Niagara College this week received its most generous personal donation ever: $2.6 million from a longtime friend and benefactor Eva Lewis. The Welland campus learning commons and library will be renamed in her honour.

Story by John Hopkins-Hill on Page 2

Poverty in Niagara region reaching ‘epidemic’ levels

BY RYAN THORPE
Staff Writer

More and more Ontarians are facing the choice of buying groceries or paying rent. Open Arms Mission, a non-profit organization fighting financial insecurity in Welland through its food and hygiene bank programs, has seen the number of people using its services perpetually rise over the previous years.

In December 2015, 607 families who received hygiene products, January 2016 saw the Open Arms Mission welcome 20 new families, with a total 231 children walking through its door.

“In Welland hunger is an issue, and we need to break out of that cookie cutter model of just throwing money at it,” says Jeff Aitken, pastor and mission centre manager. “Our numbers are growing. Every month that number is growing. It’s an epidemic, especially in this area.”

Aitken stresses the issue is pervasive and not a symptom of broken people, but a broken system.

“It’s about bringing back that humanity to poverty; understanding that there is a face, a story, and typically a family,” Aitken says. “The issue we have here in Welland is that there are limited jobs available. The ones that are available are minimum wage, typically not full-time. So they’re not going to be able to get healthcare. Housing costs are going up, so if agencies aren’t around, how do you survive?”

Open Arms Mission services, stresses that he wants to work, but feels no one will give him a chance to prove himself.

“It’s been tough the past eight years,” Penney says. “It’s been nothing but minimum wage. Right now I’m working through a temp agency. I go full on on 30 resumes and there’s no callbacks. I’m trying to find something that’s not there. It’s sad, it’s really sad.”

Penney and his girlfriend Robert Konyi, 51, waits in line to use the food bank services provided by the Open Arms Mission Welland.

PHOTO BY RYAN THORPE

Continued on page 2
Generations will benefit
Work on new cafeteria to begin this summer, more expansion to come

By JOHN HOPKINS-HILL
Staff Writer

Niagara College’s Welland campus library and learning commons has a new name, thanks to the largest single donation in the college’s history.

Dan Patterson, president of Niagara College, announced the bequest of $2.6 million by Eva Mary Lewis at a ceremony on Monday. The bequest will go to the Achieving Dreams Campaign. In recognition of her donation, the central area of the Welland campus will be renamed the Eva M. Lewis Library and Learning Commons.

Lewis, a teacher raised in Welland who had families ties to Niagara College, left $2.6 million to the college when she died in 2012, at the age of 99. The bequest was in addition to Lewis’ almost $500,000 in contributions to Niagara College between 2000-2008 to support scholarships, bursaries and the Welland Campus library.

“Eva Lewis was a remarkable individual who was very passionate about the important role that education can play in a person’s life,” said Patterson. “Literally, generations of students will benefit from this remarkable donation. I can’t think of a more appropriate way to celebrate Eva’s legacy than to have the heart of this campus named in her honour.”

Maart Vooge, Lewis’s cousin, who was on hand for the announcement said, Lewis always had a soft spot for Niagara College. She said Lewis was drawn in by the attitudes of the community after starting a scholarship in honour of her nieces.

“She became very enamored with the spirit here and that’s very easy to do,” Vooge said. “I’ve been in two universities and two colleges, and nowhere has anybody got the spirit that this place does.”

The donation is in line with Lewis’s desire to improve the student experience and allow a larger number of people to receive the education they want. The money will be put to use shortly, with construction beginning over the summer.

A new cafeteria will be built first and once the cafeteria is operational, the renovations to the current cafeteria and library will take place in the fall.

Steve Hudson, vice president of academic and learner services, said that once the cafeteria is built, the renovations should move quickly.

The plan calls for the relocation of academic services to one central location to allow for a more integrated approach.

Patterson explained the nature of the project’s focus was to combine old and new elements on campus.

“Libraries and learning commons have evolved to accommodate the changing habits of our students and their learning outside the classroom,” said Patterson and the end goal is to create “one place with easy access to help students find the support they need.”

Once completed, students will have a facility with a library, computer labs, study rooms, multimedia rooms and a test centre all in one place.

Shane Malcolm, the outgoing president of the Niagara College Student Administrative Council, also spoke at the event, thanking Vooge and the Lewis estate for their generosity.

“The value is not just in terms of the dollar amount but in terms of the opportunity and access it grants students that would otherwise not be able to walk through the doors of Niagara College,” said Malcolm. Born in 1914 in Sudbury, Lewis lived in Port Colborne, after retiring from a career as a teacher.

Lewis first became familiar with Niagara College through her sister-in-law, Peggy Lewis, who worked at the college from 1968 to 1994.

In 2000, Lewis donated nearly $300,000 to the college to create the Ellen and Patricia Lewis Memorial Scholarship in honour of her nieces, both former Niagara College students. Four years later in 2004, Lewis donated just over $170,000 to form the Eva Mary and Helen Katherine Lewis Bursary, named for her and her sister.

Niagara College said in a press release nearly 250 students have benefited from the scholarships and bursaries Lewis funded.

Food bank use on rise

Continued from Page 1

In terms of our case work we have a lot of calls who are first time on Ontario Disability Support Program, first time not working, people living more paycheque to paycheque says Field.

“These are people enter- ing into the social system for the first time and it’s a bureaucratic nightmare to navigate.”

A recent study released by Oxfam, an aid and development organization, suggests that the problem is global. Its report, released in January, states that wealth disparity is increasing at rates faster than expected, and that over the past five years the combined wealth of the poorest sections of humanity decreased by 41 percent.

Raymond C. Offenheiser, president of Oxfam America, said in a statement: “Far from trickling down, income and wealth are instead be- ing sucked upwards at an alarming rate.”

In Welland, chief Coordinating officer of the Open Arms Mission, Melissa Kirkpatrick, says that roughly 25 percent of the people who use its services are working, yet remain unable to afford necessities.

A growing number of people need social agencies to aid them with the practi- cal realities of financial precariousness. Securing food, hygiene products and afford- able housing is becom- ing increasingly difficult for many in southern Ontario. She says despite a ten- dency by the general public to ostracize people who use such services many are one paycheque or illness away from defining them them- selves.

“If you’re working mini- mum wage you might be making $1,200 a month,” says Kirkpatrick. “The prob- lem is housing is very costly. Those who want to get on government housing are on a wait list that could be over a year long.

“People working part- time jobs can’t make ends meet. If you can’t pay for groceries, all you can pay for is a roof over your head and electricity, maybe a bus pass, you still got to eat. You can’t pay for is a roof over your head if you can’t eat? Medications are getting more expensive. Food is getting more expensive. It’s social service strains. It could be any one of us. You lose that job, then what?”

Thank You

For many years Avondale stores have generously distributed 2,600 copies of each Niagara News issue across the Niagara Region.

Avondale demonstrates how good corporate citizens support student learning.

SUBMITTED PHOTO
Connecting Canadians

New Internet expansion initiative seeks to bring rural Canada up to speed

By ALEX YORKE Staff Writer

It’s time for rural areas in Canada to get up to Internet speed.

That was the message delivered last Friday at Niagara College by federal Minister of Innovation, Science and Economic Development Navdeep Bains who announced $345 million in federal funding to increase broadband service to more than 65,000 Canadian households in rural areas.

Bains said the funding will be divided among 23 Internet service providers across Canada to extend service. One of those providers is Xplornet Communications Inc., which will get $600,000 to set up new communications towers in the Niagara Region and the counties of Haldimand and Norfolk.

The money will help provide broadband access to over 7,000 households in those regions. “Helping to extend high-speed Internet access to the country is one of the most important infrastructure investments the Government of Canada can make,” said Bains. “Once complete, this program will result in high-speed broadband access for 98 per cent of Canadians.”

According to Statistics Canada, 15 per cent of Canadian households had no Internet access at all in 2012.

Alison Lenehan, president of Xplornet, echoed the importance of high-speed internet access to Canada’s future, from its economy to its national prestige.

And everyone can be excited about the connection speeds. The new standard for Canadian internet speed is 25 Mbps, projected by the end of 2015.

“At the heart will be fast, reliable, digital infrastructure,” said St. Catharines MP, Chris Bittle.

This should come as good news to Canadians who saw headlines such as “Why Canada has Third World access to the Internet” make news in 2013.

Bains said solid broadband Internet infrastructure will help to provide Canadians in rural communities with greater access to jobs, education, e-health, online services and communications.

If you talk about the digital economy, if you talk about the digital divide, this is absolutely essential,” said Bains.

The Ontario government says it will provide an additional $1.4 million from the Northern Ontario Heritage Fund Corporation toward two high-speed Internet projects in the province.

Bains said that as the Internet grows, Canadian connections need to grow with it.

Virtual reality’s future is here

By HARLEY DAVIDSON Staff Writer

The dreams of tech enthusiasts worldwide are now being brought to life with the coming release of virtual reality headsets to the consumer market.

For those new to the concept, Virtual Reality (VR) allows you to become immersed in a digital world. Currently, VR is experienced through the use of a specialized headset equipped with a pair of stereoscopic 3D lenses (much like the ones you would use with a 3D TV) and head tracking to simulate ones digital point of view.

Through a VR headset you can look around the simulated world, interact with virtual objects and even alter the environment around you. Imagine being a bird, soaring across the New York City skyline or climbing Mount Everest from the comfort of your living room. “It’s basically going to change the landscape of how stories are going to be told,” says Conor MacNeill, professor of game development at Niagara College.

“Bringing your eyes into the game is going to have a large impact on how we interact with virtual space.”

While this technology may seem like all fun and games, the applications of VR extend far beyond entertainment. Studies on how this technology could impact medicine, education and design have been long underway.

Virtual ventures include the University of Toronto researching how VR can be used as a platform to aid in rehabilitation for children and adults with disabilities and NASA partnering with the Massachusetts Institute of Technology to create a virtual Mars experience to explore.

Beginning in the video from the Canadian Radio-television and Telecommunications Commission’s target speed of 5 Mbps by the end of 2015.

“The heart will be fast, reliable, digital infrastructure,” said St. Catharines MP, Chris Bittle.

This should come as good news to Canadians who saw headlines such as “Why Canada has Third World access to the Internet” make news in 2013.

The money will be coming from the government’s $305 million Connecting Canadians program.

On top of this broadband initiative, the Canadian government says it will invest $500 million over five years into a new program to “extend and enhance high-speed Internet service in rural and remote communities.”

Bains said solid broadband Internet infrastructure will help to provide Canadians in rural communities with greater access to jobs, education, e-health, online services and communications.

If you talk about the digital economy, if you talk about the digital divide, this is absolutely essential,” said Bains.

The Ontario government says it will provide an additional $1.4 million from the Northern Ontario Heritage Fund Corporation toward two high-speed Internet projects in the province.

Bains said that as the Internet grows, Canadian connections need to grow with it.

For those new to the concept, Virtual Reality (VR) allows you to become immersed in a digital world. Currently, VR is experienced through the use of a specialized headset equipped with a pair of stereoscopic 3D lenses (much like the ones you would use with a 3D TV) and head tracking to simulate ones digital point of view.

Through a VR headset you can look around the simulated world, interact with virtual objects and even alter the environment around you. Imagine being a bird, soaring across the New York City skyline or climbing Mount Everest from the comfort of your living room. “It’s basically going to change the landscape of how stories are going to be told,” says Conor MacNeill, professor of game development at Niagara College.

“Bringing your eyes into the game is going to have a large impact on how we interact with virtual space.”

While this technology may seem like all fun and games, the applications of VR extend far beyond entertainment. Studies on how this technology could impact medicine, education and design have been long underway.

Virtual ventures include the University of Toronto researching how VR can be used as a platform to aid in rehabilitation for children and adults with disabilities and NASA partnering with the Massachusetts Institute of Technology to create a virtual Mars experience to explore.

Beginning in the video
Future brighter for Ontario students

February’s Ontario budget announcement gave new hope to some families struggling to put young adults through college or university. Beginning in the 2017-2018 school year, the Ontario student grant will offer students whose family incomes are less than $50,000 per year the chance for their children to go to college for free; an opportunity that would be lost to hundreds of potential post-secondary students in low-income families.

According to the Ontario Budget for 2016, 90 percent of college students will receive grants which will exceed their tuition costs. With this grant comes the opportunity for thousands more students to apply for and graduate from post-secondary programs. The program has been met with questions but the consensus seems clear among parents and students who could benefit from the grant: approval and appreciation. Paying for a child’s tuition is a luxury some parents cannot afford, even with the loans, grants and bursaries that are currently in place. Among the happiest are those who had imagined years of crushing student debt.

Some are happy to have the additional pocket money that they had saved to afford post-secondary education and living expenses.

The budget also states that interest-free and low-cost loans will be made more available to middle and upper class students. Half of Ontario’s households make more than $84,000 a year. Students whose families are close to this threshold will have better access to loans and more grants.

Canada has been missing out on some of its best doctors, nurses, computer technicians and entrepreneurial minds because families didn’t have the money to send their children to school to pursue their dreams.

No student should ever have to opt out of going to college or university because they or their family cannot afford it. Education is a basic right in Canada, and we should be making that right more readily available to us.

LEIGH CHAPMAN-KLAASSEN

Was any kind of justice served?

He’s now more infamous than ever.

Former CBC superstar host of Q — and recently acquitted defendant — Jian Ghomeshi is living in the calm before the next storm. The media circus has decamped until Ghomeshi’s second trial on separate charges in June. But what lesson, if any, did we learn from the first trial?

Sometimes justice goes unserved, so that the justice system, imperfect as it may be, is preserved.

After watching the Crown’s case unravel thread by thread, Judge William Horkins had no choice but to acquit Ghomeshi. Horkins rightly ruled that given their testimony, the three women — who accused Ghomeshi of forcefully punching one of them in the head and pulling her hair, of putting his hands around another’s throat and choking and squeezing a third woman’s neck — lacked any credibility.

In short, and virtually all legal experts agree, given the evidence, conviction was impossible.

But the court of public opinion, that Tweet-by-Tweet media brawl is another matter. What the trial exposed was the general lack of understanding about sexual violence against women and the lack of support and resources for victims. It also exposed the level of frustration and lack of faith in the system. The hashtag #BelieveAllWomen emerged. This call to lower the legal bar in the case of sexual assaults is dangerous and challenges the fundamental notion that we must be as certain as we possibly can be before depriving a person of his or her liberty.

But can handful of wrongful convictions and high-profile proven false claims among the thousands of sexual assault convictions be statistically satisfying? Perhaps not. But if belief replaced proof that number would surely rise. We cannot simply believe AllWomen. There is no burden of proof — at all — in belief.

In his ruling, Horkins wrote. “Each complainant described this burden. “Each complainant was confronted with a volume of evidence that was contrary to their prior sworn statements and to their own evidence in-chief,” he wrote. “Each complainant demonstrated, to some degree, a willingness to ignore their oath to tell the truth on more than one occasion. Put simply, the volume of serious deficiencies in the evidence leaves the court with a reasonable doubt.”

Horkins also addressed what many observers felt. While the Crown couldn’t make the case against Ghomeshi on the specific charges, that did not mean that these women were not assaulted. The ruling had his day in court. He has won, for now.

The side to take in this case is the side that does not stand for lies and does not take a side.

COREY LEBLANC
The actions of the Toronto Police Department during the G20 summit in June 2010 were reviewed, focusing on the principle of police conduct and the democratic right to protest. The story highlights incidents that occurred during the weekend, such as the use of the term “kettling” and the detention of individuals. The court decision of 2011 emphasized the rights of journalists and the need for proper documentation. The article also explores the motivations behind the police actions and their impact on the community.

**If I had a hundred million dollars**

By RYAN THORPE

**I would...**

- Hire a bunch of engineers, put them to work and put together a machine that takes the scraps and turns them into something useful.
- Buy a few more Tesla cars and help others like me get a good ride too.
- Take the city of Toronto by storm with a program of education.
- Use the money to help others like me. It's right criminal.

**Police respond to riots during the G20 summit in June 2010.**

Two hundred million dollars.

**Here's a tip:**

**MEGAN BEAM**

**Columnist**

**Be nice to your server**

Going out to eat at a restaurant is a luxury many of us take advantage of. Be sure you are not prepared to pay for the full experience, you should stay home.

Waiters and waitresses work hard just like the next person, yet they are making below minimum wage simply because they have the opportunity to make tips. According to the Ontario Ministry of Labour, the minimum wage for earning is $10.25 per hour, as of Oct. 1, 2015, while the general mean wage is at $11.25 per hour. Servers should not be penalized.

Many people don’t realize the tips they make don’t reach the recommended 15 to 20 per cent of the bill or customers don’t leave anything.

**What if the service is poor?**

Before you jump to conclusions, ask yourself this: how have you treated the man or woman serving you? Have you made them run back and forth endlessly to cater to your every need or have you been considerate?

Serve one to deal with unpleasant treatment from inconsiderate customers, especially waiters, and they must do so with a smile. Or perhaps the waiter or waitress you had was new and is still learning the ropes. Maybe it’s their first day and they are really nervous. A lot of things can affect the service and it’s not always in the fault of the person who’s serving you.

**And the tips themselves?**

Many people don’t seem to realize that a server doesn’t get to keep all the tips he or she makes. At the end of the day and depending on the business, the tips are usually pooled so everyone gets a fair share or a certain percentage of them have to be “tipped out” to other people who are also working on that day. All of those people are already receiving a very low wage, less than the servers.

So before you think about insulting another human being for service you deem disappointing, try being considerate and showing a bit of compassion towards the individual instead of just storming off without a care.

**OPINION**

**Freedom from a police state**

By JOSE BAUTISTA

**ILLUSTRATION BY RODDY HEADING**

Toronto police, many of whom removed their nametags in order to make it harder for demonstrators and journalists to identify them, said that they did their best. That’s simply not good enough.

The claims of the police that they supported people’s democratic right to demonstrate fly in the face of the documented record. During a mass arrest of people peacefully protesting at the designated “Free speech zone” at Queens Park, the police employed the tactic of kettling. It’s fair to say the irony was lost on those détained.

Setting aside the ludicrous notion of a “Free speech zone” in a democratic country, the practice of kettling needs serious scrutiny. Kettling is the process in which riot police form cordons in order to contain a protest. Police are generally corralled into an intersection and are completely surrounded by the police force, which then proceeds to deny a crowd water, toilet facilities for an arbitrary period of time. In many cases, like the G20 summit in Toronto, mass arrests ensue. As anyone who has ever been kettled before will tell you, it can be an incredibly frightening and traumatic experience.

The activity of Toronto Police that weekend was anti-democratic, anti-constitutional, ethnically reprehensible and down-right criminal.

Footage of the police response to the demonstrations can only be described as documented evidence of police brutality. Journalists were targeted as well. Some were beaten and detained by police, while others were forced to leave the protests altogether. It amounts to nothing short of an attack on the freedom of the press.

Many of those arrested were detained on a “breach of peace” order, which allows police to detain a suspect by a judge even if there is “a reasonable apprehension of potential committing a crime for 24 hours without charging them.”

While there was undoubtedly a minority of protestors engaging in property destruction that weekend, the largest force on the streets “breaching the peace” was the Toronto Police Department. This is true, easy to document and clear to anyone with even a rudimentary grasp on the events that transpired in Toronto on June 26-27, 2010.

The lack of democracy that day exemplifies why the new mayor felt the need to take to the streets in his first place. Six years later they may finally face some consequences for their actions.

**Toronto police, many of whom removed their nametags in order to make it harder for demonstrators and journalists to identify them, said that they did their best. That’s simply not good enough.**

**The claims of the police that they supported people’s democratic right to demonstrate fly in the face of the documented record. During a mass arrest of people peacefully protesting at the designated “Free speech zone” at Queens Park, the police employed the tactic of kettling. It’s fair to say the irony was lost on those détained.**
End of semester money woes

For students facing financial crisis, help and advice during budgeting emergencies is available

By CARLY SOLTESZ
Staff Writer

The birds are chirping, the snow is melting and students’ wallets are empty.

Many students are lucky enough to have jobs that they have to do to refill their bank accounts. But what about the ones who have to work to be able to go to school and eat a few more peanut butter sandwiches than they would care to admit.

For many students, neither of these are an option. There are many work-heavy programs that work through large and time-consuming projects rather than tests, leaving no free time for the students to get part-time jobs. Often, there are simply just not enough hours in the day to work, do assignments and get an adequate amount of sleep.

For most students, this is where the Ontario Student Assistance Program (OSAP) comes in. OSAP offers a blend of grants and loans to thousands of students each year. Students receive a range of dollar amounts depending on their family histories, program fees, applicable textbook costs and their housing during the academic period.

"I use OSAP very strategically and I make and stick to a budget early in the semester as soon as I know what amount I’m getting," says Elizabeth Lemire, a first-year student in the Social Work program at George Brown College. "But even so, I sometimes run into trouble."

Even the best planners will have unexpected problems and burdens. Car troubles, housing problems or an illness resulting in missed work can cause students to dip into their funds allotted to go towards school.

"I work part-time and use OSAP, I still have to go to my parents nearing the end of the semester when the course work piles up and I can’t spend those extra eight blocks of time away from my books," Phillips says. "I’m also getting more and more money for tampons."

The grants that I get from OSAP are helpful since I don’t have to repay them, but they really only cover tuition. It’s very hard for me to spend the loan portion because I know I’ll have to pay it back, but I need to pay rent."

Many students are turning to banks to apply for student loans and lines of credit to supplement their OSAP.

Many Canadian banks offer student loans and lines of credit, which boast lower interest-only payments (where you only pay interest), a customized credit limit lower than a standard line of credit and a 12-month grace period after graduation on principal repayment.

"I considered a line of credit through my bank, but Phillips, a second-year student in the Social Services Worker program at Niagara College says she has similar financial woes.

"I work as much as I can, through school but especially in the summer," she says. "I’ve been trying to keep my loans down as I go through school so I don’t have an overwhelming amount to pay back as soon as I’m done."

Students under such pressures may find their grades slipping away, social lives and restful nights becoming scarcer and scarcer.

There are services available at Niagara College to help students manage coursework, find coping strategies for stress and make a "game plan" of sorts to tackle their academic responsibilities.

If a student is really struggling, they can make an appointment with a financial advisor to discuss their options, says the financial aid office at the Welland Campus. There are bursaries and scholarships available. A student can also apply to appeal the amount of money they received initially from OSAP, and hopefully get a larger amount if needed.

Appointments can be made with an academic advisor to discuss options and strategies for schoolwork and counselors are available to talk about personal and social problems.

Students with disabilities are welcome to access these services as well but are offered an office with one-on-one time with the same counselor for further aid.

More information about OSAP can be found at www.osap.gov.on.ca.

More information about counseling services can be found at www.niagaracollege.ca/counseling-services/.

More information about disability services can be found at www.niagaracollege.ca/disability-services/.

PHOTO BY CARLY SOLTESZ

Why can’t parking on campus ‘just be free’?

By SARA KOZAK
Staff Writer

In the end, it’s always about the money. And when you’re a college student that’s amplified many times over. With the price of tuition, books and everything in between, students who are already stressed over assignments, have to work to afford smaller expenses, too.

College gets more expensive with each passing year. The biggest cost is obvious tuition, but there are a number of other smaller, hidden costs that add up fast.

Parking is one such example. Most college and university campuses in Ontario charge their students for parking passes. The cost varies from campus to campus and isn’t built into tuition like most other things unique to your program, so you notice the dent it places in your bank account. At Niagara College a pass for a semester (four months) costs $150 and for a year (eight months) costs $250.

Daily paid parking varies from lot to lot. Lot A requires $1.50 for 30 minutes, $3 for one hour, and $12 for the day. All other lots require $1.25 for 30 minutes, $2.50 for one hour and 50 for the day.

Lot A is closer to the front entrance, and all the other lots are further. So essentially, you pay more to walk less.

"We’re mindful of the cost of parking and we will continue to bring the concerns of the students to the institution," says Shane Malcolm, Welland’s SAC President. "We need a way that allows us to ensure that the fee is kept on the low-end of the spectrum and that the future increases provide added value to our students."

According to its website, parking fees at Niagara College are among the lowest on campus parking rates among post-secondary institutions in southern Ontario. Eight-month parking passes at other colleges and universities costs between $250-$735.

What many students don’t realize is the price for a bus pass, however, is part of their tuition. But if you pay more than you use it or not.

"Guests should have to pay, but students already stress over cost for education," Parking shouldn’t be another bill to add on," says Elizabeth Lemire, a first-year culinary student. "I take the fall semester off so I can write anything on paper on a bumpy road and I don’t always have enough charge in my laptop. Thankfully I don’t get carsick, so I can at least get my readings done," says Phillips, "but I’m still worried about everything.”

Allysa Lemene, a third-year student in the Recreation Therapy program at Niagara College says she has similar financial woes.

"I work as much as I can, through school but especially in the summer," she says. "I’ve been trying to keep my loans down as I go through school so I don’t have an overwhelming amount to pay back as soon as I’m done."

Students under such pressures may find their grades slipping away, social lives and restful nights becoming scarcer and scarcer.

There are services available at Niagara College to help students manage coursework, find coping strategies for stress and make a "game plan" of sorts to tackle their academic responsibilities.

If a student is really struggling, they can make an appointment with a financial advisor to discuss their options, says the financial aid office at the Welland Campus. There are bursaries and scholarships available. A student can also apply to appeal the amount of money they received initially from OSAP, and hopefully get a larger amount if needed.

Appointments can be made with an academic advisor to discuss options and strategies for schoolwork and counselors are available to talk about personal and social problems.

Students with disabilities are welcome to access these services as well but are offered an office with one-on-one time with the same counselor for further aid.

More information about OSAP can be found at www.osap.gov.on.ca.

More information about counseling services can be found at www.niagaracollege.ca/counseling-services/.

More information about disability services can be found at www.niagaracollege.ca/disability-services/.
Still images come to life

You can make Harry Potter or your own videos come alive with augmented reality app

1. First, install "Aurasma" on your Android or iPhone and create an account.

2. Next, search “niagaranews” (one word) and follow our channel.

3. Now, scan the Harry Potter image to the right.

He’s flying. Pretty cool, right? The applications are endless.

Imagine watching that legendary overnight goal happen in the paper, instead of just reading about it. It really is like watching Quidditch in the Daily Prophet.

By COREY LEBLANC

Caffeine hits come with some health costs

By HARLEY DAVIDSON

Still images come to life

You can make Harry Potter or your own videos come alive with augmented reality app

1. First, install "Aurasma" on your Android or iPhone and create an account.

2. Next, search “niagaranews” (one word) and follow our channel.

3. Now, scan the Harry Potter image to the right.

He’s flying. Pretty cool, right? The applications are endless.

Imagine watching that legendary overnight goal happen in the paper, instead of just reading about it. It really is like watching Quidditch in the Daily Prophet.

By COREY LEBLANC

Caffeine hits come with some health costs

By HARLEY DAVIDSON

They’re everywhere. Clamped in the hands of many Niagara College students are the trademarked red cup of java that defines the entire nation.

For some it’s a tasty treat. For many however, it’s the start of your day, the want, the must have or else you’re a zombie, cup of coffee.

For Connor Virgoe, third-year electronic technician, coffee is a fuel for his day to day life. It’s essential. “On average I have four cups of coffee a day, usually by four o’clock,” says Virgoe.

Virgoe relies most on that first cup, as many other students at the college do. “I feel sluggish, it’s hard to adjust to anything really and I feel like I can’t fully learn until I get that first cup of coffee,” says Virgoe.

What makes coffee so special that it makes hundreds of students line up at the Tim Hortons counter every morning?

It may just taste like a freshly-squeezed cup of bean juice, but the drug at work here is caffeine and it’s a powerful drug at that.

Caffeine is not only found in coffee, but in many other day-to-day beverages as well. Several kinds of pops, energy drinks, teas and sports drinks also use some concentration of the drug.

Once consumed, caffeine enters the bloodstream and makes its way into the brain. The nerve cells in the brain confuse the caffeine with adenosine, a chemical in the brain designed to prompt sleep. The caffeine cells attach themselves to the adenosine receptors, making them unable to detect the adenosine cells as they pass. These receptors do not remain closed forever, in fact, adenosine receptors are constantly working to filter the caffeine from your system once it’s entered. It’s not all bad though.

Benna Lun, a neuropathic doctor based in the Niagara region, says that caffeine has some health benefits but is not considered a nutrient by definition. “Technically, the definition of ‘nutrient’ is a substance that provides nourishment essential for growth and the maintenance of life. Caffeine, unfortunately, does not offer anything to the body nutritionally,” says Lun in an email.

Though caffeine does offer some relief from the struggle of day to day life, the many health risks of long-term use hardly deter the vast majority of the population from drinking caffeinated beverages. In multiple studies, caffeine was found to be the most commonly used drug in the world, even more so than tobacco.

“The long-term harm from caffeine results from prolongation of the short-term negative effects, including insomnia, anxiety, and stomach irritation,” says Lun in an email.

Continued on the list of long-term health risks from caffeine abuse, we find nervousness and restlessness, which wouldn’t surprise anybody who uses the drug daily. But as Lun stated, on that same list we find insomnia and irritability, which describes a coffee-loving college student quite nicely.

Angela Redekop has been working at Tim Hortons on campus for nearly two years. She sees the results every morning student after student lazily walking towards the counter to feed their brain’s addiction. “Sometimes when they’re coming in, they do have the shakes,” says Redekop.

Whether it’s the jump in your step or the once-in-a-while treat, Redekop always serves your drink with a smile on her face. “My greatest reward is when you guys walk in and say they see me smile. So I want to make sure that I give them excellent customer service so that they’re not miserable by the time they leave,” says Redekop.
Canadian expatriate Christian Pistor gives an account of that tragic morning in Belgium when bomb explosions killed 35 people — and what life is like in the wake of a terror attack.

By RYAN THORPE
Staff Writer

At 7:55 a.m. on March 22, three men exited a taxi at Brussels Airport and rolled suitcases containing nail bombs into the main terminal. Three minutes later witnesses report hearing someone screaming in Arabic and then two explosions within nine seconds. At the time of the bombings, Christian Pistor, a Canadian expatriate living 25 kilometers away in Leuven, was getting his daughter ready for school.

I walked to a nearby supermarket with my kid to grab a croissant for her breakfast and then take her to school. That’s when I started to hear the ambulances. I was back home by about 8:50 a.m. and I opened up my computer and saw that something had happened. The first bombing had happened at that point, but not the second one.

At 9:11 a.m. a bomb exploded on a nearby train on the way to Brussels. The carnage at the metro station was so bad,” said Pistor.

The combined death toll was 35 people. Three suicide bombers ended the lives of 32 victims. More than 300 hundred people were injured, 62 of them critically. Seventeen bodies were found at the airport and 14 at the metro station, while four would later die of their wounds in hospital. Of the deceased, 16 were Belgian nationals, while the remaining 12, like Pistor, were from other countries. It was the deadliest act of terrorism in Belgian history.

“It’s kind of expected,” Pistor said. “I mean after what happened in Paris, you kind of get the feeling that it was somewhat bound to happen eventually. Because many people who had been involved in Paris had come from Brussels.

But it was also shocking. The airport, I’ve been there many times myself. Whenever my dad is here for instance, I would take him to the airport and hang out with him for a couple hours before he’s on his way. So basically this area where they had been bombing, I’ve spent time there.”

Pistor, born in Vancouver in 1977, moved most recently to Belgium in September 2008 and settled in Leuven, where he now lives with his wife and daughter. His connection to Belgium comes from his father who was born in a suburb of Brussels.

Pistor didn’t think that anyone he knew in Brussels would have been at the airport or metro station the day of the attack, but still took to social media to check up on his friends.

“At one point I tried to call somebody… and I actually couldn’t make a call. So they were helping people to communicate through social media. So, of course, you naturally check social media to see if there has been any activity so you know the person is still around.”

One of Pistor’s acquaintances, Geert Cool, who lives in Antwerp but works in Brussels, was on the metro that morning.

“I was on the metro on the way to work,” said Cool.

“When on the metro in Brussels I got a message about Zaventem. At that moment it was not yet what exactly happened. Minutes later a bomber also exploded on the metro, on the same line I took at that moment, but in the other direction… it, of course, was shocking… later in the office, we all followed news as it came in.”

Belgium, which has the most nationals per capita in the western world fighting for jihadi organizations, has become the epicenter of jihadist recruitment in Europe.

“I think some people are feeling a bit afraid,” Pistor said. We know someone who works for the EU and came from Canada and lived in Toronto, but didn’t like it too much, so they came over here. But now they are considering moving back to Canada.

Pistor says he thinks the uneasiness and increased sense of something immi-

nent has been building.

“But you have to consider that this isn’t the first thing that has happened before. They shut down the whole of Brussels in November after the attacks in Paris. Basically the government knew so many of these attacks came from Belgium and had to show they were doing something. It was basically shut down all of the metro stations and every-thing and had police and gunfire killed four people at the Jewish Museum of Belgium. In January of 2015 government operations led to the death of two terror suspects thought to be planning an attack, and in August of 2015 another terror suspect shot and stabbed passengers on a train which had left Brussels.

In the weeks following the attacks Pistor describes both realist expressions of solidarity among the populace, as well as attempts by far-right anti-immigrant groups to take advantage of the tragedy for political gain.

“I have not been involved in any of the rallies in Brus-sels, but people have been converging for protests and stuff like that. You have people calling for solidarity against terrorism and hate.

There are people from all kinds of backgrounds, people from the families of victims, people from immigrant and Muslim back-grounds, and activists of various kinds,” says Pistor.

Pistor has friends who were at an event in Brus-sels dedicated to mourning the victims of the attack, who told him that a small but organized group of individuals dressed in black occupied the stage for over 40 minutes and were pho-to-graphed engaging in the sieg heil salute.

It is a disconcerting sign for a country with high amounts of jihadi recruit-ment, which only further emboldens the far-right organizations pushing racist anti-immigrant agendas.

In the aftermath of the attacks in France and Bel-ggium two neighborhoods in Brussels—Molenbeek and Schaerbeek—have gained the reputation of being a breeding ground for terrorism.

When asked about the perception, Pistor agrees but for different reasons than one might think. He describes neighborhoods that have been stigmatized and marginalized, where poverty is the norm and most people have few pros-

pects in life. A recent report by the Washington Post, on April 1, largely echoes his sentiments.

“It’s basically like a ghetto,” says Pistor. “Average apartment size is 50 square meters and over 10 per cent of them have no running water. Not even toilets or a sink in the premises. So it’s a very poor area. Massive youth unemployment and Belgium has one of the worst, or second worst, records in terms of integrat-ing immigrant youth into the education system. So it channels people into a life of unemployment and very few prospects.

“You have this criminal subculture and many of these guys who have been doing the attacks aren’t these classical stereotypes of people who have been radicalized in the mosques or whatever, they’re more the ones who have been small time criminals. It creates a fertile ground for barbarism, whether Islamic terrorism, or racist far-right. We need to ad- dress these problems, but also bring people together regardless of their origin and religion.”
Are we ready for a lockdown?

Niagara College has emergency preparedness plan for dealing with threats of violence on campus

By LEIGHIA CHAPMAN-KLAASSEN

Staff Writer

Though many Canadians see school shootings and violence as an American problem, colleges and universities in Canada also have to deal with the potential threats on campus.

There are dozens of school lockdowns from shooting and stabbing threats every year.

But do the people who are at Niagara College every day, know what procedures to follow in the event of a reported threat?

"Emergency can happen at any time and we all share a responsibility to be aware and informed," says David Jastrubec, Welland campus safety and parking manager.

It’s important to know how to respond effectively in an emergency, he says. However, organizing drills would take campus-wide communication and participation. Also, the neighbours of the college would have to be made aware of each drill.

"And we can imagine, that kind of exercise requires advanced planning. Not just for the campus but for the neighbours, for the police," says Pam Skinner, vice president of corporate services at Niagara College.

Security guard Aaron Watkins stands inside the Welland campus security office.

PHOTO BY LEIGHIA CHAPMAN-KLAASSEN

In the event of an internal threat to the school, such as a violent and armed individual, there would be a message on the college’s PA system explaining to those within the school what’s happening.

Then a call would be made to the police and they would give direction of action to take until they arrive on campus.

As with any "code red" procedure, all lights, computers and cell phones should be off and the doors and windows locked.

Anybody in the hallways should get somewhere safe with a door they are able to lock and stay as far away from the area the threat.

The lockdown should also be broadcast through emergency alerts like NC Alerts, Blackboard to those outside the college.

If a bomb threat was made, those inside the college would be made aware over the PA system and the police would provide further instructions. The college could even be evaluated.

"There is also a procedure for if there were a threat outside of the campus," says Skinner. "So that if there is an incident off campus it stays off campus."

If there were a threat to a nearby facility then business would flow as usual within the college but access to the college would be controlled.

"I encourage all students and staff to familiarize themselves with our emergency procedures and the tools that are available to you, whether they be online, the emergency handbook or the safety app," says Jastrubec.

For more information on safety and security at Niagara College check out their website: www.niagaracollege.ca/security

Ontario on forefront of technological change

Brad Duguid tells a Niagara Business Leadership Luncheon how Ontario strives for development

By JOHN HOPKINS-HILL

Staff Writer

Economic growth and cutting red tape were the buzz following the speech from Brad Duguid, Ontario Minister of Economic Development, Employment and Infrastructure, in Niagara-on-the-Lake.

The Niagara Business Leadership Luncheon, hosted by the Greater Niagara Chamber of Commerce on March 29, was held at the White Oaks Conference Resort with Duguid as the keynote speaker.

Duguid’s message largely focused on the importance of keeping Ontario on the forefront of innovation within the industrial sector.

"It is not about coping with technological change, it is about driving it," says Duguid.

Mentioning the Walker Advanced Manufacturing Innovation Centre specifically, Duguid explained Niagara College is filling a vital role in the Canadian industry by providing companies with a steady stream of skilled workers.

The investment by industry into post-secondary institutions and the pledge to provide free tuition to low-income students should combine to benefit the province’s economy, says Duguid.

"Money will never be a barrier to success," he says.

Duguid went on to explain how the creation of the Strategic Investments Office should bring more industry to Ontario.

The office will allow potential investors to learn about incentives, licensing, workforce-training opportunities and site selection in just one place.

"Ontario is seen as a global best practice," Duguid says.

The government believes regulatory reforms and an internal national trade agreement will help Ontario economic standing.

When asked about the proposed GO Transit service extension to Niagara, Duguid told the crowd the project is "subject to freight regulatory burdens and streamlining practices, will focus initially on the automotive industry but will ultimately cover six industries over two years."

This new project is modeled after a similar project that is currently in use in the United Kingdom.

"We wanted to reach out further to our small business leaders and frontline workers whose experience and ideas can be very valuable in making the province more competitive," says Duguid.

St. Catharines Mayor Walter Sendzik pointed out the Canadian Motor Speedway, a motorsports park currently under construction in Fort Erie, is stuck in red tape at the provincial level and asked for Duguid’s support with the development.

While not willing to make any guarantees, Duguid indicated he is happy to be an advocate for Niagara on the project.

"Anything we can do to open the doors to the project and reduce the time it takes to get to these decisions is a win for Niagara on that," says Duguid.
Preparing for classes and struggling to prepare vegan meals?

By VICTORIA GALLACHER Staff Writer

College life is stressful and costly. Adding being vegan and struggle will emerge. Being vegan is a lifestyle choice that doesn’t always fit into just what you eat. As a college student, you will tell you, finding vegan options on campus can be costly. This is the time when you find vegan-friendly restaurants and preparing vegan meals can be a challenge. A college budget can be difficult. It comes after your freshman year in studying to be a certified nutritional professional. At the start of the first week, I could give a college vegan student is to meet others who are also following a vegan lifestyle. Having a support network, even one small, is very important. I would also recommend doing research. This mostly involves looking for

health food stores, coffee shops and restaurants that have plant-based options. Strengthening one’s cooking skills is also a must. Finding delicious vegan recipes and trying them out in the kitchen will be very helpful in learning to substitute your meals. Staple foods such as eggs and dairy in day-to-day cooking.

College is a great time to go vegan. You are away from home for the first time and have freedom when it comes to making choices on your desired diet.

Cheryl Stewart, a staff member at Rise Above, a vegan restaurant in St. Catharines, says, “It’s cheaper to eat vegan and less people think so. Even farmers’ markets are busier than people assume, I feel the initial stigma is the hardest part to overcome. But once you and others get over it it’s all good.”

It’s not easy to make the decision of going vegan, but by making the choice you are saving so many animals every day from the torture they endure.

“I decided to go vegan after my coworker, who was following this lifestyle at the time, began informing me of the various ethic, environmental and health-related implications that came with eating a diet rich in animal products,” says Martineko.

I was astonished by her words, and decided to do my own research on the topic. After much research, I was particularly stricken by the animal health benefits of eating a plant-based diet. Much of the problems that I experienced, such as an indigestion, fatigue, vitamin deficiencies, and more, were said to be easily reversible upon the implementation of a vegan diet. So, I gave it a go, and here I am two years later, I still enjoy how I eat, and above all, how it makes me feel.

The way our world works today there is no hope unless the people who care do more to make other people understand.

It is no surprise that college is teaching and it is all in English so that my children are still having to comprehend everything. It is proven to be a great tool,” says LaBelle.

There are social media applications that can help you learn English. I have found Moocu is a complete social network at its core. The site has more than six million users and was named as one of Time magazine’s top 25 websites of 2010. In a Facebook-like way, your personal profile appears with your picture and your Friends list. You build your own profile and indicate which languages you want to learn and which languages you already know.

Live chat is available with anyone that is online and people use the chat to practice their language of choice. Bixuu is a language community that functions like a cool interactive game. It offers free interactive lessons, exams, text, video chat, writing exercises, reading comprehension tests and many other features.

Most of the features on the site are free though paid upgrades are available for features like audio samples, MP3s and Podcasts. Italki.com, pronounced “I talk”, offers an enormous community of speakers of over 180 languages from over 200 countries. You can connect with new friends and language partners that speak the language you want to learn, find a language teacher, use the questions and answers section and access a variety of other features to learn your desired language. In addition to being a social network, there is an impressive body of resources to be found in this site.

Prepare meals for the week, even for dinner. You can heat up after class. Make it yourself on the weekends before the week starts providing yourself with the goods you want.

Secret Vegan Snacks: If you’re not into spicy, sweet, sour or salty, you can’t go wrong with these next two.

Chex Mix

Fritos, Lays potato chips, Ritz crackers, Sour Patch Kids, and Wheat Thins.
Prospective students begin their exploration of post-secondary paths

Colleges open their doors

Prospective students begin their exploration of post-secondary paths at open house activities. A drawing demonstration was part of the college’s open house activities. PHOTO BY CONNOR MARTEN

For most, spring brings visions of flowers, the return of the Toronto Blue Jays and April showers, but for colleges and recent high school graduates, spring means something entirely different – college open house tours and confirming acceptance offers.

Niagara College held its annual Spring Open House on Saturday, April 2, 2016. The event is designed to educate prospective students and their parents on all aspects of life at the college, from program information, to residence tours and meal plans. Colleges across Ontario take part in hosting open house events to assist families of students who are preparing to attend college and encourage students to enroll in their institution for the fall semester each year.

However, in recent years, the number of students applying and entering post-secondary education has begun to decrease and institutions across the province are feeling the pressure to draw in as many students as they can possibly can.

According to a release in 2014 by the Ontario Universities Application Centre (OUAC), enrolment in university has seen a decrease of 2.9 per cent, and enrolment in colleges has suffered a slightly larger drop – down 3.5 per cent from the previous academic year.

Part of the reason, according to OUAC, is that the children of ‘baby-boomers’ have are reaching adulthood, leaving a much smaller generation’s children to follow in their footsteps. Currently, the 9.1 million Canadians who have baby-boomer parents (parents born between 1946 and 1964) are approximately 24-43 years of age – beyond the usual age of enrolment to post-secondary education.

A survey conducted by OUAC also found that the average post-secondary student carries $27,000 in debt as they near graduation, which is a frightening thought for those who are unsure about enrolling in post-secondary education.

In response to the now shrinking market for post-secondary students, colleges have begun proposing new programs and initiatives to draw students in, from draws to receive a reduced tuition, to a promise of iPads and other technology upon confirmation. Many of these new incentives to draw in students are held or announced in the few months between the application process and the confirmation deadline in May. Colleges across the province often use annual open house events to advertise the advantages of confirming your application with their institution, which can range from campus safety and academic standards, to grants and bursaries and unique programs.

Philip Hayes, manager of the Student Recruitment and Information Centres, says initiatives to draw students in at the college are not just based on those entering college immediately after high school.

“We do have strategies for students coming directly from high school, we also have students that are coming from the world of work, or have been out of school for a while and we also have students who are coming directly from other institutions. Something like Spring Open House is used as a great showcase for all of those audiences.”

Initiatives used by the college include draws for $3,000 off one year’s tuition and a further $2.5 million in bursaries and scholarships for students to receive information on, as well as unique programs in the fields of wine and beer crafting and unique co-operative education opportunities.

“For me, I chose Niagara College because I heard the Electrical Engineering program was superb and they have a contract with Hydro One for co-op placements”, says Mac Clark, a first-year Electrical Engineering student at the college.

College receives honours for its community work

By JOHN HOPKINS-HILL

Niagara College President Dan Patterson accepted a Community Collaboration Award on behalf of Niagara College at the Niagara Business Leadership Luncheon on March 29 in Niagara-on-the-Lake.

The Niagara Immigrant Connections Initiative (NICI) presented Niagara College with the award in recognition of the success of the Enhanced Language Training for Employment and Occupational-specific Language Training programs.

In announcing the award, Corrina Carson, project administrator for the Niagara Immigrant Employment Council, explained the value of Niagara College’s language programs to those looking to enter the workforce in Niagara.

“The mentoring experience enhances the student’s employability, marketability and sustainability within Canada’s economy,” said Carson.

The NICI honoured seven individuals and organizations this year for their service in aiding immigrants with transitioning into the Niagara job market.

Brad Duguid, the Minister of Economic Development, Employment and Infrastructure, left, presents Niagara College President Dan Patterson with the Niagara Immigrant Connections Initiative’s Community Collaboration Award. PHOTO BY JOHN HOPKINS-HILL.
Engines revving in Fort Erie

By MEGHAN PRYTULA
Staff Writer

Fort Erie can already hear the sound of roaring engines and the smell of burning rubber on its new racetrack. If all goes according to plan, the scheduled completion of the new track, the Canadian Motor Speedway (CMS), is about three years away.

The Gilmore Road track, promises to add to the town’s racing reputation complementing the existing Fort Erie Race Track for the horses.

“The site plan has already been submitted to the town,” said Erik Tomas, media consultant for CMS. “The permits should be issued sometime this summer; construction starting in 2017 with completion in 18 and racing should be at the track in the fourth quarter of 2019,” Tomas said.

The proposed track consists of a 1.2-kilometre progressive paved banked oval as well as a 3.2-kilometre road course, 65,000 seats and 40 suites.

A major contributor for the track project is four-time NASCAR Sprint Cup series champion Jeff Gordon who took the lead in the design of the track.

“Jeff changed it from a one-mile track to a three-mile track to a quarter-track, similar to Richmond,” Tomas said.

“Since he’s raced on pretty much every track thought of, he is able to take all the aspects of the tracks he likes and incorporate into the CMS design. He has the experience to know what will work and what won’t,”

The track developers say the location of the track itself – right by the Queen Elizabeth Way, 6.4 kilometres from the Peace Bridge and 17 kilometres from Niagara Falls – is ideal.

“We couldn’t have picked a better location,” Tomas said. “[Fort Erie] has land available, minutes away from the border crossing, minutes away from an iconic address in Niagara Falls and the infrastructure that’s there in terms of entertainment [casinos, hotel rooms].”

Tomas adds that the location allows, “accessibility to the majority of the fans in the area.”

One hitch in the plans has been the OSW/Blown Road overpass. If changes need to be made to expand the overpass to accommodate the track, will taxpayers have to help pay?

“It’s a big part of the plan – proving to the Ministry of Transportation and the Province of Ontario that we can do what we intend to do,” Tomas said.

They (Ministry of Transportation) thought initially that the track has to spend $39 million to expand the overpass to four lanes. “So the traffic management plan would have traffic coming in from St.Catharines and Gilmore Road to the north and Netherby. All secondary roads off the main road will be one-way going in. Both lanes going into the facility for the event and reverse in going out.”

Food, wine, beer and fun on this year’s expo menu

Continued from page 1

For those who don’t have a particular taste for wine, fear not because the expo also brings brewers from across the globe to celebrate the craft and microbrew movement.

Nickel Brook Brewing, Waterloo Brewing Company, Old Toronto are just a few of the breweries lined up for beer lovers this year’s Expo.

Accompanying the wine and beer venues are local restaurants such as Ruth’s Chris Steak House, Roberto’s Pizza Passion, Cabo Cantina and many more along with chefs from across the region looking to pair their cuisine with the wines of Niagara during the three-day event.

“It’s the best venue we have of this kind as Beerfest and the Icewine festival at the convention were poor in comparison to the Food and Wine Expo,” says Jessica McDowell, a Niagara Falls resident.

McDowell says one thing she enjoys the most about the Expo is the food trucks which are parked outside the Scotiabank Centre to serve those waiting to get in.

“Many exhibitors are returning each year as well as new ones. We reach out to wineries, restaurants, distilleries and anything food and beverage related,” says Klie.

“We’re excited to be highlighting many of the region’s superstars as well as some other incredible exhibitors from Canada’s other growing hotspots.”

Between the lines is one of the many local wineries returning to the Expo for yet another year and has been part of the Expo since their doors were opened back in 2010.

“One of the interesting things I believe we are doing is a cooking demo as well,” says Greg Wertsch, owner of Between the Lines.

“We are actually featuring the sparkling wine and we’re doing different component comparing with it, like oysters and a dessert as well, so it should be quite nice.”

There will also be entertainment.

“There’s local entertainment all weekend long including Niagara’s own Vinyl Flux Friday night and Ear Candy Saturday night,” says Klie. “Guests must be 19 years of age or older in order to get onto the grounds.”

Tickets for the Expo available in advance online or at the door.

DATES & TIMES
Friday, April 15, 2016, 2pm-10pm
Saturday, April 16, 2016, 12pm-10pm
Sunday, April 17, 2016, 12pm-6pm

TICKETS
$12 in advance | $15 at the door

SAMPLE TICKETS
• Sample tickets are the official show currency
• Sample tickets are worth $1.00 each and are available in sheets of 10
• Sample tickets are used for sampling wine, spirits, beer and food
• Sampling prices vary with most at only 1-5 tickets per sample
• Enjoy a wide variety of food and drinks for approximately $20 per person

Tickets available at NiagaraFoodandWineExpo.ca

STATES THANK PLACEMENT SPONSORS

The Journalism program’s students and faculty wish to thank the following businesses for their participation in offering field placements in 2016.

MULTI-MEDIA REPORTER
The St. Catharines Standard
The Welland Tribune
The Fort Erie Times
Midland Mirror
Alliston Herald
The Hockey News
Collision Repair Daily/Media Matters Inc.

ONLINE NEWSPAPERS/MAGAZINES
Erie Media (multi-media reporter/photographer)
WFT Magazine
Canadian Musician Magazine
Norris Whitney Communications (reporter, researcher)

PHOTOGRAPHY
Allait Photography (assistant)

PUBLIC RELATIONS
Niagara College, Marketing & Communications (photographer)
Niagara College, International Department (special projects multi-media reporter)
Long Point Region Conservation Authority (communications assistant)

BROADCASTING
Rogers TV (audio & mobile production)
Alumni provide advice to grads

Annual graduate panel puts Public Relations students in touch with industry professionals

By ALEX YORKE
Staff Writer

It was an afternoon of handshakes and black blazers for Niagara College Public Relations graduates who attended the annual graduate panel on March 23. The event, hosted by the PR students themselves, saw the return of notable alumni from years past who have found success in their fields.

"I think that it’s a great confidence builder; the fact that a small group of us can create an event like this and see it run so smoothly," said Giacomino Lasada, a student of the program and the host of the event. "They (the speakers) have been great, they are all here to help us which is great. They are here to welcome us; they give us their business cards, their LinkedIn. It’s a nice feeling, it makes you feel like you picked the right program."

Among the panelists were industry veterans and recent graduates alike. Guests included communications co-ordinator for the town of Fort Erie, Janine Wester-Tessmer, marketing creative co-ordinator for Blue Mountain Jason Petznick and 2015 graduate of the public relations program Niagara College who now is an account co-ordinator for Panny Canada.

The students engaged in roundtable discussions with the graduates and asked questions about experiences in the marketing and public relations industries.

Stories of job hunting, internships and the do’s and don’ts of social media filled the room as the soon-to-be graduates moved from table to table to meet each guest.

"This is a lot to these students," said Public Relations professor Linda Warren Camus. "They leave next week on their work placement so this is their last week of school. They are probably a bit nervous, so here they are getting advice from people who were in their shoes."

The panel discussion explored the nature of internships, crisis management and how to stand out in the ever competitive job market. The panelists shared their experiences about starting their careers, reinforcing their young peers the possibility to succeed if they work hard and practice what they’ve been taught.

"I think first things first, I wouldn’t be where I am today without Niagara College," said returning guest Gutenberg, PR manager for Molson Coors. "On one hand I want to give back to the college itself for that support, then on the other hand it’s great to talk to these individuals as well and impart with them some of the mistakes I’ve made and some of the things I’ve learned over the past 11 years and hopefully they can learn from it."

The event concluded with a short awards ceremony for the program and a period of mingling between the guests and students to share any last-minute tidbits before they begin placements.

Deadpool’s release in February brought controversy and confusion to parents nationwide.

By EMILY MARCONI
Staff Writer

Movie ratings systems can be a minefield for parents trying to control the level of sex and violence their young children are exposed to.

Most parents seem to agree that movies, such as the new Deadpool, The Punisher, Watchmen, and The Baytown Outlaws that are packed with sexuality, violence, nudity and coarse language are inappropriate for young children.

And some say no one should ever take their children to an R rated movie.

"I would not be happy if someone took my kid to that type of movie," said Amber Gamache, age 24, from Hamilton, with two kids ages 5 and 8.

"It’s inappropriate for three year olds to be watching this type of movie just because it’s a superhero movie," said Gamache.

Superhero movies are action filled and fun to watch but many contain sexuality, nudity and coarse language. Just because they’re superheroes does not mean they’re appropriate," says Nikki Williams, a mother of one from Hamilton.

The most recent example might be Deadpool, a movie about a former special forces operative who now works as a mercenary. It was released in Canada in February.

Canadians and Americans have different ratings, 14A versus PG-13, 18A versus R or even R versus NC-17, because the Ontario Film Review Board and the Motion Picture Association of America rating systems are different and the two rating boards have different criteria.

The Ontario and American rating systems are very similar across the five different rating levels. The only difference is in the age restriction.

The TV Violence and Children study shows that children that watch violence on TV are more adapted to watching even worst forms of violence.

The study says the best way to stop children becoming accustomed to violence is to refuse to let them watch these movies. Talking TVs out of their rooms (if they have them) so that they can’t watch shows and movies with violence in them whenever they want to, putting restrictions on other devices and blocking current things on YouTube that they shouldn’t be watching are good starts to rectifying the exposure to violence.

Many people don’t see what’s okay and what’s not okay for children to be watching because they are so used to violence themselves.

They don’t really understand the difference between subtle violence and brutal violence that no child should see like Deadpool, The Punisher, Watchmen and The Baytown Outlaws.

"I would be very disappointed and I’d have a serious talk with the person, especially if it’s not meant for children," said Geda Hoen, from Hamilton, a mother of three.

IN PHOTOS

JOURNALISM AWARDS

Journalism students were the story at the annual Journalism program awards luncheon on March 22. Industry professionals met with graduating students who were hearing off to month-long work placements and helped hand out individual awards. Award winners, from left, include: Keiosa Sparks, Utsav Gupta, Connor Marten, Laura Barton, Ryan Thorpe, Samantha Janjac and Austin Gooder.

SCHOOL OF TRADES AWARDS

Niagara College’s School of Trades shone the spotlight on student success at its first annual awards night on March 22. Showcasing the future of the trades industry, the event aims to recognize student accomplishments and contributions. Designed as a social evening, awards were presented from donors and Niagara College staff members. About 30 awards, valued at more than $20,000, were presented.

From left to right: Joe Abbruscato, WonJae Jeong, Tyler Winger, Tuyen Nguyen Jason Dirksen, Christopher Montreuil, award recipients at the first annual School of Trades Awards Night.

HABITAT NIAGARA

It’s challenging enough to build a house, but Niagara College students took it a step further and built a house that comes apart and gets put back together. Construction techniques and renovation technician students were involved in the project to build a modular home in partnership with Habitat Niagara for a refugee family of six from El Salvador. The house was built in five modular pieces that came apart and were then put back together by the students one-by-one as they arrived at the site in half-hour increments. The home that was built at Niagara College, starting in October, was moved to its permanent location on Martin Street in Welland on April 4.

PHOTO BY SAMANTHA JANJAC
NIAUGA NEWS • April 15, 2016

By COREY LEBLANC
Staff Writer

Peanuts and crackerjacks will be served this summer at Niagara College, at least not at varsity baseball games.

Niagara College currently offers a variety of sports to its students, such as soccer, volleyball, golf, basketball, curling and cricket.

But where is the NC Knights baseball team?

Matthew Davies, director of athletics and recreation at Niagara College, is a Blue Jays fan at heart. He oversees all athletic activities at the college and admits baseball has come into discussion in past board meetings.

"Every year we talk about what sports are running, how successful they are, are they sustainable, what sports do we want to explore, sometimes we get inquiries from students as to why is this sport not offered," says Davies.

The Ontario Colleges Athletic Association (OCAA), which governs college sports, has seventeen participating colleges in Ontario, but only six have registered baseball teams.

Three in Toronto, one in Durham, one in London and one in Windsor.

Davies says that zoning is one of the factors in the sustainability of a sports team and it is a problem for Niagara College.

"Barkwill is no stranger to playing for UWA jump-starting his career in a way that staying in Canada wouldn't have it. ended up opening doors for him," says Barkwill.

"Those are things that give us confidence that we will get one of those big wins soon," says Barkwill.

"It was the opportunity to," says Barkwill. "I think baseball is pretty attractive to people who would love to play baseball but don't have the opportunity to," says Moncur.

"You're going to have your team with their logo and when the beginning to get things started," says Bullett.

"The incentives are everywhere, getting these kids to play for a national soccer organization," says Bullett.

"I would also like to see a baseball team at the school. You have some students who would love to play baseball but don't have the opportunity to," says Bullett.

Three of the four figures above represent players of some of the sports Niagara College offers today. The question mark represents a player that could be a baseball player.

"Losing any game is flattering because playing on that team was so special with some players who have gone on to do their own special things," says Barkwill.

"Winning 'Best and Fairest' was humbling because playing on that team was so special with some players who have gone on to do their own special things," says Barkwill.

Ray Barkwill is one of six Canadians joining PRO Rugby this year. SUBMITTED PHOTO

Ray Barkwill is one of six Canadians joining PRO Rugby this year. SUBMITTED PHOTO

"We would want to make sure that there's interest in the student population for both genders," says Davies. "One of the things we are considering is whether or not to play in the current OCAA parameters."

"The incentives are everywhere, getting these kids to play for a national soccer organization," says Bullett.

The incentive will serve him well in the fledging league in Canada.

"I am extremely excited to be part of something historic in North America and look forward to this new challenge," says Barkwill. "I expect to bring my experience to the table over seven or eight years of playing a high standard of rugby to a team, along with playing beside some young talented." says Barkwill.

One of the reasons PRO Rugby was founded, headed by CEO Doug Schnieger, has been successful was the organization's ability to attract high-profile players, most of them past their prime playing days. Iconic Mila Muliaini is one such player. The New Zea-

land rugby's all-time leading try scorer for his country and has won multiple medals at both international and domestic levels. Muliaini will be playing for San Francisco.

The five teams in PRO Rugby are all located in the west of the United States except for Columbus, Ohio. There are four teams in Arizona and the last is in Denver, Colorado. According to Greg Clark, captain of the San Francisco Vulcans, "The Vulcans will expand to 10 teams next year, including Canada – most likely in the West Region."

Other Canadians in PRO Rugby include Kyle Baillie (San Francisco), Adam McLean (Lake Michigan), Hubert Buydens (San Diego), Kyle Baille (Ohio), and Nick Heine (San Francisco).
Asleep in the fast lane

Niagara College students find difficulty in balancing sleep, study and work with the end of the term rapidly closing in

By EVANGELINE ALLEN
Staff Writer

Sleep — it’s an elusive thing to most college students, especially during exam time. Between the stress and responsibilities that come with end of the semester classes, sleep often gets put second or even third in the line of a student’s priorities.

“Everything just falls into one lovely — not like a nice wrapped present, but a disheveled ‘here is your burger’ from a fast food place at rush hour,” says Danielle Beau-soleil, a third-year Broadcasting student at Niagara College.

The first published study on the effects of sleep deprivation was done in 1896 and the research hasn’t stopped since.

Most recently, in 2005 an article written by Dr. Jeffrey S. Durmer detailed the many ways sleep affects thinking.

Durmer argued that sleep deprivation, short term or long term, could slow response time and short-term recall. It also causes a decline in working memory, physically slows tasks and can create loss of situational awareness.

Coming up on the end of a semester students face the choice between which assignment to work on, what exam to study for and if or when they should sleep.

“Often the choice ends up being to do the assignments and study for the exams while holding off on sleep as much as possible,” says Brittany Muir, a Registered Nurse at McMaster Children’s Hospital.

This leads to students sleeping in hallways, in the library or the learning commons between classes.

“I drink coffee,” says Niagara College’s Heather Kretz, another third-year Broadcasting student. “To try and keep it cheaper I try to always show up with at least my first cup of coffee from home. One day I paid for two coffees and only a dollar of it was not in dimes.”

According to a 2013 study done by the Canadian Association of College and University Student Services, 33.1 per cent of Ontario students surveyed reported having difficulty sleeping and 28.5 per cent said their academic performance was likely suffering because of sleep difficulty.

“I would encourage students to take time to unwind before going to bed. Read, take a bath, do something with minimal stimulation to help the brain relax before climbing into bed,” says Muir. “I would also discourage napping, or sleeping in if someone has difficulty sleeping. Avoid caffeine in the afternoon. If someone genuinely has a sleeping disorder then I would absolutely say sleeping pills are okay. However, I would advise against sleeping pills unless it is a last resort to prevent dependency.”

First year Police Foundations student Mile Perencevic naps between classes. PHOTO BY EVANGELINE ALLEN

Jufeng Zhang, First-year Motive Power Technician lounges out on the couches during crunch time. PHOTO BY HARLEY DAVIDSON