



Local poets teach youths to RISE up

Page 16

The Scarborough

# OBSERVER

CENTENNIAL COLLEGE

Magazine

Vol. 1, No. 3 • Oct 2012

Scarborough  
artist perfects  
the craft  
of creating  
homemade  
pigments

# SCIENCE MEETS ART

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**OBSERVER**  
Magazine  
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## Letter from the editors

When talking about a community, you're really talking about its people. As journalism students, we learn to engage with people, to learn from them and to tell their stories.



It's been an honour for our whole team to work with the

people of Scarborough. Our issue reflects those from Victoria Park to the Rouge River who come up with creative ideas, sacrifice their time for others and make themselves and their communities reach their potential.

You'll see a number of people profiled in this issue, but every article is about people: their hopes, their goals and their challenges.

We've completed arguably the most ambitious magazine issue yet in terms of design



and layout. It's all part of us learning as students how to tell your stories through text, images and more.

Thank you for letting us get to know you, and for reading our magazine. Feel free to contact our staff with your thoughts. We'd love to hear your ideas and opinions.

*Dylan Robertson*

Dylan C. Robertson  
 Managing Editor

*Leigh Cavanaugh*

Leigh Cavanaugh  
 Production Editor



# Newcomers found healthy

In better condition than most Canadians, but still face their own challenges, Toronto Public Health report says

Ellie Kim

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Newcomers to Canada are generally healthier than residents already here, Toronto Public Health (TPH) says.

That's because they tend to smoke less and consume more fruits and vegetables, according to a 2011 TPH report.

But that doesn't mean newcomers don't face health challenges, including access to government-funded health care.

A newcomer to Scarborough — where almost 30 per cent of all immigrants to Toronto begin their new lives — doesn't qualify for Ontario's OHIP coverage right away, explained Scarborough-Rouge River MPP Bas Balkisson. Instead, they're covered under Canada's Interim Federal Health Program.

"For the first 90 days, it is a federal [government] responsibility because it takes care of immigration," Balkisson said.

According to a 2011 Ontario Medical Review report, the province directs newcomers

to community health centres, including the two in Scarborough.

The same report pointed out several doctors' concerns with this model, which include level of health-care service available at community health centres.

It's a concern, too, for TPH, which recommended in its 2011 report that newcomers to the city stay well-connected to the health-care system. The first two-five years after migration a very important to a newcomer's health, the report added.

## Tuberculosis

Recent immigrants in the last five years account for 92 per cent of the tuberculosis cases doctors see, according to the 2011 TPH report.

"It's important to know if you're infected because then you know to look out for it," said Ruth Lee, a nurse in the TPH's tuberculosis program. "When we do skin tests at workplaces and schools, about 20 per cent have positive reaction. It's very common, but most of them will never get sick. It's always tough, because there's a chance."

Testing for tuberculosis is free to everyone regardless of OHIP coverage.

## Hepatitis B

Refugee claimants have a higher mortality rate from hepatitis than Canadian-born citizens, and immigrant women are more likely to give birth to babies with the virus, according to the 2011 TPH report.

"It's another [disease] that can be silent," said Dr. Elizabeth Rea of TPH. "Slowly over time, the virus can make their livers sick."

Children in Grade 7 automatically receive vaccination, regardless of their OHIP status, Rea said. The vaccine is also available at local public health service units.

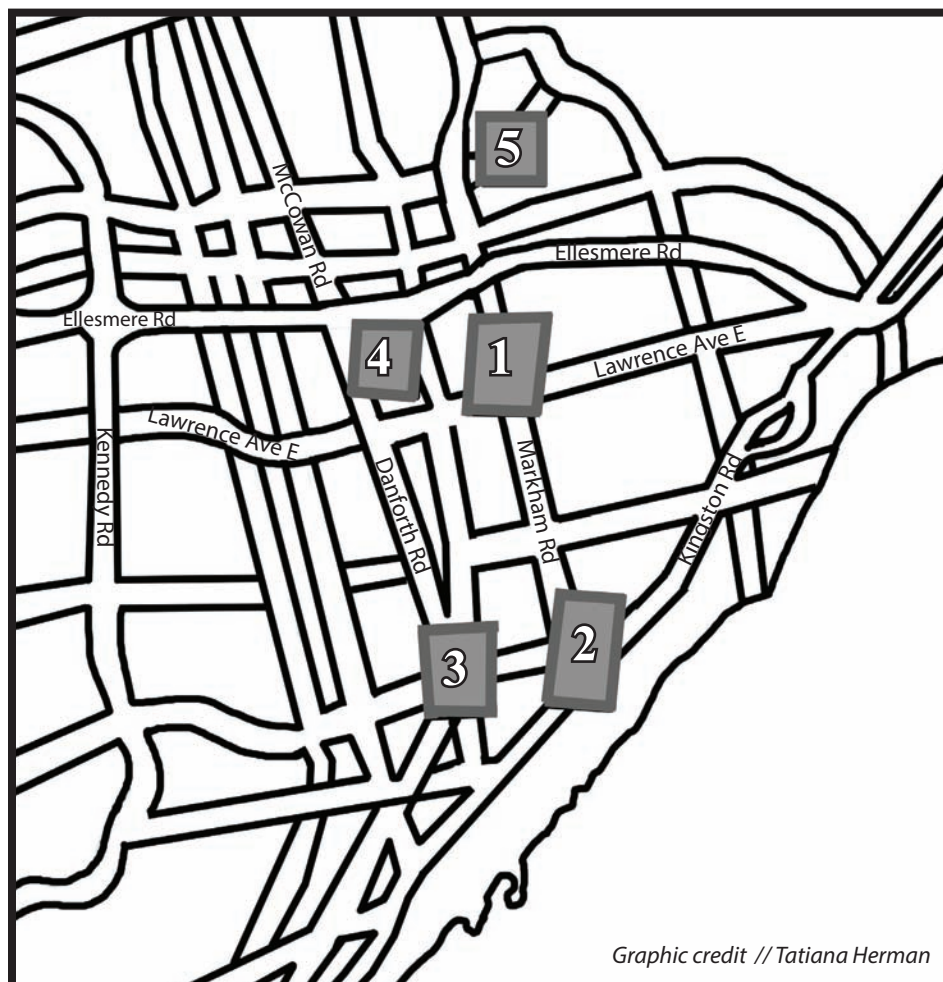
## Type 2 Diabetes

Newcomers from South Asian and Caribbean countries are at a particularly higher risk of contracting Type 2 diabetes than others, according to the TPH's 2011 report, and a World Health Organization study from 2000 reported India and China to be the top two countries in terms of numbers of people with diabetes.

The TPH report added newcomers often gain diabetes-related information from family and friends, not health-care providers.

## Human papillomavirus

Human papillomavirus (HPV) causes cer-



Graphic credit // Tatiana Herman

## Scarborough Health Clinics:

- 1) Scarborough Volunteer Clinic for the Medically Uninsured  
1127 Markham Rd., Unit 1  
Phone: 416-264-4446
- 2) Scarborough Centre for Healthy Communities  
3545 Kingston Rd.  
Phone 416-642-9445
- 3) Scarborough Centre for Healthy Communities (satellite campus)  
2660 Eglinton Ave. E.  
Phone: 416-297-7490
- 4) Scarborough Sexual Health Clinic  
Scarborough Civic Centre,  
160 Borough Dr.  
Phone 416-338-7438
- 5) TAIBU Community Health Centre (Sexual health and community clinic)  
Malvern Mall,  
27 Tapscott Rd., Unit 1  
Phone 416-644-3536

vical cancer in women.

TPH regularly travels to Toronto schools to offer vaccinations to girls in Grade 7, Rea said.

The TPH's sexual health clinics also provide free pap smear tests, which aim to de-

tect any signs of cervical cancer as early as possible.

As is the case with tuberculosis, all tests and treatments related to sexually transmitted diseases are free and don't require OHIP coverage. <sup>50</sup>

## FAST FACTS

■ **84.8 per cent of newcomers since 2001 are from regions of Asia, including West Asia and the Middle East.** (Source: Scarborough Community Council's 2006 profile)

■ **Treatment for sexually transmitted infections and tuberculosis, as well as vaccinations for children and teens, are provided universally and for free.** (Source: Dr. Elizabeth Rea, Toronto Public Health)

■ **Toronto Public Health provides free vaccination against measles, meningitis, tetanus, whooping cough and flu, among others. No OHIP coverage is required.** (Source: Toronto Public Health)

## BRA day offers breast cancer survivors options

Sunnie Huang

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When Benilda Ariz was diagnosed with breast cancer in 2009, she moved quickly to surgery and chemotherapy. But her journey didn't stop there, as she had to wear a prosthetic while her recovery continued.

"Sometimes I forgot about [the prosthetic]," she said. "I wasn't happy with it, but the choice was not there."

Eighteen months later, Ariz underwent breast reconstruction surgery, which used a portion of the abdomen to reconstruct the breast. She said the surgery gave her something that she can call her own.

"I knew what I was going through," she said. "This is the best decision."

Ariz was one of the guests invited by The Scarborough Hospital (TSH) to share her experience with other cancer

survivors, as doctors and patients celebrated the second annual national Breast Reconstruction Awareness (BRA) Day on Oct. 17.

The event also included presentations that were given in English, Cantonese and Tamil to address Scarborough's diverse population.

According to Dr. Sarah Wong, plastic and reconstruction surgeon and a member of TSH's Plastic Surgeons Breast Reconstruction Group, less than 20 per cent of mastectomy patients will choose to undergo breast reconstruction.

Many are unaware of their options, especially the fact that reconstructive surgery — unlike its cosmetic counterpart — is covered by provincial health in-

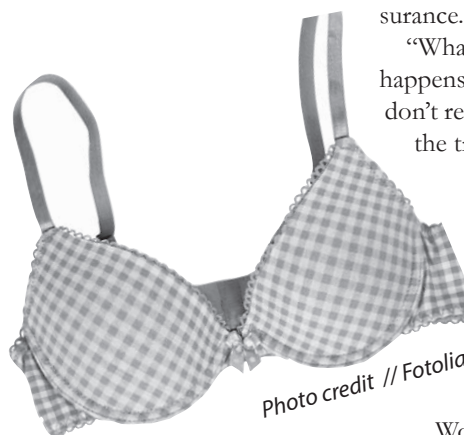


photo credit // Fotolia

urance.

"What a lot of patients don't realize is what happens after the cancer," Wong said. "They don't realize that breast reconstruction is part of the treatment."

"We have the liberty of resources here, just not a lot of patients are aware of it," she added.

Breast reconstruction can be performed concurrently with mastectomy or at a later time, depending on the characteristics and stages of the cancer. But surgeon Dr. Kevin Wong said it's never too late to consider

the option.

"If patients feel having a breast will help with their body image, they should go for it. But if they are not so sure about it, there is no time limit." <sup>50</sup>



# Higher learning in PJs?

UTSC's online WebOption course offerings have grown since 2003

Zenaira Ali  
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You can attend a lecture from the comfort of your couch. Then pause, forward or rewind what a professor is saying.

This is all possible with the University of Toronto Scarborough campus (UTSC) WebOption program.

UTSC introduced WebOption in 2003 when Ontario high schools eliminated Grade 13.

"Students who were graduating from Grade 13 wanted to go to university, but students graduating from Grade 12 also wanted to go to university," UTSC psychology Professor Steve Joordens said.

"We had to really rethink how we were going to teach intro to psych because we knew it would go from a class of about 700 to a class of about 1,500."

Then UTSC psychology professor John Bassili came up with WebOption.

"John came up with this notion of videotaping live lectures and putting them online and ultimately giving students a choice between whether they wanted to go to the lectures live or attend online," Joordens said.

"Over time, it grew and

grew."

Now there are over 25 courses that UTSC students can attend online.

Since its inception, students have been a part of running WebOption to keep costs low.

UTSC student Prateek Khurana helps set up WebOption, and used it for a computer science course last term.

"When you have exams, you can review everything from Day 1," Khurana said, adding that attending online lectures is similar to doing so in person.

Online classes bring many unanticipated benefits, Joordens said.

"We very commonly get students saying, 'My family watches this lecture with me.' It's really

cool," Joordens said.

"It takes the university experience that often parents are paying for and let's them see what's going on. ... It's inclusive — it brings the family into the lecture hall if they desire.

"It makes for an enhanced learning experience anytime a student talks about what they're learning."

He said safety was another benefit, with young women being able to avoid walking to evening lectures.



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



Professor Steve Joordens conducts a psychology lecture. With the help of WebOption, students outside the classroom can watch a live online stream complete with slides.

## Ontario online learning statistics

- Largest provincial provider of online learning in Canada
- 500,000+ online course registrations
- 18,000 courses offered online
- 1,000 programs offered online

Source: Contact North



Inglewood Heights Public School special needs teacher Lyn Atkins (holding dog), her daughter Jaclyn and their dog Brandi.

Cortney Cook // Scarborough Observer

# 'Super teacher' gets creative

Interactive, fun classroom helps special needs students succeed

Cortney Cook  
ccook@torontoobserver.ca

At 8 a.m. Lyn Atkins's classroom is quiet.

There are no students in the room, but Atkins, a special needs teacher at Inglewood Heights Public School in Agincourt, and her educational assistant Marovich Pam are busy planning for the day. Every corner of the classroom is stocked full of all sorts of toys, knick-knacks and educational devices.

It all amounts to a kind of arsenal Atkins employs to take her students down an interactive educational route, and its likely why she's known as the teacher who has everything, the fun teacher, the teacher others seek for ideas.

"Mrs. Atkins is a super teacher," Pam says. "It's fun here. ... She's also very creative. She will bring tons of resources for the kids."

After students arrive, their day begins with language, circle time and the calendar before the kids go to the "fine motor skills bins," containing Lite-Brite games, pattern blocks, sewing kits, playdough and sparkles, among other things.

"We also have coloured erasers for teaching AB, AAB, ABB patterns," Atkins says.

Recess follows, providing students an opportunity to run and play outside.

"One girl loves basketball. She goes and plays with the boys," Atkins says. "She's such a tiny thing but she sure can hold her own."

At Inglewood, students with developmental challenges holding their own — at least when it comes to bullying — is something their parents can rest easy about, Atkins says.

"There's no exclusion or bullying. We integrate our kids in so many ways," she says, adding that they no longer need an assembly to explain autism.

And, Atkins says, the school practices what

she calls "reverse integration", where students in Grade 1 come into her class and participate in learning phonics.

Back in Atkins's classroom, the Promethean electronic whiteboard stands out. It's where a large portion of the teaching and learning takes place. It helps make learning the alphabet fun: the kids jump up and down, drawing letters in the air and sounding them out as they follow the interactive videos flashing across the board.

"We work as best as we can to structure the environment to facilitate success and it's manageable to redirect [the kids] so that the task is enjoyable for them," Atkins says.

Interactivity is important in Atkins's classroom, Pam says. And it doesn't have to be high-tech.

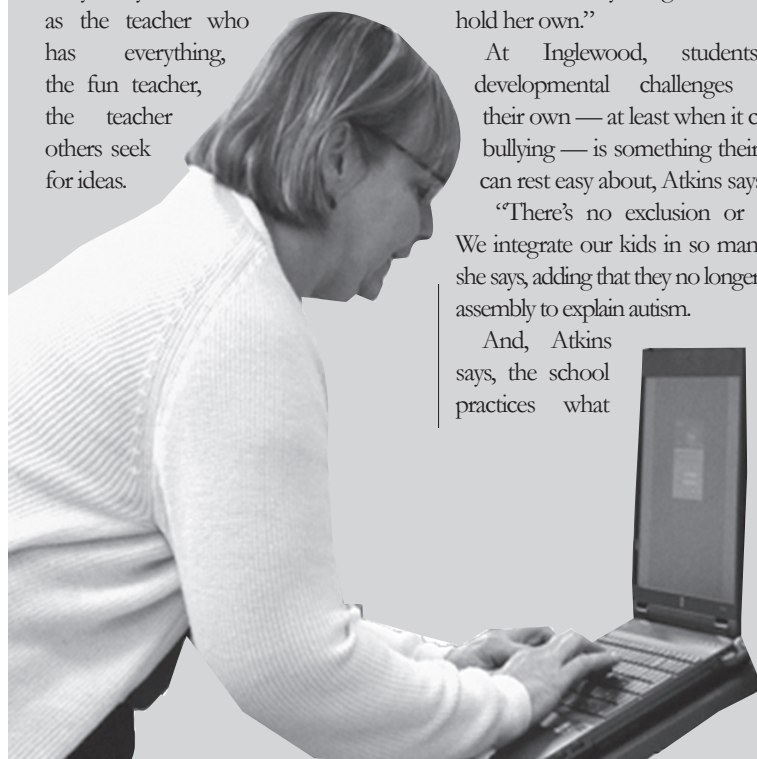
Every now and again, a plush cube covered with different actions is rolled, indicating which activity the students do. Once they get the "heebee-jeebies" out, they can go back to focusing on a more intensive task, Atkins says.

Still, there are challenges, and everyone, including the students, can have bad days.

"We have one boy where sometimes we'll have to take him for a walk around the school and talk to him so he can regroup outside and come back," Atkins says.

And it seems to be working, she says. When the student first came to Atkins's class, he had little self-control, but now knows when he's had enough and asks to go for a walk. He now can read and is fascinated by letters.

"We have ups and downs but we work so well together," Pam says. "We're a superpower!"



Cortney Cook // Scarborough Observer



Meeting facilitator Alex Heath (left) listens as Jim Robb, general manager of Friends of the Rouge Watershed, outlines his conservationist vision for Beare Road Park.



Michael Baghel // Scarborough Observer

# Competing visions of Beare Road Park

Michael Baghel  
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When Kevin O'Connor talks about Beare Road Park, he mentions splendid vistas, vibrant wildlife and hiking opportunities.

It's hard to believe he's talking about a former landfill.

"We have a great diversity of habitats," O'Connor says. The park's range of temperatures and humidity result from the progressive buildup of the landfill, he says.

"And because of that, we have a great opportunity for different kinds of plants and animals."



■ O'CONNOR

As president of the conservation group Friends of the Rouge Watershed (FRW), O'Connor wants to have his say regarding the city's plan for

the park.

He's not the only one. A debate is underway over how the park should be developed.

While O'Connor and others feel the area should be conserved as a natural reserve for plants and animals, some think the city should develop the land to focus on recreational activities.

At an Oct. 11 public meeting, the City of Toronto took input from residents and park users on their visions for the 80-hectare site adjacent to the proposed Rouge National Park. The city is working on a master plan for the property, which has lain mostly dormant since the landfill closed in 1988 and plans for a downhill ski facility fell through in the 1990s.

A major source of contention at the meeting was a proposal to build mountain biking trails.

"I'm personally against that," O'Connor says. "If we're planting a lot of trees and wildflowers and there's a lot of terrain of various heights, you're going to rip the heck out of that. Besides which, don't forget it's kind of a

## Can mountain bikes and wildlife mix in this rare, natural oasis?

we build trails — usually come from poor or no trail design," Murray says.

Building a "bench-cut design" trail that follows the contours of the hill would circumvent erosion problems, he says.

Jim Robb, general manager and co-founder of FRW, says he worries about mountain biking in Beare Road Park based on his past experience with mountain bikers and because the area is a habitat for three defined species at risk.

"I think it'd be necessary to demonstrate that there was a net benefit to the overall park and that mountain bikers were not ripping up the trails that they're not supposed to be on. Because right now there still is a lot of illegal mountain biking in the park," Robb says.

"Well, if you build it properly, you maintain it and you make it an authorized use, you can manage it," Murray argues.

The Durham Mountain Biking Association and the Toronto Off-Road Cycling Association already work with municipal government to maintain mountain biking trails in other parts of the GTA. The problem is that cyclists are being left out of the conversation, Murray says.

"We know how to do this in a way that preserves ecology, is environmentally less impactful and can keep us away from the species at risk that everyone is concerned about," he says.

Robb agrees mountain bikers should be part of the dialog.

"I think we have to work with the mountain bike community to find appropriate places in or around [Rouge] Park..." he says. "I'm not sure about this location. We've taken so much. This is a 20-year pile of probably 8-9 billion kilograms of waste.

"So we've already extracted our pound of flesh from mother nature on this site, let's make sure that for the next little while we give her back and say, 'nature first.'" 50

layer cake and so if you start cutting through that, then you get erosion that'll expose a lot of the garbage in the landfill."

Jason Murray, former Ontario representative of the International Mountain Biking Association, argues for a multi-purpose approach to the park's development, balancing ecology and recreation.

"The major concerns about erosion — and this comes up everywhere that

# Students feeling unsafe

Assault on campus has left them uneasy despite precautions

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One would think a university campus is where students feel safe to learn new material, socialize with friends, catch up on readings and study for exams.

Not necessarily.

"Some of my classes finish as late as 10 p.m. and now I am worried about leaving the building," says Rue Chidakwa, a fourth year health studies student at University of Toronto Scarborough Campus (UTSC), said.

On Aug. 8 at about 3 a.m. a female student left a UTSC building after studying for summer exams, when she was sexually assaulted and robbed on premises.

Campus police patrol the campus but the incident still has female students uneasy.

Even with safety measures, such as emergency phone locations and security escorting, students like Rue Chidakwa say they do not feel safe.

Students were sent an email notifying them of the incident, but many claim to have never received it.

"I never got an email telling me that this occurred," Chidakwa said. "I was not aware that this happened and none of my friends knew about this as well."

With empty staircases, a lack of windows, and long deserted hallways, the campus is small compared to other universities in the GTA, which causes some students to feel unsafe, especially during later hours.

"I do not feel safe here, especially because the campus is always so quiet later on," said Stephanie Singh, a fourth year psychology student who is also an active member at the campus's Women's Centre.

"Most people I know finish classes early and when I am done class, I am stuck here either waiting for a ride or having to walk across the street to the bus stop."

The bus stops are another issue.

Since the bus loop is undergoing construction, bus stops are temporarily moved across the street to Military Trail. The result is students having to wait for the bus further away from the main buildings of the campus.

"More needs to be done to prevent anything like this from occurring again," says Singh.

"There are security measures on campus that help students feel safe, but more needs to be done to prevent this from occurring again." 50

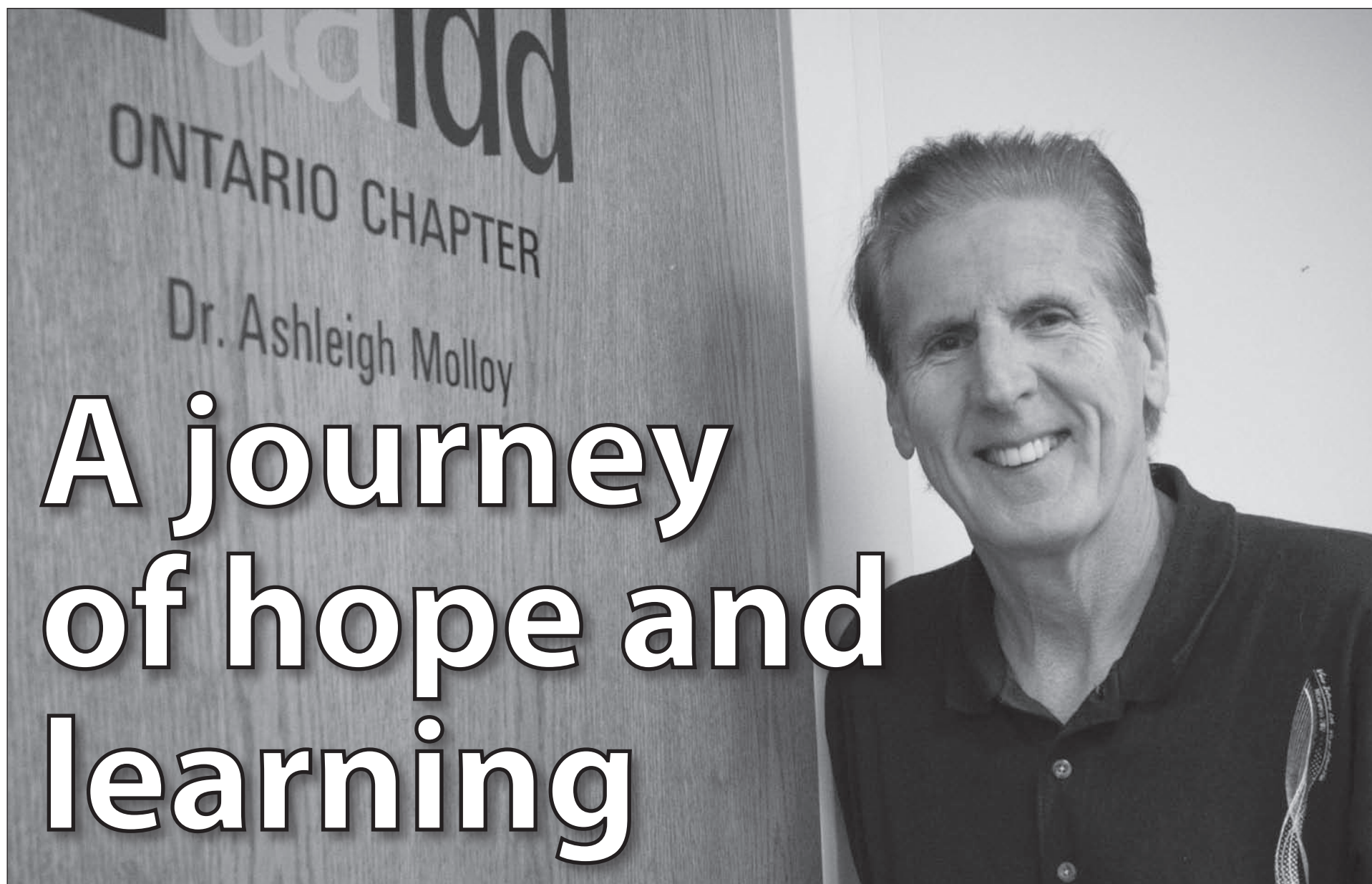
*More needs to be done to prevent anything like this from occurring again.*

- Stephanie Singh  
UTSC student



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





Lilian Asante // Scarborough Observer

## Child's disability inspires dad to become specialist

**Lilian Asante**

lasante@torontoobserver.ca

Scarborough native Ashleigh Molloy's daughter Lindsey, 23, was a child of many surprises. She was born prematurely and diagnosed with Down syndrome. Molloy says he and his wife Michelle spent hours watching her in the incubator, trying to figure out how to be the best parents for their new family member.

Down syndrome was only something he had studied and heard about. But suddenly he was living with it.

"We were in freefall and we knew that we needed to start getting information," Molloy says. "We found a moral compass that gave us direction. Part of that moral compass was family, friends and support people who are professionals."

Molloy joined the Down Syndrome Association of Toronto to learn everything he could about his daughter's condition.

He was also inspired to pursue a doctorate in disabilities studies.

Through his research, he found there was a need for

change in the way society views and talks about people with disabilities

"We needed to look at disabilities through a different lens. We needed a lens that talked about the abilities of people with disabilities," he says. "Rather than talking about what they can't do, we needed to talk about what they can do."

To that end he founded the TransEd Institute to provide workshops and sessions for teachers and parents.

"What is happening in school needs to be communicated in the home, and vice

versa," he says. "One thing teachers and parents agree on is they are both trying to provide the best possible education experience for their student."

For Molloy it is important for parents in communities with large immigrant populations, such as Scarborough, to be aware of all the resources available to them.

"Many parents find it very challenging to be able to access the bureaucracy of the education system — it is mammoth," he says. "They feel intimidated and they don't know which doors to knock on."

Molloy also works with parents who are unfamiliar

with the school system to teach them how advocacy is their right and responsibility as parents.

"You need to let them know that advocacy is proper because you are trying to do what is best for your son or daughter," he says. "You have a voice and in some cases you are the voice ... because depending on your son or daughter they may not be verbal themselves. So you need to ensure they know advocacy is important and essential."

The TransEd Institute provides parents with resources, such as information about the special education committee for the school

boards, Molloy says. And it encourages them to get involved in their local associations because they have programs and sessions available for their children.

Molloy also teaches parents how to empower their children to be active members of the community, and hosts a workshop to help teens with disabilities transition into the workplace.

"I think far too often we don't empower them, we don't set the bar high ... we set it for, 'Well they are kind of disabled, so we'll take care of them.' I think we have to look beyond taking care of them." 50

# 'Significantly better looking'

## Centennial College's Progress campus doing well a month after litter cleanup

**Joshua Spence**

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So far, so good, says Michael Gauthier. On Sept. 22, members of Centennial College's Environmental Student Society (ESS) and others rolled up their sleeves and got dirty cleaning litter from around the college's Progress campus.

"I was out there," Gauthier said at the time. "I heard students saying this was a fun day [even though] they had been out there in the bush with gloves

and bags pushing through a bunch of waste."

The event was part of the Great Canadian Shoreline Cleanup, which took place across the country.

Gauthier, a Centennial professor and faculty advisor to the ESS, called the Progress cleanup a success. But where do things stand almost a month later?

"I went back to the area we cleaned up just outside the college to have a look and it was significantly better looking," Gauthier says in a recent interview.

"I had a chance to see how much waste was collected and it was a significant amount that was all piled up and ready for the city to take away to landfill and recycle."

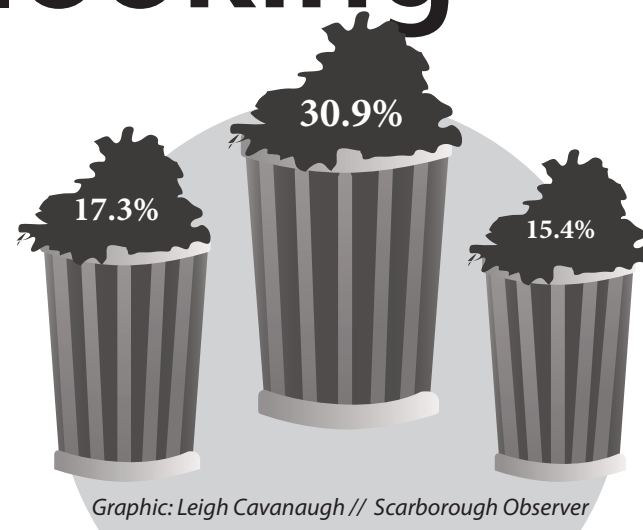
But the event was about more than simply picking up litter. Volunteers had more to do, ESS president Juan Orozco said at the time.

"Whatever is there we're going to separate it, count it and then weigh it," he said. "Then we just have to do the audit and then we will send the results for them to be posted [on the Great Canadian Shoreline Cleanup website]."

According to the Great Canadian Shoreline Cleanup, an estimated 143,737 kilograms of trash was collected by more than 56,000 participants at 1,665 sites across Canada in 2011.

"Typically the worst areas are areas where there is a significant population density close by," Gauthier says, "for example areas nearby large apartment complexes and townhouses."

Between 2002 and 2006, litter in the city dropped 40 per cent, according to the City of Toronto 2006 Litter Audit, the most recent one conducted. 50



Graphic: Leigh Cavanaugh // Scarborough Observer

Gum deposits were the most-found item of litter, accounting for 30.9 per cent, according to The City of Toronto Streets Litter Audit 2006. Paper made up 17.3 per cent, followed by glass at 15.4 per cent.

The 2006 audit is the city's most recent.



# Catching a 'break'

Local thieves strike during day while homeowners at work

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The homeowners are at work and their homes are sitting empty. It's a nice sunny weekday and the preferred time for one Scarborough man to break into yet another home, police said.

He goes around to the back of the house where he cuts the screen of a rear door or window. He then lets himself into the house.

When the homeowners come home, tired after a long day at work, they find items missing: some jewellery, some electronics. One woman was especially broken-hearted to discover a \$14,000 diamond engagement ring missing.

That's what happened to several homes in

Scarborough and East York between June 6 and Sept. 20, police said.

On Sept. 20, a Scarborough man was arrested and faces 49 charges in connection to a break-and-enter investigation.

The police retrieved some of the stolen property, including the engagement ring, which was returned to its rightful owner in time for her second wedding anniversary.

"In most cases thefts and break and enters are a crime of opportunity," Const. Wendy Drummond said. "The path of least resistance is going to be the most opportune place for entry." 50

## How you can better protect your home

- 1 Increase window security. Drill a hole on a slight downward slant through the inside to the window frame and halfway into the outside frame. Place a nail or pin in the hole to secure the window.
- 2 Beware of sliding doors and windows. They can easily be lifted off their tracks. To resist lateral forcing, install self-tapping screws into the upper track and place a piece of wood snugly into the bottom track.
- 3 Lost key? Change your lock. If you move or lose your key, change your lock. When selecting a lock, keep in mind that locks with keyholes in the knobs are not reliable and can be forced.
- 4 Lose the chains. Chain locks aren't as secure as viewers. Consider installing a wide-angle viewer to replace your chain lock.
- 5 Buy a metal door and bar it. Kidding. But you should make sure the hinge-bolts on your door are not facing outwards. You may also want to install a one-inch deadbolt on all exterior doors.
- 6 Close the garage door. Make sure that all entry points into the house are secure. This includes mail chutes, garage doors and upstairs windows.
- 7 Being friendly with your neighbour may pay off. Have a neighbour pick up your mail and maybe cut your grass or shovel your driveway while you are on vacation. That way, your home won't look empty. Also, if you can cancel deliveries to your house, do.
- 8 Make your house a haunted house. If you can, use clock timers to activate lights or radios at various intervals to give the impression that your house is inhabited.
- 9 Don't advertise your big purchases or that you are away from home. When you buy your new wide-screen plasma TV or any other big item, you may want to bundle and conceal the box. And don't leave a note saying you're away.
- 10 Keep track of your valuables. Consider engraving your property. Engraving makes it easier for police to return your property if stolen. You may also want to place small valuables like jewellery in a safety deposit box.

Source: Toronto Police

Oct. 1, 2012 ←

WHEN: Between 3:30 and 4 p.m.  
WHERE: Huntingdale Blvd.  
WHAT: Stole jewellery and cash  
HOW: Forced the door

Sept. 23, 2012 ←

WHEN: Between 7:10 and 8:15 p.m.  
WHERE: Nortoville Dr.  
WHAT: Stole jewellery and personal accessories  
HOW: Forced the door

Sept. 21, 2012 ←

WHEN: Between 11 a.m and 2 p.m.  
WHERE: Muirlands Dr.  
WHAT: Stole jewellery, cash, computer, audio and visual equipment  
HOW: Forced a window

Sept. 21, 2012 ←

WHEN: Between 2 and 2:30 p.m.  
WHERE: Gilder Dr.  
WHAT: Stole jewellery  
HOW: Forced the door

Sept. 19, 2012 ←

WHEN: Between 11:30 a.m. and 12:30 p.m.  
WHERE: Kilchurn Castle Dr.  
WHAT: Stole jewellery, cash, cameras and a baseball hat  
HOW: Forced a window

Sept. 17, 2012 ←

WHEN: Between 11:50 a.m. and 3 p.m.  
WHERE: Andrew St.  
WHAT: Stole a camera, cash and identification  
HOW: Forced a window

Sept. 11, 2012 ←

WHEN: At approximately 9:30 p.m.  
WHERE: Benleigh Dr.  
WHAT: Stole cellphone, laptop, tablet, clothing and cash  
HOW: Came through the rear door, struck home-owner and demanded cash

Sept. 11, 2012 ←

WHEN: At approximately 9 p.m.  
WHERE: At Finch Ave. E and Warden Ave.  
WHAT: Stole cellphone, laptop and wallet containing credit cards and cash  
HOW: Three males followed victim into hallway of apartment. One held a knife against her throat and demanded cash.

Aug. 31, 2012 ←

WHEN: Between 3:30 p.m. and 9 p.m.  
WHERE: Denton Ave.  
WHAT: Stole safe containing jewellery, cash, computer equipment, gym bag, camera, personal papers and cheques  
HOW: Unknown

Aug. 30, 2012 ←

WHEN: At approximately 3 a.m.  
WHERE: Avalon Blvd.  
WHAT: Audio and visual equipment  
HOW: Forced the door

Aug. 23, 2012 ←

WHEN: Between 1 and 4:30 p.m.  
WHERE: Bamburg Cir.  
WHAT: Knapsack and cash  
HOW: Forced the door

Aug. 20-21, 2012 ←

WHEN: Between 11 p.m. and 9 a.m.  
WHERE: Pinegrove Ave.  
WHAT: Audio and visual equipment, musical instruments and accessories, bicycles and a purse containing personal accessories, identification and cash  
HOW: Unknown

CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION

CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION



# Gang violence shakes youth

A look at the crimes police believe have involved members of the Galloway Boys gang

**Kristopher Morrison**  
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A year of gang violence fell upon Scarborough, starting on Sept. 4, 2011 when three people were shot in front of Domino's Pizza at Lawrence Avenue East and Susan Street.

It reached a climax on July 16, 2012 when a shoot-out occurred on Danzig Street during a civilian barbecue. The violence continued through August and into early September.

While arrests have been made, many questions still remain unanswered. The following are the details released by Toronto police.

- On Sept. 4, 2011, three people were shot outside Domino's Pizza at 3859 Lawrence Ave. E.

Ad-Ham Khamis, 19, who police identify as a member of the Galloway Boys gang, was arrested and faces four counts of attempted murder (three for the Sept. 4 incident) and numerous gun-related charges. He appeared in court on Sept. 28, 2012.

- On Nov. 4, 2011, a man in his

20s, reportedly identified as Daniel Fuller, was shot during a drug deal on Northfield Rd.

According to police, Khamis is a suspect in this shooting.

Also arrested in relation to this shooting was alleged Galloway member Ramon Williams, 20.

- On Dec. 28, 2011, three unidentified males were shot at during a drive-by shooting at 4315 Kingston Rd., which Toronto police identify as Galloway Boys turf.

According to police, the Galloway Boys are connected with the murder of D'Mitre Barnaby, 24. Barnaby was shot and killed at 3847 Lawrence Ave. E. on Dec. 30.

Police believe this to be a case of mistaken identity. According to police, the shooters were members of the Galloway Boys and had mistaken Barnaby for a member of a rival gang. Barnaby had no known gang affiliations.

- On Jan. 15, 2012, shots were fired in the second-floor hallway of 3824 Lawrence Ave. East.

Blood and shell casings were discovered, but there was no sign of a victim.

- On July 16, 2012, a shoot-out occurred on Danzig Street near Morningside Avenue when local residents were having a barbecue.

An annual event for the children Danzig townhouse complex, alleged members of the Galloway Boys showed up and began inviting people over Twitter, police say.

Alleged members of a rival gang, known as the Malvern Crew, attended. After being made to leave, the members of the Malvern Crew returned with firearms. Twenty-three were injured and two killed in the shoot-out.

Two were charged in this incident; Shaquan Mesquito, 18, is charged with uttering threats and

numerous gun related offences. Nahom Tsegazab, 19, who was one of those injured in the shooting, was charged with reckless discharge of a firearm.

- On Aug. 6, 2012, shots were fired at 4100 Lawrence Ave. E. near Andover Crescent. Witnesses saw several suspects fleeing, but no victims were found.

- On Aug. 10, 2012, a suspected up-and-coming Galloway Boy leader was shot and killed at Lawrence Avenue LRT station.

- On Sept. 2, 2012, a 17-year-old victim of the Danzig shooting was shot in the leg on Chester Le Boulevard.

The investigation led police to the 17-year-old's home where they charged him with possession of cocaine, police said.

The alleged shooter, a 16-year-old, faces numerous gun-related charges.

Police presence has been greatly increased in these areas and the investigations continue.

Police believe all of these incidents are connected with the Galloway Boys as the fulcrum. 50



● For an in-depth map of gang-related crime in the past year, please visit us online at [torontoobserver.ca](http://torontoobserver.ca)

# Sharing the food wealth

**Dylan C. Roberston**  
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The parking lot at 90 Mornelle Ct. is nestled between high-rise apartment buildings. Fast food joints and convenience stores are steps away, while the two nearest grocery stores are both up steep hills.

But at this parking lot, on a wet and windy October morning, Marlon Neil and his son Israel have bought plantain, ginger, grapes, carrots and much more.

Every week, the Mobile Good Food Market sends a box truck full of nutritious food to Toronto's food deserts — high-population areas where fresh food is far and expensive — to be sold at whole-

sale prices.

Apartment dwellers can buy fresh vegetables right outside their homes, thanks to a pilot project by Toronto non-profit FoodShare.

"I don't really drive right now," Neil said. "So it's really hard to actually get good, fresh vegetarian food, even at the grocery store."

He's among 79 per cent of customers who visit the truck every week.

"Coming here it's always fresh, always nice. And there's good company."

Since July, the truck stops weekly at eight low-income neighbourhoods: four Scarborough public housing sites on Wednesdays, and four west-end neighbourhoods on Thursdays.

FoodShare uses a mix of produce, including Ontario-grown apples, tropical cassava root and daikon, a long, white radish from East Asia. It's all packed by scores of staff and volunteers at the non-profit's Bloordale warehouse.

"We try to cater to the communities we go to," said Afua Asantewaa, who leads the mobile



**Afua Asantewaa (left) and Serge Slipachenko pack apples at FoodShare.**

Dylan C. Robertson // Scarborough Observer

project. "We have quite a good diversity of food."

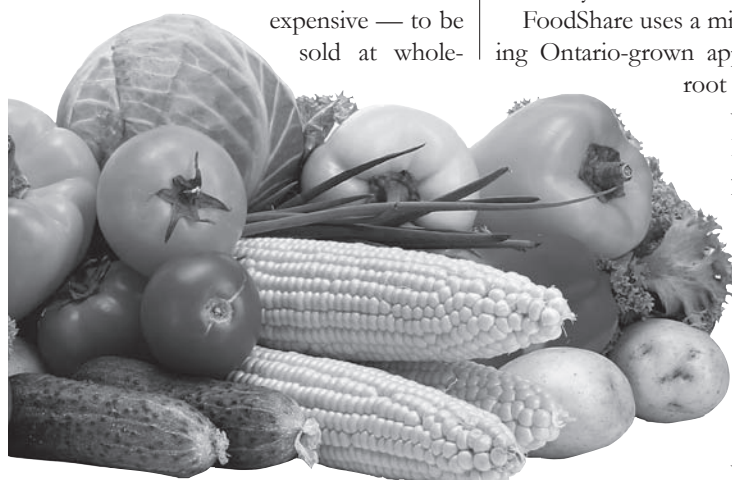
The pilot project is funded by the city's public health department, the United Way and the U of T-CAMH Food Policy Research Initiative.

Partners chose sites with poor transit to see if mobile markets could change community health and social well-being.

"After a while you start to build a rapport with your customers," driver Uriah Martin said. "And it builds community. People start making friends from their neighbourhood."

At each hour-long stop, the truck sells between \$65 and \$300 of produce at low wholesale prices.

Customers include seniors, single parents, disabled people and even high-school students. 50



## All-red MPPs lament premier leaving

**Zenaira Ali**  
zali@torontoobserver.ca

In times of tragedy, citizens often turn to their leaders to see what is being done about the issue.

After the Danig Street shooting, Premier Dalton McGuinty came out and spoke with Danzig Street residents.

"He was very supportive when meeting with families. He came out and met with me and community leaders," Scarborough-Guildwood MPP Margaret Best said.

Scarborough MPPs, who are all Liberal, say they will miss McGuinty's leadership.

Pickering-Scarborough East MPP Tracy MacCharles said McGuinty's resignation saddened her.

"He was very supportive from day one about the Pan Am games and having the aquatic centre at the University of Toronto Scarborough site," she said.

"He said investments like that aren't about an event, but it's about the legacy for a community."

Scarborough-Agincourt MPP Soo Wong said Dalton's legacy will stretch across sectors.

"There were many firsts and many opportunities provided, not just in education but across the board." 50



● For views from all Scarborough MPPs, please visit us online at [torontoobserver.ca](http://torontoobserver.ca)



# ROUGE PARK: The first national urban greenspace

Toronto working to amend official plan to transfer city land to Parks Canada

**Elita Tsilo**

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What's in a name? That which we call a national park by any other name would smell as sweet, wouldn't it?

Not according to some at a recent community meeting about the Rouge National Urban Park.

The objection is over the word "urban" in the new park's name.

The term was "thrust" into the name, said one resident at the Oct. 15 meeting, which was held at the Scarborough Civic Centre.

He drew a parallel to

High Park in Toronto, saying converting that urban park into a national one would be a "disgrace". Members of the community do not want the park to be "High Park-ized", he added.

The comments and concerns raised at the meeting would be reviewed and given serious consideration, Parks Canada superintendent Pam Veinotte said.

In 2011, the federal government announced the

creation of what it called Canada's first urban national park. The Oct. 15 meeting was meant to share what is being done to create the park, what land will be included, and to have any questions answered by Veinotte, city planner Jane Weninger and city councillor Raymond Cho.

"I'm so happy that Rouge Park will become a national park, and that the federal government allowed it," Cho said after

the meeting. "I'm so happy that the national park is in my ward."

Some of the land to be included in the park belongs to the Toronto and Region Conservation Authority, and a few small parcels belong to the City of Toronto.

The city is working to amend its official plan to allow the land transfer to Parks Canada.

The new Rouge National Urban Park will not include private land, infrastructure, the Toronto Zoo or the former Beare Road landfill, and any parks and open space areas absorbed by the bigger park will remain as such. <sup>SO</sup>



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

Elita Tsilo // Scarborough Observer

## Where you live matters

Insurance companies consider location in determining rates and premiums

**Jessica Vella**

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Something as simple as your address can either increase or decrease the amount you pay for car insurance.

Insurers typically base rates on things like age, experience and driving record, but they also consider geography.

Geographic profiling is used by insurance companies to identify spots where claims are higher, Coun. Michelle Berardinetti said. Location is included in a driver's personal profile, along with the amount of coverage purchased, a deductible and the insurance company chosen.

Berardinetti is asking city council to prevent insurance companies from using geographic profiling in determining insurance rates and premiums. She was unavailable to comment.

Jason Chapman, constituent assistant to Berardinetti, said the councillor believes insurance rates should be based solely on a driver's record and not where the driver lives.

"Michelle's been passionate about this for years," Chapman said. "Toronto is so transient that it doesn't matter what your postal code is — it should not affect the insurance rate that you pay. You should pay solely based on how good a driver you are."

Safe drivers should not have to pay more for other drivers to have lower premiums, Chapman said.

"Hopefully it means that safe drivers pay lower insurance rates and unsafe drivers pay higher insurance premiums," Chapman said. "But it should not mean that people who are paying less right now because they are living within

the city of Toronto should pay more to subsidize people who were paying more before."

Pete Karageorgos, a media representative for The Insurance Bureau of Canada, says it is only fair for all of Ontario to have balanced insurance rates based on claims and premiums.

"Insurance rates consider the cost trends in prior years to set future rates. For example, in the GTA in 2010 premiums paid by drivers to insurers was \$3.56 billion and insurers paid GTA drivers back \$4.27 billion in claims," Karageorgos said. "In the GTA, claims payouts were \$700

million higher than premiums. Without territories, the costs would still need to be spread among drivers and this could result in drivers elsewhere in Ontario paying more."

Karageorgos said he believes Berardinetti's motion to ban geographic profiling for car insurance rates is misinformed.

"The key factors an insurance customer should look at when shopping for insurance is their own personal driving record, and that means claims and convictions," Karageorgos said. "By having a clean record they will be in a position to qualify for best rates available." <sup>SO</sup>

### How much you pay by region, 2009–2011

Area	Number of insured vehicles	Premiums earned by insurance companies (\$)	Average premium per vehicle (\$)	Number of claims	Claims and adjustment expenses paid by insurance companies (\$)	Average claim per vehicle (\$)
Ontario	19,768,344	28,217,117,177	1,357.41	1,813,513	23,240,874,977	1,175.66
GTA	5,708,459	10,681,331,875	1,875.53	626,127	11,016,935,582	1,929.93
Ontario, excluding GTA	14,059,885	17,535,785,302	1,247.22	1,187,386	12,223,939,395	869.42

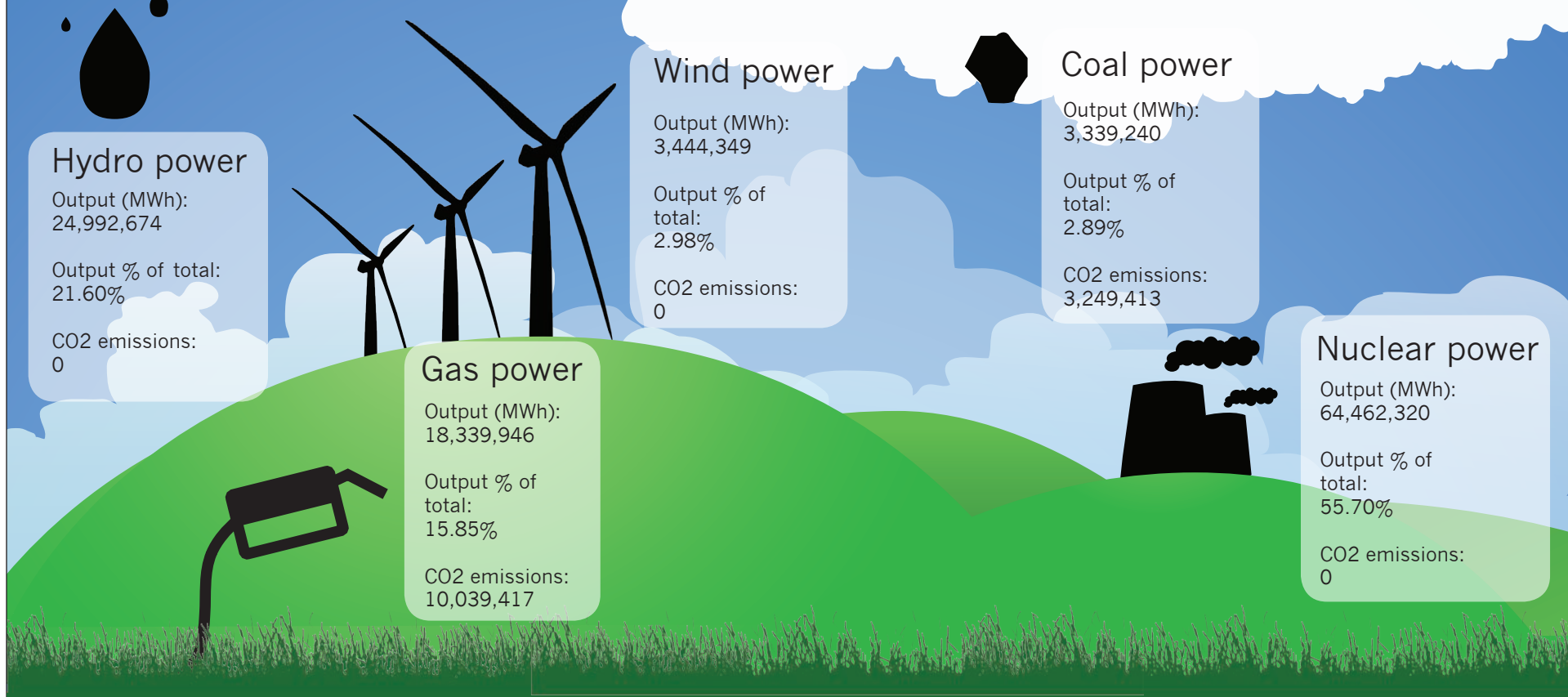
Source // Insurance Bureau of Canada



Jan. 1–Oct. 15, 2012. Data is approximate.

# ONTARIO GENERATOR OUTPUT

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## Scarborough Bluffs wind power timeline

Graphic credit // Leigh Cavanaugh

Aug. 13, 2008:

Toronto Hydro notifies public of its intent to study the wind patterns over Lake Ontario near the Scarborough Bluffs.

Oct. 27, 2008:

Toronto Hydro's first public information session on the wind study (anemometer) is postponed when over 500 people show up to Christ Church in Scarborough, which has a capacity of just 200.

Nov. 24, 2008:

1,000 people show up to the rescheduled public information meeting. Councillor Paul Ainslie expresses concern that many residents did not get to voice their opinions and urges Toronto Hydro to hold another meeting.

Jan 19, 2009:

Scarborough residents attend an invitation-only meeting with Toronto Hydro.

Oct. 23, 2009:

Ontario Ministry of Natural Resources grants permission for an anemometer in Lake Ontario.

November 2009:

Anemometer construction begins.

April 19, 2010

Toronto council executive committee denies motion for a moratorium on new wind energy projects.

April 27, 2010:

Scarborough community council passes motion asking the provincial and federal governments to prevent the "industrialization" of Lake Ontario.

Feb. 11, 2011

Provincial government passes moratorium on offshore wind farms.

January 2013:

Report on the Lake Ontario anemometer data expected to be finished.

Sept. 17, 2010:

Toronto and Region Conservation Authority passes moratorium on offshore wind farms.

August 2012

Wind anemometer removed from Lake Ontario.



# Scarborough's very own mad scientist

Aldis Brennan

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Stefan Herda is huddled over a cauldron stirring a foul-smelling bubbling liquid. Okay, maybe more a pot than a cauldron, and the contents aren't eye of newt or bat's wings. But what's happening inside is still magic.

Herda is not a witch. He's an artist who makes his own organic paints and dyes from almost any material he can find. He says it's a process that's much like cooking.

"It's very simple. You boil down some berries or roots and soak them in water for 24 hours," Herda says. "Then you extract the colour by filtering out all the impurities, like the seeds and husks, and put it in a can or just apply it to paper."

These organic materials are most often just plants and nuts found around his Scarborough family home.

"I made this brown ink with my dad from nuts that were growing naturally in my backyard. When I painted with it, it had an amazing colour, which I loved," Herda says. "I thought to myself, 'How far can I take this?' After that I kind of fell in love with finding different ways of making colours and paints."

Thanks to training in fine art from the University of Guelph, Herda says he's beginning to expand his exploration into chemical components.

"One of the things about the abstract series that I'm working on is that I was adding vari-

ous household chemicals to these dyes and they would change colour based on the pH level," he says.

"If you add vinegar or bleach, or even baking soda, the colour will change, just by virtue of adding them in certain quantities."


It would be far easier to simply buy paint from a store, of course, and Herda's homemade paints are more volatile than the manufactured sort. That violates one important principle of art: that it's meant to last. But for Herda that's sort of the point.

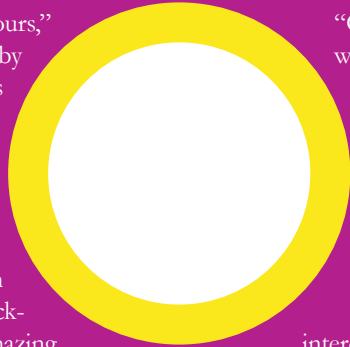
"One of the ideas I was trying to explore when I started the project was to find out what it would be like if I made a painting that didn't last forever," he says. "So it's more about the idea and the process of trying to find out something new."

As it turns out, the patchwork paint holds up quite well. The colour may change a bit over time, but that's about it. And the change is what Herda says he's interested in.

"It's pretty crazy. You can get a whole range of colours from just playing with the chemical composition rather than traditionally mixing the paints together," he says.

So maybe it's not magic after all.

In centuries past, scholars attempted to turn base metals into gold. Herda's doing something similar. His materials might be different, but he is following the same dream of producing something valuable. It's artistic alchemy. 



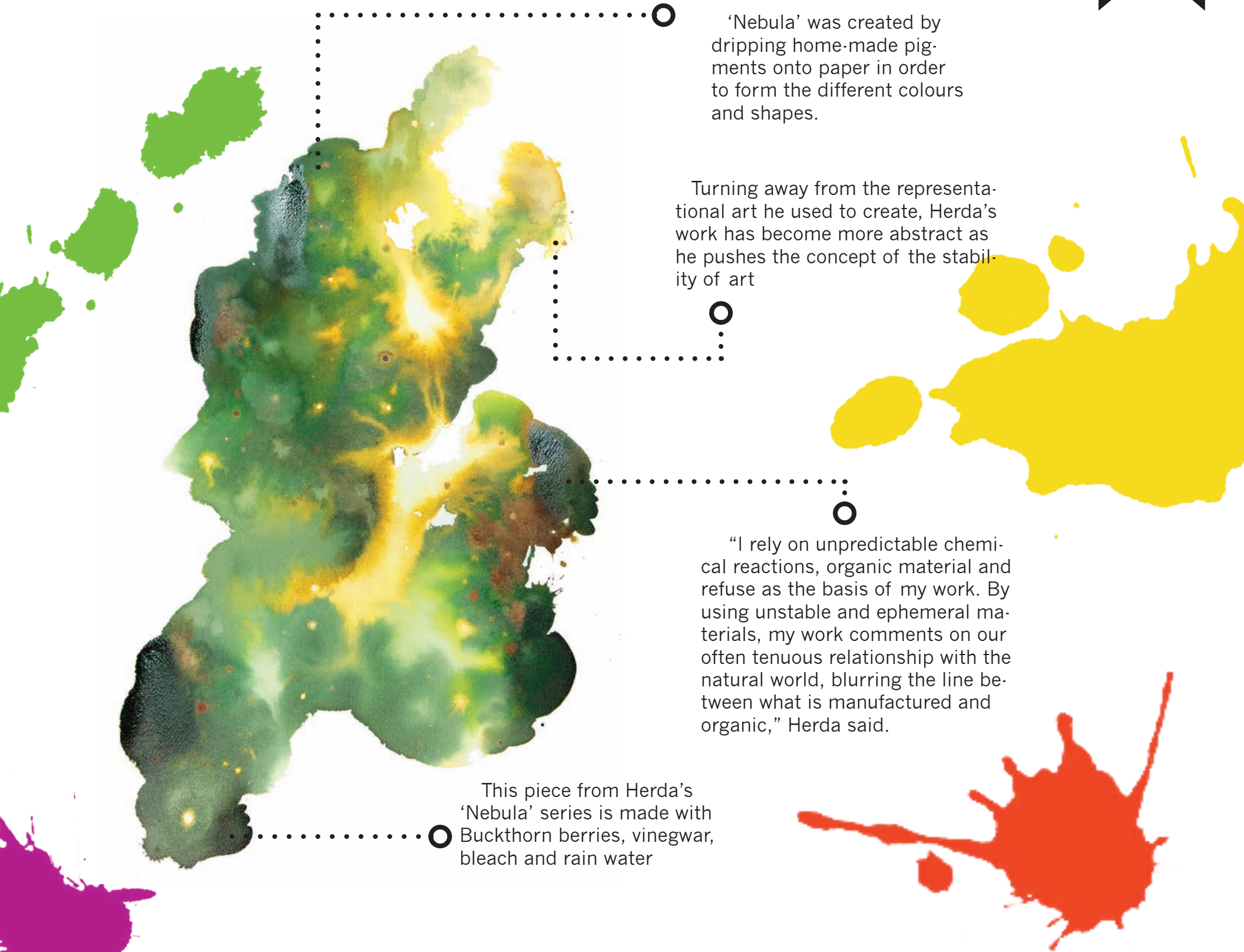
"I thought to myself, 'How far can I take this?' After that I kind of fell in love with finding different ways of making colours and paints."



To see more of Stefan Herda's work visit [artfromconcentrate.com](http://artfromconcentrate.com) or [stefanherda.com](http://stefanherda.com)

Aldis Brennan // Scarborough Observer





'Nebula' was created by dripping home-made pigments onto paper in order to form the different colours and shapes.












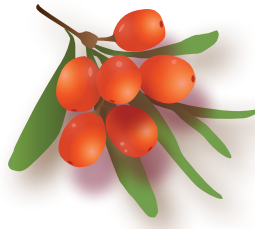



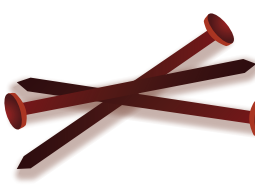

Turning away from the representational art he used to create, Herda's work has become more abstract as he pushes the concept of the stability of art

"I rely on unpredictable chemical reactions, organic material and refuse as the basis of my work. By using unstable and ephemeral materials, my work comments on our often tenuous relationship with the natural world, blurring the line between what is manufactured and organic," Herda said.

This piece from Herda's 'Nebula' series is made with Buckthorn berries, vinegar, bleach and rain water

## A pigment making how-to guide

Herda first makes a base colour and then adds different chemicals to produce a new colour. Here are some examples:

	+		=			=			
Buckthorn Berries		Vinegar			Buckthorn Berries				
	+		=			+		=	
Lemon Juice		Buckthorn Berries			Alum		Buckthorn Berries		
	+		=			+		=	
Buckthorn Berries		Bleach			Black Walnut		Rusty Nails		



# Kooky prices

## Outlet sells treats at sweet rates

Six cookies for the cost of one attracts customers

Dylan C. Robertson  
drobertson@torontoobserver.ca

Venture northwest of the Scarborough Town Centre and it is easy to start smelling something sweet in the air.

It starts with a whiff passing the chain restaurants along Progress Avenue. It gets stronger as the inconspicuous industrial outlets west of Brimley Road get closer.

Nestled among the industrial grey is a sign with two red logos: Kraft and Dad's Cookies.

The Dad's Cookies Outlet Store sits adjacent to a cookie factory, which has been in operation since 1966. During normal business hours, the public can get Kraft cookies and crackers at kooky prices.



\$0.04



\$0.23



\$0.26



\$0.13

A box of 30 Oreo cookies retails at a Scarborough Sobeyes for \$4, but can be bought for \$2 at a cookie factory.

A box of 20 Dad's chocolate-chip-oatmeal cookies retails for \$4.50. But \$2 gets you a bag of 50 at the factory.

"[The store] provides neighbours and people from around the city access to delicious treats, with brand names they know and love," Kraft Canada spokesperson Stephanie Minna Cass said.

On an October day, candy cane-flavoured Oreo cookies are selling for \$2 a package. Ritz crackers go for the same price, while a sleeve of chocolate wafers retails for a buck.

"I come by to see what deals they have," said Jane Stevenson, a frequent customer who volunteers across the road at a Goodwill outlet. "It's great value."

Kraft runs the store to get rid of cookies it doesn't put on regular retail shelves: trial flavours, lopsided frosting and packages with printing errors. They also sell perfectly fine Dad's cookies in bulk.

"You can't find a better deal than this," said John Fitzgerald, clenching a beanbag chair-sized sack of his favourite cookies: oatmeal-chocolate chip. The hefty bag costs \$10.

You can come hungry, but don't bring a camera. A security guard escorted this *Observer* reporter off the premises, asking him to delete photos taken in the parking lot. Sometimes that's how the cookie crumbles. **50**

# Counting calories this Halloween

Maybe go for an apple? How trick-or-treating can make you frighteningly fat

Leigh Cavanaugh  
lcavanaugh@torontoobserver.ca

It's only one. No, two. Three? It may escape the mind when chomping on those bite-sized Halloween treats, but small morsels add up and can pack on the pounds.

Almost every Scarborough grocery store now has shelves stocked with candy boxes and specialty stores come loaded with festive goodies. Just remember not to get carried away. This spooky holiday can affect your body and wallet.

### Health facts:

- The average person should have 85–100 grams of fat per day.
- An average low activity male age 19–30 should have 2,700 calories per day.
- An average low activity female age 19–30 should have 2,100 calories per day.
- The average person should have a maximum of 40 grams of sugar per day.

### Know how much you're eating:

Boxes of Halloween treats can be bought at corner stores, Wall-Mart or Shoppers Drug Mart around Scarborough and mostly for under \$10.

Maynards box of 50 Swedish Berries, Sour Patch Kids, Fruit Mania and Fuzzy Peach.

**Price:** \$7.99

Each pack has only 45 calories and 0 grams of fat.

But, each pack contains nine grams of sugar and each pack has about nine pieces.

One piece = 1 gram of sugar.

Five packs = 45 grams of sugar (that's five grams over the daily limit).

The Godiva Chocolate store in Scarborough also sells specialty treats like the Pumpkin Patch Truffle.

**Price:** \$13 (five pieces)

Each piece contains 105 calories.

Five piece = 30 grams of fat.

Five pieces = 40 grams of sugar.

Godiva Milk chocolate Mummy

**Price:** \$10 (one piece)

One piece = 440 calories.

One piece = 26 grams of fat.

One piece = 42 grams of sugar.



Nestle - 40 pieces of Aero, Kit-Kat, Coffee Crisp and Smarties.

**Price:** \$6.99

Coffee Crisp and Kit-Kat have 60 calories apiece, 3 grams of fat and 4 grams of sugar.

Smarties have 45 calories per pack and, 1.5 grams of fat and 7 grams of sugar.

Aero has 40 calories per piece, 2 grams of fat and 4 grams of sugar. **50**





# Otherworldly ART

Exhibit at UTSC gallery gives visitors some food for thought



Exhibits like this one, featuring food on disheveled tables, ask viewers to think of how they relate to food. It's part of *The Lion's Share*, which runs up to this weekend.

Lucy Qi // Scarborough Observer

**Lucy Qi**  
lqi@torontoobserver.ca

Hanging behind the display glass along the walls of the art gallery, quirky little carrots are glued on plates which lure in passersby. Beyond the white chalked in Welcome sign at the entrance of the exhibit, a carefully thought out piece of art comes alive with the help of kinetics and sound.

Knives move across fake hot dogs by themselves, pieces of wood stab through sausages on the wall, and milk bubbles angrily in a fish tank with milky white tongues glued next to half empty glasses. There's definitely a ghostly undertone rumbling under the otherwise ordinary setup of a restaurant.

Rita McKeough's *The Lion's Share* was on exhibit at the Doris McCarthy Gallery at the University of Toronto Scarborough campus

(UTSC) from Sept. 4 to Oct. 27.

In the exhibit, McKeough created a simulated restaurant and uses found and created objects to raise questions regarding what is accepted as food.

Erin Peck is the outreach coordinator at the gallery. She says the gallery chose to exhibit this piece because of how simply and effectively McKeough managed to express such an important yet often ignored topic.

"I don't think she's trying to tell you that eating animals is bad. It's just about why are we eating animals and what is that relationship like," Peck said. "It's about the decision-making process regarding what we eat and why we are sometimes anxious about the choices that we make."

Peck says that people should be more wary about what is going inside their bodies.

"I think it's important to at least think about these things and be aware of why am I eating what, because these kind of things are pretty critical to the way we function," Peck said.

Jessica Thalmann has worked for the (gallery)

for two years. She helped McKeough set up the exhibition one delicate eggshell at a time. She said the show has received a positive response.

"Since it opened, we've had over 1,300 people come visit and over eight pages of guest's comments. And that exceeds our previous record. It has definitely been great," Thalmann said.

She says the exhibition is like a "Looney Toon's restaurant gone crazy".

Victoria Sue, 17, is a first year journalism student at UTSC. She says that although the exhibit is about food, there was nothing appetizing about it.

"I read about it and it's like the carrots are seeing the chaos of the room and giving their opinions and the hen in the kitchen is like cackling away," Sue said. "I think she's gone mad that all of her eggs have hatched and are covering the walls. I find that disturbing."

Sraban Aziz, 24, is majoring in political science at UTSC. He said he thought the exhibit was different and he liked how it was presented in a way that's easy for him to understand.

*I think she's gone mad that all of her eggs have hatched and are covering the walls. I find that disturbing.*

- Victoria Sue



# It's the most important meal

But school breakfast programs don't work for many families

**Nathan Bailey**  
nbailey@torontoobserver.ca

Schools across the GTA serve breakfast to students to ensure they have the nutrients that they need to have a balanced diet.

Thorndiffe Park Public School in Scarborough participates in the breakfast program. Principal Kevin Battaglia says the breakfast program is great for students who need it, but not every family has time.

"Students who need access to (breakfast) food can get access to it and are more equipped to learn when these needs are met."

There are 1,925 students at Thorndiffe Park Public School and between 30 and 60 students participate in the breakfast program, which includes such foods as fruits and grains. Breakfast is served between 8 and 8:45 a.m., which can be a challenge for some families.

"Not all families have the organizational ability to get their child (to school) on time for breakfast due to busy schedules," Battaglia said.

Lera Thomas, 27, mother of an

eight-year-old boy, thinks the breakfast program is an option for busy mothers like herself. However, she also feels that it won't work for her son because she is not around to supervise him.

"When I'm out with my son I refuse to buy him McDonald's or any other fast foods, because I know that when he is with his friends or older cousins that's all he eats," Thomas said. "I know my child won't eat healthy unless I am around."

David Smith, trustee for Ward 19 (Scarborough Centre), says it is largely up to the community to contribute to breakfast programs to keep them successful.

"The government is reducing budgetary funds to schools, so obviously the funds have to come from the community. People that are interested, organizations, members will have to play a bigger role to ensure students get nutrition in the morning," Smith said. "We have cut down almost to zero with more natural juices than carbonated juices in elementary schools."

According to the Toronto District School Board (TDSB), city contributions have grown from \$1.3 million in 1998 to about \$3.8 million in 2012. The cost to feed a single child is \$1.04 for elementary students and \$1.59 for secondary school students.

TDSB research suggests students who eat breakfast have improved health, learning and behavior. Lack of food at home, rushed lifestyles and parental absence cause students to skip breakfast.

"We've made a constant effort to make it more cool to eat healthy in schools," said Smith.

Low-fat, low-sodium and highly nutritious foods can be provided economically, the Toronto Public Health research department has reported. Routinely eating breakfast improves weight control and 32 per cent of Toronto's children live in poverty.

FoodShare, a community organization, works in partnership with the TDSB and Toronto Public Health. The breakfast program is just one of 720 projects they par-

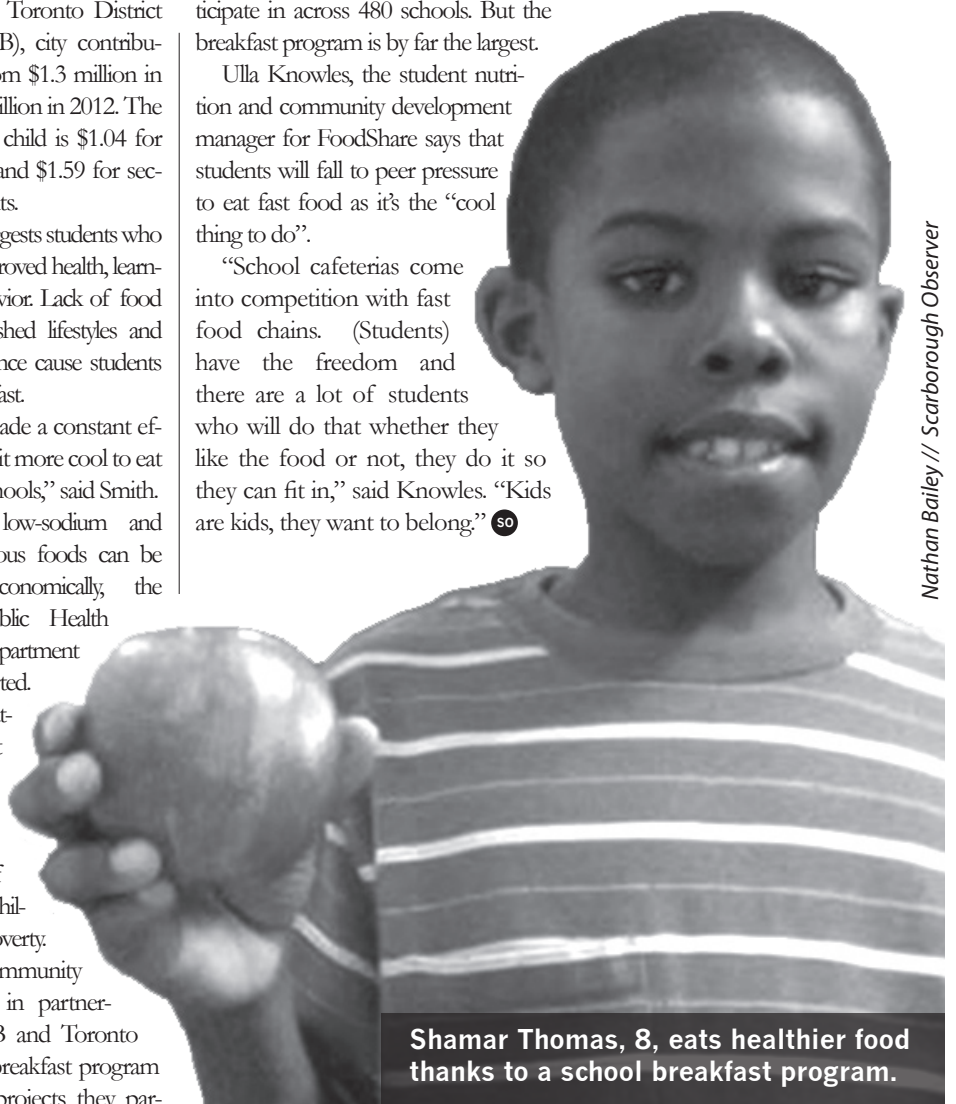
ticipate in across 480 schools. But the breakfast program is by far the largest.

Ulla Knowles, the student nutrition and community development manager for FoodShare says that students will fall to peer pressure to eat fast food as it's the "cool thing to do".

"School cafeterias come into competition with fast food chains. (Students) have the freedom and there are a lot of students who will do that whether they like the food or not, they do it so they can fit in," said Knowles. "Kids are kids, they want to belong."

*When I'm out with my son I refuse to buy him McDonald's... I know my child won't eat healthy unless I am around.*

- Lera Thomas



Nathan Bailey // Scarborough Observer

Shamar Thomas, 8, eats healthier food thanks to a school breakfast program.



# Poetry group RISES to the OCCASION

RISE Poetry and Arts offers words of inspiration to boost self-esteem in youth and a space to share stories

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Cold air brushes her face as she lies on the ground in a jacket and sweatpants — a homeless woman sitting alone on an otherwise lovely day.

The woman's face suddenly brightens, thanks to a sweet-smelling red rose offered by a passerby who gives her advice through a cheekily worded bit of poetry.

"You are bea-u-ti-ful. Be yourself to the fullest," Randell Adjei says to the woman as he hands her the rose.

She is also provided with food and hot drink to lift her spirits and make her feel welcome on this Thanksgiving Day.

Adjei, 21, is co-founder of RISE Poetry and Arts, a group organized to bless people with words of inspiration, as well as work to unify communities.

On Oct. 8, Adjei led his RISE groupmates along Yonge Street as they passed out sandwiches, juice and clothes, among several other items, to those in need. RISE Poetry members interacted with the homeless as their drum beating and singing drew smiles and

nods from those they passed.

Adjei says the main purpose of the group's work is to encourage people to believe that a better tomorrow exists.

"Po-e-try is more like pour-a-tree," he says. "We have a seed and the seed grows. It puts life into someone so that they can grow."

RISE Poetry is a six-month-old Scarborough-based poetry group formed by Adjei and fellow poet, Lance Bucknor, creating an outlet for young people to share their stories through different art forms. Additionally, it hosts the weekly RISE Mondays series at the Scarborough Youth Resource Centre, inside Scarborough Town Centre, featuring open-mic sessions as well as educational workshops that teach aspiring poets how to read and write.

With its acronym meaning Reaching Intelligent Souls Everywhere, the group was founded with an intention to provide a safe haven for young people to visit and learn new things, Adjei says.

"RISE Poetry pretty much started when I was seeing a lot of negativity happening in the community," Adjei said.

"I always wanted a positive space to be a part of, somewhere I could come in and entertain and educate at the same time."

Adjei says he chose the name Reaching Intelligent Souls Everywhere because it is inclusive.

"Everybody is intelligent," he says. "It's getting up every single day and being able to

move forward and just progress, helping others, helping your brothers and sisters to rise."

Adjei, who has written poetry since the age of 16, teaches how to use different parts of speech to constructing different types of poems like haikus and limericks. However, Adjei's goal has always been to use poetry as a way to encourage high self-esteem through art.

"I just feel that poetry is more than poetry, it's more than just words," Adjei says. "It's more about teaching everybody to stand up and be better public speakers, and be able to live different styles of poetry...being able to express yourself in a different way."

With over 90 members, RISE Poetry has ignited change within everyone associated the cause, Adjei says.

One such member is Alivia Comrie, a senior kindergarten teacher who has been with RISE since Day 1.

Graphic: Leigh Cavanaugh // Scarborough Observer

Excerpt from  
*The Sky has no Limits*  
By Randell Adjei

The sky has no limits; society is infringed with Rich Politicians with visions of keeping the poor imprisoned & the Rich Innocent.

Innocent Rich the & imprisoned poor the keeping of visions with Politicians Rich with infringed is society, limits no has sky the. Yes, it's a backwards society!

I've come to Realize the place you'll find the most amount of Dead Dreams is buried in a cemetery buried beneath broke bones basking beyond broken thrones, you are a KINGs & Queens so own you KINGdome.

See, Death doesn't care where you're from or tombstone Life only cares about the dash in between, so if it means giving up your own dreams to plant fruitful seeds,

then by all means by all means necessary.

Cemeteries are filled with Dreams killed, so until you reach! Be meek till your mill

you cannot diagnose this disease with pills.

Life is not a Grocery store; No-frills

I only worship one God, No mill

So Love your neighbor like you love yourself,

love together like the holes in your belt

See theirs an elephant in the room & it's your dream,

lace it, embrace, faith it & if it doesn't work out, replace it

BUT be patient—Be patient.

The sky has no limits society is infringed with Rich Politicians with visions of keeping the poor imprisoned & the Rich Innocent.

According to Comrie, she is not only changed personally from her experiences with the group but has also seen bonds formed through the thought-provoking messages offered by those who perform at their events.

"The common word that I hear often at RISE is 'inspiring.' People would just go off their heads and start expressing themselves. I know that people's lives are being changed. I know that it's changed people for the better because I've changed," she says. "I think poetry is in everybody and the reason people like it so much is that we all have feelings. That's all we're doing: expressing our feelings."

Another member of RISE, Anthony Gebrehiwot, says he has learned how to love others in a program that brings people together. He believes the Scarborough area is most in need of such an outlet.

"We have a certain reputation in terms of violence," Gebrehiwot says. "I think Scarborough needs it the most because it unifies, not glorifies. I think when you have poetry around you, there will be less violence."

Adjei points to the night of the shooting on Danzig Street this past July.

"We had a poetry session on the night of the Danzig shooting. There's about 10-15 people who, if they were not at RISE, they would have been at that barbeque," Adjei says. "I don't want to take the place of God and say that maybe they would have been shot themselves but they would have been around violence. After that night, I believe we're providing a safe space for people to learn and grow."

For Adjei, the essence of RISE Poetry lies within making people feel loved.

"It's about building the world within yourself and building yourself within the world," he says. "We do all that just to reach out to people." 50

Po-e-try  
is more like  
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We have a  
seed and the  
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—Randell Adjei

RISE Poetry and Arts participants like Dynesti Williams put their heart and soul into their artistic expression.



● Opinion

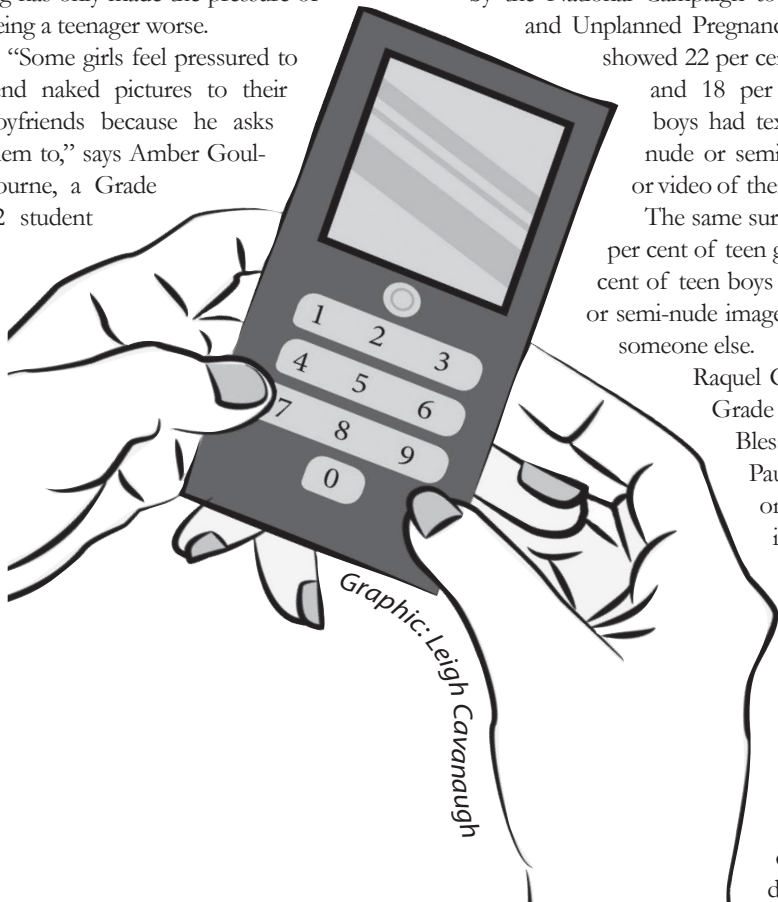
# Sexting risky for teens

Teenage fun can result in adult consequences

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The latest titillating teen trend seems to be sexting: sending explicit messages or sexual pictures via cellphone. According to some teens, this new form of flirting has only made the pressure of being a teenager worse.

"Some girls feel pressured to send naked pictures to their boyfriends because he asks them to," says Amber Goulbourne, a Grade 12 student



at Blessed Mother Teresa Catholic Secondary School in Scarborough.

"If they don't do it, they might lose their boyfriend and if they do to it, the entire basketball team might have it as their screensaver the next day," she says.

An online survey of 653 teens aged 13–19 by the National Campaign to Prevent Teen and Unplanned Pregnancy (NCPUP), showed 22 per cent of teen girls and 18 per cent of teen boys had texted or posted nude or semi-nude pictures or video of themselves online. The same survey showed 25 per cent of teen girls and 33 per cent of teen boys had seen nude or semi-nude images intended for someone else.

Raquel Grace-Moses, a Grade 12 student at Blessed Pope John Paul Catholic Secondary School in Scarborough, says several of her friends have had bad experiences with sexting.

"Sexting seems like the cool thing to do now," she

says. "Some people do it because they feel pressure, some to be rebellious, some have low self-esteem and some want the wrong attention. Whatever the reason, it always comes back to bite them in the butt."

If sexting is the new, cool thing amongst teens, who made it cool?

Over the past few years, it seems popular culture has been promoting the idea. After Paris Hilton's sex tape was leaked in 2004, several celebrities' sex videos and nude photos were accidentally also leaked. The long list of celebrities with explicit images or footage include Kim Kardashian, Vanessa Hudgens, Snooki, Rihanna, Ashley Green, Scarlett Johansson, Chris Brown and Prince Harry.

The idea of privacy has changed. For some celebrities, it seems the best way to get attention is to flaunt their bodies.

In Hollywood, having a sex tape or revealing photos out in public can lead to fame and fortune — we can refer to this as the Kim Kardashian Effect — but in the teenage world, leaking a naked photo or video can have serious repercussions.

Faith Imidi, a Scarborough resident, has witnessed the aftermath of teen sexting. She says after her 17-year-old daughter sent nude pictures to her boyfriend, her life was turned upside down.

"People in school saw it and she lost a lot of her friends. People called her names and bullied her constantly, so I was forced to pull her



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out," Imidi says.

"I am her mother and I wanted to protect my daughter, but I couldn't. The pictures were out there — out of my power and everyone's power and there was nothing we could do about it."

Imidi says her daughter's now ex-boyfriend denied sending the pictures and there was no proof to show he did, so he faced no punishment at school or with the authorities.

Although distributing nude pictures of a minor is an offence in Canada, no teenager in Canada has ever been convicted of distributing child pornography.

In the U.S., charges ranging from obscenity to distribution of child pornography have been laid against minors accused of sexting.

"Yes, my daughter made a mistake, but when she sent that picture she did so because she cared about her boyfriend. What her boyfriend did was cruel and he just went free," Imidi says.

Imidi says that because the idea of sex is constantly changing and many factors influence its perception, school sex education classes should take on the new topics.

"The best way to handle this is to talk to teenagers — at home and at school and make them understand the negative aspects of sexting," Imidi says. "Once you press that button, you lose all control and it's not fun or cool to be bullied, disrespected or embarrassed because you chose to make something so private, public." **SO**

## Music competition an opportunity for growth

Scholarships up for grabs at Kiwanis contest

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There's something about the intensity of competition that sparks growth in young musicians, Aster Lai says.

It's something she says she's seen with her own students.

"All kids, if you give them an aim, they will work harder," says Lai, a professional pianist who's studied at the University of Toronto. "It's always good if they can have competition [because] then they will improve faster, they will practice more seriously."

Lai, who teaches students at her own music school — Aster's Music House — has had pupils enter and win scholarships in the annual Kiwanis Music Festival of Greater Toronto. The 2013 festival is set to run Feb. 19 to March 2, and

is being supported by the Kiwanis Club of Scarborough, along with other organizations.

"It's an amateur competition for youth across the GTA in music and stage art," assistant festival co-ordinator Meghan Proudfoot says. "It is for instrumentalists and singers, but there are also choirs and orchestras."



We have brass, woodwind, piano, voice, percussion, strings, music theatre, guitar, non-western instruments, as well as jazz."

The young musicians and performers in the festival compete against each other for scholarships to continue with their musical education.

"Our scholarship program [includes] the prizes that are awarded to our competitors based on recommendation from the adjudicators," Proudfoot says.

Though winning is the goal for her students, just competing in the festival is a prize in itself, Lai says.

"They will have to adjust themselves or the teacher has to do something to encourage them if they lost. They learn the right discipline."

"We give students missions on how to develop: see how other people play and see what kind of standard [is set]. Maybe at home you play very good but when you go out, it is something different. So they have to learn so many things."

The deadline to apply for the Kiwanis Music Festival is Nov. 15. **SO**

A UTSC student tries his hand at selling apples despite rainy weather at a recent farmer's market.



Jabbari Weekes // Scarborough Observer

## Apple crop down

Rough harvest hurts local farmers to the core

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Feeling the effects of a dry harvest, vendors at the University of Toronto Scarborough's Farmers' Market are dealing with the problem of having fewer apples to sell to consumers.

"It's been bad, really bad. The McIntosh for example: We usually pick 300 to 350 bins a year. We only picked five this year," said Pratheep Tharavjnah, a Scarborough orchard farmer.

After unusually warm weather in the spring, many of the apple buds started blooming early. Followed by a brutal frost at the tail end of April, the buds were killed by the odd climate and the few that were left yielded only a handful of apples.

In Ontario, about 300 million pounds of apples are harvested annually, according to the province.

But with more than half of that total gone this year, many farmers are concerned.

According to the head of Farmers' Markets Ontario, Robert Troian, apple crops have gone down 80 to 90 per cent from last year, and fruits like peaches and cherries were also affected.

"It's been a hard year," Troian said. Tharavjnah, whose farm suffered the drought, has had to raise prices of apples by a dollar from the usual \$2 a bushel.

"Prices have gone up just to break even, and we have zero apples like the Empire so, variety is something we won't have much of," Tharavjnah said. **SO**





# Taking healthy steps

## Run raises money for Herbie Fund

**Evan de Souza**

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Even the rain couldn't stop people from attending Herbie Fund's second annual Walk for the Children at the Toronto Zoo on Oct. 14.

The day consisted of a walk around the zoo, ending with a barbecue featuring face-painting, a bouncy castle, and live entertainment.

"It's such a beautiful family event," said Vicky Milner, events associate and SickKids' representative for Herbie Fund.

Proceeds raised from the walk benefit the Herbie Fund. The organization raises money for children from countries where the medical care they need might not be available.

They pay for the children's surgery at the Hospital for Sick Children (SickKids). The fund has helped over 684 children from 102 countries.

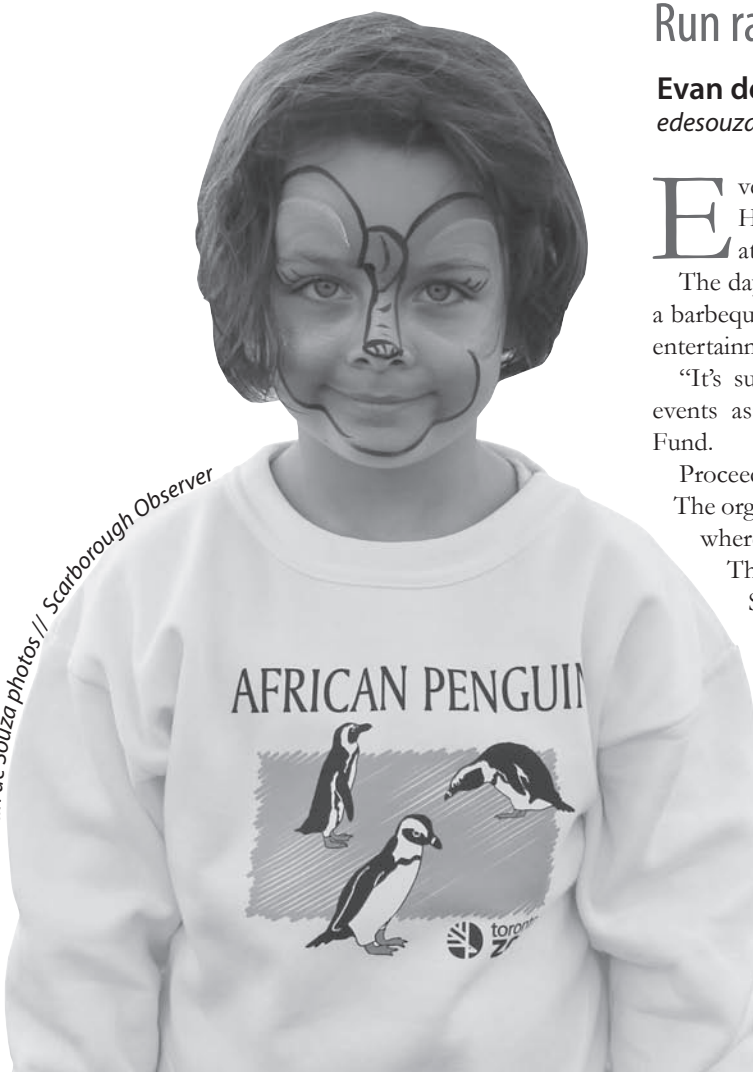
"We want to raise awareness about what Herbie Fund does while teaching kids to be giving and kind and philanthropic, and as well raise money and help more kids around the world," Milner said. 50

**Abby Hill, 6, shows off her painted face.**

**McKenna Petersen, 5, is delighted to hold a ferret, which was on display for children and parents to pet.**



Events associate and SickKids representative for Herbie Fund, Vicky Milner, smiles and says that planning the walk was a lot of work. She worked closely with the events coordinators and says all the hard work paid off.



*Evan de Souza photos // Scarborough Observer*



Jonah (front), Liam, Jayden, Dave (back) and Lisa Toews and their friend Mara Hill (middle) are standing outside the white lions exhibit. This is the second year Hill has participated in the walk, which she supports as a way to remember her deceased son who was treated at SickKids.





# 'DudeBros' dodge

## Team leads way through sports misconception

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In movies such as *Dodge-Ball: A True Underdog Story* and *Bad Teacher*, dodgeball is depicted as the sport of choice for bullies to torment their peers. But now members of one Toronto team say they're aiming for quite the opposite.

They call themselves the "DudeBros" and no, it is not an all-male team. The group actually consists of 10 males and females in their early 20s.

A small company, owned and operated by 26-year-old David Heimlich, called the Nation Leagues, has put together co-ed dodgeball teams. The teams compete Thursday evenings at Cardinal Carter Academy for the Arts during the fall season.

"I created it in October 2007, starting with only ball hockey and brought in dodge ball as one of the games to play in 2010," Heimlich said. "It was a simple, easy sport to organize and play as well as it being one of those out of the ordinary games in comparison to the usually played basketball and baseball."

Even though the dodgeball games are played with soft, foam-like balls, players on each team are required to sign a consent form stating their acknowledgement of the risks involved. Players must be over the age of 18 and must also comply with all rules stated in their instructional class the first day; one of the major rules being "no intentionally hitting players in the head."

"The people with the poor attitude and sportsmanship are usually the bullies and it happens from time to time when an individual on either team is mad in general," Heimlich said. "When they choose to get upset and curse at another player or

fail to follow the rules, they are ejected from the game and sometimes are not even welcomed back depending on their behaviour."

Torie Jones, 23, is one of the three females on DudeBros and is new to the dodgeball scene. She finds that male players are more competitive than the females, which has sometimes led to less "civil" games in the past.

"There's strategy to the game which might seem like someone is purposely targeting you, but then there is always the cheating aspect," Jones said. "The ref says when you're out you have to walk off to the sidelines, but no one's natural instinct is to walk out, creating uproar when passionate players start fighting over the score and calling people out for misplays."

Another member of the Nation Leagues and Scarborough resident, Aubrey Au, 26, says travelling to North York for the games wasn't an issue when her team of 10 friends found a discounted package online to join the Nation Leagues together.

"Regardless of the location I would've joined," Au said. "We wanted to join because not only is it a unique sport but it is a good reason to get us all together once a week."

Au plays on a team of all Scarborough residents and they call themselves the n00bz. Au considers the DudeBros to be one of the more competitive teams.

"The teams that play on Thursday's are supposed to be relatively new but the DudeBros seem experienced, have strategy and know how to throw the ball super hard which is kind of scary," Au said. "But I still don't view dodgeball as aggressive."

Jones shared some tips and said it would be

wise to "shake it off" during rough play and to also encourage positive banter between teams especially when certain players are doing well.

Some tips from Jones were not only to "shake it off" but to also encourage positive banter between teams especially when certain players are doing well.

"To handle a bully during a dodgeball game is like any other sport — you have to stay calm and not allow the situation to escalate," Jones said. "There is nothing worse than having to stop a game because everyone's yelling at each other."

The games, which usually last from three to five minutes, are played for an hour inside the school's gymnasium.

Ultimately players agreed bullying was a social issue that happens in every sport.

"Bullying is everywhere and in hockey you check someone, in baseball you throw the ball when he's at bat and in football you tackle him when you shouldn't, so it's not so much dodgeball-related as it is individuals having their own anger issues," Heimlich said. "If you're a jerk, you're a jerk." <sup>SO</sup>

*To handle a bully during a dodgeball game...you have to stay calm and not allow the situation to escalate.*

- David Heimlich

One member of the team DudeBros, left, looks on before a deluge of bouncing rubber balls. Dodge ball combines fierce competition with a need for civility and sportsmanship, players say.

# Sports takes more than sacrifice of body

## Scarborough-raised NFLer talks about passion, drive

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Sacrifice is a word commonly tossed around in the world of professional sports.

Athletes can sacrifice their bodies to make a play. It's safe to say that sacrifice is something that most professional athletes know well.

But few can say they recognize sacrifice the way that Denver Bronco's offensive lineman Orlando Franklin does. While the right tackle currently spends his days protecting legendary quarterback Peyton Manning, his path to the NFL was definitely not an easy one.

"At 14 years old I was arrested on some serious charges," Franklin said. "I thought it was over. I didn't think I was going to be able to go to high school after that. But through the grace of God I was able to get focused."

Franklin, a Jamaican born immigrant who grew up in Scarborough, had multiple arrests during his early teens, prompting his mother to take drastic actions.

"One day my mom sat me down and asked me what I really wanted to do in life. I told my mom I wanted to play football," Franklin recalls. "She made me write this note; I'll never forget, it was like a page letter. She made me write it down, saying that if she helped me to get to Florida to play football, that I would do everything in my power to make sure that I make it to college."

When Franklin was 16 years old, his mother moved him to the sunshine state.

"My mom and me, we write this plan up. She ups and quits her job, she moves to Florida for me," Franklin said. "So I get to Florida and it's like "okay, my mom made all these sacrifices for me, I can't let her down."

It was not a simple transition into US schools as some of Franklin's credits from his Toronto high school didn't transfer to his new US school, meaning he would have to retake some courses.

Franklin made good on his promise to his mother, seeking a school guidance counselor to help him. He credits this counselor with giving him the extra push he needed to get into college.

"Whatever I wanted in life was possible as long as I was willing to make sacrifices for them," Franklin said of his counselor.

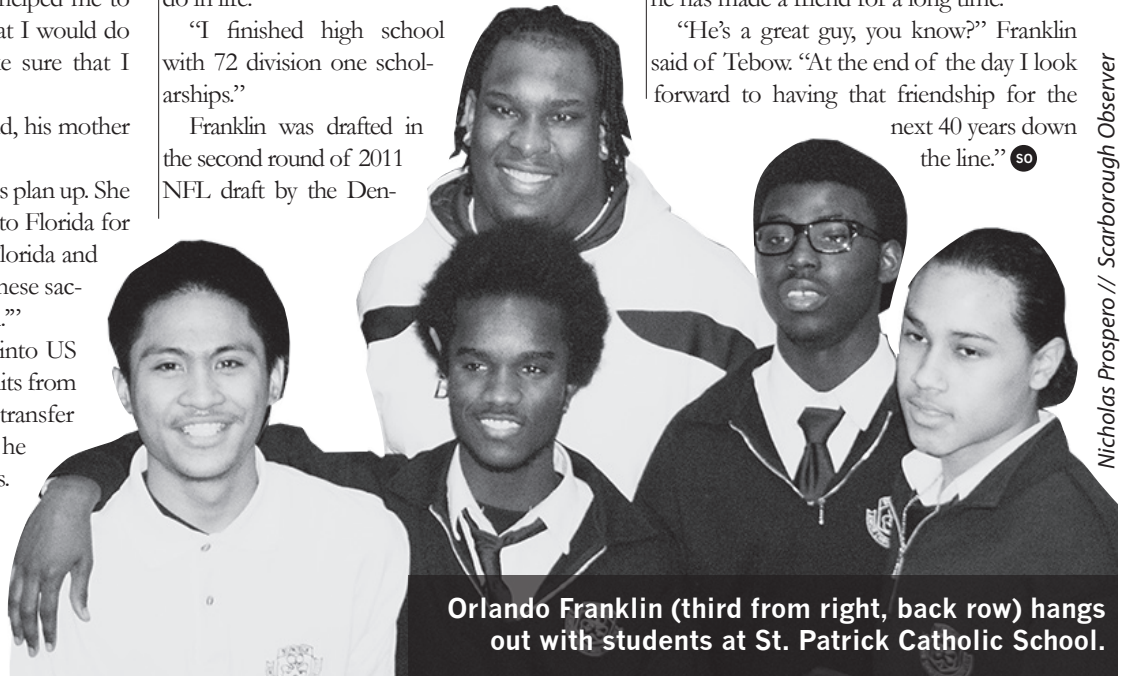
"Through making sacrifices, always believing that I can and always knowing what I wanted to do in life.

"I finished high school with 72 division one scholarships."

Franklin was drafted in the second round of 2011 NFL draft by the Den-

ver Broncos. He started every regular season and post season game the Broncos played that year. There was some extra attention spent on Denver with the sudden popularity of now departed quarterback Tim Tebow. Franklin feels he has made a friend for a long time.

"He's a great guy, you know?" Franklin said of Tebow. "At the end of the day I look forward to having that friendship for the next 40 years down the line." <sup>SO</sup>

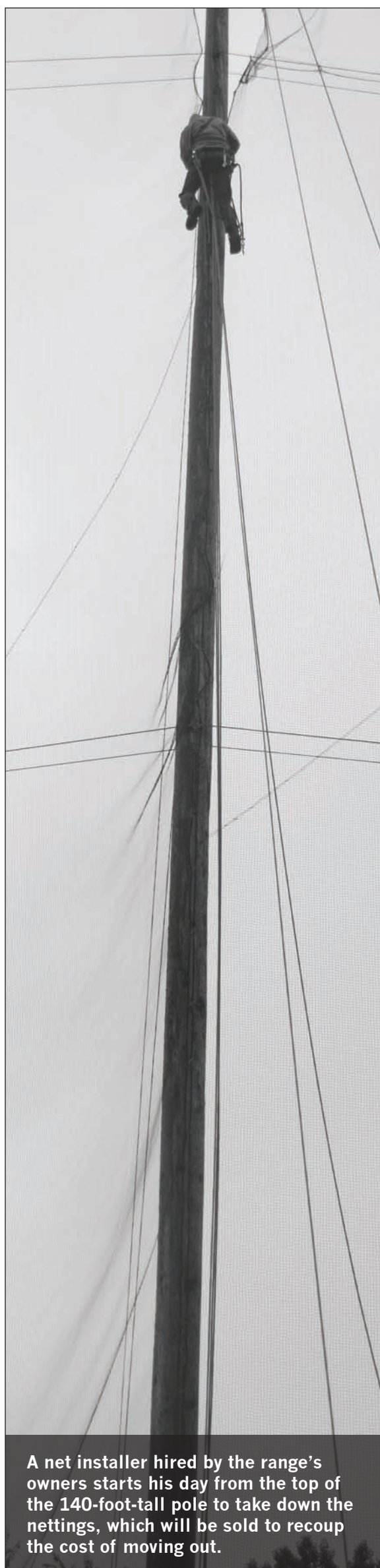


Orlando Franklin (third from right, back row) hangs out with students at St. Patrick Catholic School.

Nicholas Prospero // Scarborough Observer



# Duffers mourn loss of Scarborough golf range



A net installer hired by the range's owners starts his day from the top of the 140-foot-tall pole to take down the nettings, which will be sold to recoup the cost of moving out.

Sunnie Huang// Scarborough Observer

Land to be transferred to city's real estate arm for redevelopment after lease ends on Oct. 31

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Every year in November, for the past 14 years, Kim Holman and her husband Brian Jacobson have hired the same net installers from British Columbia to take down the 36 panels of golf netting surrounding Beach Fairway Golf Range, as it prepares for winter.

Every spring, the workers come back to re-install the netting in an equally lengthy process called uncurtaining. Because of the sheer size of the nettings, which are 40-foot wide and range from 40 to 120 feet in height, the task can take days if weather permits.

This year, the workers arrived a few weeks early. And they were told it would be their last time.

The driving range, a community landmark at Victoria Park Avenue just south of Danforth Avenue, closed its curtains on Oct. 8, as its lease with the City of Toronto is set to expire at the end of month. The land it sits on — part of a 17-acre parcel of old quarry land — will be transferred to Build Toronto, the city's arms-length real estate development corporation, for environmental assessment and redevelopment.

According to Build Toronto's plan, unveiled during a community meeting on Oct. 3, the land surrounding the driving range will be replaced by low-rise residential area, retail space and parking. "Part of us is devastated about the loss of the driving range and not being able to open up another one for all our wonderful customers," Holmes said. "But it provides an opportunity for us to spend more time together as a family and that's what we are going to focus on."

The driving range's last business day coincided with Thanksgiving Monday. The staff hosted a charity event where free food was served with free golf tips. Money raised through mini golf and bucket sales would be donated to Variety Village, a Scarborough charity dedicated to children with disabilities.

Lynda Elmy, director of communications of Variety Village, said the



Kim Holman, co-owner of Beach Fairway Golf Range, travels between the pro shop and the range with her cart as she prepares for the month-end closure of her business.

Sunnie Huang// Scarborough Observer

charity has a long history with Holman's business. Thanks to the golf range's accessible field, children with special needs can enjoy the scenic 18-hole mini golf, which meanders through a gazebo and a waterfall.

"I'm really sad to see them go because there is not another facility like theirs in the area," she said, adding the charity will have to go to Markham and the Port Lands to find alternative venues for their young golf enthusiasts.

While Holman and her team have raised \$2,100 for Variety Village, she is still trying to recoup the expense of moving out by selling most of the golf equipment and range fixtures.

Brad Johnston, a construction worker from Port Perry, heard about the sale through a friend. He stopped by the driving range during his break to pick up a small panel of netting and two driving mats for \$200.

"It's a good deal," Johnston said, as he loaded the green mats, still wet from the pouring rain earlier in the morning, to the back-seat of his car. The new golfer said he plans to set up a small driving range in his sizable backyard with the netting. 50

## Beach Fairway by the numbers:

- **\$105,539:** revenue generated by the City of Toronto in 2009 for the golf range's lease renewal
- **60,000:** the number of visitors in 2011
- **\$9,000:** the price of a 120-foot-tall pole purchased by the owners
- **7,000:** the number of signatures in a petition asking Mayor Rob Ford to keep the golf range open
- **5,700:** the number of children who played at the mini golf range in 2011
- **2,500:** the number of senior visitors in 2011
- **85:** the number of summer students employed by the range since it began
- **\$5.5:** mini golf price for kids aged 12 and under
- **3.2:** the size of the range in hectares
- **2:** Beach Fairway is one of the two golf ranges in Toronto south of Highway 401



# A moment of golden glory



Scarborough's Abdi Dini has soared through challenges and adversity to become one of Canada's most inspiring athletes.



Photo credit // Wheelchair Basketball Canada

## 2012 paralympic athlete recalls basketball gold win

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A bullet fired from a gun in Somalia cracked through the air and ricocheted into Abdi Dini's back. It pierced his spinal cord between his shoulder blades, leaving him paralyzed from the waist down. Dini described it as being in the wrong place at the wrong time.

Two decades later, the 31-year-old Scarborough resident is a 2012 Paralympic gold medalist with Canada's wheelchair basketball team.

"He is one of our mainstay players," national squad coach Jerry Tonello says. "He exudes a quiet confidence some athletes have. ... He gets the job done."

"He doesn't talk a lot but he knows what needs to be done."

Dini played in all eight wheelchair basketball games at the 2012 Paralympic Games in London, clocking over 30 minutes each game.

Whenever one of his teammates was double teamed, Dini would find a way to get open, receive the pass and make a shot — usually a crucial one.

In the defensive end, he was the player to hustle and make decisive plays that don't always show up on the stat sheet.

"It's good that he gets the recognition," Tonello says.

Canada went 8-0 in the competition on the way to the gold.

"It was probably the deepest competition ever," Dini says. "Any given day, any given game, there could be an upset."

"We peaked at the right time as a team. The coaching staff did a great job ... prepar-

ing us for every game we played and actually putting in all the hard work we did."

Dini moved to Canada two years after being shot. While attending high school, a teacher suggested he try wheelchair basketball. He did, playing the sport but only casually.

Eventually Dini couldn't deny his talent, which led him to several junior and national championships.

In 2008 he reached the pinnacle of the sport, breaking onto the Canadian national team and helping it win silver at the Paralympic Games in Beijing.

"It was awesome," Dini says. "[With] most of my teammates then, it was their third or fourth Paralympics. It was good having them on the team and they kind of shared their best experiences."

Now with two Paralympics and two medals to his name, Dini is one of those veterans with experiences to share.

"We were blessed to have a good basketball program in Canada and we are considered one of the top programs in the world," he says. "To actually medal again was awesome, and for it to be a gold medal is an unbelievable feeling."

"It's something you'll always remember." **SO**



Jabbari Weekes // Scarborough Observer

## Jabbari Weekes

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It's been 40 years in the making. Construction of the Pan Am and Parapan aquatic centre at UTSC is underway, and is expected to be ready before the start of Toronto's 2015 Pan/Parapan American Games.

Though contractors and trades have been busy building the aquatic centre since July, the facility's seed was planted in the mid 70s, UTSC chief administrative officer Andrew Arifuzzaman says.

"It actually started in 1976, when Cindy Nicholas, a student at the

campus and world-famous long-distance swimmer, started a movement to bring an Olympic-sized pool to Scarborough," he said.

The school and the Pan Am committee are overseeing the bustling worksite that will house the large swimming arena.

"Around November they will start pouring in the floor, and that's when the building starts to come out of the ground," Pan Am chief executive officer Ian Troop said.

The new facility will be home to two 10-lane, 50-metre pools, a gym big enough to hold four basketball courts, gymnasium space for training, and seating for 6,000 people.

*Around November they will start pouring in the floor, and that's when the building starts to come out of the ground.*

- Ian Troop

"This whole thing is a partnership," Troop said. "U of T Scarborough is just an integral part of the planning team working at its best."

The school was in negotiations with city council for several years before it was finally approached to build a joint sports facility for Pan Am in 2008, Arifuzzaman said.

There are some who aren't particularly excited about the new centre.

"It just seems like it will be a hassle getting around school when the games are here with all the people coming," UTSC student Uwestina Yousif said.

It's a potential problem the Pan Am committee is working to minimize, Arifuzzaman said.

"We've taken every step to ensure ample student parking and specialty transportation for students," he said. "That being said, there is likely to be some traffic congestion."

The Aquatic centre should be finished by 2014 and will hold test events, including local swimming events, so officials can become accustomed to the venue, Troop said.

"It's our student athletic centre," Arifuzzaman said. "This is where Scarborough students will be able to indulge in recreational activities. We wanted to make sure all of those things were captured while being one of the premier sports facilities in North America." **SO**





Photo courtesy // Fraser Aird

Fraser Aird was surprised when he got the call to play for the Glasgow Rangers. He had known the team his entire life. "I was over the moon," he said.

# Having a ball

Scarborough teen follows his soccer dreams to Glasgow

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There is a supporters club in Toronto that gathers every time a Glasgow Rangers game is on television. Every game since Fraser Aird was 3 years old, he and his father have been a part of that club. In fact, his father, Bill Aird, has been a part of the Ranger fan base since he was a child.

So when his son received the call to move to Glasgow and become a player on that team, the Aird family was ecstatic.

"It's basically a dream come true for the whole family," Bill said.

Fraser was signed to play for the Rangers just over a year ago, but as part of the youth and reserves team.

Nobody, not even his father, thought that he would have the chance to play for the first team. So when Fraser was called up to play on Sept. 23, Bill could barely believe it.

"We knew he had the talent but we never thought for one minute he'd be playing for the first team at 17 years old," he said.

"I think it's taking most people by surprise ... getting to that level so quickly."

His son was equally surprised. To be playing at such a young age for a team he had known his entire life.

"I couldn't believe it," Fraser said. "I was over the moon. It was the best feeling ever, playing for the club my dad and I supported."

The adoration that Fraser and his father share for the Rangers goes far beyond the team. It is the sport both father and son were raised on.

Fraser's father played professional soccer for half of a season in college when he lived in Glasgow until an injury ended his career.

"The team that beat Fraser a few weeks ago is the team I used to play for," he said. "How ironic."

The love for this team was not shared only one by father and son. It was also shared with the previous generation, Fraser's grandfather, who died a few years ago.

"His grandfather ... was Fraser's biggest fan," Bill said. "We went everywhere to watch Fraser play, no matter where. His grandfather would've loved to see Fraser play for the Rangers just once."

Having his son move some 30,000 km across the world was a challenge for Bill. He says it was worrisome at first, but like any good father, he stays very involved and talks with his son everyday.

"He's billeted out with a family in Scotland. It was quite unique, the father of the house is Canadian and the mother is Scottish — it was a good fit," he said.

"It's a bit more relaxing for me because they ... treat him like one of their own."

His son says the hardest part about the move was leaving his family behind.

"At the start it was hard," Fraser said. "They were sad, but at the same time excited for me."

Bill says that he is going to Scotland soon to see his son play soccer.

He doesn't know whether Fraser will have field time but Bill believes it is a great experience for his son.

"He's really following his dream," Bill said. "We're all very proud of him." <sup>50</sup>

*It's basically a dream come true for the whole family*

- Bill Aird

## Local bars lose from lockout

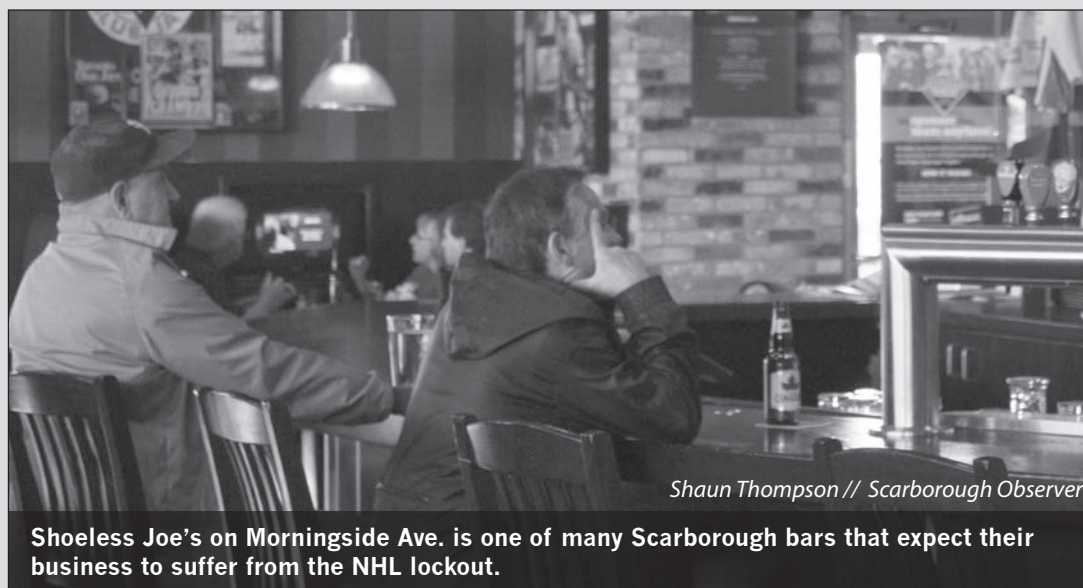
No hockey games means less draught

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The ongoing NHL lockout has left Toronto's Scarborough contingent of Leafs Nation with a bit more money in their wallets and local establishments with far fewer customers sitting at their bars.

The continued work stoppage in the league has led to the cancellation of the first several weeks of games, with the latest proposed start date being Nov. 2 at the time of writing. Bars that expect a boost in business when the season begins are already feeling the losses.

Steve Reddy, manager at the Tara Inn Pub on Kingston Road, says he is already feeling a decrease in business compared to previous years and fears it



Shaun Thompson // Scarborough Observer

Shoeless Joe's on Morningside Ave. is one of many Scarborough bars that expect their business to suffer from the NHL lockout.

will only get worse.

"We are really going to have to rely on our food sales this season, which is a shame and will be a challenge," Reddy says.

"We normally have a lot of guys come in to watch on game nights and for some drinks, but that is obviously not the case this year. All we can do is hope

the lockout doesn't last too long"

Since the Toronto Maple Leafs' season typically begins to fall apart towards the end of the season, it is now, at the usual beginning of the season, when local fans are still optimistic about the team and excited to go out and watch the games.

Joanne Pettigrew, manager of The Stone Cottage Pub on Kingston Road, is also disappointed

the lockout has delayed the commencement of the NHL season.

"In past years this has been a great time of the year for us," she says.

"With the season just beginning and the Leafs not completely blowing it yet, people really want to watch the games. The Stone Cottage is normally packed on game nights, and that obviously

brings in a lot of business as far as drink sales are concerned.

"The lack of games will really affect our business during the week and we know we'll see far less customers than previous years."

With more than 20 games of the season scheduled to be locked out, Scarborough bars are patiently awaiting the return of the NHL, as well as the customers the league brings into their establishments.

Chris Fusis, bar manager at Shoeless Joe's on Morningside Avenue, also feels as though his business is suffering and is counting down the days until games resume.

"We are definitely being affected negatively. If the Leafs are playing well we are really busy on game nights, and it adds a lot of business.

"Without them playing, there is going to be a definite negative effect on business and I can only hope that it ends soon." <sup>50</sup>



For more on this story visit [torontoobserver.ca](http://torontoobserver.ca)



# A green PARADISE

## Community garden teaches students of all ages

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Food can be a reflection of community, like the community that surrounds Bendale Institute of Business and Technology.

The Scarborough school has a special relationship with community and food like no other school in the country. When the crops have grown, the school sets up markets where they sell the produce.

In a partnership with FoodShare, a Toronto food agency, Bendale created a market garden that students run throughout the year. Mul-

tiple programs in the school are affiliated with the program, from the horticulture program that raises crops to the culinary program that uses the fresh produce in food preparation.

Referred to as the Bendale Market Garden, it was a pilot project created by FoodShare. Justin Nadeau, school food and environmental education coordinator at FoodShare, explained that Bendale's community has appreciated the market garden because of the work that has been put into it by the students, teachers and his organization.

"It's been an intense focus of making this an effective learning space as well as an effective producing space," Nadeau said.



### Like no other

Amid a strip of land that includes cement and concrete buildings, lays the garden that bears fresh vegetables and fruits. "Where did this oasis come from?" some community members have said about the Bendale Market Garden.

### Diverse crops

Crops are reflective of the community, Asian eggplants, okra and yardlong beans are grown.

"These aren't very common in your produce section of the grocery stores," Nadeau said.



### Best sellers

There were vegetables that sold out in an instant. Proving that foot traffic has begun in the area because of the market garden.

"Okra, it goes naturally," Elaine Howarth, garden market manager said.

"As soon as we would set up, [the okra] would be gone. The Indian ladies especially would test if it was fresh and then buy it up like there was no tomorrow."



### Students took initiative

Students took action to help bring in revenue, they wanted the garden to succeed too.

"They canvassed for flyers for the market," Nadeau said.

That was an idea that the students at Bendale had thought of and acted on all by themselves. **SO**



Graphics // Leigh Cavanaugh

## Tips for your GARDEN

Garden mistakes are amusing when they aren't your own. Here's how to avoid them

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Take one look at me and you'll know I've never gardened. I've always lived high up in a cozy concrete building, where there's little room for gardening. And yet, I went to the Scarborough Garden and Horticultural Society gardening meeting and laughed out loud at all the gardening mistakes the guest speakers, Dianne and Gary Westlake were confessing to having made. I laughed knowing full well I would have made every single one of those mistakes and then some.

### Know your soil

"It's not just a bunch of dirt," says Gary Westlake. "It's much more complex than that." To ensure you have good soil year after year, you have to consistently fertilize to add nutrients to the soil," he explains.

So, what kind of soil are you working with in Scarborough, you ask?

"Most of it is clay, you do get patches around where it's sand, so it needs lots of amendments," says Alan Millikin, a

master gardener with Master Gardeners of Ontario. He's been gardening since he bought his first house in 1962.

The good news is that you put the same amendments into clay and sand to make it better for growing things. Clay is especially bad for gardening, though there are some plants that grow in clay, Millikin says. Most plants like a nice loam, a mixture between clay, silt and sand.

### Do your winter clean up

You'll have lots of extra leaves around the house so bring out your compost bins. Throw your dead leaves, cuttings and plants in there, just don't throw the weeds in there if you don't want them around next year.

"You can do lasagna gardening," Millikin says. "You put down newspaper, some leaves, some soil and some more leaves. You can do this in the winter on top of your lawn and then you are ready to plant in the spring without moving your grass."

### Pruning

Pruning in the fall is wrong, Millikin says.

"If you prune it early, they [the plant] always, in this area, get some kill-offs from the frost and wind and

cold. If you put them down now, and you think that's a nice height for next year, they die off again so your plant's too low. So you leave them until the spring," Millikin says.

### Incorrect Mulching

Another thing you need to consider before winter; you want to protect your plants from frost.

"Frost freezes and thaws the soil and anything with water, then it defrosts it expands and swells and it lifts the plant out of the ground," Millikin says.

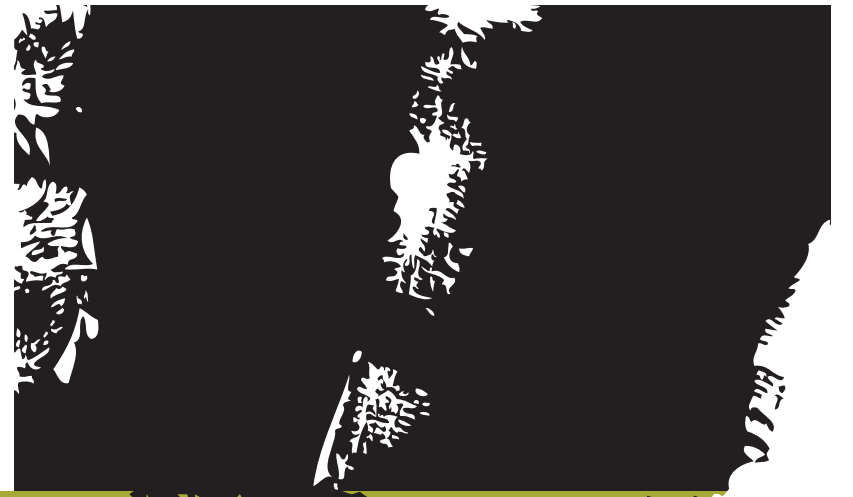
If you want to avoid such a fate for your new perennials, you want to mulch them.

Mulch is usually very good and retains moisture, but "mulch volcanoes

are not good," Westlake says. Proper mulching doesn't cover a great portion of the tree trunk. The "flare" at the base of the trunk can still be seen. If you pile the mulch in a "volcano" shape, thus covering the base of the tree, you run into problems. "It's the perfect environment for diseases and insects and little rodents," Westlake says, adding that this is going to negatively affect the bark unless the mulch is placed properly, away from the trunk and bark of the tree. **SO**



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