

Hawks earn comeback victory, page 18

New plants on the GH wall, page 13



Humber Et Cetera

Thursday, November 25, 2010

www.humberetc.com

Vol. 42 No. 9

Six-foot dream catcher a five-day creation

Full story on page 3



Kate Foster

A dream catcher is believed to filter out bad dreams. It was installed in hopes of creating a positive workspace for students in the E-building's new lounge.

Improved OSAP offers more flexibility

JUSTIN CRANN
NEWS REPORTER

As tuition continues to rise in Ontario, Humber students can look for assistance from organizations affiliated with, and independent from the college.

"We always encourage students to come in and speak to us," said Holsee Sahid, manager of financial aid.

Students who are struggling to

meet financial demands can get help in a number of ways, such as acquiring loans from the province's Ontario Student Assistance Program (OSAP), if they qualify, or from a bank if they don't, said Sahid.

For extra help, Sahid said that students can apply for scholarships or bursaries from the college.

Jim Robeson, director of advocacy for the College Student Alliance, said that students should apply for scholarships,

bursaries and grants offered by their colleges and student governments.

Robeson said there are currently enough scholarships and bursaries to support approximately one in four college students.

He said the CSA has one scholarship for each of its member institutions, including Humber College.

Robeson also said the CSA is hoping to get additional funding and several changes to OSAP that will further

benefit students.

In addition to an extension of the 2006 tuition framework, which caps tuition increases at five per cent a year, the province has also put over \$500 million into grants each year, and is tweaking OSAP, said Tyler Charlebois, a spokesperson for the Ontario ministry of training, colleges and universities.

Some of those tweaks include an increase in the amount of money a stu-

dent is allowed to earn each week before their OSAP funding is reduced, and the new Repayment Assistance Program, which is designed to help graduates who are having difficulty paying back their loans, Charlebois said.

Still, "a dramatic amount of work needs to be done for students," Robeson said. Looking ahead to next fall's provincial election, he added, "Whatever government comes to power, I hope they keep students in mind."

Insurance checking system updated

NICOLE LYNN BOGART
NEWS REPORTER

Starting Nov. 29 a new computer system will screen drivers' insurance information when renewing their licence plates.

"For the first time we are going to have real-time electronic verification of a driver's car insurance coverage, so when the driver goes to renew his or her license plates with us, there will be a new system that verifies if the insurance is valid or not," said Bob Nichols from the communications branch for the Ministry of Transportation.

Although proof of insurance was always required to renew licence plates, the protocol was just a visual verification of the insurance slip.

The new electronic system will check the vehicle information that the renewal office has with the vehicle's VIN number and the information the insurance company has for that vehicle.

The system assures that the driver has valid, up-to-date insurance for the vehicle that they are renewing the plates for.

"The interesting dynamic here is that there are so many students commuting to and from Humber," said John Mason, vice president for student and corporate services.

Mason said that he considers Humber to be a commuter school and though there has been a rise in students using public transportation over the years, cars remain the main mode of transport for students coming in from outside of the GTA.

The real-time access program will also benefit police officers as the program will be introduced into police cruisers allowing police on-the-spot insurance verification.

"The program has been in the works for a few years now," said Pete Karageorgos, manager of media relations for the Insurance Bureau of Canada. "We have taken time to ensure that all of the systems were working together for total accuracy."

Nichols said half a per cent of drivers involved in accidents are not insured.

If caught without insurance, drivers can be fined up to \$25,000 for the first offence and \$50,000 and a licence suspension up to one year for the second.

For those who have valid insurance coverage, the program means faster service when renewing their licenses and the peace of mind that fewer uninsured drivers will be on Ontario's roads.

"It makes me feel better that people who don't have insurance won't be able to beat the system," said Katherine Dutka, a second-year media communications student. "I suck it up and pay for my insurance, I deserve to share the road with other good and safe drivers."

Measles case sparks rare city-wide advisory

SARAH SAVAGE
NEWS REPORTER

Students concerned about measles can get vaccinated on campus after one case was reported in Toronto.

"There have been no more cases reported," said Dr. Monica Hau, community medicine resident at Toronto public health.

Carole Gionet, health centre manager, said she is not aware of any measles cases at Humber.

"We haven't seen any, not to say that students could have gone to another doctor, been diagnosed and not told us, but the doctor's supposed to report it to public health. So as far as I know there hasn't been any," said Carole Gionet, health centre manager.

A five dollar vaccine is available at the health centre to students whose immunization is not up to date, said Gionet.

"If a student says they can't afford it, we'd give it to them for free," said Gionet. "We want them to get it."

Dr. Hau said a measles advisory has

been issued for November and people experiencing symptoms should seek medical attention.

"During the first stage you can get a cough, runny nose, watery eyes that are sensitive to light and a fever," said Hau. "After a few days the fever will increase, small white spots will appear on the inside of the mouth appear and you can get a red rash."

People born before 1970 are considered to be immune, while infants and people over the age of 20 have experienced complications from measles, said Hau.

"Measles is rare in Canada due to high immunization rates," said Hau. "In Toronto we see about five to seven measles cases a year."

Esthetics and spa management student Tanieka Cowan, 22, said she is not concerned about getting measles.

"I heard about someone in the city having measles, but, I haven't heard of anyone at Humber having it so I'm not really worried about it," said Cowan.

Non-profit status keeps HSF budget in the dark

JAN VYKYDAL
NEWS REPORTER

Ontario student governments are not technically a level of government, and therefore aren't required to have the same level of transparency Canadian governments have, the Ontario Undergraduate Student Alliance said.

"The closest thing you could say to them would be a union structure," said Alexi White, executive director of the Ontario Undergraduate Student Alliance. "So the same way that you can't submit an access to information request to a union to get expenses, you can't really submit an access to information request to student governments."

"We're a non-profit organization and we're a student government," said Ercole Perrone, the executive director of the Humber Students' Federation. "We're both."

Sandy Hudson, the chairperson of the Canadian Federation of Students Ontario, said student governments, like unions, function as not-for-profit

corporations and therefore fall under Canada's Not-For-Profit Corporation Act.

The act says "a corporation is managed or governed by a board of directors, which is elected by its members."

This means that the fees students pay to the HSF are essentially dues to belong to a union.

The reason student governments function this way is they don't just have a single source of money, Perrone said.

About half the money student governments get is from students in the form of student fees and the other half comes from selling tickets to events, lease agreements, vendors on campus and so on, he said.

Perrone said that students are a big part of the budget process, though.

"Student executives are a part of the process to develop the budget, students who sit on our board of directors are part of the budget process, at our bi-annual general meeting students approve the budget," he said.



Shellon Simon

Registered Nurse Catherine McKee, says she hopes the event will decrease fears of asking questions and getting information.

College raises AIDS awareness with vigil

SHELLON SIMON
NEWS REPORTER

The Humber community will take part in a candlelight vigil and have a guest speaker on Dec. 1 to commemorate World AIDS Day.

Catherine McKee, a registered nurse at the health centre, is a vocal supporter of this event and advocates increased awareness of preventing sexually transmitted diseases like HIV and AIDS.

The event will happen simultaneously on Humber's North and Lakeshore campuses with guest speakers from the AIDS Committee of Toronto (ACT).

"We really hope to decrease student fears of asking questions or getting information on how to prevent HIV and other sexually transmitted infections and how to promote healthy sexual lifestyles, including respecting those who believe in abstinence or decreasing stigma on those with HIV and AIDS or other types of diseases," said McKee.

Two guest speakers from the People with AIDS Foundation will take part.

At North Campus, the guest speaker is Christine, last name withheld, who has been living with HIV for 21 years and working hard to eliminate the stigma and discrimination around HIV and AIDS in transsexual and transgendered people.

At Lakeshore Campus the speaker is Harlon, last name withheld, who was diagnosed with HIV in 1987.

He is now an advocate of removing barriers to accessing treatment for

disease and condition.

Byron Fox, a peer health educator, is also helping to put on the event.

"There's still a lot of misconceptions and stigma with AIDS," he said. "It's not that same life sentence disease like it was almost perceived to be when it surfaced back in the 1980s."

"There have been so many advances in medicines and treatments, the stigma is starting to wear off but people are still a little unaware of what it is," said Fox. "So we just want to show our support to the ongoing battle."

First-year media foundation student Tim Martinez said that he would support this event and attend.

"I think this event is a very good initiative to bring awareness to a cause that is affecting a lot of youth and adults. I think there is a lot of ignorance about this illness," he said. "I just think that people need to understand that this could happen to anyone."

The health centre ensures students that when someone comes they can be very comfortable because everything is anonymous and confidential.

"It's so important that people realize that everyone is treated with dignity when they come here," said McKee. "We do all types of testing and treatment and if you don't feel comfortable we also have community resources that we can work with that will help anyone who needs it."

The candlelight vigil will happen on Dec. 1 at 6 p.m. simultaneously at both North and Lakeshore Campuses along with the guest speakers who will attend to share their stories.

world news

North Korea and South Korea renew hostilities

A North Korean artillery attack on the island of Yeonpyeong killed two South Korean civilians and two marines and injured 15 on Tuesday. The attack was quickly condemned by Canada, the U.S. and other South Korean allies.

CBC

Second explosion in New Zealand mine erases hope

A massive explosion inside a New Zealand mine on Wednesday erased hopes that 29 trapped miners could be rescued. The men had been trapped since last Friday. Police said no one could survive the second explosion.

The Globe and Mail

N.B. to fund controversial vein-opening MS treatment

The New Brunswick government said it will set up a fund to help people pay for a controversial multiple sclerosis treatment. The announcement comes a week after a Toronto man died after complications from the treatment.

CBC

Correction

In last week's story "Campus event to teach risks of impaired driving," the name of the acting director of public safety was misspelled. It is Gary Jaynes.

Et Cetera apologizes for the error.

Support staff should not teach lab components: faculty union

JEREMY COHN
NEWS REPORTER

Humber's faculty union has filed a grievance against the college because support staff, rather than professors, are conducting the lab components of some courses.

"I'm very concerned because the college is breaking the collective agreement by not having faculty teach the hands-on lab components of courses," said Orville Getz, president of OPSEU 562, Humber's faculty union.

He said support staff is not allowed

to teach and that students are losing hands-on field training as a result.

Support staff was previously allowed to teach, but when the college stopped paying them as faculty last year the union told administration that they must be paid as teachers in order to continue, said Audrey Taves, chief union steward.

"Once the union brought this up with administration, the deans told support staff that there is no longer to be any teaching in the labs," she said.

Colleges were established with the recognition that a lot of careers involve a practical component of learn-

ing, Taves said.

"Students are finding it harder to do the work because they have a professor teaching them in the classroom and a teaching assistant in the labs who is supposed to refer all questions to the professor," she said.

While Getz said the problem first began last year, it was brought forth by an October faculty union newsletter article written by civil engineering professor Frank Mee.

Support staff members now teach the lab component of Mee's land surveying course.

"The college wants to save money so they hire support staff to teach these labs, yet the collective agreement doesn't allow them to teach," Mee said.

Mee has been a faculty member for 20 years and said he doesn't have a problem with qualified support staff teaching some labs, but is concerned that they aren't allowed to teach.

Taves said the union has not been able to find out how many labs are being taught by support staff.

"When we first questioned administration about this last year they backed off," said Getz. "It is a sensitive issue because it could set precedent for the rest of the college."

Getz said the grievances will be going to arbitration but the process can take up to 12 months if the college and the union are not able to reach an agreement.

"At the end of the day it comes down to cost-cutting," Getz said. "The college wants the cheapest people possible to direct the labs and students are going to suffer."

Messages left for Denise Devlin-Li, dean, school of applied technology, and Michael Hatton, vice president of academics, were not responded to as of press time.



Jeremy Cohn

Faculty union president Orville Getz is concerned students are losing out with support staff teaching labs.

Safety alert near North Campus after burglaries and muggings

ANDREW ARDIZZI
SENIOR NEWS REPORTER

Police have increased patrols in the last month since a recent burglary in the neighbourhood north of North Campus.

"We've had feedback of people saying it's nice to see the additional patrols into the area," said Det. Greg Myers of 23 Division. "We're just trying to get on top of it so it doesn't become a serious problem."

Myers said there's been an overall increase in robberies in the area, but what police are seeing are people not really paying attention and they become victims of crime.

Listening to music through headphones has become a safety issue, said Michael Kopinak, Humber's associate director of public safety.

"Those damn headphones pose a problem."

Kopinak said when anyone goes out late at night and uses them, they can't hear, probably aren't paying attention to their surroundings and it indicates they have an iPod, cellphone, or some other electronic device, making them a target.

Students need have their cellphone ready to call 911 following the safety alert issued by 23 Division noting recent burglaries and muggings, said Gary Jeynes, Humber's acting director of public safety.

"If you're uncomfortable, you should remove yourself from the area," said Jeynes. "If it doesn't feel right, it's not right."

Crime analysts are looking at area trends to help pinpoint precise problems so they can be combated, Myers said.

There has been a six per cent increase in break and enters despite an overall decrease in theft by 11 per cent

this year to date, said Const. Wendy Drummond.

Third-year public relations student Jordana Davey recalled a recent ordeal where she and friends had left for McDonalds, leaving friends inside with the door unlocked.

She said they returned later and found their phones, iPods, credit card and laptops missing.

Since the break-in, their landlord has installed drapes, lights outside and fixed some locks.

Drummond said it's important to ensure doors and windows are secure, mail is not left to pile up outside and to keep the house lit.

She said to call 911 immediately and provide detailed information if anyone tries to force their way inside while you're home, and to stay inside.

"We never suggest confronting them," said Drummond.

With files from Khris Reardon



Kate Foster

John Mason, VP of student and corporate services, helps string the new dream catcher.

Dream catcher goes up in E-building lounge

KATE FOSTER
NEWS REPORTER

A six-foot-tall dream catcher was installed in front of the big window in the new student lounge in the E-building at North Campus as part of Aboriginal Education Month.

Dream catchers are hung in windows because they are the access point to the natural world, said Shelley Carles, Humber's Aboriginal elder.

Objects hung in the webbing of the dream catcher, such as crystals, keep negative energy and thoughts from entering, she said.

"Negative energy gets distracted and you get alerted," Charles said. "It will be a positive space, no matter who is in there."

The structure was installed to promote positive energy in a shared space for students, she said.

Pat Shawnoo, who designed the dream catcher, said it took five days to create and install.

Shawnoo said she visited the lounge with Charles to see the space the dream catcher would be hung for inspiration of how to create it.

She also said she had the help of Humber students to create the hoop.

The dream catcher has all four unity colours included – white, yellow, black and red – to represent the

respect of all people, Shawnoo said.

Charles said that while dream catchers are traditionally made of willow branches and sinew, the school improvised and used satin cloth and coloured ribbon.

The cloth and ribbon are wrapped around the hoop and the webbing fills in the centre.

The origins of the dream catcher date back to the cradleboard, which was an apparatus children were carried in, said Charles.

Part of the cradleboard was a strap that went around the whole device called the halo, and objects like nuts would be tied onto it.

The halo would move as it caught energy from spirits, alerting children of their surroundings. The halo was a means of warning for them, she said.

"We're taught that our spirit travels first," Charles said.

The dream catcher is "a wonderful addition to the emerging collection of aboriginal art and artifacts," said John Mason, Humber's VP of student and corporate services.

Since the North Campus is largely a commuter site it is important for students to have a place to relax, work and study, since many students don't have a residence room to go to, Mason said.

Campus security

Transgressions plague a troubled community

It's no secret the area around Humber College's North Campus isn't the safest place to be.

On Wednesday, Nov. 17, police put out a safety alert due to a spate of muggings and break-ins in the area, but said the majority of the crime happens at night.

Being a commuter school, this isn't something most students will ever have to deal with.

Though most of us drive or take transit outside the Rexdale area, many of us still live nearby, whether in residence or renting a house, and don't get to leave the area after leaving the classroom.

Police advise students to keep their doors locked, even if they're home, walk in groups and don't take shortcuts.

For students with the option to walk home, this hardly sounds like an enjoyable post-secondary experience. The threat of muggings, break-ins and violent crime is hardly what's touted in campus brochures.

Students living in residence are stuck there after 7 p.m., which police said is when most of the muggings take place. Not that there's much to explore outside the campus, not within walking distance at least. But having to debate whether or not going out is a good idea because you might get hurt – as opposed to students at many other campuses, who might not go out because they may get too drunk and be hung over for class the next day – isn't really a great position to be in.

Civil liberties

Low-key G20 film falls under people's radar

If you were left wondering what transpired in Toronto during the G20, there's a documentary about it online called *Toronto G20 Exposed*. It features interviews with some of the peaceful protesters involved, and how their rights as Canadian citizens were ignored during the summit.

It's not a widely advertised documentary; the footage comes from citizen journalists. You won't find a CBC logo on it or Michael Moore's face. But it's interesting and free.

The documentary's prologue shows footage of a protest in Montebello, Que., where three protesters, dressed all in black, push and hit police in what looks like an attempt to start a riot. Montebello police later confess that the three men are provocateurs, people who try to provoke a riot by engaging in violent acts.

These provocateurs appear very similar to members of the "Black Bloc," a so called anarchist group, who wreaked havoc on the streets of Toronto during the G20.

And even staying on campus isn't safe. Last year, someone carrying a rifle-like object robbed a student in the Arboretum.

With the rise in crime lately, police have upped their patrols of the area, but this won't last – it's a quick fix, and it's not the solution.

Ward 1, where North campus is located, is a troubled community. Of the population 15 years of age or older, just over 28 per cent of the population have a high school certificate and less than 25 per cent have a university education – more than 10 per cent lower than the average in Toronto, according to the 2006 census. In 2005, the area's individual incomes in all categories beginning at \$40,000 were lower than the city average, and as the income brackets increased, the gap only grew.

Hopefully things will start to change. The upcoming Woodbine Live! commercial and residential development promises to bring 9,000 jobs to the depressed area. But construction only started on the 150-acre property this fall.

The development should give future Humber students something to do around campus, making the area more appealing to rent in, and perhaps decrease the number of students who commute because the area as it is now is so unfriendly to students.

While it's no help to the students here already, coming changes offer a glimmer of hope for a troubled community.

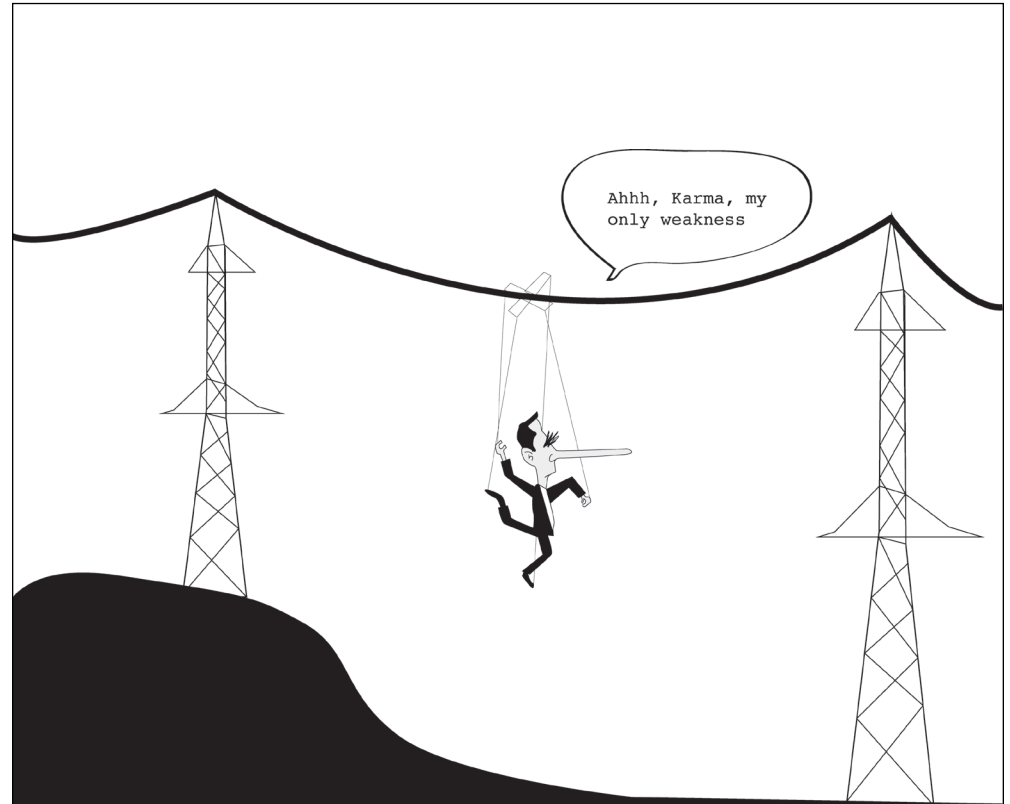
The documentary circles around some issues of the G20 protests including the detainment centre where protesters were held and questions arose of alleged sexual misconduct by Toronto police.

Some parts of the documentary are self-serving, including the final chapter which is a 10 minute scare speech with dramatic music. But the majority of the footage is of what happened on the streets and should be held very important. One of the personal accounts includes a woman who breaks into tears when she describes how the police touched her inappropriately.

Mainstream media coverage of the summit focused mostly on the burning police car and the smashing of local store windows. It missed a lot of crucial street-level images.

It seems as though the G20 has fizzled as a conversational topic; perhaps people think it's old news now. The public seems to lack interest in the G20 and that shouldn't be so. Watch the movie at torontog20exposed.ca and draw your own conclusions.

cartoon



quoted

What do you think about the U.S. Transportation Safety Board's screening measures for travellers?

Ashley Lang, 19, law clerk

If we just allow everyone to walk through there'd be a problem – more guns.

Heather Buist, 26, fitness and health

The detection for explosives is too sensitive.

Tyrone Edward, 20, business administration

It's necessary; you never know who's trying to smuggle something.

Liliana Monteiro, 20, visual arts and digital arts

It's fine; we're all humans. It's important that everyone gets on the plane safely.



Et Cetera wants to know what you think

We greatly appreciate letters or emails expressing your opinion on issues covered in the paper. Reporting the news is not a one-way street. Hearing from our readers is important to us and debate will bring more depth to the news we report. Think we're missing out on the real issues at Humber? Have we not told the whole story? Let us know!

Send us an email at etc.humber@gmail.com

Humber Et Cetera

The Et Cetera will engage, challenge, and inform the Humber College community with progressive and contemporary content reflecting the diversity of its readership.

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Alexa Tomaszewski

Popular comics like X-Force are being digitized to serve an unexposed public and online readers.

Online comics ruin the experience

ALEXA TOMASZEWSKI
A&E EDITOR



The presentation of comics has evolved in recent years, and technology is bringing big changes to the way we read them.

Digitizing comics is a natural adaptation, and in a lot of ways this medium can introduce a graphic world to the occasional reader, perhaps get them in a comic shop.

Digital comics also appeal to a generation that knows nothing but computerized media since the advent of iTunes made television, movies and music available for immediate purchase.

Now 3G phones, tablet technology and e-readers provide the immediacy and mobility to read your favorite comics.

Touch screens allow the reader to zoom in and out of specific panels, flip through pages with ease and eliminate pesky concerns about ruining the integrity of the issue with those greasy fingers.

Furthermore, some digital comics

include barcodes allowing the reader to access extra features via their smartphones.

Readers on the go can utilize new technology without the physical bulk.

Digital comics are also much faster than the traditional process that comics go through. Compared to the printing and distribution process, downloading your comics online is faster when travelling.

But do we really want to take people out of comic books?

Part of the fun of reading comics is talking about them at the shop the next Wednesday.

What if online portals offering digital comics change format?

Marvel.com offers a digital comic service for \$9.99 a month but once you download the books you can't change their format, and ultimately they are owned by marvel.com.

After you read them you have to re-subscribe to the book, at the current cost, monthly. Furthermore, if the company goes under, those digital comics aren't yours anymore.

But any comic lover will tell you the best part of collecting is seeing all those issues on the shelf.

Maybe it's our attachment to the physical product, the fact that the

things we own ultimately define us – if we pay for the books in our collection over and over does marvel.com own us?

While all those comic book boxes can be bulky, the best part about comics are the ways you can come across them outside the comic shop.

What will digitizing comics do to the communities built around buying and selling used books?

Value Village, the Annual Comic Con, Yard Sales and even the odd "comics for sale" flyer can lead to a seriously awesome find, such as old Detective Comics, vintage Captain America or even Walt Disney titles.

At the annual Fan Expo you can actually witness the hunt as fans flip back and forth from coil notebooks to tightly packed long boxes, searching for that one collectable title they're missing.

To the diehard fan there's nothing like opening a tightly bagged vintage book and feeling the old-style newsprint pages.

This is a tradition fans should work hard at carrying on, because as the times change, comic books could witness the same dilemma the music industry is experiencing right now in terms of buying a physical product.

Talk hockey, not propaganda

GREG BURCHELL
MANAGING EDITOR



Dear CBC,

We need to have a little chat. It's about one of your star employees and his behaviour over the past few years on your most popular program, *Hockey Night in Canada*.

Now, I know a lot of people enjoy Don Cherry for his jingoistic (or patriotic, to some) tirades and in-your-face persona, and I can't claim to know what the terms of his contract are. But it's time to sit him down and explain to him that the time he gets between the first and second periods of a hockey game should be spent talking about hockey, not as a recruitment tool for the Canadian Forces.

It started out subtly – a quick rundown of the soldiers who died, maybe a commendation to the hard

work our soldiers are doing overseas. But it didn't take long for the military to see how much promotion they could squeeze out of Cherry.

Now we are seeing full segments with Cherry talking with groups of soldiers about their experiences overseas, wearing a camouflage hockey jersey in place of his signature outrageous suits and completely ignoring straight-man Ron MacLean in favour of some military bravado.

What was once an interesting talk show about hockey between two periods has become propaganda.

I have no issue with Cherry showing his support for the military. By all means, it's good that someone is, and that he also does this outside of the show is admirable. But the CBC should not be letting him use *HNIC* as his soapbox for anything but hockey – it's not the right time or place.

Hockey Night in Canada is watched all around the country. The Nov. 13 broadcast of *HNIC* was the fourth-highest ranked show in the country for that week. That audience all tuned

in to watch hockey, not to hear about the virtues of military service.

Canada has declared that it will comply with the United Nations' protocol on restrictions to children being recruited into armed combat. As part of this agreement, Canadian Forces recruitment campaigns can only target people 18 and over.

More than 500,000 Canadians are registered in under-17 minor hockey, according to Hockey Canada. It's safe to say that *HNIC* has a fair percentage of kids watching – I know I watched when I was younger.

While it's not an official recruitment campaign for the military, *HNIC*'s content increasingly glorifies military service. It is not something that should be forced on young viewers who are looking for Cherry's advice. Remember when he used to give advice?

So, CBC, next time Cherry's contract is up for negotiation, maybe you should remember there are a lot of ex-NHL coaches who could fill his role. Some even have Stanley Cup rings.

CFL deserves more attention

MIKE THOMAS
SENIOR SPORTS REPORTER



The week after the first round of the CFL playoffs wrapped up, most people around the game, fans and media alike, discussed the NFL first and the CFL second.

The majority of football fans in Southern Ontario root for the Buffalo Bills, currently 2-8 and one of the worst looking franchises in the league.

Meanwhile, the Toronto Argonauts finished the season at 9-9 and stunned the Hamilton Tiger-Cats with an underdog victory in the postseason.

Perhaps Canadians are won over by the NFL because the majority of media we ingest comes from the United States, or maybe it's the allure of tradition and sitting down each and every Sunday to as many football games as one can handle.

As a fan of the game I'm a little bit disappointed many Canadians choose to pass up on a league closer to home and played specifically for our enjoyment, in favour of a U.S. league.

On Sunday, the Montreal Alouettes and the Saskatchewan Roughriders will play in the 98th annual Grey Cup. It should be a good game. If you like football, maybe you should give it a watch.

Here's a question for all those hopefuls who want to bring the Buffalo Bills up north: Why aren't you watching the CFL?

The fact is the NFL usually provides some exciting football with some interesting storylines. Still, the NFL currently finds itself with weeks to go in the regular season while the CFL playoffs have been in action for two weeks and some classic contests have already taken place.

In the first week of the CFL playoffs the Saskatchewan Roughriders edged out the BC Lions in a 41-38 game that went into overtime and ended with a 'Hail Mary' pass; not to mention the pass was caught by Jason Clermont, a former BC Lion who hadn't scored a touchdown in almost two years.

I'm sorry, but if that doesn't excite you, you'd have a tough time convincing me that you're a football fan.

pass fail

- To Tim Horton's for finally falling in line with how the modern economy works and accepting debit cards as a method of payment.
- To that jerk in front of you who can't figure out how to swipe his card, forgets his PIN and can't read the buttons, when all you want is your stupid coffee.
- To the Alberta co-workers for winning the 6-49 lottery and splitting their \$16 million evenly between the four of them.
- To those four men for not doing the logical thing and playing the most high-stakes game of evens and odds ever.
- To the California shelter that took in about 1,000 rats discovered in a home featured on the A&E TV show *Hoarders* and putting them up for adoption.
- To that California shelter for thinking anyone is going to adopt all of these rats, instead of just calling the Pied Piper, or as we call him now, the exterminator.
- To Santa Claus for giving jobs to more needy elves this season by letting over 11,000 elves respond to the deluge of letters he receives near Christmas.
- To Santa Claus for making us wonder what that fat man does any more if he won't even answer letters – the labour union needs to look into this arrangement.

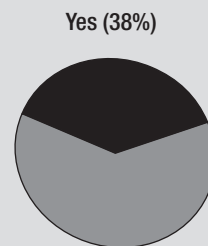
Et Cetera poll

Do you think that prostitution should be legalized in Canada?

vote online at humberetc.com

Last week's question and result:

Do you think the Harper government should send more troops to Afghanistan after 2011?



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Humber classrooms may be clicking soon

KRISTYN TSAMPIRAS
BIZ/TECH REPORTER

Humber faculty wants to bring clickers into the classroom.

Audience response systems, better known as clickers, allow students to instantly provide feedback and answer questions posted by their instructors.

The portable, handheld devices allow professors to tally answers from students, and contains multiple-choice options to allow for discussions based on the data presented.

Paul Kates, from the Waterloo Centre for Teaching Excellence faculty, said teachers and student enjoy the increased interaction.

"It's a more technologically advanced way of raising your hand," he said.

James Neilson, liberal arts and science professor, said he would like to see Humber adapt to new technology immediately.

"I am very interested in having new technology used in the classroom," said Neilson.

Some clicker models have LCD

screens with a number and letter keyboard.

"We found that the instructors preferred the simpler [models] better," said Kates.

Neilson said he would be interested in testing out different models of clickers.

"It's not that easy to get that information verbally or with a show of hands," Neilson said. "Students may be more likely to participate and feel engaged in the class."

At Waterloo clickers are optional for students, and if they choose to use the clickers, they have to purchase them.

University of Waterloo student Nicole Lee said she was one of the many students who initially chose not to purchase a clicker.

"I didn't feel the need to spend the extra money," she said. "[But] I felt left out of the conversations, so I bought one half way through the semester."

Neilson said the new technology should be included in the program fees.

"It would give the students the option to not participate," he said.



Courtesy

Clickers are currently being used by many Ontario universities.

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GMO promises changes in developing countries

SCOTT DIXON
BIZ/TECH REPORTER

The unreleased Golden Rice may be the key to stopping over two million yearly deaths around the world.

Created by German scientists Ingo Potrykus and Peter Beyer at the Swiss Federal Institute of Technology, this new genetically modified strain of Asian rice is rich in vitamin A, something that regular strains of rice lack. Vitamin A deficiency is a leading cause of blindness and death in the developing world.

"There certainly is a place for genetically engineered products in trying to fight vitamin A deficiency," said Dr. Kent Jennings, instructor for Humber College's agriculture and regulation course.

"These emerging products will start to play a more important role in Canadian and global agriculture, and it is a new area of study for everyone involved," Jennings said.

Humber College offers a program in biotechnology and food products regulation that was created to deal with the novelty and biological safety of these organisms.

Greenpeace does not approach Golden Rice with the same optimism.

"Genetically engineered crops have, and will continue to contaminate neighbouring crops wherever they are released," said Eric Darier of Greenpeace. "Golden Rice failed to have any impact on vitamin A deficiency while using money and resources that could have been given to real solutions."

Since its inception, over \$100 million has gone into research, development and marketing of Golden Rice



Courtesy

Golden rice is rich in vitamin A, a nutrient natural rice lacks.

by Swiss biotechnology company Syngenta.

The project to have Golden Rice widely distributed across eastern Asia has met concern because of high development costs and claims by the NGO that this project will lead to the most important food source of developing nations becoming polluted from its natural state.

Brad Cutler, a master's student in biochemistry at Laurentian University in Sudbury, Ont., said he agrees with Greenpeace's skepticism in the new technology.

"It's important to try new things with plants to see what we can do

with them – but when it comes to food, much more thought needs to be put into who the product is going to impact," Cutler said.

"If Golden Rice were a pharmaceutical, it would need at least 10 years of clinical trials to get approval because the long-term side effects of new products are often the most dangerous ones."

Companies can embed genetic restrictions into their GMOs that can block them from being able to reproduce, meaning farmers would have to buy seeds every harvest instead of planting the seeds from the existing crop.

New media's next step

SAM HALABY
BIZ/TECH REPORTER

Two Humber graduates are bringing together companies like Facebook Canada, Globe and Mail and Research in Motion for Toronto's nextMEDIA conference, an annual networking and seminar event for the media industry.

The conference isn't just about speakers and seminars, said Baylea Mahoney, Humber grad and event marketing and communications coordinator at nextMEDIA organizer Achilles Media Ltd..

"The main focus of nextMEDIA across the board: networking, learning and strategizing with one another," Mahoney said.

"We've been the launching pad of some pretty great technologies

and some cross-platform entertainment."

The event is "the go-to marketplace in Canada" for digital media companies and brands, said Rob Francia, Achilles' event partnership manager and Humber grad.

Mahoney said that a notable nextMEDIA competition winner was the popular television show *Bitchin' Kitchen*. "They started as an online YouTube cooking show, and now have a show on the Food Network, a book and have basically become a mega-brand," Mahoney said.

Humber is dedicated to teaching students how to use the latest technology and adapt to the fast-paced media industry, said Basil Guinane, Humber media studies associate dean.

"From an educational standpoint,

our main perspective is training those individuals that can go out and work in this ever-changing media landscape," he said.

"We're also working quite closely with the industry to ensure that our programs are producing the type of employees that the industry needs."

Francia said it was Humber's business marketing that taught him the fundamentals needed to link businesses and sales together, and to negotiate and finalize partnerships for the event with companies such as Telus, Royal Bank and Bell Fund.

The nextMEDIA conference has been held annually in Banff, Alta., and Toronto since 2007.

The next conference will take place Nov. 29 and 30 at the Design Exchange in downtown Toronto.



Courtesy nextMEDIA

The digital media landscape as presented by nextMEDIA.



Royel Edwards

Vexler's 3-D camera was the same one used in *Saw 3-D*.

Humber hits the third dimension

ROYEL EDWARDS
BIZ/TECH REPORTER

Humber student Andrei Vexler and his production team are taking movie making to the third dimension in the college's first 3-D film production of environmental awareness public service announcements.

"I think it's going to be the next step in filmmaking. It's the future," said 3-D production student Andrei Vexler. "3-D is an incredibly realistic way of watching films."

Producing a film in 3-D is not a typical experience for most students, but Vexler said he and his team had spent the past 11 months working on four 3-D public service announcements as well as one commercial, for the non-profit groups United Conservation and WildAid.

Given how tight students' budgets are, Vexler said production was made possible thanks to companies such as Apple Canada, who donated computer systems, and William F. White

International, Inc., a theatre equipment supplier.

The 3-D camera they used, an SI-2K mirror rig donated by 3-D Camera Company, was the same one used in the Hollywood hit *Saw 3-D*, Vexler said. This special camera relies on two lenses that shoot the picture from mirrors, creating the three-dimensional effect.

"Students should strive to push their boundaries. Students have to put their mind to it. It's an incredible process," said Vexler.

"My world is in 3-D. I can't go back," he said.

Eva Ziemsen, Humber film and television co-ordinator, said she would look forward to integrating 3-D film lessons into her program if 3-D hardware became more accessible and an industry standard in the future.

"I think Humber would respond appropriately to whatever the industry is doing within budget reason," said Ziemsen.

"We're at a stage where we can show

stories more dynamically, more interactively and 3-D makes it lifelike," she said.

The professional aspect of 3-D becoming a trend where viewers can feel like they are in the film itself having a close connection to what they are watching.

"It's an interesting development to use 3-D," said Anne Lancashire, film professor at the University of Toronto. "Students should be ready for anything and should embrace anything that's there."

The team is currently working on a program that would allow Humber students to see the PSA.

more online:

Check out to more 3D at humberetc.com

New comics give readers more bang for their buck

ROYEL EDWARDS
BIZ/TECH REPORTER

Canadian company Zero 2 Heroes Media has released a first-of-its-kind interactive technology that is adding a digital twist to old-fashioned comic books.

First shown at New York's Comic Con, the technology, which spent about a year in development, allows readers to scan barcodes spread throughout the comic, loading music, photos and behind the scenes info on readers' smartphones.

"No one has ever done it before," said Matthew Toner, president of Zero 2 Heroes Media. "It helps to extend the story."

David Campiti, CEO of Glass House Graphics, a talent agency representing comic writers and illustrators, said the technology offers an interesting step forward for the comic industry.

“People still want hard copies of comic books.”

Rob Patcheson
Animation Student

the technology would allow readers to get more from comics, but it's no replacement for the traditional paper comic.

"People still want hard copies of comic books," Patcheson said. "It would be more of a bonus."

"Anything that expands on the reading of a comic book is to be celebrated," he said.

Comic enthusiast and Humber animation student Rob Patcheson said



Royel Edwards

Zero 2 Heroes' new technology offers comic readers additional features scanned via smartphone.

online photo gallery



Russell Peters attended convocation to receive an honorary degree.

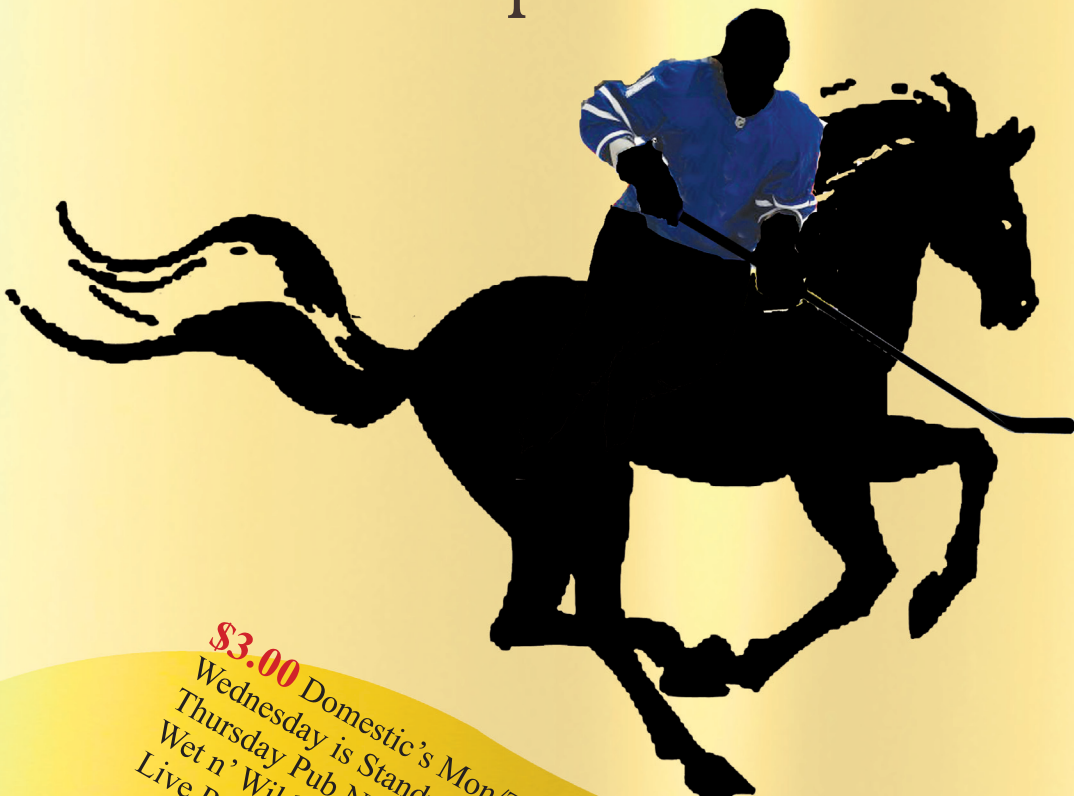
Check out more photos of Russell Peters at humberetc.com

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Mittens' Predictions



Aquarius

Jan. 21 - Feb. 18

The Loch Ness monster is a hoax ... or is it? Ponder this at your leisure, but watch the water.



Taurus

April 21 - May 21

All of life's questions can be answered by the contents of your sock drawer.



Leo

July 23 - Aug. 23

A man will approach you for the time. Bald face lie to him and continue on with your day.



Scorpio

Oct. 24 - Nov. 22

Make merry while you can, soon the cookies and milk will run dry, prepare your emotional bomb shelter. Santa Claus is coming to town.



Pisces

Feb. 19 - March 20

The glass is half empty. Please don't fill it up, it's got milk in it and your fridge only has a quarter-bottle of Olde English in it.



Gemini

May 22 - June 21

Your diamond in the rough is really a vicious honey badger. Proceed with caution. Hockey pads might help.



Virgo

Aug. 24 - Sept. 22

On Monday you will see the future. Don't scream. Doc knows what he's doing.



Sagittarius

Nov. 23 - Dec. 21

A game of backgammon could turn ugly. Maybe wait until next week to visit your grandpa at the home.



Aries

March 21 - April 20

You can be pigheaded, opt for turkey over ham. Your friends will thank you.



Cancer

June 22 - July 22

Life is like a box of Oreos, it never opens right, and everything always ends up stale.



Libra

Sept. 23 - Oct. 23

Today you feel insightful. Don't trust your insight: it's lying to you, just like that time in Wawa.

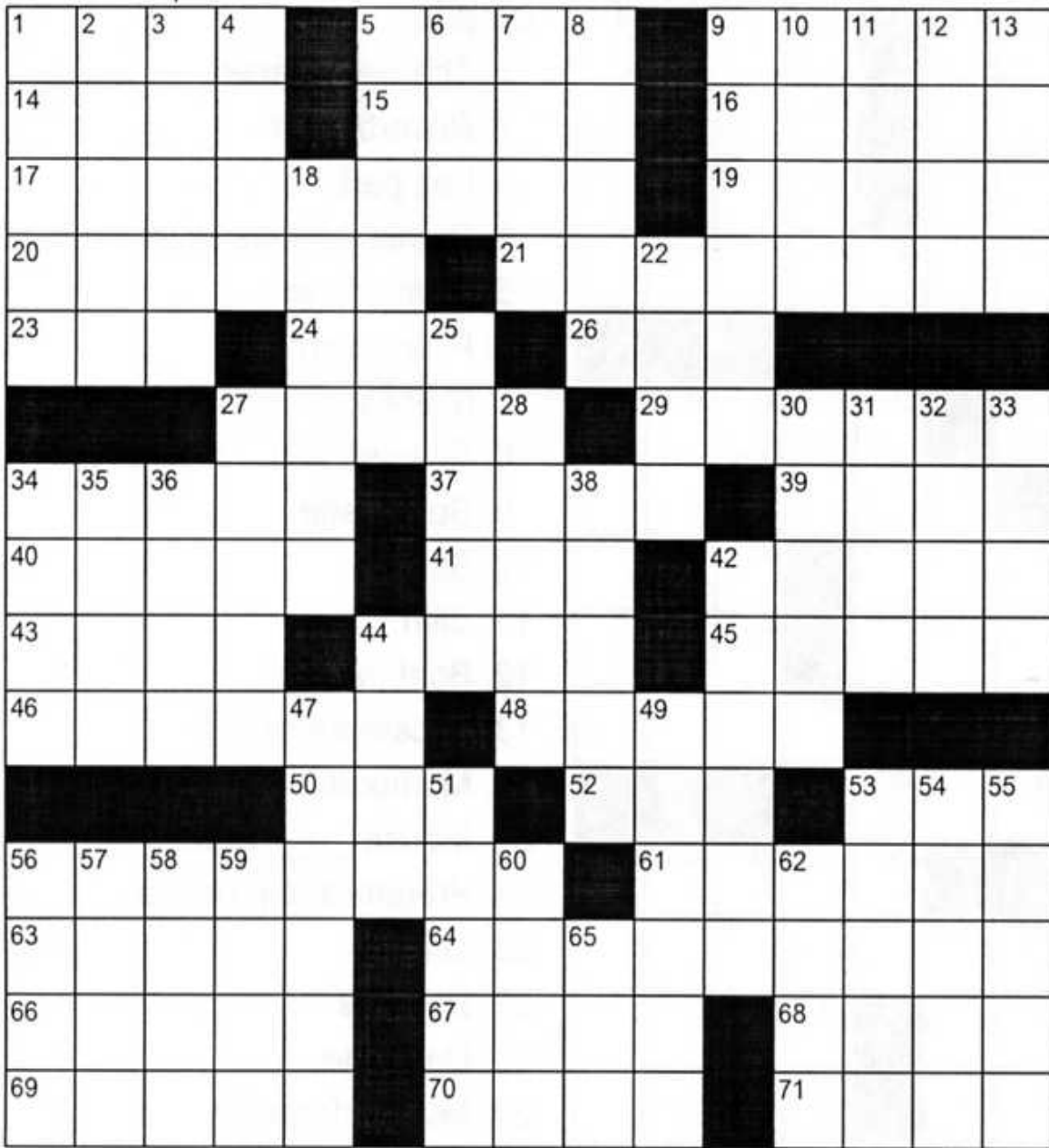


Capricorn

Dec. 22 - Jan. 20

You will waste hours on Stumble Upon. Call it research for your upcoming mystery novel, and feel better about yourself.

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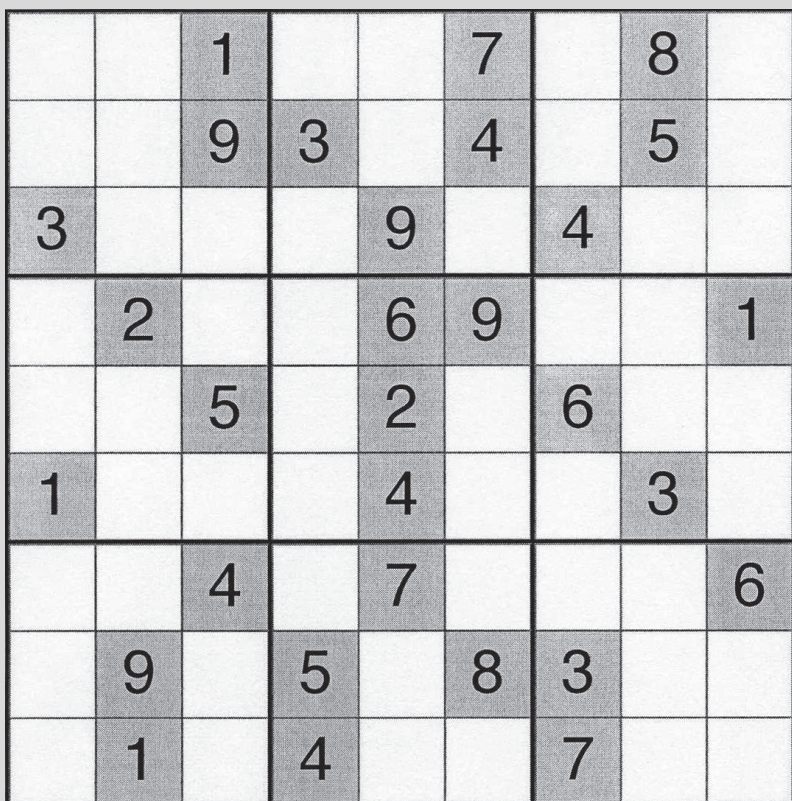
ACROSS

- 1. Wise person
- 5. Swiss mountains
- 9. From Dublin
- 14. Romp
- 15. Tooth part
- 16. Cowboys' contest
- 17. Unreadable
- 19. Best
- 20. Tantalizes
- 21. Ambassador
- 23. Printers' measures
- 24. ____ culpa
- 26. Compass pt.
- 27. Final inning, usually
- 29. Flee
- 34. Beauty parlor
- 37. Gentle
- 39. Colorful gem
- 40. Defendant's offering
- 41. "____ Got Sixpence"
- 42. Toboggans
- 43. Embossed emblem
- 44. Highlander
- 45. Inferior
- 46. ____ door
- 48. Provide food
- 50. Spoil
- 52. Directed
- 53. Physics, e.g. (abbr.)
- 56. African country
- 61. Straighten up
- 63. Trunk

- 64. Everybody (3 wds.)
- 66. Actress ____ Berry
- 67. Shore bird
- 68. She, in Paris
- 69. Lubricated
- 70. Smack
- 71. Vegas machine

DOWN

- 1. Ill will
- 2. Woody or Tim
- 3. Festive events
- 4. Needle openings
- 5. Gotten up
- 6. Tennis stroke
- 7. ____ vault
- 8. Pipe parts
- 9. Showy flowers
- 10. Metal bars
- 11. Bright thought
- 12. Broil
- 13. Sacred
- 18. Zodiac sign
- 22. Words of understanding (wds.)
- 25. Storage spot
- 27. High-minded
- 28. Devastation
- 30. Pigment
- 31. Impersonator
- 32. Cushions
- 33. More
- 34. Brashness
- 35. Actor ____ Baldwin
- 36. Deceiver
- 38. Iron or lead
- 42. Stockholm's country
- 44. Break sharply
- 47. Showed feelings
- 49. Renter
- 51. Uprisings
- 53. Stable section
- 54. Viola's kin
- 55. Small bay
- 56. Canyon effect
- 57. Asian language
- 58. Satan's domain
- 59. Capri or Man
- 60. Once more
- 62. Citrus drinks
- 65. Baseball stat



Digits 1 through 9 will appear once in each zone. One zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle.

Do not enter a digit into a box if it already appears elsewhere in the same zone, row or column

HOW GOOD ARE YOU?

- Under 13 min.....Genius
- 13-17 min.....Scholar
- 17-21 min.....Smart
- 21-25 min.....No bad
- 25+ min...Keep practicing

#7306

www.sudoku.name

more online: ? ?

Check out the answers to this week's crossword and sudoku at humberetc.com

? ? ? ?



Arda Zakarian

Russell Peters greets a graduate with a hug as they come on stage to receive their diploma.

Comedy is about more than money Russell Peters tells graduating class

ARDA ZAKARIAN
A&E REPORTER

During Humber's convocation on Saturday Nov. 20th, Russell Peters was given an honorary degree in applied arts.

Peters was given the degree in recognition of the help he has given young comedians.

Joe Kertes, dean of performing and creative arts, said Peters has a good relationship with the school.

"He's been very generous with his time and with the students," said Kertes, "he always has time for young people starting out in this business."

Peters was born and raised in Brampton, Ont. and is an interna-

tional success with an irreverent comedy style.

He has sold out the 15,000-seat Air Canada Centre twice as well as New York's Madison Square Garden, and performed for U.S. troops in Afghanistan and Iraq.

Forbes Magazine ranks Peters as one of the 10 highest earning comedians, along with Jerry Seinfeld and Chris Rock.

In his address, Peters told comedy writing and performance graduates, one can never be truly prepared for the level of success he has achieved.

Money, he said, should not be one's sole driving force on the path to success.

"You've got to do it because you love

doing it," said Peters. "I look at it as an art, whether I made it or didn't make it. But if I didn't make it, I wouldn't be standing here today, let's be honest. I'd be just as funny – and broke."

Peters said a career in comedy takes up to 15 years training in clubs.

"Speak in your own voice," said Peters. "Make sure that the material that you write can only be said by you."

Anna Czerniawski, who graduated from the post-graduate public relations program, was excited to hear Peters speak.

"I've graduated a couple of times before," said Czerniawski. "So I'm used to those long speeches and he definitely gave a totally different spin to it."

Some of the graduates ran up to hug Peters and shake his hand as they received their diplomas.

He credited his family for his success as well as his high school teacher and of course, YouTube which catapulted him to stardom.

Peters, who never completed a post-secondary education, said he was touched by the event.

"It's actually an honour," he said following the ceremony.

"You hear about people getting these things, and I always think in my head, 'who the hell gets these?' And then when it happens to you, you're like, 'Oh! People like me! Alright!'"

HBO Canada show brings success to acting grad

Grad acts with Canadian TV star

ARDA ZAKARIAN
A&E REPORTER

Students who grew up in the 1980s and 1990s might be a little envious of one Humber College graduate.

Shaun Shetty, who graduated from the theatre performance program in 2002, has a recurring role on HBO Canada's *Call Me Fitz*, starring ex *Beverly Hills 90210* star and fellow Canadian, Jason Priestley.

Shetty calls this gig his biggest success in a career that has been white hot since his school days.

"There is certainly something surreal about going to set and seeing and working with Jason Priestley," said Shetty. "He is someone I watched everyday growing up."

Shetty's character is Ruptal 2, a used car salesman, who owns the business with his cousin, Ruptal 1.

The Ruptals are the arch enemies of Jason Priestley's character, Richard Fitzpatrick.

"There is nothing like this show," said Shetty. "It's cable, so we get away with a lot more swearing and raunchy stuff, but it's done in a way that's really funny. It's just over the top."

Husein Madhavji, who plays Ruptal 1, called Shetty an amazing scene partner that is committed to the work.

"He always has tons of ideas and options," said Madhavji. "He'll study and work the scenes with me no matter what time of the night. That's the best thing you want in a fellow actor, someone who you can trust and opinion you can value."

After graduating from Humber, Shetty got an agent and landed a role in the Canadian Stage Company's *A Midsummer Night's Dream*.

"That was blessing and luck," said Shetty. "It's not characteristic for that to happen, to have an agent, and a job lined up by the time you get out of school."

Shetty calls his time at Humber a humbling experience and credits all of his teachers for giving him the right tools to start his career.

"Each one of them gave me something that was so valuable," said Shetty. "I just appreciated everything that they did. I'm still doing the voice exercises that I was doing in first year whether I'm doing a theatre show, TV show, or a movie."

Diana Belshaw, director of the theatre performance program at Humber, said she admired Shetty's work ethic.

"For Shaun to get this is amazing," she said.

Call Me Fitz is now shooting its second season in Nova Scotia, while the first season is currently airing on HBO Canada every Sunday at 8:30 p.m. ET.

the radar: British invasion

Monty Python



Nudge, nudge
Wink, wink
Say no more
Know what I mean?

Recommended by
Greg Burchell

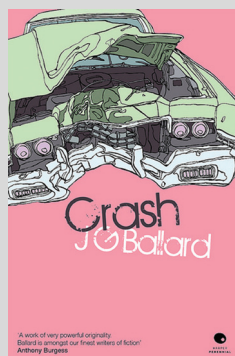
Friendly Fires - Friendly Fires



This self-titled album from English natives *Friendly Fires* combines Britain's signature post-punk sound with alternative dance flavour. Stand out tracks include "Paris", "Kiss of Life" and "Skeleton Boy."

Recommended by
Valerie Bennett

J. G. Ballard - Crash



Focused on characters obsessed with automobile accidents and bent on reenacting famous car crashes, redefining sexuality through technology. The book was later adapted in to a movie by David Cronenberg.

Recommended by
Brad Lemaire

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NaNoWriMo challenges young writers

National Novel Writing month continues as students round the bend and finish their own works of fiction

MARLEE GREIG
A&E REPORTER

National Novel Writing Month shows aspiring writers there is no wrong way to write.

"The only right way to write is the way that works for you. Everybody's way is different," said Antanas Sileika, director of Humber School for Writers.

National Novel Writing Month, or NaNoWriMo, encourages amateur writers to write a 50,000-word work of fiction in 30 days and this year was the events 11th year.

Tabitha Venasse, a graduate of the accelerated journalism program, has done NaNoWriMo for the past five years and her goal this year is 150,000 words.

"To do that, you need to be able to get rid of your inner editor and not stop and re-edit things as you're going. Its write the whole thing, get it out on paper and then be fed up later," she said.

This process garners criticism, said Vanasse, "it's actually fostering bad writing habits."

However, this quantity over quality approach to writing might not be that bad.

"First you need quantity, it's absolutely necessary. People get hung up about writing well, often they don't write anything at all," said Sileika.

There are really no bad writing habits, he said.

"Hemingway wrote standing up. Reportedly, Winston Churchill wrote lying in bed and the rumour was that if he dropped a page on the floor he wouldn't pick it, he would just keep

“
The only way to write is the way that works for you. Everybody's way is different.

Antanas Sileika
Director, Humber School for Writers

on writing and write it anew. There are lots of eccentricities that people have; you just have to find what works," he said.

Nicola Winstanley, media foundations instructor, said there are more successful, and less successful ways to write.

"Depending on your intention, depending on the genre, depending on

your audience, there are better ways to do it than other ways," she said.

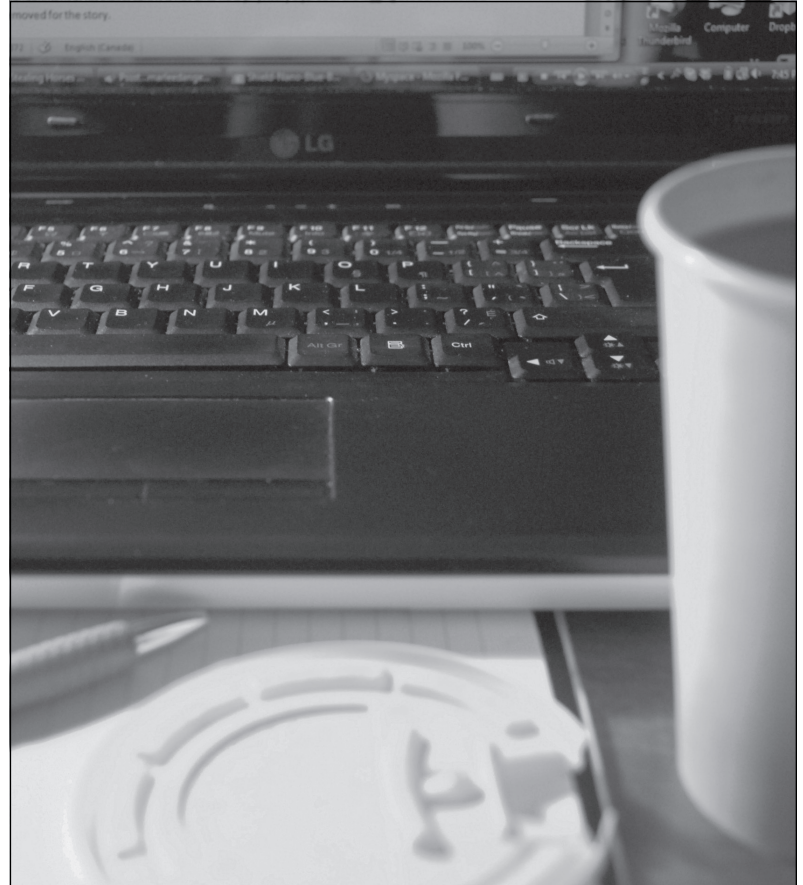
NaNoWriMo is run by a California based non-profit charity, the Office of Letters and Light. Writers can give donations to host writing programs for both NaNoWriMo participants and for the Office of Letter and Light's Young Writer's Program, which provides schools and libraries with resources to get kids to write creatively and to express themselves in new and interesting ways.

NaNoWriMo's media department states over 167,000 people participated last year and over 30,000 people won by completing the challenge.

A few NaNoWriMo manuscripts have been picked up by publishing houses, including Sarah Gruen's *Water for Elephants*, which reached No. 1 on the *New York Times* best seller list in 2006.

Gruen's novel is being made into a movie, scheduled for 2011 release. It stars *Twilight's* Robert Pattinson.

"I want to have some completed novels to work on, because it seems like I have so many ideas and I never seem to get them out," said Vanasse.



Marlee Greig

NaNoWriMo marks its 11th year a success as it wraps up.

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Greg Burchell

Dr. Alan Darlington and Lina Pham from Nedlaw Living Walls started to replace around 100 plants at the Guelph-Humber living wall on Monday.

Maintenance is done on the wall every month, but it is only every 10 to 15 years the company replaces this many plants, Pham said. The job is expected to take about a week.

The wall at Guelph-Humber is integrated into the building's ventilation system. The plants filter the air and then fans above the wall push it back into the building.

The 10-metre wide and 16-metre high wall went up in May of 2004 and was the first wall that Darlington built. Before starting with Nedlaw Living Walls, he worked at Guelph Humber in the Department of Environmental Biology.

The company was started in Canada and has expanded into the United States, currently building a living wall at Google's main offices in California.

See more at humberetc.com



Greg Burchell



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Clothing donations to go to Goodwill

ALLIE HUNWICKS
LIFE REPORTER

Fashion boutique Jacob is inviting students to “give your clothes a new lease on life” and make room for winter wardrobes by donating them to women in need.

A 25 per cent discount will be awarded for every article of clothing brought into Jacob stores before Dec. 24. The clothing will be donated to Goodwill, assisting the more than 1.5 million women in need in Canada, according to a Jacob press release.

“People shop at Jacob, they see our logo and see what Jacob is doing, and when they need to make some room in their closet perhaps, then they make the decision to bring their clothes to Goodwill,” said Brian Kellow, Goodwill’s director of external relations.

The results of the donations won’t be tallied until the campaign is over, but anything that improves the charity’s visibility is good for them, said Kellow. Women in need aren’t the only one’s benefiting from the success of the campaign, since both Jacob boutiques and Goodwill will reap the rewards as well.

“The company benefits by getting more customers in. The good news is that in this case, the charity benefits and the companies get the same benefit it would get from the 25 per cent off. It’s free revenue for Goodwill that’s over and above what the charity would have done,” said Ken Wyman, co-ordinator of Humber’s postgraduate fundraising and volunteer management program. “There are no downsides to this from the charity’s point of view.”

Advertising at Humber College may also attract a demographic that would not normally frequent Jacob.

“I don’t know too many people who are college age that shop at Jacob,” said Katey Beaudry, Humber second-year advertising media sales student. “But at the same time, they’re marketing to college students who don’t have a lot of money and thinking, ‘Oh, I need some new clothes, and at the same time I can get a discount on it.’”

The campaign targets shoppers by appealing to the feel-good aspect of donating to charity.

“Instant gratification is a very good word for it. More and more companies are hooking up with charities and seeing this as a positive way of building their brand and not just being a heartless corporation,” said Wyman.



Brandon Geobey

Consuming caffeine in small doses can have positive effects, according to Health Canada.

Caffeine a staple among students

Sleep-deprived students consume too much coffee, says health and safety manager

BRANDON GEOBEY
LIFE REPORTER

They joy of waking up to a warm cup of coffee may not be so warming to your body for the long haul.

Walking the halls of Humber, every other person carries a traveller’s mug of coffee, which brings to light how many students indulge in a cup of java on a regular basis. According to Health Canada, for healthy adults, a small amount of caffeine may have positive effects, such as increased alertness or ability to concentrate. However, some people are more sensitive to caffeine.

Students may not be aware of the risks or effects.

“It keeps me alive especially in the morning and helps me focus during the day-to-day grind,” said first-year business student Gordon Brown. “I’m sure there are negative effects because coffee seems almost addicting. Something that tastes that good and jumpstarts my day has to have some downfalls.”

Dr. Carver Lewis, a Toronto dietitian, said caffeine is fine in limited doses but affects people differently.

“Caffeine intake is high-risk for people in their youth or pregnant women. For these certain individuals, a small

amount could cause headaches, insomnia, nervousness and irritability.”

Although these side effects only target certain individuals, there have been numerous studies that indicate several other adverse effects on the regular coffee drinker.

Dr. Lewis said caffeine affects calcium balance and the cardiovascular system, and could cause nausea and behavioral changes as well as increased incidence of cancer.

“One cup of coffee isn’t going to bring all of these defects on, but generally lots of caffeine intake at once or over time will leave you more prone to such effects,” said Lewis.

Margaret Fung, Humber’s manager of health and safety said, “Caffeine is a stimulant, a lot of students use it, there are some positive reasons why we use it and it does work to some degree. Some people take in more caffeine than they should take in and that’s not good.”

Some students rely on coffee to wake them up, but habits can be changed.

“When you start taking a lot of caffeine it becomes a concern and health risks may follow. If you need caffeine in the morning to wake yourself up, it’s because you’re just not getting enough sleep in the first place,” said Fung.

Nature helps learning

JR BAILEY
BIZ/TECH REPORTER

New studies have shown that increased exposure to nature helps develop cognitive skills, a fact Humber Day Care Centres and the Early Childhood Education (ECE) faculty are aiming to bring to the children in their programs.

Soon to be printed in Psychological Science, the study, “The Cognitive Benefits of Interacting with Nature,” found walks in natural environments lacked the stressful stimuli found in urban areas, relaxing the brain and improving attention capabilities.

ECE professor Julia Valerio is something of an expert on nature’s beneficial effects for children. In May she co-ordinated a conference on connecting children with nature at Humber, titled Places of Natural Discovery.

Obesity and sedentary lifestyles are an international problem, Valerio said. She added that children are introduced to technology and video games at such an early age that it’s no surprise they suffer from a disconnect

tion with nature.

Valerio said the two goals of her program were to have kids experience the natural world to develop focusing skills that can be transferred to the classroom, as well as instill a sense of responsibility and respect for nature.

The ECE program at Humber works closely with two daycare centres that are located on campus, providing ECE students with the opportunity to witness the effects nature has on children first-hand.

“We’ve gone for a more natural approach,” said Bridget Woodcock, director of Humber’s Child Care Centres.

She said the staff at the centre was surprised by how much the kids were engaged by the more natural playground, especially on their weekly walks through the arboretum.

Despite the findings of the new study, not everybody is quite on board. Nadine Clark, vice-principal of Toronto’s Smithfield Middle School, is intrigued by the idea of getting kids more involved with nature, but said her school has no projects like that in the works right now.

“We’ve gone for a more natural approach.”

Bridget Woodcock
Director of Humber’s child care centres

To
The
Nines

By Allie Hunwicks

Angela Cammalleri, 17,
Fashion arts student

What are some of your favourite trends for the fall/winter season?

“I like the army inspired look, and I also like big sweaters and oversized boho styles.”

Do you have any designers or fashion icons that you really like to follow?

“Mary Kate and Ashley Olsen. I love them! They’re my favourite.”



Proposed bill will cap charity salaries

Debate over Bill C-470 could affect holiday donations, says fundraising and volunteer management co-ordinator

JASON SPENCER
LIFE REPORTER

With the holiday season approaching, the Humber postgraduate fundraising and volunteer management program is concerned about the image Bill C-470 gives charities.

Ken Wyman, fundraising and volunteer management program co-ordinator, said the bill paints the charity world as people who are “ripoff artists” that “exploit donors” when it’s actually filled with people who genuinely want to help others.

The private member’s bill aims to put a \$250,000 salary cap per person on charities and calls for detailed disclosure of the top five salaries of charitable organizations. The bill is being studied by the House of Commons Finance Committee, who will decide if it goes to final vote.

Wyman said charities receive the highest volume of donations during the holidays and the debate over Bill C-470 makes people think twice about giving.

sector that doesn’t pay that well,” said Wyman.

Wyman said out of the more than 80,000 charities in Canada, two-thirds pay executives more than \$100,000 and only two per cent pay executives more than \$120,000 a year.

Humber College President John

“They’re setting wage controls on a sector that doesn’t pay that well.”

Ken Wyman
Fundraising and volunteer management co-ordinator

Davies said the better way to disclose information on charities would be show the public what percentage of each donated dollar goes to administrative costs.

“It’s always good to keep a spotlight on how much money people at the top are earning and for what reasons,” said Davies.

Albina Guarneiri, Liberal MP for Mississauga East – Cooksville, put the bill forth to the House of Commons after news broke in October 2009 that Michael O’Mahoney, president of the SickKids foundation received a \$2.7-million severance package.

Guarneiri was not available for comment.

Terry Anne Boyles, vice-president of public affairs for the Association of Canadian Community Colleges confirmed that colleges, such as Humber, fall under the category of a charitable organization and are subject to Bill C-470 if passed.

She said she will urge the Finance Committee to drop Bill C-470 when she addresses their Dec. 6 meeting.

Julie Castle, chief advancement officer and director of alumni relations, said Humber has between 3,000 and 4,000 donors.

Davies earned \$375,569.70 before taxes in 2009.

“I expect people to ask me what I earn and what my benefits are,” said Davies.



Jason Spencer

Humber College President John Davies said there is a lot of transparency in the college sector.

Survey gathers students’ opinions on library services

ASHLEY GREENE
LIFE REPORTER

For the first time Humber Library is using a new survey to assess how students use the library.

More student space, less noise and library capacity are some of the major issues that students have commented on through the survey that launched in early November. Director of library services Lynne Bentley said the survey

has already received about 1,500 written responses.

“We are always looking for ways to improve the library both short-term or long-term,” said Bentley. “People have a lot to say.”

Adam Weissengruber, a library technician and one of the Shout Out Blog facilitators, is involved with marketing the survey. He said that the blog continues to be updated with contests and information about li-

brary services.

There have already been improvements at both the North and Lakeshore libraries. Bentley said there have been upgrades this past summer at the North Library which include more plug-ins for laptops and changes to the study group rooms to create more space.

At the Lakeshore campus there is a new development in the works to address capacity problems in the L-

Building. There is going to be a learning commons section with computers for student use, group collaborative workspace and study rooms.

Abigail Riddell, 19, said she uses the library whenever she has to study for a test. She would like there to be more seating and an eating area for students while they study.

“There are not enough individual seating areas,” said Riddell, a first-year general arts and science student.

On average the survey takes less than 10 minutes to complete and students who complete the survey will have their e-mail entered into a draw for a chance to win an iPad.

“At some point we will be posting a summary of what we found in the survey,” said Bentley.

Students have until Nov. 30 to complete the survey.

Cellphones found to have dose of radiation

Prolonged contact between phone and body could be harmful, says MPP France Gelinas

MELESA NARAIN
LIFE REPORTER

With more than six million people in Ontario using cellphones, an NDP MPP has proposed a private member’s bill to protect constant users from potential long-term health effects.

France Gelinas, MPP for Ontario’s Nickel Belt riding, said all she’s asking for is a radiation warning label on the back of all cellphones, which would read “continuous usage of this cellphone causes cancer.”

But Humber program co-ordinator and professor for the wireless technology program, Muhammad Khan, said the harmful effects of cellphones should be obvious to users.

sense rather than laws that are passed and the warning signs are already written on those things,” said Khan.

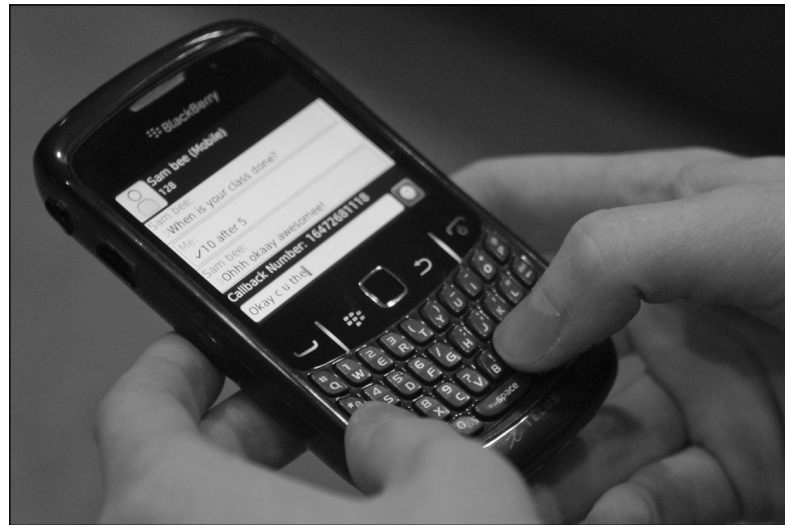
Young adults are the biggest cellphone users. “Now all those things you can have on a computer are available on a cellphone,” said Khan.

Gelinas said many young people sleep with their cellphones under their pillows or beside their beds, and it’s not good because the closer their cellphones are to them, the more radiation is coming in contact with their bodies.

There are ways to use your cellphone with less contact to the body, such as putting it on speakerphone or

“The warning signs are already written on those things.”

Muhammad Khan
wireless technology program co-ordinator



Melesa Narain

Texting is less harmful for radiation than talking into the phone.

using earphones.

Julia Rideout, 19, a first-year visual and digital arts student, said she mostly uses her cellphone for texting, so she doesn’t have to put the device

up to her ear.

Unlike many people her age, she doesn’t sleep with her cellphone. “When I go to bed, I turn my cellphone off,” Rideout said.

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Courtesy Sylvia Wojtalik

Final-year practical nursing students help educate Maasai people in Tanzania, Africa, about hypertension and diabetes through a pre-graduate international initiative program.

Lifestyle strong link to diabetes

Nursing student manages Type 2 diabetes with diet and exercise

MELESA NARAIN
LIFE REPORTER

For those living with diabetes, diet and exercise are important to maintaining a healthy way of life.

Nitten Sharma, 36, a first-year practical nursing student at Humber, was diagnosed with Type 2 diabetes three years ago, and understands how significant both are for diabetics.

"Exercise is an absolute must. If you think you can get away with not exercising, you're out of luck," he said.

His diagnosis of Type 2 diabetes means the insulin his body is producing is insufficient to meet the amount of food he consumes and break down all the sugar his liver produces during digestion. Sharma has to either be on

medication or cut down on foods with carbohydrates or sugars. He's chosen to change his diet instead of taking pills.

Sylvia Wojtalik, a practical nursing professor, said there are a number of causes for diabetes including genetics, lifestyle and underlying health factors, but lately obesity has been receiving a lot of attention for being linked to this disease, due to high sugar intake and little physical activity.

She said that with the proper information and continuous consultation with health professionals, diabetics can successfully maintain safe, desired blood sugar levels in combination with diet, weight and exercise to slow down the effects of this disease on vital organs.

"For people who are diagnosed with diabetes, it is not a life sentence," said

Wojtalik.

Sharma weighted 300 pounds when he was diagnosed, but through consulting a dietician and a personal trainer, he has been able to bring his weight down to 235 pounds.

Andrea Strath, Canadian Diabetes Association regional director for the GTA and central east Ontario, said maintaining a healthy lifestyle is a life-long goal for people living with diabetes. "Diabetes is a disease best managed by the individual. The control is in your hands," said Strath.

Sharma said, "The only aim I have right now on a daily basis is to keep on avoiding the medication as long as I can, and for that exercising and diet are the two best things I've come across – nothing else works."

Partnership teaches shelter residents basic culinary skills

SHAUNA BLAKE
LIFE REPORTER

Humber's School of Hospitality Recreation and Tourism has teamed up with Interim Place in putting together culinary arts classes for women affected by violence.

Interim Place is a Peel Region shelter founded in 1979 for women and children who have experienced violence. Interim Place has since helped out more than 15,000 victims.

Humber has partnered with Interim, offering courses teaching basic culinary skills to the shelter's residents. The idea to partner with Interim Place was brought to Rudi Fischbacher, Humber's culinary program co-ordinator. Humber has now been working with Interim for a year and a half.

Classes began in August and the women are now in their third course. These courses are expected to run until the end of April. More than 10 women are currently enrolled in the program and with sufficient funding, Interim plans to add 10 new women every 10 to 18 months.

According to Catherine Da Costa, Interim's manager of development, the intent is to give the women the skills needed to create and maintain a successful enterprise. Interim plans

to work alongside the women as they attempt to open a catering enterprise they hope to launch next fall.

"The business will be owned by Interim but run by the women," said Da Costa, "Money will go into the enterprise for the women."

Da Costa stressed that this venture will only be successful if they receive enough support as well as funding.

"All our money comes in through funding from outside sources."

Interim was fortunate in that the cost of the first two courses were covered by Humber.

"We do want to give back as much as we can to the community so whenever it is possible for us to make it happen we do accommodate," said Fischbacher.

Patrick Secord, Humber chef and culinary instructor, said that despite the fact that the group is covering three topics a week, they are handling the program well and are eager to learn.

"They are mature, they are keen and they understand the value of learning," he said.

The women are currently participating in a nutritional practical course and once that is complete they will learn basic baking skills. Some aspects of the program such as safety and sanitation are being covered online.



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Women bounce back with road triumph

Basketball team knocks off Mohawk after disappointing home loss versus Sheridan



Adey Mulugeta

Hawks rookie guard Celeste Domengoni (right) looks to spread the ball against Mohawk.

ADEY MULUGETA
SPORTS REPORTER

HAMILTON – The Hawks women’s basketball team is 2-2 on the season after defeating the Mohawk Mountaineers in a big win on the road, Nov 18.

Humber showed great energy early in the game, bouncing back from a poor performance demonstrated in a tough loss Nov.16 against Sheridan College.

“I think we played a lot better than the last game against Sheridan,” said Hawks assistant coach Karine Nicholas. “When we played Sheridan we played half court defence but we ran a full court press today so they did very well. The intensity was a lot better and we scored a lot more.”

Head coach Denise Perrier said last minute changes made to the offence were effective, with the Hawks focused on getting the ball inside to the post players to create more scoring opportunities.

“Making the adjustment changed our guard look and our post look, so for us just adding it in last night and changing it, I thought they did a good job,” said Perrier. “I was pleased with our offence and looks we got. We had a lot of steals.” The Hawks came up with a total of 23 steals versus six by

the Mountaineers.

The Hawks looked confident as players communicated well with one another on the court. Humber was focused and distributed the ball efficiently, leading to more opportunities to attack the basket. The Hawks were up 34-18 by the end of the first half.

Despite Humber’s strong start, Perrier said improvements are still needed to prevent easy offence for the other team.

“We’ll have to work on our defence a bit more with our rotation because I thought, to put them in bonus, they had 33 second half points on us and 18 in the first,” said Perrier. “So, that was much to give up.”

Hawks forward Sainney Carvery said she’s looking forward to the team being more competitive.

“I thought we showed some discipline and some progress,” said Carvery. “We showed that we can play together and hopefully we continue to do it.”

The Hawks competed at the Durham Invitational in Oshawa, Nov. 19-20. Humber beat Fleming 71-33 in the quarter-finals before being routed by Sheridan 77-41 in the semifinals.

The women’s basketball team will take on Fanshawe, Nov. 25 at Humber’s North Campus.

Rookies step up against Mohawk

STEPHANIE LIPPA
SPORTS REPORTER

HAMILTON – Without its best player, the Hawks men’s volleyball team relied on rookies to spike the Mohawk Mountaineers three sets to none, Nov. 16, to remain undefeated and atop the West Division.

“The guys played awesome, even without Terrel [Bramwell], who is a very important part of our team, they really pulled through and it was a total team effort,” said Hawks head coach Wayne Wilkins.

“Without him playing this gave us the opportunity to test some of the other players and give them some court time and to see if they were up

to face the challenge.”

Bramwell, the OCAAs leading scorer, sat out of the game due to lingering injuries.

With the absence of Bramwell, Wilkins said he stressed the importance of fundamentals to his team.

“The main mentality of the game was to show a consistent team effort, but more importantly, we wanted to stay more consistent with how we play. Attack the proper zones, stick to the game plan, and just working extra hard,” he said.

Humber, ranked fourth in Canada, and Mohawk had a very close game in the first two sets with the Hawks winning 25-21 and 25-22, respectively. Humber took the third and final set



Stephanie Lippa

Hawks centre Andre Brown (right) sets up right side Brandon Cullen (left) for a kill, in Hamilton.

25-17.

Hawks rookie libero Andre Brown led the team with 11 points, while freshman right side Brandon Cullen had a team-best nine kills.

“As a team we played good. I expect more from myself and since I am a

rookie I need to work harder and try to be more consistent,” said Cullen, who added ten points and one service ace.

Team captain Paul Kemboi earned eight points, two kills, three blocks, three service aces and a team high seven digs against Mohawk.

“We played outstanding. We played as a team and it went great,” said Kemboi.

The Hawks played at Fanshawe Nov. 24, check humberetc.com for game results.

scoreboard

Badminton

Fanshawe Invitational

Nov. 19-21

Men’s singles

1. Tim Chui - George Brown
2. Mark Wong - Humber

Women’s singles

1. Tracy Wong - Humber
2. Alyssa Woon - Humber

Men’s doubles

1. Mark Wong/Tim Lam

Mixed doubles

1. Renee Yip /Tim Lam

Women’s doubles

1. Tracy Wong/ Suzy Yan

Women’s basketball

Nov. 18

Humber	75
Mohawk	51

Durham Invitational

Nov. 19-20

Humber	71
Fleming	33

Humber	41
Sheridan	77

Men’s basketball

Nov. 18

Humber	74
Mohawk	68

Women’s volleyball

Nov. 5-6

Humber	3
Mohawk	2

Men’s volleyball

Nov. 5-6

Humber	3
Mohawk	0

Statistics provided by Humber Athletics and OCAA
For more scores and standings log on to humberetc.com

Hawks strike back to knock off Mountaineers

BENNARD BOADI
SPORTS REPORTER

HAMILTON – The Hawks men's basketball team held on to its undefeated streak with a come from behind 74-68 victory over the Mohawk Mountaineers, Nov. 18.

"This game was a true test to see where we are at the start of the season. I hope all the players learned something from this game and provide that to the next game," said Hawks assistant coach Fred Grannum.

The Hawks started slow and were down by nine points just two minutes into the game. Humber struggled with turnovers, rebounds and miscommunication on the offensive end,

issues which have plagued the team this season. The Hawks trailed 34-27 with two minutes left in the first half, but rookie guard Mark Perrin went on a six point scoring run to narrow the Mountaineers lead to 37-34.

"The team needs to work on their playing style at the start of the game," said assistant coach Patrick Au. "We always trail and then have to play catch up, which gets the team tired."

The Hawks played poorly to begin the second half as they continued to allow Mohawk wide-open shots. Humber trailed most of the half but took a 66-64 lead at the 3:50 mark.

The game came down to the final 38 seconds. The Hawks made two foul shots to take a 72 to 68 lead.

Mohawk had one final chance but missed a three-point attempt with 14 seconds left in the game. Humber recovered the rebound and forced the Mountaineers into fouling Hawks co-captain Michael Acheampong, who sunk two clutch free throws to give the Hawks a 74-68 win.

"I felt that this game was a good challenge to see how good the team really is and if we can actually contend for a championship this year," said Acheampong.

Leading the way for the Hawks was Perrin with 17 points while Acheampong added 14 points. The Hawks' next game will be against Fanshawe on Nov. 25, 8 p.m. at Humber's North Campus.



Bennard Boadi

Humber forward Ron Gabay posts-up against Nick Fadayer.

Double dose of Brett McCully

Player turned coach leads two teams

JACOB GALLO
SPORTS REPORTER

As a former Hawks varsity rugby standout and junior-A hockey player, Brett McCully has indispensable experience he brings to coaching both sports at Humber.

"I knew when I was done playing, I wanted to be a coach," said McCully, head coach of Hawks women's rugby and men's extramural hockey. "It's a give-back-to-the-community type of thing."

McCully played in the Ontario Junior Hockey League from 2000 to 2005 and was a back-to-back OCAA champion with the Hawks rugby team in 2007-08 and 2008-09.

"I'd say I'm the relaxed type," said McCully about what type of coach he thinks he is. "I'm a player's coach."

Coming fresh off a gold medal championship with the Hawks women's rugby team, and the beginning of a new extramural hockey season, McCully brings a brand of versatility in his coaching style.

"Gender wise, coaching women is different than men," said McCully. "With coaching women, you tell them something, and they soak it up. Men, they'll soak it up in their own way...put their own style on it."

McCully said coaching rugby is more strategic while hockey is systematic and requires more teaching.

When it comes to team success, coaching is only half the battle – how

his players respond to him is the other half.

"Brett's a great coach," said men's extramural hockey captain Scott Creighton. "He makes his expectations clear and he demands respect."

"When he's behind the bench, he is very vocal and makes sure everyone is on the same page and he lets his emotions show," said Creighton.

"Brett is a great coach even though he has only been playing for a few years," said Lindsey Bradbury, captain of the gold medal winning women's rugby team.

"He obviously did something right, we won a championship. What more could a first year coach ever ask for?," added Bradbury.

The women's rugby team went undefeated in the inaugural season of OCAA play, defeating Seneca 17-7 to capture the provincial title, Nov. 13.

"Brett was a key part of our success this season," said women's rugby player Teala Gordon. "He was hard on us, but without his tough love we wouldn't have achieved what we did."

McCully said he'd like to continue coaching at Humber for as long as he can.

"I'll stay for as long as they need me to stay," he said.

With the rugby season now complete, his coaching focus shifts over to the men's extramural hockey team, who play their next games Nov. 26.

Brett's a great coach. He makes his expectations clear and he demands respect.

Scott Creighton
Extramural Hockey Captain

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Women rally to earn five-set victory

Hawks beat Mohawk Mountaineers 15-8 in final set to clinch the win, hand hosts their first loss of the year

STEPHANIE LIPPA
SPORTS REPORTER

HAMILTON – The women’s volleyball team remains undefeated as they edged the previously unbeaten Mohawk Mountaineers in five sets, Nov. 17.

“In the first two sets we maintained very good control and played the way we were supposed to,” said Hawks head coach Chris Wilkins. “We got away from that and allowed Mohawk back into the game in the third and fourth set and that part was disappointing. We really took control in the fifth game and did what we were supposed to do.”

The Hawks dominated the first two sets of the game 25-18 and 25-19. Mohawk struck back in the third set taking it 25-20. Although the team did catch up to the Mountaineers quickly in the fourth set, Mohawk took it again 25-23. Humber took the

fifth and deciding set 15-8.

“The fifth set was a little more nerve wracking than what I had hoped it would be,” said Wilkins. “We have some very good leaders and we can count on our leadership to get us through nights like this when we’re not playing our best, but makes it possible for us to win.”

“We pushed to win the sets and even when we were losing sets, we didn’t give up and we really pulled through and ended up being very successful in the end,” said Hawks setter Nina Carino. “Because we had never lost, we forgot about the past and we just continued with the fifth set as if it were the first and we came out strong.”

“Our team character showed up in the fifth. We had one of our better servers [Carino] go back there and three hitters at the front of the court. We were in a good position and that’s what helped us get through the win,”

“Losing was not an option. I did not even think about losing.”

Laura Bye
Hawks Outside



Stephanie Lippa

Hawks outside Laura Bye (2) spikes the ball over two Mohawk Mountaineer defenders.

said assistant coach Dean Wylie.

Hawks middle Kelly Nyhof led the team with 16 points, middle Michelle Overzet added 15 points and a team best 14 kills, while outside Laura Bye had a team high 21 digs.

“Losing was not an option. I did not even think about losing. We don’t get to fifth sets a lot and we know how to react and take control,” said Bye, who added eight points, six kills and two service aces. “This was our game and

we finished with a decent score.”

With the victory, the Hawks are now the fifth ranked team in the CCAA.

Humber played at Fanshawe Nov. 24. Check humberetc.com for game results.

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