brillhante, Humber Students' Federation president, explained the choice of White as a guest speaker.

"We're holding these CEO lunch-and-learns, and we brought in someone last semester to speak with student entrepreneurs, and it was a fantastic event. They got to have a question-and-answer period with them," he said.

"And so with Scott it's the same idea... to share his message and his experience."



Courtesy Celia Grimby

Humber and Smart Commute team up with a carpool initiative could reduce vehicles to North campus using Highway 401

Carpool Week making debut

New ridesharing program coming to Humber commuters

Celia Grimby
NEWS REPORTER

Staff and students commuting to Humber North and Lakeshore campuses can soon reduce their ecological footprint, and the costs of driving alone, by sharing rides to campus.

Smart Commute, an association within Metrolinx, launches its Carpool Week campaign that runs from Feb. 3 to 7 at both campuses. The campaign promotes a website that matches riders up with drivers.

Lindsay Walker, manager of sustainability at Humber, said the college is collaborat-

ing with Smart Commute in response to transportation concerns of students and faculty, namely time and money.

"You can go online and register for free," said Walker. "And you can tell it where you're coming from, what campus you're going to, what time of day and that kind of thing."

Glenn Gumulka, Smart Commute's executive director, said Carpool Week increases awareness about carpooling. Its Carpool Zone web database is a 10-year-old program that now involves about 300 GTA companies.

Looking for carpool partners can be difficult because students and even faculty and staff aren't on campus the same hours every day, which makes scheduling difficult, Gumulka said.

Working with large institutions like Humber with a lot of daily traffic makes finding matches easier, he said.

"We try and have a lot of presence on campus and get as many people in the program as quickly as we can," Gumulka said. "Carpool Week is really good for that because there is an incentive, and so there is kind of a sense of urgency to create a carpool account, or profile in that five day period."

The incentive this year is two Via Rail business class tickets to Quebec City from Toronto.

Trevor Allen, a sport management student, said carpooling is appealing if it shortens his hour and a half morning commute from Milton on public transit.

Lexus Gould, a student in

the family and community social services program, drives to school three times a week. She said carpooling is a good idea because of environmental and financial benefits, but she would be hesitant to share a vehicle with a stranger.

Gumulka said carpool etiquette guidelines are posted on the Smart Commute Website to help with carpool setup.

"We encourage all of the participants in our program to sit down with the other people and talk about how it's going to operate and some of the rules for the car pool," Gumulka said.

Smart Commute will have booths on campus prior to Carpool Week. They will be at Lakeshore on Jan. 29 from 11:30 a.m. to 1:30 p.m. and at the North campus, Jan. 30 from 11:30 a.m. to 1:30 p.m.

Students react to hike in TTC fares

Gerard Di Trolio
NEWS REPORTER

Humber College students returning for the winter semester have been hit with an increase in TTC fare prices.

The cost of post-secondary student Metropasses increased to \$108 from \$106. An adult Metropass also went up in price to \$133.75 from the previous \$128.50 while tokens have been increased by five cents to \$2.70 from \$2.65. The cash fare remains unchanged at \$3.

Response from Humber College students was mixed.

"It's frustrating: an increase in prices but no increase in service. The service is still garbage," said Victoria Sultana, a fourth-year psychology student at the University of Guelph-Humber.

"Not really an issue. Still the cheapest method to get here," said Matthew Owczarz, AGE a first-year law clerk student.

"Right now I use an adult Metropass. It's unfair to the people who buy the adult pass," said Norman Nguyen, a second-year Architectural Technology student. "I heard the Toronto government's subsidy is getting worse. We have to pay because they don't."

The City of Toronto's subsidy to the TTC is below that of other North American major cities.

The TTC covers 67 per cent of its operating costs through fares. This makes the TTC the least subsidized public transit system in a major North American city.

Public transit in both New York City and Chicago have fares cover only 55 per cent of their operating costs with the rest covered by subsidies from the state and municipal level.

The fare increase was tied to the rate of inflation, but there is still a \$6-million shortfall in operating costs that will be dealt with through finding efficiencies throughout 2014, said Danny Nicholson, a media contact for the TTC.

It's frustrating: an increase in prices but no increase in service. The service is still garbage.

Victoria Sultana
FOURTH-YEAR PSYCHOLOGY,
GUELPH-HUMBER

Ontario's Ministry of Transportation has given no significant sign of stepping in to help the TTC.

The portion of the provincial gas tax given to municipalities for transit has been made permanent, and the province of Ontario has provided money to expand subway and LRT lines, said Bob Nichols of the Ministry of Transportation.

The TTC has already been relying on this transfer since 2004 and an expanded transit system will put a further strain on the transit's day-to-day operating costs.



Courtesy Charles Tang

The Markham Pan Am building will host badminton, table tennis and water polo. Students volunteering for 2015 Pan Am will receive additional OSAP benefits.

Pan Am Games volunteers to get financial relief

Charles Tang
NEWS REPORTER

The Ontario government is planning to recruit student volunteers for the 2015 Pan Am Games in Toronto.

The Ministry of Training, Colleges and Universities announced Jan. 14, post-secondary students volunteering

during the Pan Am and Parapan Am Games are eligible for more financial assistance if they receive OSAP.

“Changing OSAP to encourage students and new graduates to volunteer at the Pan Am and Parapan Am Games will help them make a lasting impact on their communities, build valuable

skills for the future and enjoy an experience of a lifetime,” said Brad Duguid, minister of Training, Colleges and Universities, in a news release.

Nasma Ahmed, 18, is a pre-game volunteer and a first-year Political Science student at the University of Toronto. She is planning to volunteer during the games.

“I am excited when I hear the news,” Ahmed said. “This will benefit me in a very positive way, lifting the pressure during the summer months, so I could be heavily involved with the games in 2015.”

Full-time students returning to school are usually required to go through a need assessment process if they are

applying to OSAP. This process determines how much assistance they receive.

But volunteers who complete their duties during the games can apply for a waiver where any earnings they receive during the 16-week period, before returning to school, will not be factored into the calculation of their

OSAP funding.

For students who are finishing their studies and completing their volunteer duties at the games, the usual six months grace period before they are required to repay their loans will be extended to a year.

The government will pay for the interest on the outstanding loans, according to a statement by the ministry.

But Stefanie Comande, 24, a second-year Humber physiotherapist student, said the financial incentives are not enough to get her to volunteer.

“It depends, I don’t have a lot of time to do that. In my program, it’s not that difficult to find a job after graduating,” Comande said. “I think I am going right into a job instead of volunteering.”

The application process will start on April 2014 and it is estimated that 20,000 volunteers will be needed. The 2015 Pan Am Games start July 10 and Aug. 7 for the Parapan Am Games.

Daniela Gallardo, 22, a first-year Humber paralegal student, said she would apply for the volunteer positions during the games.

“I would like to get involve in these activities as much as I could,” she said.

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Paramedic, police students asked for essays

Emergency services students to write on post-traumatic stress disorder for \$2,500 Tema Conter scholarships

Cristina Pietrantonio
NEWS REPORTER

Only 17 students across the country are battling for \$30,000 worth of provincial and national scholarships from an Ontario-based charity.

The Tema Conter Memorial Trust scholarships are awarded to those producing a winning research essay about post-traumatic stress disorder and aimed at students in emergency services programs. Students in police foundations, criminal justice, pre-service fire education and training, emergency communications, and paramedic programs at Humber College are eligible to apply.

"We haven't received any submissions from the police foundations program or from the criminal justice program," said Vince Savoia, executive director of the Tema Conter Memorial Trust.

"We ask a lot," he said. "But at the end of the day, if you're going to get a cheque for \$2,500, we want to make sure that you're doing an actu-

al research project."

The logic behind the task is to raise awareness and educate students seeking a career in emergency services, because PTSD is a possible hazard for anyone within the field.

"They need to be aware of the signs and symptoms, potential risks to their mental health, and also potential risks to the health of their partner or people they work with," said Erin Gray, coordinator of the paramedic program at Humber.

"When you have the signs and symptoms yourself, oftentimes you don't recognize it," she said.

The Tema Conter Memorial Trust is dedicated to help people in emergency and military services who experience tragic events on a daily basis. The organization began as a charity offering scholarships to paramedic students and has evolved into a centre for research, education and training, and peer and psychological support.

Gray, who is involved with the trust, said she likes to inform the



CRISTINA PIETRANTONIO

Humber paramedic student Gabriel Maltese plans to pen an essay.

first-year paramedic students about the scholarship during their first semester.

"So if they feel like it's too much time commitment to write the essay while they're in their first semester, at least they know that that opportunity is there for next year," she said.

The charity offers one \$2,500 scholarship per province, with Ontario receiving two scholarships due to the large number of colleges in the province. The best research pa-

per in the country also receives an additional \$2,500.

The majority of the charity's scholarship applicants are in Humber's paramedic program, although the contest is open Canada-wide to all emergency services and military students.

Savoia, who graduated from Humber's paramedic and criminal justice programs, said although he is keeping the criteria of the research paper as is, he is also considering creating an additional, smaller scholarship which includes multimedia in order to get more students involved.

Gabriel Maltese, a second-year paramedic student at Humber College, plans to apply for the trust's 2014 scholarship, which routinely closes on Dec. 31 of each year.

"People who work in emergency services are very susceptible to PTSD," said Maltese. "All it really takes is one event to cause that in someone."

Henri Berube, Humber's police foundations program coordinator and former Peel Region media relations officer, said it is important to educate students about issues in

their future careers before they seek experience in the workforce.

Berube agrees the biggest problem is the stigma surrounding mental health.

"You sensitize into the fact that they may run into a culture that still exists that says you're not supposed to go for help, and that's a dangerous culture," said Berube.

Maltese said the stigma exists because there is a lack of awareness.

"The only real way to kind of break that is educating people as much as possible," he said.

Savoia created the charity during his own struggle with PTSD after attending a homicide while working as a paramedic. He lectures Humber's paramedic students every year on signs, symptoms and when to seek help.

Maltese said he was fortunate enough to hear Savoia talk in 2013.

"The one thing I've learned, is it's okay for you to feel these things," he said.

Nine Humber students have received provincial scholarships, three of whom also received national scholarships from the charity since its launch in 2001.

Committee seeks input for better classrooms

Humber wants redesign of its learning environment

Marlon Gomez
BIZ/TECH REPORTER

Students and faculty at Humber College voiced their concerns at recent town hall meetings, hoping to initiate changes to classroom designs.

The meetings began Nov. 27 and ran at both campuses, the most recent one taking place on Jan. 21.

"I've never seen collaborations as we are seeing now with these types of town halls where we are incorporating the expectations of every stakeholder. Bringing students, faculty, and administration to discuss things is the best way to do this," said Guillermo Acosta, dean of Media Studies and Information Technology.

Eileen DeCourcy, the vice-president for teaching and learning at Humber, has led the meetings.

DeCourcy said Humber is hoping to create a physical environment that supports the knowledge and skills that are being taught in classrooms.

She said context, content and andragogy, the art and science of teaching adults, are the three key el-



MARLON GOMEZ

Classrooms at Humber's North and Lakeshore campuses may be getting a facelift as the college is engaging students and faculty on potential redesigns.

ements being implemented into the designs.

"Every room will be assessed differently depending on what is being taught. Not every room needs to be high-tech, and that's where content and context help to make those decisions," said DeCourcy.

"Humber wants to embrace change and move away from tradi-

tional classrooms with podiums and desks at the front where teachers find themselves speaking most of the time," she said.

Vincent Silveira, a business professor at Humber North and Sheridan College, explained how some of the Sheridan classrooms he teaches in are very innovative.

"Tables in those classrooms are

shaped like cloverleaves with the intent of making it easier for students to move around and work together," he said.

Future Humber classroom designs will comply with the Ontario Disabilities Act, ensuring access for students with disabilities.

"Humber is currently experimenting with technology made by

the American firm Crestron Electronics," said DeCourcy. This technology would allow students to project whatever is on their screens and discuss it.

Students interested in joining the committee and having input into Humber's classroom redesign should contact Eileen DeCourcy or Scott Briggs.



DERICK DEONARAIN

More than 100 trees at the Humber North campus Arboretum suffered damage from last month's major ice storm.

Arboretum surveys damage

Danielle La Valle
NEWS REPORTER

Enchanting to look at, the frozen branches of trees after this month's ice storm sparkle like crystal in the sun.

But Toronto's major ice storm of last month was not just a pretty winter wonderland – it was also a destructive force, including at the Humber North campus Arboretum.

“As far as trees that have broken limbs or are broken completely, you're looking at over a hundred for sure,” said Jimmy Vincent, coordinator at The Centre for Urban Ecology at the Arboretum.

The Arboretum's lone mature butternut tree, which belongs to an endangered species, appears to have come

through the storm unscathed, said Vincent, along with six butternut saplings grafted onto a black walnut tree. Surveying of the damage is underway, he said.

“For just the Arboretum, it's really hard to say the estimated costs, because we have a lot of different natural areas. Those are areas that we will just leave down. We don't need to clear trees from them.”

Vincent said the flipside to this destruction is fallen and damaged trees will actually form new habitats for the Arboretum's wildlife. Owls specifically are known to roost in tree hollows.

Among the Arboretum's owl species, Vincent says the northern saw-whet, long-eared, and screech owls will

make use of the damaged trees.

Shannon Ho, business assistant at the centre, said with a storm this severe, there is always a chance that the urban ecology facility will lose money due to possible cancellations of booked school groups for safety reasons.

“Some of the areas that we like to use are either closed or not safe as of right now due to broken tree limbs, or dangling tree limbs, or even because of the ice,” said Ho.

The centre kept all current bookings by changing tour itineraries, said Ho, adding safety is always the main concern. Since many trails are closed due to storm damage, she advised hikers to stop by the centre first to find out

which trails are closed.

Vincent emphasised that most trees can survive the damage inflicted by a storm. But if an arbourist doesn't properly dress the wounds left behind from broken limbs, a tree is likely to die.

Tasnim Chowdhury, 22, a third-year business student at Guelph-Humber, started coming to the centre as part of her after-school program while still a high school student and secured a job there as part of Humber's Work-Study Program.

Chowdhury, who answers many of the incoming calls there, said so far there have been none in regards to storm damage to the Arboretum's canopy or out of concern for wildlife.

Ontario funds new university sites

Ian Burns
NEWS REPORTER

The Ontario government recently announced plans to build up to three new post-secondary education sites, but is focusing its efforts on university students.

The plan known as the Major Capital Expansion Policy Framework, will call for capital projects that will immediately provide educational facilities for 1,000 new students, and up to 10,000 spaces in the future.

The focus is on undergraduate degree-granting institutions. Emily Hedges, senior advisor for communications with the Minister of Training, Colleges and Universities, points out that the government foresees strong long-term demand growth for degree-level programs.

Hedges said future development might include college level institutions

“Although the upcoming call for proposals will focus on expanding undergraduate spaces, future calls for proposal may focus on other areas, including capacity growth at the college level,” she said.

Ruth McKay, director of planning and government relations at Humber College, said she's pleased the government has indicated future large-scale construction projects in the postsecondary education sector to support the government's long-term priorities.

Tyler Epp, director of advocacy with the College Students Alliance (CSA), said that the

government's focus should be maintenance projects rather than building new sites. Many of these projects have been deferred due to budgetary constraints, he said.

Timothy Brillhante, president of the Humber Students' Federation, has noted that Humber has benefitted a great deal from capital investment by the government, noting projects such as the new Learning Resource Commons building and plans to expand the Lakeshore Campus in the near future.

“I believe Ontario is recognizing the growing value that colleges and college students contribute to our country and economy,” said Brillhante. “It will be great to see more investments made to the development of our institutions in the future.”

Epp does not agree that college students are being short-changed with regard to capital expansion.

“Though there is currently a focus on undergraduate providers, hundreds of millions of dollars in already dedicated funding for capital expansion is forthcoming for colleges,” he said. Brillhante agrees with this assessment.

“I personally don't feel shortchanged as I speak to my experience at Humber,” he said. “I suppose it's just the time it takes to build new infrastructure and maintain existing spaces that can be time consuming for students, which can be attributed to high demand and low supply of space.”

HSF election process gets underway

Nomination period gives student gov't hopefuls a chance

Kathleen Jolly
NEWS REPORTER

The nomination period for the next Humber Students' Federation executive team has begun.

Students who want to be part of the HSF 2014-2015 student executive team have until Feb. 7 to submit nomination packages.

The available HSF positions are president, four vice-presidents (two for North campus and two for Lakeshore), and board of directors.

“All students who submit a completed package have to go through a verification process, and once the students are verified as a candidate then all the names will be released for who will be running for what position,” said Natalia Toussaint, HSF's chief returning officer who oversees the election process.

Toussaint will look over candidates' applications to ensure they are eligible.

“To be eligible as a candidate, students must be considered a full time student, and they must have a GPA of 70 per cent or higher per semester, so we do look at transcripts and grades, just to make sure that you are qualified as a student,” Toussaint said.

“School is your first priority,” she added.

Students also need at least 200 nomination signatures.

The election process has three phases, starting with the nomination process, which began Jan. 6.

“First one is [the] nomination period where students gather signatures. Second one is the campaigning period where they actually state their platform to students, then there's an actual voting period, which is when students actually cast their vote for their candidates,” said Toussaint.

Campaigning begins Feb. 24 and ends March 7. After the campaigns students will be able to place their votes

from March 10 to 14.

HSF president Timothy Brillhante knows the election process all too well and had only positive things to say about his experiences.

“I was not successful the first time that I put in my hat for president, and I learned a lot from that experience, and actually gained an idea of how to better set up a campaign for next time,” he said.

Colin McMaster, 21, a Humber hotel and restaurant management student, sees the benefits of the HSF elections from a voter's perspective.

“Who we vote for, it's always good to know, because they'll be able to make life easier for us here and make it better for us,” he said.

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A rise in unemployment shouldn't deter students

The winter semester is here. For many students, it's the last semester before the daunting task of job hunting is thrust upon them. By now, several years of schooling have presumably helped prepare them for it.

Yet, despite those years in post-secondary, the terms "daunting" and "job hunting" still go hand-in-hand. This is especially pertinent now considering that a report by Statistics Canada has highlighted the growing unemployment problem in Toronto.

The unemployment rate in the city, not including the suburbs, has hit an alarming 10.1 per cent, according to StatsCan. Despite these numbers, Mayor Rob Ford is still holding on to his idea that Toronto,

a city he's had a large impact on in recent years, is "booming."

But the reality is that jobs are difficult to come by these days, and the alarming spike in Toronto's unemployment rate – from October's 7.5 per cent to the current 10.1 per cent – potentially indicates the situation could get worse in the future.

Even earning a university degree no longer does the trick. According to a recent study from Colleges Ontario, a growing number of post-grad students are contributing to the five per cent enrolment boost occurring in Ontario colleges. It appears students are either finding themselves flooded with enormous debt upon graduation – creating a necessity for a job right away that may not utilize their level of educa-

tion – or they are discovering their degree didn't provide them with the skills needed for employment and therefore move on to college.

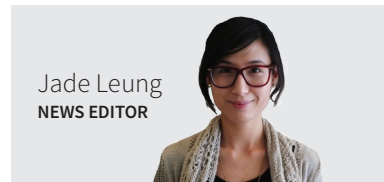
Though these are unfortunate scenarios we face in Toronto, this situation not only highlights the strength of college programs, like the ones found at Humber, but also demonstrates student determination in doing whatever it takes in the pursuit of employment, even during difficult times.

The task of finding a career after graduation is certainly not impossible, but it requires patience, an understanding of what type of post-secondary education works best for the student, and above all, initiative. It would certainly help to have a more robust economy, along

with less expensive tuition fees. The provincial government has to make these fragile aspects of our education system top priority. Students are the future of this province, and though the task of entering the post-secondary environment and learning what's required is on them, a solid foundation must be laid out to ensure students' efforts are not wasted as they begin job hunting. The emergence of ONTransfer.ca – a website dedicated to easing the transfer of student credits from one school to another – and the promise of more satellite university campuses are admirable steps in the right direction.

Students should remember that while at times the possibilities after graduation may seem limited, they never truly are.

There's more to learning than science and math



Jade Leung
NEWS EDITOR

Over the last few years, there has been escalating concern over declining levels of mathematic abilities in Canadian and American students alike. When the results for the 2012 Programme for International Student Assessment were released this past December, our national fears were affirmed: Canada has been slipping down the ranks in math and sciences.

Some experts are anxious that North Americans are losing their international competitiveness, especially to populations in China and India, where math comes readily and is almost second nature.

These fears however are greatly misplaced.

It's called comparative advantages: if country A is particularly efficient at a certain skillset, and country B is efficient at another, they trade. Instead of focusing on areas of weakness, they concentrate their resources on their efficiencies to become increasingly competitive.

But PISA data generates a more single-minded approach to national skills. It's an evaluation spanning 65 countries, testing aptitude levels in math, science, and reading in just over half a million students aged 15. Released by the Organization for Economic Co-operation and Development, the purpose of the study is to galvanize positive educational reforms around the globe.

According to the PISA results, although Canada sits above the average worldwide score, there has been a steady decrease in its math scores over the last nine years. While reading has more or less remained the same, science scores have also been waning.

News outlets quickly reported math in our education system didn't "add up" and parents became indignant. Since, the Ontario government has said it will be pumping \$4 million into the education system throughout the year. In turn, the benefits will hopefully be passed on to the students.

The importance of a high IQ has long been emphasized. Bill Gates is notorious for being an advocate, even once quoted in a *Forbes* article titled "Talent Wars", as having said, "Software is an IQ business. Microsoft must win the IQ war, or we won't have a future." In another *Forbes* piece, "Scary Smart", author Rich Karlgaard said, "The surest way to become a billionaire today is to be born with a 150-plus IQ and have math SAT skills at the 800 level."

An article in *Psychology Today*, "Of Brainiacs and Billionaires," said individuals in the top 1 percentile of the highest IQ scores "produce

nearly 20 times the per capita output of the bottom half." Those with the highest IQs, according to the article, usually flock to STEM (Science, Technology, Engineering, and Math) fields.

If I had a dollar every time I heard the joke that journalism students can't even add, I'd have a lot less tuition to pay. Many of my cohorts are quick to admit, math is not their strong point.

So the question is: would forcing more math upon us during elementary and high school years change our decision to pursue our chosen field?

Practice will make younger students more apt at performing basic mathematics, but I don't believe it would change their career ambitions. Instead of forcing students to become skilled at something they don't care for, why not foster their wide array of interests and talents in different areas?

In a recent piece for the *Globe*

and Mail, teacher Andrew Campbell called into question the accuracy of the PISA scores. According to the article, "Cambridge statistician David Spiegelhalter expressed '... fairly serious concerns...' about PISA's 2012 testing methods and data analysis, while University of Copenhagen's Svend Kreiner calls PISA results 'useless.'"

The article continued, "Education levels help fuel growth up to point, but once a country achieves an optimal level of education, traits like creativity, perseverance and ambition become more important."

In a newer article in the December issue of *Forbes*, Karlgaard backpedaled and echoed similar sentiments. Karlgaard wrote, "Smarts is something different in the real world. It isn't defined by 800 math SATs. It's more about the importance of hard work, perseverance and resilience. Call it grit. Call it courage."

I call it basic economics.

QUOTED: How do you feel about job prospects after graduation?

"Well. Apparently there's a lot of potential. I heard it's a wide market."



Joshua White
HVAC, 1st Year

"I don't think I've been told enough about how to get [a job] – I'm not as comfortable as I'd like to be."



Alexandra Billson
Cosmetic Management,
1st Year

"I still have to apply for work placement, but hopefully I'll get hired at those studios. It looks pretty good."



Sam Khan
Creative Photography,
2nd Year

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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Hookup apps are games, not relationship sites

Sarah Stinchcombe
LIFE EDITOR



Are dating-based smartphone apps like Tinder superficial or are we actually one swipe away from true love?

Tinder is a free app available for iPhone and Android users.

Totally unlike other online dating sites, Tinder users don't write long profiles about their ideal date, the men or women they hope to meet and where they would be typically found on a Friday night. Instead, they have the option to write a quick blurb about themselves, but it is their photos that take centre stage here.

Tinder presents itself in a game format, and the rules are simple. Swipe yes if you find the person attractive, swipe no if you do not. Along with the photos may appear a bio written by the user; any similar interests the two users share, which are linked directly from their Facebook account; and any mutual friends. While the user is scrolling through photos, so are multiple other users. In the event that two users both swiped yes to each other, it's a match, and a conversation automatically starts between the two users.

It's not a pure hookup app like some which merely align people attracted to each other's photos for a sexual encounter -- but users aren't looking for a wide range of compatibility, either.

Unlike other dating sites, Tinder doesn't allow users to message other users unless it's a match. Because

of this the app has become very popular among young single women. Through other dating services women can find themselves at the end of a barrage of unwanted advances. Popular blogs like OkCupid are really not okay, with women often receiving all kinds of inappropriate messages.

However, as previously stated, Tinder is also a very appearance based dating app. Other apps and websites allow and encourage users to give information about themselves, hopefully prompting other users to read and see if they have similar interests.

Tinder isn't alone in the fast connection game though. Grindr, geared towards gay, bisexual and bi-curious men, has been around since 2009. Similar to Tinder, Grindr users can view pictures, but also have the option to let others see where they are located, advancing the likelihood of interaction.

In apps like this the first interaction between users is almost solely based on their physical attraction to each other. Which begs the question, how can they be used for anything other than an initial superficial draw that will fizz out almost as fast as it started?

Tinder should be used exactly the way it presents itself, as a game. A game that will do nothing more than boost your ego, or keep you busy during a long car ride or perhaps a wait in a doctors office. With this attitude, users can have mindless conversations with others who live 15 kilometres away, all the while knowing very well in the back of their minds it all started due to nothing more than a physical attraction and good lighting.



Twitter.com

Aerie models will no longer be digitally retouched in advertisements as in the unaltered example above.

Refusing to Photoshop does not erase generations of body image issues

Megan Rach
A&E EDITOR



I was 12 years old when I first started having body image issues. At the time, I didn't realize puberty was at the helm of the ship. All I knew was that I shot up to about 6 inches taller than my classmates and I began to look like the "before" photo in a Proactiv commercial.

It was about this time I stopped shopping at Wal-Mart and Northern Getaway and started finding more "trendy" retailers to buy my clothing. My childish whimsy and adolescence ended and I became a full-fledged sullen and all too self-aware teenager. I began reading teen fashion magazines, watching TV shows with wildly beautiful teenaged characters, and couldn't fathom why I couldn't look like them. My 12-year-old brain didn't comprehend that these "teenagers" were actually 20-somethings. It was at 15 that I gave up and hid underneath a wide array of oversized band t-shirts and sweaters, incurring the wrath that every teenaged girl faces -- self-esteem and body image.

One of the biggest influences we have when it comes to body image is the imagery retailers use. Advertisements, store windows, online -- retailers choose a very specific type of person to wear their clothing and model it to the rest of the world, making that body type integral to the brand. More often than not, these models are physically fit, flawless creatures who always look incredibly happy and carefree. This is, I would assume, to back up the illusion the retailer is hoping

to sell: "Wear our clothes! You'll look good, feel good, be good!" While this tactic is almost always questioned, its falsity wasn't fully revealed until May of 2013 when Abercrombie & Fitch made itself completely transparent in perhaps the worst possible way.

A&F CEO Mike Jeffries admitted the company doesn't make larger sizes in their clothing because they specifically want to market to those he calls "thin, beautiful and cool," basically stating that only a specific type of person was "allowed" to have the Abercrombie & Fitch logo emblazoned across their chest. While I think this was widely known already, it was still shocking to see it so plainly said, especially in a society so contradictory. Jeffries may be an exclusive and seemingly insensitive CEO, but perhaps he was just saying what every other similar retailer was too scared to.

We are preached to about self-love, but still continue to be spoon-fed imagery featuring predominantly skinny, beautiful women or muscular, handsome men -- all of whom have been retouched by a little magical tool called Photoshop. While initiatives exist today to combat this idea of perfection in media (see Dove's Campaign for Real Beauty) the question remains -- how long until other retailers begin to follow suit?

As of this week, American Eagle's lingerie brand, Aerie, announced the decision to stop Photoshopping the models they feature. Focusing on the message of "real beauty," the company has stopped digitally altering the appearance of their models in an effort to set themselves apart from their fellow retailers.

On one hand, this is a bold move. American Eagle and Aerie

cater mostly to teens and young adults (the same age range as Abercrombie & Fitch, mind you). One retailer is telling their young and impressionable buyers that they have to look a certain way to buy their clothes, preying on their insecurities. The other is telling their young and impressionable buyers, "the real you is sexy and we want to see that."

While it is commendable that a widely known retailer is working toward "real" beauty, there is still the issue of whom they choose to be their models of "imperfection." Sure, they're not Photoshopped, but they're not all shapes and sizes. Going through the website, there wasn't a model any larger than a size 6. I dare to be cynical, but it does seem to be more of a marketing ploy to counteract the previous retail scandals to hit headlines surrounding body image (involving A&F and most recently, Lululemon Athletica). It seems like a declaration of "look at us, we're different and we want to feature unaltered people" without straying too far from the norm of the beautiful, thin model.

What it boils down to is, unrealistic beauty ideals are still involved, and I think that while Aerie is making a step in the right direction, it's not nearly enough.

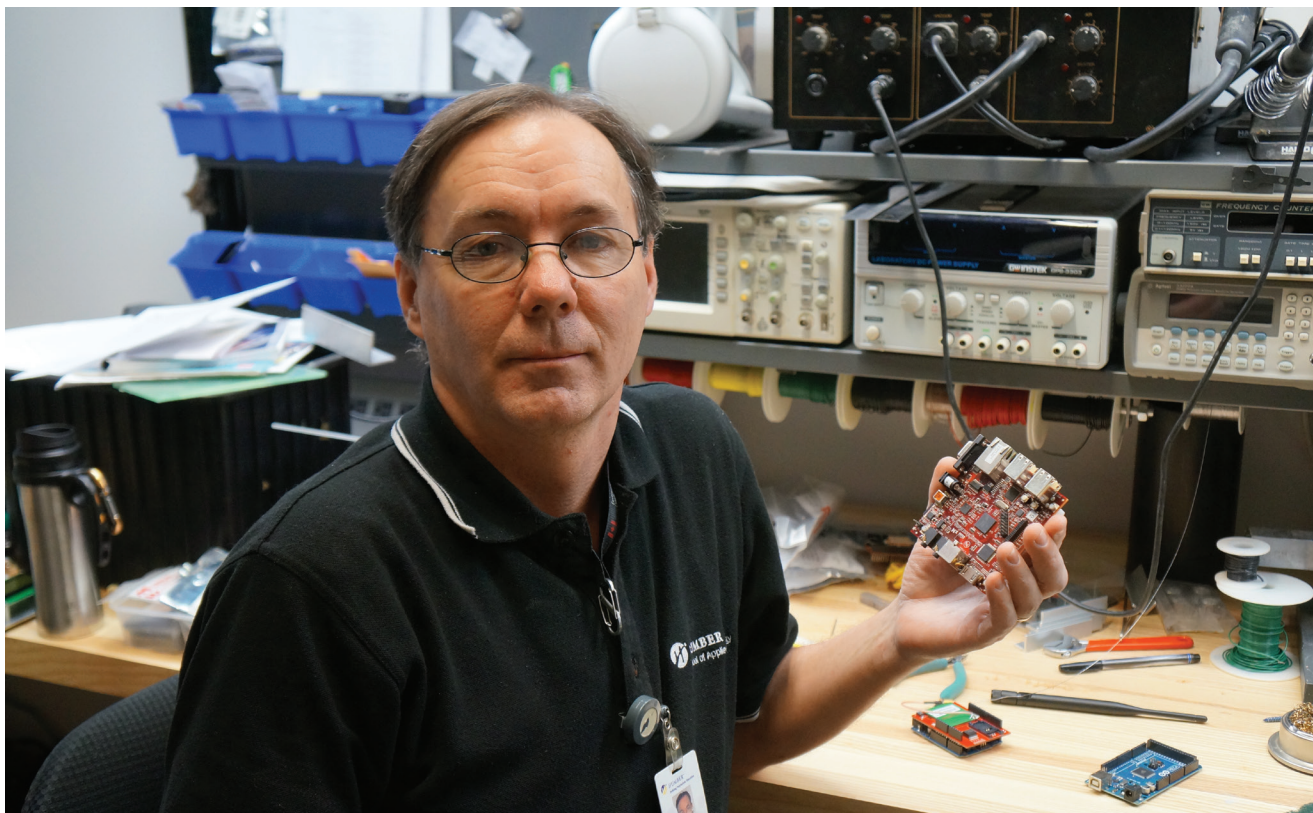
It took me a number of years to finally be comfortable with my own appearance. Throughout those years, I stopped hiding and embraced the way I looked. Perhaps I became more of a realist, but what I discovered was the most valuable part: a CEO of a retail chain, or an advertisement in a magazine, does not determine body image. Because you know what they say -- even the girls in the magazines don't look like the girls in the magazines.

ET CETERA CARTOON



JESSICA STEIN

Internal Debate #104: Will the older lady be grateful or offended if I offer my TTC subway seat?



VICK KARUNAKARAN

Kelly Gray, educational assistant at Humber's School of Applied Technology, holds up a microcontroller in the lab

Internet of Things: new trend links consumers to devices

by Vick Karunakaran
BIZ/TECH REPORTER

The recent announcement that Google has purchased Nest Labs Inc. for \$3.2 billion has hatched speculations about the potential of an industry trend called the Internet of Things.

Internet of Things is object-hyperlinking, or the implementation of a digital identity to a physical object. Eventually, sensors will be embedded in everything from clothes, devices, appliances, doors, lights, and even cars, says a Consumer Electronic's Association report.

Nest Labs makes thermostats and smoke alarms that

learn from user behaviour and can be controlled online. The popularity of smartphones and tablets has driven the idea of monitoring and controlling things using these devices as interface, according to the CEA report.

"The iPhone was the real first usable Internet device," said Robert Plateck, CEO of SensorSuite, a Toronto based Internet of Things startup. "Now the next wave is that things themselves are getting connectivity to the Internet."

Humber teaches students the foundation to build smart devices to control sensors, said Kelly Gray, educational assistant at the School of Applied Technology.

The microcontroller boards used to make such controllers are inexpensive and the software for it is free.

"It is a matter of playing with it," Gray said.

Security, however, is too often an afterthought, he said.

Many cheap wireless baby monitors in the market are like having a microphone in a house. Anybody with a device to receive the same frequency could potentially hear what the baby monitor picks up, said Gray.

"There are some privacy concerns," said Kevin Ramdas, professor at Humber's School of Applied Technology. He said companies could potentially track someone's

behaviour and location.

"We are gathering lots of data, but we are not using it to track users," Plateck said, referring to his company's B2B products. "We are using it to optimise a building's energy usage."

He said hardware designing was a niche, but useful, skill to develop for students.

Back-end programmers with knowledge of mobile and cloud programming would be very valuable to his company, he said.

"The Internet of Things will be a huge developer's market," said Ramdas. "The programs here at Humber are doing a good job of preparing students."

Cutting gender inequality in tech

Ladies Learning Code hosts IT workshops all over Canada

by Aabida Dhanji
BIZ/TECH REPORTER

Ladies Learning Code, a non-profit member of Learning Labs dedicated towards ending gender inequality in technical fields, is holding free workshops to accomplish their goals.

Learning Labs is a Canadian educational agency that offers opportunities in digital literacy for children, youth and adults, and teaches women the fundamentals of web design and programming.

"It is an environment where women feel welcome and comfortable to learn these types of skills," said Melissa Crnic, the director of Ladies Learning Code. "The ultimate goal of Ladies Learning Code is to one day have no gender inequality in technical roles and the technical industry."

Learning Labs gives mentors a chance to give back to their community.

"I had a lot of people that helped me out when I was learning and it's a nice feeling to give back to the development community," said Spencer Crone, a graduate of Humber College's web design and maintenance program.

Crone has mentored a few sessions with Ladies Learning Code and has been impressed by what his students have developed.

"It's great to see what unique designs they can create with no prior knowledge of the programs," he said.

Learning Labs currently

have workshops in 15 cities in Canada, and eight workshops per month in Toronto alone, said Crnic. By the end of February they will have expanded to 17 cities.

"There are about 20 different workshops for adults," she said. "These range from HTML to WordPress, python, Photoshop, video editing, app development and more. All the workshops are in the realm of design and development."

Ryan Burton, director of I.T. Planning & Client Services at Humber, said it's a "tremendous opportunity" to have organizations like Ladies Learning Code helping people pursue career aspirations in technology.

"I like that people have an interest in technology and can get help along the way," he said.

The next Ladies Learning Code event will be an introduction to the python programming language on Feb. 1. More information is available on the Ladies Learning Code website.



COURTESY JON LIM

Melissa Crnic, the director of operations and content at Ladies Learning Code

New Venture Seed Fund launches student startups

by Casey Taylor
BIZ/TECH REPORTER

Winners have been announced for the 2013 New Venture Seed Fund, a program designed to help current and recently graduated Humber students start their own businesses.

The fund awards \$10,000 on a competitive basis to winners with the idea to support the development process for new ventures. The seed money is used on everything from developing prototypes of a product to testing and marketing them once they've been completed.

This year's competition saw fund-

ing awarded to nine different startups covering a vast range of market niches.

WINNERS

Carrie Holmes is currently a student in the Bachelor of Business Fashion Management program. Her company, BlakBlak, was awarded funding for her line of high-quality clothing that targets a gothic niche.

Lindsay Branton and Brennon Lundy are both students in the Fitness and Health Promotion program. They developed a company called TrainMeFit. Branton and Brennon plan to offer their clients

personal and small group training partnered with lifestyle, nutrition and goal counseling plans.

Colin Edwards-Crewe is currently a Bachelor of Music student. His company, ColinResponse, aims to use motivational speaking and live entertainment to work with school boards to encourage and guide high school students as they approach post-secondary life.

Adam Kozak, a student in the Advanced Journalism diploma program, developed Kozak Video Reels. The company will create professional videos for high-level athletes hoping to graduate to the next level. The company's main goal is to provide a way for athletes to market themselves to scouts and coaches.

Jacob Farjou, a student in the

Exercise Science and Lifestyle Management program, aims at providing tools and information for people to make lifestyle changes to curb their risks of chronic diseases with his company Dynasty Training - Trainsmart.

Anthony Zambri, a student in the Landscape Technician program, owns Z-Con. His company, a seasonal residential lawn care company, seeks to supply its clientele with a higher-quality service than industry competition.

Sabrina Rubli and Ella Marinic, both International Development students, won funding for their company Femme International. The two hope to use their company to provide women and girls in developing countries with innovative tools and a knowledge set designed

to address gender-specific barriers in education, health, and safety.

Craig Petten and Pablo Alvarez are both graduates of the Sustainable Energy and Building Technology program and co-owners of AquaGreens. Petten and Alvarez are seeking to put high-quality, competitive cost fresh fish and produce to market using sustainable aquaponic technology.

Mallorie Grabish and Justine Chen See, Community Integration through Co-operative Education students, own Ontario Disabled Adults Deserve Good Care. Their company is intent on improving the health and wellbeing of adults with disabilities by creating a health passport so care needs can be readily known and available to all care providers.

TORONTO EVENTS THIS WEEK

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	SATURDAY 1	SUNDAY 2
Royal Opera House TIME: 7:00 p.m. Royal Opera House will be broadcasting Giselle live to cinemas across the globe	HSF Club Fair TIME: 11 a.m. The North and Lakeshore Campuses will be hosting a club fair.	Les Miserables TIME: 7:30 p.m. The popular musical will be performed at the Princess of Wales Theatre in Toronto	HSF Red Carpet TIME: 11:00 a.m. HSF will have service stations detailing bursaries, dental insurance at North campus.	Heartbeat of Home TIME: 8:00 p.m. Ed Mirvish Theatre will host a show combining Irish, Latin, and Afro-Cuban music and dance.	2014 Chinatown Chinese New Year TIME: 12:00 p.m. Chinatown celebrates the Chinese new year at the Chinatown Centre, then Dragon City Mall at 1:00 p.m.	Pusha T @ The Danforth Music Hall TIME: 8:00 p.m. Popular rapper Pusha T will be performing at the Danforth Music Hall. Tickets available on ticket master.

Jazz at Rex a showcase for Humber student musicians

Adam Stroud
ARTS AND ENTERTAINMENT REPORTER

George Chenery stood behind his upright bass, playing his second consecutive 45-minute set in front of a packed house at the Rex Jazz & Blues Bar on Queen Street West.

Chenery, 19, a first student represented Humber's live showcase of talent, and not even a hand injury could slow him down.

"I have a huge blister on my finger that exploded halfway through the second set. I was a little bit injured," he said.

Chenery said it was exciting to play with his friends in front of a live audience.

"It was fun to play with those guys. They've all got a lot of energy," he said.

This live showcase of Humber's talent is part of what is among the

most highly regarded jazz music programs in North America.

Alex Dean, a prominent jazz musician and professor at Humber, said the Humber program has a reputation that spans the globe.

"Humber is getting a reputation all over the U.S. and the world, as having a great music program. People come from Korea, Japan, Europe, and they come to study at Humber," he said.

The Humber Jazz Performance program has produced notable graduates such as Liala Biali, who has toured with musicians like Sting, and Diana Krall. Humber graduate David Virelles was named one of four young jazz pianists to watch by the *New York Times*.

Humber's jazz programs have several Juno winners and nominees among former students.

Six Oscar Peterson Grant for Jazz

Performance winners have been Humber students.

The \$10,000 award goes to the top jazz student from that year throughout all of Canada.

"If you're going down to New York to do a masters, that 10 grand helps a lot," Dean said.

Tom Upjohn, 19, who played his own composition at The Rex, said he enjoyed playing his piece in front of an audience.

"I feel pretty good about the performance overall. Everything came out in the wash," he said.

"Last year they had a Beatles ensemble," he said.

As the last ensemble took the stage at the Rex, it was already clear the audience was looking at the not-to-distant future of Toronto's jazz music scene.



Courtesy of The HIGHS

L-R Karrie Douglas (keyboard, vocals), Joel Harrower (guitar, vocals), Doug Haynes (guitar, vocals), Kevin Ledlow (drums).

'Baroque' pop band HIGHS lifts winter lows

Queen's grads chosen as Radio Humber band to warm January hearts

Nick Jean
OA HISDFHW

96.9 Radio Humber's band of the month for January, HIGHS, is the cure for winter melancholy among Humber students.

Station Promotions Director Kylee Winn, said HIGHS would be her band of choice during the chilly, and at times gloomy, winter weather.

"They sound different from everything else we've been doing," she said.

The Toronto-based pop foursome has been together for a year now. In that time, they have already settled on a tight, summery sound, and turned out an EP.

Travis Hay, programming assistant and music director at Radio Humber, described HIGHS as baroque pop.

"Think '60s surfer music. It's a new, exciting, fun sound. The guitar line, it just makes you want to move," Hay said.

Vocalist and guitarist Doug Haynes said the HIGHS have been likened to other bands such as Vampire Weekend, Local Natives, and Dirty Projectors.

"We have a lot of fun playing it and we've been told it's a lot of fun to listen to," Haynes said.

The group came together during their time at Queen's University. It wasn't until after a trip Douglas and

Haynes took to Tanzania as a part of their teaching degree at Queen's that the idea of HIGHS really started to form.

"[Tanzania] is where the conversation began. We came back and the conversation grew and we started putting effort into this band,"



Think '60s surfer music. It's a new, exciting, fun sound. The guitar line, it just makes you want to move

Travis Hay
MUSIC DIRECTOR AT HUMBER RADIO

Haynes said.

After graduation, they all went back to their hometowns and started preparing applications for teaching positions. They often got together to write some music. They had such a great time they thought they would try to write more material. "It's obvious that we're just having fun with each other, playing the songs and that just makes it more enjoyable for everybody involved, ourselves included," Haynes said.

Online visitors can check out Radio Humber's Facebook page for a couple of acoustic sets HIGHS recorded on campus. People can go to www.highsmusic.com for more videos, news and to stream and/or buy their EP.



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L Space in Blogosphere

Continued from pg. 1

for Art in Access. She is currently a postgraduate Public Relations student at Humber and found out about L Space's new blog project while doing a social media study on the gallery.

"I don't have an arts background but I have an interest in the arts and I wanted to learn more," she said.

Her first contribution will be a comparative analysis about art and design. Her contribution will look further into the techniques and outcomes of both creative processes. "I want to look into them further than what I saw in the classroom," said Meyer.

The blog also aims to broaden the gallery's range of expression through art by focusing on arts writing for the first time.

"What [Art in Access] gives to its audience is extremely important," said Tara Mazurk, curatorial and collections planner at L Space. "But for our blog contributors there is also an added incentive in the sense that we show a lot of art works, a lot of tangible products. But art writing itself hasn't been celebrated at the gallery just yet," she said.

Although the application deadline to be a contributor for this semester has already passed, Salloum and Mazurk are always open to other voices.



Nick Jeanj

Kate Stangl, 21, first year Tourism Management student with her winning submission 'Same Sun.'

Winners announced for hoarding design challenge

Nick Jean
A & E REPORTER

Visitors to Humber College North Campus will be enjoying a splash of colour amidst the grey winter gloom.

About 50 people braved the chilly weather Jan. 14, for the official unveiling of the LRC (Learning Resource Commons) Hoarding Design Challenge winners.

Andrew Leopold, Associate Director of Public Relations and Communications said the Marketing and Communications department oversaw the Challenge.

Leopold said winners were selected based on the artwork and their corresponding written rationales themselves as well as how they fit the themes of the contest.

Rani Dhaliwal, Humber's vice president of finance and administrative services introduced the themes as their corresponding winners, all students at Humber, at the ceremony.

- ny. They are:
- Collaboration and Connection, won by Wesley Francis for "Together We are an Ocean"
 - Community, won by Detia Tungga for "Elliptical Community"
 - Diversity, won by Kate Stangl for "Same Sun"
 - Student Success, won by David Thompson for "Destinations" and Brena Johnson for "Possibilities" (tied)

A sixth design by the children of Humber's Child Care Centre was also unveiled.

"It was amazing," said Stangl, 21, a first year student in the tourism management program, describing her reaction when she found out she won.

"I was in class when they called me. I ran out of my class and my teacher was like 'Where are you going?' and I was like, 'I won!'"

The winning designs will remain mounted on the 122 metres of grey plywood lining the north side of the LRC site until the current phase of construction finishes some time in 2015, Dhaliwal said.

Winners also received a framed copy of their artwork, a certificate from Humber, a letter from Whitaker and \$500 in their choice of a tuition credit or a gift card to the book store, Leopold said.

No decisions have been made as to what will happen to the artwork after construction is completed, Dhaliwal said.

Art of Puppetry workshop to give 'breath and life' to dolls

Shoynear Morris
A & E REPORTER

Humber College offers a unique summer puppetry intensive course that involves more than just pulling strings.

The workshop is a special two-week training that runs June 2 to 14 at Lakeshore campus.

Siblings Ann and David Powell, founders of Puppetmongers Theatre, are two of the four faculty members that will be teaching the course.

"Puppetry is animating the inanimate for an audience to watch. Bringing life to the inanimate, making the inanimate seem like it has breath and life of its own and is thinking for themselves," Ann said.

"Puppetry invites the audience to watch, suspend their disbelief and join the journey with these inanimate objects," Ann said.

"This summer will be the second year that the summer program is offered. The expectation is for the program to be integrated into Humber's regular school session as a post-grad

course," David said

Ann said the puppetry course entails a lot of commitment from the students.

According to David, the course includes a general introduction to all sorts of puppetry ideas, different ways in which things can be manufactured, manipulated and used on stage.

He also said the duo would be developing designs with students, and helping them build and perform. "We usually work in teams on putting short scene shows together," he

said.

The course displays different approaches that one can take within puppetry.

The puppetry intensive course will be held at the Lakeshore campus. The course website states the workshop offers early-bird tuition of \$1,350, with a May 1 deadline.

After May 1, tuition fees will increase to \$1,550 with a deadline of April 1.

Humber's next live-puppet show will be the Caucasian Chalk Circle directed by Maja Ardal, which

opens on Feb. 14.

About 13 first and second-year theatre production students engineered the puppet, said Fraser Schouten-Pace, a second-year student and the head of puppets. According to Schouten-Pace, the skeleton of the puppets took about two to three weeks to complete.

The play will provide those interested in the puppetry intensive course a glimpse into the world of puppetry.

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Free breakfast runs out in record time

After a late start, Humber Students' Federation meal disappeared in minutes

Kurtis Hickey
LIFE REPORTER

On Jan. 21, Humber North students started their day with the most important meal of the day, provided by Humber Students' Federation for free at the Student Centre.

Once a month, HSF serves up a free breakfast to Humber students. The recent menu included McDonald's breakfast sandwich, hash browns, muffins and coffee.

"It's nice for Humber to give the students what they like," said first-

year event planning student Jennifer De Moura. Along with her classmates, De Moura, and a record number of other students waited patiently in line.

According to Kay Tracey, HSF vice president of student affairs, demand for the free breakfast was so high that the food ran out within 10 minutes.

Elaine Leufkens, a nutritionist consultant at Harmony Health & Well Being in

Oshawa, stressed the importance of eating breakfast everyday, and said that eating a healthy breakfast helps feed your brain and prevents fatigue.

Leufkens said students often have difficulty organizing healthy

meals due to time restrictions, adding healthy snacking is better than missing a meal. She also said healthy breakfast ideas include fresh fruit and non pre-packaged oatmeal with rolled oats, which is filled with fibre.

She also mentioned adding to cereal some chia seeds, which she called labeled a "super food," and an effective way to add extra protein, omega and fibre to breakfast.

"Cereals are a great start to a busy day, however watch the serving size. Two things to watch for in the nutrition box on cereal is the amount of sugar and the amount of fibre. Four grams of sugar is equal to one teaspoon," said Leufkens.

"It's easy to fall into a cycle of eating the same breakfast day after



KURTIS HICKEY

Lines extended around North campus Student Center free breakfast.

day," said Miranda Malisani, a nutritionist featured on CTV's The Marilyn Denis Show.

She said one of the easiest ways to ensure a variety of nutrients is to rotate a few easy breakfasts during the week, suggesting two-minute breakfasts such as her "pumped-up par-

fait." The early meal includes yogurt, fresh berries and whole grain flakes.

Lindsay Zaferis, programming director for HSF events, said the next free breakfast will be on Feb. 3, and a final free breakfast will be held on Apr. 10 during exams.



KENDRA HAMILTON

The newly renovated Humber Room is said by manager Richard Pitteway to be its third incarnation

Humber Room: new look, new menu

Kendra Hamilton
LIFE REPORTER

The newly renovated North campus restaurant staffed by Humber culinary and hospitality students opened Jan. 20, with a new menu for the winter semester.

"This will be what I call the third incarnation of The Humber Room," said manager Richard Pitteway. "Twelve years ago was the first renovation we did, and this is now a brand new Humber Room."

The restaurant officially reopened last October, fully refurbished with new tables, chairs, washrooms, bar, and a private dining room, Pitteway said. "Everything from the floor to the ceiling has changed."

The menu freshly created for the winter semester is complete with vegetarian, wheat-free and healthy

choice items, said head chef Shonah Chalmers, adding it makes use of as many local and seasonal ingredients as possible.

"Once the nice spring comes we've got the Arboretum and a garden outside that we can use to pull from," said Chalmers. "We get some of our smaller vegetables, lettuces and herbs from there."

This semester, patrons can also look forward to special menus at lunch service every Wednesday and Thursday, she said.

"Apprentices come in to do their Chef's tables," explained Chalmers. "They prepare a three-course menu and get to run the kitchen their way."

Culinary, hospitality management, and food and beverage students run the Humber Room, which means customers get to enjoy high quality food and service at a bargain price. At a fine dining restau-

rant, these entrees would be priced at \$35, according to chef Trevor Meynert. The Humber Room offers them for no more than \$14.

"The great thing that (customers) can take away is that they're in a classroom," Pitteway said. "They're helping students get their lessons done and giving them the great real-world experience they need before they go into the industry."

Masha Fechshenko, 18, a first-year hospitality management student, was among the diners who made it in for opening day lunch service.

"Service was a little disorganized but I still enjoyed the meal," said Fechshenko. "And every week they will get better and better."

Reservations at the North campus Humber Room can be made online at <http://www.thehumberroom.ca>, or by phone at 416-675-5012.

TO THE NINES

WHAT ARE YOU WEARING?

Boots: JustFab, \$20
Jeans: Forever 21, \$8
Sweater: Aritzia, \$70
Tank: Casablanca \$10

WHERE DO YOU SHOP?

Forever 21, H&M, Dynamite

FASHION INSPIRATION

I like to see people, and what they're wearing. Or if something catches my eye on TV or Instagram

FAVOURITE CLOTHING

Forever 21 Kimono Cardigan

Zorena Satar, 20
3rd year, Business Administration



Eating disorders linked to socializing discomfort

Sarah Macneil
LIFE REPORTER

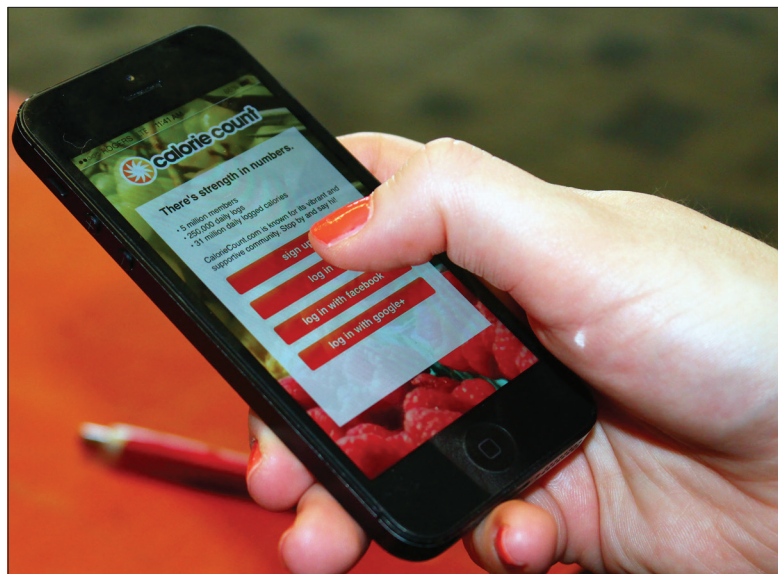
Many students are suffering from eating disorders as a result of social anxiety, revealed a counsellor at Humber College's North campus.

Speaking ahead of National Eating Disorder Awareness Week, Feb. 2 to 8, counsellor Andrew Tibbetts noted while the main purpose of eating is to fuel the body, we also eat to be social. Restaurants or cafes are common locations for hangouts, and often, friends share food with one another. Feelings of discomfort and insecurity amongst friends can be common contributions to a dangerous relationship with food.

"If the way you are eating does not seem healthy or is getting in the way of socializing, it could be a problem," said Tibbetts.

People with eating disorders are preoccupied with food, obsessively count calories and may eat in secret, said Ali Henderson, a program manager for Sheena's Place, a Toronto support centre for those affected by eating disorders.

She said eating disorders are of-



SARAH MACNEIL

Smartphones make counting calories easier, more accessible than ever.



Eating disorders have the highest mortality rate of all psychiatric illness

Ali Henderson
PROGRAM MANAGER, SHEENA'S PLACE

ten associated with shame and it may be hard to acknowledge there is a problem. The problem, however, could mean life or death.

"Eating disorders have the highest mortality rate of all psychiatric illness," Henderson revealed.

Tibbetts said the public's obsession with celebrity culture is often a major influence behind eating disorders.

"You are supposed to look like these twiggy models that don't even really look like that because they are

Photoshopped," he said.

Pressure from popular media affects males as well, said Jackie Grandy of the National Eating Disorder Information Centre (NEDIC).

"When you think of someone with an eating disorder, it is usually an adolescent woman. This perception is changing. Male models are impossible to live up to as well," said Tibbetts. She added if anyone is concerned about what they're thinking, feeling, or doing, they should visit the counseling centre on campus.

Counseling services are confidential, and free for students.

Humber counselling services encourages students to spread the word about National Eating Disorder Awareness Week. They will host a spoken word event that week to raise awareness and highlight healthy body image.

Holistic program helps Humber staff fitness

Karina Nowyz
LIFE REPORTER

Getting fit and healthy is ranked as the top goal of Canadians' New Year's resolutions for 2014, according to a recent study released by BMO Wealth Institute.

However it's also a resolution that is commonly broken.

To combat this, Humber Centre for Healthy Living is offering a way to avoid abandoning that resolution. Members of the centre have created a holistic approach to losing weight, and sustaining life-long habits for the college's faculty and staff.

"Most weight-loss programs focus on one thing, or maybe two," said Noah Gentner, professor in the Fitness and Health Promotion program. "If you go to Weight Watchers, it's all about what you eat and if you go to the gym, it's all about exercise. The holistic approach has to include everything," he said.

Gentner said the centre's healthy living project combined four components to its holistic service: exercise to teach people fitness skills, behavioural change to help people develop new healthy habits, and the nutritional and culinary components to teach people what it means

to eat healthy.

The project has entered its second phase where participants are paired up with nutrition students in the School of Hospitality, Recreation and Tourism.

"Nutrition students in their last year apply their theoretical knowledge into practice with a real-life individual," said Sarah Coulson, instructor for the School of HRT. "This is the first time that it's part of the curriculum."

This collaboration with students allows participants to maintain their momentum to affect healthy changes, she said.

"I'm lactose intolerant but have osteoporosis, so I want to get the one-on-one sessions with a nutrition student," said Angella Nunes, a career adviser at Humber.

Although the program is only open to faculty and staff members, there is room for expansion.

"The goal is to make it available not only to faculty and staff, but students at some point, hopefully, relatively soon," said Gentner.

For more information contact Sergiu Fediuc at sergiu.fediuc@humber.ca or Noah Gentner at noah.gentner@humber.ca.

Campus fair assists in summer job search

Humber job fair aims to help students combat youth unemployment rate

Katherine George
LIFE REPORTER

Humber College students mindful of Canada's high youth unemployment rate attended a job fair hosted by the school's Career Centre on Jan. 21.

The summer job fair has been occurring at Humber for five consecutive years. In 2009, the event had 18 employers, says Christine Colosimo, Humber career advisor. Last Tuesday's event included over 45 employers.

Despite the growing number of employers, however, Statistics Canada shows the national unemployment rate of youths aged 15 to 24 was over 14 per cent in 2012.

Ken Graham, director of training and professional services at Adecco Canada, said the rate of unemployment is a global challenge.

At over 10 per cent, Toronto's youth unemployment rate is considerably higher than the national average jobless rate of 7.2 per cent.

"It is a result of the most recent recession and the global financial crisis. This has definitely shocked these numbers up," said Graham.

Loma Choksi, a first-year student in the computer-programming stream at Humber, attended the job fair for the first time in hopes of finding a summer job.

"It's too hard finding employment," she said.

"It is difficult," said Jay Goswami, a second-year Humber student in information technology. He returned to the summer job fair after unsuccessfully obtaining a job last year.

First time vendor and managing director at Affair Tent & Rentals, Chris MacLellan, said, "We are looking to hire approximately 30 students. The number of students we hire increases every year."

Career advisor Colosimo believes networking is a huge factor when it comes to job hunting.

"That is key because you make an impact. I think the generation right now stuck in these unemployment statistics are the ones that tend to stay away from that human interaction," he said.

Despite the odds, Colosimo sees hope for the future.

"I believe that if you do all the right things and have the right attitude, you'll be successful...open up the box a little bit. Don't be so short sighted. Try to find your own niche," he said.



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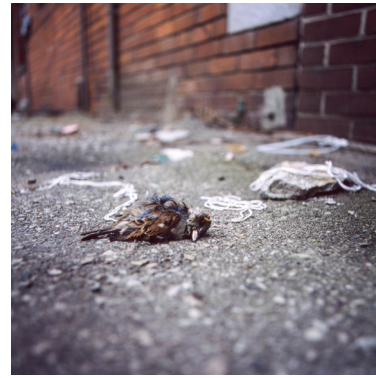
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PHOTO FEATURE



Humber Photography Professor Erin Riley, poses in front of her photography exhibit

JANIE GINSBERG



PHOTOS: COURTESY ERIN RILEY

Photos from Riley's exhibit, Virtue Street. The exhibit showcases emotionally charged portraits and the challenges of everyday life in her neighbourhood, in the Queen West and Lansdowne area. Life, death and abandoned scenery are portrayed through the Humber professor's unique lens.



Photo exhibit looks at city's hidden side

Janie Ginsberg
LIFE REPORTER

Soft lighting shines down onto a wall of meticulously placed photos illuminating the talents of Humber College photography professor Erin Riley on her opening night at the Spadina campus of Alliance Française de Toronto.

The Virtue Street exhibit is simple but carries a strong impact. Riley's project aims to expose a side of Toronto that goes largely unnoticed.

Photos of empty stores, distinct portraits of Virtue Street residents, and more from the Queen and Lansdowne area are displayed.

The show, which opened Jan. 14, runs until March 8 at the Spadina Road gallery north of Bloor Street.

"A lot of the time you look at these people and may think they don't necessarily live the best life, but it's often not the case," said Riley.

Chris Mason, a part-time photography teacher at Ryerson University, describes the exhibit as an assemblage of lives, "more like case studies of separate people. Then instead of having them as single projects, pulling them all together to make one big one – super interesting."

For Riley, the project started about eight years ago as a way to get

to know her new neighbourhood, near Virtue Street

"When you have the camera you can be nosy" she said. "I kind of ask and get into places that you just can't go to without a reason."

Executive Director of Alliance Française Thierry Lasserre said, "As a work, it's very powerful and it shows us a different Toronto than the one we are used to. It's not glamorous, it's real life and real people – but with a beautiful eye," he said.

Within six weeks, upwards of 2,000 people will have the opportunity to experience the world through Riley's eyes.

"When you walk in here you will not go out the same way – you will see the street differently. We are happy not for us, but for Erin," Lasserre said.

"When you see photos about Toronto you always see the CN Tower, not behind-the-scenes. It's hard sometimes to look at the pictures, but at the same time there's a lot of humanity," cultural director of Alliance Française Patricia Guerin said.

Riley attributes her success to working with subjects that she loves.

"What you need to do is find things that really motivate you, things that you would love to spend years working on."

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HOROSCOPES by BRIAN O'NEILL



LIBRA
SEPT. 22 – OCT. 22
It's time to start getting some work done, but remember slow and steady. You don't want to pull something.



SCORPIO
OCT. 23 – NOV. 21
Two is a party, but three is Regina George and the Plastics. Avoid the bus at all costs.



SAGITTARIUS
NOV. 22 – DEC. 20
Believe in yourself and don't question anything. Unless you are a contestant on Jeopardy.



CAPRICORN
DEC. 21 – JAN. 19
You are concerned about finances. That's a free excuse to be cheap. Get someone to buy you lunch.



AQUARIUS
JAN. 20 – FEB. 19
The influence of the sun is a positive sign. But as my grandmother always said, "Cataracts run in the family."



PISCES
FEB. 20 – MAR. 20
Share a secret with someone. Like, say, your love for Norah Jones' music. She's soothing, and has a nice voice.



ARIES
MAR. 21 – APR. 20
Now is the time to be creative. Make something unique, or something plain and simple done really well this time.



TAURUS
APR. 21 – MAY 20
Don't judge a book by its cover. At least, read the printer information, acknowledgements and first page.



GEMINI
MAY 21 – JUN. 20
Something in your past has been causing you worry. Listen to Uncle Joey: Cut. It. Out.



CANCER
JUN. 21 – JUL. 22
Friends are great, but we all need a little alone time. Marathon a new TV show. Don't worry, the semester just began.



LEO
JUL. 23 – AUG. 22
A doubt is someone whispering over your shoulder. Promptly Stone Cold Stunner that person. Can I get a 'Hell. Yeah'?

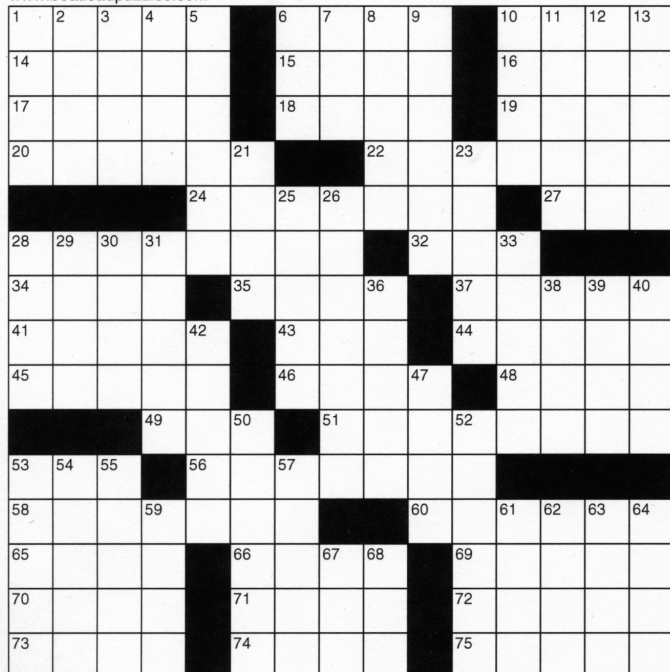


VIRGO
AUG. 23 – SEPT. 21
They say variety is the spice of your life. See yesterday: repeat.

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ACROSS

1. Crunchy
6. Flaring star
10. Doll's cry
14. Of sound
15. Parched
16. Eye part
17. Sheep's cry
18. Acapulco coin
19. Loch ____
20. Sailor
22. Apprentice
24. Big drums
27. Skill
28. Sane
32. Wind dir.
34. Oodles (2 wds.)
35. Epochs
37. Defeated one
41. Legendary stories
43. ____-fi

44. Wash away
45. Biblical song
46. Injure
48. Cooking herb
49. Nay's opposite
51. Wobbled
53. Tango need
56. Insect's feeler
58. Person on a pension
60. Gloomy
65. Stable morsels
66. Principal
69. Brother's daughter
70. Pizzeria appliance
71. ____ of Capri
72. Characteristic
73. Cheeky
74. Welshman
75. Mails

DOWN

1. City vehicles
2. Dominate
3. Conception
4. Thailand, formerly
5. Tuber
6. Forty winks
7. Crude mineral
8. Sight
9. Decorates
10. Skirt length
11. Hockey venue
12. Stingy one
13. Plus
21. IX
23. Theater walkway
25. Bog
26. Appease
28. Grating sound
29. Lamenting cry
30. Roman garb
31. Rome's country
33. Inferior
36. Warning horn
38. Glide
39. Slight advantage
40. Hollow stalk
42. Greasy streak
47. Patch up
50. Lacking iron
52. Contaminates
53. Scout unit
54. Manufacture cloth
55. Aquatic animal
57. Tantalize
59. Doesn't exist
61. King's title
62. Unkind
63. Tart
64. Rents out
67. Under the weather
68. Butterfly catcher

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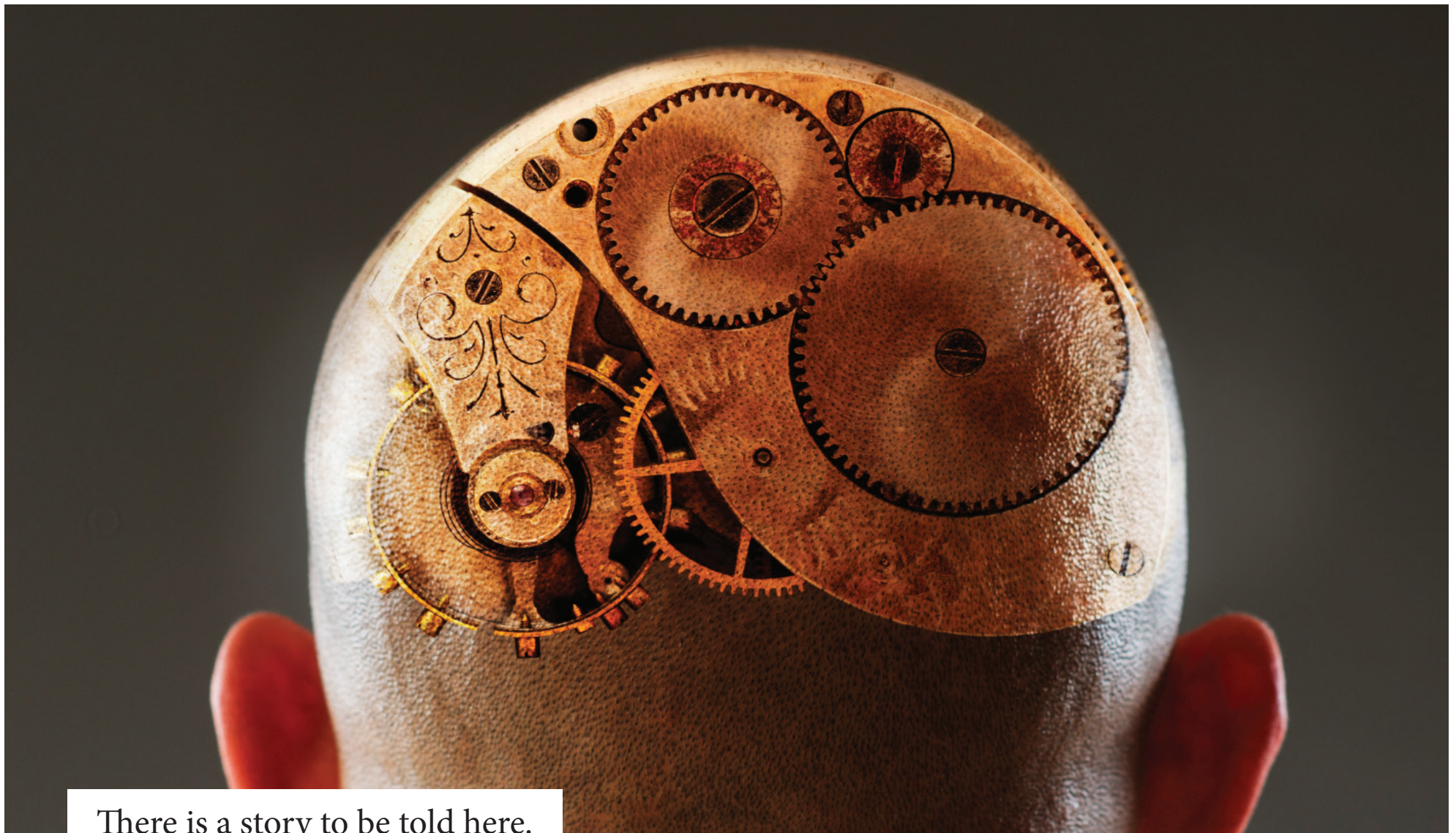
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Chateau takes reins from Fox

Ari Salas
SPORTS REPORTER

Humber's current athletic director, Ray Chateau, attributed his early success to other staff, and seven years of shadowing the legendary Doug Fox.

Chateau replaced Fox, who retired after a 35-year career last spring. Fox's era was defined by success, seeing 32 national and 143 provincial gold medals. Chateau was part of that story, guiding Humber's varsity men's golf team to 10 CCAA National Championships in 12 years, and obtaining the 2012 CCAA Coaching Excellence Award.

This fall, Hawks teams were awarded medals in every sport, including championships in men's and women's golf, men's soccer, men's rugby, and women's fastball.

Chateau said the shift into his new role was smooth.

"I'm very happy with the transition. It was good timing," he said, adding the role is one he always saw himself assuming.

Chateau said that Fox's mentorship allowed him to understand the role before the move.

"Philosophically, Doug and I are the same," Chateau said. "We share a responsibility to offer athletes the opportunity to win and be successful (on the playing field), and to be successful in the classroom."

The biggest challenge for the first-year athletic director has been managing the number of events Humber College has taken on, he said.

"We're hosting four Ontario



Ari Salas

Humber athletic director Ray Chateau, former Hawks golf coach, has made a smooth transition to head the school's leading varsity program.

championships, and one national championship, on top of the regular 20 teams, Humber Cups, new laundry facilities and a new Lakeshore campus facility," Chateau said.



I'm very happy with the transition. It was good timing.

Ray Chateau
ATHLETIC DIRECTOR

Taylor Hutchinson has played volleyball at Humber for three years. She says the sports program has remained strong through the move.

"The transition to a new athletic director hasn't affected athletics

from what I've noticed, our teams are just as strong," said Hutchinson.

Jim Bialek, Humber athletics manager, said the transition has been "seamless."

"The biggest thing he's allowed is operations to continue as they did in the past," he said.

Bialek has worked full-time at Humber for 33 years, spending most of his career with Fox as athletic director. Bialek said the ease of the takeover is because of how tightly Fox and Chateau had worked at Humber.

Now that Chateau has taken over, Bialek credits the personality of Fox's successor for easing the move.

"He has his own way. He's very cut and dry, very decisive and very goal oriented," he said.

Hawks curling teams help each other win

Christina Succi
SPORTS REPORTER

Humber's curling program is using a two-pronged approach to strengthen the varsity team's presence at the college.

Humber Hawks' athletics manager, Jim Bialek, stresses the importance of having two teams for both men and women, as well as one mixed gender team, as a way to create a strong base for the sport at Humber. Hawks curling is the only club in the OCAA that sends two teams to each event.

"Curling is a relatively new sport here at Humber," Bialek said. "So with a new sport, you've got to ensure the longevity of the sport, which means you carry more players and provide more competition for those players."

Bialek explains it as investing in the future of the curling program at Humber.

"We want to ensure that next year we come back with players," Bialek said. "It's commonly referred to as 'restocking the shelf', and it happens a number of times over the years."

The question does come up, however. Does having an 'A Team' and a 'B Team' breed rivalry or support

between the teams?

"I think it's a great thing, competition breeds competition," said Bialek. "These athletes are battling for spots, it's an opportunity to grow the sport, develop the sport and compete."

Genevieve Bernier, lead for the Women's A Team, likes having a second team in the division, but for reasons of morale.

"It is nice to have the extra support since curling is a hard sport to get a fan base," Bernier said.

Bernier explained that it's difficult for fans to support the team due to the off-campus games and practices at Weston Country Club, but said having so many people on teams is, "like having our own support system."

Ray Chateau, Humber athletic director, agrees the two-team system creates a supportive atmosphere.

"The program begins in October and championships are not until mid February, so there's a lot of room for players to play well and move themselves," said Chateau.

One men's team, one women's team, and one mixed gender team, plus alternates, will be sent to the provincial championships hosted by Sault College, Feb. 13-16.

Dickson block helps Humber vault into second in West

Willy Phan
SPORTS REPORTER

After squandering a double-digit lead, the Humber Hawks men's basketball team had to dig deep to scrape out a 76-72 victory over divisional rival Mohawk Mountaineers, vaulting them past Mohawk into second place in the OCAA West Division.

The game-changing play for the Hawks came on the defensive side of the ball, as second-year player Tyrone Dickson came up with a game-saving block to give the Hawks a shot at pulling out the victory.

"He makes a huge difference for us when he's on the court with his rebounding and defense," said power forward Chad Bewley, a fourth year fitness and health student.

Dickson, who sat out last semester due to academic ineligibility, used his hustle and grittiness to outmaneuver the bigger Mountaineers in the first game between the two squads, since a dominating 94-80 win by Mohawk.

The all-star forward stayed in shape by taking part in Humber's extramural basketball program, and didn't show any rust as he finished the game with six points and 10 rebounds. Nine of those rebounds came off the offensive glass to give the Hawks some extra possessions.

A bitter rivalry has grown between the two teams, dating back to

2012 when Mohawk defeated Humber in the gold medal game to deny the Hawks a chance at a fourth consecutive championship.

After consecutive losses to the Sheridan Bruins and the Mountaineers in November, the Hawks have improved drastically.

A noticeable difference was the Hawks' shooting stroke on the perimeter, something that wasn't there in their November defeat to Mohawk.

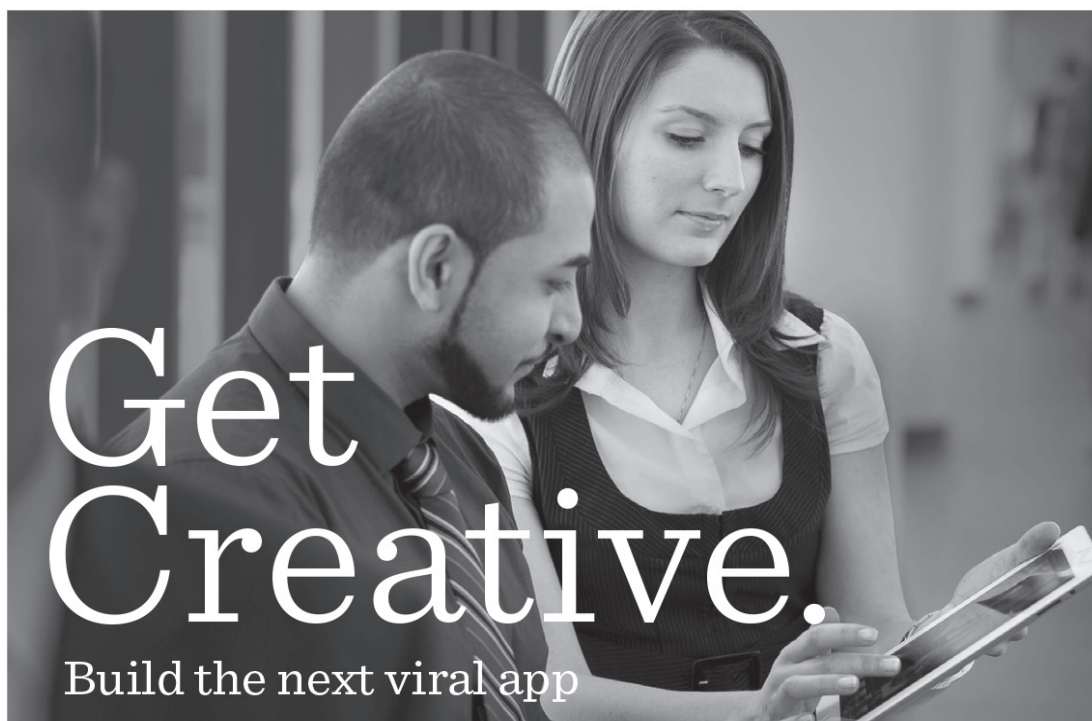
Hawks' assistant coach Ben Sanders, agreed that their three-point shooting was a significant factor in his team's victory.

The team went 14-for-34 from the three-point line, a significant improvement from their 8-for-35 performance in November.

Bewley, R.J. Ramirez and Brandon Sam-Hinton made multiple baskets from beyond the arc to combine for 10 of the Hawks' three-pointers.

Ramirez, who earned player of the game honours, finished the game with 21 points, along with five triples, four steals, and the game-winning three.

While trying not to look too far ahead, Bewley said that a possible playoff matchup with Mohawk would mean a new level of physical intensity that the Hawks must adjust to if they're going to have another shot at bringing home gold.



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Sheridan



P.J. Valois

Humber's Mackenzie Prins gets set to unleash a serve against Redeemer.

Hawks women's volleyball win streak now at 14

P.J. Valois
SPORTS REPORTER

The Humber Hawks Women's volleyball team downed Redeemer Royals to keep their undefeated streak rolling into 2014.

An entertaining straight-set home win against Redeemer on Jan. 15 was the first of four wins in five days for the Hawks as they started the new calendar year.

"Certainly it's nice to be undefeated, but for us it's more about feeling good about the way we play," said Hawks coach Chris Wilkins.

During busy stretches in the schedule, it is important that all 15 players are ready to play and ready to perform, he said.

The main obstacle for Humber is, "continuity and playing together," explained Wilkins.

"For us, we've got our eyes on the big prize and if that means we've got to hit a few roadblocks along the way to do that, then so be it," Wilkins said of the importance of a season-long undefeated streak.

The Hawks have garnered a reputation around the OCAA as the team to beat.

"If we can compete with Humber, that's our goal, you just want to come in and compete with the best," said Doug Veldman, head coach of the Redeemer Royals.

Humber has the best server in Ontario, according to Veldman, referring to Hawks' Thalia Hanniman.

The Hawks spent time over the holidays in Florida, competing against Ontario University Athletics teams, which helped them become more prepared offensively and defensively, said Humber libero Maja Jocson.

"(The key to success is to) always focus on our team, and not really focus on their team," said Jocson. "Doesn't really matter if they're Redeemer, Boreal or any other team, we just need to focus on our passing and serving and just finishing the game."

The Hawk's regular season wraps up on Feb. 12, while division cross-over and OCAA Championships run until March 8.

Academic accomplishments plentiful for Hawk athletes

56 varsity athletes awarded for their scholastic success

Jeff Sehl
SPORTS REPORTER

After a fall semester full of success on the field, Humber's student athletes were recognized with a celebratory breakfast and awards ceremony on Jan. 24.

"Getting to sit down and have a breakfast to see what other athletes have gotten to accomplish as well is nice," said fifth-year volleyball player and honour roll law firm profile student, Kelly Nyhof. "It's great recognition."

Fifty-six Humber student athletes from 14 different varsity teams were named to the academic honour roll on Jan. 8, achieving a grade point average of 80 per cent or above. The men's baseball team lead the way with 11 members earning honour roll accolades.

Finding success on the field and in the classroom is always a priority for Humber Athletics, said Ray Chateau, Humber's athletic director.

"We're very committed to the

academic success of our athletes," Chateau said. "We want them to be successful in their academic program, which allows them to be successful career-wise."

Humber Athletics and individual teams both provide options to their athletes to assist them with time management, and ensuring they have every opportunity to succeed in the classroom.

"We have a varsity academic coordinator, Monique Haan, who is responsible for working with all of our varsity athletes in terms of their academics and their programs," Chateau said.

"Some of the teams then have established a mentorship program in which veterans are aligned with freshman players."

Chris Wilkins, head coach of the women's volleyball team, is one coach in particular who emphasizes academic success and time management to his players.

"We practice or play almost every night so it's important for these guys to plan ahead," he said. "I get



Jeff Sehl

Kelly Nyhof is one of many honour roll athletes on the Humber Hawks.

weekly updates from our academic coordinator and I meet weekly with certain individuals just to make sure they stay on top of their grades.

This semester, Wilkins's team has three representatives on the honour roll, no easy feat with an often hectic athletic schedule.

"It's nice that I get to be recognized not only because I'm on a varsity team, but just that I'm doing well in the program that I'm in," Nyhof said.



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Opening Ceremony: January 30, 2014 at 9:45am

Welcoming Remarks: Deb McCarthy, VP, HR Services.

Opening Remarks: Mitzie Hunter, MPP, Scarborough - Guildwood

Special Presentation to The Honourable Jean Augustine, PC CM

DAY 2

Closing Ceremony: January 31, 2014 at 3:30pm

Closure Remarks: Nancy Simms, Director,

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hrs.humber.ca/diversity

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Basketball star named OCAA Athlete of the Week

Kheon Clarke
SPORTS REPORTER

Aleena Domingo may have been the OCAA Female Athlete of the Week, but the Mohawk Mountaineers did their best to shut her down on Jan. 16.

The Mountaineers applied unrelenting full court and half court pressure the entire game, as they crushed the Hawks women's basketball team in a devastating 67-39 loss.

In the victory, the Mountaineers limited Domingo to 2-8 shooting, and the rest of the team to 25 per cent from the field and 15 per cent from long range.

"Aleena is super athletic in the post so we (tried to) keep a body on her at all times," Mohawk's head coach Kevin Duffy said after the game.

Duffy said Domingo is a persistent threat on the offensive glass and they tried to force her out to the perimeter to limit her production in the post.

Ajay Sharma, Humber's head coach, said the Hawks' response to the Mountaineers defense wasn't strong enough.

"We didn't handle their press very well and we lost confidence in other parts of our game," he said.

The leading scorer for the Hawks was Natalie Hagopian with nine points and three rebounds.

Despite the loss, Sharma said Domingo winning the female athlete of the week is a positive for the team, adding the women are very supportive of each other.

"This is a season where we've had a lot of success because of our hard work and because of that someone was bound to get recognition," said Sharma.

Domingo said winning Athlete of the Week doesn't feel like an individual award because the entire team made it possible.

"Our coach is obsessed with close outs, taking good shots, getting back on defense and sharing the ball," said Domingo.

Despite the recent loss the Hawks are in good spirits and are confident they will get back on track.

They still sit atop the Western Division with a record of 10 wins and two losses as they head towards the playoffs.



Kheon Clarke

Aleena Domingo drives to the basket for a lay up against the Mohawk Mountaineers on Jan. 16.



CHRISTINA SUCCI

Terrel Bramwell goes up for a spike against the Sheridan Bruins to put the Humber Hawks up 24-14 en route to a five-set victory on Jan. 22.

Hawks take Bruins out in five sets

Christina Succi
SPORTS REPORTER

After a three game road trip, the Humber Hawks men's volleyball team was back at home, giving their fans something to cheer about.

Hosting the Sheridan Bruins on Jan. 22, the Hawks downed the visitors in five sets on the strength of an outstanding performance from Terrel Bramwell.

Bramwell finished with 27 kills, a number in which no other player on the court even came close to.

"It feels pretty good, because I took a year and a half off and had ACL surgery in 2012, I was used to

getting these numbers," Bramwell said. "Coming back it's been rough, so it was good get to get back up there and put up the numbers I really know I can."

Sheridan took the first set and jumped to an early lead, but Humber answered with tweaks to its lineup. Trevor Wong stepped on the court and seemed to be a wall at the net.

After taking the second and third sets, the Hawks kept the pressure in the fourth, forcing the Bruins to call consecutive time-outs in an attempt to slow down the pace. The timeouts worked, the Bruins took the fourth set, before Humber stormed back to a five-set victory.

"It never should have gone that way, we had the lead and we let them back in the match," said Hawks head coach Wayne Wilkins. "We played frazzled against a team that we should not ever have been frazzled against."

Bruins head coach, Dave McAllister, praised his team's determination.

"I thought they played outstanding," he said. "We competed at a really high level. Every guy left it all out on the floor," adding he was impressed with Humber's presence near the net.

"[Humber's] two big guys at the net had some big blocks, and when you block the ball in this game, it gives you huge momentum," said McAllister. "We got the swings with

the right guys that we wanted, and in this game it comes down to execution we didn't make errors, but they made plays."

Those plays have helped Humber on their current ten-game winning streak, but Bramwell doesn't feel that his, nor the Hawks, job is done quite yet.

"We're ranked second in Canada, and losing to any Ontario team now would hurt us," said Bramwell. "We're trying to move up to number one and we have a lot of work to do, and we're ready."

Following an eight-day break, Humber will host the Fanshawe Falcons Jan. 30 at 8 p.m.



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MEN'S BASKETBALL

West Division

	GP	W	L	Pts
Sheridan	11	10	1	20
Humber	13	10	3	20
Mohawk	12	9	3	18
St. Clair	12	8	4	16
Fanshawe	12	7	5	14
Sault	10	4	6	8
Lambton	13	5	8	10
Redeemer	13	5	8	10
Cambrian	10	1	9	2
Niagara	12	0	12	0

MEN'S BASKETBALL

West Division

	GP	W	L	Pts
Humber	14	13	1	26
Niagara	13	11	2	22
Fanshawe	11	8	3	16
Mohawk	12	8	4	16
Redeemer	12	7	5	14
St. Clair	12	7	5	14
Sheridan	14	5	9	10
Cambrian	12	2	10	4
Conestoga	12	1	11	2
Boreal	12	0	12	0

WOMEN'S BASKETBALL

West Division

	GP	W	L	Pts
Humber	13	11	2	22
St. Clair	12	9	3	18
Fanshawe	12	8	4	16
Mohawk	12	8	4	16
Niagara	12	8	4	16
Sheridan	11	7	4	14
Redeemer	13	4	9	8
Lambton	13	2	11	4
Cambrian	10	1	9	2
Sault	10	1	9	2

WOMEN'S VOLLEYBALL

West Division

	GP	W	L	Pts
Humber	14	14	4	28
Fanshawe	11	10	7	20
Conestoga	12	8	4	16
Redeemer	12	8	4	16
St. Clair	12	6	6	12
Cambrian	12	5	7	10
Mohawk	12	5	7	10
Niagara	13	5	8	10
Sheridan	14	1	13	2
Boreal	12	0	12	0