

The East York

OBSERVER

CENTENNIAL COLLEGE

DON'T GO IN THERE!

■ Student art show challenges viewers **Page 5**



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Paul Hantiuk /// Observer

Flying the flag

A participant helps carry a block-long Greek flag along the Danforth during the annual Greek Independence Day Parade on Sunday, March 23. The parade route stretched from Jones to Broadview avenues.

Social justice advocate wins Macphail award

By **BRAD GARCIA**
The Observer

Versatile volunteer Sheila Lacroix is the winner of East York's highest award for civic activism: the Agnes Macphail Award.

Since 1994, a community committee has annually recognized an East Yorker for outstanding volunteerism.

The Agnes Macphail Award is named in honour of the most illustrious figure in East York history — Canada's first female MP, who was also one of the first two women to sit in the Ontario Legislature.

On Monday evening, the award in Macphail's name was presented to Lacroix, 63, in the True Davidson Council Chambers of the East York Civic Centre.

Lacroix was recognized for

her involvement with the Leaside-East York branch of the Canadian Federation of University Women (CFUW), as well as for her volunteer work at Leaside United Church and her work with the Centre for Addiction and Mental Health in Toronto.

She admitted that while she was honoured to have been nominated, she did not expect to win the award.

"It was kind of a surprise, but it's very special," she said. "If anything, it really makes me feel like I've really got to keep going and keep up with my ideals."

In her acceptance speech, Lacroix said that she would not compare herself to Macphail.

"A reporter asked me if I identify myself with Agnes Macphail. Well, not quite. Who could?" she said. "However, I

can identify with her ideals and I feel much more like a follower or worker bee."

Judie Arrowood, a colleague of Lacroix's as well as a fellow CFUW member, nominated her.

"I nominated Sheila for the Agnes Macphail award for some of the following reasons: Sheila has demonstrated her concern for others with a special emphasis on education and rights of girls and women, mental health, early childhood education and child care," Arrowood said. "She is tireless and enthusiastic about important issues."

Lacroix expressed her thanks to past award recipients, family and supporters, and then commented on Macphail's motto, "think globally, act locally," and how it can still apply and help solve problems in the

community.

"Acting locally, I believe, is the door to understanding the big picture and how we can deal with issues like poverty and homelessness," she said. "By thinking globally, you can see a society with many levels of support, but a minimum level of support is needed."

Also attending the ceremony were Toronto city officials, including Ward 29/Toronto-Danforth councillor Mary Fragedakis.

Fragedakis also recently judged East York's annual Agnes Macphail speaking contest for young people.

"It's really great we're honouring someone like Sheila who's done tremendous work in this city," she said.

■ **Lacroix**



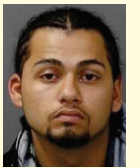
Two men shot to death on Danforth

Police seeking witnesses to brazen killings

By **JOSHUA GENEREUX**
The Observer

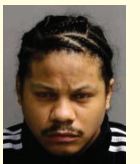
Police have asked the public for help with their investigation into a double homicide on East York's southern border last week.

At around 9 p.m. on March 19, police were called to the area of Danforth and



■ **KHAN**

Woodbine avenues after reports came in that shots had been fired.



■ **CHEST-NUT-REDDICK**

They found two men lying on the sidewalk, bleeding from gunshot wounds to the chest.

The two were rushed to hospital but died of their wounds.

"It is alleged that these young men got into an altercation outside of a club," said Toronto police Const. David Hopkinson in a statement.

The two victims have been identified as Jonathan Stefan Khan, 21, and Shawn Chestnut-Reddick, 22. Hopkinson said both were known to police.

At press time, no arrests had been made, and police say no witnesses have come forward.

Anyone with information on the case is asked to call Crime Stoppers at 416-222-TIPS (8477). Police say tips can also be submitted online by going to 222tips.com.



Vernon Ayiku // Observer

Bottoms up!

A&W has opened its 200th restaurant in Ontario — its new “urban concept” A&W, located at the corner of Pape and Danforth avenues. From left to right: A&W president Paul Hollands and franchise owners Shamez and Nazmin Dosani toast the new restaurant with mugs of the chain’s signature root beer.

POLICE AND FIRE

Alert issued

Toronto police are warning that an unknown man has been acting suspiciously around Second Elementary School on Barrington Avenue, in the Main-Danforth area. When approached by school staff at noon on Tuesday, the man walked away, but he left a bag behind. The bag contained dollar store toys. The man reappeared about 15 minutes later, but walked away again when approached by school staff. Anyone with information is asked to call police at 416-808-5400, or Crime Stoppers at 416-222-TIPS.

~ Observer staff

■ POLITICS

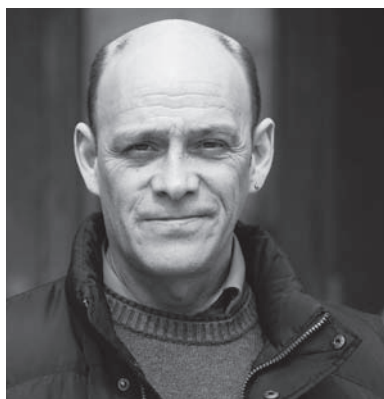
Turnbull takes matters into his own hands

By SOLEDAD VEGA
The Observer

Mark Turnbull says it all started with a one-foot strip of city land that denied him access to his garage. After getting his neighbours to sign a petition, he appealed to his city councillor for help. But Janet Davis opposed it and the petition came to nothing.

But Turnbull hopes to turn his defeat into victory on Oct. 27.

“I’ve always been politically interested, but I never aspired to run for anything or be a councillor,” he said. “It really came about from the treatment that I received at the hands of the city — and specifically the local councillor.”



■ Mark Turnbull

Turnbull is one of four candidates registered in the race for city council from Ward 31/Beaches-East York — including Davis, the incumbent.

Originally from Kingston, Turnbull has lived in East York for six years, working as a carpenter in a building restoration company.

“It is important from a political standpoint,” Turnbull said, “that the people that outspend our millions of dollars have some concept to how much work you get done for a million bucks.”

One of his campaign aims is to allow yard parking and invest in green pads to replace street parking.

After a year of failed attempts to meet with Davis about his petition for parking access, Turnbull said he became more and more aggravated by the rigid bureaucracy of the system.

And so a new idea was born: He would model his campaign after a program in

Calgary called Cut Red Tape, which promotes a reduction of red tape citizens and small businesses have to navigate through.

Achieving efficiency on city services is not a new electoral promise, but Turnbull said he feels confident that he can reduce overbearing bureaucracy at the municipal level while watching people’s pocket-books.

“There’s not a city contract I’ve ever worked on or dealt with that I couldn’t have saved 10 per cent,” he said.

The third focus of Turnbull’s campaign is to ensure that the Charter of Rights is upheld at the municipal level.

“The government is not supposed to put you under induced stress, and that’s one of our strongest arguments.”

WHAT’S UP IN E.Y.

Students step up

Students at the East York campus of Centennial College have organized two charity fundraisers for the next two weeks. On Monday, March 31 at 7 p.m., they’ll host games and a raffle for people 19+ at the Fox & Fiddle, 535 Danforth Ave. All proceeds go to Camp Oochigeas, a camp that children with cancer can attend at no charge to their families. Then, on April 7, it’s another charity fundraiser, including mechanical bull-riding. It’s called “The Rowdy Roundup” and it will be held at the Rock ‘n’ Horse Saloon, 250 Adelaide St. W. It starts at 7:30 p.m. Tickets are \$10 and are available at ticketpicket.com/therowdyroundup

~ Erin Sandel

Local candidate opposes big-box development

By ARTURO CHANG
The Observer

Union leader, actor and former federal politician David Sparrow is the first candidate out of the gate in Ward 26.

Sparrow is the only person so far to file for the city council seat in the Don Valley West. Incumbent John Parker and other contenders have until September to declare.

Sparrow is the current president of ACTRA Toronto, a union representing 13,000 professional media performers in the city. As an actor himself, he has appeared in TV shows such as Star Trek: Voyager and Monk and in the federal election of 2008, Sparrow ran as the NDP candidate in Don Valley West. He finished a distant third in a five-candidate field.

He’s also been a paramedic and a teacher at Humber College.

“My experience is wide and gives me an interesting perspective on how people live,” he said.

Sparrow has lived in Leaside for 12 years, but has also lived in other East York neighbourhoods, including Flemingdon Park. He said he’s opposed to the current “big-box” development projects that he said Parker supports.

“(Big-box development) is defining us as a retail shopping area and is changing the character of these communities,” he said. “The city planning department creates policy on a sort of one-size-fits-all basis. And yet, different communities have different characters.”

“I think it’s up to the representative of those communities — the councillor — to stand up for those communities.”

Sparrow mentioned plans such as the proposed Costco retail store on Overlea Boulevard in Thorncliffe Park, which is going to be discussed at a public meeting later this year. The plan calls for the demolition of the former Coca-Cola corporate office site and its replacement — a 14,543 square-metre Costco store, a fuel station and 607 parking spaces.

“That’s going to impact pedestrian traffic, that’s going to impact lifestyles — the health and happiness of these communities,” Sparrow said. He also promised to push for a councillor constituency office in the ward, because he said it’s unfair for constituents to have to travel downtown to see their representative.

“Mayor (Rob) Ford cut the budgets to city council for their offices, and our representative, for that reason, doesn’t have an office

in the ward,” he said. “(If) at all possible, I will have a physical office in Ward 26.... I will be holding office hours there every week... If we can’t do that, I’ve already talked to the Thorncliffe Neighborhood Office and I will hold weekly office hours right there.”

When it comes to Toronto’s mayoral race, Sparrow said he wants scandal-plagued Rob Ford out and someone new in.



■ David Sparrow

COMMUNITY

Artist gets up close and personal

By ERIN BUCKLEY
The Observer

Soft lines depict an intimate moment, frozen in time; shades of red overlie a sensual array of carefully placed brush strokes. It's called "The Invitation," and it highlights Sara Brown's latest personal art movement.

"My goal was to visually convey the emotions experienced when you're in someone's close personal space," said Brown, a second-year visual arts student at Centennial College. "The feeling of intimacy when you're in such close proximity that they're not wholly visible."

Her paintings are on display until April 8 in the second-floor "Corridor Gallery" of the college's East York campus, 951 Carlaw Avenue. The exhibit, *Breathe*, is open to the public at no charge and showcases one of the brightest talents in East York. The seven paintings demonstrate her strength as a contemporary artist.

For Sara, the art was always there.

"I've been painting since I was old enough to pick up a paintbrush," Brown said. "It's all I ever

wanted to do. It's a part of who I am.... I could never follow any other path."

Other standout pieces in the gallery include "Elusive Revisited" and "The Impermanence of Moments." The titles capture the essence of the entire exhibit. With each piece comes a sense of deeply striking emotion, providing a window into what would have been just a fleeting moment.

"Honestly, all of these pieces are very personal to me," Brown said. "They each represent moments in time, and the emotion that enveloped those moments. Although the feeling captured with each piece is different, each painting holds the same weight for me."

Brown uses acrylic on canvas to illustrate what she calls "enveloped emotion," a theme becoming more and more ingrained in many of her pieces. Though shy about her artwork at first, Brown is certain about the direction she wants her path as an artist to go.

"I have several new projects underway right now, all of which are intending to push the boundaries of visual intimacy," she said.



Erin Buckley /// Observer

Sara Brown is a second-year Centennial College student and up-and-coming artist.

While it's still early in her career, Brown has already begun selling her paintings, finding herself with a quickly expanding fan-base.

The beautifully swirling "Found in a Blue Dress," an older work from Brown, sold for almost \$500 on Saatchi Art.

The piercingly evident emotion in every one of Brown's pieces leaves the viewer struck with the sheer intensity of her work.

"I just want to continue to explore this very personal connection that people have with each other and the world around

them," she said. "I'm very drawn to the beauty of individual moments, moments that are often considered fleeting or insignificant. I think there's something to be harnessed from appreciating the little things, no matter how brief or inconsequential they may seem."

Middle-school student criticizes mayor in speech



Dillon Hiles /// Observer

Jenni Dwyer, 12, delivers her speech at the Agnes Macphail awards ceremony.

By DILLON HILES
The Observer

The audience at the 21st annual Agnes Macphail awards ceremony on Monday evening got more than it bargained for when Jenni Dwyer of Westwood Middle School took the microphone and lambasted Toronto Mayor Rob Ford for "embarrassing" the city and repeatedly lying about

his drug use.

Dwyer, 12, was co-winner of the Macphail award program's affiliated public speaking contest, held last month. She tied with another girl, Kate Mader, from St. Anselm Catholic School, for first place.

Both girls were asked to present their speeches at the Macphail ceremony on Monday. Mader's

speech was called "What is Reality?" Dwyer's included her thoughts on the mayor's attitudes toward the media, his comments about women and sexuality, his admitted drug use and his frequent absence from Toronto's annual Gay Pride parades.

Video of Dwyer's speech is on our companion website, torontoobserver.ca

'East York has lost its identity,' Sokovnin says

By VERNON AYIKU
The Observer

Michael Sokovnin, 61, has lived in and out of East York for nearly 50 years. A resident of the community before the forced merger of the Borough of East York into the mega-city of Toronto, Sokovnin now says that "East York has lost its 'ideality.' It was a place where people wanted to live."

So Sokovnin has filed nomination papers to run in the Oct. 27 municipal election. He hopes to unseat

incumbent councillor Janet Davis and represent Ward 31/Beaches-East York on city council.

Born in a refugee camp in Treste, Italy, Sokovnin moved to Canada from Sweden when he was 12 years old. He was a football city all-star in high school at East York Collegiate. Afterward, attending the University of Toronto — where he got a degree in education — he continued to play... and even made a brief run in the CFL, before becoming an educator for the Toronto District School Board.

Sokovnin has taken a shot at council before, running in 1991 in what was then the Borough of East



■ Sokovnin

York's Ward 1 — the north-eastern half of what is now Toronto's Ward 31/Beaches-East York. But he came in last

in a four-candidate field, garnering 610 votes out of about 8,000 cast. Twenty-three years after that foray into politics, Sokovnin says he's

ready for another try, because he's fed up.

"There are far too many councillors with their own personal agenda," he said in an interview. "I look at them and it's like, 'It's my ball and I don't want to share.'"

Describing himself as a team player, he says that if elected, he would like to take part of his salary and put it toward something East York can benefit from, like community fireworks or a scholarship.

He also said that he would like to work for more senior citizen

'Malala's dad' shares story with Secord

By DOUA HREICHE
The Observer

When Ziauddin Yousafzai, Malala Yousafzai's father, walked out of Secord Elementary School after speaking with teachers and students on March 20, it was not the end of his visit. His words left an imprint on the students, who remain fascinated by the courage and beliefs of his daughter.

Malala Yousafzai is the Pakistani education advocate who was shot in the face by a Taliban gunman in October 2012, when she was just 15 years old. Her father, Ziauddin Yousafzai, has always supported her activism. During his first visit to Canada last week, he spoke to Grade 4 and 5 students at Secord about the power and importance of education.

"The event concluded, but for us it was a beginning of another journey; who else can we imitate so that we too can create change," said Secord vice-principal Anastasia Poulis.

Today, the hallways of the school are filled with drawings, art and quotes about Malala.

"Malala is kind, courageous and a resistant person," one student wrote. "She taught me that no matter what, everyone is important and they can stand up for what they believe in."

Poulis said the school has formed a group of female students called Young Women On The Move. In this group, girls are taught about gender issues and how to be confident. The visit from Ziauddin Yousafzai strengthened their connection to Malala, although they have never met her.

"(It) completely elevated them," Poulis said, "in terms of their belief in themselves and the power they have to create change."

As a result of the discussion with Yousafzai, students at Secord are now learning about the meaning of patriarchy.

Yun Cheng, a Grade 5 teacher at Secord, explained how some students felt about meeting Malala's father.

"I had one who didn't wash her hand for a day because she was so proud to shake his hand," Cheng said, "and then she created a little piece of art work where she scrubbed her hand down so she can have that forever."

benefits.

When asked what makes him qualified to be a councillor, he said, "I think common sense."

He added that he defines his political views as right-of-centre.

"I am not in anyone's pocket," he said — contrasting himself against incumbent Davis, whom he described as a "professional politician."

"What has she done for East York?" he asked — adding that if anyone can tell him, he will step aside.

■ SCIENCE CENTRE

Kids use science to steal the show

The Ontario Science Centre opened its doors for March Break, with programs for kids of all ages



Cayde McKinstry, 8, helps to demonstrate “What’s the Matter?” — a show that helps kids understand solids, liquids and gases.



Skateboarders from C.J. Skateboard Park & School demonstrate force, momentum, gravity, torque and friction through skateboarding.



Photos courtesy of Tara Noelle, Ontario Science Centre
The Famous PEOPLE Players perform Bringing Light to Life, a play that teaches spectators of all ages about evolution.

The holistic way to ease pain

By JENNA REID
The Observer

According to the Canadian Pain Society, an Oshawa-based lobby group that advocates pain treatment as a basic human right, “pain is the most common reason for seeking health care and as a presenting complaint accounts for up to 78 per cent of visits to the emergency department.”

Dr. Heather Tick has embraced the fight against pain. She’s an advocate for dealing with it in a holistic way. Having been conventionally trained as a family doctor, Tick says she has come to feel that the medical instruction she originally received did not provide her with the skills she needed to provide relief to pain-ridden patients.

“How do we deal with patients who are suffering from chronic pain? Focus on wellness and main-

taining health,” Tick told those attending a Feb. 27 seminar at Carrot Common on Danforth Avenue. “If you get yourself healthy, the damage will repair itself. Damaged nerve cells can continue to grow once this collaboration is initiated.”

Many of the people present at the talk, entitled “Holistic Pain Relief,” said they were directly affected by chronic pain — or have loved ones who are affected.

Tick recommends a variety of solutions for pain relief, including some very unconventional ones, like mini-trampolines to increase circulation for those with arthritis and improving the body’s antioxidants by drinking cinnamon mixed with warm water.

She also recommends eliminating sugars as completely as possible from our diets, in order to stabilize our immune systems.

“Today we experience a higher

rate of serious allergies due to sugars in our diets,” Tick said. “These sugars create ‘leaky gut’ — a space created in the stomach from the undigested food, which affects our immune system.”

So Tick recommends a variation of cold turkey: “No sugar for seven days in order to reset our sugar cravings, and as a result, our bodies will want much less of it.”

But generally, what Tick recommends is reflective of the medical: a healthy exercise regime coupled with a healthy diet.

So why is it that today we see an increased rate of allergies, especially in children? Tick equates much of that to the preservatives in our foods. Proof of this, she said, can be seen in the results of her research on newborns.

“Two hundred chemicals in a test conducted on newborns were found in these babies,” Tick said.

Most East Yorkers ‘fine’ with new fees for illegal parking

Some call for leeway for delivery trucks

By BRITTANY DEMPSTER
The Observer

East Yorkers are turning in mixed reviews on the new, higher fines for illegal parking.

Illegal parking during rush hour can now cost \$150 rather than the previous amount of \$60.

The new fine came into effect with the stated purpose of reducing congestion and the number of accidents.

Farur Ansari, an East York resident, is pleased with the increased fine.

“People need to get home during rush hour (and) no one should

park on the main street,” Ansari said.

Ansari explained that parking on traffic arteries is a “hassle for the traffic.”

Joy Henderson-Gregg is a supervisor at a local day care, and agrees with the increased fine — to a point.

“I just worry about delivery trucks,” she said. “I think there should be an exemption (for them), because it looks like a lot of delivery trucks... will be the ones that will probably really get hit for this, and I think that it (the fine) is quite steep.”

Henderson-Gregg also said delivery trucks sometimes make deliveries during rush hour, and there should be a certain time when they can have “leeway.”

Dandy: High school decisions not to be taken lightly

By DEIDRA BARTON
The Observer

To paraphrase the old poem, in spring, a young person’s fancy turns not-so-lightly to thoughts of post-secondary... and careers beyond. For many high schoolers (and their parents), the decisions they’re pressed to make now about courses leading to university or college weigh heavily on them.

And East York school trustee Cathy Dandy agrees with some who say that the decision-making process may be coming too soon.

“I think it’s ridiculous that we

asked kids who are only 12 or 13 to decide whether they’re going into academic or applied,” said Dandy, referring to the two high school streams of courses that lead to different post-secondary paths.

“I think it creates an incredible strain.”

Dandy is the Toronto District School Board trustee for Ward 15/ Toronto-Danforth.

Choosing between the academic stream (which theoretically leads to university) or applied (which leads to college or other post-secondary) doesn’t seem like a big deal until you realize the students who are



■ Cathy Dandy

making the decisions can be as young as 13 years old.

A report written by People for Education, a Toronto-based lobby

group describing itself as “an independent organization working to support public education,” concludes that students shouldn’t have to make these choices until Grade 10, giving them more understanding and time when it comes to their future.

That’s because the different pathways can affect academic achievement and cut off future options.

Dandy agrees with the suggestion that students should make a choice when they’re a bit older.

“I think it’s a great idea,” she said.

According to People for Education, students in applied courses are

less likely to graduate, and a majority don’t go to college.

On the other hand, Dandy observed, the number of students who drop out of university in their first year is very high, and she thinks the reason is that students have unknowingly committed to something they’re not ready for.

“They should get a strong foundation in all the subject matters and they should get good teachers that give them that strong foundation — and then maybe, Grade 11 or Grade 12, they should be getting a sense of what they feel that they’re good in,” she said.

HISTORY

Historian shares tales of wartime Zeppelins

By DAVID KENNEDY
The Observer

A flurry of conversation spread through the crowd as the older audience members remembered the excitement they felt at the sight and sound of a dirigible as it passed over southern Ontario in the 1930s. None of them had ever seen or heard anything like it before.

Their memories had been jogged by aviation historian Kevin Hyde's description of how residents of London first reacted to seeing and hearing German Zeppelins in the First World War. But those airships had a more malevolent intent, and Londoners had much more of a reason to fear.

An audience of about 50 aviation and history enthusiasts gathered March 18 at the S. Walter Stewart library branch.

They listened to Hyde speak about the German Zeppelin raids on England during what is also referred to as the Great War, between 1914 and 1918. The Germans had hoped the air raids would demoralize the British and end the war.

Hyde was quick to dismiss this idea.

"Air raids didn't work in the First World War," he said. Nor did they work in the Second World War, he added.

"They didn't work in the Blitz, they didn't work in the Allied raids over Germany and they didn't work



File photo from Fotolia

German Imperial Navy Zeppelin LZ 18 was launched in 1913. Kevin Hyde spoke at the S. Walter Stewart library about the involvement of Zeppelins in the First World War.

in Vietnam."

Still, over the course of the First World War, more than 500 people were killed during Zeppelin raids over England. Ultimately, however, the bombings never dampened England's fighting spirit.

But shooting down a Zeppelin was no small achievement.

"These were enormous machines," Hyde said, "some as long as 700 feet."

At the beginning of the war, the English had to scramble to find ways to counter the Zeppelins, Hyde explained, because they usually flew anywhere from 9,000-14,000 feet up.

"The British did not have aircraft capable of reaching that altitude until 1916," he said.

Even when the British improved their aircraft, bring-

ing down a 700-foot Zeppelin usually took more than shooting at it for hours on end.

The hydrogen gasbags that Zeppelins are famous for are not as easy to ignite as the 1937 Hindenberg disaster and folklore generally would have people believe.

Before incendiary weapons, British pilots and observers would fire guns at the Zeppelins, hoping a bullet would

hit the metal frame and create a spark.

An alternative was to fly over the Zeppelin and drop custom-made darts that would explode on impact. But neither method was wholly successful, Hyde said.

While the British had trouble shooting the Zeppelins down, the German Zeppelin crews had equal trouble hitting their bombing targets.

Hyde laughed, giving one example of a Zeppelin missing its target.

"Only 15 miles off," he said. "Not bad for those days."

Hyde concluded that while the Zeppelin raids did not dramatically change the course of the First World War, they set the stage for how important air supremacy would be during the Battle of Britain in the 1940s.

College artists showcase work for the first time

By ERIN SANDEL
The Observer

There's still time, but only a little, to take in the premiere exhibition of a group of up-and-coming artists from East York.

"There are firsts for everything in life, and I'd say for two-thirds of the artists in here, this is their very first show," said David McClyment, who helped organize the show. He's the co-ordinator of the fine arts program at Centennial College's campus on Carlaw Avenue — and the emerging artists' lead teacher.

"They are all nerved up," McClyment said when the show opened, "and I am so happy for them."

But it's just a one-week exhibition, and today and tomorrow are its last days. It's at the Urban Gallery, 400 Queen St. E., and open for viewing until 5 p.m. today, March 28, and 1-6 p.m. to-

morrow.

"This is about exposure," McClyment said.

At the beginning of the semester, the students in the program were given small wooden boxes, and the freedom to turn these boxes into whatever they wanted. The project would eventually become the exhibit that opened March 20, called *Don't Go In There*. The students collectively named the exhibit, and prepared for the opening for the entire semester.

Olivia Simms, an artist in her first year of the program, used this project to address one of her own life struggles. Her shadow box is inspired by her obsessive-compulsive disorder.

"It is something that has always been a controlling force in my life and I have never really realized it until now," Simms said. "I want to show people that although obsessive-compulsive disorder is something that is hard



Erin Sandel /// Observer

Katrina Manighas, a student in the fine arts program at Centennial College, is showcasing her shadow box entitled "We Are One."

to live with, it can also be a positive driving force in your life."

Simms described her shadow box as a window into her soul. Rather than internalize

her obsessions, she hopes that her art will inspire others, and generate strength.

Almost 30 artists' shadow boxes are being displayed in *Don't Go In There*. Many

of the pieces have anecdotes that are personal to the artist, but others are inspired by international events.

One student, Katrina Manighas, took a more worldly

approach to the project. She uses her shadow box to demonstrate the interconnectivity of people, regardless of distance. Her inspiration: Typhoon Haiyan, the most deadly typhoon to ever hit the Philippines. The tropical storm devastated the country, and killed more than 6,000 people.

"It broke my heart... It just tore me up," Manighas said. "That is my inspiration."

Manighas' shadow box is lined with newspapers. In the middle is a hand, with flags of different nations painted on it. The hand is holding the world. She believes that the typhoon demonstrated the willingness of other nations to help the Philippines when the country was in need.

"Part of my goal as an instructor is to not only help them be creative, but to help them understand the business and professional aspect of being an artist," McClyment said.

EDITORIALS

Thorncliffe Park's new 'status': Two views

Don't forget rest of E.Y.

With the upcoming municipal election, transit, infrastructure and seniors' care are among the issues that candidates in East York are looking to address. But are they considering cost-effective strategies to improve our vulnerable geographic areas, given that these communities within East York may soon have fewer resources?

The city is now ranking neighbourhoods based on 15 criteria, including health, economics, social development and education.

One bottom line is that the new "neighbourhood improvement areas" now being prioritized for help may receive millions of dollars in public and private assistance. But there may be less attention (and less funding) for the areas on the old "priority neighbourhood" list.

The old list includes Flemingdon Park and Crescent Town. They've been retained on the new list, but the city has now added Thorncliffe Park and other neighbourhoods across Toronto. And some are now concerned that the original priority neighbourhoods may not receive the same attention or resources from governments or other supporters.

While no existing resources will be taken away, additional money is in jeopardy for the original priority neighbourhoods. That's something East York candidates should fight for (although some politicians are reluctant to even acknowledge that some parts of the city are disadvantaged; witness our mayor's dismissal of the lengthened list).

Some candidates in wards 26, 29 and 31 are already campaigning for things like improved public transit. While transportation is always unfinished business, let's hope these contenders don't forget about the administration of resources and local initiatives that help improve East York. Curtailing future neighbourhood-based funding and resources would undo some important gains made so far. This means fewer renovated facilities for the community and less employment support, among other things.

Some of the candidates for Don Valley West, Toronto-Danforth and Beaches-East York are newcomers in the political arena, which can be considered an asset or a drawback. With a wide spectrum of candidates, ranging from civil engineers to actors, it is most likely that their platforms will be defined in the upcoming months. Hopefully, along with the veterans, they will focus on initiatives to mitigate the social and economic challenges affecting local residents of their neighbourhoods.

~ Soledad Vega

Remember Toronto, too

While some residents of Thorncliffe Park are rejoicing about receiving more city funding due to its new "Neighbourhood Improvement Area" status, there's a catch. It's a big one that should concern everyone. The number of neighbourhoods across Toronto that were receiving aid under the 2005 Toronto-United Way "Priority Neighbourhood" system was 22. Under the new system, that number is now 31.

Unless the city is willing to raise the budget for the program entirely, helping Thorncliffe Park will only distract from assisting other neighbourhoods. Mayor Ford's aversion to raising taxes virtually guarantees a difficult situation for Thorncliffe, along with other disadvantaged neighbourhoods. Thorncliffe may get funding, or part of it, but it might be at the cost of decreased funding in other areas of the city.

Under the new system, eight Toronto neighbourhoods dropped off of the funding list. And because the old system and the new system don't measure the same variables to determine the health of a neighbourhood, they might as well be comparing apples to oranges. We have no way of knowing if those eight places really still needed their funding, or whether the problems there will re-emerge as their funding disappears.

That's not to say Thorncliffe doesn't need help — or any of the other places added to the program. The new method is meant to be a better version of the 2005 system. But "meant to be" is not always "actually is," and when we're talking about poverty, services, and education, it's better that we err on the side of caution.

The program requires a new budget. Making sure that the funds aren't spread so thin to the point of being ineffective is key. Worried residents should petition their councillors to improve the budget, so the program doesn't lose its effectiveness.

But "improve" doesn't necessarily imply a tax hike to cover the cost of expanding the number of neighbourhoods served. Such a rash action would be as ill-advised as inaction on the issue.

What is needed is level-headed thinking and a smart re-evaluation of the budget in order to maximize the new system's effectiveness. Overhead and administrative costs would be a good place to start. It would be better to improve efficiency to minimize any tax increase.

~ Christopher Lum

COLUMNS

Ban the word bossy?

Earlier this month, Facebook's chief operating officer, Sheryl Sandberg, launched an online campaign titled "Ban Bossy." The initiative was fuelled by some of today's most iconic women, including Condoleezza Rice, Jennifer Garner and Beyoncé.

The star-studded posse has asked that people ban the word "bossy."

The campaign's motive is to empower girls to lead. It's a joint operation between LeanIn.Org and the Girl Scouts of the USA.

According to its website, a confidence gap develops between girls and boys while they go through school.

"When a little boy asserts himself, he's called a 'leader,'" states the site. "Yet when a little girl does the same, she risks being branded 'bossy.'"

Within days, thousands pledged to "Ban Bossy"

and the hashtag #BanBossy was trending on Facebook and Twitter.

Not everyone agreed with the message. Many took to social media to criticize the movement.

Parenting experts say all children go through a "bossy" phase. Feminists exclaim 'Bossy? So what! I've been called worse,' and insist Sandberg and others should focus on the more derogatory descriptions of women.

Anti-feminists say the campaign is a feminist plea for empowerment. It plays the victim card and resorts to speech policing.

Arlene Dickinson, Canadian entrepreneur and television star on CBC's *Dragons' Den*, says the campaign is commendable, but not worth the collec-

tive star power and re-

sources.

"Before you spend time, money and your good intentions on the perceived issues behind girls being called 'bossy,' please consider instead these real-world problems," Dickinson wrote on Facebook.

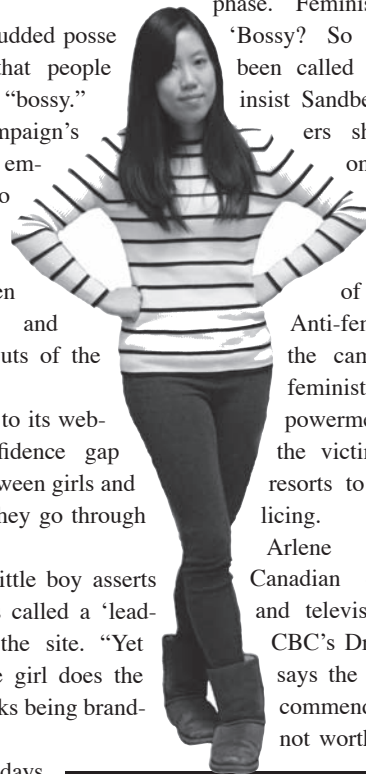
Below that, Dickinson posted a laundry list of issues such as lack of education, sexual abuse, genital mutilation and child labour.

What is it about "bossy" that gets everyone so fired up? We don't have to ban bossy, or any other word for that matter. We shouldn't have to shield girls from negative labels. In fact, we can't. They're everywhere.

Even without labels like "bossy" or "pushy," a girl who is worried that people will judge or dislike her for being aggressive will continue to think twice before taking on leadership roles.

Instead, teach girls (and boys) to place less emphasis on others' opinions.

Yes, #BanBossy is definitely catchier than #DontLetOthersPutYouDown. But something that really deserves to be banned is this campaign.



Erica Rae Chong

Spring fever: The app

East York gardens will soon be blossoming, along with new relationships in what some refer to as the "dating season."

As warmer weather approaches, bar patios along the Danforth are starting to open and people are taking to the outdoors. But are these pick-up spots becoming a thing of the past?

When it comes to dating, the Internet is playing a bigger role in connecting people every day. Dating apps take things one step further. And no app does it better than Tinder.

As a 21-year-old who grew up with single parents, I've been a firsthand witness to the ever-changing approach to dating. Prior to the age of smartphones, the way to do things was to go out and meet someone. Then online dating sites smacked you in the back of the head and said, 'Why go out when you can meet people from home?'

So that became the norm... until apps like Tinder come along and said 'It's been fun, but why sit at home making

small talk when you can skip that whole process completely?'

After completing their profile, Tinder users choose the desired age range and location that they are interested in. Possible matches then pop up, allowing you to swipe right ('How you doin'?) or left ('Thanks, but no thanks'). If two people right-swipe each other, they are notified — and then are able to message one another.

It is interesting to think that the swipe of a thumb can get rid of the mystery of in-person encounters.

Rejection is, for lack of a better term, scary as hell. You would think that avoiding that process completely would result in a sigh of relief. But the more my friends and I discuss our experiences with this app, the

more I realize that knowing someone has right-swiped me and is interested is satisfaction enough.

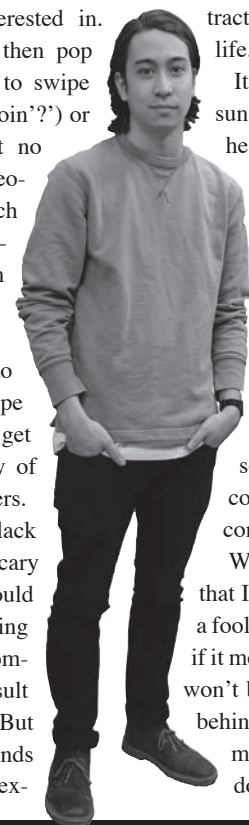
I realize that dating apps are still just that... apps. A distraction from everyday life.

It's funny that as the sun starts to peek its head out, going outside and meeting someone is facilitated by staying indoors.

It's possible that apps like Tinder are putting a death to rejection, but by doing so, are creating a communication disconnect.

What I do know is that I'm willing to make a fool of myself in public if it means people like me won't be so quick to hide behind their phone as much as we already do.

Take the risk. Embarrassment is important.



Brad Garcia

A glimpse back to yesteryear...

The second instalment in the Observer's retrospective of local images from the City of Toronto Archives



The Toronto archives' description of the photo at left describes it simply as "meeting of the Don Rivers, Don Valley, East York Township, between 1929 and 1939." The image at right is the architect Pentland and Baker's original rendering of the East York Community Centre, built in the 1960s, and still serving the community at 1081 1/2 Pape Ave.

■ COLUMN

Vacation blues

By ANDREA PRECIADO
The Observer

I'm on my spring break, and as I write this article, with the sun beating down on my skin here in South America, I'm coming to realize that I have a love-hate relationship with vacations.

I don't mean to sound ungrateful when I say this, knowing that my Observer colleagues back in East York are feeling pretty sun-starved. For me, though, it comes down to the work that has led to the break. I'm a native of Colombia, but I've lived in Toronto for over five years. And when I have a desire to go back home, it comes at a cost.

What do I get my family members? How do I replace my wardrobe for the hot weather? Who should I visit and when? What if I leave someone out? What should I bring? And on and on.

This also doesn't factor in the price I've had to pay this year in particular, as travel companies take advantage of the harsh winter we've had in Canada. In total, I'm sure I've spent well over \$1,500 just for my air tickets, the gifts for family and a warm-weather wardrobe.

When did the process of preparing for a vacation become just as demanding as the daily routine, if not more? Everyone talks about the positives of taking a break from the stress of things — how refreshing it is. But what about when the vacation itself is stress-inducing? When it becomes all about making sure every detail is perfect?

After all, my vacation needs to be about me, myself and I, not about pleasing the people that surround me. But this means logging off, ignoring the backlog of work that awaits me and focusing on the day-to-day. It means doing things differently; instead of waking up and checking my phone, I can wake up and take a walk in the sun, and remove myself from the routine I've been used to. So I have to get rid of the planning that keeps me on a permanent schedule... and take it easy while just doing things that make me happy.

These guidelines won't guarantee a perfect vacation, but the goal isn't perfection; it's for a stress-free time. So will I still half-hate the idea of vacations after writing this article? Hopefully not, because this will be the last piece of work I give in to, before moving out of my comfort zone and embracing this warm, sunny day.

■ REVIEW



Paolo Maquiraya /// Observer

Nadia Tadros (left), Farrah Ammouri (centre) and Revital Zacharie — the subjects of Daniel Ferguson's documentary *Jerusalem* — pose for reporters at the film's Toronto premiere, held at the Ontario Science Centre's IMAX Dome theatre.

A cinematic appeal for unity

By PAOLO MAQUIRAYA
The Observer

For Daniel Ferguson's latest documentary *Jerusalem*, now showing in the Ontario Science Centre's IMAX Dome, the casting of three women as the subject of the film was something that the director says came naturally. The 45-minute film is seen through the eyes of three teenagers: a Jew, a Christian and a Muslim, all living in Jerusalem.

"The idea from the beginning was not necessarily on women," Ferguson told reporters at the film's Science Centre premiere, "although we quickly became enamored with that idea."

It just so happened that the first two cast in the film (Nadia Tadros and Farrah Ammouri) were a driving force behind the decision to cast a third woman to represent Judaism (Revital Zacharie).

"Very quickly, we cast Nadia first and

then Farrah," Ferguson said. "So we thought, 'My goodness, we gotta have a Jewish girl here,' and Revital was cast last-minute."

"One of the ideas I had initially was that I didn't want the audience to know who was Jewish, Christian and Muslim until later in the film," he added, "but in the end we didn't have that luxury in a 45-minute film."

But despite scrapping that idea from the final product, the film still has the effect of communicating a portrayal of three young women who could have been sisters had they not been identified in the film.

One member of the audience during the film's post-screening news conference pointed out that very sentiment during the question period. It was a statement that reflects Ferguson's objective with *Jerusalem*.

"Jerusalem forces you to confront your own assumptions," he said.

And one of the main assumptions about

the city has to do with how the three major faiths all co-exist with each other — or sometimes fail to.

Though the three women aren't sisters by blood, they are essentially sisters in faith as they all share the same God of Abraham.

Their faith and the city's quarters may keep them separate, but the film gave them the opportunity to interact with and learn from one another and build a friendship that has gone beyond the film.

The love they share for their city and their devotion to their faith are things that many audience members will be able to relate to. As such, the film gives hope to not only the three women, but viewers as well.

"It gets people to think about the city in a new context," Ferguson said. "I think the authenticity of the young women is important. And I really believe cinema has the power to change the world."



Sana Fatani // Observer

A helping hand

Children and teens attended a demonstration of the art of Mehndi Henna tattoos on March 14 at the S. Walter Stewart branch of the library. Here, artist Hina Yasir creates an intricate tattoo on the hand of one of the participants.

Students want new internship law

By VIRGINIA MASHINGAIDZE
The Observer

In East York, reaction is generally positive to proposed improvements in the arrangements for student interns in the workplace.

At the Carlaw Avenue campus of Centennial College, corporate communications student Mike Rivero said that it's wrong in the first place to ask young people to work for free.

"I know some of my fellow students are currently working jobs while they're in school just to get by — and I know some who've been looking for internships," he said. "They're living paycheque to paycheque and they need to find a job or something that will pay them."

Next month, Rivero will be taking an internship at the MaRS Discovery District, a public-private partnership headquartered on College Street in Toronto that promotes medical and other new technologies.

Currently, there are few laws that regulate internship programs in Ontario. On March 4, Davenport MPP Jonah Schein proposed provincial

legislation at Queen's Park that, if passed, will provide unpaid interns with more rights and protection under the law.

Barry Waite, professor and program co-ordinator for Rivero's program at Centennial College, believes internships that aren't under a school umbrella should be paid.

"Under the law, a company cannot derive more benefits than a student," he explained, "so if an organization outside a school program wants to offer an internship, unless they can meet the criteria set up by the government, they should be paying the student."

That means that young people shouldn't be strung along in unpaid internships after graduation.

"Once they've graduated," Waite said, "I think if I look at students going into the public relations industry, they should be paid within an established entry level salary — certainly above minimum wage."

Barbara Ciochon, vice-president of communications for the Canadian Intern Association, said that interns are sometimes exploited, but it's not always intentional.

She cited the example of a social

media management firm in Vancouver that, "once we called and let them know that their unpaid internships were contravening the employment standard regulation, actually went back and revised their internship program and paid their past and present interns."

Still, Ciochon said, for the post-secondary student looking to break into an industry, "it seems like the unpaid internship is where you need to start."

But she agreed with Waite that once a student graduates, the situation changes.

"Most students come out with debt so to have to worry about making OSAP payments and have to sustain themselves while working for free is not a sustainable situation," she said.

The Globe and Mail's editorial department has no unpaid internships. Newspaper editor and co-ordinator for internships Jim Sheppard said he believes unpaid internships are wrong.

"We don't think unpaid internships are the right thing to do, and our union agrees, and when we negotiated the last contract with them five years ago, both sides put this into the contract," he said.

"When they're an intern with Globe and Mail, they work alongside the regular staff. They get the same training as a permanent staff member does."

This summer, Sheppard added, the paper will have a summer internship program that is a fully paid contract position that allows interns to be paid exactly the same as journalists who are just starting at the Globe and Mail.

"Fifty per cent are people graduating this year and it would be their first job," he said.

For his part, student Rivero said that the fight for equality for interns isn't just about money. It's about giving them a real-life work experience.

"By paying interns, you are showing that you value their work," he said, "and they're going to appreciate that they are being valued and their work means something to the office or to the company."



■ Rivero



■ Barnett

COMMUNITY

New president puts history at top of agenda

By ALI NAQVI
The Observer

The old board is history at the East York Historical Society, and leading the new board is Pat Barnett.

Barnett, a former vice-president, was elected to replace the now-retired Margaret McRae. Joining Barnett on the new board is Alan Redway, a former East York member of Parliament and mayor — when East York was still a borough. Val Dodge will be the society's new treasurer.

The board consists of nine voting members. The EYHS was founded in 1980 and holds regular afternoon and evening meetings to explore history generally, but with an emphasis on East York.

In a statement, Barnett reiterated the goal to "bring together people interested in the diverse heritage of East York; to study, hold, preserve and present historical facts relating to the region; to increase understanding of our heritage and involve new people in our community."

Recent figures put the group's membership at about 100, and the society says that's on the rise.

More information can be found at <http://east york.org/eyhs.html>

Safety key focus during East York council meeting

By ALI NAQVI
The Observer

Community safety ranked high on the agenda at the Toronto and East York community council meeting held at city hall on Feb. 25.

About 150 people attended the meeting, which included a measure for improved safety for an East York street.

"We are making improvements in a number of neighbourhoods to improve pedestrian safety," said Janet Davis, the councillor for Ward 31/Beaches-East York. "One is to provide a crosswalk on Dawes Road... at Beth Street; it will allow residents to cross safely to the bus stop." That's in the area of Victoria Park Avenue and St. Clair Avenue East.

The change "will make our residential neighbourhoods safe," Davis said. "It is my role to help facilitate that community dialogue and to make the city work better for our residents."



Hassan Mohamud // Observer

Portraits on parade

Centennial College's East York campus on Carlaw Avenue threw open its doors on Sunday as part of a college-wide open house. These portraits were part of the fine arts program's display.