

The Scarborough  
**OBSERVER**

Magazine

Vol. 1, No. 1 • March 2012

COLLEGE  
CENTENNIAL

What you need to  
know about the LRT

Page 9

Scarborough  
community theatre  
takes centre stage

Page 16

See the Bluffs as  
you've never seen  
them before

Pages 12-13

THE SUBURBAN  
HORSE Page 6

**WRESTLE  
MANIAC**

Page 18



**SEARCHING FOR  
DEER TRACKS**

Page 22



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CENTENNIAL COLLEGE

*It's such an amazing experience, arts and music and musicals have changed and shaped who I am as a person.*

- Page 11

## Table of contents

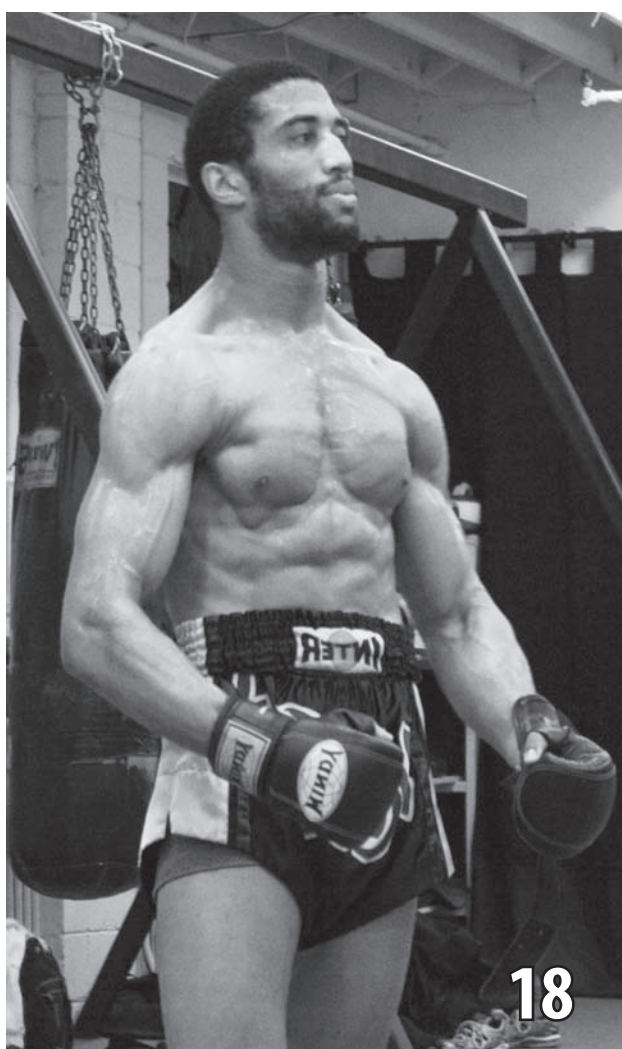
### 3 Messages

### 4 - 5 Opinion

- 4 Why it's better to live in Scarborough
- 4 How self-help books shaped my life
- 4 E-readers and used book stores
- 5 Electric cars face shocking problems
- 5 Age is just a number for Scarborough

### Features

- 6 Horse in the city
- 13 Hidden beauty in the Bluffs
- 16 Scarborough Players take centre stage



### Profile

- 10 Volunteering for a worthy cause
- 10 Teaching past, present and future
- 11 It takes a community

### NEWS

- 8 Immigrants flock to Scarborough
- 8 Learning to manage your diabetes
- 9 Nurses put safety first
- 9 LRT issues

### Arts and Life

- 14 Teens for Jeans
- 15 There's an ape for that iPad
- 15 Zoo's newest cub
- 22 Searching for deer tracks
- 22 Hooting and howling for wildlife

### Food

- 19 Healthy food, happy patients
- 20 Great eats, empty glass
- 20 Best sports bars in Scarborough

### The Production Team

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Matthew Wocks	

*I think he's definitely made a difference in his students' lives.*

- Page 10

### FACULTY EDITORS

Eric McMillan  
Philip Alves  
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### Education

- 17 Agincourt principals working for the kids

### Sports

- 18 Muay Thai go in for the knockout
- 18 Wrestle Mania
- 21 Youth help on and off court
- 21 Home at the rink

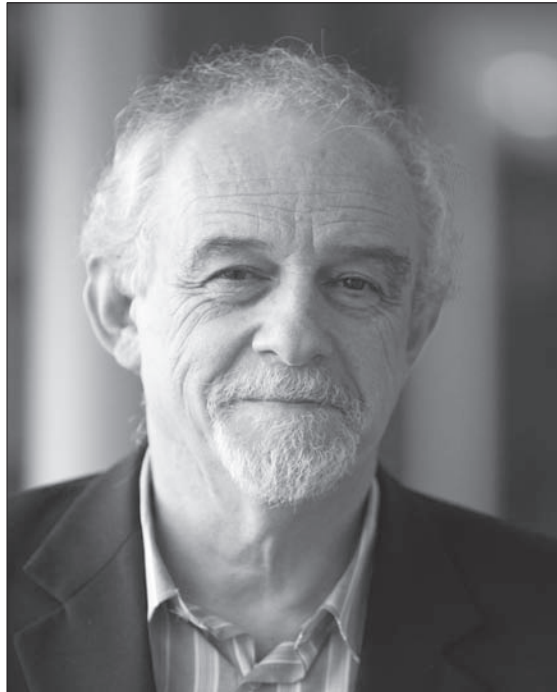
### 23 In Closing



## Exploring, learning and connecting: How the Scarborough Observer Magazine came to be

### From the Dean

School of Communications, Media and Design



Matthew Wocks // Scarborough Observer

Scarborough, the eastern part of the City of Toronto, may be the most diverse community in Canada. Fifty-seven per cent of its residents are foreign born. People often equate downtown Toronto with culture, but I think the numbers speak for themselves: Scarborough is a place of diversity and culture.

There is currently no magazine dedicated to the issues and stories unique to Scarborough. We think you deserve a magazine that not only delivers the news you care about, but tells the unique and diverse stories you all share. And that is why we created the *Scarborough Observer* magazine.

Our magazine is written and produced by the journalism students at Centennial College. It is our goal to deliver to you, the reader, an unbiased view of your community. What sets us apart from a traditional newspaper is our dedication and focus on delivering the news that matter to the citizens of Scarborough, while at the same time instilling in the next generation of journalists the importance of community, integrity and service.

Every single person living in Scarborough has a story unique to her or his experience. Sharing is all about community.

I am very proud of all the students and faculty that worked so hard to get this magazine into your hands. But most of all, I am proud that we are able to serve the wonderful community of Scarborough. SO

Nate Horowitz,  
Dean, School of Communications, Media and Design

### From the Editors

Centennial College



Nick Tragianis // Scarborough Observer

When we sat down to come up with a concept for this magazine, the one thing we could agree on was that we didn't know as much about Scarborough as we thought we did.

It wasn't until we immersed ourselves into the community, that we discovered how little we actually knew. Scarborough is unique compared to Toronto in that its population is spread out. Add to that the sheer size of its borders and it becomes easier to understand why the stories, the issues and the people who make up Scarborough are not known to most residents.

With that in mind, our mission is to deliver the stories that matter to you with the hope of bringing the community together.

We packed this issue full of stories about Scarborough which will affect, intrigue and delight the readers who live here. We also want to share stories about important people in the community, like the man who owns a stable of horses or the Agincourt principal who is helping to shape the lives of our youth. Did you know orangutans at the Toronto zoo are using iPads? Or that you can put your biceps to the test in Scarborough's very own arm-wrestling championship?

We worked hard to get these stories from the community and into your hands. On behalf of the editors, the entire production team, the writers and the faculty, we would like to thank you for reading.

We hope our magazine will help you learn as much as we have about the best part of Toronto. SO

Matthew Wocks,  
Managing Editor

Arielle Quigley,  
Asst. Managing Editor

# Why it's better to live in Scarborough

Scarborough gets a lot of hate from just about everyone who doesn't live here.

But I think living here is better than living in downtown Toronto.

Yes, you read that right.

One of the main reasons is that everything is more spread out and evenly spaced. While some may enjoy downtown's vibrancy and energy, it's much easier to raise a family in the suburbs because it's quiet, the real estate is cheaper and

people seem more relaxed.

It's no wonder the majority of immigrants choose to live in Scarborough. Life for immigrants is much easier here because they are close to the people of their ethnic origins and it is much easier to practise religion, thanks to a growing number of temples, mosques and shrines.

"I think Scarborough is a great place to live in, the people are very friendly," says Jessica Wong, 39, an immigrant from China who moved to

Scarborough-Agincourt two months ago with her 11-year-old son, Tom. "The schools are also very nice and my son really enjoys his classes."

Many high schools in Scarborough such as Agincourt Collegiate and L'Amoreaux Collegiate are ranked as some of the best public high schools in Toronto, according to the Fraser Institute's rankings.

Let's move on to the issue of crime because it's the number one knock against Scarborough.

People assume Scarborough is a ghetto,

filled with gangs, drugs and violence. And whenever a crime happens in any part of Scarborough, it is automatically labelled a "crime in Scarborough," while crimes that happen in other parts of Toronto are reported according to the intersection they occur in.

But, according to the Toronto Police website, the violent crime rate in the rest of Toronto is three per cent higher than it is in Scarborough. The murder rate for

Scarborough over the past three years is also lower than for downtown Toronto.

Scarborough seems to get a lot of negative attention and allegations directed toward it, but Scarborough is quickly proving itself to be a great place to live in and is certainly equal to or better than living in downtown Toronto.

I invite you to take a walk through Scarborough some time, and I anti-



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pate you will find something to your liking that you will not have found downtown.

And you are unlikely to be mugged, kidnapped or shot.

50

## Are paper books dying?

E-readers from Indigo, Amazon and Sony are changing the book world, but not in the way you would think

What started out as telling stories using spoken word has evolved over time and is now breaching the world of technology.

Electronic books (e-books) are the newest method of sharing stories and their popularity is steadily increasing.

Indigo, Amazon and Sony, among others, all have their own version of the electronic book reader (e-reader).

But these new and evolving e-readers bring into question the fate of hard-copy books in places such as public libraries and used bookstores.

Anne Marie Aikins, manager of community relations for the Toronto Public Library, says books downloaded through the library system went up over 100 per cent last year, but they still are not the top priority.

"Last year over 33 million items were borrowed and less than three per cent were e-books," Aikins said. "It's a growing market and it will continue to grow as more books become available. But not all books come out in e-book format and those that do may not be available to libraries."

Aikins said the library is experiencing something



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very unusual when it comes to e-books. "The more popular e-books become, the more popular other library services are becoming, including hard cover books, which we hadn't anticipated."

Some bookstores are also finding they have to change their business to make up for revenue lost to e-books. For example, Chapters-Indigo has introduced more gifts and home accessories to their stores.

For used bookstores, this hasn't become a viable option. Katya Nosko at The Great Escape, a used bookstore on Kingston Road, says she hasn't noticed any impact from the e-reader at

her store.

"[The store] has seen no discernible change in our sales because of the e-reader," Nosko said. "In fact, we may be doing better because true book people feel at home here and their choices to go elsewhere are diminishing."

Self-proclaimed book people have different experiences when shopping for books.

For them it is not just about picking up a book to read, it's more than that.

"The store is as much a destination for adventure as it is a place to pick up a good read," Nosko said. "People often comment on the pleasant smell of old books and the fun of searching through the stacks."

So whether you prefer reading from a page or reading off a screen, books will always be around as a method of storytelling.

Aikins likens the evolution of books to another form of entertainment, the home movie.

"While the format of video has changed over the years from DVD to blu-ray, movies are still popular and we believe the same thing will continue with books," she said.

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## Personal crisis reading

How my lifelong obsession with popular self-help books has shaped me into the person I am today

It was a typical November afternoon and I was sitting on the floor of my new apartment, trying hard to make sense of the personal discoveries I had just made.

In the process of unpacking boxes, I was struck by two things. One, I have lots of books. Two, I have lots of self-help books.

Wait a minute, self-help books? Lots of them? What's my problem?

I soon found myself standing in front of the bookshelf, lost in thought. The pieces started to fall into place.

My first encounter with a self-help book was not a very happy one.

When I was in high school in China, my teacher introduced me to this genre.

She complained everyone in my class would mimic the writing style in the book *Chicken Soup for the Soul* by Jack Canfield and Mark Victor Hansen.

The book has remained tremendously popular since its publication in 1993.

It has sold millions of copies and been printed in more than fifty languages. It's no wonder these high



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school kids copied its style.

Around the same time, my father tried to make me read the book *Rich Dad, Poor Dad* by Robert Toru Kiyosaki, a best seller on financial success.

He saw on TV some teenage geniuses who were already successful financial planners and he believed his own daughter had only been paying attention to pop music and parties. He thought he could cure my with these books.

When I was in my second year of university, one of my friends passionately, almost forcefully, lent me the books *The Sales Bible* by Jef-

frey Gitomer and *The Art of Public Speaking* by Dale Breckenridge Carnegie.

"You should read these books, Jen, they are really helpful," she said.

She probably thought it was her responsibility to improve me and my world.

In my life, there were moments of desperation, fear and worry, but I trusted that books like *How to Stop Worrying and Start Living* by Carnegie could help me regain my peace of mind.

As ironic as it is, I also bought the book my father had tried to get me to read.

These books have come into play at times when high school kids were not satisfied with their own writing style, when a father wanted a financially minded daughter, when someone tried to help a friend, or when a confused soul needed help.

After all, there is nothing wrong with my obsession with self-help books.

I bought them when I was looking to upgrade my scope of knowledge.

I cherished the books I bought.

Without them, I would not be who I am today.

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Nick Tragianis // Scarborough Observer

Winner of the 2012 World Car of the Year, the Nissan LEAF boasts a fuel economy equivalent of 2.4L/100 km. Unfortunately, its range is limited to 160 KM, according to the Environmental Protection Agency.

## Electric cars face many shocking speedbumps

They may be revolutionary for the time being, but cars like the Nissan LEAF and Mitsubishi i-MiEV face aren't without their numerous drawbacks

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Back in the sixth season of *The Simpsons*, Homer Simpson became a member of the Stonecutters, a secret society made up of ordinary Springfield residents.

Although that was quite a long time ago, I can't help but remember the Stonecutters' chant, 'We Do.' I fact, I often catch myself singing the lyric, "Who holds back the electric car? Who makes Steve Guttenberg a star?"

After visiting this year's Canadian International Auto Show, that lyric stuck with me during my visits, and the days after.

Why? It struck me that it's not *who* holds back the electric car, but *what* holds back the electric car.

Before I go on, I will grant that electric cars, such as the Nissan LEAF and Mitsubishi i-MiEV, are impressive feats of engineering that have come a long way since the 1996 Saturn EV1. For strictly urban environments, such as Toronto's downtown core, they're perfect. They're small, nimble, and shockingly efficient. Pun intended.

Unfortunately, that's where most of their advantages end.

'Range anxiety' is a term coined to address the fact that an electric car won't have enough juice to get back to Point A from Point B. Not only did it plague the Saturn EV1 back in

the late 1990s, it continues to plague the likes of the LEAF and i-MiEV to this date.

At the Autoshow, which usually takes place in the final two weeks of February, I had the pleasure of speaking to both Mitsubishi and Nissan representatives. During our separate conversations, they both admitted that the LEAF and i-MiEV are unsuitable for longer trips.

Why? Because their ranges are limited to an EPA-estimate of 160 kilometres. Of course, that depends on weather conditions and driving habits, which can improve or limit range.

According to the Nissan website, the LEAF's range in ideal driving conditions is 222 kilometres. Ordinarily, that would be enough to rest the concerns of range-anxious individuals.

However, Nissan defines 'ideal driving conditions' as "driving on a flat road at a constant 61km/h." Nissan even provides an ideal temperature range of 20 degrees Celsius, meaning "there's no need for climate control, extending the range even further."

Regrettably, not every road in the Greater Toronto Area is flat, and average speeds aren't usually 61 km/h. Let's say that in a hypothetical situation, a

Nissan LEAF driver has make a roughly 40-kilometre commute from Point A – the Rouge Park area of Scarborough – to Point B, Union Station, in the dead of winter. That commute is also to take place twice, taking into account the drive back to Point A.

Nissan estimates a 99-kilometre range in winter stop-and-go driving conditions. That leaves 11 kilometres to spare. Which-ever number is taken into account – 222, 160, or 99, those range figures are still a far cry from most vehicles on the road today.

Another drawback is price. The Nissan LEAF costs about \$31,900 before HST, while including the \$8,500 rebate the Ontario government gives you for buying an electric car.

To put it into perspective, there are internal-combustion, gasoline-powered vehicles which net excellent fuel economy figures, that cost thousands of dollars less.

I won't deny that both the Mitsubishi i-MiEV and Nissan LEAF are impressive feats of engineering. I do, however, hold a few reservations as to whether or not they're the long-term solution to the woes surrounding the automotive industry.

Perhaps they will be in

a few years, once 'range anxiety' becomes a thing of the past. Or perhaps those few years will bring new technologies, improved internal-combustion engines, leaving electric cars in the dust.

### Dare to Compare

Gasoline engines have never been more efficient, both in emissions and economy.

■ The all-new Chevrolet Cruze ECO, for example, is good for a fuel economy rating of 6.0L/100 km, or 47 mpg. It also costs \$21,700.

■ Not only that, Volkswagen's diesel models, like the Golf and Jetta TDI, can travel more than 1,000 km on a single tank.

■ Mazda, too, has made strides in fuel economy, by introducing SkyActiv, available in their new CX-5 sport ute and the Mazda3 sedan and hatch.

## Age isn't just a number for Scarborough

Can the suburb's history be interesting and significant again?

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Members of the Scarborough Historical Society take great pride in preserving the area's history, but the problem they face is making it interesting to younger generations.

According to Rick Schofield, treasurer at the Scarborough Historical Society, the drive to prepare students for provincial testing, has led to less time being spent on learning local history. Schofield also says the province's stronger focus on English, Math, and Science has led to an overall ignorance among young people regarding Scarborough's history.

My own experience at a high school in Scarborough tainted my knowledge of the area. Local history was downplayed, and instead encompassed a much larger and much shallower version of Canada's past. How can someone be driven to learn about something that seems so disconnected and distant?

Fortunately, the Toronto Public Library recently released a website that highlights the different wards throughout Toronto, and describes their history through photographs and books. The website, however, leaves some to wonder if it would have been better to consult with the various historical societies across Toronto.

Schofield had little to say about the library's attempts. "We have a four-decade head start on them," he said. "What I've seen on the site is very little historical knowledge, and some just plain wrong information."

It is difficult to create a "historical guide to Scarborough" at the flip of a switch and, according to Schofield, near impossible without the help of groups such as his, which has over 400 members.

Scarborough's age may have an affect on why people don't care about its history. I know some take the impression that something can't be historically interesting unless it was from an age that is radically different from ours. In other words, how can something be that historically significant if we have a photograph of it?

Catherine Cahill, 85, spent the past 53 years in Scarborough. She knows about the history of the area first hand.

"I grew up in East York, but moved here soon after the birth of my seventh child. We moved out here during the beginning of the urban sprawl, right into a brand new house," she said. "This house is now considered old, even though it is a cookie-cutter house."

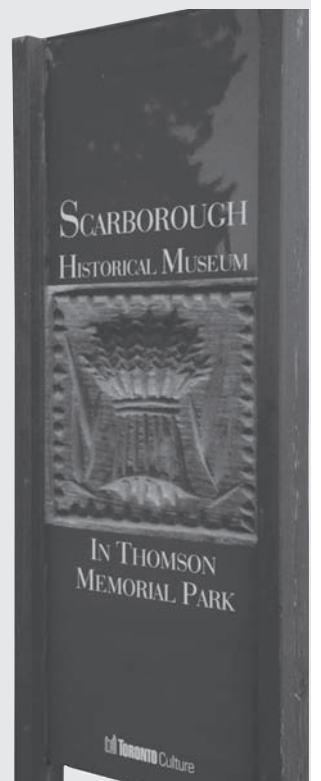
Is this 'child of Toronto' history important? I believe it is because people can see, with accurate historical documents, how a community begins and where it has ended up in a short period of time.

Scarborough is a living example of how rapidly a community can grow on the outskirts of a city, starting in the 19th and 20th centuries.

The area's history may seem dull to some, but for those at the Scarborough Historical Society, history is their obsession, and teaching community pride is their passion.



For more photos of this year's 2012 Canadian International Autoshow, and more on the pros and cons of electric cars, visit us at [torontoobserver.ca](http://torontoobserver.ca)



# HORSE in the CITY

Carefully hidden away in one of Scarborough's quiet neighbourhoods is a secret of equine proportions

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In a hidden, sequestered patch of land tucked away in the vast neighbourhoods of suburban Scarborough, lives what the owner likes to call his “best kept secrets.”

Its surrounding environment helps conceal one of John Hardy's homes. Towering oak trees and a steep, grass rampart shroud what lies beyond one side of the wooden gate, while a wired fence on the other side and a seven-foot, wooden palisade he recently built encloses the rest of his property — just low enough for his neighbours at the back to peek in from time to time.

Apart from the sounds of the occasional car driving past and one of the neighbours' dogs barking at the rare sight of a pedestrian, only the smell of grass and the faint whiff of dirt fill the air.

For Hardy though, housing horses is more than enough attention to call to

himself.

“When I was growing up this place used to be called the Hardy horse house,” he said. “I had to straighten a few guys out once in a while.”

These days, the 56-year-old Hardy is retired and owns two horses for more leisurely but no less reserved purposes: Toddles, a brown, four-year-old thoroughbred with a blaze running down his face, and Concho, a chestnut, six-year-old quarter horse, with a Star marking.

Toddles, a name he obtained as a purebred, was acquired through a friend of Hardy's who worked as a head of sales at Magna Entertainment Corp. The company is owned by multimillionaire Frank Stronach and specializes in horse-racing entertainment across North America. The company is headquartered in Aurora, Ontario but filed for bankruptcy protection in the United States in 2009. At the time of acquisition, Toddles was not fit or old enough to race at two-and-a-half years

old (racehorses cannot be ridden until they are at least three) and so was given to Hardy for free.

“Race horses are nuts, a lot of them, but this guy is the nicest horse,” Hardy said. “He's very quiet... I could put my baby underneath him.”

The larger, more robust looking Concho, who also got his name as a purebred, was bought for \$10,000 at the behest of his wife who specifically took riding lessons before the purchase less than two years ago.

As with most horses that meet each other for the first time, Hardy said a relationship to establish superiority and pecking order had to be struck up.

“[Concho's] a bully to Toddles. Horses are always bullies, there's always one in charge. When they first get together they have to work it out,” he said. “This

guy's eating this and he's got to go over there and stuff like that. That's just the way horses are.”

Hardy attends to his horses every day in order to feed them hay. With live feed cameras set up around the vicinity that he can access from his iPhone to monitor the horses.

Hardy said he usually leaves them to roam around in the paddock and sometimes plays them music from his house rather than work them out on a regular basis.

“We leave them outside mostly. Horses are better outside, as long as they can get out of the rain and the wind,” Hardy said, referring to a shelter he had built for them next to the paddock.

Toddles and Concho each have a stall for themselves. Hardy's cat, Taffy, his only oth-

er pet, has a little perched trough filled with hay in which to rest. It leads up from the ground through a handcrafted conduit inside one of the stalls, and Hardy says they cohabitate amicably.

Hardy also had two dogs until about two years ago, both of which lived until they were around 14-years-old.

However, Hardy says one of the many problems his animals encounter is the presence of coyotes — a nuisance he says is responsible for the deaths of two per cent of all livestock in North America — and raccoons.

One year, after apparently sensing a coyote was hunting for a deer close by, “[Toddles's] whole chest was ripped wide open trying to break the boards [to escape].”

Taffy was not spared the harassment, either.

“The cat goes in and out of the barn but the bloody raccoons go in there and makes a mess and craps all over,” he said, adding that Taffy has been caught in the trap more times than the raccoons.

To help him with the task of cleaning the barn and paddock, he has people volunteering to clean for him but has so far gone through three helpers in the past year.

Hardy says, though, that he has now found a reliable young woman who is very keen on cleaning up after the horses' mess every week, although she is

only four weeks in to the job.

“The biggest thing is cleaning up, that's the one thing I hate,” he said. “It's

*But everyone down the street used to say that's the best thing about living here: we've got a horse as our neighbour.*

**- John Hardy**





The owner has been approached several times to sell the property he grew up on, but he has so far refused. The agricultural designation of his property allows him to raise his pets, including Concho (left) and Toddles.

Matthew Wocks // Scarborough Observer

a bushel of crap per day. If you don't pick it up you'll have your field ruined."

While Hardy does not pay the city any money to keep the horses, the costs to keep and maintain a horse per year is approximately \$2,000.

Hardy is able to own his horses because the house and land his father purchased from its original owners has maintained its zone designation for agricultural, homesteading purposes that was set in 1820, before the municipality of Toronto was formed. Hardy said his father used to purchase multiple houses and renovate them and, when the current one became available, decided to relocate to it.

"It was a dump," he said of his first impression of the property.

After moving in, his father bought the then five-year-old Hardy a Welsh Mountain Pony called Lady until he was in Grade 9.

Their property accommodated other ponies and horses as he was growing up. He moved out at the age of 16

to study and, after graduating at 24, he returned to the house his father had left and purchased Prince, a purebred Arabian, who was six months old and cost \$600.

"I had him since he was a baby," Hardy said. "I put up the fencing and built the stalls and everything."

Hardy said he was bemused when the person they sold their old property to tried to file a petition with the local councillor to get the horse removed.

"But everyone down the street used to say that's the best thing about living here: we got a horse as our best neighbour," he said.

Hardy would often take Prince on walking trips around the area.

By the city's laws, he is allowed to walk and ride his horses along roads but not on sidewalks, highways or parks.

"Most people see a horse and they like it, right, as long as you don't go galloping up the side scaring the living daylights out of them," Hardy said.

He rode Prince until he was around 27 years old but stopped riding him after he was afflicted with a sore foot. He was allowed to wander outside the paddock because walking on the roads caused him considerable pain.

During this time, when Prince "slept 20 hours a day," Hardy says people used to contact the Humane Society and Animal Cruelty Prevention, who requested he be put down, when they found Prince lying flat near the gate during the winter.

"I had people phoning the police saying they saw a dead horse out there," Hardy said. "One lady yelled at

me, 'You don't get a medal for keeping an animal alive!' but I told them nothing was wrong."

One late night two years ago, however, Prince, who also suffered from congestive heart failure in his latter years, had a substantial amount of fluid discharge from his nasal passages.

Hardy called his long-time vet, Dr. Watt, who came down from near Lake Simcoe after he couldn't bear to hear Prince's groans of distress any longer.

"If he was your dog or your horse, you wouldn't want him to suffer like that for an hour," Hardy said. "I wanted to put a pillow over his head."

Prince lived until he was about 30 years old — a remarkably long life for a horse — and Hardy says he has nothing but fond memories of him. "We used

to just let him come around the house in the morning. He'd be looking in through the window and we'd give him treats like chocolate bars every day and he would love to eat hot dogs.

Horses don't usually eat meat or hot dogs, but he was just a real pet," Hardy said.

According to Hardy, he was not the first in the family to own horses.

Hardy's great grandfather arrived from Great Britain and after marrying his great grandmother, a Hardman, they started, owned

and operated a company together called Christie Sand and Gravel from 1790 until the early 1900s at what is now known as Christie Pits.

In order to cultivate the sand and gravel out of the now defunct quarry, which was then outside city limits, Hardy says the company used eight teams — or 16 horses — to extract the materials.

"I remember my grand-

mother telling me about them giving the horses bran that they cooked everyday for them after working," Hardy said.

The Hardy family is not unused to attracting attention and interest, with family ties linking them to Thomas Hardy, the English poet and playwright, as well as Arthur S. Hardy, the fourth premier of Ontario who served from 1896 to 1899.

These days, though, Hardy prefers his property and horses be kept under wraps for privacy reasons. Although he didn't erect the taller fence as a way to block out his long-time neighbours, admiring his horses doesn't come cheap, he says.

"My neighbours are all ticked off at me now because I put up that fence. I said 'Hey, you had a good run of 30 years, now get your own horse!'"

Nonetheless, Hardy is proud of what he's been able to provide for his pets.

"We like to keep the place spotless," he said. "We keep it like a park here."



For more on this story, please visit us online at [torontoobserver.ca](http://torontoobserver.ca)

Left: Concho, Right: Toddles



# Immigrants flock to Scarborough

Residents say area's housing, transportation, amenities and community are top factors for the move here

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Scarborough has welcomed waves of new immigrants over the past 25 years.

According to the 2006 census, 57 per cent of Scarborough's population is made up of immigrants. For many, Scarborough has become a steppingstone for those who want to write a new chapter of their lives in Canada.

Rolan Coloma is an immigration expert teaching sociology and equity studies at the University of Toronto. He says affordable housing, accessible transportation, and proximity to schools, stores and places of worship has made Scarborough the "ideal gateway community."

Sumit Sen, the owner of SEN Immigration agency and a former United Nations aide, says the most attractive feature of Scarborough's infrastructure is its low-cost housing.

"The abundance of apartment lots is a major reason why immigrants flock to Scarborough," says Sen. "The area has a lot of rental accommodations that are within the price range of low-income Canadians."

He explains that basement apartments that cost \$700-\$800 monthly are a more realistic choice for newcomers who have yet to make a steady income. These rental accommodations make up



**Maheer and Paula Dadoush lived in Scarborough for more than two decades. They settled in the area because of its accessible transportation and proximity to their relatives.**

Sarah Taguam // Scarborough Observer

a third of Scarborough's housing, according to figures from Statistics Canada's 2006 census.

Longtime resident Maher Dadoush, 52, arrived in the city 21 years ago from Israel. He says another huge pull for new immigrants is transportation.

"Newcomers come because ... the TTC services all of Scarborough," he explains, mentioning that new immigrants who don't buy cars right away depend on the TTC.

His wife, Jordanian native Paula Dadoush, agrees.

Now living in Richmond Hill, it's the thing she misses

the most.

"I like the TTC and depended on it a lot, as I'm sure many new immigrants did," she says. "It was easier for me to go shopping, work and even downtown."

The area's accessibility to schools, shops, and hospitals, among others — which the TTC greatly contributes to — is why 48-year-old Emil Sese brought his family to Scarborough in February 2006.

A travel agent and superintendent at York University's Glendon campus, Sese

says Scarborough's proximity to his family's church and schools convinced him to move.

His daughter MJ's elementary school and the church are a stone's throw away from their place, he says.

"The accessibility of our home to my daughter's school and church is my top priority," Sese says. "By being here, I feel more comfortable knowing that's she's

near." Born in the Philippines, Sese adds that the vibrant Filipino community in Scar-

borough is another reason why he chose to live there.

According to him, having predominantly Filipino neighbours creates a really good sense of community, similar to being in his home country.

Similarly, Paula Dadoush immigrated to Scarborough to be closer to someone important: her brother.

"My dad passed away back home, my brother was in this country studying in U of T. My mother, sisters and brother decided to go to Scarborough so that the whole family could be together," she says.

Coloma describes the

tendency of newcomers to move where their families and friends reside as "chain migration."

"Immigrants tend to follow already longstanding communities that settled in particular places like Scarborough," he says. "They follow those they have close ties with ... and sometimes even sponsor other families and people from townships in their home countries."

According to the 2006 census, the largest ethnic groups in Scarborough were from China (19 per cent), India (9.5 per cent), Philippines (5.3 per cent) and Sri Lanka (4.5 per cent).

"When you go to a different country, the first thing you do is look for a place where you know someone," Maher Dadoush explains. "You would go there because you assume that if your family or friends are living there and they're happy, then it's probably a good and safe place for you as well."

Once immigrants establish themselves they start deciding whether the residence really answers their needs, says Maher Dadoush, who, with his wife Paula, recently moved to Richmond Hill.

"We wanted to change our environment since our son Elias has grown up," says Paula Dadoush. "It's now time for us to enjoy our adult lives in a quiet area that's not as busy as Scarborough." SO



## Learning to manage your diabetes

Centres teach how to live day-to-day with disease

**Morgaine Craven**

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A government-suggested shift in diabetic education and care from hospitals is changing the way people diagnosed with Type 1 and Type 2 diabetes approach their illness.

While visits to hospitals for medical regulation and the monitoring of medication, such as insulin, are essential to the well-being of a person living with diabetes, community diabetes education centres (DECs) and

support groups focus on teaching individuals how to manage their diabetes on a daily basis.

Brenda Hartman worked for the Durham Region Diabetes Network (DRDN) as a dietician in diabetes education. She says that most doctors are not trained in educating their patients.

"Doctors are important in that they monitor medications, but if a patient doesn't understand how to use them effectively, then the disease progresses faster than if the patient is empowered and works hard to control their blood sugars early through diet, medication and exercise," she said.

Diabetes education centres and support groups focus on self-management. Their goal is to teach diabetics how the

disease operates, how to change their diet and lifestyle to slow the damage to their body, and what government financial aid they can apply for to help cover medicine, insulin testers and other needs.

Giselle Sicchia, office manager of the Diabetes Regional Coordination Centre, a part of the

Local Health Integration Networks, says the integration of programs in healthcare is one of the benefits of the education centres.

"The idea is you come not just for your diabetes, but for your whole healthcare surrounding your diabetes."

In Scarborough, roughly eight out of every 100 people are diagnosed with a form of diabetes. Sicchia says that one reason diabetes is so prevalent in Scarborough is because certain ethnic groups carry a higher risk of contracting diabetes.

"[Scarborough] has higher immigrant populations, who have a higher percentage of people at risk for diabetes. Asians, Hispanics and the black population have a very high risk," Sicchia said.

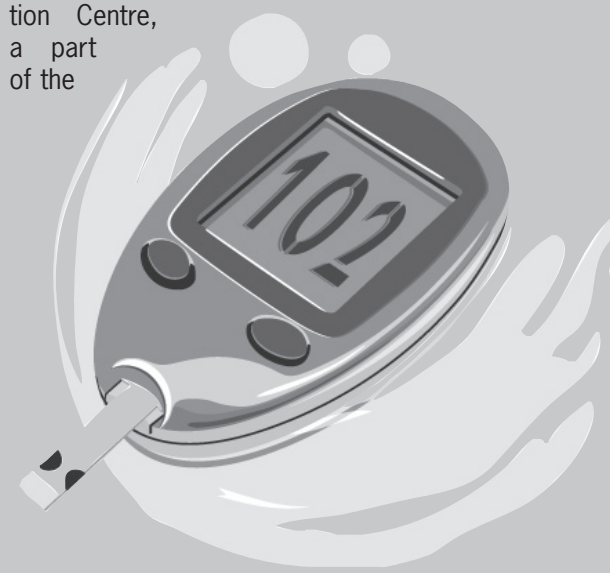
Cathy Robb, a diabetes education specialist and nurse at Scarborough Hospital, explains that the DECs, support groups and the hospital all serve different functions.

"Acute patients are

seen in hospital settings with all appropriate support readily available or after a critical event, stabilized then returned to a community centre for maintenance," Robb said.

Hartman, who ran several community education sessions and support groups in Oshawa, suggests diabetics get involved with a community support group as well as visiting an education centre.

"They cater to individuals who may have been diagnosed by their doctors but not given any information, people who have had diabetes for a while but need to re-educate themselves, or people who were diagnosed but in denial so missed a lot of the information," Hartman said. SO





# LRT: WHAT YOU NEED TO KNOW

**Leslie Emmons**

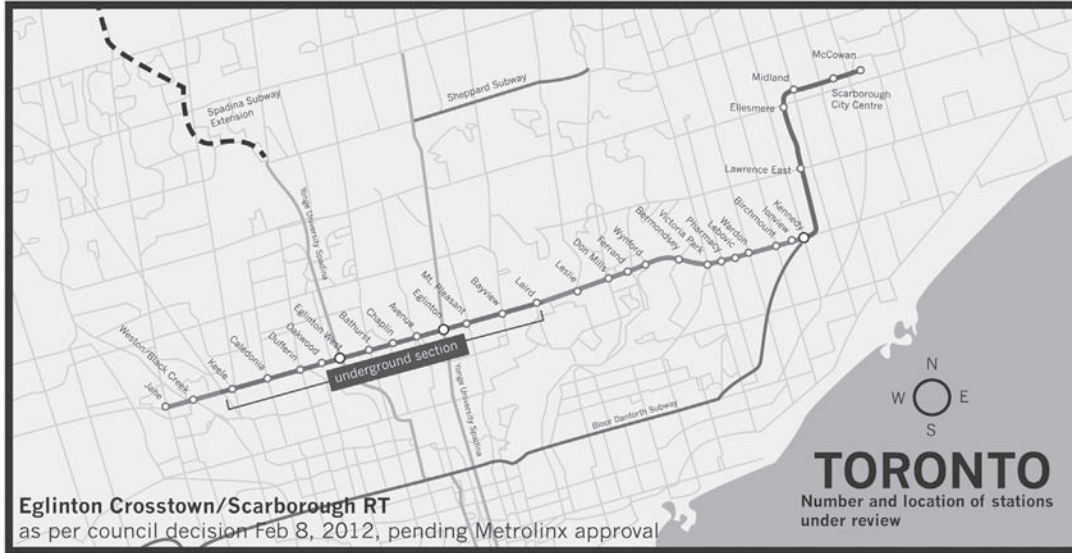
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Though some construction has already begun on the Eglinton-Scarborough

crosstown line, the discussion on keeping the line above or under ground continues. Toronto Mayor Rob Ford wants the entire line buried. As the plan stands now, Keele to Laird is to remain below ground, while

Laird to Kennedy will be an above ground light rail system. There are varying opinions as to which plan would be best for citizens in the long run. Here is what you need to know about the plans so far.

## EGLINTON-SCARBOROUGH CROSSTOWN



Eglinton Crosstown/Scarborough RT as per council decision Feb 8, 2012, pending Metrolinx approval

### COST

#### CURRENT PLAN

- Approx. \$140 million already spent by city
  - \$8.4 billion (total) funded by the province
  - About \$100 million/km for surface routes
  - \$54 million to build tunnel boring machines
- TOTAL COST 8.4 BILLION**

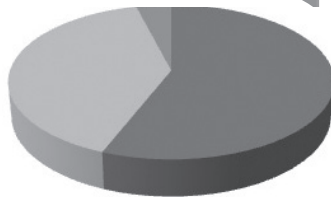
#### ROB FORD'S PLAN

- \$5.1 billion— seeking private funding
  - All LRT Plans would be underground services
  - About \$250 million/km for underground routes
  - To carry est. 11 000 riders/peak hr
- TOTAL COST 13.8 BILLION**

#### LRT EFFICIENCY

- LRT has a capacity of up to 25,000 passengers per hour per direction versus 10,000 for streetcar and 40,000 for subways.
- LRTs can run more frequently than subways while serving the same peak load.
- LRT operates in a dedicated right of way isolated from traffic. This means LRT has minimal impact on traffic and vice versa.

#### HOW DID COUNCILLORS VOTE?



<b>Coun. Michael Thompson</b> Ward 37	Bury it	<b>Coun. Glenn De Baeremaeker</b> Ward 38	As is
<b>Coun. Norm Kelly</b> Ward 40	Bury it	<b>Coun. Chin Lee</b> Ward 41	As is
<b>Coun. Michelle Berardinetti</b> Ward 35	Undecided	<b>Coun. Raymond Cho</b> Ward 42	As is
<b>Coun. Gary Cawdord</b> Ward 36	Bury it	<b>Coun. Mike Del Grande</b> Ward 39	Bury it
<b>Coun. Ron Moeser</b> Ward 44	Bury it	<b>Coun. Paul Ainslie</b> Ward 43	Bury it

■ 56% For LRT ■ 40% Against LRT ■ 4% Absent

\*Scheduled for completion in 2020.

Illustration // Alexandra Quigley

# Nurses put safety first

The Scarborough Hospital takes initiative to reduce fatigue on the job

**Becky Robertson**  
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The Scarborough Hospital's (TSH) nurses have launched a program addressing fatigue on the job in response to studies by the Canadian Nurses Association (CNA) that link overtired nurses to patient safety risks.

Following their research in the 2010 report "Taking Action on Nurse Fatigue", The CNA urged hospitals to develop strategies to manage the problem. They say fatigue is "mentally penetrative," making it much more serious than just a feeling of tiredness. They found that fatigued nurses are prone to making bad decisions that

could lead to clinical errors and reduced patient safety.

Tanja Futter is a registered nurse helping to lead the nurse fatigue initiative at TSH. She explained that the project has two parts, one encouraging "safety huddles" and teamwork on units and the other focusing on addressing fatigue in the individual.

"I think professionally, literature indicates that for better patient care, with nurses that aren't fatigued, there's less personal injury, less patient safety concerns, and less medication errors," says Futter.

The Nursing Practice Council at TSH will be organizing discussions, distributing self-assessment questionnaires and providing pamphlets to help nurses better identify and deal with fatigue in themselves and their co-workers.

Follow-up meetings will talk about how to identify

fatigue in oneself and peers, how to confront stress in the moment and basic tips and self-care methods.

Futter emphasizes the importance of discussion as a strategy.

"Nurses know about fatigue, but the idea of identifying it within ourselves is not always something that we do," she says.

Led by staff rather than by management, the program aims to empower nurses at an individual level to combat the issue of nurse fatigue.

They hope not only to improve the quality of care for patients, but also the quality of job life for nursing staff.

"What we're hoping is to create awareness on an individual level," Futter says.

According to the CNA,



■ Tanja Futter

#### Here are the numbers:

■ 55%: Of the 7,000 polled, the number of nurses polled who feel they are "almost always" tired at work.

■ Of the 7,000 nurses polled, 80% feel tired after work.

■ On average, nurses work more than 40 hours a week.

■ During a 28 day study, every nurse involved worked at least one overtime shift.

■ 2 out of 3 nurses work 10 or more overtime shifts in 28 days.

■ Nurses working 12.5 hours or longer are found to be 3 times more likely to make an error.

Information from the 2010 CNA report



● For more information on this story, please visit us online at [torontoobserver.ca](http://torontoobserver.ca)

# Volunteering for a worthwhile cause

## Fundraising committee dedicates time to bluffs area

**Jackie Dunham**

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It began with a simple offering of a few homemade quilts and before she knew it, Jane Barbeau was a board member, selling gift baskets, helping with the Shared Christmas program and leading the Fundraising Committee at the Birchmount Bluffs Neighbourhood Centre.

That was only a year and half ago.

Barbeau moved to Scarborough from East York after she retired from teaching. She became involved in the BBNC's Shared Christmas program right away and has been volunteering with the organization ever since.

"I liked what I saw around here. I like what they were doing. I thought it seemed like a really worthwhile endeavor and I wanted to support it," Barbeau said.

The BBNC Shared Christmas program has run

every year since its inception in 1992. Volunteer coordinator Linda Curley describes it as a hamper program where families in need are sponsored by the community and receive the basic necessities to survive the winter months.

"With the Shared Christmas program, it's an opportunity for us as a neighbourhood centre to truly connect and engage with our community at large," Curley said. "It is a huge program. This year the program served 408 families and we had 407 volunteers involved."

Barbeau remembers her third day of volunteering, unloading boxes for the Shared Christmas program. She said she had ordered a man to go and get some more boxes and realized later he was a CEO of a company who was also volunteering. She says the BBNC creates an environment of equality where anyone can join in.

"It's a very inclusive organization and that's one of the things I really liked about it when I first came," Barbeau said. "People with severe physical disabilities or mental disabilities or they've just had a really tough life and people like myself who have had a fairly nice life just all working together. It makes no difference what colour or shape or size or age you are, just everybody pitches in."

Curley says the BBNC has over 500 volunteers who contribute to the Scarborough community in a variety of ways through a number of programs the centre offers. The centre provides a Bridges 2 Communities program which helps recent immigrants learn employability skills to help them find jobs in Canada.

"With our Bridges 2 Communities program we have things like how to work a cash register, customer service skills, food handler



Linda Curley (left) and Jane Barbeau are behind Birchmount Bluffs Neighbourhood Centre initiatives, such as the Shared Christmas program. Barbeau is also leading the centre's fundraising committee.

Jackie Dunham // Scarborough Observer

certifications, all those kinds of training opportunities for individuals who live in our community," said Curley.

Volunteering has always been in Barbeau's blood. Ever since she was a teenager moving around from city to city with her family, Barbeau turned to volunteering to meet new people and become involved.

"I went to nine different schools and each time we moved I found that one of the best ways to become comfortable in the community was to just join in. I often went to a community centre or a church and just

said, 'Hi, what can I do?'" Barbeau said.

Now she has retired, Barbeau said she feels she is still too young to sit at home and knit or sew all day. She still has high hopes for the future of her new community and says she will continue to volunteer to do her part.

"I see a lot of contrasts in this community. There are some very, very wealthy people and then there are some very, very poor people. I would like to see those sort of even out a bit more," Barbeau said.

The BBNC holds a celebration every year to thank

their volunteers for all the hard work they do for the community. Curley said that often people only volunteer for altruistic reasons when they first join the centre.

"I think what happens is that initially with anyone who ever considers volunteering, they consider volunteering for altruistic reasons like, 'I'm going to give back to my community,'" Curley said. "Why they stay is because it becomes intrinsic to who they are as individuals. The values and our vision and mission as an organization speaks to them as human beings." 90

# Teaching past, present and future

## Forty years ago, Robert Service Senior Public School opened its door to Scarborough students. Jack Rilley, dedicating his job to his students, has been there since day one

**Louise Andre**

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Rilley, who is in his 45th teaching year, arrives at school at 6:30 every morning. He then prepares his classroom for his students and the upcoming day. However, none of this preparation is for his own personal satisfaction. "I'm not here to impress people," he says. "I'm here to do the best job I can for these students."

Rilley says he is part of a team at Robert Service and all the work they do is for the benefit of the students. He has been the science teacher at Robert Service since 1971, which means he has taught every student who has attended the school. Sean Gray, 39, went to Robert Service from 1984 to 1986 and remembers students being excited to go to Rilley's science class.

"First and foremost, he seemed to be everybody's favourite teacher," Gray says. "Everybody said it."

Gray's daughter, Rachel Foote, was also a student of Rilley's. She said she thinks it's amazing Rilley has been teaching for so long. Foote attended Robert Service from 2003 to 2005 and says Rilley was always open and willing to teach the class everything he knew about science. She says he made learning fun by allowing students to do experiments instead of just reading out of a text book.

"Knowing Mr. Rilley, teaching is his life and it's nice to see teachers who are so dedicated to what they do," she says. "Forty-five years in any one career is a long time. I think he's definitely made a difference in his students' lives."

Rilley says although he has taught many generations of

students, including parents and their children, he still treats each student as an individual.

"I don't compare them to their brothers or sisters. I don't compare them to their parents. Every person has their own individual qualities. I never say to them, 'I taught your brother and he did this and he did that.' I never do that," he says.

Gray, a printer, remembers how differently Rilley treated him and his brother.

"I went through Service three years after my brother and he definitely remembered my brother," Gray

says. "I never noticed any comparison between the two of us."

However, Rilley jokes about the many generations

of families he has taught.

"I've taught some of the parents of my students now. I said, 'When your grandparents come, it's time for me to stop,'" he says.

Foote, a Home Depot paint associate, says her most vivid memory of Rilley was on her first day of class.

"The first question he asked [the class] was if we believed in UFOs," she recalls. "If yes, you stood on one side. If no, you stood on the other side of the classroom. If you said yes, he'd say 'prove it.' That was his catch phrase."

Foote says she stood on the "yes" side of the classroom.

"(Rilley) went up to the first student and said, 'prove it' and then I hid behind somebody taller than I was because I had no comeback for that," she says.

Rilley says it is his father who got him interested in science. They used to go to their cottage, where Rilley would

identify trees and go fishing. As a result, a large part of his teaching is hands-on, giving students an opportunity to do science experiments, Rilley says. "When you have the chance to do something, as opposed to just reading about it, it tends to stick with you better," Gray says.

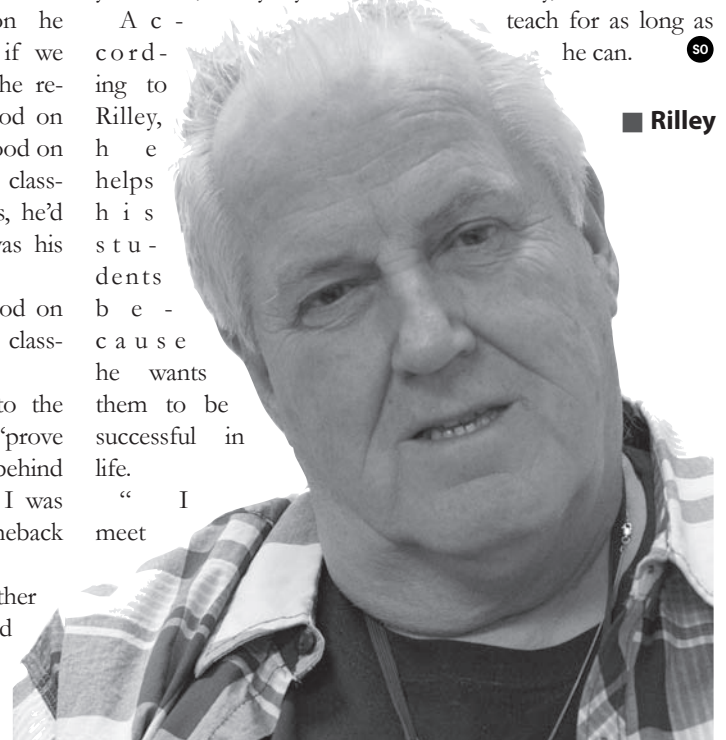
According to Rilley, he helps his students because he wants them to be successful in life.

"I meet

them all over the place, he said. "They stop me on the streets and thank me, but I don't do it for that reason."

Rilley says he teaches for the students, not for the recognition his teaching gets him. He says he knows his teaching career has to end eventually, but wants to teach for as long as he can. 90

■ Rilley





Eastview Junior students take a bow after performing Willy Wonka Junior.

Georgia Williams // Scarborough Observer

# IT TAKES A COMMUNITY

The musical theatre program at Eastview Junior Public School aims to give children a hands-on experience of the arts. Their latest production is based on Roald Dahl's character, Willy Wonka.

**Georgia Williams**  
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The gym at Eastview Junior Public School is full of proud parents and family. They wait anxiously for the start of the school's second annual musical.

The lights dim, the curtains part and 12-year-old Jayden Funnel, dressed as Willy Wonka, sings, "Come with me and you'll be in a world of pure imagination."

Undertaking a musical is a painstaking process of rehearsal and practice which takes months of preparation, hard work and faith.

Along with being a Model School, Eastview is one of 77 schools designated a Priority School. Priority schools like Eastview serve as community centres in off-school hours.

The schools are open to the neighbourhood from 6 to 10 p.m. nightly, Saturdays 8 a.m. to 10 p.m., and Sundays 8 a.m. to 3 p.m. for community programs.

"It takes a whole village to raise a child" is a timeless proverb that originates with the Igbo people of Nigeria and 5,000 miles away in Scarborough it is being prac-

tised at Eastview.

"We want to be seen as a community school, so it's a community hub, that's what we really want here at Eastview," Principal Colleen Andrews said.

In recent years, cuts to education have left schools forced to cut or cancel many drama and music programs to fund other courses and areas of study.

However, Carolyn Esau, a young teacher at the school, saw an opportunity.

The life-long performer and Broadway fan decided to put on a musical to expose the kids to other avenues of expression.

"It's such an amazing experience, arts and music and musicals have changed and shaped who I am as a person. I feel it can do the same for the kids by showing them how wonderful is it to be a part of it yourself," Esau said.

Auditions for Willy Wonka Junior were held last October and the musical whirlwind took off with students practising at lunch and after school.

Esau uses her own money to pay for costumes and supplies. Her dedication and resilience is an empowering

message to current and past students

Last year's musical Suesical and this year's Willy Wonka Junior are laden with moral messages of independence, respect and community. This is no coincidence.

"At the elementary level it is really important that we're not just doing it for entertainment value. We do know the students are going to be watching it, so we want there to be an underlying message," Esau said of her musical selection process.

In tune with Eastview's environment of inclusion, Esau does not turn any kids away.

"If they had the courage to come and try out and put themselves out there, they made it," she said.

Esau says one of the beautiful things about working with young kids is their level of optimism and perseverance. Last year's inaugural performance inspired a lot of this year's cast.

"Look at the kids that weren't in it last year, but saw it and got so excited and

realized 'I want to do that too, I can sing I can dance, I want to be up there too,' some of the best ones we have this year weren't in it last year," Esau said.

A theatrical production is an expensive undertaking. Renting mics and lights can be costly. Money is raised through a snack bar that is open during the show, as well as a suggested donation for tickets.

Luckily, the soon-to-be bride and busy teacher excels at stretching resources. Purchasing costumes from thrift stores and decorations from Dollarama, as well as winning support from colleagues in the school has helped curb costs. All proceeds are reinvested into the program.

"With the money we make from this year's snack bar we are hoping to buy the spotlight ourselves," Esau said.

While she is busy trying to plan a wedding, she has also coordinated the production and taught a morning and afternoon kinder-

garten class.

Asked why she would plan a musical the same year as a wedding, she laughed and replied, "I'm doing it for the kids. I don't have any children of my own, yet, but right now at a point in my career where I'm still young and have energy and can do this. So let's do it now. Let's make a difference now."

"If I can light this fire inside them now while I still have time and in the future if I can't do as much, at least I'll know I got the ball rolling."

Will the musical theatre program be Esau's legacy to Eastview?

"I hope so, if I can say I left knowing that I turned even just a couple kids onto the arts and this wonderful world of musical theatre, then I can say I did a good thing," Esau admitted.

As the curtain parts one last time, the stage is filled with the bright smiles of dozens of children whose faces gleam with pride.

"It's not just about one person, or even a school, but an entire community coming together to build up its children, and of course put on a great show," Esau said.

## Eastview Junior Public School's Vision

In 2010, Eastview was designated a "Model School" by the Toronto District School Board.

The title and program is aimed at bridging some of the gaps that come with socio-economic disparity. The vision is outlined on the TDSB website:

*"Not every family or community has access to the same economic opportunities and social supports, or even to the basics that children need to succeed. Challenges like poverty and language barriers can affect how well children do in school. Model Schools for Inner Cities is an important TDSB program that supports ALL the needs of the child. By working together with students, families, community and government partners, schools can make a real difference."*



For more on this story, please visit us online at [torontoobserver.ca](http://torontoobserver.ca)

# HIDDEN BEAUTY:

The Observer takes a walk through Scarborough's crown jewel — the Bluffs.



**Nick Tragianis**  
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The mighty Scarborough is home to many areas of Mother Nature's beauty. For animal lovers, there is the Toronto Zoo, but for those who appreciate landscapes and greenery, the Bluffs are Scarborough's crown jewel.

Earning its namesake 1793, the Bluffs is located on the along the eastern shore of Lake Ontario. They stretches 14 kilometres, and towers over 211 metres.

The main access to the Bluffs is a steep drive, or walk, down Brimley Road. That leads into the heart, Bluffer's Park. In addition to numerous marinas and boat

clubs, Bluffer's Park features dozens of walking trails and amazing views, regardless of where you find yourself.

Comprised mostly of glacial sediments since the last ice age, erosion is the most prominent issue facing the Bluffs. In fact, erosion rates increased so much to the point where in the 1970s, six-metre pieces were falling off the Bluffs.

To combat the erosion, the Toronto Region and Conservation Authority has aplaned numerous trees, installed advanced water-drainage systems, and placed boulders at the base of the Bluffs.

Erosion issues aside, the Bluffs remains a magnificent and a photogenic pocket of natural beauty Mother Nature left for Toronto to enjoy.

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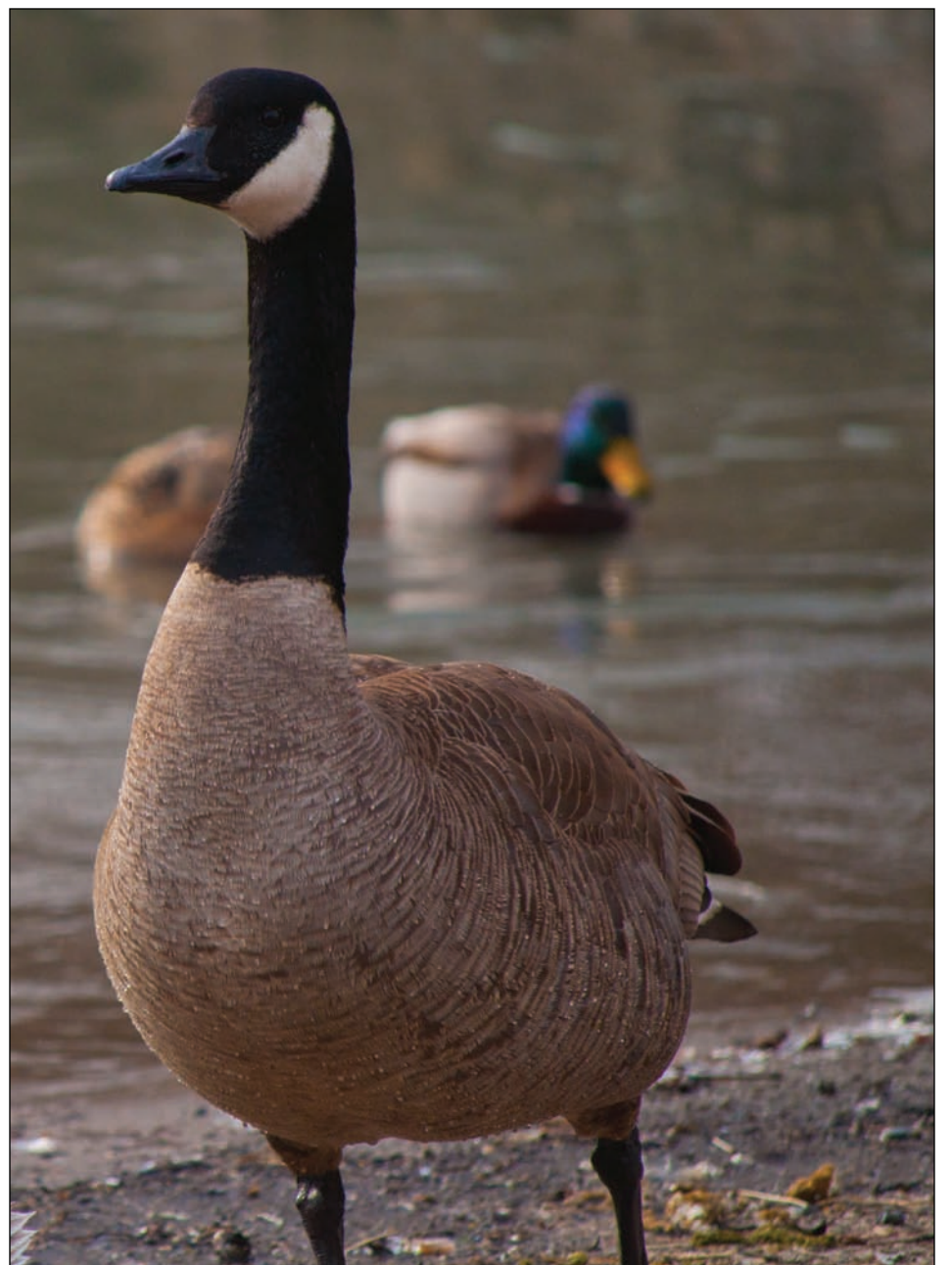


There are many areas along the Bluffs' 14-kilometre area that offer a great view of the Bluffs. Rosetta McClain Gardens is one of them.





At the foot of Brimley Road is Bluffer's Park. Home to a marina and numerous boating clubs, the park features trails and amazing views, making it a great place to take your dog or your camera.



# Teens *for* Jeans

Scarborough teens help youth in need by donating their lightly worn jeans to local Aeropostale stores in the fifth annual Teens For Jeans campaign

**Arielle Quigley**  
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According to Maurice Jordan, the chances of finding a decent pair of youthful jeans in a homeless shelter are pretty slim. Most of the clothes people donate to shelters are worn and dated.

"It is not stuff that younger people want to wear," Jordan said.

## Aeropostale

However, Scarborough teens are making sure that Jordan, and others like him, get some modern jeans to wear. This past January, teens across Canada and The United States donated their lightly worn jeans to local Aeropostale stores.

"The company wants to help put jeans on kids that don't have anything," says Diane Brandst, manager of the Aeropostale in the Scarborough Town Centre.

This is the fifth annual Teens for Jeans campaign run by Aeropostale and Dosomething.org. The campaign intends to raise awareness about youth homelessness. The jeans brought to the Aeropostale in the Scarborough Town Centre are donated to Sutton Youth Shelter located in Sutton, Ont., where Jordan lives.

Corriene Edison, volunteer coordinator at the Sutton Youth Shelter, manages clothing donations as they come in. They have been receiving jeans from the Scarborough Town Centre Aeropostale for two years. The shelter usually asks for around 200 pairs of jeans.

"It is a great program for us mainly because we are a little bit isolated, we are located in the north, in a small community, so there really isn't a lot of stores and stuff that the youth can get to," Edison says.

## Maurice Jordan

Jordan, 26, is originally from St. John's Nfld. He decided to leave home when he was 23 years old and travel to Ontario in the hopes of finding better work opportunities.

With a little money in his pocket, he began his four-

day hitchhiking adventure.

"It was a great experience. It was my first time ever hitchhiking and I enjoyed doing it. I met a lot of interesting people and it was fun," Jordan says.

Along the way, Jordan met a man in The United States army, who really influenced the way he thought about people. The man spoke to Jordan about how being homeless helped shape the person he is today.

"It made me feel pretty good because usually people in the community look down on people that are homeless or are in trouble. They don't realize that we are all human and that we all struggle at some point in our life."

One of the hardest things about leaving home was leaving behind all of his family and friends. He calls them every once in a while, but cannot call them everyday because he simply cannot afford it.

"It gets hard because I get homesick, I get stressed out, I get disappointed in myself and I have nobody to talk to and I wish I could have at least some of my family around me," he said.

He decided to stay in Ontario because he knew he did not want to be too far away from his family. He could have gone farther west to Alberta and perhaps found a better job, but he could not bring himself to go that far from home.

"I never thought I'd see myself in a shelter because I thought I'd have myself figured out when I came here," Jordan says.

Jordan has lived in the Sutton Youth Shelter on and off since he arrived in Ontario. Although he wishes he lived on his own, the resources and amenities offered at the shelter have re-

ally helped him. The shelter, which has been open for six years, has 26 beds and employment officers as well as housing workers on site everyday.

"I'd rather be here and having three meals a day than being on the side of the road with really nobody to turn to," Jordan says.

Since the shelter houses youth ages 16-26, the majority of the activities offered at the shelter are targeted for people who are younger than Jordan. This often leaves him feeling isolated. He looks forward to the day when he is able to find a place of his own.

"My intention is to get my own place again, get a full-time job and try to succeed in life," Jordan says.

## The Jeans

However, living in a small town has made finding a job a

challenge for Jordan. Since he does not want to continue living in different shelters, he is waiting for an opportunity to find a job that will allow him to move to a bigger city.

"The jeans are good especially for people who are wanting to be out trying to find jobs or who are going to school or anything else," Jordan says.

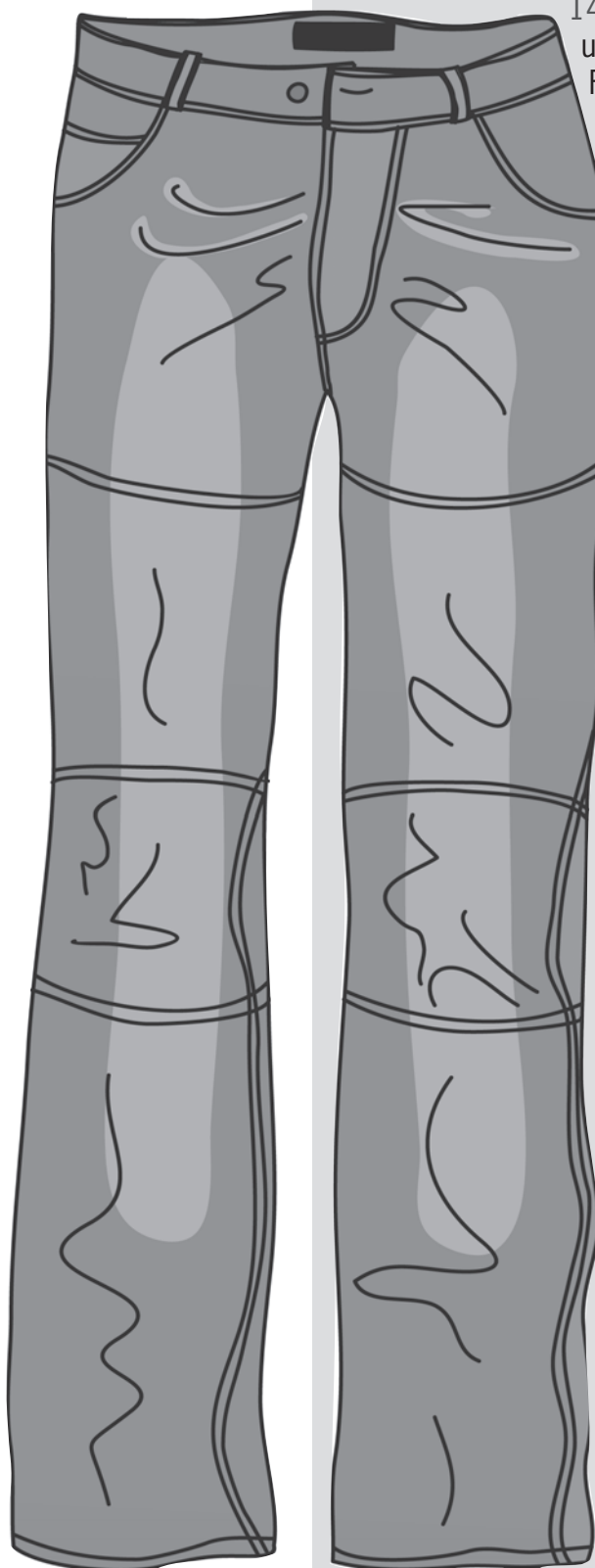
According to Jordan, the jeans that the shelter gets from the Scarborough Town Centre Aeropostale can be useful to him when he is looking for a job because they are modern. A good pair of jeans may be something that a lot of teens take for granted. However, as Jordan points out, there is infinite value in having a good pair of jeans. SO

*The jeans are good especially for people who are wanting to be out trying to find jobs or who are going to school or anything else.*

- Maurice Jordan



■ Maurice Jordan



## Youth Unemployment Statistics

### Scarborough Data:

According to the 2006 data Scarborough has the highest concentration of Youth (15-24) in Toronto, with the majority of youth living in the Rouge hill area.

The average unemployment rate in Scarborough is 6-13%.

However, Scarborough has a number of youth employment programs and facilitators:

- Springboard Employment Services: (416) 849-4421
- Storefront of East Scarborough: (416) 208-6130
- YMCA Employment & Community Services — Scarborough: (416) 609-0218
- Summer Company: 1800 387 5656

Information gathered by Georgia Williams

### Toronto Data:

7.4%: The unemployment rate for Canada in February.

14.5%: The youth unemployment in February.

33,000: The number of homeless Canadians.

11,000: The number of these Canadians who are youth.

64%: The number of homeless youth who are male.

91% males and 72% of females are between the ages of 19 and 25 when they become homeless.

15: The age that homeless youth generally leave home.

36%: The number of street youth who earn money by panhandling or "squeegeeing."

12: The number of shelters for youth in Toronto

522: The number of beds the shelters have to offer.

Information from covenanthouse.ca



For more on this story, please visit us online at [torontoobserver.ca](http://torontoobserver.ca)

# There's an ape for that iPad

The Toronto Zoo is hoping to use tablets as enrichment for the facility's six orangutans

**Leslie Emmons**  
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When Jahe left Toronto for Memphis, she had to leave her brother Budi and mother Puppe behind. As most orangutans never develop telephone or driving skills, Jahe hasn't been able to see them in almost two years. Thankfully, there's an app for that — or more like an entire tablet. Richard Zimmerman, director at Orangutan Outreach — a New York based orangutan conservation effort — created a program called Apps for Apes (A4A). He said it is an enrichment program that uses Apple

iPads to engage orangutans in captive situations. The Toronto Zoo's six orangutans will eventually participate in this program once they receive a monetary donation or an iPad. With the iPad 3 set to be released in a few weeks Zimmerman is hoping people will choose to donate their old tablets to the program. "The Toronto Zoo is very high on the list and we're hoping that the big media push over the last couple of days gets at least one iPad in there," Zimmerman said. "We would love for Jahe—who moved to be the matriarch of a new family—to

Richard Zimmerman of Orangutan Outreach in New York says that until securable casing is developed for the iPad, the orangutans need to be supervised while using it. Here, MJ uses an iPad at the Milwaukee County Zoo.



Courtesy // Scott Engel

see [using the webcam feature of the iPad] her mother and little brother back in Toronto." Matthew Berridge, a wildlife keeper at the Toronto Zoo, said A4A will also be a form of socialization. "Down the road, it will hopefully provide them with an opportunity to meet potential mates or orangutans they can be housed with," Berridge said. "We can kind of see who they are more interested in, and share video with other

zoos of orangutans doing different activities." Berridge said orangutans using touch screen technology isn't a new concept. "Smithsonian National Zoo in Washington DC has what they call the think tank where they use touch screens," Berridge said. "The Great Ape Trust did a lot of cognitive research with orangutans, chimpanzees and bonobos with touch screens. We've been using them here for about 10 years."

The Toronto Zoo employee said using an iPad is a natural progression from what they currently are using: a bulky old Mac monitor with a touch screen in front of it. Zimmerman says one the reasons orangutans respond to this type of technology is their similarities to humans. "They share about 97 per cent of our DNA, give or take a percent or two. They're tactile like we are, they like to use their hands and their fingers," he said. Berridge says the characteristics of an orangutan mesh well with the advanced technology of the iPad.

"They're curious and very intelligent," Berridge said. "Unlike any of the other great apes, orangutans are solitary and more self-reliant on learning, rather than using the whole group to move around. They're basically people that don't talk." Zimmerman hopes the interest in the A4A program will bring awareness to the orangutan's plight. "What we are dealing with in Borneo and Sumatra is just horrific—they're brutally killed. We want people to see this sort of story and realize these are intelligent beings that should not be suffering the way?"

For more on this story, please visit us online at [torontoobserver.ca](http://torontoobserver.ca)



Polar bears, like the cub who will make his public debut at the Toronto Zoo, have been on the endangered species list since 2008.

Courtesy // The Toronto Zoo

# Zoo's newest cub

The Toronto Zoo soon to unveil the newest member of its polar bear family to the public and is seeking a name for the endangered animal

**Alicia Ferrero**  
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On Oct. 11, 2011 a polar bear gave birth to three cubs. The mother, Aurora, rejected her cubs, eating one and killing another. Fortunately, workers at the Toronto Zoo were able to save the last cub. He made his debut when he was three and a half months old, and the zoo is currently holding a contest called Name the Cub. The cub is being put on display in a confined habitat for thousands of people to see, while at the same time avoiding the danger of it contracting the infectious Zoonotic disease that can be transmitted between humans and animals. It has a small wading pond and some sticks, toys, and ice blocks to play with.

Andrea Dada, a health clerk at the Toronto Zoo, helped to prepare the cub for exhibition. "We wanted to ensure that he was healthy and eating well on his own," she said. "We also wanted to make sure he was walking on his own and comfortable in his environment and that the exhibit met his needs." On May 14, 2008, polar bears were placed on the endangered species list as a result of global warming. Nicole Birmingham, a third-year animal biology student at the University of Guelph, applauds the initiative the zoo is taking but thinks the animals belong elsewhere. "I think that the best place for an endangered species is in a preserve or conservation area. They can be observed and researched, all their

needs can be met and they will have an opportunity to perform all their natural behaviours," she said. Dada disagrees. "Accredited zoos, focused on conservation and education, are important resources for the survival of endangered species," she said. "Although it is ideal that endangered animals remain in the wild, the circumstances in their natural habitat may make survival difficult or impossible." Dada said the polar bear will most likely stay at the zoo until he outgrows his enclosure. He would later be moved to another facility and be introduced to other bears to participate in a breeding program. "At this time, captive-born polar bears are not being reintroduced into the wild because they have adapted

to humans and have not learned the skills necessary for survival in the wild," she said. While the zoo uses breeding as a way to prop up the population of endangered species, it's never guaranteed to be a success. "Some endangered species have difficulty procreating in captivity. A preserve or conservation area would give them their required space," Birmingham said. The Toronto Zoo has programs, such as the the endangered species reserve fund, and the captive breeding and reintroduction program, in place. The reserve fund raises money for research to help with the conservation of endangered species. The reintroduction program aims to breed endangered species in the hope of one day releasing them back into the wild.

Jennifer Pang

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The spotlights are shining bright. Wooden structures are waiting to be transformed into a hotel room stage set. A crew shows up after work to put in another long night's effort into the rehearsal. Welcome to community theatre.

Despite the hard work, the Scarborough Players, a non-profit community theatre company, attracts people from a wide range of professions.

"Everyone you see on stage, and everyone you see backstage is a volunteer," said Stefan Budansew, producer of the current production, *The Innocent Eye Test*.

Heather Peterson, stage manager and set designer, said unlike professional theatres, community theatres like the Scarborough Players are more about passion and fun.

Peterson has been involved in the Scarborough Players for about five years.

She graduated from theatre school and worked in the theatre business for a short time. She was later forced to take a break from theatre for professional reasons.

However, her passion for theatre has not been taken away by her day job as a web designer.

"About five or six years ago, I decided that life had stabilized and I can go back into [theatre] again. I didn't want to do professional theatre anymore. I wanted to do community theatre because it is more fun," she said.

Peterson said there are several reasons for people to become part of community theatres groups like the Scarborough Players.

"You get people who perhaps wanted to get into professional theatre but decided eventually that community theatre was a better fit because it was more about the love," Peterson said. "It is all about just playing and being somebody completely different from who you normally are."

Community theatre is also a place where people can bring in their strengths and develop crucial skills through practice, Peterson said.

"We also get people who kind of fall into it by accident because they like to do stuff like painting or building or other volunteer work," she said. "There are some people who get into it because they want to increase their confidence at work. Instead of taking speech art [courses] and toast masters, they want to do it on stage."

Budansew said auditions are open to everyone regardless of whether or not they have a theatre background.

Besides the passion and the love, Scarborough Players face many challenges as well. The most dominant of which is the lack of funds.

"Right now we make enough [money] to just cover our costs," Budansew said.

Unlike professional theatres, Scarborough Players does not have the budget for marketing and publicity, Turner said.

"The need to reach new audiences is really critical. So publicity and marketing wasn't an issue 10 years ago but it's huge now," Turner said, "We are all volunteers and we don't have the budget for that [kind of marketing]."

Selling enough tickets to sustain the life of the Scarborough Players is crucial.

"We have huge expenses," Turner said, "So our ticket sales have to cover the cost of our existence."

Despite the challenges, the show must go on. Scarborough Players' current production *The Innocent of Eye Test* took the stage on March 8.

Scarborough Players is also devoted to supporting local youth.

"Right now with the economy and the recession, we are not doing so great. But any money that we do get over and above, we give [it] back to the community. We have already helped the City of Toronto with some other youth arts programs," he said. "We also offered a scholarship to a local high school."

The spotlights hanging above the stage will keep on shining until late at night. Day jobs and long hours spent commuting cannot stop people from loving theatre. The crew certainly does not see the intense rehearsal as an extra burden on their shoulders. On the contrary, spending the night on the lighted stage and living in the moments of fantasy for a short period of time seems to be a perfect way to conclude their day.

"People haven't done it since high school and wanted to do it again," Turner said.

# Scarborough Players take centre stage



Scarborough Players members at Theatre Scarborough. Producer Stefan Budansew said auditions are open to everyone regardless if they have a theatre background or not.

Jennifer Pang // Scarborough Observer



# Agincourt principal working for the kids

Matthew Wocks  
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Grade 12 students Matthew Ho and Asad Muhammad recently made headlines for sending a helium-filled balloon into the upper atmosphere. Attached to the balloon was a Lego-man holding a Canadian flag. On the information board outside their school, the sign still reads, “Congrats to Matthew and Asad.”

While the school celebrates the 17-year-old students’ achievements, the one thing you won’t see on the information board is the recent accomplishment of the school’s principal.

Louie Papathanasakis, 53, has been the principal at Agincourt Collegiate Institute for five years, and oversees 1,500 students and close to 100 teaching staff.

Papathanasakis was recently named one of Canada’s Outstanding Principals for 2012. But ask him about the award and he would rather talk about the students.

“In Greek we have a saying called, ‘Gia ta paida,’” he said. “That really translates to, ‘It’s for the kids.’”

Teaching is a common theme in the Papathanasakis family. His sister and brother-in-law are teachers and his brother is a former teacher. Papathanasakis’s parents were both immigrants from Greece and he saw how hard they worked on behalf of their kids. This helped to guide him into teaching.

“The Education Act talks about acting as a parent would and I had some great role models,” he said. “They played a pivotal part in my philosophy about caring a lot about kids.”

Papathanasakis, who grew up in Cabagetown, found out about the award a few weeks ago, but was reluctant to tell his staff.

John Giuga, 53, is a phys-ed teacher, counselor and assistant leader of co-curricular athletics. During a recent staff meeting, Giuga said, nobody was addressing the elephant in the room. He said he knew Papathanasakis was too humble to take the spotlight.

“The head of guidance speaks and she doesn’t say anything about the award and I say, ‘If the next person doesn’t get up and say something about this I will,’” he said.

That’s when Giuga, a 30-year teaching veteran, stood up and told the staff.

“When you have a really good leader and a school that runs as well as it does, (the award) shouldn’t be taken for granted,” he said.

Giuga started his teaching career at Danforth Collegiate and Technical Institute in 1983. In 1999, he went to Riverdale Collegiate Institute where he met an up-and-coming Papathanasakis.

“We worked together for three years and I got to see the beginnings of a guy that was pretty special,” he said. “His work eth-



Agincourt’s principal, Louie Papathanasakis was set to accept the award for principal of the year at an awards gala at the Sheraton Centre in Toronto.

Matthew Wocks // Scarborough Observer

ics are second to none.”

After Riverdale, Giuga spent the next 11 years at Newtonbrook Secondary School. Giuga was close to retirement, but when he heard Papathanasakis was a principal at Agincourt, he made a decision.

“I heard he was a principal at Agincourt and I had three years to go and thought, ‘I would really like the opportunity to finish our careers together.’”

Papathanasakis was the head of the phys-ed department while at Riverdale. One of his students remembers their time together.

Gabe Lee, 31, attended high school at Riverdale in the late ’90s.

“Louie came in my Grade 10 year and we hit it off from the very beginning,” he said. “He was my basketball coach and eventually became the athletic association adviser. I became the president and we worked closely together for four years.”

After majoring in athletics in university, Lee worked in the sports marketing industry. When Lee realized he was educating people rather than selling to them, he decided it was time for a change. Lee found out Papathanasakis was the principal at Agincourt and that there was a staff opening.

“I applied for the position,” he said. “It was exciting to learn that he was there because, back in high school, it was a great partnership.”

Lee got the job and is now the phys-ed teacher at Agincourt.

“One of the reasons I got into (teaching) is because of who Louie was and how he conducted himself,” he said.

Ellen Petrovits is head of student success, special education and autism at Agincourt. Petrovits filled out the nomination for Outstanding Principal a few weeks ago and credits part of the win to Papathanasakis’s visibility in the school.

“He is in the hallways during the national anthem, during lunch and in between classes,” she said. “He is extremely visible around the building.”

Petrovits worked with Papathanasakis in the past at Emery Collegiate, where they

oversaw a pilot project to help at-risk youth.

“We have managed to help kids recover credits so they can graduate with their friends on time,” she said.

The credit-recovery program was such a success that it is now made available to every high school in Ontario.

As the press coverage for Matthew and Asad winds down, Agincourt gets back to the task at hand: teaching kids.

And according to Petrovits, the 1,500 students at the school don’t even know their principal won the award.

“Louie prefers the spotlight be on the students so their confidence will increase,” she said.

Giuga agrees.

“It’s for the kids,” he said.

On Feb. 28, 45 principals from publicly-funded schools from across Canada met at the Sheraton Centre Hotel in downtown Toronto.

Papathanasakis was set to be in attendance at the gala dinner and awards show.

“I am honoured that The Learning Partnership granted this award to me, but what I am really impressed with is that they are big supporters of public education.”

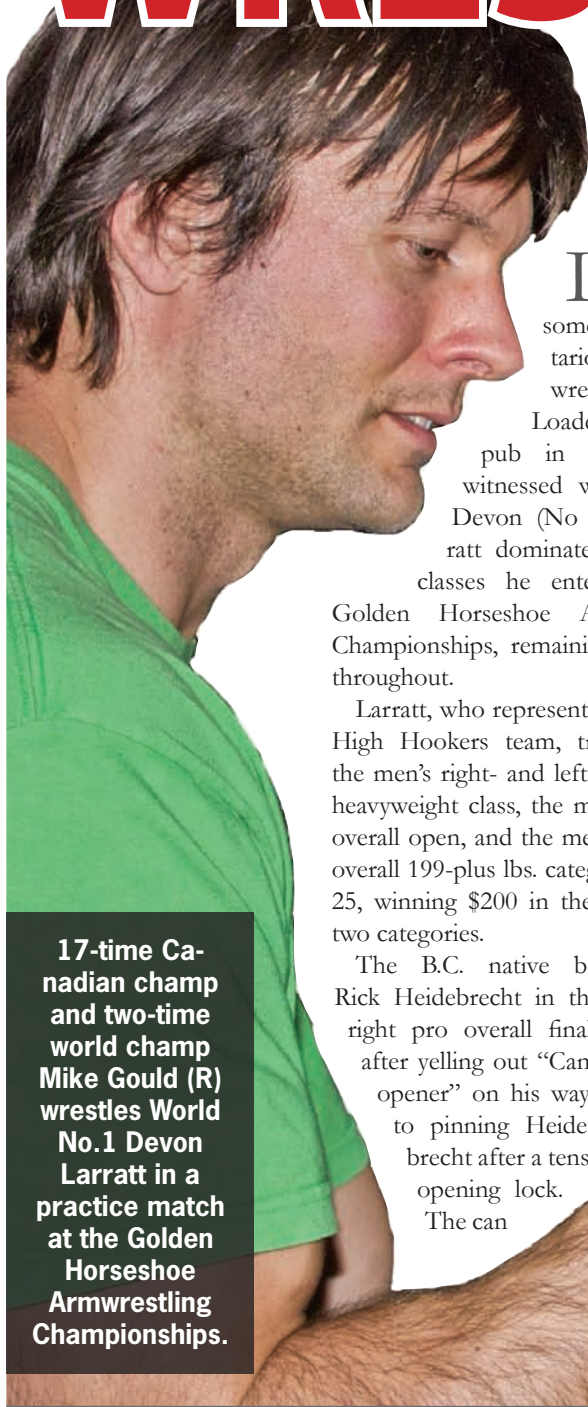
*In Greek we have a saying, ‘Gia ta paida,’ and that really translates to, ‘It’s for the kids.’*

- Louie Papathanasakis

# WRESTLE MANIAC

Former Canadian arm-wrestling champ Mike Gould in attendance as Devon Larratt goes undefeated

Story and photos by  
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17-time Canadian champ and two-time world champ Mike Gould (R) wrestles World No. 1 Devon Larratt in a practice match at the Golden Horseshoe Armwrestling Championships.

In a call to arms of some of Ontario's best arm wrestlers, The Loaded Dog pub in Scarborough witnessed world No. 1 Devon (No Limits) Larratt dominate in all four classes he entered in the Golden Horseshoe Armwrestling Championships, remaining unbeaten throughout.

Larratt, who represents the Ottawa High Hookers team, triumphed in the men's right- and left-hand super-heavyweight class, the men's left pro overall open, and the men's right pro overall 199-plus lbs. category Feb. 25, winning \$200 in the latter two categories.

The B.C. native beat Rick Heidebrecht in the right pro overall final after yelling out "Can opener" on his way to pinning Heidebrecht after a tense opening lock.

The can

opener, Larratt later explained, was a transition skill move that involves "hooking" the opponent's hand over the top and "rolling" them inside toward a pin.

Heidebrecht, a two-time Canadian champion, came second to Larratt in all the same weight classes, earning a total of \$100.

The event was held at The Loaded Dog pub for the first time. The pub, which opened in October last year, will host the more prestigious Mike Gould Classic at the end of this month.

Larratt, the world No. 1 since 2008, called the event "great," adding the high level of competition in Ontario was evident even for a relatively small tournament.

"Ontario arm wrestling is a real Mecca for the sport and [the level] is always high," he said. "Just at this small local tournament you got

world champion guys and guys who have won national titles, so the level of competition is good."

Another major contender of the day, Shea (The Swamp Thing) Dickie walked away with victories in five separate weight classes.

He won in the men's right- and left-hand in the 155-176 and 177-198 weight classes and the men's right pro overall 0-198 lbs., pocketing \$100 for his efforts.

The Canadian puller-of-the-year, who found the level of competition "quite easy," said he saw the tournament as preparation for the upcoming event.

"I'm looking forward to the Mike Gould Classic.

There should be a lot more competition for me with higher calibre arm wrestlers and bigger money," Dickie said. SO

## Muay Thai artists go in for the knock-out

Scarborough native uses training and cool nerves to take out opponent

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A Scarborough fighter's promise of a knock-out performance was fulfilled recently at the fifth Battle in the Desert competition.

The competition's main event, between Scarborough native Markus Simon and American fighter Joe Schilling, generated a lot of buzz on the Internet last month. This is because Simon challenged his opponent to an "all-or-nothing" Muay Thai match. Simon won by a TKO (technical knockout) against Schilling, making his efforts and training worthwhile.

"He likes to talk a lot before his opponents, but most of his opponents don't say anything," Simon says. "He's not so good. I am gonna expose him in the fight."

Simon, 25, displayed confidence in his abilities prior to the fight in Las Vegas as a result of his extensive experience in the sport. He trains twice a day, seven days a week, with his coach Suchrt Yodkerepauprai, 52, and World Muay Thai Council (WMC) champion Matt Embree, 23.

Yodkerepauprai has been a practitioner of Muay Thai since he was eight years old.

He began teaching Muay Thai after moving to Toronto from Thailand.

When Simon walked into the Siam No. 1 Muay Thai gym, Yodkerepauprai says he was impressed by Simon's skills and began training him.

"I saw him fight a few fights at first. So then he came back to train. It was the end of 2006 where he started to become serious about it," Yodkerepauprai says.

Yodkerepauprai was a

landscaper before becoming the owner of two Siam No. 1 Muay Thai gyms, which are located in Woodbridge and Toronto. He even taught his co-workers Muay Thai during breaks at work and he continues to pass on his legacy to his students at the gym.

"I used to train them twice a day, but now I have kids so I expect them to be responsible for their training. When I arrive at the gym, they are at 110 per cent performance," he says.

Simon is in a good environment for his training. His coach demands that his fighters be in a good state of mind when practicing and fighting.

"I prepare my philosophy to prepare the fighters 110

per cent," Yodkerepauprai says.

Embree helps Simon get ready for his competitions by keeping a close eye on how his competition is performing.

"We are always talking about the fights," he says. "We study religiously every single fight we have. We go over our strategy with each other."

Simon's game plan is to relax and be in the moment throughout the fight. Ultimately, he relies on his technique and knowledge to come out on top.

"When I throw my weapons in the ring it's not just to hurt the person, but you want to land correctly and you tend to knock them out," Simon says. SO



Siam No. 1's team of advanced fighters includes Markus Simon, left. Simon recently beat American fighter Joe Schilling by TKO in Las Vegas.

Ani Hajderaj // Scarborough Observer



For more on this story, please visit us online at [torontoobserver.ca](http://torontoobserver.ca)

# Healthy food, happy patients

Patients to be treated to more choices on a reFRESHed menu at The Scarborough Hospital

**Dileen Simms**  
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Susan Bull has an antidote to an unappetizing problem at The Scarborough Hospital (TSH).

"We're going to return to in-house scratch food production," she said. "What we are going to buy are potatoes (for example) that we now have to peel ... not frozen, or soaked in a (potentially unhealthy) metabisulphite product."

Last summer, The Scarborough Hospital announced it would be making some changes to better satisfy its patients. Staff introduced the ReFRESHing our Menu project. Bull, the nutrition and food services manager at TSH, oversees the project.

"We always want to improve the item that is least liked by our patients," she said.

Didem Varol at Toronto Public Health says patients don't like hospital food.

"We know in general that hospital food doesn't have a good reputation," the registered dietitian said.

When patients are in recovery, she said, it is important to have healthy food on the hospital menu.

Bull explained that in recent years hospitals introduced pre-cut and frozen foods to shorten preparation times, but with the ReFRESHing our Menu initiative, TSH kitchen staff will revert to fresh produce.

"There's not a big nutritional difference between frozen and fresh produce," Varol said. "In taste there might be."

But, Varol said, when hospital kitchens use fresh produce, they have more control over what goes into the food.

TSH hired Toronto-based chef and local-food advocate Joshna Maharaj as a consultant for the menu development. She is working with the hospital's kitchen staff to create more than 20 new recipes for the revamped patient menu.

The Ontario government has endorsed efforts to provide fresh foods in the hospital through the Greenbelt Fund, a program to increase the procurement of Ontario-grown food.

"The Fund has given out \$4.3-million worth of grants to help put local food sourcing in a variety of different institutions,"

said Katie Sandwell, who speaks for the Friends of the Greenbelt Foundation.

TSH received funding and has partnered with a number of suppliers in the region, from workers in the field to suppliers of the machinery. 100km Foods Inc., which also received Greenbelt funding, acts as a broker between farmers and chefs. Grace Mandarano, co-owner of 100km Foods, said it has partnered with TSH to determine what products would be best to incorporate into the menus.

"We have been working with Joshna Maharaj," she said, "helping to facilitate the distribution of locally grown and sourced foods into the hospital."

Another company helping to get the menu ready is Local Food Plus (LFP) Ltd. The not-for-profit company certifies that local farms meet the standards for production, labour practices and energy usage on the farm.

The company's outreach and education officer, Joel Aitken, says that TSH, "pledged that 10 per cent of all the food that go in patient meals will be sourced as LFP certified from local sustainable farms."

To date, hospital staff have created a number of new menu items and identified fresh food suppliers identified.

"Now we just need to wait until the rest of the project catches up," Bull said.

The hospital currently has a non-selective menu for its patients.

The proposed system allows patients to make meal choices from a diet-specific menu, offered at bedside. This will then be logged with the kitchen staff through a portable device.

"Once they do that, we will generate a meal chit," Bull explained. "Kind of like what waitresses do in restaurants."

This kind of vision means the project requires a major investment in in-house training and an equipment upgrade, including the installation of the machinery and technology needed.

"We have not changed our style of service to include the bedside ordering," Bull said. "What we can't do, is change anything without changing everything."

TSH will not implement the full ReFRESHing our Menu project until the fall of this year, Bull said.

*What we can't do, is change anything without changing everything.*

- Susan Bull



Susan Bull, nutrition and food services manager at The Scarborough Hospital, shows some of the new equipment acquired to upgrade the kitchen facilities as the hospital looks to implement the ReFRESHing Our Menu project. Below, vegetable frittata is on the menu.

Dileen Simms // Scarborough Observer



**RECIPE**

## Vegetable Frittata

**Ingredients**

- 550g leftover roast vegetables (eg onion, potato, carrot, pumpkin, red capsicum)
- 150g feta cheese
- 2 cups chopped spinach or silver beet
- 3 rashers lean bacon (optional)
- 5 eggs
- 250g cottage cheese
- salt and pepper
- 1/4 cup grated edam cheese
- 2 tablespoons parmesan cheese (optional)

Preheat the oven to 200°C. Have a large baking dish ready, lightly greased.

Chop up roast vegetables into bite-sized pieces and add to the dish. Cut the feta into 2cm pieces. Chop the spinach or silver beet and wilt in the microwave with a dash of water (this will take approximately 2 minutes), then mix into the roast vegetables.

If using bacon, grill and cut into small pieces and add to the vegetable mix. Beat the eggs and cottage cheese together. Season with salt and pepper. Add the feta and egg mixture and stir through the vegetables.

Sprinkle the cheese on top and bake 20-25 minutes until set. Cut into wedges and serve with salad.

Total Time: 40 min (Prep: 10 min, Cook: 30 min)  
Yield: 4 servings • Level: Easy



**Nutritional Information per serving**

- Energy: 1760kJ
- Calories: 421cal
- Protein: 37.3g
- Fat: 23.0g
- saturated: 12.2g
- Carbohydrates: 16.4g
- sugars: 7.2g
- Dietary Fibre: 3.6g
- Sodium: 835mg
- Calcium: 405mg
- Iron: 3.0mg

## ● Reviews

# Great eats, empty glasses

The Arkadia House has a great menu and even better food, but the time spent waiting for the food to arrive overshadows even the best of meals. Try this restaurant and find out for yourself.

**Ali Dar**  
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Arkadia House is located in Scarborough's north end, but it brings flavours to your mouth which are reminiscent of a Greek island.

The food is great, but the same cannot be said about the service we received.

It's about six on a Friday evening and my guest and I pull into Arkadia House's full parking lot.

We walk inside and the place is packed to the brim. We wait for about two minutes before we are welcomed by a greeter and are told that our reservation will be ready

in about five minutes.

After ten minutes, we are told it

shouldn't be too much longer, which turns out to be true. In no time, we are taken to our table and told our server will be with us shortly.

The atmosphere is quieter than your average Greek restaurant. Soon, our server comes over and tells us about specials.

We decide to get the smoked salmon and the spanakotiropita. The smoked salmon is served with cream cheese on rye bread with onions and capers and the spanakotiropita is a pastry stuffed with cheese and spinach.

I expect the appe-

tizers to come out within 10-12 minutes. It took about 18 minutes before we received our food. The worst part was that we did not receive

an apology for the long wait. A simple "sorry" can fix so many problems. I'm not a huge fan of smoked salmon, but it tasted so fresh that it was very enjoyable. The spanakotiropita was very flaky on the outside and the filling was perfectly seasoned.

We ordered our entrees after eating our appetizers, which turned out to be a big mistake.

The chicken breast and pan-fried tilapia took an agonizing 25 minutes. Once again, no apology. But, much

like the appetizers, the food was great.

The chicken breast was lightly marinated and expertly cooked. It was served

with vegetables and rice and it tasted lovely. The marinade worked so well with the chicken's natural flavours. The rice and vegetables were typical of what you would expect.

The pan-fried tilapia was served with vegetables and

rice, much like the chicken breast. The tilapia is my favourite fish and Arkadia illustrates why. The fish was perfectly fried with a nice golden coating with a hint of seasoning. The only downside was that it seemed to be just a little too oily.

After finishing our food, we waited much too long before our server came to clear our dishes. Not to mention that our glasses

were only refilled when we had to ask. We were asked whether we wanted dessert, I passed. It just wouldn't be worth the wait.

The bill came out to \$60.79, which would have been a great deal, had the service not been so disappointing.

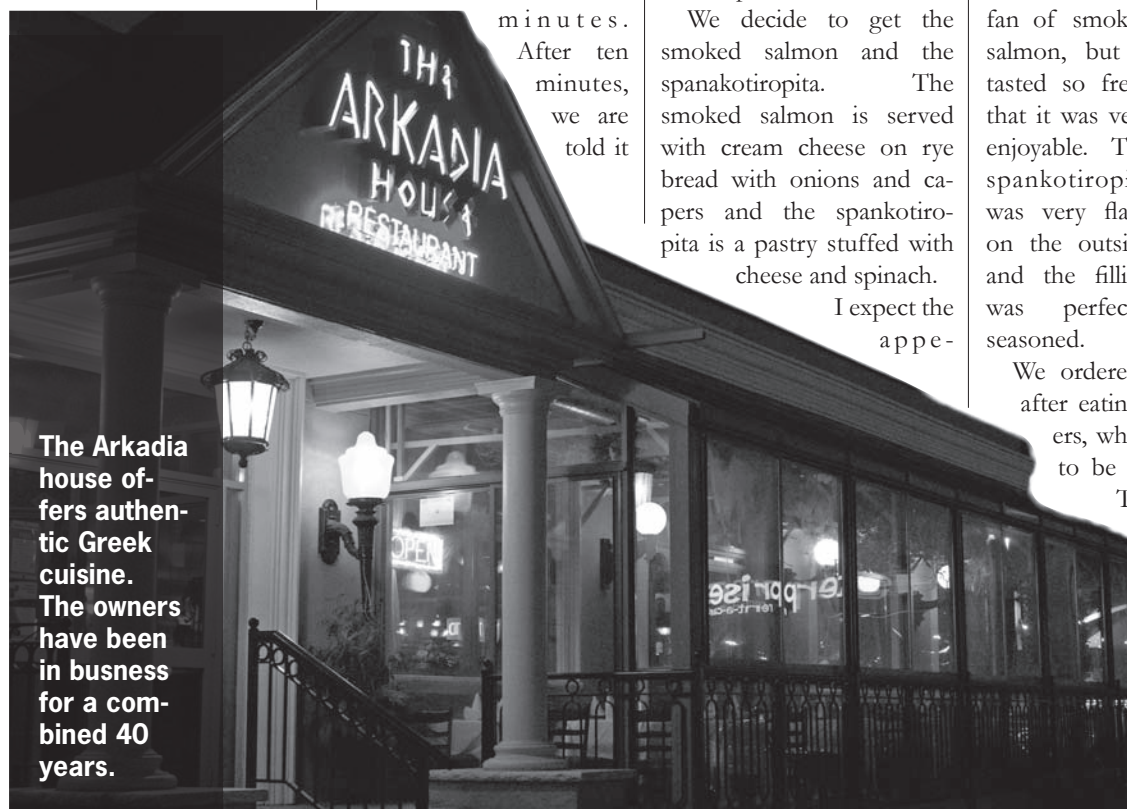
It may have been the full house or the simple negligence on the part of the server, but in the end, I couldn't envision ever going back.

SO

## Ali's Assessment

**Food:** 4/5  
**Service:** 1/5  
**Décor:** 3.5/5  
**Overall:** 2.5/5

**Address:** 2007 Eglinton Avenue East, Scarborough  
Monday to Friday —11 a.m. to 10 p.m.  
Take-out available



The Arkadia house offers authentic Greek cuisine. The owners have been in business for a combined 40 years.

Ali Dar // Scarborough Observer

# Best sports bars in Scarborough



**The Foxy's Bar & Grill**  
3406 Kingston Rd.

**Kathleen Wright**  
kwright@torontoobserver.ca

This one-month old sports bar with a country twist has a lot to offer sports fans.

Not only do they have flat screen televisions ranging in size from 47" to 55" they have \$3 domestic beers, a pool table, dart boards and a large open patio.

They also have \$3 domestic beers, a pool table and several dart boards.

On Friday and Saturday nights they host karaoke and live country music.

NHL and NBA games are the sports of choice and on UFC nights, it takes over the bar.

The food price ranges from \$7-\$15 and has the usual staples; wings, hamburgers, fries and nachos.

This is definitely a place to grab a beer- domestic or import, a pound of wings, shoot some pool and watch your sports team win.

SO



**Sports Café (Champions)**  
2839 Eglinton Ave. East

This sports café has been around since 1998.

It has acquired a loyal clientele with its pool tournaments, food and drink specials and open patio.

Their most popular food special on Mondays and Wednesdays is their wing combos; six wings for \$6.95 and 12 for \$12.95 which comes with fries, veggies and dip. There are over one hundred televisions throughout the bar

including a glass-encased room with several televisions that host off-track wagering.

Manager, Nikki Grigoriadis says it's like "Cheers", everyone knows everyone else. Everyone is on a first name basis between staff and patrons. They cater to NHL, NBA as well as UFC fans.

If you have a passion for horse racing and are confident in your wagering skills, this is the place for you.

SO



Kathleen Wright // Toronto Observer

**Smilin' Jacks Bar & Grill**  
3482 Lawrence Ave. East

This 4-year-old bar and grill is an open concept venue, with pool tables, a fireplace and a large patio.

There are also several different arcade games scattered throughout.

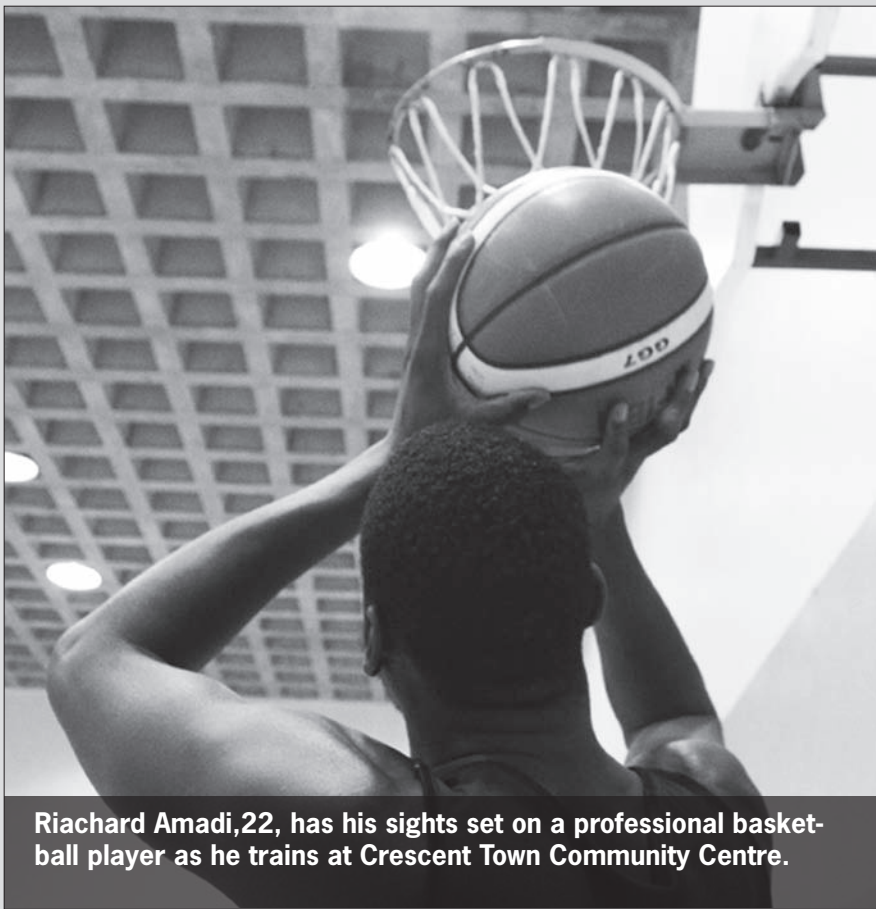
Most entrées start around the \$10 price range, which makes this choice not only delicious but affordable for a fun night out.

They have 15 televisions that play NHL and NBA games as well as oc-

casional UFC events. On Thursday nights they have karaoke and Fridays they host different live bands that play all different kinds of music.

On UFC event nights as well as the weekends, you can expect a full bar with lots of regular clients and an exciting atmosphere to sit back with a pint, a basket of wings, a pocket full of money saved and a smile on your face.

SO



Riachard Amadi, 22, has his sights set on a professional basketball player as he trains at Crescent Town Community Centre.

Shantal Otchere // Scarborough Observer

# Sharks player finds home at the rink

York university student says her favourite coach is her dad, who kick-started her in hockey

**Kaitlin Clubley**  
kclubley@torontoobserver.ca

When Carley Duggan was three years old, she was persuaded to play hockey by her dad.

Like any child, she agreed to play the game because of candy.

"My dad told me I was going to play on a real team next year. I cried and told him I didn't want to," she said.

"I started playing hockey because my dad bribed me with a giant jawbreaker."

Little did she know, years after her first game she would still be involved with hockey.

Duggan, 19, is a member of the Scarborough Sharks Girls Hockey Association (SSGHA) and has been playing for 16 years.

"I hope to keep playing hockey for as long as I can," she said.

Duggan has played for the SSGHA as well as the Durham West Girls Hockey Association (DWGHA).

She is an athlete on the Intermediate A team for the SSGHA and is a full-time

student at Glendon College, York University studying business economics and bilingual studies.

"I have played Midget B and BB as well as Bantam C/select and house league," she said.

Duggan believes her career isn't going to get any better than where it is now.

"I think I am going to finish off my next few years on the competitive team I'm on now and then see what happens," she said.

"I'll continue to play for fun, but I don't believe I'll be headed to the Olympics anytime soon."

She says her biggest accomplishment was making the jump from house league to competitive hockey.

"The best years I've had in my career have all been during my time on a competitive team," she said.

"During these past few years, I've had many accomplishments, like winning tournaments and participating in playoffs and provincials."

Duggan said she grew up playing different sports such as soccer, football, field hockey and lacrosse.

She decided that hockey was the game she loved and wanted to pursue.

"I never wished I played something different," she said.

"Hockey is such a big part of my life that I couldn't imagine not playing it."

Most athletes have the fear of not making a team they try out for. Duggan has lived through that experience.

"It was the third and last tryout and I didn't make the cut," she said.

"I was so devastated...all the confidence that I had in myself was gone. Luckily I kept my chin up and made the next team I tried out for and all my confidence came flooding back."

Even though he bribed her to play hockey, her favourite coach has always been her dad.

"He knows his hockey really well," she said.

"He gets along great with players, parents and his goal as a coach is to have fun first and win second."

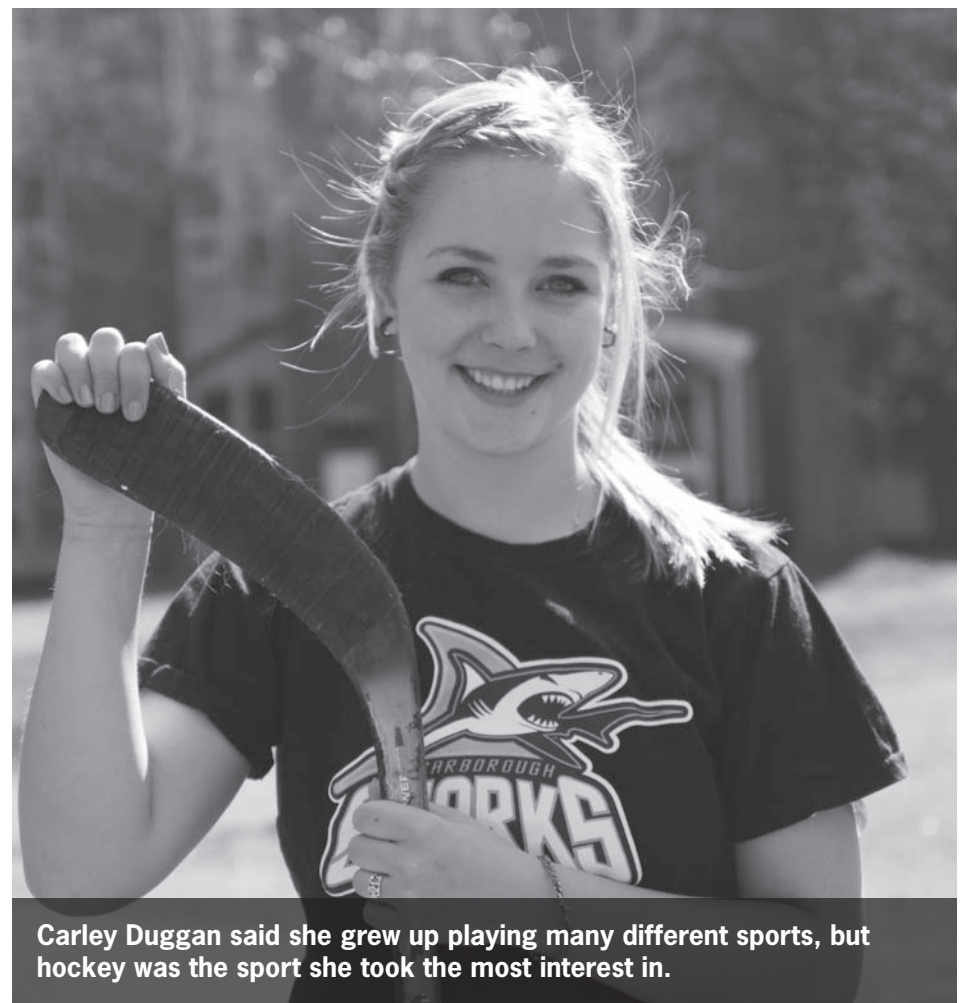
The sport has not only helped Duggan make friends, but also stay active.

"Hockey has been a great place for me to establish good friendships and learn to work well with others," she said.

"For me, hockey has been a sort of home away from home."

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For more on this story, please visit us online at [torontoobserver.ca](http://torontoobserver.ca)



Carley Duggan said she grew up playing many different sports, but hockey was the sport she took the most interest in.

Kaitlin Clubley // Scarborough Observer

# Youth get help on and off court

Scarborough community offers local youth opportunities that change lives for the better

**Shantal Otchere**  
sotchere@torontoobserver.ca

Several at-risk youths from Scarborough prove that they're not ones to count out when the going gets tough.

Curtis Carmichael, 18, is currently finishing up his first year at Queen's University on a partial athletics scholarship.

He was once a troubled youth who has since taken several big steps towards maturity.

Carmichael is majoring in physical education and intends to become a teacher.

He is able to pay for his education with the help of scholarships awarded to him after achieving a 90 per cent average in high school.

He now spends his summers helping other youth by teaching football at the notable summer camp Muskoka Woods.

Those who had known Carmichael throughout his adolescent years would never have predicted such achievements for the now ambitious young man who admits that he has come a long way becoming who he is today.

"My mentality was just to live day-to-day," Carmichael said about his childhood.

"I didn't really care about school and just

played basketball and caused trouble."

Carmichael credits working with youth programs, particularly Urban Promise, which extends leadership and employment opportunities to youth in his community, with his new-found sense of direction.

"From Urban Promise, from the leaders - like Julius [Vincent Naredo]. I just saw that there was something more that I wanted."

Carmichael began working with Urban Promise at the age of 15 and would continue to work with the organization until moving to Kingston for university.

Those who helped Carmichael on his journey are pleasantly surprised at his new outlook on his future.

"He was a terror," said Julius Vincent Naredo, camp supervisor at Urban Promise. "But of all the kids, I would say Curtis made the biggest improvement."

Carmichael is not the only member of his community who has proven that he can overcome

perilous circumstances in order to try to succeed in life.

With the help of Grassroots Canada and its founder Ro Russell, aspiring professional basketball player Richard Amardi says he was able to put into motion a series of events that led to

the opportunity to study and play college basketball in Texas and Oklahoma.

He also received an athletic scholarship from Weatherford College

worth \$35,000.

Amardi says that in the face of adversity, his peers face pressure to overcome financial problems through illegal means.

Amardi offered the following advice who feel tempted to take the wrong route.

"Believe in yourself. Don't think about what's going to happen right now, think about when you make [a] decision [concerning your future] what's going to happen 30 years from now," Amardi warned.

"If you don't see anything good don't make that decision."



■ Curtis Carmichael

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# SEARCHING FOR DEER TRACKS



Rouge Valley Conservation Centre holds annual deer count to collect data that helps staff with their conservation efforts

**Kathleen Wright**  
kwright@torontoobserver.ca

The Rouge Valley Conservation Centre (RVCC) is an environmentally rich area.

To help keep it that way, the conservation centre holds many events designed to help it better understand the area entrusted to it.

On the afternoon of Saturday March 10, about 25 volunteers conducted an annual deer count of the Rouge Valley Conservation area.

"We're looking for signs where there's tracks of deer," event coordinator Paul Harpley said.

"We'll probably see what we usually do: different areas of mother-yearlings kind of groups and also some actual buck groups."

The count, done annually when winter draws to a close, is just one of the events that helps with environmental stewardship in the area. The aim is to learn how many deer survive and to better understand them, which helps with attempts to preserve

their habitat and the environment they live in.

Harpley divided the volunteers into four groups, each covering a quadrant of the park, to count the number of white-tailed deer.

Third-year York University student Shenique Turner says she got involved because of her passion for conserving the environment.

"I really like being outdoors and I really like participating in events like these that actually help out with environmental protection," the environ-

mental science student said.

This is not the first time Turner has volunteered with the Rouge Valley.

"I volunteered with the Rouge before, so then I sent the leader an email and I heard about it through there," Turner said.

The information the group collects is used to analyze different concerns of the RVCC.

The data allows the conservation centre to monitor the deers' affect on plant life, especially endangered plant life, said

David Lawrie, program director for the RVCC.

"We get some information on the pressure on the plants within the park because we have a number of endangered plants now," Lawrie said.

"The deer count helps develop management techniques so we can help protect some of the endangered or rare populations within the park."

The annual count allows Rouge Valley staff to learn about what impact — negative or positive — the deer have on the environment.

Knowing that helps the staff to properly manage the ecological aspects of taking care of the area.

The kind of knowledge gathered in a count like this one is important in any area deer call home, Harpley said.

"White-tailed deer have a really major impact on the ecosystem wherever they are, mainly due to what they actually eat," he said.

"Also, the predator-prey relationship between the deer and usually coyotes here has an impact." 90



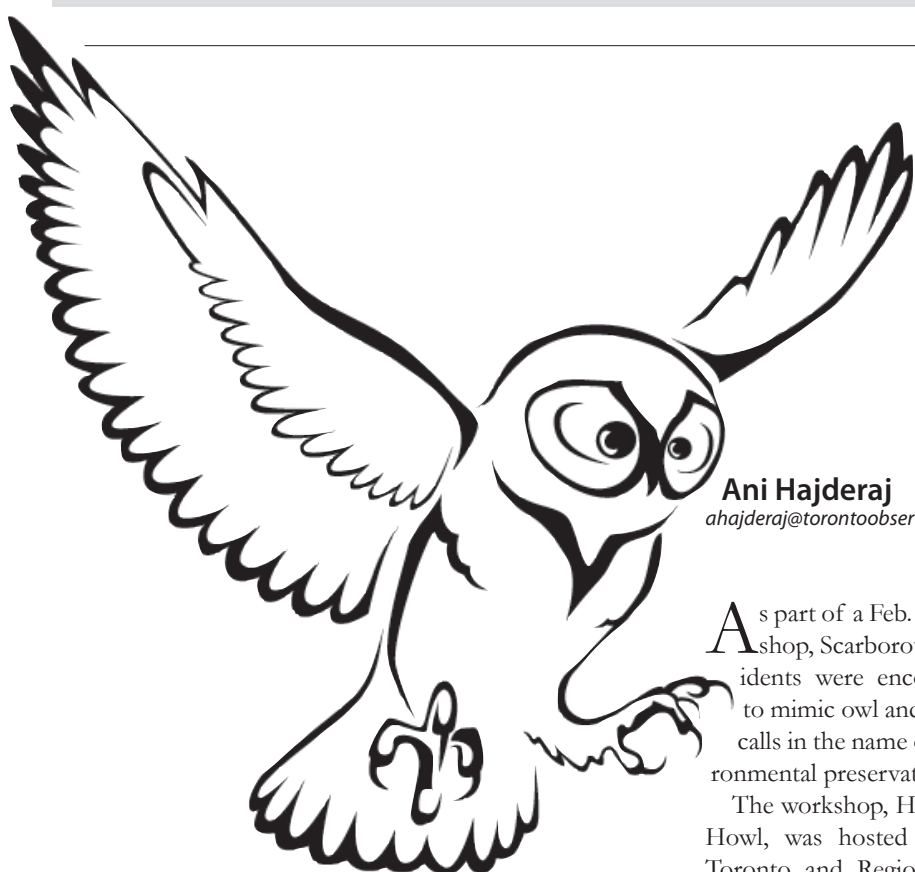
Paul Harpley, right, and a team of volunteers conduct an annual count of deer in the north quadrant of Rouge Valley Conservation Centre on a recent Saturday. The count helps with conservation efforts in the park.

Kathleen Wright // Scarborough Observer

## RVCC Vision Statement:

*"Rouge Park will be a special place of outstanding natural features and diverse cultural heritage in an urban-rural setting, protected and flourishing as an ecosystem in perpetuity. Human activities will exist in harmony with the natural values of the Park. The Park will be a sanctuary for nature and the human spirit."*

Information from the RVCC 2008 Annual Report



**Ani Hajderaj**  
ahajderaj@torontoobserver.ca

As part of a Feb. 9 workshop, Scarborough residents were encouraged to mimic owl and coyote calls in the name of environmental preservation.

The workshop, Hoot and Howl, was hosted by the Toronto and Region Conservation Authority (TRCA) at Curran Hall Community Centre.

Zoologist Erin Bullis, 26, has hosted this event for the

# Give a 'hoot and howl' for wildlife

past three years. She uses the workshop to raise awareness about dwindling wildlife populations, and species living in both Morningside Park and Highland Creek.

"We figure out what style of event and what topic might work best for this community," she said. "We are looking for an event to draw some people out of this neighbourhood and engage them in the environment, and educate them about some species."

One of the lessons Bul-

lis uses is owl calling, where participants go outdoors and make hooting noises. She uses the event to educate participants about possible environmental issues the area is facing, as well as wildlife in the area.

According to TRCA employee Keri McMahon, the reason the association finds the conservation of parks, such as Morningside Park, so important is because wildlife and green space has seen a sharp decline.

"The number of plant and animal species that orig-

inally existed here has decreased dramatically due to urbanization," she said.

McMahon suggested disconnecting downspouts and planting shrubs as some ideas to help maintain the city's ecosystem. She said too much storm water can damage existing pipes and cost residents more money in the long run for maintenance work.

Both Bullis and McMahon host these workshops across the GTA, to help residents preserve the environment. 90



● For more on this story, please visit us online at [torontoobserver.ca](http://torontoobserver.ca)

# FUN FOR CHEAP

Scarborough is home to some beautiful parks, nice restaurants and numerous places to visit. With less than \$25 in your hand, check out these three fun places to go to in the area.

**Louise Andre**  
landre@torontoobserver.ca

## Toronto Zoo

- Location: 361A Old Finch Ave.
- Phone: 416-392-5929
- Price: \$23 (general admission)

The Toronto Zoo has been a staple in Scarborough for more than 35 years. Open year-round, the zoo is home to more than 5,000 animals in seven zoogeographic regions.

Visitors are open to using the more than 10 km of walking trails or the Zoomobile to navigate their way around the zoo.

Public relations supervisor Katie Gray says the Toronto Zoo is encouraging kids to get creative.

The zoo is open every day except for Christmas.

“We are quick to encourage people to come in the off-season because the on-site presence doesn’t tend to be as busy,” Gray said.

## Laser Quest

- Location: 1980 Eglinton Ave. E.
- Phone: 416-285-1333
- Price: \$9 (per person per game)

For the past 16 years, Laser Quest Toronto East, on Eglinton Avenue, has provided residents of Scarborough with laser tag fun.

General manager Paul Whittaker says anyone can play.

“The game is played in an 8,000 square-foot multi-level fun-filled maze for (people) age five and up, and for families and friends,” he said.

## Scarborough Historical Museum

- Location: 1007 Brimley Rd.
- Phone: 416-338-8807
- Price: Admission by donation

This year, the Scarborough Historical Museum will celebrate its 50th anniversary.

Elaine Savva, museum coordinator, says the Scarborough Historical Museum celebrations are going on all year long.

“On weekends we are presenting something called Cake of the Month. Every month we pick a different cake recipe from different decades from the 1800s up to the present,” Savva said. “People are able to come in and sample the cake of the month and guess what decade it came from and when it first appeared in recipe print.”

The Scarborough Historical Museum is located within Thomson Park and explores Scarborough’s immigration roots.



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# KNOW YOUR WARD

**WARD 35** Scarborough Southwest  
Councillor Michelle Berardinetti  
Contact: 416-392-0213  
Size: 14 sq k/m  
Population: 56,750 \*2006

Scarborough Southwest  
Councillor Gary Crawford  
Contact: 416-392-4052  
Size: 16 sq k/m  
Population: 51,390 \*2006

**WARD 37** Scarborough Centre  
Councillor Michael Thompson  
Contact: 416-392-9274  
Size: 19 sq km  
Population: 62,325

Scarborough Centre  
Councillor Glenn De Baeremaeker  
Contact: 416-392-0204  
Size: 15 sq k/m  
Population: 63,310 \*2006

**WARD 39** Scarborough-Agincourt  
Councillor Mike Del Grande  
Contact: 416-392-1374  
Size: 11 sq k/m  
Population: 54,545 \*2006

Scarborough-Agincourt  
Councillor Norm Kelly  
Contact: 416-392-4047  
Size: 12 sq k/m  
Population: 61,140 \*2006

**WARD 41** Scarborough-Rouge River  
Councillor Chin Lee  
Contact: 416-392-1375  
Size: 21 sq k/m  
Population: 67,325 \*2006

Scarborough-Rouge River  
Councillor Raymond Cho  
Contact: 416-392-4076  
Size: 39 Sq K/m  
Population: 74,075 \*2006

**WARD 43** Scarborough East  
Councillor Paul Ainslie  
Contact: 416-392-4008  
Size: 16 sq k/m  
Population: 53,480 \*2006

Scarborough East  
Councillor Ron Moeser  
Contact: 416-392-1373  
Size: 26 sq k/m  
Population: 58,235 \*2006



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- **Advertising Media Management** x 8657
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