

FYE NEWSFLASH

5th Edition

April, 2015



Shine on
Stephanie!

Stephanie Brum, FYE's superstar

Journalist Laura Mulrine sat down with FYE's superstar Stephanie Brum to talk about her role as Peer Programs Assistant and Senior Peer Mentor to tell us how she shines so brightly.

Stephanie Brum has worn many hats since she became part of FYE. She believes her own personal anthem should be Drake's "Started from the Bottom", beginning as a mentee in her first semester at Humber. By second semester, she had moved on up the FYE ladder to Peer Mentor before transitioning to Senior Peer Mentor in her third semester. Are you still with me? Good, because there's more: she was a Learning Community Leader last semester and also works as the Peer Programs Assistant, which is more of a behind-the-scenes role.

So how did someone who's so involved become involved in the first place? Stephanie says that as both a First Generation student and as someone who was homeschooled during high school, she was terrified about starting college. In order to combat her anxieties, she did some research about what was available to her at Humber. She signed up for FYE and TAP and the rest, as they say, is history.

When asked about what advice she would give to first year students at Humber, Stephanie is adamant about getting involved. She says, "Join a club, start a club, join a varsity team, become a mentor, participate in Orientation--do something. Make the most of this time because it will fly by."

Despite being constantly busy, Stephanie is often the glue that holds FYE together. Her dedication and passion is unmatched and she has been an integral part of the growth of FYE over the past two years. FYE thanks Stephanie for her continued hard work and we wish her the best of luck after graduation this year!



Caroline Misk

Looking for something a little different to do? Here is a list of some fun Toronto activities to try as you explore the city this summer.

Outdoor activities:

If you are looking for something to channel your inner hippie there's a weekly **drum circle in Dufferin Grove Park**. Pay-what-you-can. Go to <http://www.drummersinexile.com/> for more information.

Camp in Toronto's only camping spot, **Glen Rouge campground** in Rouge Park, Scarborough. Visit www.reservations.trca.on.ca for more information.

Outdoor sports:

Play **frisbee golf** for free on the Toronto islands. Go to <http://www.torontoislands.org> for more information.

If you would rather stay closer to home try **rollerblading** along the Humber River or West Toronto Railpath.

Indoor activities:

Every Wednesday Spin Toronto <http://wearespin.com/> offers half price **ping pong parties** and food specials.

African Drums and Art Crafts in Kensington Market offers \$20 **African drumming lessons**. <http://www.thunderboxphoto.com/Music/African-Drums-and-Art-Crafts/> for more information.

Check out a **comedy show** at Toronto's downtown Second City and Yuk Yuk's, or Comedy Bar on Ossington.

Music:

Toronto is host to a number of music festivals every summer. Check out **North by North East NXNE**, for a roster of indie rock bands that will perform in Toronto venues from June 17 – 21st. Ticket prices vary.

Bands will perform on the Toronto Islands this summer at **Electric Island Toronto**. Tickets start at \$99.

FYE's Tropical Escape

Some snaps from our Tropical Escape that was held on March 25 in the President's Boardroom:



Upcoming Events

Gender and Sexual Diversity Awareness Week
April 7 - April 10
humber.ca/lgbtq/awarenessweek

Healthy Eating and Humber
Thursday April 9
11:30 - 2PM & 3:30 - 6PM
in the Concourse

FYE Gala
Friday April 10,
6PM in the Seventh Semester

5K Fun Run / Walk
Thursday April 16, 11 - 2PM
in the Arboretum

Fibre: The F-Word We Should All Be Using!

Resident Nutritionist and Senior Peer Mentor Nadia Sadeqi filled FYE in on the scoop on including fibre in your diet.

Fibre. I realised the importance of fibre through my Techniques of Healthy Cooking class with Chef Loizou. Fibre is the part of plants that the human body cannot digest. This does not sound very pleasing or appetizing, however, many people do not know the benefits of fibre. Firstly, there are two kinds of fibre- insoluble and soluble, with many foods containing a mixture of both. Soluble fibre helps our stools stay healthy! It also has the power of lowering cholesterol and maintaining blood glucose levels [1]. Everybody wants to lower their cholesterol and make sure their blood glucose is in control so that they are not at risk for diabetes. Furthermore, soluble fibre keeps you full for a longer period of time, which helps in weight control as well [2]. So...eat your soluble fibre! Where do you find soluble fibre? Oat bran, oatmeal, beans, lentils and fruits [3]. Insoluble fibre is a little bit different. It still helps keep your stool healthy but it also prevents constipation [4]. It may also prevent the development or risk of some cancers [5]. Where do you find insoluble fibre? In the skin of vegetables and fruit, and in the bran of whole grains [6].

The amount of fibre you should be having is 21-38 grams if you are above the age of 18[7]. Currently, not many people are hitting that amount of fibre. It is very important to add fruits and vegetables to your diet, not only to increase your fibre, but also to have the appropriate number of servings in regards to Canada's Food Guide.

I started to add fibre-containing foods to my regular meals and I have seen the benefits. Some quick tips can be:

- Having fruits and vegetables with peanut butter or Nutella
- Using whole wheat/grain starch for sandwiches and pasta
- Adding fruits to cereals (hot or cold)
- Adding beans to chicken or beef salads
- Reading the nutrient label to see which brand of the same food offers more fibre

I hope that you will be using this new "F" word in your conversations daily and educating people on how important it is to consume fibre.

References:

- [1],[3],[4]-[6] Canadian Diabetes Association. (2015). Fibre. Retrieved from diabetes: <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/fibre>
- [2],[7] Dietitians of Canada. (2014, July 27). Foods sources of Soluble Fibre. Retrieved from Dietitians: <http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Fibre/Food-Sources-of-Fibre.aspx>



The Power of MJ

Columnist Valeriia Valchuk writes about how important failure is to success. By embracing and learning from our failures we can learn the true meaning of success.

Did you know that after being cut from his high school basketball team, Michael Jordan went home, locked himself in his room and cried? This story is great because many of the other stories about great people do not mention the part where they were weak and were on the edge of giving up. Yet we are all prone to weaknesses and that is okay. It is okay to be disappointed, to be mad, and to cry. We cannot carry all of the bad feelings or emotions because eventually they will burst out. We need a taste of failure to understand how victory tastes like. There is no experience without attempts both successful and unsuccessful. The more difficulties you face and fight, the stronger you become. No one is born strong; we acquire it due to our actions and decisions.

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." - Michael Jordan

But what should we do when we keep experiencing failures?

There is a big difference between giving up and letting go. The former means forgetting about a dream and thinking that you are a loser. On the contrary, the latter means that you have tried your best to achieve something, but circumstances are just not right, and it is better to concentrate on something else. However, you can keep this thought on the back of your mind and come back to your dream whenever you feel it is right.

Try to remove yourself from unsuccessful activities. Have problems in your love life? Concentrate on your studies. Cannot find a job? Do some volunteering. Good things will come up naturally when you are able to not fixate on one thing.

Be honest with yourself. Try to really understand what is the source of all



your problems. However, don't blame yourself and try to forgive yourself as fast as you can.

Be grateful for everything that you have in life. Try this fun little exercise: before going to bed, remember at least three good things that happened to you throughout the day. Sometimes it will be easy, sometimes it will be extremely hard, but once you start practicing, it will become a habit to see only the good among the bad.

We all experience failure. Michael Jordan said: "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

Good luck with all your beginnings and aspirations, FYE!

Too Cool for School:

Humber College's Computer Engineering Program

Simranjit Singh Khangura

Look around you, what do you see? An iPhone, Laptop, Tablet, or a Computer? Have you ever tried to know how these gadgets work? Well, Humber has a good program for computer lovers. In Computer Engineering Technology, you will learn different programming languages, plenty of web based stuff, something good about microcontrollers and a lot about computer internals.

Computer Engineers not only have a wide programming skills set, they also have a good understanding of hardware, software and all respective systems that make a computer work. In the first year of the program, you will learn basic hardware and software components, and basic programming language, like C. One of the cool things that you will learn is to trouble-shoot your computer problems, which is a delightful feeling. In the second year of the course you will learn most of the technical stuff that will broaden your knowledge about computers. To give you that experience, you will learn a lot of things that are running behind the

scenes. You will learn about networking, electronics stuff like sensors and amplifiers. In terms of programming you will learn different languages like JAVA, PHP, JavaScript, HTML, CSS, and Bash. You will be able to make your own website. You will also learn about embedded systems and how to write a program in assembly language and how to control hardware and much more.

In the last year of the program, you apply all of the knowledge that we learned in previous years by making an electrical mouse with lot of sensors, then programming it in a maze to learn to think like an engineer. At the end of this program, you will have different view about computers and computer engineers. You will finally know what makes them different.

Beach Body Ready!

Our resident expert on fitness and health, Mandy Kooner gives us some hot fitness tips to get your heart racing for bikini season.

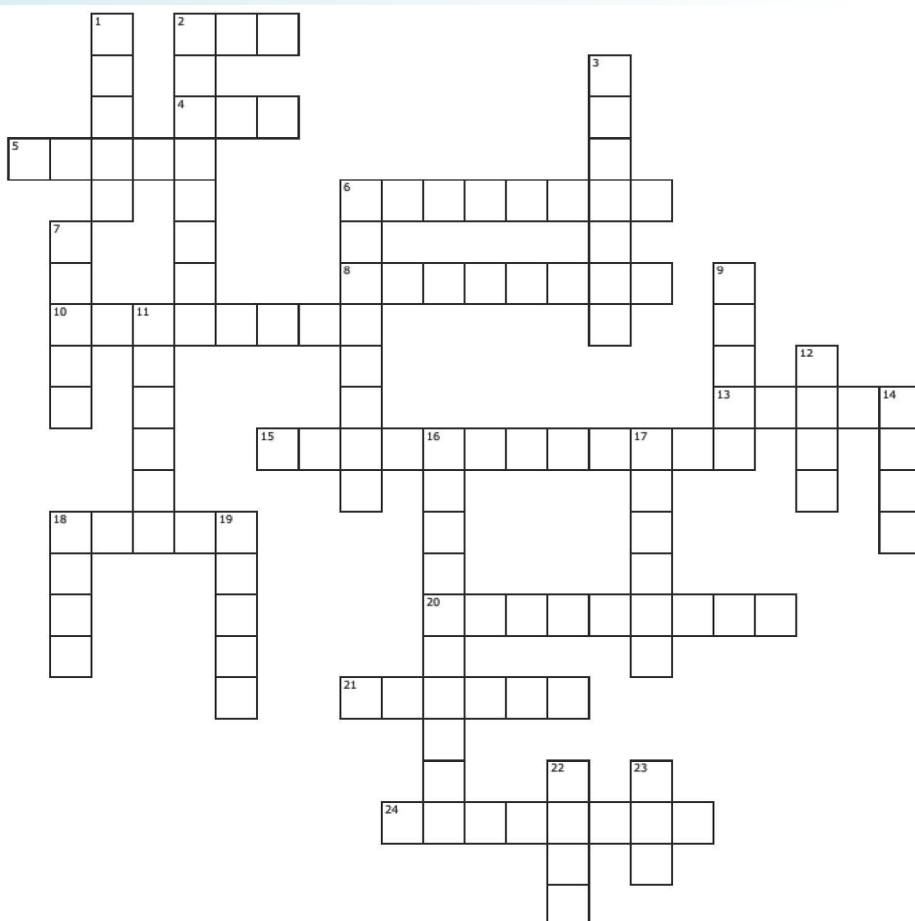
April is a great month to get ready for that beach body! If you've already been sticking to your health related New Year's resolution now is the time to kick it up a notch! Below is a full body routine combining resistance training with cardio.

Exercise	Instructions	Tempo	Reps	Rest (sec)
Barbell Squats	30 seconds of jumping jacks	2:2	12	10-40
Lunge w/ Dumbbell	30 seconds of high knees	2:2	12	10-40
Seated Row	30 seconds of jumping squats	2:2	12	10-40
Push Ups	30 seconds of burpees	2:2	30 sec	10-40
Side Plank	---	--	30 sec	10-40
V Tucks	---	--	12-15	10-40

Variety Options:

1. Non circuit: Perform each exercise 3x with the appropriate reps before moving onto the next one.
2. Decrease your rest time between exercises.

Spring Word Thing



Across

2. Flying mammal
4. Likes to chase mice
5. eyebrows on _____.
6. biggest erupter
8. scoured
10. Has a trunk
13. spring time student stressor
15. nearest neighbour
18. 2015, year of the...
20. local oasis
21. bacon preference
24. Large marsupial

Down

1. west African tree or place to buy patties
2. acrobatic maneuver
3. brain lovers
6. hobbies
7. tries to lose
9. run _____; chase
11. whole
12. use an axe
14. observes
16. the cost of a slice at this local is too damn high!
17. nickle mammal
18. MRI, for one
19. planet, no more
22. varsity flyer
23. Man's best friend