

## Cosmetics management students host Haiyan relief fundraiser today

Raffle prizes, and food and drinks will be sold with proceeds going to the province of Samar



# Activating female empowerment

Shaneza Subhan  
HSF REPORTER

The Female Empowerment Movement Club is coming to Humber's Lakeshore campus this January to educate students about the injustices females face in society.

This is the first club on Lakeshore's campus that will engage issues of empowerment, rights and the negative perception of feminism.

"We want to discuss topics around rape culture, violence against women and inequalities that women of colour face," club president Zarene Sepehripour said.

The club hopes to build a stronger community between females and males by hosting a variety of activities for students.

"We will be introducing yoga and self-defence classes," said Sepehripour, 20, a first-year creative advertising student at Humber. "We will also have guest speakers come in from different organizations such as Because I'm a Girl Canada."

"The club will consist of more than just discussions

among peers," said Yulanka Rebello, 20, a first-year creative advertising student and treasurer of the club. "Students who are part of the club will be part of a community, where they can learn how to navigate around tough obstacles as well as give back to the community."

First-year paralegal studies student Rebecca Battersby, 18, who is the vice president of the club, said they hope to bring awareness to the issues as well as motivate students to let their voices be heard.

"It will show students that they should not be afraid to speak out on everyday problems they may face," Battersby said.

"At the first meeting, we will be brainstorming ideas on what students want to see us do as a club and we'll build upon that," Sepehripour said.

Anyone can join the club and all students at Lakeshore are encouraged to participate.

"It's a place for both men and women to join and gain knowledge in having confidence in themselves believing that they can make change," said Sepehripour.



Courtesy Fallon Burns

Vice president Rebecca Battersby (left) and president Zarene Sepehripour invite women and men to new club this January.

## Toronto raises awareness at 25th annual World AIDS Day

Ari Perlin-Bain  
NEWS REPORTER

December 1 marked the 25th annual World AIDS Day in Toronto, an occasion filled with events honouring victims

of HIV/AIDS, as well as educating people and increasing awareness about the disease.

Starting in 1988, organizations around the world began to annually commemorate those whose lives were taken

by HIV/AIDS.

In Toronto, events were held across the city including the Community Carnation Memorial at 519 Church St., which was sponsored by the Toronto People with AIDS

Foundation and other local agencies.

Executive Director Murray Jose described the event as one of the best ways to bring communities together to commemorate lives and educate as much as possible.

"We saw people from all communities in Toronto come together to share their thoughts about HIV/AIDS and honour victims of the

disease," said Jose.

Along with the memorial, a highly regarded World AIDS Day event centred on Africa consisted of volunteers in green shirts collecting donations and handing out condoms.

The Africa's Children-Africa's Future organization set up its annual fundraising effort at various TTC stations in downtown Toronto on Nov. 29 and 30.

AC-AF's executive director Dave Christie said this year's fundraising efforts saw better results than in previous years.

"We made \$13,250 over both days and that's actually an increase of \$4,000 from the year before so we're proud and happy to still be getting support from the general public," said Christie.

See AIDS on page 3

### INSIDE

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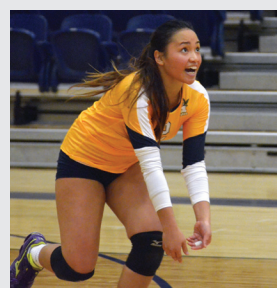
#### University of Guelph student shocks with suicide video online

The unnamed student streamed a video of his attempted suicide on the popular sharing site 4chan.org for 200 viewers

SPORTS PAGE 12

#### Hawks volleyball continues winning

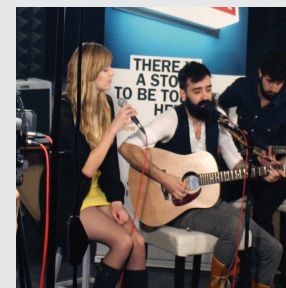
The women's team heads into the holidays on top of OCAA West



ARTS PAGE 9

#### New monthly band segment

Blue Sky Miners kicks off Humber radio series



## - IN THE WORLD THIS WEEK -

TODAY	9	TUESDAY	10	WEDNESDAY	11	THURSDAY	12	FRIDAY	13	SATURDAY	14	SUNDAY	15
<b>International Anti-Corruption Day</b>		<b>Human Rights Day</b>		<b>Great Online Shopping Festival</b>		<b>Fair hike in Manila, Philippines</b>		<b>Kenyan national celebration</b>		<b>Nutcracker at the National Ballet</b>		<b>Cat Herder's Day</b>	
The UN developed this day for political leaders and government bodies to address issues surrounding corruption and fraud.		Annually observed on the anniversary of the UN's Universal Declaration of Human Rights.		The event is put on by Google India for the second year in a row. Over 230 Indian retailers are involved.		Another city in the world is upping metro transit fares in hopes of allocating government dollars for other social needs.		The government has declared this day a public holiday in celebration of the country's 50th birthday		Opening night for this season's production of the Tchaikovsky classic at the Four Seasons in Toronto.		For those who frequently manage the unmanageable, Wellcat herbal remedies has created this occasion..	

## Youth rights program to focus on advocacy

Earl Abalajon  
EARLY CHILDHOOD REPORTER

Humber College will launch a new continuing education certificate in youth rights education starting January at the Lakeshore campus.

The three-module certificate program will focus on child's rights in Canada, the resources available to youth in Ontario's care system, and developing advocacy skills.

According to Kim Pavan, director of continuing education for Humber, each module consists of three sessions scheduled for two Saturday evening classes and a Wednesday evening. The program costs \$300 to obtain the full certificate during one semester.

Pavan said the main goal for the students in this program is to "produce a type of educational tool that would help children and youth learn about their rights."

After the second module, students take a one-month break to practice what they've been working on in class in their own workplaces or other practical settings.

"The project that they finish with in the end is some resource or tool that they are going to design to teach an aspect of youth rights," said Heather Snell, program coordinator for the child and youth work program. "It's helping young people understand 'what are my rights?' and what's the difference between 'I just really want that' and 'what my right is.'"

The program involves a

collaboration with the Provincial Advocacy Office and the Ontario Association of Child and Youth Counselors, and it encourages recent child and youth work graduates, or anyone with a child and youth work background to develop new tools and programs to educate children about their rights.

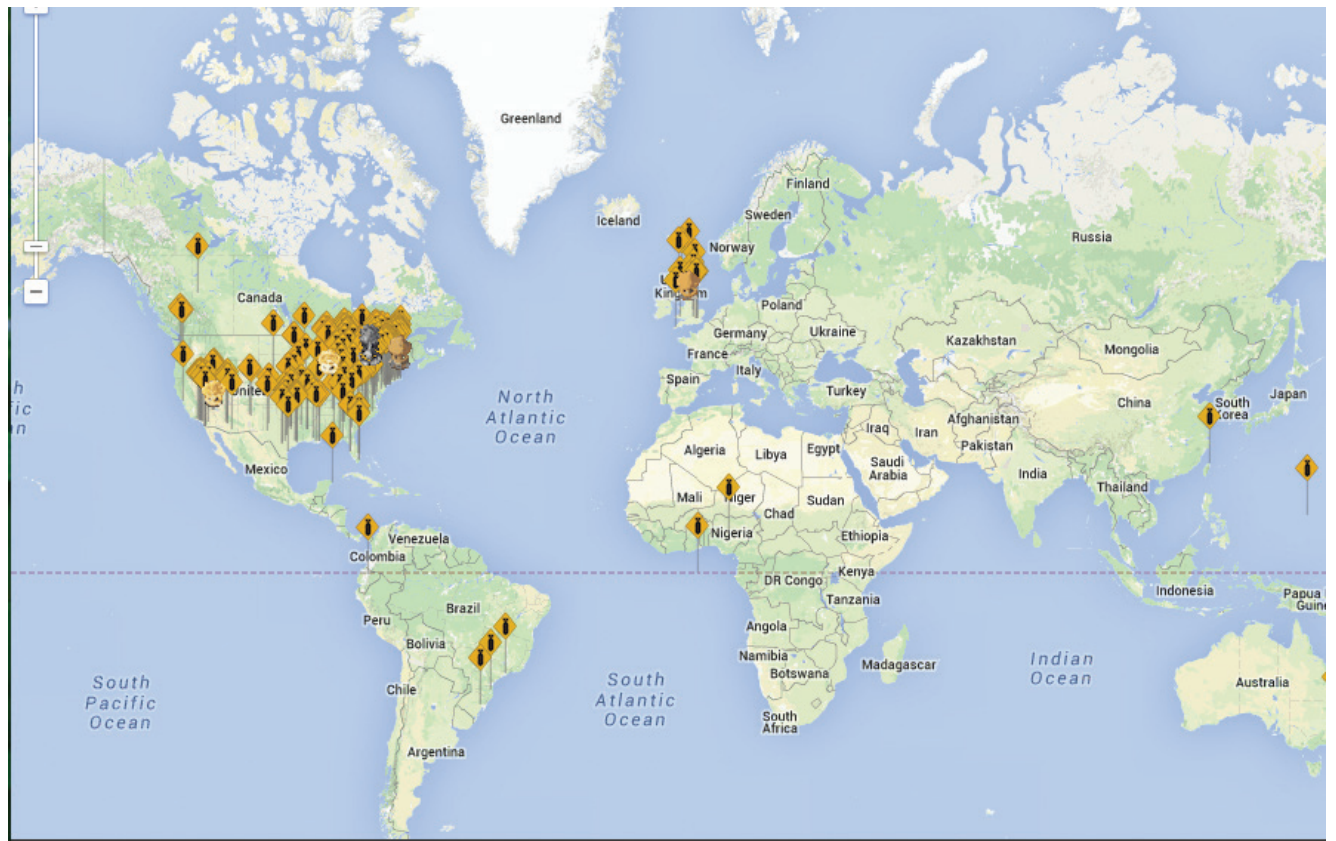
Pavan said students range from social workers currently employed in the field, child case workers, instructors and teachers working with children.

"It's for someone who's emerging in the field, and is looking to refine that skillset."

According to Snell, the first module is about the rights in legislation, including an introduction to the UN's Convention on the Rights of the Child, which indicates the rights children should be afforded. Canada agreed officially to the convention in 1991.

"The Convention on the Rights of the Child has been in Canada for a bit over 20 years now, and the general public doesn't know too much about it," said Sammy D'Agostino, 25, a final year child and youth work student who started the Child's Rights United Club at Lakeshore to promote advocacy.

The program was originally slated to begin in October this past semester, but due to low enrollment numbers the program was moved to the 2014 winter semester. Pavan said about 50 students have expressed their interest in the program.



Screenshot of fbomb.co

A map that shows where in the world the f-bomb is being dropped. The map is updated every minute on the website.

## Site tracks usage of 'f-bomb'

Jacob Wilson-Hajdu  
CRIME REPORTER

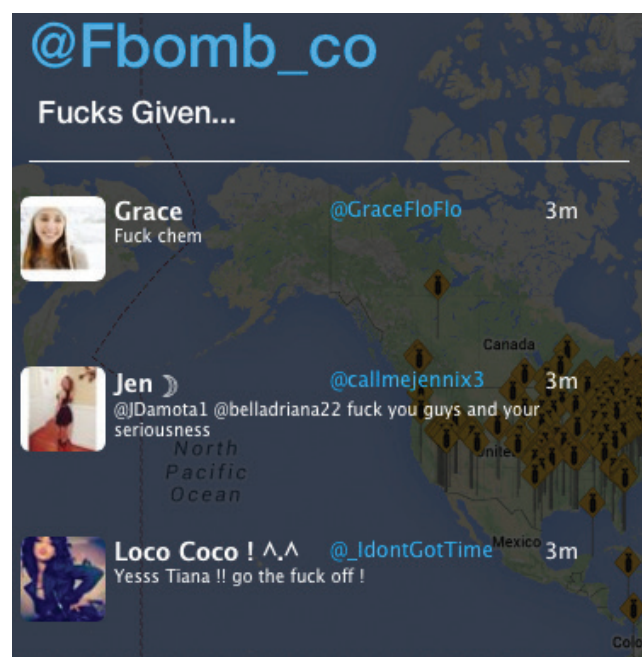
Martin Gringas, a third year Carleton computer science student, has created a website that tracks Twitter posts containing the word f---, known informally as f-bombs around the world.

"The idea behind the site came from a discussion I had in the summer with a bunch of my colleagues about how the f-word is misused," Gringas said.

He said an application programming interface, or API, is used to access the tweets through Twitter. The site features the feed of tweets as well as Google Map technology to visualize where these tweets are coming from in the world.

"So it uses Google Maps to create the map and plot the tweets, and I use a Twitter API to subscribe to the twitter stream based on a filter of any of the fu---, f---ing, f---ed. Any of those three words that are used in the hashtags or in the text," he said.

The site has thousands of



Screen shot of fbomb.co twitter

Screen shot of some examples of f-bombs on twitter.

viewers a day, and at its peak, hits from 40,000 to 50,000 views. The website, www.fbomb.co, has been up and running since Oct. 27. It also has a sister site called Shtstorm.

"It has slowed down a bit lately. But I got a ton (of views) when there was a

bunch of articles posted," Gringas said.

The context in which the word is used varies, and seems to be popping up quite often.

"I see it dropped in every context; from the weather to school, work, love life a lot,

stuff like that. The scope is almost unlimited in the way it is used," Gringas said.

Many people's behaviors seem to change in an online environment.

"We have behavioral cues that our environment sort of tells us sort of how to behave. And on the Internet you're free of all that. A lot of the times, people's subconscious takes over and they feel quite comfortable to give you unfiltered aspects," said Andrew Tibbetts, a counsellor at Humber's North campus.

Some people even notice their behavior changes while online.

"On the internet I am more immature, and in reality I consider myself a fairly serious guy. Profanity wise, I don't really change," said Matthew Griffith, a second-year media communications student at Humber.

Students at Humber should be aware of what they post online.

"Before I post anything I always think who is going to see this," Griffith said.

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## World AIDS Day event

Continued from page 1

Though World AIDS Day did see its fair share of events throughout the city, these days come during a period when the disease seems to have less prominence among today's youth.

Christie said there are also many misconceptions still out there about the disease, that could affect the youth's take on it, which is why education is so important.

"When hearing individuals with HIV/AIDS are treated in their community like they're contagious, (it) shows people still think it's like the 90's where if you touch (sufferers), you're going to get HIV, too, and that's not the case," said Christie.

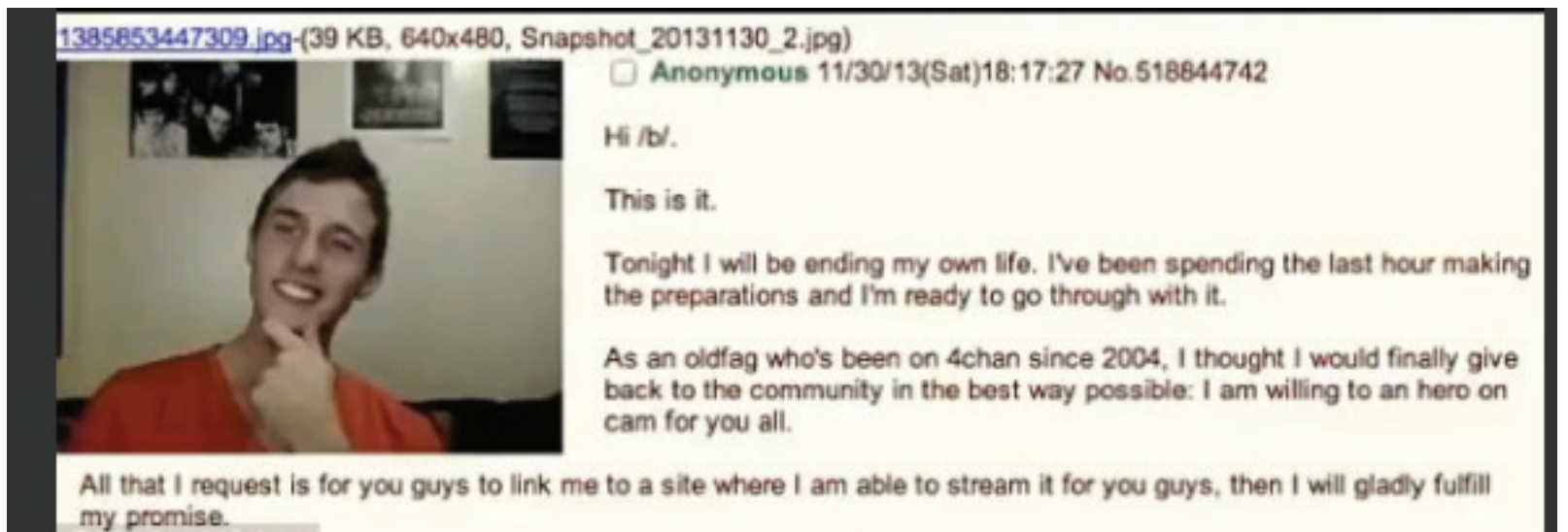
"This is why more education and awareness is necessary."

Jessica Morrisson, a second-year creative photography student at Humber, said due to more evident sexually transmitted infections and less emphasis on HIV/AIDS, youth are generally forgetting they can contract the disease.

"I think it's definitely gone off the radar for today's youth," said Morrisson.

"Being educated about HIV/AIDS is important because while symptoms of it can be curbed, the entirety of it is still out there."

For more information on World AIDS Day, visit the websites for Africa's Children-Africa's Future as well as other organizations dedicated to fighting HIV/AIDS.



Screenshot of liveleak.com

Screenshot of the 20-year-old student at Guelph University who live-streamed his suicide attempt on the site 4chan last week, an anonymous forum.

## Student live-streams suicide attempt

Kat Shermack  
SENIOR REPORTER

A student at Guelph University live-streamed his suicide attempt last week.

"This is it," the unnamed 20-year-old wrote on 4chan, an anonymous online forum. "Tonight I will be ending my own life. I've been spending the last hour making the preparations, and I'm ready to go through with it."

"All I request is for you guys to link me to a site where I am able to stream it for you guys," he continued.

After a live-stream was set up, the student took a hand full of pills, and chased them with vodka. He then set

a fire in the corner of his residence room and crawled under his bed.

Two hundred people, the maximum allowed in the chat group, watched as the fire spread, while the student continued to post to the chat group.

"#dead, lolimonfire," the student wrote from under the bed.

Comments from viewers of the live stream ranged from taunts to encouragement, with a few pleas for the student to seek help. One viewer urged the student to provide sound.

"give us sound!!! We cant hear you!!!! rightclick the chat," the viewer wrote.

At the end of the 40-minute video, firefighters enter the student's

residence room and pull him out from under the bed.

A statement from the University of Guelph said the student suffered serious but non-life threatening injuries. The fire was contained to the student's room, but about 30 students were relocated to temporary accommodations as a precaution.

Attempts by the University of Guelph to have the video taken down have been unsuccessful.

Dr. Dan Andreae, Guelph-Humber psychology professor, said a suicide attempt indicates a person is suffering a great deal and that posting the attempt online is probably a way of reaching out.

"We don't know what's going on

in his mind," Andreae said. "But most likely it's a call for help. This technology has allowed him to reach out to more people."

Although posting a suicide attempt seems like a clear cry for help, it is harder to explain why so many people are eager to not only watch someone commit suicide, but encourage them to go through with it.

"We've become conditioned to violence," Andreae said. "We see so much of it, we've become desensitized."

Andreae notes the screen can make it easier to separate from the reality of the situation.

"It seems like a movie," Andreae said. "In the movies, people get blown up and survive."

## Cellphones at bedside preventing deep sleeps

Students approaching exams need to protect their sleep, experts say

Mario Belan  
HEALTH REPORTER

New data published in the *Journal of Adolescent Health* has found that teenagers aren't getting enough sleep due to the constant vibration of their cellphones keeping them awake.

With exam time fast approaching, sleep is vital for the body. Researchers state that the golden standard for sleep is nine hours and having a cellphone with you at night can affect your sleeping patterns.

Dr. Ronald Stewart, a professor in bioscience at Humber, said students' ability to focus suffers when they don't get enough sleep.

"It's a full body effect," he said. "Find the time to sleep."

Now that exams are here, Stewart said students have to put down their phones and find the time to get to bed. Cellphone, TV and video games should be turned off during exam time.

"Students cannot multitask," said Stewart. "You have to turn off your technology."

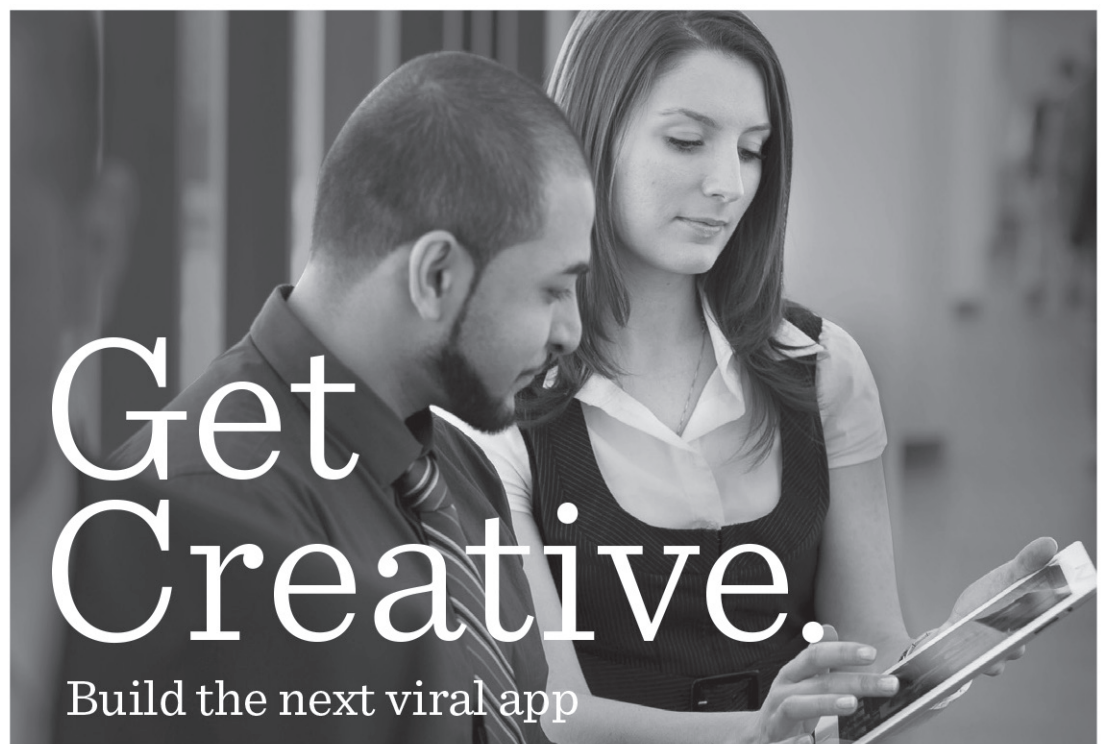
Richard Horner, a professor of medicine and physiology at the University of Toronto, said some people don't necessarily need nine hours of sleep. "You can have six hours of sleep and be fine in the morning," Horner said if someone jumps when they hear their alarm go off rather than waking up calmly, they are most likely not getting enough sleep.

"The best advice for exam time would be to study normally and getting a good night sleep," said Horner, adding there is no need to study all night because the brain loses concentration at midnight.

"I won't give up sleep for last minute studying," said David Zutautas, 19, a second-year student in Humber's heating, refrigeration and air conditioning technology program.

Zutautas goes to bed earlier during exam time so he can be ready for the next morning.

"I try to get some good sleep, so I can be ready in the morning," he said.



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# Mental health: students deserve more

A video showing a student attempting suicide on the popular online discussion board 4chan.org has sent shockwaves worldwide, bringing forth the issue of student mental health in Canada.

The video showed a 20-year-old University of Guelph student trying to kill himself by swallowing an assortment of pills and vodka. He then set fire to his dorm room as the video's 200 viewers gawked and even suggested ways to quicken the process.

"This is it. Tonight I will be ending my own life. I've been spending the last hour making the preparations and I'm ready to go through with it. I thought I would finally give back to the community in the best way possible: I am willing to an hero(sic) on cam for you all," the student told his viewers under the pseudonym Stephen. 'An hero' is a slang term on 4chan for committing suicide.

Stephen was rescued by firefighters after other students took notice of the fire. He survived the suicide attempt, but the situation has left the University of Guelph in a state of disbelief.

The university's vice president of student affairs, Brenda Whiteside, said she was left wondering what the school did wrong. The school has asked people not to share the video and has offered counselling

to students in residence, as well as links to hotlines and websites where students can seek mental help.

Unfortunately, it's becoming clear that simply offering these services to students isn't enough. Schools need to start taking a more active role in students' mental health. Student mental health concerns have always existed and support is available for their needs, but situations like Stephen's remind us that the problem hasn't gone away, and we should be concerned.

A study released by Canadian Organization of University and College Health last summer focused on mental health concerns and just how prevalent they are amongst Canada's post-secondary students. Over 30,000 students were surveyed and close to 90 per cent said they were overwhelmed, while more than 50 per cent said they felt hopeless and 63 per cent felt lonely.

The report also looked into student suicides, with 9.5 per cent of students saying they had seriously considered taking their own lives in the past year, while 1.3 per cent had actually attempted suicide.

Discussing the survey, Dr. Su-Ting Teo, director of student health and wellness at Ryerson University, told the Globe and Mail that the public often overlooks student mental health.

"There is the perception still I think in the public that students have it easy," she said.

But, there's more to it than the stresses of exams.

"Some of it is health, some of it is relationships, some of it is academics and finances, but what was surprising is the large number of students (55 per cent) who are actually juggling three or more of those issues at the same time," said Teo.



9.5 per cent of students had seriously considered taking their own lives in the past year, while 1.3 per cent had actually attempted suicide.

So, what should Canadian universities and colleges do? The University of British Columbia's position to educate students about mental illness is the answer. Their work reaches beyond just mental health week programming, but year-round support based in educating students about what mental health is and isn't.

"A central premise of our mental awareness campaign is changing the perceptions towards mental health and promoting dialogue,"

mental health wellness officer at University of British Columbia, Patty Hamblar, told the Ubysey, the school's student newspaper.

After the news of Stephen's video broke, suggestions such as observing students' mental health at an individual level were brought forward. Monitoring each and every student isn't plausible for an institution the size of UBC or Guelph or even Humber College, but education is a realistic first step.

Dialogue and education are important because they builds the foundation for students to recognize their own issues and seek help if they need it. It also gives others the chance to notice and intervene in a schoolmate's situation.

"Mental health is only possible when you have the support of the broader community in place," Hamblar said. "[Every] individual has responsibility for their own mental health and as a community we have a shared responsibility of accountability and support."

The Guelph case isn't the first one involving online suicide attempts and it might not be the last, but if schools are more active in mental health education beyond slated mental health awareness weeks, perhaps students won't feel like they have to take matters into their own hands.

## HUMBER Et Cetera

*Humber Et Cetera serves to inform the Humber community and give its readers well rounded coverage on the things that matter to them.*

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## Consider the gift of charity this holiday season



Amy Stubbs  
CREATIVE DIRECTOR

It is a week into December. What seemed to be in the distant future is now only a few weeks away, and your holiday shopping list looms overhead—unless you're one of the few people who already have all their gifts wrapped and under the tree.

Whoever you are, we all know those one or two people who have everything, need nothing and are impossible to buy for.

Let's face it: after surviving another year of Black Friday and Cyber Monday, most of us want to avoid the shopping mall and wonder whether our family and friends will really need or enjoy those shiny consumer goods anyway.

Whether it's via email, or the overly-enthusiastic, vest wearing street fundraiser standing out in the frigid Canadian winter, the idea of giving a gift of charity has crossed all of our minds as a suitable way to check this last person off the list.

Though we may be tempted to delete or avoid these calls for help, all of these charity representatives do a great job of convincing us that their cause is the one most in need of our gifting dollars. So how are we

to choose?

The recipient's interests and priorities should come into the decision-making process. That way, when they open the envelope telling them what their gift is going to support, they can feel a connection to the cause and still feel that you personally considered them in your choice to give a charitable gift.

If the recipient is keen on keeping up with current events, many organizations are, for example, supporting the Philippines Typhoon Haiyan disaster relief. Perhaps pick the charity you trust and offer your donations there in their name. If the remaining gift receiver is a parent or a student they may want to ensure that the less fortunate receive a good education. A \$20 gift can purchase a brick to build a school through Free the Children, a Canadian charity that works internationally.

Instead of gifting a dollar amount, consider a charity that has more tangible benefits. Gifting a chicken, a goat, or safe water for example allows both you and the recipient to know the way in which the gift is changing the lives of those more in need. Would you rather have a tie or know that \$30 provided 10 children medicine through World Vision? Would you rather have a gift set of beauty products you will never use or know that money went towards

Plan Canada's fight for social justice of children in the developing world?

The World Wildlife Fund offers several price ranges for honorary adoption of different species of animals. You can, for example, "adopt" an African elephant for anywhere between \$25 and \$250. Each price point includes a kit containing items ranging from a certificate and photo at the starting end to gift bags and plush toy elephants for a bit more money.



Many companies do offer merchandise in support of a cause. Consider supporting them over a box store purchase.

The cute stuffed animals encourage spending a bit more to have something that can be wrapped and put under the tree. But depending on the age of your recipient, you both might prefer to know how those dollars would go to the cause. If these added benefits help you consider the breakdown of how much of your money is actually going towards the charity, know that many companies allow you to forgo these gimmicks altogether if you would rather all funds went directly

to the cause.

Some administrative charges are necessary for charities to run, but some are not. If their breakdown of funds isn't transparently available online, you might want to pick another organization to support. The World Wildlife Fund, for example, has 84 per cent of donations going directly towards the program. A little over 81 per cent of World Vision's funds go directly to the cause, and a remarkable 90 cents on the dollar go directly to charity programs with Free the Children.

Maybe you're not convinced that the gift of charity is right for that special someone, but you still want to do something good. Many companies do offer merchandise in support of a cause. Consider supporting them over a box store purchase.

The trendy TOMS Shoes "One for One" movement provides shoes to needy children for every pair sold, so instead of buying knock-offs, spend a little more and know a pair is also going to someone in need. Operating on a similar program, Ten Tree Apparel plants ten trees for each item purchased.

Leave behind the hustle of Black Friday and Cyber Monday and opt instead for Giving Tuesday. Not only will you avoid the lineups, but both the giver and receiver will feel better knowing that they have done some good this holiday season.

# Without Coach's Corner and Don Cherry, hockey isn't hockey

Adam Kozak  
SENIOR REPORTER



A \$5.2 billion deal was recently reached between Rogers and the NHL that will change the sport viewing landscape for the next 12 years. Millions of dollars in ad revenue will be funneled through different channels, hockey TV personalities will be cut, and more than one hockey game will be broadcast on Saturday nights.

But all I could think of is, will Don Cherry still be on *Coach's Corner*?

As a hockey fan, I'm happy to watch the games on whatever network is showing them. Although I have my favourite broadcasters, I choose to watch games based on whether one of my favourite teams or players is playing. If there's

more than one game on at a time, I'll go with the closest game. If my favourite play-by-play guy happens to be doing the game: fantastic. But if not: ho-hum.

And then there are Saturday nights, where the center of the hockey universe gets a jolt of adrenaline in the form of a 79 year-old, white-haired hockey lifer who has referred to himself as a pitbull. Don Cherry's built himself up over a 30-year broadcasting career to be named one of the top 10 Canadians by the CBC's *The Greatest Canadian*. He's accomplished this reputation by speaking unabashedly about what he believes in: whether it's supporting the troops, NHL rule changes, or his stance on Europeans.

Take this for example: during first intermission in a Saturday night game against Buffalo, all of the reporters in the Foster Hewitt Media Gondola race to the one television and huddle around to

watch *Coach's Corner*. Some laugh and some snicker, but everyone watches. Why? Because he makes things interesting.

He's a personality that provides genuine insight into hockey and hockey culture, from Canadian pride, to the troops, to wearing funny suits. He does all of it like no other. Just try matching him up in terms of uniqueness to any other broadcaster out there—everyone else falls short.

In *Coach's Corner*, you get content from Cherry you wouldn't see anywhere else, and in a tone unlike any other. One perfect example came last week, when he talked about fighting—the most hot-but-ton issue in the game right now. It's what abortion is to ethics. Yet there Cherry is, making a small nuanced point about the difference between fighting in a rage and not. The video clips he used seem innocuous to even the trained eye—I'd wager that most broadcasters would find

it awfully difficult to say something prescient about them. Yet that's where Cherry's at his best. Hockey reporters like to say they don't need to have played the game to write about it, and I agree, but someone who does have experience like Cherry can provide insight that those who haven't can't.

The only other hockey show that demands the attention of the hockey world is *Hockeycentral @ Noon*, owned interestingly enough by Rogers, which now gets full editorial control of *Hockey Night in Canada*. I myself and two other interns at *The Hockey News* had adjusted our lunchtime so that we could listen to the full hour. A show bubbling with the chemistry between Nick Kypreos, Doug MacLean and Darren Millard, the show has pedigree and a personality that would serve as a worthy replacement. And hey, it can still be called *Coach's Corner* if MacLean picks it up, since he was a former

coach of the Florida Panthers. Few shows provide as many laughs per minute as these guys, yet they can't be Don.

In last week's segment, Cherry addressed the media for the first time since hearing the news, saying he wants to continue: "I know I'm good. I didn't fall off a turnip truck. I know everybody watches so all I'm saying is take it easy, don't try to ruin a good thing, just leave us alone and we'll be just as good next year," he said.

As of right now, the only reason for getting rid of Don Cherry would be for the sake of change itself. After 30 years, he's as fiery as ever, still providing unique hockey insight and toeing that line of what's right and what's wrong that's made him a unique Canadian icon. And like he said, he's still number one.

You can get rid of the *Hockey Night in Canada* theme song, but getting rid of Don Cherry? Ludicrous.

# Concussion injury lawsuits against the NHL are not realistic

Cameron De Silva  
BIZ/TECH EDITOR



In an attempt to cash in on their unsuccessful careers, a group of retired NHL players has filed a lawsuit seeking damages for health problems relating to concussions. What started off as a 10-player lawsuit against the NHL has now grown to over 200 former players who say that the league didn't inform them of the dangers of repetitive brain injuries—or worse, that

they suppressed scientific evidence of its dangers.

In a violent sport like hockey, where body-checking and fighting are both allowed, it's hard to determine the specific cause for long-term effects a player may suffer from. The effects themselves can be even harder to prove.

These players were being paid to play a game that they grew up loving and with a physical sport like hockey, they must have been well aware of the dangers that came with playing the game. There hasn't been any compelling evidence presented so far to support their claims, and unless there is a secret document

indicating that the NHL withheld information on head-related injuries, the lawsuit won't have much merit in a league that has shown it is willing to take steps to prevent its players from suffering even worse injuries. Only the names of the first 10 plaintiffs have been released so far. The names are largely of unknowns who had played as far back as the 70's. The problem in considering these aging players is that there hasn't been any way in determining the severity of their head injuries, as research into concussions sustained in professional sports is still relatively new.

The suit could have been a bigger

news story if a former NHL star who hadn't been informed of the dangers took part, like Eric Lindros or Paul Kariya.

The worse case scenario for the NHL is a multi-figure damage award or a sizable settlement, similar to the outcome of recent NFL concussion lawsuits. The National Football League has recently agreed to pay 4,500 former players an amount totaling US\$765 million dollars, settling a claim that they had concealed information on the dangers of concussions. Although the NHL has just agreed to a \$5.2 billion broadcasting deal with Rogers, it doesn't have anywhere

near the same amount of money as the NFL.

While the game of hockey does take a toll on the body, it's hard to prove when the injury took place. The players involved in the lawsuit had also played hockey at the junior level, where body-checks and fighting are allowed. How do we determine if the player's time in the NHL was directly responsible for their problems? Playing in a league with a demanding 82-game schedule couldn't have helped, but their injuries could have been sustained when playing for the junior league, and may have been exacerbated throughout their time at the NHL.

One of the plaintiffs, Warren Holmes, managed to play only 45 NHL games and more than 700 in the minors or various other leagues. How can we be sure his injuries took place during this time at the NHL?

The NHL has shown that it's willing to adopt new policies and implement new rules to make the game safer. The league has since increased the severity of penalties for blows to the head. They've also made visors on helmets mandatory for all players entering the NHL this season, and have established a concussion treatment protocol that includes a "quiet room" for injured players. Instead of assessing the player on the bench, they're brought to the lockerroom and examined by the team's physician to prove whether or not their injury is serious.

In an attempt to make the game safer, the players who have filed the lawsuit say that the NHL should have banned fighting and body-checking. Nevertheless, many players have been surveyed saying they are in favor of keeping fighting in the game.

## QUOTED: Are we doing enough to address mental health issues?

Have your say on our poll this week, at [humberetc.com](http://humberetc.com)



I think we're doing enough. What else are we supposed to do?

We are, but I think we need to understand that sometimes you can't help.

I would say so, but the number of homeless people is growing, and many are in that situation due to their mental health.



**Katie Lesperance, 19**  
Media Studies, 2ND YEAR



**Allison Minor, 18**  
Media Studies, 2ND YEAR



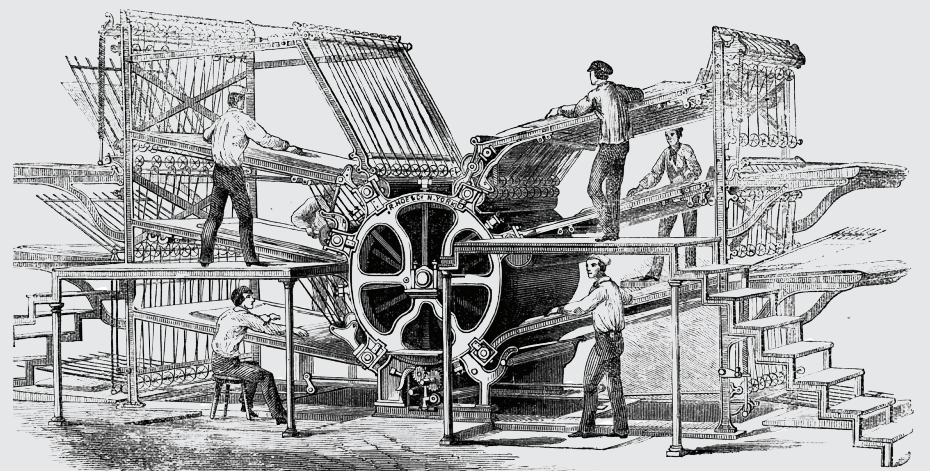
**Richard Pankiw, 21**  
Business, 4TH YEAR

# The Printing Press

The Printing Press is intended as an opportunity for the Et Cetera team to share and explicate our process as new journalists, where we can offer transparency and introspection into what we do here in the Humber North campus newsroom.

In this weekly column, you'll find a wide range of anecdotes, analysis and criticism of journalism as a whole.

Paul Rocca, *Opinion Editor*



## The N-word: white journalists missing the point

Adam Kozak  
SENIOR REPORTER



I once interviewed CP24 news anchor Nathan Downer. He rose meteorically to the top after having decided to switch career paths into journalism. I asked him what drove him to work so hard. He said, "you gotta believe they need you."

The field of journalism doesn't need me...on paper. I'm a white, middle-class, heterosexual man without a disability. I'm essentially like everyone else, except that I have a gnarly beard. Completely boring.

Yet I can't help myself when issues of race come up. When I feel

I'm right, and can add something to the public discourse, I'll gladly chime in... even if it's not always appreciated.

While talking with friends, I had suggested that the Washington Redskins football team should have their name changed because it was offensive to some Native Americans. For this public display, I was called an "uppity-white person." It didn't sting, although I was taken aback a little by what was likely my first hint of anything resembling racism in my life. I'll put that feather in my cap as a socially conscious journalist, and keep on fighting the good fight.

I took it as collateral damage for discussing controversial issues. And I knew I was right, which helps.

While the Redskins name sug-

gestion would generate about a five on the rictor scale of controversial sports topics, Richie Incognito's recent racial slur teeters on a 10. And white journalists are tripping over themselves in trying to handle the story.

A guard for the Miami Dolphins, Richie Incognito was suspended on Nov. 2 for being the prime instigator in a series of harassments against teammate Jonathan Martin. Incognito allegedly left voicemail messages for Martin, calling him a "half-n----- piece of shit," and subsequent remarks over months that allegedly caused Martin so much stress that he checked himself into a hospital.

This set off a heated debate among white and black sports journalists alike about the N-word's

place in the game.

Michael Wilbon said on *Pardon the Interruption*, an ESPN sports talk show, that he uses the N-word "all day, every day of my life," and that white people have no right to tell black people how to use it. Charles Barkley had a similar sentiment, saying, "White America don't get to dictate how me and Shaq [O'Neal] talk to each other."

At the *Washington Post*, columnist Mike Wise chimed in with, "The N-word is filth; it's disrespectful, confusing and uplifts no one. I know of no other minority in the world co-opting a dehumanizing, racial slur used by its oppressor."

I'm a big fan of Mike Wise, but from one white journalist to another, Mike Wise is being uppity. Remember: white journalist here.

Sticking your nose into race issues that don't involve you requires strong listening skills, and this is where Wise shows he still has some work to do. Shaquille O'Neal said what was perhaps the most prescient thing in the debate, and it was something Wise acknowledged but didn't give credence to. Shaq said, "in the Ebonic culture (of African-American vernacular) we have programmed ourselves to use the

word positive(ly). We have G14 classification to say it to each other. But when we say it to each other, believe it or not, it's in the positive sense."

That sentence alone should close the doors for white people. There are two main points Wise and other white journalists are making. One, white people shouldn't say the N-word (which I agree with). And two, that nobody, not even black people should use the N-word. Well, Shaq's statement nulls the second point. If it's meant as a term of endearment to some, and if we know this because it was said by a prominent person who is a part of that race and culture, perhaps it's our place as uppity white journalists to take a step back and listen—to listen deeply, get off our soapboxes, and try to understand a complicated issue that deserves thoroughness.

Due to my white skin, I'm not the guy to talk to when it comes to appropriateness of what words black people use when talking with other black people. I'll never have that right. I can talk with black people, read about the history of the word, watch documentaries, and basically just try and understand.

I'm happy to sit on the sidelines. I'm not needed here.



Wikimedia Commons

Former NBA star Shaquille O'Neal says the N-word has been adopted as a positive term among black people.

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# Sheridan

# Paravantes gets European patent

Hermione Wilson  
SENIOR NEWS REPORTER

Humber College professor George Paravantes has been granted a European patent by Volkswagen for an iPad dock he helped design for the auto maker. The coordinator of Humber's multimedia design and development program received the official paperwork for the patent in August of this year.

In 2011 Paravantes received an email from one of his former colleagues stating that they had been granted a patent from VW on two vehicle designs they had developed for the company.

"The patent that we got was . . . for the short term. It's just to put a placeholder on this innovation. If they put it into production then we would get some residual income."

In 2010, George Paravantes, a 1998 graduate of Humber's multimedia program and the school's industrial design program in 2005, was interning at Volkswagen in Germany. The internship was part of graduate work he was doing in mobile phone and vehicle integration at the Umea Institute of Design in Sweden.

"I got a chance to work at both Nokia and Volkswagen, so I had a perspective on both the mobile design aspect and car interface aspect," said Paravantes.

Paravantes was part of a four-person team of designers organized to



Volkswagen

The VW Bulli Microbus, shown here at the 2011 International Motor Show, featuring an iPad dock that professor George Paravantes helped design.

explore the concept of designing a car around an Apple device. "There are so many problems around a phone being in a car . . . it got a lot of attraction from the company," said Paravantes.

Paravantes went on to work for Waterloo-based Research in Motion

as an interaction designer in 2011, before he was scooped up by the dean of Humber's School of Media Studies and Information Technology, Guillermo Acosta.

"It's amazing to be able to have people like George teach our students," said Acosta. Having Humber

students exposed to a professor like Paravantes, with his Masters of Interactive Design and his experience at RIM and VW, is an asset to the school, said Acosta.

As for Paravantes, he says he uses his experiences and successes to inspire his students.

"I tell students . . . you're the ones who are going to design this next generation of stuff," said Paravantes. "Right now, with mobile and touch screens, it's almost like a digital wild west, like a gold rush. There's a lot of stuff that hasn't been mapped out yet."

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# Sheridan

## Gameapalooza wins with multiple games

Jordan Biordi  
BIZ/TECH REPORTER

The third annual Gameapalooza that took place at Humber's LinX Lounge at North campus on Nov. 29 had many students asking why something this cool doesn't happen more.

Hosted by Humber's game and computer programming professor Lynda Houseman, Gameapalooza is a chance for first and second year students in the game design, computer programming and 3D animation courses to mingle and meet each other as well as graduates, to help them become more comfortable in the program.

The event was complete with free pizza, video game themed drinks and a wide array of systems ranging from original Nintendo all the way to the new Xbox One and PS4.

"We always talk about the grads in class so I wanted a night where the different grades can meet," said Houseman. She said that the purpose of the event is to harbor a feeling of community among the grades, as the independent gaming community in Toronto is consid-

ered large and friendly.

Theresa Cann, 21, in the 3D animation program, came out for the first time and liked the atmosphere. "I'm not an avid gamer but I came out because it pertains to my field and to have fun and maybe pass on some knowledge," Cann said.

The reception from the students was widely favourable. Nihad Slkander, 24, who is a first-year student in game programming, really enjoyed his first time at Gameapalooza.

"It's pretty sick," said Slkander, "There aren't a lot of schools that do stuff like this." Though the night had only begun, Slkander said he planned to have a few drinks and try to get in on a game of Super Smash Bros.

Even guests from Microsoft, invited for promotional purposes seemed to be enjoying the event. Kareem Wong, 21, met Houseman last year at "Gamer Camp," a similar gaming festival in Toronto, and was invited to come out and promote an app creation contest for Microsoft. "There's so many games from my childhood here," said Wong, "I like the vibe. These are my people, you know?"

# Holiday fundraiser for Philippines

Cosmetic management students seeking to help Typhoon Haiyan victims

Hannah Hollingsworth  
LIFE REPORTER

Five second-year cosmetic management classmates will host a fundraiser at the North campus today from 11:45 a.m. to 1:30 p.m.

Rillie Javellana, 25, Elena Wallace, 20, Megan Traversy, 19, Emily Burgos, 20, and Danielle Francis, 20, needed to host an event as part of their final exams.

After brainstorming together, they decided to use the opportunity to help those in need.

"We want to raise at least \$500 to \$1,000, maybe more," Javellana said. "The money is going directly to a province that was affected."

The classmates decided to contact the president of Paco Catholic School in Manila, rather than go through a charity. From there, it will be sent with a priest to the province of Samar, one of the places hit hardest by the typhoon.

"That way, we can make sure the people who need it most will get it," Javellana said.

The tragedy also hits home.

"My friend's family was living in that area. They're all gone. Only one of the members survived."

Shoppers Drug Mart and Lush cosmetics have donated items for a gift basket which will be won through a raffle for \$5 per ticket. Tim Horton's will also contribute hot chocolate. Cakes by Marlee have donated 50 cupcakes to help support the cause. Volunteers baked another 100 cupcakes to help support the cause. Food and drinks will be sold for \$1 each.

Elena Wallace said she had friends and family that were affected during the Japanese tsunami in 2011, and knows first-hand how loved ones of victims are feeling during this hard time.

"I wished there was something I could do then," Wallace said. "Now at least I can help with this."

Megan Traversy said the support from retailers has helped a lot in support to help the victims.

"Everyone we ask is willing to help," Traversy said.

Typhoon Haiyan hit the Philippines on Nov. 8 and caused more than 5,600 deaths. Tens of thousands are still struggling without power, food and running water. More than 1,500 are still reported missing.

Haiyan was the strongest typhoon ever to reach landfall, with winds reaching 195 mph. It caused over \$275 million in damages to a still developing country.



Hannah Hollingsworth

Left to right: Elena Wallace, 20, Megan Traversy, 19, Rillie Javellana, 25, Danielle Francis, 20, from Humber College's cosmetic management program. A Shoppers Drug Mart gift basket will be raffled off for the fundraiser.

## Morning after pill ineffective in heavier women: manufacturer

Danielle Strohm  
LIFE REPORTER

Makers of the Norlevo morning after pill are warning its emergency contraception may be ineffective on women over a certain weight.

HRA Pharma said that the efficiency of its active ingredient, levonorgestrel, is reduced in women over 165 pounds and ineffective in women over 176 pounds.

The pills are currently available over the counter at pharmacies in Ontario to all women without a prescription.

In Canada, there are contraception options containing levonorgestrel including Norlevo, Plan B, Alesse and Mirena. Norlevo and Plan B are both emergency contraception pills, while Alesse is a daily oral contraceptive pill and Mirena is an intra uterine device (IUD).

Health Canada is aware of Norlevo's plans to change their labels and are assessing all relevant information such as prescribing practices, pattern of use, availability and treatment practices.

"Health Canada is assessing the available data on the effectiveness of this product and will take ap-

propriate action if required, such as working with the manufacturer to update the product labeling and notifying health care professionals of the change," said Health Canada spokesman Gary Holub.



It raises questions about who they were studying the medication on when they were studying it in the clinical trial phase.

Anne Rochon Ford  
CANADIAN WOMEN'S HEALTH NETWORK

"My biggest concern is why this is coming out now," said Anne Rochon Ford, executive director of the Canadian Women's Health Network. "It raises questions about who they were studying the medication on when they were studying it in the clinical trial phases."

The weight noted in the warning is not an unusually high weight these days.

"The announcement did not make any links to obesity or didn't

use any kind of that language or talk about BMI [Body Mass Index]," said Rochon Ford.

Ford raised the point women should be concerned with new contraceptive products that come onto the market.

"When something new comes onto market, there's a lot of hype but yet we don't have the full story." She said the drug or medical device is still essentially being tested as it's going into a larger population than clinical trial phases.

However, Dr. Erika Feuerstein from the Bay Centre for Birth Control said that nothing has changed.

"It's one study, and the numbers are low so we don't really know," said Feuerstein.

"The most effective thing for post-coital contraception is the post-coital IUD, because it's 99 per cent effective and should be the first thing women are offered."

If a woman who is heavier does not want the IUD, Dr. Feuerstein would still offer her Plan B. If a woman is concerned about her birth control pills or IUD, Dr. Feuerstein suggests they speak with their doctors or health care providers immediately.

### TO THE NINES

Bethany King, 24

FASHION ARTS, 2ND YEAR

Who's your style icon?  
Myself

What's your best accessory?  
Shoes, because they make you stand taller

What's one essential for winter?  
Sunglasses, because sunshine reflects brighter on the snow





# Blue Sky Miners kick off new radio segment

New radio show promotes up and coming Canadian music talent

Marielle Torrefranca  
A&E REPORTER

Humber College's radio and television broadcast programs are teaming up to create a monthly video segment highlighting Canadian bands, starting with an in-house interview and performance by Toronto folk-rockers Blue Sky Miners.

The video series will be used to promote the two programs to viewers and prospective students, as well as provide experience for current students.

"The programs [are encouraged] to look for ways to work with each other and do some projects that highlight the skill set of the people in the media schools," said Sheila Walsh, program coordinator of the radio broadcast program. "Just like you do in the regular industry, we're trying to get [students] trained to work out there. There's lots of places where there's cross-promotion between different industries."

Blue Sky Miners stopped by the Humber studios on Nov. 28 to play a three-song set and do an interview with Radio Humber's David Chung.

A team of television production students led by Stephen Bagazzoli, 20, a first-year broadcast television student, produced the set and interview.

"[Instructors] have told me



Jena Gogo and Jay Mitchell of Blue Sky Miners perform live at Radio Humber.

they've always been looking for something to collaborate all the programs with," said Bagazzoli. "It's opportunities like these where students get the chance to shine and work really hard."

Kylee Winn, promotions director of Radio Humber, reached out to

Bagazzoli for the project because he previously graduated from the radio program himself.

"It started off as a Radio Humber project," said Winn, who chose Blue Sky Miners as the featured band. "It has evolved into something great and both programs are really excited

about it. We're hoping to do more of this in the future."

While it's constantly developing, Blue Sky Miners' sound can be safely described as Canadian folk rock.

"We started out trying different kinds of genres," said Jay Mitchell, 26, guitarist and backup vocalist. Lead

Watch the video online at  
[bit.ly/1SjZwO](http://bit.ly/1SjZwO)



vocalist Jena Gogo "comes from an R&B background, and I come from more of a singer-songwriter style, so blending those together and trying to make [the sound] grow has been coming together."

Blue Sky Miners also recruited new members in order to create a bigger and fuller sound, said Gogo, 25. New members include a new viola player, drummer and bassist.

The band wrapped up November with a headlining show at Lee's Palace in Toronto on Nov. 30, featuring openers Lowlands and Wool & Howl.

The show was an official Movember event, with funds going towards the cause. The global charity raises money and awareness toward men's health, specifically prostate and testicular cancer, and this year's new addition of mental health challenges.

"[The Movember organization] raises great money and awareness towards men's health and we're really happy to be a part of that," said Mitchell, who sported a fully-grown moustache and beard.

Currently, Blue Sky Miners is shopping around for the right studio to record their upcoming EP.

"We have the songs ready to go," said Gogo. "It's just about finding the right fit."

## Gift overspending can be big student problem

Dilara Kurtaran  
LIFE REPORTER

With the holiday season fast approaching, many students are overspending on gifts and creating financial issues for themselves.

"If you don't have a plan which limits your expenditure patterns, you're likely to overindulge," said Allan Bishop, an intermediate accounting professor at Humber College.

According to research by TD Canada Trust, 57 per cent of Canadians overindulge financially during the holiday season.

While researchers also found that 85 per cent of Canadians take advantage of sales and discounts and 70 per cent track their spending, only 58 per cent follow a budget.

"If you have a plan with a limit that you can afford, you'll be able to survive the holiday season without going broke," said Bishop.

Some students know how stressful spending can get when buying for relatives.

"I always spend so much during the holidays because I buy gifts for my parents, my friends and my girlfriend," said Rushawn Etienne, 19,

a Humber first-year electrical engineering student. "When the next month comes I go broke because I have to pay my credit card bill."

According to some financial advisers, it can be helpful to treat yourself only after the holidays.

"When you go Christmas shopping for people, don't buy anything for yourself," said Colin Fitzsimons, a financial aid coordinator at the University of Guelph-Humber.

Fitzsimons said activities such as a secret-Santa gift exchange between friends and family, can limit spending a specific amount and only require buying a gift for one person.

"I have four daughters, and two of them are in university and their ability to buy gifts for their parents, sibling and friends is limited to the resources they have available," said Bishop.

"I think what's important for students is that the thought counts more than what you buy. Even a thoughtful inexpensive gift is just as important as expensive and fancy."

TD Canada Trust advises people to create a plan and start a budget now. breakers while staying focused.

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– TORONTO EVENTS THIS WEEK –

TODAY	9	TUESDAY	10	WEDNESDAY	11	THURSDAY	12	FRIDAY	13	SATURDAY	14	SUNDAY	15
<b>Mars Project</b> Canadian director Jonathan Balazs screens his documentary about artist Khari at the Maria A. Shchuka Library.		<b>A Christmas Carol</b> Trinity-St. Paul's United Church is hosting a live reading of Dickens' classic Christmas novel. Begins at 7 p.m. and includes refreshments.		<b>Poinsettia</b> Bad Dog Theatre presents an unscripted comedy about unexpected connections at the Comedy Bar.		<b>Spectrum Music</b> Canadian composers parody popular generation Y culture, covering topics like LOL Cat and Gangnam Style at the Annex Theatre.		<b>Spirited Away</b> TIFF is showcasing the films of the talented Studio Ghibli, including the rarely shown <i>Grave of the Fireflies</i> , at the TIFF Bell Lightbox.		<b>Winterfest '13</b> Toronto Port Authority presents a chance to meet Santa and celebrate the holidays onboard a cruise at the Harbourfront.		<b>Viva Cabaret</b> A tribute to famous divas, such as Cher, Liza and Tina, performed by Toronto entertainer Yury Ruzhyev at The Rivoli.	

## Stories behind restaurants

Shai Williamson  
A&E REPORTER

*Spinning Plates*, an award winning documentary about the intimate stories behind restaurants, opened at the TIFF Bell Lightbox in Toronto last Friday.

"A lot of it is just a reflection of the ideal. TV doesn't necessarily always go deep with its story telling and tell the stories that need to be told," said director Joseph Levy a Texas native whose Amusement Park Productions creates film, television and multi-media work.

*Spinning Plates* tells the inspirational stories behind three very different restaurants across the United States. Alinea, based in Chicago,

Breitbach, a restaurant in the small town of Balltown, Iowa, and La Cocina de Gabby, a Mexican restaurant in Tucson, Ariz.

"The stories [in the film] are very human stories. I think there's universality," he said.

"I think if anything [the film] proved my thesis that food can be so much more than just food," said Levy.

The documentary has already been the recipient of multiple awards. It won the Audience Award at the Austin Film Festival, Santa Barbara International Film Festival and Naples International Film Festival. It also picked up Best Documentary at the Maui Film Festival and the Vail Film Festival.

"I think a lot of people have this misconception that documentaries are boring," said Dane Telford, a fourth-year film and media production student at Humber. "But ultimately they are only boring if you present it in a boring way. You have to pick a topic that matters, that people are excited about, or something you want to convince people is exciting."

"Overall, I think that this film is a celebration of food, restaurants and life. I think it's an appreciation for what happens behind the doors of restaurants," said Levy. "It's like looking at life through the lenses of these restaurants."

To see the trailer, visit [www.spinningplatesmovie.com](http://www.spinningplatesmovie.com).



Courtesy Christian Wallace

A screencap of Don 'Innocent' Hatali, the subject of the documentary, *Dear Rwanda*.

## Rwanda doc depicts one man's struggle

Humber student short films to be screened at Bloor

Chelsea Howard  
A&E Reporter

The Bloor Hot Docs Cinema will premiere Humber College second year film students' final short documentary submissions this Wednesday evening with Humber: The Doc Experience.

*Dear Rwanda*, one of the documentaries featured, is a social commentary about Don 'Innocent' Hatali, a man who survived the Rwanda genocide, but lost his father. Innocent is now a musician writing a song about Rwanda.

Director Christian Wallace, 20, said, "Since pre-production we've gone through a lot of work and we've really

come together as a crew."

"We had more challenges in post-production," said production manager Lindsay Roberts. "We had to go to a lot of meetings and make changes to our documentary shots."

Wallace says that it is everyone's first time having a short film screened, and that it is a big accomplishment for the crew. "We're all really excited for the screening, it's going to be a really big night for us."

"I'm really looking forward to the screenings," says Roberts. "I went to the second year film students' documentary screening last year and ever since then I've been looking forward to our own screening. It will be something we will never forget as a crew."

Ruth Peter-Okoro, the film's producer, says "I'm

looking forward to how people are going to react."

As soon as the winter semester begins the students go straight into casting for their new project, a studio drama. Students are advised to start having their first cast and call before the winter semester begins.

Wallace says "It's imperative we know what we're doing next semester because it allows us to be ready in advance."

Humber: The Doc Experience is happening Dec. 11 at the Bloor Hot Docs Cinema. Doors open at 5:30 p.m., and tickets can be purchased for \$5 at the door.

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No one is as fabulous as you are, so it's hard finding friends worthy of your time. But it can get lonely. Get out there, meet new people and share your fabulousness.



**CAPRICORN**  
DEC. 21 - JAN. 19

You talk the talk, but take a seat when it comes to the walking part. 2014 will bring some new challenges, and we don't want to see you giving up so easily.



**AQUARIUS**  
JAN. 20 - FEB. 19

Hey, here's an idea. How about you get out of your comfort zone in 2014. Go wild and crazy, you only live once. Be the daredevil others never expected you to be.



**PISCES**  
FEB. 20 - MAR. 20

This year has been good for you, so make 2014 about volunteering and giving back. But knowing you, you'll probably take a selfie boasting about how you're oh so wonderful.



**ARIES**  
MAR. 21 - APR. 20

You tend to stay in your own backyard. Try to venture out in 2014, you'd be surprised what you'll find. Castles, lions, and who knows, hopefully even a whole new personality.



**TAURUS**  
APR. 21 - MAY 20

You're not the sharpest tool in the shed; hell we'd be surprised if you broke into the top 20. Learn something new in 2014.



**GEMINI**  
MAY 21 - JUN. 20

You place value on all the wrong things in life. How about slowing down and embracing a more humble lifestyle in 2014?



**CANCER**  
JUN. 21 - JUL. 22

You're stuck in a moment in time that no longer exists. Take 2014 by the horns and live in the moment. Your past is your past for a reason, embrace 2014 for what it is.



**LEO**  
JUL. 23 - AUG. 22

Where are your keys? Your wallet? Your pet? Once you find those consider leading a more organized lifestyle. It's a little messy in your world.



**VIRGO**  
AUG. 23 - SEPT. 21

You spread people's business like you're the BBC. Show your loyalty by being more trustworthy, maybe more people will open up to you more frequently.



**LIBRA**  
SEPT. 22 - OCT. 22

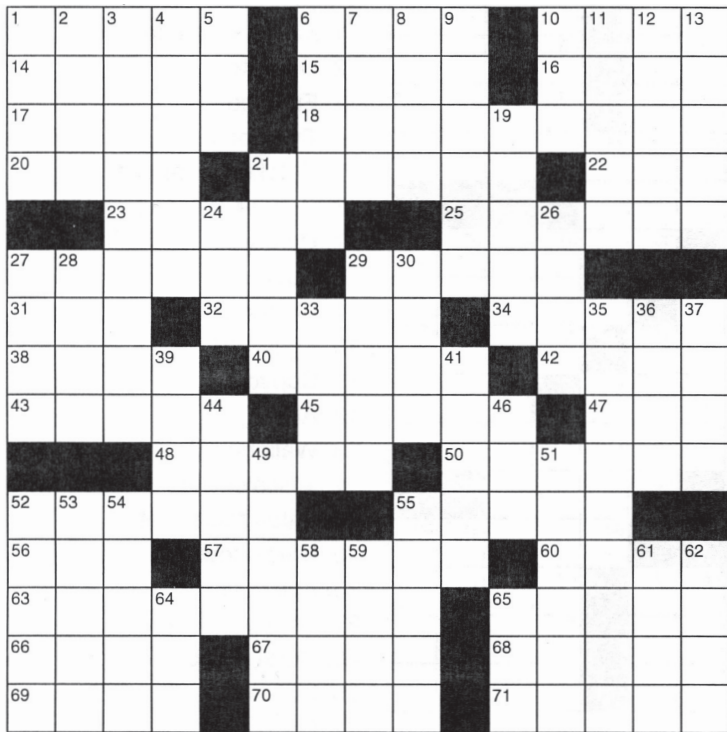
Money has never really been an issue in your life, but things might change. Try to be more responsible in 2014, open up a savings account and embrace Toonie Tuesdays.



**SCORPIO**  
OCT. 23 - NOV. 21

You often neglect your loved ones, and choose friends over family. Try to reconnect with your family in 2014; you never know when you'll need a kidney.

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**DOWN**

1. Curdle
2. Hard to find
3. Impossible to erase
4. Picturesque
5. Part of MPH
6. Some tides
7. Slight advantage
8. Coastal bird
9. Looks disdainfully
10. Beaver project
11. Regions
12. Leonardo da \_\_\_\_
13. Corroded
19. Clear the blackboard
21. Beginning
24. Above, in poems
26. Charged particles
27. Circle segments
28. Mortgage
29. Highway divisions
30. Affirmative votes
33. Feline sound
35. Boomed
36. Italy's capital
37. 365 days
39. Whiten
41. Marsh plants
44. Australian "bear"
46. Small bit
49. Come out
51. Distant
52. Parsley piece
53. The ones here
54. Passenger
55. Stakes
58. One who mimics
59. Nevada city
61. All-male party
62. Healthy
64. Average mark
65. Hardwood tree

**ACROSS**

1. Crunchy
6. Clears as profit
10. Humorist \_\_\_\_ Barry
14. Cyclist \_\_\_\_ Armstrong
15. Genesis locale
16. Met solo
17. Command
18. Concurrence
20. Young adult
21. First game
22. Crack pilot
23. Roaring beasts
25. Dried grape
27. Cooper and Faye
29. Lariat
31. Burglarize
32. Settle a debt
34. Way in
38. Young cow
40. Piano adjuster
42. Oxford, e.g.
43. Move furtively
45. Adjust again
47. \_\_\_\_ Thurman of "Kill Bill"
48. Achievers
50. Breadwinner
52. Creek
55. Said further
56. \_\_\_\_ Beta Kappa
57. Gains knowledge
60. Netting
63. VIP's walkway (2 wds.)
65. Main artery
66. Words of comprehension (2 wds.)
67. Heredity carrier
68. Swipe
69. Richard \_\_\_\_ of "Chicago"
70. Love deity
71. Bushy fence

### ANSWERS

Previous issue

C	R	I	S	P	N	E	T	S	D	A	V	E	
L	A	N	C	E	E	D	E	N	A	R	I	A	
O	R	D	E	R	A	G	R	E	E	M	E	N	T
T	E	E	N	O	P	E	N	E	R	A	C	E	
L	I	O	N	S	R	A	I	S	I	N			
A	L	I	C	E	S	L	A	S	S	O			
R	O	B	R	E	P	A	Y	E	N	T	R	Y	
C	A	L	F	T	U	N	E	R	S	H	O	E	
S	N	E	A	K	R	E	S	E	T	U	M	A	
S	T	R	E	A	M	A	D	D	E	D			
P	H	I	L	E	A	R	N	S	M	E	S	H	
R	E	D	C	A	R	P	E	T	A	O	R	T	A
I	S	E	E	G	E	N	E	S	T	E	A	L	
G	E	R	E										

6	7	9	2	8	4	3	5	1
8	5	2	9	3	1	4	7	6
4	3	1	7	6	5	2	8	9
3	2	6	5	7	9	1	4	8
1	4	7	8	2	6	9	3	5
5	9	8	1	4	3	6	2	7
2	6	5	3	1	7	8	9	4
9	8	4	6	5	2	7	1	3
7	1	3	4	9	8	5	6	2

Find the answers to this week's puzzles in the next issue or visit [humberetc.com/games](http://humberetc.com/games) or scan the QR code!



### SUDOKU BY SUDOKU.NAME

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7			8					
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	4			7				5
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#5291

[www.sudoku.name](http://www.sudoku.name)

## HAWKS VOLLEYBALL

# Women head into the break undefeated

George Halim  
SENIOR SPORTS REPORTER

The league-leading Humber women's volleyball team was too much for both Cambrian College and College Boreal in the weekend stretch.

The Hawks didn't miss a beat, winning both contests in straight sets, en route to a perfect weekend.

Despite the lopsided scores, Hawks head coach Chris Wilkins stressed staying composed throughout the weekend.

"We've sort of maintained a role within ourselves to say that we want to get better on the court regardless of who's on the other side," Wilkins said.

With half the season gone, Wilkins said trying to run new plays that the team was not accustomed to was part of his game plan, regardless of the outcome.

**SATURDAY, NOV. 30**  
Humber 25 22 25 3  
Cambrian 21 16 12 0

**SUNDAY, DEC. 1**  
Humber 25 25 25 3  
Boreal 3 18 8 0

"There was a couple new plays we were trying to implement and it just wasn't quite working for us," Wilkins said, adding, "but we were trying to execute something and it's nice to see that we kept trying, anyway."

According to Wilkins, that's what the weekend was about – working on the fundamentals and getting better.

Across the court, Boreal head coach Jamie Erven said his women came out knowing they were up against the nation's best, but it didn't stop them from holding their own.

"We were focused on playing technically well, committing to our defensive positioning," Erven said. "We knew they were going to be a strong team, we weren't expecting to run the table on them."



George Halim

Carley Uden (left) and Ally Newman go up for a block first as Humber routed Boreal 25-3 in the first set at home, on Dec. 1.

Erven said the second set was a sign of things to come from his fairly young team,

but bouncing back is key.

"It's kind of been the story of our season so far," he said. "We have a slow start, we usually have a really strong second set, and then for some reason we slide off the table a little bit again in the third."

The Hawks have only lost two sets to date this season through nine matches, but third-year sport management student and outside hitter Taylor Hutchison, said it has more to do with chemistry than talent.

"We wanted to be really focused but at the same time have a lot of fun," said Hutchison.

The West division-leading Hawks, who are third in the nation, will resume their season on the road Jan. 10.

## HAWKS SCOREBOARD

### MEN'S BASKETBALL

1. Sheridan 16 pts
2. Mohawk 14 pts
3. Fanshawe 12 pts
4. **Humber 12 pts**

### WOMEN'S BASKETBALL

1. **Humber 16 pts**
2. Fanshawe 14 pts
3. Niagara 14 pts
4. St. Clair 14 pts

### MEN'S VOLLEYBALL

1. Niagara 18 pts
2. **Humber 16 pts**
3. Fanshawe 12 pts
4. Redeemer 12 pts

### WOMEN'S VOLLEYBALL

1. **Humber 18 pts**
2. Fanshawe 16 pts
3. Redeemer 12 pts
4. St. Clair 10 pts

# Men's squad flying with fifth straight

After an early-season loss, Hawks head into winter break in form

George Halim  
SENIOR SPORTS REPORTER

Humber's men's volleyball team extended its win streak to five games after defeating Cambrian College and College Boreal on Nov. 30 and Dec. 1.

Although the Hawks controlled the vast part of their weekend home stand, beating Cambrian 3-1 and Boreal 3-0, head coach Wayne Wilkins said playing against lower tier teams is when his club really needs to step up.

"We get to work on a few of the little things that we don't normally get a chance to," Wilkins said. "What tends to happen when you play a weaker opponent is you lower your level of play and our expectation is that we're going to elevate it."

Wilkins felt confident that, although his men overmatched the opposition for the entire weekend, it won't affect them in the long run

**SATURDAY, NOV. 30**  
Humber 25 22 25 25 3  
Cambrian 16 25 7 16 1

**SUNDAY, DEC. 1**  
Humber 25 25 25 3  
Boreal 6 7 10 0

against top teams.

"You've got to find a level of consistency," he said. "Our expectations and our level of play have nothing to do with what the opponent is going to do. So if you think you're going to go out there and fool around or whatever, you won't be out there. That's the bottom line."

Mack Robertson, Hawks middle, led the team with eight blocks on the weekend, adding to his season total of 15 – pushing him into the top 20 in the OCAA.

For Robertson, the mindset is simple going into every game.

"Elevate our play, so that we play the same way against the bad teams as we do against the good teams," he said.

Although the wins were both secured early on in the matches, Robertson said it's about setting goals through-



George Halim

Andre Smith spikes one of his team's 34 kills in the Dec. 1 home win over College Boreal.

out the game, and accomplishing them.

"Our goal when we play against every team is to beat them," Robertson said, adding, "but our goal when we play against them [Boreal]... is to play well so that people who don't get to play as much get to come in."

Although these were the last games of the semester, the Hawks' holiday break will be short-lived, as they'll be heading to Florida to play

against top quality teams as a tune up before the season resumes.

"We're playing quite a few university teams," said Mark Waldon, outside hitter and middle. "So the caliber of ball is going to be a lot better, so we just have to play consistent and play our game. Don't overdo anything."

So what do the Hawks need to do from this point on to keep up the momentum? For Wilkins, the formula is

similar to what they've been doing all season.

"In order for us to find that consistent play that's expected from everybody, we've got to find our team unity," Wilkins said. "But also finding that level of consistency that I'm going to preach to the men all the way through."

The men will head to Florida for just over a week before squaring off once again against Boreal and Cambrian on the road in January.