

Film studio unveiled at Lakeshore

JOSHUA SHERMAN
News Reporter

Humber College's new state-of-the-art video editing suites and upgraded film and TV studio, funded by a \$250,000 contribution from NBC Universal Canada, were unveiled last Monday at Lakeshore campus.

"It truly is a win-win," said Humber president Chris Whitaker of NBC Universal's donation to the school's film and media production programs.

Whitaker said leading edge technologies were critical to Humber's success and making sure the college continues to acquire such technology was a priority.

Garrett Kerr, Humber film and media production co-program coordinator, said the editing suites would help his fourth-year students finish their thesis projects this year.

"They'll have a dedicated space to finish their work in what's really a professional workspace, so that's really exciting," said Kerr.

Kerr said it was rare for schools to have the level of technology seen in Humber's four new editing suites.

The editing suites feature industry standard software Final Cut Pro and Pro Tools.

Also in attendance was Ron Suter, NBC Universal Canada's executive vice president who gave a speech to commemorate the opening of the facilities in front of faculty, staff and students.

Suter, a former Humber marketing student himself, said that NBC Universal Canada was "looking all the time at investments into tomorrow's future from a student perspective."

After a series of talks with faculty, NBC Universal Canada decided to form a partnership with Humber because it's "just a great place for people to learn from a hands on perspective," said Suter.



PHOTO BY KELLY KHIZAKIA

Over 10,000 students of all ages across Canada have made pledges to deny themselves fast food for the month of November.

Students fighting fast food

KELLY KHIZAKIA
News Reporter

The Ontario Student Trustees Association and Key Gordon Communications have joined forces to create a campaign to be fast food-free in November.

The campaign was initiated by high school

students who were fed up with the unhealthy food provided by the school cafeteria, but it is open to people of all ages.

Hirad Zafari, 17, a student representative for the Ontario Student Trustees Association, said the campaign, called Stick It To Fast Food, originated among high school students in Ontario, but has gained pledges across

Canada.

"Over 10,000 student pledges have been made and the campaign has reached all across Canada, covering into Vancouver, Montreal and Alberta," Zafari said.

FAST FOOD continued on PG 2

SPORTS 18



World boxing champ motivates students

NEWS 3



Underemployment a bane of recent college grads

A&E 16



ROM goes 'BIG' on fabrics

IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 Summit on the Global Agenda 2012 The summit will be held in Dubai, United Arab Emirates from Nov. 12 to 14. Experts from from around the world will bring thoughts on 80 conflicting world issues.	13 Justin Trudeau will hold a Q&A Justin Trudeau will hold a Q&A session at the University of Toronto with students to address issues affecting them and what his government would do about it.	14 GroYourBiz launches in Ontario GroYourBiz is launching its first chapter in Ontario. This campaign hopes to give a jump start to women entrepreneurs and help them along the way.	15 World Philosophy Day This day, sponsored by the United Nations is held to celebrate philosophical thinking and achievements around the world.	16 Twilight Breaking Dawn Part II The final segment in the five-part movie franchise is officially released. The series has garnered almost \$1 billion and will now be coming to an end.	17 U.N. hosts a day of learning in Chicago The United Nations will be hosting a day of public learning, educating anyone who would like to learn more about child soldiers.	18 Traffic victims remembered globally Sponsored by the United Nations, this day is used to remember pedestrians and cyclists killed by motor vehicles, and bring awareness to the growing problem.

Alcohol IQ quiz challenges students' drinking awareness

COREY WEIR
Crime Reporter

Toronto Police plan to release pamphlets around Humber College that will test students' "Alcohol IQ."

Const. Ryan Willmer, 23 Division's crime prevention officer, said the flyers are intended to make students a little wiser about what and how much they drink.

"Basically, what the pamphlets say is, we all drink, but just how smart are you when it comes to it," said Willmer. "The pamphlets are to make students more street smart when it comes to drinking."

"What we hope to accomplish with distributing these pamphlets is for students to maybe think twice about having that extra drink," said Willmer.

The handout was created by a parent group formed to raise awareness on the dangers of excessive drinking, called Parent Action on Drugs. Division 23, where North campus is located, has nearly 30,000 pamphlets ready to be distributed to Humber students.

Pervez Ditta, director of public safety at Humber said that it is all about minimizing the dangers of using alcohol as a drug.

"It doesn't matter where you are when alcohol is involved, there's always going to be issues, it's just finding the ways to minimize those issues is the key," said Ditta. "From a safety standpoint, Humber is looking into having more orientations that surround alcohol."

Tyler Patterson, 20, a second-year

massage therapy student at Humber, said drinking is a social thing for people and that's what makes it so appealing to students.

"Alcohol, in college kids, is a way to make friends and helps to try to adjust to the stresses of college," said Patterson. "I've seen too much excess in drinking because people want to be seen as cool because they can drink so much."

Patterson said, "College is definitely an outlet to drink more because more and more kids do it at college because of the legal drinking age. And stress is also an excuse generally used to make drinking seem relevant."

For further information on alcohol from Parent Action on Drugs, go to www.parentactionondrugs.org or call 416 395-4970.

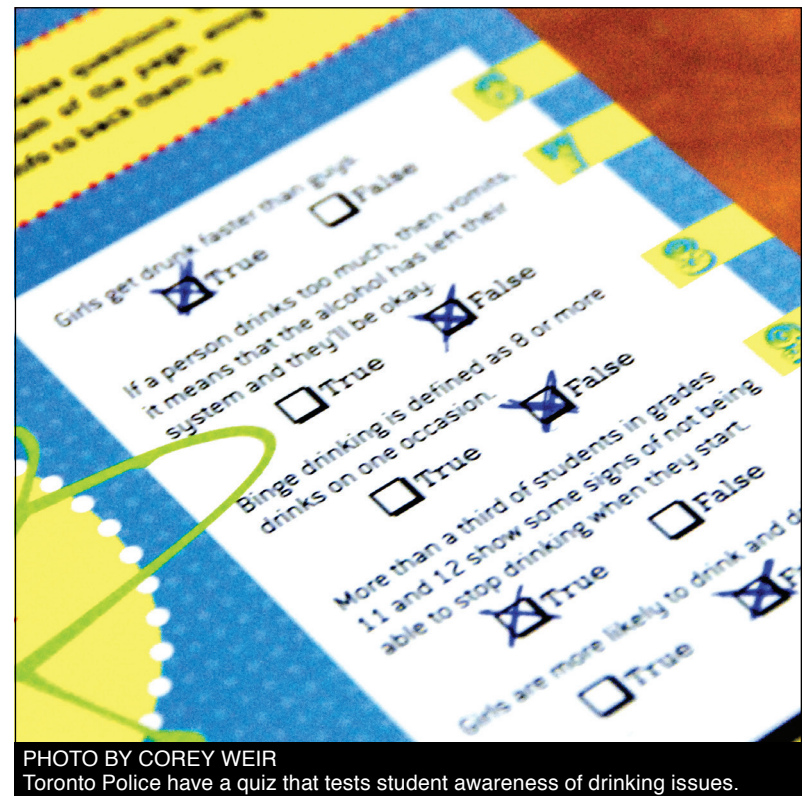


PHOTO BY COREY WEIR
Toronto Police have a quiz that tests student awareness of drinking issues.

Only half of hospital staff get flu vaccine

RACHEL LANDRY
News Reporter

Flu season's arrival has raised the question of whether or not front-line health workers should get immunized.

A *Canadian Medical Association Journal* editorial published Oct. 29 said health care institutions should require mandatory flu shots for front-line workers.

In response, Dr. Arlene King, Ontario's chief medical officer of health told CBC Metro Morning that the vaccination rate amongst health workers are lower than they should be.

Last year, just 49 per cent of hospital workers were immunized, Dr. King said.

She said studies have shown that people cared for by immunized health workers are less likely to die during the flu season.

The editorial said in Canada, the annual rate of influenza infection averages five to 10 per cent of the population. About 20,000 hospital admissions are the result. Between 4,000 and 8,000 deaths are attributed to influenza each year. Approximately 20 per cent of health care workers will also contract a strain of the influenza virus.

Catherine McKee, registered nurse at Humber's Health Centre said it's



PHOTO BY RACHEL LANDRY
Dr. Arlene King, Ontario's chief medical officer, said 49 per cent of hospital personnel in Ontario were immunized last year.

important for front-line health care workers to be proactive about getting vaccinated not just for themselves, but for others as well.

"It is important for us to be immunized as front-line workers so we do not put our vulnerable clients at risk," she said.

"We need to be proactive in health, teaching not only for the flu vaccine, but proper hand washing and to cover your mouth when you cough and sneeze."

Pharmacist Randa Saleh said it's important for front-line health care workers to get vaccinated because

when they get sick, it puts more workload on the system, especially when there are already shortages of health care workers. However, some people have reasons for not getting vaccinated, she said.

"Some of them say that they get more sick after the shot," she said. "Some also are worried about side effects and some have religions that prevent them from taking vaccines."

Chris Mora, 21, a fourth-year justice studies student at Guelph-Humber, said he gets the flu shot.

"My doctor tells me it's healthy," he said.

Students across Canada join 'Stick It to Fast Food'

FASTFOOD from PG 1

In order to have a successful pledge in this campaign, you must refrain from eating fast food, including deep fried foods, hamburgers, pop, candy, chips and chocolate, to name a few.

"Depending on the reaction worldwide, we may make January the month for other locations in the world," he said. "The boycott is one month long – but healthy eating is forever."

Zafari made the pledge himself over a month ago and said it was a hard change from having fast food three or four times a week.

"I've been really busy and people generally go to fast food as a quick resort because it is so convenient. It'll take you 10, 20 minutes more to scramble something up instead of getting fast food," he said. According to the organization's website, stickittofastfood.org, there are currently more overweight people than malnourished, underweight people in the world.

The website provides alternative healthier recipes, and gives lists of movies, books and information to keep a pledgers' minds off fast food, while informing them about healthy eating.

Although the campaign has gained support from all over the country, Ontario's provincial government has yet

to address it.

"We haven't spoken to them at all, and with the logo, we expected to. But thus far, we haven't gotten any reaction from them," he said. The campaign logo bares a fork with one point sticking up, emulating a middle finger.

Rachel Bruner, a media consultant for Stick It, also noted the campaign has not received any direct attention from the government.

Both Zafari and Bruner said Stick It plans on branching out its campaign through North America and worldwide – but as of right now, its focus is Ontario.

"The organization will be following up with the pledge, but for now we're just starting off," Bruner said.

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"The organization will be following up with the pledge, but for now we're just starting off," Bruner said.

Bobby Anderson, a first-year fitness and health student at Humber College, had never heard of the campaign, but wishes he did.

"If I knew about it, I would've made the pledge," Anderson said. "A lot of people rely on fast food and so I think this is a really positive way to promote healthy living."

CORRECTION

Last weeks *Hawks* come up short in preseason final photo was courtesy of Humber Athletics

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Underemployment limiting recent grads

JOSHUA SHERMAN
News Reporter

The real challenge facing post-secondary graduates looking to enter the workforce is finding a job that uses their education, according to a new report by the Certified General Accountants Association of Canada.

"We already have quite a substantial number of people employed in occupations that require less education than they have," said Elena Simonova, the report's co-author.

According to *Youth Unemployment in Canada: Challenging Conventional Thinking*, one in four university graduates who were under the age of 25 and working full-time held positions that didn't require their post-secondary education in 2005.

Simonova said the data was taken from the 2006 Canadian census, the most recent information available.

Although the data from the 2006 census was not completely current, the CGA "did not see a specific sign or indicator that the situation of underemployment would improve," she noted.

Instead, Simonova said she believed underemployment – which is characterized by the underutilization of a worker's skills or capacity – had likely increased since 2005 due to the recession.



PHOTO BY JOSHUA SHERMAN
Humber's Career Centre draws students and alumni seeking better work.

In terms of unemployment, the report found that "the labour market hardship endured by youth during the most recent recession and recovery was more moderate than that experienced by youth in the past recession."

The peak unemployment rate of 15.2 per cent for youth ages 15 to 24 during the most recent recession in 2009 was two per cent lower than the rate in 1992 and four per cent lower than in 1983.

Increased research into the causes of underemployment and the creation of more skilled jobs through investment are among the recommendations listed in the report to curb youth underemployment.

Angella Nunes, a Humber employment advisor since 2007, has seen an increase in students and alumni seeking help from the Career Center at North campus in recent years.

"It's no secret that we're on a down-

turn economically and so obviously when there are fewer jobs, more people come to school," said Nunes.

Nunes said it was important for students and recent graduates to keep an open mind when applying for jobs and to broaden their job searches.

They shouldn't limit themselves to applying for jobs they think their program qualifies them for, she said.

"There are [job] titles that were unheard of a couple of years ago, so the average person who is graduating thinking that the job title will be synonymous to the program that they've taken will be surprised to find out that there is so much more," said Nunes.

Oscar Pastores, 22, a University of Guelph-Humber business administration graduate who currently works part-time as a teller at TD Canada Trust, said he wasn't expecting as competitive a market as when he began his job search.

"I thought with a university degree you can go anywhere, but a lot of people are trying to get jobs," said Pastores.

Although his job at the bank doesn't require a degree, Pastores said his education was still worth the investment.

"A university degree might be overrated, but it still puts you at an advantage over someone at college or someone who doesn't have a degree."

Murray bids for Liberal leadership

ALEX LAMBERT
Senior Reporter



COURTESY OF GLEN MURRAY
Murray, former minister of training, colleges and universities.

Former minister of training, colleges and universities and Toronto Centre MPP Glen Murray has launched a bid to replace Dalton McGuinty as leader of Ontario's Liberal Party.

Murray resigned as minister Nov. 3 and officially launched his campaign on Nov. 4.

His bid comes just weeks after Ontario Premier Dalton McGuinty announced his resignation and prorogued Ontario's legislature.

Whoever takes McGuinty's job will face the prospect of an opposition poised to force a 2013 election, not even two years after the last provincial vote.

Murray said he hopes that doesn't

happen and he's eager to sit down with NDP and Progressive Conservative leaders to try working out a "plan that is acceptable to them" in order to prevent another election.

"I'm all ready for it," he said.

Murray's platform includes: tax cuts for the middle class and small businesses; a better rapid transit system; changes to regional governance in Ontario; better productivity and innovation in government such as looking at making OSAP completely digital; having digital driver's licences and health cards; and, a central pillar of his platform, the "no money down" tuition fee program.

The latter proposed tuition fee program would mean that students wouldn't have to start to pay back loans until their education is complete and they have a steady job.

With help from private lenders, the provincial government will provide students with yearly loans of up to \$4,000 for college students and \$7,000 for university undergrads.

How students repay these loans will be determined on a sliding scale, based on income level after graduation. If a student becomes permanently disabled or is unable to pay the loan after 25 years, it would be forgiven.

"It's dependent upon what your income is," Murray said. "I don't imagine we'd ever ask students to pay more than 10 per cent of their annual income towards their tuition."

These loans will remain interest-free during students' period of study, for one year after they graduate, and if students are on parental or maternity leave.

All students are eligible for the pro-

gram, and those who wish to pay using the OSAP system can still do so.

The province will also provide tax incentives for students to write off some of the cost of their tuition from their taxes, and will create incentive for businesses to pay off the loans of students they wish to hire through making it less expensive by asking the federal government to make this process a non-taxable benefit.

Murray said students and their parents through taxes and tuition are "paying the entirety of the cost of education, and the major beneficiaries to the economy, which are the businesses and the professions, are not paying at all."

"As premier, I would be putting a lot of pressure on companies to start investing in the education of young people," he said.

"I think for a lot of middle income and modest income families and students this will be a really huge benefit," Murray said.

Rob Leone, the Tories' training, colleges and universities critic and MPP for Cambridge, said branding the program as "no money down" is offensive to students.

"He's creating the policy of a furniture store. Must have been shopping for a couch," he said.

Leone said the program will likely be similar to the Liberals' 30 per cent off tuition policy, which claimed to be able to provide all post-secondary students in Ontario with a tuition discount when, in fact, many students were ineligible.

"It looks good, it looks great on a platform, but at the end of the day I think it's going to fall short of what

they expected," Leone said.

Sarah Jayne King, chairperson for the Canadian Federation of Students-Ontario, said this program won't benefit students and is likely to result in higher tuition fees and more student debt.

"I think that this program is actually extremely dangerous," King said.

She said these types of income contingent loans "open the door to tuition fee increases" because the argument is that students don't have to pay until their education is done, so that barrier to post-secondary is removed, making it easier to justify tuition increases.

"This plan does not increase funding to our education system, it doesn't increase funding to our institutions and it doesn't increase accessibility to students necessarily because we could see tuition fee increases," she said.

"It's very concerning that Glen Murray is moving back to a system that has failed in the past or that has been rejected in the past," she said, citing the use of this model elsewhere in the world, such as in the United Kingdom, Australia and New Zealand, where it resulted in higher tuition costs and more student debt.

Murray said he doesn't want this program used as an excuse to increase tuition fees.

"I don't like the UK model because the UK just used it as an excuse to jack up tuition. We're trying to do the opposite. We're trying to bring the cost of education down for students," Murray said.

The Ontario Liberal Party's leadership convention will be held at Toronto's Maple Leaf Gardens Jan. 25 to 27, 2013.

Culinary graduates serve up recipe for success

TAYLOR PARSONS
Culinary Reporter

Humber's culinary management students united for a mix and mingle in the Humber Room on Nov. 5.

The social event, which quickly became a full house of first- and final-year students only featured guest speakers such as Humber (culinary management grads speaking about studying abroad, and restaurant managers offering internship possibilities.

Humber graduate Candice Ekonomakos, chef garde manger (supervisor of cold food preparation) at Toca restaurant at the Ritz-Carlton Hotel in Toronto, spoke about her college experience and studying in British Columbia.

"Humber College has helped me discover my passion," said Ekonomakos. "It gave me the confidence and skills I needed."

Another Humber alumnus who spoke was Chris Heisy, who graduated from the culinary management program in the summer of 2012. Heisy spoke about completing his program in Strasbourg, France, where he worked at a five-star hotel whose clientele included celebrities such as George Clooney.

"He owns a villa on a lake near there," said Heisy. "He spent a few days at our hotel."

Heisy recommends students go abroad for college to learn about new cultures and cuisine, which could increase their chances of being hired in the future.

"You can build your resume. It separates you from everyone else," said Heisy. "There are a lot of people who will just stay in the city. If you go overseas, it looks like you try that much harder than everyone else."

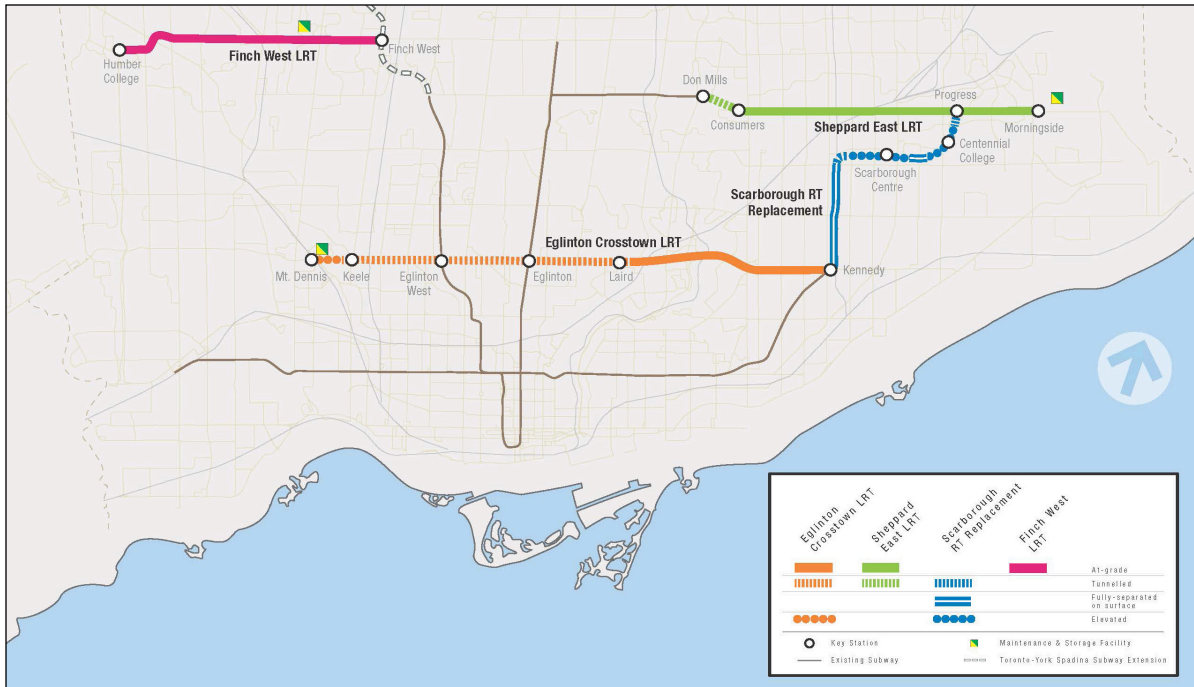
Rupert Martin, regional chef at Toronto restaurant chain, Joey's, took his certified chef de cuisine at Humber, and spoke about partnering the restaurant with the culinary management's internship program. In talks "Humber has been great to us. Taking (my certification) here was an unbelievable experience for me," said Martin. "We haven't done a lot of partnering in the past, and hopefully this paves the way for the future."

After the speakers concluded, students socialized with one another, read brochures on studying abroad, filled out internship forms, and gpt to speak one one with the guest speakers.

Rudi Fischbacher, coordinator of the Culinary Management program, said the best way for students to succeed is to devote themselves to their craft.

"Following your passion, doing what you love doing, and being in it wholeheartedly. Eating it, sleeping it, drinking it. That's the key to the whole thing."

Humber LRT gets city council approval



GRAPHIC COURTESY OF METROLINX
City council has now approved an agreement with the provincial transit agency for four new LRT lines in Toronto.

Line from Finch West to North campus will be one of four new light rail routes

GLYN BOWERMAN
Transit Reporter

City council voted in favour of a master agreement with provincial transit agency Metrolinx on Nov. 1, officially approving four new LRT lines.

The agreement outlines the roles and responsibilities of both the city and province in the construction and operation of the four light rail transit lines, including a Finch route to North campus.

The understanding doesn't affect recent concerns that the departure of Premier Dalton McGuinty could imperil provincial funding.

The details of the agreement were confidential, but it received approval with a 31-10 vote, as did a motion to make the document public at a later date.

Under the agreement, material changes to the project would automatically go before council, city manager Joe Pennachetti told the assembly.

"The bottom line is, they own the asset," Pennachetti said.

City legal staff told council the master agreement puts the city in a stronger position with the provincial transit agency Metrolinx, because it is a written understanding.

Council questions have arisen over a provincial stance change following

the announcement of McGuinty's intended departure, a provincial Liberal leadership race and Ontario Progressive Conservative leader Tim Hudak's stated preference for subways over LRTs.

While the regional transit agency receives its mandate from the Ontario government, it is difficult to speculate what a change in provincial leadership would mean for the new lines, said Metrolinx's Jamie Robinson, director of community relations and communications for Toronto transit projects.

There is strong support for the LRT plan, Robinson said, and a "fairly broad-based and deep consensus that we're on the right path now."

"What you've got is a master agreement that's been negotiated between Metrolinx, as the owner, the builder, the funder of the project; you have the TTC that's going to be operating the lines; and the city that wants the transit," Robinson said.

Mayor Rob Ford protested the agreement in a speech to council, and said the issue was one of "streetcars against subways."

"(If) you want to support this contract, you're supporting streetcars, LRTs, whatever you want to call them," Ford said.



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PHOTO BY GLYN BOWERMAN
Mayor Rob Ford's preference for subways and the recent change of provincial leadership cast concern on continued support for surface transit.

Containing food waste

Humber Students' Federation launches monthly campaign

ASHLEY COWELL
News Reporter

The Humber Students' Federation has launched monthly initiatives this semester to get students in an ecofriendly mindset.

For October, the first month of the campaign, HSF volunteers handed out reusable containers in the cafeteria in exchange for students' garbage from a purchased meal. The goal was to encourage students to bring food from home.

Teresa Silva, HSF vice-president of administration at North campus, said in previous years there had only been one week dedicated to eco-friendly initiatives.

"We decided to take the mentality of focusing on the earth and eco-initiatives for a week and stretch it out to the year," Silva said. "Every month will have a different initiative."

Silva said the initiative for November, which was reusable mugs, was very suc-

cessful. About week into November, all of the mugs had already been distributed.

The first HSF initiative dovetailed with a report issued by the Value Chain Management Centre, a Canadian agency dedicated to improving the profitability and competitiveness of businesses operating in the agri-food sector, at the beginning of October. The report stated 51 per cent of the \$27-billion wasted on food annually is due to unwanted leftovers in Canadian refrigerators.

"Bringing food from home means eating those leftovers and not letting them go to waste, which was our main message with giving out the containers," said Silva.

She said the free containers went over really well with students, despite the fact that it didn't catch on right away. The containers were advertised on HSF's Facebook page but it was not until students saw the volunteers in the cafeteria that they became popular.

Lindsay Walker, manager of Sustainability at Humber, said it is great that students get involved.

"It shows we are committed to the campus and our community when we take these extra steps," Walker said.

Kristina Lombardi, 21, a third-year criminal justice degree student, who received a container and mug from both initiatives from the last two months, said the eco-friendly initiatives are a great idea.

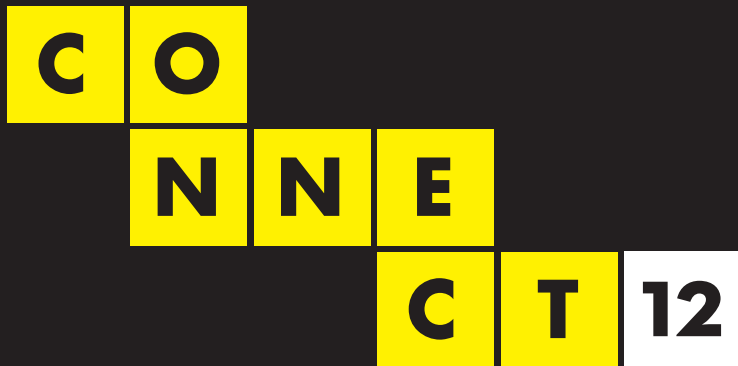
"They give you a discount of about 10 cents at Tim Hortons if you use a reusable mug instead of their paper cups," Lombardi said. "That adds to the initiative."

All of the planned initiatives focus around reducing waste, whether it is the food containers for leftovers or handing out reusable water bottles to reduce the amount of plastic used.

Water bottles, which have been popular among students in the past, will be handed out in January.



PHOTO BY ASHLEY COWELL
Kristina Lombardi, criminal justice student, displays the reusable food and water containers she was given by Humber Students' Federation.



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3D printer a game changer

'PandaBot' drops costs dramatically

CAMERON DA SILVA
Biz/Tech Reporter

A new Toronto company is looking to revolutionize 3D printing, a process invented more than 20 years ago to create solid objects through devices driven by digital data.

A 3D printer by Toronto and Seattle-based Panda Robotics called The PandaBot was developed with the average consumer in mind. While modern 3D printers are far too expensive for the average consumer, often costing up to \$200,000, the PandaBot can be purchased for around \$800.

"Developments in technology and manufacturing techniques allow us to sell an advanced printer for the price of a tablet," said Kelly John Rose, CEO and co-founder of Panda Robotics, who envisions learning institutions having classrooms filled with 3D printers.

"We want to have labs of these at schools and universities throughout Canada and beyond, so people can play with them, experiment and find amazing ways that they can be used to improve their lives," Rose said.

3D printers create solid, three-dimensional polymer products that can be used as everything from elements of architectural models to jewelry to automotive parts.

The technology has started to see increasing use around the world as costs have started dropping and digital information transfer to generate the programs for making 3D parts have

become more common.

Ennio Firmani who ran the 3D printer at Humber College for two years as part of his architectural technologist program, said he has concerns about the costs of running the device, notwithstanding its low price point.

"The problem with 3D printing is that it's very expensive," he said. "The machine itself is okay now. They're getting cheaper and cheaper but it's the material that costs a lot of money ... I visited (Panda Robotics') website and they never talk about how clean the model becomes. For example, how much detail it can produce at a very

“Developments ... allow us to sell an advanced printer for the price of a tablet.”

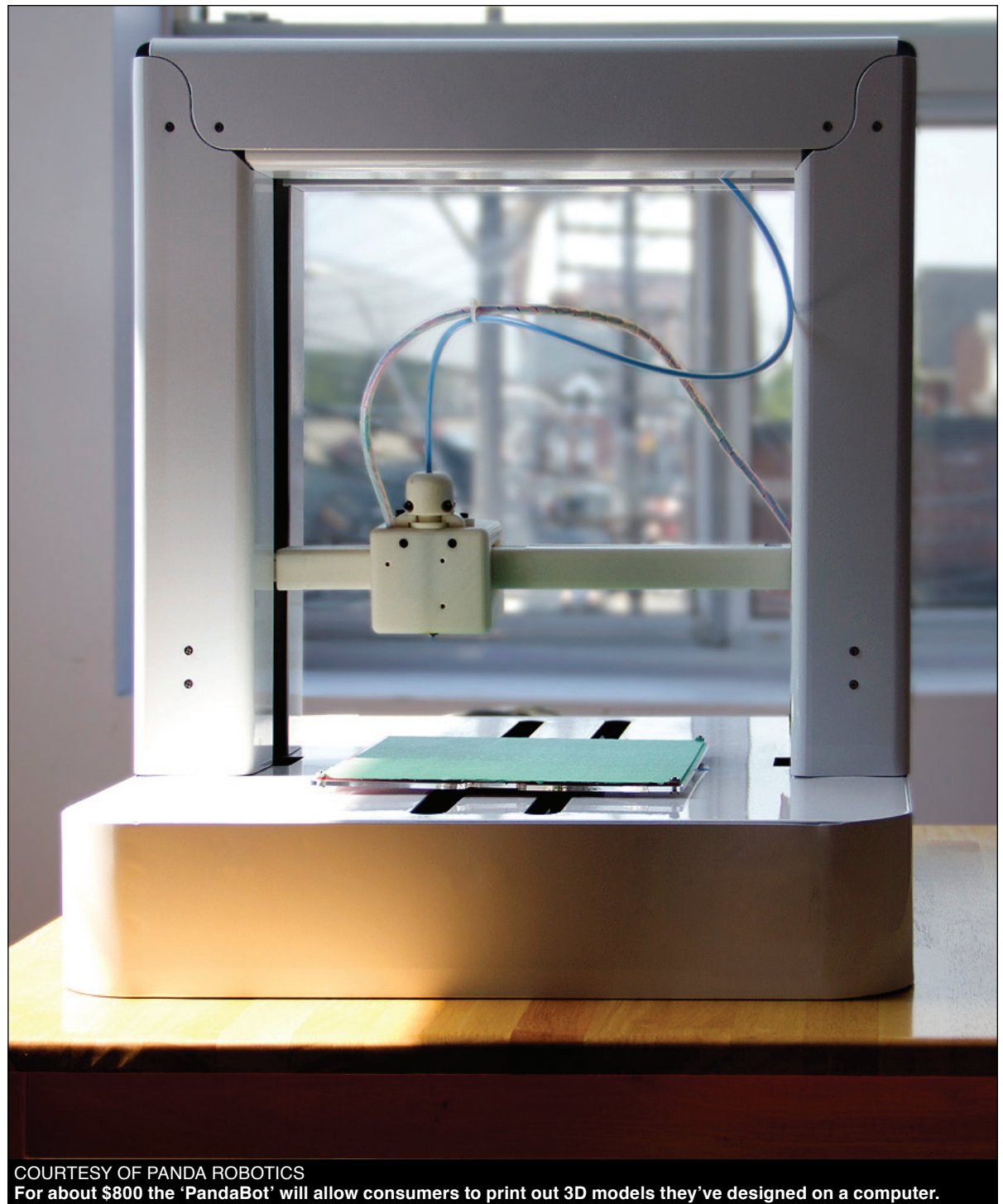
Kelly John Rose
CEO of Panda Robotics

small scale.”

Liav Koren, lead designer for Panda Robotics said the firm has found a solution to the high costs of materials.

"The material that's used in creating objects from the PandaRobot is called ABS, the same plastic Lego uses for its products," Koren said. "It will cost somebody less than a penny for most prints. The material is very cheap and very safe."

The product is still in its alpha stage and is set for release in 2013, said Rose.



COURTESY OF PANDA ROBOTICS

For about \$800 the 'PandaBot' will allow consumers to print out 3D models they've designed on a computer.

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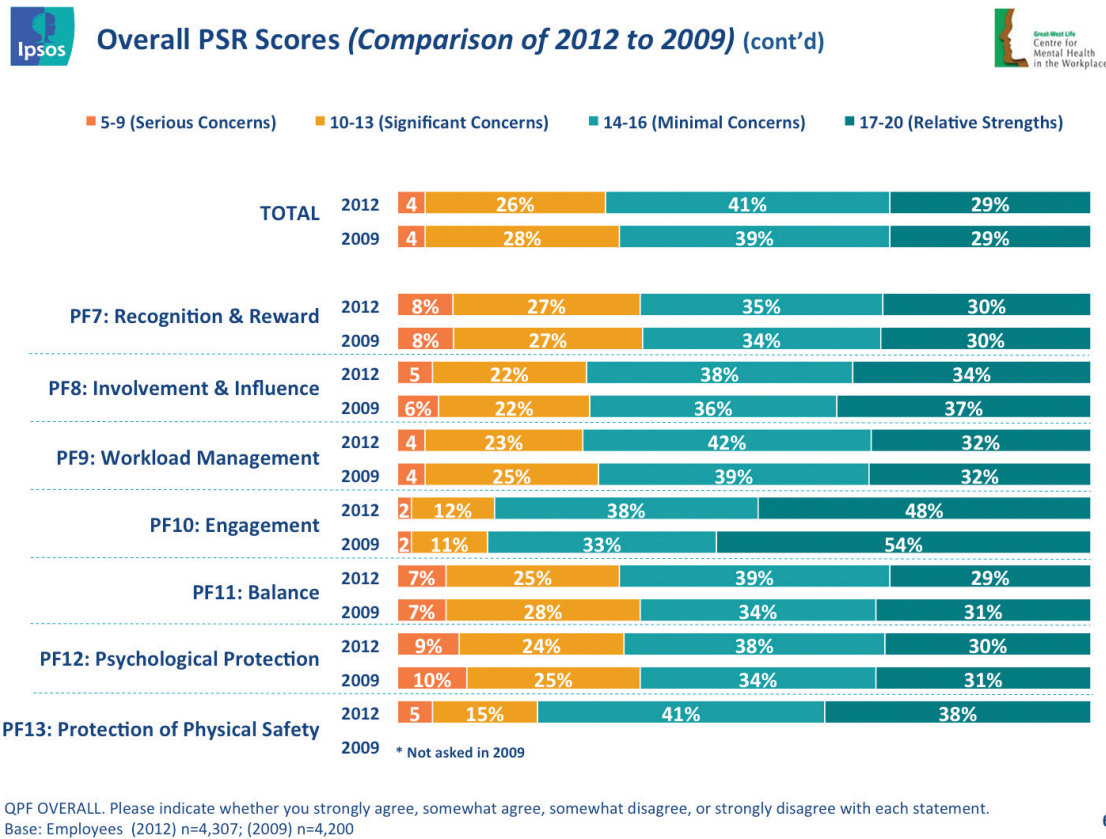
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Workplace stress plagues young Canadians



COURTESY OF IPSOS REID

Ipsos Reid used a psychosocial risk (PSR) scale to compare workplace-related stress between 2009 and 2012.

Ipsos Reid survey shows 90 per cent of young Canadians experience high stress

AMALIA DEL CID
News Reporter

A new study released by Ipsos Reid finds people generally feel an uncomfortable amount of stress in the workplace.

Great-West Life Centre for Mental Health, an agency that creates and develops tools for employers to deal with workplace issues, commissioned the report.

According to the study, 90 per cent of younger Canadians between 18 and 24 said they feel high levels of stress, the most of any age group. Seniors within the range of 55 to 64 are less likely to feel heavy stress or burdens.

A main cause of discomfort and stress in the workplace is having to work a job out of economic necessity rather than making use of their talents and interests, the study said.

Justin Singh, 24, second-year criminal justice student works at a cinema, and although it may not be demanding, he does not enjoy his time there.

"It's not a stressful job, but obviously I don't plan on staying here. It

just pays the rent and it's jobs like these that students generally don't enjoy," Singh said.

Mary Ann Baynton, program Director of Great West-Life said the benefit of the study is that it creates awareness.

"Connections can start to take place between the quality and excellence of one's work and the importance of their psychological health. It's all under safety and it's what employers need to understand," Baynton said.

Employers now have the opportunity to freely access this information and use it to better the environment for employees in the workplace, said Baynton.

John Kennedy, research associate at Ipsos Reid, said that although the research may seem scary, the numbers are getting better.

"Thanks to Great-West Life and their initiative, now employers can do more to help, we're going in the right direction," Kennedy said.

For the study 3,113 Canadians were interviewed on an online panel from Ipsos Reid from June 29 to July 16.

Electric cars get wireless charger

CAMERON DA SILVA
Biz/Tech Reporter

Researchers at the University of British Columbia say they've found a way to wirelessly recharge electric cars.

The charger works by causing an internal magnet within the car to rotate, which generates electricity.

"There is a transmitter on the ground that has a rotating magnet that is powered by electricity. The receiver underneath the electric car also contains a magnet that can also rotate. That rotating magnet is inside a coil and when it rotates inside that coil, it makes electricity. That electricity can charge the car battery," said Lorne Whitehead, head researcher of the project.

"Turning the magnet in the base transmitter causes the magnet in the car to turn because of magnetic interaction, it's exactly the same way a compass needle will point towards north."

Whitehead said that the technology used to power electric cars wirelessly isn't limited to the automotive industry.

"The other area we are interested in that's probably longer term is the charging of electrical devices that are inside the human body. The best-known example is a pacemaker, which is a device that helps regulate human heart beat and is an electrical machine that contains a battery. We could have a rechargeable battery in the pacemaker to send energy into the body to charge that battery."

Ken Cummings, industrial design program manager at Humber, said Ca-

nadians especially could benefit from the automotive technology.

"One of the problems we have with electric cars, especially in Canada, is the cold weather. Plugging in a car is a problem for people in cold weather."

Cummings, a part-time professor with Humber for more than 10 years, said there are still challenges with wirelessly charging a vehicle.

"The problem with wireless charging is there is some loss of power in the transfer. The power isn't a hundred per cent transferred, it's not as sufficient as a direct link plug-in."

Wes Sherwood, electrification communications manager for Ford Motor Company of Canada, said electric vehicles are the future.

"We believe electrified vehicles will grow over time as gas prices continues to rise. We expect conventional hybrids to be the dominant electrified vehicle through this decade because they offer great efficiency more affordably," Sherwood said.

An example of Ford's push towards electric cars is the 2013 Ford Focus electric, which is powered exclusively by a lithium-ion battery system.

Sherwood said the company expects plug-in hybrids to make up 20 to 25 per cent of the electric vehicle market in the next decade, while fully electric vehicles will only make up 5 to 10 per cent.

Whitehead said of the costs of the wireless recharging technology, "We can't give you an exact number because there are such a wide range of characteristics that are possible."



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PHOTO BY KARA MATTHEWS
Giant reindeer will be prancing the streets of Toronto on Nov. 18 for the 108th annual Santa Claus Parade.

Santa Claus Parade to mark 100th Grey Cup

108th Christmas festivity will feature more children, youth

KARA MATTHEWS
Life Reporter

Santa, Mrs. Claus and his helpers were at Santa's secret workshop putting the finishing touches on floats preparing for the 108th Santa Claus Parade.

Parade president Peter Beresford said at a press conference earlier this month that this is his favourite time of year.

"Mark in your calendars Sunday, November the 18th. That is the special day when Santa arrives on the streets of Toronto," Beresford said.

The parade will begin at 12:30 p.m. in the Bloor Street and Christie Street area, and finish at St. Lawrence Market.

Beresford also announced changes and additions to this year's parade. One change is to the Red Nose Program.

Every year, red noses are sold for \$2 by Air Cadets along the parade route. This year, Canadian Tire will also be selling noses at stores across Toronto before parade day.

"Half the proceeds will go to the Santa Claus Parade, and half go to Jumpstart, a program that provides help to young people in need," Beresford said.

He added that more children and youth will be seen in this year's parade.

"For the first time ever, kids of all ages will have the opportunity to be directly involved in the parade," he said.

With a donation to the parade, kids can have their names displayed on a float.

Mrs. Claus, who will be in the parade on her own float, said the children are the best part.

"They're so happy," said Mrs. Claus, who made her debut at last year's event. "Everyone's together, lined along the streets of Toronto, just having a great time."

Santa Claus, who made a special appearance at the preview, loves the experience.

"My favourite part is looking down and seeing all the crowds, looking down from my float and seeing their smiling faces. No one has the perspective except Santa," he said.



PHOTO BY KARA MATTHEWS
Santa and Mrs. Claus made an appearance at this year's Santa Claus parade preview at Santa's workshop in Toronto on Nov. 2.

(The performers playing the Claus roles asked not to be identified.)

Santa said his favourite addition to the parade this year is the Grey Cup float.

The float marks the 100th anniversary of the Canadian Football League's championship game, which is being held in Toronto this year on Nov. 25.

"It's especially exciting because former Toronto Argonauts' running

back, Michael 'Pinball' Clemons is going to be on the float," Santa said. "It's massive. Football fans won't be disappointed."

Megan Tierney, 19, second-year Humber animation student looks forward to the parade every year.

"It's just as exciting now as it was when I was a kid," Tierney said. "It's the perfect start to the holiday season."

Low organ donations pressing issue

CHARLOTTE HILLYARD
Life Reporter

Canadians above age 50 are less likely to be registered organ donors, yet they are in the age group most likely to need organ transplants.

A Trillium Gift of Life Network spokesperson, whose agency was created by the Ontario government in 2000 to oversee organ and tissue donations in the province, said public misconceptions about organ donation are an issue.

"The number one reason that older people don't register is because they think they are too old to donate," she said. "Nobody is too old to donate, the oldest organ donor is 92 years old, and the oldest tissue donor is 102 years old."

In 2010, in Ontario alone there were approximately 1,000 more people in need of organ transplants than there were people who were registered to

donate organs, according to the Gift of Life organization.

One person who is a registered organ donor can save up to eight lives.

The registration process can be done online, or at a donation centre.

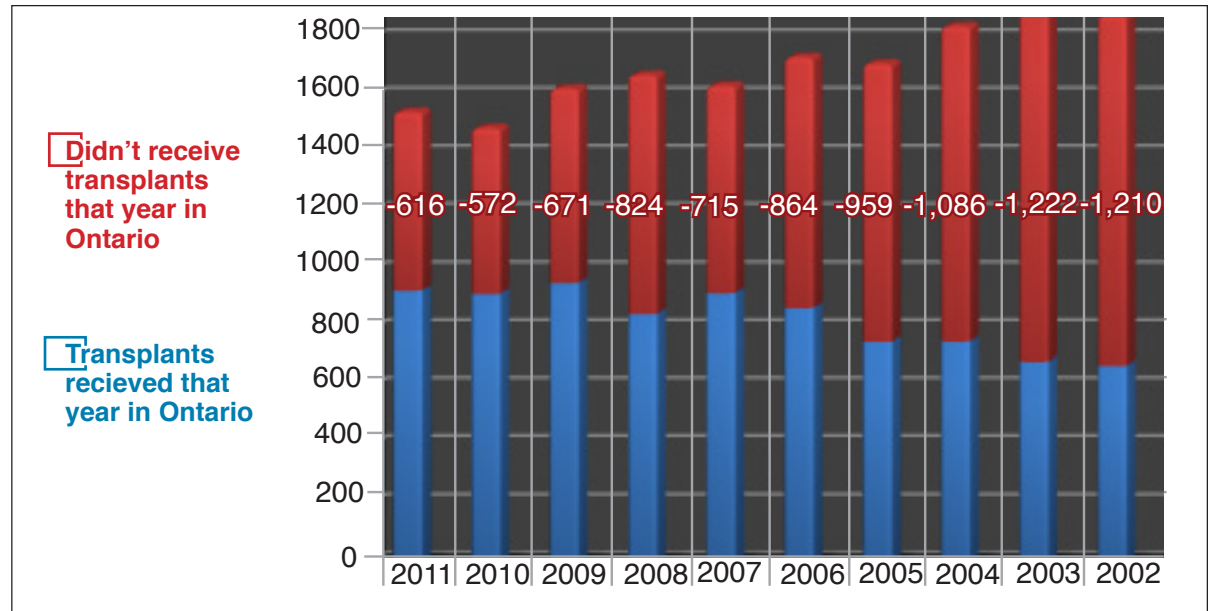
The protocol to register requires the donor to fill out a consent form stating they decided to donate their organs.

"This lets a donor's family know that they wanted to donate, that this was their wish," said the Life Network representative.

Brian McGinnis, second-year continuing education student, has been registered to be an organ donor for four years.

"I registered when I was 16 years old. I was getting a new photo health card and they asked me if I wanted to be an organ donor. My mom convinced me that it would be a good thing to do, so I became a donor," said McGinnis.

To learn more about becoming an organ donor visit beadonor.ca



GRAPHIC BY HEATHER VANANDEL GRAPH INFORMATION COURTESY TRILLIUM GIFT OF LIFE NETWORK
The amount of people waiting for transplants had decreased since 2002, but a significant amount of donors are still needed.

College career services help work entry: report

University career centres help prepare students for job market

VICTORIA QUIROZ
Life Reporter

Career services in post-secondary institutions are proving beneficial to students looking to enter the working world, according to a report released by the Council of Ontario Universities.

Students with access to work-study and career service programs are better prepared for the workforce than those without, the study found.

The report, titled *#MyCareer: How Ontario university career services prepare students for the future*, was “prepared to inspire continuous improvement in the career services area,” said Jennifer Grass, senior director of communications and public affairs for the COU.

One of the services highlighted in the report was Ryerson University’s “WhoPlusYou” platform, a workplace matchmaking website where employers track students.

Students and alumni of the University of Guelph-Humber have a similar service through the university’s job posting portal, G-H Works.

“You can create an account where you’re looking at jobs and the employers can look at you,” said Abby Blinch, communications specialist for Guelph-Humber.

Blinch said the career services department at Guelph-Humber has seen great growth in the past three years.

“It’s gone from two employees to five,” said Blinch. “They’re really working hard to get both our students and alumni a lot of help.”

Students on the other side of North campus at Humber College can go to the Career Centre and work on their resumes, meet with employment advisors, and stage mock interviews.

Christine Colosimo, employment advisor at the career centre, said what makes Humber’s Career Centre differ-

ent from others is the care the advisors take in their work.

“We’re here because of all the wonderful things that go on,” said Colosimo. “I think it’s the people. All of us in here are so passionate about what we do.”

Colosimo said the Career Centre hosts career conversations on different topics every month. Running through November the Career Centre will host a workshop on the do’s and don’ts of dressing for interviews.

The Career Centre also benefits those who work in it. Layla Da Graca 19, in her second year of the Law Clerk program, works with students as a resume tutor.

Da Graca said working for the Career Centre has been very beneficial to her, even helping her to get her placement.

“I compared my resume to what it looked like before,” said Da Graca.

“I still wonder how I got this job.”



PHOTO BY VICTORIA QUIROZ
Layla Da Graca, 19, in her second-year of law clerk studies, works at Humber’s Career Centre at the North campus as a resume tutor.

to the NINES

How often do you go shopping?

I go once a week usually.

Where is your favourite place to shop?

Value Village.

Do you have a style icon, or theme to your clothes?

I try to mix pieces that I don’t like to get an outfit that I do like.

If you could describe your style in one word, what would it be?

Vintage.

Serena Stavenjord
Nursing Program, 1st

Exercise can help with cognitive functioning

Heart and Stroke Foundation report suggests vigorous exercise improves capacity for decision making, clarity

SARAH STINCHCOMBE
Life Reporter

Exercise may be able to do more than just make you skinny — it could make you smarter.

According to a recent study released by the Heart and Stroke Foundation and Canadian Cardiovascular Society, vigorous exercise can increase people’s ability to think and make quicker decisions.

The study, *Exercise is smart for your heart—and makes you smarter*, examined adults who were put through four months of intense exercise. By the end

“You’ll get more of those happy hormones.”

Teresa Arnini
Humber Athletics

of the research period, the patients reported their thinking and decision skills had increased greatly.

Teresa Arnini, a high performance coordinator at Humber’s athletics centre, agrees with the study’s findings.

“Absolutely, because exercise itself actually allows your body to release those really happy endorphins,” said

Arnini.

According to the study, blood flow to the brain increases during exercise. At the end of the four-month effort, the subjects unsurprisingly lost weight, but also noted their cognitive function increased as they exercised.

“Once those endorphins are released, they start to feel better, they plan things a lot more clearly and they can actually foresee things in a sense where two hours ago it was a little foggy whereas now those endorphins that get released clear out all that negative energy and releases all that positive thinking and positive energy,” said Arnini.

“You’ll get more of those happy hormones and that’s what is beneficial and how some people get addicted, makes them feel better and ultimately gives them a clearer mind,” she said.

Emma Wallis, 19, a Good Life health club employee, thinks exercise can benefit almost every aspect of a person’s life.

“It can improve your mood significantly. When you feel better about yourself, you feel better about the world, it can help combat health conditions, being active helps to keep your blood flowing smoothly, decreasing your risk for cardiovascular diseases,” she said.

“Exercising regularly will help give you more energy, it promotes having a better sleep cycle, and it can be fun for you, especially if you have an exercise



PHOTO BY SARAH STINCHCOMBE
Students who exercise are more likely to be healthier and smarter.

buddy,” said Wallis.

Mandy Mitchell, 23, a first-year parks and recreation student and a player on the Humber Hawks rugby team, said being involved in sports has had a positive affect on her education.

“Being on a sports team growing up taught me time management skills, and that only helped with my education later on,” said Mitchell.

Mitchell said playing sports reduces her stress, helps build confidence and ultimately helps her to think more clearly.

Waning leadership hurting Apple

Loss of Steve Jobs sees firm plunge as competitors' tablets grab market

Steve Jobs stepped down as CEO of Apple just before dying from cancer on Oct. 5, 2011 and the company is still trying to grasp and realize a future without their rousing leader.

With the recent launch of the iPhone5 and iPad mini, the company seems to be struggling to reinvent itself. Since Jobs' death the company has seen a decline in their stake of the smartphone and tablet market.

An Ipsos-Reid poll indicated Apple held 78 per cent of the tablet market share in 2011 but since has slipped to 47 per cent this year through three quarters. The Samsung Galaxy tablet climbed to 26 per cent of the market to the same point, a jump from 14 per cent in 2011.

According to an IDC Canada survey, 34 per cent of Canadians claimed they owned a smartphone, up 10 per cent from last year. Apple's growth has slowed and Samsung has peaked. Apple shipped 26.9 million units compared to Samsung, with a wider array of models and lower priced, shipped 56.3 million units this year. Research in Motion, Canadian creator of the BlackBerry, is in a distant third, shipping 7.7 million units.

The numbers indicate a plateau for Apple. A couple of failed product launches, including an iPhone 5 with software problems and iPad mini launch that brought little innovation forward, has opened the market to

competition and seen a spike in Samsung sales.

What comes next for Apple is largely uncertain but it seems they are looking to the past for help. Apple CEO Tim Cook, who replaced Jobs, has just canned the head of software, Scott Forstall, at the end of October. Promoted is the head of hardware and design chief Jony Ive, a longtime Jobs appointee, who now has full reign over the software division as well, essentially giving him creative control over the entire product, making him the new Steve Jobs.

Since Job's death Apple has been spinning its wheels. Their products aren't being met with the same ovations and customers wonder what will come next.

The iPad mini was a dejected bid to recreate the iPad, but making it smaller is not always better. The new iPad mini goes against Jobs' belief that a computer should be no smaller than 10 inches and with the seven inch mini, some customer wonder what they are getting so excited about. If the iPad gets any smaller, isn't it just turning itself into an iPod touch? What's the difference?

The iPhone 5 unveiling was also a flop. It was the first major product released after Jobs death. The anticipation surrounding the release was so great that when the only difference between that and the iPhone 4 was

speed and voice activated software (introduced by Forstall) called Siri, customer disappointment was widespread following the usual crazed launch. Siri allowed people to dictate messages into their phone, but the software initially had flaws, required several updates to fix and skeptics believed this may have ultimately led to Forstall's fallout with the company.

However the rift and competition between Ive and Forstall was also inhibiting the company's progress.

It was widely reported that Forstall and Ive were at odds and the two most influential designers at Apple could not be in the same room at one time.

It's not clear what set the two men apart, but Ive, who shared the same minimalist approach to design as Jobs, may have grown frustrated with Forstall's shortfalls.

The division between the top two men at Apple has had to hurt the company and held back progress. Even worse, the passing of Jobs, Apple's visionary leader, seems to have left a leadership void.

Jobs was a genius inventor, who developed life-changing innovations, like iTunes and the iPod. On top of that he was a master marketer and a charismatic salesman who had a gift in creating hype around his products that customers have come to worship and adore.

Jobs single handedly saved Apple when he was brought back into the company in 1996m when he brought Ive with him. They shared a minimalist approach to design and it was reported in Walter Issacson's biography of Jobs that he and Ive were close. Ive was Job's spiritual partner and Jobs had planned to leave Ive in charge when he walked away.

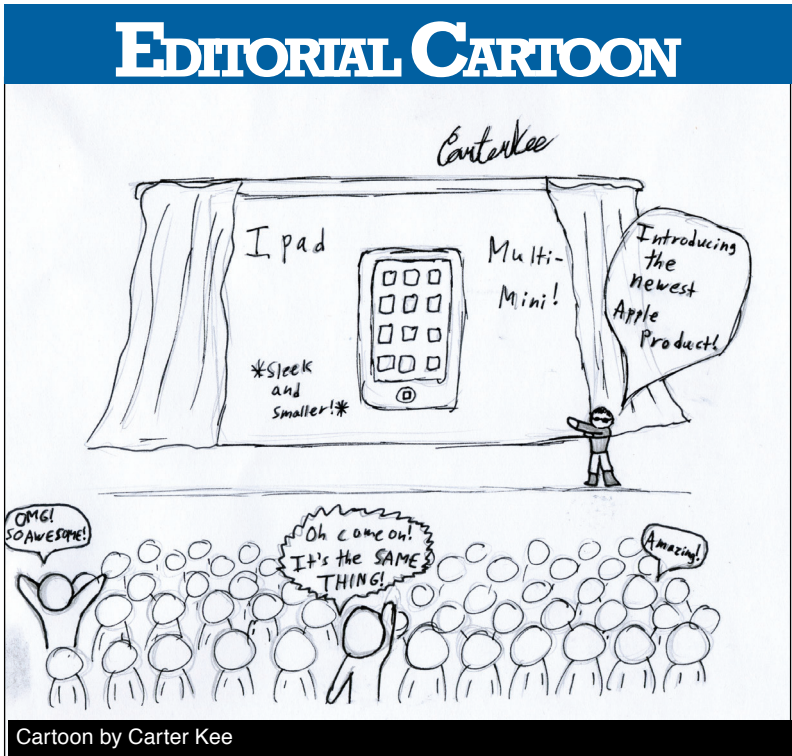
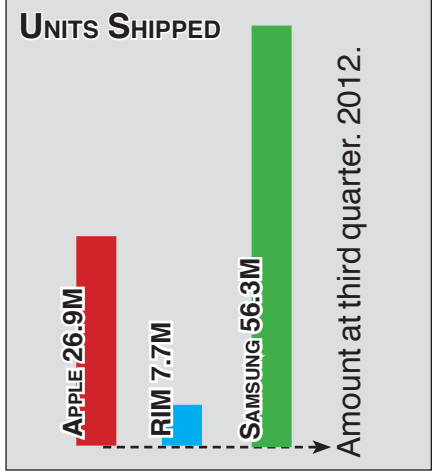
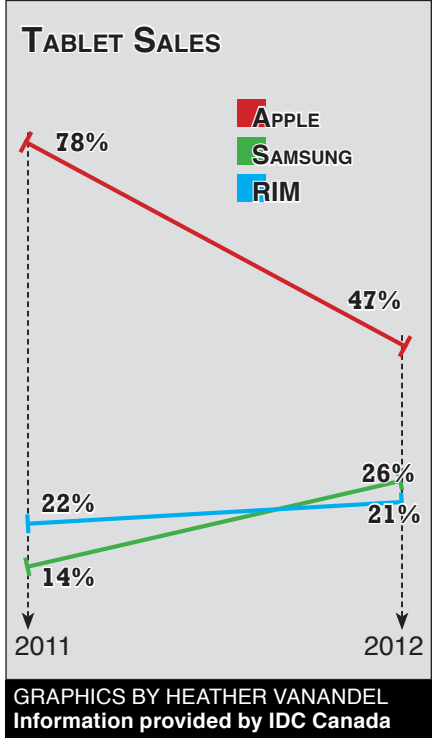
Ive, who implemented the sleek simple design theory at Apple, created products that were regarded as a works of art and have been shown in museums.

Jobs and Ive shared a love of music and their collaborations on the iPod and the invention of iTunes, changed the music industry and pushed the invention of the iPhone and iPad.

The leadership at Apple since Jobs' death has been under scrutiny. Public confidence in Apple has suffered a blow, but putting Ive, a longtime colleague of Jobs, who helped turn the company around, seems to be a logical step.

Jobs left it all on the table and is now his death is hanging over the company like a curse. Apple is fighting to preserve its glamour and iconic cultural profile while the public anxiously awaits the next product. For Apple, it's back to the drawing board.


Jony Ive seems like a move to the past, but perhaps this is the right direction. At least, it's what Steve Jobs wanted to do.



QUOTED

Do you think fast food should come with a warning label?

Faye Lissa de Vera
Nursing, 1st




"Yes, because I think we need to know what we're eating. Food is really important, especially what we're taking in."

Lois Gatchalian
Electronics Tech., 3rd



"Yes, because the usual food you have that you buy from supermarkets, it's sometimes not necessarily healthy."

Allysha Wassegiig
Kinesiology, 3rd



"No, I don't. I think what should be done is more education on how to read the nutrition labels and how to read how calories affect you."

Humber Et Cetera

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

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Election overshadowed by buffoons

Voters knew more about humorous gaffes than actual agendas of politicians running for office



**RUSSELL
PIFFER**
Managing Ed.

If only Hunter S. Thompson were alive to have covered the 2012 presidential election.

The result would have been a fascinating/grotesque sequel to Fear and Loathing on the Campaign Trail about the '72 race. But with "fear" replaced by "lies" and "loathing" with "buffoonery."

The G.O.P. somehow managed to field a slew of candidates that made George W. Bush look like an eloquent elder statesman.

Left-leaning media like MSNBC hopped all over their follies.

Meanwhile, right-wing pundits on Fox News fostered panic amongst aging white men about the socialist agenda of a president who, in actuality, is to the economic right of Richard Nixon.

As a result, real coverage was replaced by political entertainment.

It was closer to the "sports entertainment" displayed by Vince McMahon's World Wrestling Entertainment than real analysis of policies and how they might affect the public.

Herman Cain even played the role of villain-turned-crowd-favorite, abandoning his candidacy to entertain left-leaning 20-somethings on Colbert and the Daily Show.

I rarely tuned in to the campaigns to gain any sort of real political knowledge. I tuned in for a daily dose of theatre of the absurd.

As a result I gained precariously little knowledge about something I read about or watched nearly every day for the better part of a year.



GRAPHIC BY JULIE FISH

I know Mitt Romney wanted to cut taxes by 20 per cent. But I don't know if that was across the board, or only for a particular income threshold.

I don't really know anything Barack Obama said he would do.

I do know the President told Romney, "the 1980s called and they want their foreign policy back," and I know Texas Governor Rick Perry looks awesome in tasseled leather. I also know that one bankruptcy declaration is all that separates Donald Trump from a ranting street-corner schizophrenic.

I won't deny how hilarious this all is. To call it problematic for democracy,

though, is a grotesque understatement.

Romney campaigned like an insecure teenager who changes the music he likes according to which girl he's trying to impress.

He catered to the right throughout the nomination and Republican convention and then swung toward the centre during debates.

He also lobbed a series of flagrant lies at the American public. According to the *New York Times*, citing PolitiFact, Romney told 19 significant lies, while Obama told seven, since 2007.

A Romney campaign staffer even said, "we're not going to let the campaign

get bogged down by fact-checkers."

This is partly the fault of partisan media outlets more interested in humorous gaffes and propagating an agenda than raising political awareness. But it is also the result of audiences who willfully gobble it up.

New outlets cater to the laws of supply and demand, and like McDonald's and KFC, their content paints an ugly picture of the public's consumptive habits.

People are much more inclined to watch or read sources that reaffirm their views rather than challenge them. This is unsurprising considering how much of people's identity, self-worth,

and sense of intelligence are tied up with their political beliefs.

So even when an outlet like the *New York Times* holds Romney accountable, it's likely only being read by people who support Obama, anyway.

People also like what gives them the most immediate pleasure with the least amount of work. The principal applies to everything from surfing

Facebook instead of working, eating McDonald's over cancer-preventing fresh greens and watching Herman Cain bloopers on TV instead of Obama's dry foreign policy discussions.

People are not fundamentally different now than they were in the 1950s. All that's changed is the amount of junk food and trash TV that's available.

Our grandparents didn't pick up books and newspapers because they were inherently more studious than we are. They did it because other, easier options were not as readily available.

This is one of the great ironies of capitalism. It drives the production of technology like no other economic system but instead of elevating us to new intellectual levels, it draws upon our inner ape like never before.

It's hard to imagine a solution to the dilemma of media content that doesn't involve some sort of industry standards regulation. This might seem unfathomable in our current laissez faire environment and would undoubtedly be derided as an offence to free speech.

But take into mind that until the 1980s, American media outlets were legally required to provide both sides of an issue.

If cigarettes can come with warnings about hazards to your health, then it's not ridiculous for Rush Limbaugh and Keith Olbermann to come with one as well.

Next step in war on obesity is taxing fast food

Junk food should come with higher costs and warning labels, like cigarettes, to discourage people



**KATE
McCULLOUGH**
News Editor

The latest battle in the war on obesity has begun.

Following New York City's ban of oversized soft drinks in September, Ontario doctors are urging the province to take similar action. The Ontario Medical Association launched a campaign Oct. 23 recommending junk food packaging carry graphic health warnings, that fast food be taxed and the marketing of fatty and sugary foods be limited.

After what we've seen in the battle with tobacco, such steps could prove effective. It costs substantially less to pick up a Big Mac than it does to buy the ingredients for a well-balanced,

healthy meal. Maybe, if fast food put a bigger dent in consumers' wallets, people would opt for good food over grease. Getting nutrition facts for a carton of McDonald's fries involves navigating the company's website. Smartphones might make finding the information more convenient, but the search still involves active participation from the consumer. A label with the health risks splashed over the Golden Arches would be more likely to make people think twice before buying.

Dr. Doug Weir, president of the OMA, said in a news release the next generation will suffer from preventable diseases, overwhelm the healthcare system and die prematurely. He's urging the province to take legal action to stop what the province's doctors are calling an "obesity epidemic."

Over the last few decades, our rule-oriented society has moved to one that values freedom above all. The very idea of a ban is perceived as a breach

of that freedom. There's a fine line between regulating society and overstepping the laws laid out in the Charter of Rights and Freedoms. How should that line be drawn and who should draw it?

It's fair that people question government regulations on our food choices; Americans have, and Canadians will.

“Taxing fast food won't stop consumption altogether.”

Should Ontarians have the right to choose what they eat? In theory, yes.

Should they have the right to choose what they eat when it costs Ontario more than \$2-billion each year and could cost them their lives? Maybe not.

Maybe – just maybe – some boundaries, breach of freedom or not, are good.

As with any broad social issue,

there are a number of complexities here that must be addressed; taxing fast food, for example, puts a greater burden on the poor.

Yet the poor will continue to suffer other consequences if we fail to act. In June, Health Canada increased the size of warnings on cigarettes from 25 per cent of the packaging to 75 per cent. The OMA reports the number of smokers in Canada has decreased by 30 per cent since the 1960s – a feat that was accomplished largely through anti-smoking campaigns. And it looks like fast food labeling and taxing may follow suit.

For now, the ideas are murmurs in a crowd, but so were health risk warnings on cigarette cartons at one time, too. The things is, consuming fatty, high-sugar foods just doesn't seem as bad as smoking a cigarette full of carcinogenic chemicals, though statistics say the numbers are comparable. The

Heart and Stroke Foundation estimates there are more than 70,000 heart attacks in Canada each year, resulting in 16,000 deaths. The number of hospitalizations as a result of heart attacks has been increasingly steadily over the last decade. In contrast, more than 37,000 Canadians die from tobacco smoke each year.

Though heart attacks are caused by other health conditions as well – hypertension and diabetes, to name a couple – obesity is arguably the cause we have the most control over. Some say the tax won't make a difference: if someone is craving a burger, they'll buy one.

To an extent, it's true. Taxing fast food won't stop consumption altogether. But it will, at the very least, make people think twice about what they eat. Bear in mind, the OMA isn't suggesting the province ban junk food, but rather make it less appetizing and more difficult to get.



HSF

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humberlife.com/survey

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Check your email on **November 12th** to complete the survey and to win these great prizes.



Photo of the week



PHOTO BY JULIE FISH
Accelerated Journalism, 2nd

Students, staff and others gathered in the concourse at Humber College North campus to show support for veterans.

MEME of the week

Hey Jay, guess what?



Send us your photos for the chance to be showcased in Photo of the Week!

Anyone can contribute

Photos have to be sent by Wednesday, Nov. 14th.

Include your name, age, program with a short description of the photo.

Email files to etc.humber@gmail.com

HOROSCOPES



AQUARIUS
Jan. 21 - Feb. 18

It might have been better to have left it behind, but now that it is here, you might as well go on and use it.



PISCES
Feb. 19 - Mar. 20

There is balm in Gilead.



ARIES
Mar. 21 - Apr. 20

It used to be 25 cents to see the Crocodile Boy when the carnival came to town. How could you resist?



TAURUS
Apr. 21 - May 21

Glass houses, Taurus, have been your greatest phobia. It's time to break free.



GEMINI
May 22 - June 21

There will be horses at the window this week.



CANCER
June 22 - July 23

Sailors used stars to guide through the night. Now we use Google maps. Be calm, and sail on.



LEO
July 24 - Aug. 23

You should buy some mason jars to organize your kitchen cupboards.



VIRGO
Aug. 24 - Sept. 22

Next time you are in Smith Falls, visit their train museum that features a train used by a travelling dentist.



LIBRA
Sept. 23 - Oct. 23

Make friends with the dog first. If the dog doesn't like you, there is no way anyone else will.



SCORPIO
Oct. 24 - Nov 22.

Could you write a perfect sentence? What would it look like? Who would publish it?



SAGITTARIUS
Nov. 23 - Dec. 21

Never add beets to your beef stew. Let carrots do.



CAPRICORN
Dec. 22 - Jan. 20

Sometimes a picture, a really beautiful work of art, can draw you into another world.

THIS WEEK IN ENTERTAINMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 Chapter One Storytelling Club Show @L Space Gallery TIME: 12 p.m. A retrospective exhibit of work by Humber's visual storytelling club. 21 Colonel Samuel Smith Dr.	13 HSF Turntable Throwdown @Student Centre, North campus TIME: 12 p.m. Student DJ's spin some tracks to perk up "midday blues."	14 Wayne Hoffman @Student Centre, North campus TIME: 12 p.m. Illusionist Wayne Hoffman will perform his mind reading, mind control, and visual tricks.	15 Of Monsters and Men @ The Kool Haus TIME: 8 p.m. This Icelandic indie-pop band plays two nights in Toronto. Tickets \$35.25. This is an all-ages show.	16 The Super Friendz @Lee's Palace TIME: 9 p.m. This group of Halifax alt-rockers perform for one night in Toronto. Tickets \$18.75. 19+ event. 529 Bloor St. West.	17 The Arsonists @Bluma Apple Theatre TIME: 8 p.m. A comedy about the rise of facism in Germany. Tickets \$29-\$99. St Lawrence Centre for the Arts.	18 La Cage aux Folles @Royal Alexandra Theatre TIME: 2 p.m. Final T.O. performance for this Tony-Award winning play. Tickets \$35-\$130. 260 King St. West.

Mental illness on big screen

DERICK DEONARAIN
A&E Reporter

Humber College students will have the chance to learn about mental health when the Rendezvous with Madness Film Festival hits Toronto this month.

The nine-day event will run from Nov.9 until Nov. 17 at TIFF Bell Lightbox.

The festival will showcase several films from across the globe exploring issues surrounding mental illness and addiction.

Workman Arts, an arts and mental health company, organized and founded Rendezvous with Madness.

"Their goal was to promote aware-

ness of mental health issues and create a conversation through art," said Jenyfer Sanchez, publicist for Rendezvous with Madness. "The company uses film as the medium to educate and reduce the stigma surrounding mental health and addiction. This festival is a product of that."

The annual event is heading into its 20th year and looks to be bigger and better than ever before, according to Hogue.

Rendezvous coordinators are trying to add more international films and present audiences with more prominent motion pictures said event coordinators.

One of the most must-see features

of this year's event is a Danish film called King Curling, according to Rendezvous with Madness staff.

The movie is based on the journey of a man who gets banned from competitive curling after being diagnosed with obsessive-compulsive disorder, and has to win a national championship in order to save his mentor's life.

"What's wonderful about the film is that it makes fun of absolutely everything," said Matthew Hogue, program manager for Rendezvous with Madness.

"Mental health issues are completely normalized because the whole world is absurd and held up for parody."

Another important aspect of the

festival is the panel discussion that is paired with each film, Hogue said.

The aim, according to Hogue, is to create conversation through art and the film festival has ensured that that happens through encounters held between the audience, filmmakers, artists and mental health professionals.

"I'm glad that there's a platform like this because mental illness is extremely common and people don't know that," said Arabi Rajeswaran, 20, first-year social service student at Lakeshore campus.

"Some people think that it's only significant because of someone's age or looks but it's not. Mental illness can affect anyone."

MENTAL HEALTH

→ 1 in 5 Canadians will experience a mental illness.

→ 70 per cent of mental health problems have their onset during childhood or adolescence

→ Only one third of those who need mental health services in Canada actually receive it

→ Mental illnesses constitute more than 15 per cent of the burden of disease in Canada. Yet, they only receive 5.5 per cent of health care dollars

→ Every week, 500,000 employees are unable to work due to mental illness

Source: Centre for Addiction and Mental Health



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RESPONSIBLE GAMBLING COUNCIL

Kertes on jury for book prize



COURTESY ADAM KRAWESKY
Joe Kertes, dean of the School of Creative and Performing Arts

ALEX LAMBERT
Senior Reporter

The founder of Humber College's creative writing and comedy programs has been named to the jury for the 2013 Charles Taylor Prize for Literary Non-Fiction.

Joe Kertes, dean of Humber's School of Creative and Performing Arts, will work alongside the two other jury members, Richard Gwyn and Susanne Boyce, to choose the longlist, shortlist and winner of the Taylor Prize, an award for Canadian non-fiction.

"I was very flattered," Kertes said. "It's such a serious and important award and I feel quite honoured to be participating in it."

Kertes said he's looking forward to all the reading.

"I've received 131 books already. I have a hell of a lot of reading to do," he said. "They're extraordinary books and they paint such a great, vast picture of life in Canada."

Kertes, who has won and been nominated for a number of awards for his writing, said it's a humbling experience to go from having your work judged to being the judge.

"It's very odd to sit on the other side of the fence, but it's really fun," Kertes said.

He said he thinks the Taylor Prize is important to the literary community

because when authors win a prize of this significance, it "launches a writer's career" as they typically get more publicity, higher book sales, and more offers to do freelance work.

"It gives you the assurance that you should be writing and that people should be reading you," Kertes said.

David Staines, a member of the Taylor Prize's board of trustees, which selects jury members, said Kertes was named to the jury not only for his writing, but also for his work with Humber's School of Creative and Performing Arts.

"He's made Humber into what it is now, which is a premiere place for literary activities," Staines said.

Staines touted the quality and diversity of Kertes' work, mentioning his first book, which won the Leacock award for humor, and said Kertes' latest book was "an expose of the horrors of life."

"I wish he would write more, but he's doing such a tremendous job at Humber that I think you can't want him to do all things and live in a 24 hour day," he said.

Antanas Sileika, director of Humber's creative writing program, recalled an incident in which playwright Edward Albee showed up at Humber to see an amateur student production of one of his plays organized by Kertes, who didn't believe it was him. Albee then presented Kertes with his driver's license to prove his identity.

Edward Albee penned the play *Who's Afraid of Virginia Woolf?*

"Edward Albee's fantastically famous. The odds of Edward Albee showing up like that seemed to be pretty slim," Sileika said. "Those kinds of things tend to happen to him."

Sileika said that he and Kertes spend a lot of time discussing literature.

"We talk all the time. Indeed, it's a problem. We're both involved in the literary world, so we can lose hours of time talking about the latest fiction," he said.

The winner of the 16th annual Taylor Prize will be awarded \$25,000 and will be announced on March 4, 2013.



PHOTO BY CHRISTIAN QUEQUISH
Revolvers band members Sebastian Diaz-Molero (left) and Lavien Lee (right) rehearse some of their material in a home recording studio last spring. Revolvers recently won first place at HSF's Battle of The Bands in October.

Revolvers reviving the psychedelic rock sound

MEGAN RACH
A&E Reporter

Toronto band Revolvers won Humber's Battle of the Bands last month and now is fighting for a psychedelic rock and blues revival.

"Psychedelic is a very broad label... that strives to present the listener with images or sensations that aren't present in the real world," said bassist John McKinnon.

Sebastian Diaz-Molero, guitarist-vocalist, and Lavien Lee, drummer-vocalist, round out the trio founded in 2009.

"When we started this band...we did it more freely, to enjoy it, and we realized that's the best way to do it," said Diaz-Molero, in his fourth year in industrial design at North campus.

Lee said the difference between Revolvers and other bands he's been involved in is the commitment and the passion found among the members.

There is a wide range of influences, including the music of Muddy Waters, Chuck Berry, Cream and Jimi Hendrix, as well as underground '60s psychedelic rock artists like The Music Machine and The Seeds.

Musically, Revolvers' sound incorporates blues, rock and roll, and psychedelic rock.

"(Psychedelic) musicians are constantly looking for new sounds and new modes of expression. It's very forward looking," said McKinnon.

It has been three years since the release of *Apocalypse Surfin'*, the debut album from Revolvers on the Optical Sounds label, and the band is gearing

up for a February release of their new album.

There are also plans to change their band name to Sun Stone Revolvers.

Trying to balance one another's class schedules, rehearsals and school-work has been challenging, especially with more happening in the band that requires attention. But the challenges are well worth it for the experiences, band members say.

"It's the best. Playing live is amazing, writing songs," said Diaz-Molero. "It's the only thing I'd want to do."

More information on Revolvers can be found on the Facebook page, <https://www.facebook.com/IlikeREVOLVERS>.

Apocalypse Surfin' is available online at <http://revolvers.bandcamp.com/>.

Theatre student applies class lessons to managing a band

JESSICA PAIVA
A&E Reporter

Leonard Toste knows how much work goes into producing a show, making him the right fit for the Toronto band More Than Us.

Toste, 19, a second-year Humber theatre production student, manages the band that will be playing at the Hard Rock Café in Toronto on Nov. 18 to raise money for prostate cancer.

"Theatre production has taught me a lot about the organization side of running a production," said Toste. "It's a lot of paper work, organization, responsibility and a lot of math involved, but I love it."

Outside of school, Toste worked as an audio engineer and general technician for Sound Academy. He has worked with artists like Nelly Furtado, Hedley, Jennifer Hudson and Martin Sheen.

"Another great thing is that I got to work with a couple of managers to

see how they run things," said Toste. "Several of those managers have been working one-on-one with me to teach me how the music industry runs and how to keep your artists happy."

Along with managing More Than Us, Toste agreed to be the group's front-of-house sound engineer.

"I met David (Fernandes) the guitarist first as a high school friend," said Toste. "He invited me to a band practice and I was helping them out with sound. After a while they decided to turn me into their manager because I was getting them gigs, helping them out and organizing the group."

Toste said his program at school has helped him with managing the band.

"Professors have always told me that I would learn more from getting out there and doing something instead of sitting behind a desk," said Toste. "I take that to heart because I got to where I am today from looking for what I want and working to achieve it."

More Than Us recently changed its

band name from Fallen Nitro.

"We are more than just one big kind of band," said keyboard player Alex Stamatakos. "We are not just pop-rock but we are everything you can think of. People just think we're kids but we're more than that. We're performers, we're professionals."

Lead singer and guitarist Diego Gomes, YTV's *The Next Star* winner, said the band's sound is distinctive.

"I think what's so interesting about our band is that since every single one of us have different styles of music and musical backgrounds and many talents, we can't really describe ourselves as one word," said Gomes.

"We mix every single style and we try to make it very enjoyable to a wide range of people," said Gomes. "We'll have our own section (in a music store). The More Than Us section."

Tickets for the show at the Hard Rock Café are \$10 and can be purchased from Alex Stamatakos at 647-762-0469.

IN YOUR EARS

What are you listening to?



Peer Pressure by Mobb Deep

What's your preference?

"I mainly listen to old school hip hop, and underground [hip hop] as well."

Brandon Singh, 19
Film and Television Prod, year 1



PHOTO BY ALYSSA CAPISTRANO
(L-R) David Kent (Donor), Joe Kertes (Dean of the School of Creative and Performing Arts), Chris Whitaker (President of Humber), Antanas Sileika (Director for The School of Writers) at the SCAPA awards.

Creative arts students honoured

ALYSSA CAPISTRANO
A&E Reporter

The second annual School of Creative and Performing Arts awards ceremony was held at Humber College on Nov. 5.

The invitation-only event, which took place at Humber Lakeshore's Assembly Hall, recognized the hard work current students and graduates put in throughout the 2011-2012 school year.

Joe Kertes, dean of the School of Creative and Performing Arts, said that the awards ceremony offers students a confidence boost.

"It gives the students affirmation that their hard work and talent is being

appreciated," said Kertes. "It encourages and gives them confidence when applying for jobs and also helps when building their resumes."

There were a variety of awards covering areas like personal achievement, overcoming difficulties, appreciation, scholarships and even special talents.

Vallicity Wilson, 25, a second-year comedy student and the winner of the James Appel School of Creative and Performing Arts Scholarship, said she is very grateful for the opportunity.

"School is really expensive and any help that you can get is fantastic," said Wilson. "Also, it's so rewarding. I feel that I've done very well in school and

I've been able to maintain my grades. It's just really great to receive recognition for hard work, and on top of that it just really helps with student loans."

Cass Mcphee, 29, a second-year comedy student received the President's Letter for having the highest grade-point average in the 2011-12

She said the ceremony allowed performing arts students to come together in one environment.

"This event is great," said Macphee. "It's really nice to see everyone and get the opportunity for all the performing arts students to come together."

The School of Creative & Performing Arts has eight programs: Acting for Film

and Television, Comedy Writing and Performance, Comic Scriptwriting and Performance, Creative Book Publishing, Music Programs, Theatre Performance, Theatre Production and The School for Writers, all situated at Lakeshore campus.

The event included a scheduled reception where Humber music students provided the music and hors d'oeuvres were served.

The ceremony, hosted by John Bourgeois, the program co-ordinator for the acting for film and TV program, lasted for about two hours.

There were about 50 Humber students who received awards.

Textile exhibition goes BIG at ROM

JULIA GRABOWSKA
A&E Reporter

Humber fashion enthusiasts will have a chance to explore rare clothing artifacts from around the world at the BIG exhibition at the Royal Ontario Museum.

"All fashion students should appreciate the opportunity to view such important textiles and pieces, especially at the fact that it is in the heart of our home," said Dominique Martin, 20, Humber fashion arts student.

The exhibition opened Nov. 3 and focuses on "things that are big in size, big in importance, and big in cultural value and symbolism," said Anu Liivandi, a curator for the display.

Liivandi focuses specifically on fur textiles at the gallery, and has been involved with ROM's Textile Department since 1986.

"The collection includes 50,00 pieces from all over the world and across time," she said.

Some highlighted pieces presented at the exhibit are a coat designed by John Galliano for Christian Dior Couture and a Pre-Columbian Peruvian feathered tunic that dates back to 1000-1476 AD.

"Fashion is not only art, but it is also a representation of culture and what goes on throughout periods of time in the world," said Vanessa Cesario, 20, University of Guelph-Humber, media studies student.

"If you love fashion, it's important to immerse yourself in the archives and know where trends come from and where styles were born," said Cesario.

The installation is going to be available for viewing for approximately one year at the Patricia Harris Gallery of Textiles & Costume on the top floor of the Michael Lee-Chin Crystal.

The 4th Annual Humber FITNESS OLYMPICS



Presented by the students of the
Health and Fitness Promotion Program

What day? – 11/29/12 How To Register: Simply bring one can of non-perishable food, fill out the sign up sheet, or send an email to Rshm0127@humbermail.ca

When? – 11:00 am to 2:00 pm

Where? – Gym A and B

Why should I show up?

2% towards any FITM course and free food a good enough reason?

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PHOTO COURTESY ROM
A Chinese postillion shoe for a bound foot (left) and a postillion boot from France.



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▶ 8 to 12 of the top submissions will be selected for funding.

Submission deadline is **December 6th, 2012.**

Find out how to prepare a winning grant proposal:

North Campus:

Thursday, November 8	9:00 - 10:30 am	Community Room - NX111
Thursday, November 8	2:00 - 3:30 pm	L128

Lakeshore Campus:

Monday, November 12	10:00 - 11:30 am	B303
Monday, November 12	3:30 - 5:00 pm	L3007

With support from the Ontario Centres of Excellence and the Ontario Ministry of Research and Innovation.

Aboriginal Olympic boxer shows students the ropes

GEORGE HALIM
Sports Reporter

Humber Aboriginal Student Services brought world-champion boxer Mary Spencer to North campus this week to put on a boxing clinic.

The First Nations athlete from Windsor, Ont. shared her experiences in sport and spoke about community.

"Having a sense of community is huge and good way of doing that is through sport," said Spencer, 27.

Spencer is one of Canada's top female boxers. Across three weight classes, she's a three-time world champion, an eight-time Canadian champion and a five-time Pan-American champion.

The nine-year boxing veteran didn't waste any time getting the event started by taking the group through some of her daily workouts, which included cross-training and boxing techniques.

As she made her way around the gym, she didn't shy away from greeting anyone she made eye contact with.

"Everyone seems really comfortable," said Allysha Wassegijig, Aboriginal student services resource assistant. "She's not intimidating at all and when you get to meet her, her smile and genuine personality is really inviting."

Wassegijig said the way Spencer presented herself contributed to the event's success.

"She's a great inspiration because she works really hard, and she's so successful," said Wassegijig. "To have that interaction with someone and be that close just shows her dedication to both the community and her work as well."

This past summer, Spencer reached a milestone that only a handful of the world's athletes get to experience –

qualifying for the London 2012 Summer Olympics.

Although she was eliminated in the quarterfinals, she said she kept her spirits high, and told the group about a lesson learned when it came to getting too comfortable.

"I told myself, fights will be different, and circumstances will be different," Spencer said. "That's my idea

I told myself, fights will be different, and circumstances will be different.

Mary Spencer
Olympic Boxer

about not getting comfortable with the same thing, because it can be detrimental."

Spencer had the participants sweating, and even Shelley Charles, elder and manager of Humber's Aboriginal Resource Centre, was excited to be involved.

"I think it went really well and everyone participating was really excited," said Charles. "She makes you feel like you're part of it, even if you're just a member of the audience."

In terms of Spencer's presence on campus, Charles couldn't think of anyone better to plan an event around.

"Mary in particular is committed to her sport. She's a top athlete and she keeps going at it every day. She's inspiring in that way for our students," said Charles.

Spencer takes part in these types of

events often. She works in collaboration with Gen 7, an Aboriginal organization that encourages youth to live active and healthy lifestyles through sport.

"I do as much as I can. They (Gen 7) send me off to reserves, but not just one-time gigs, it's eight months of building community, leadership and communities with kids through sport," Spencer said. "It's something that I love doing, all the time, probably about two weekends per month I'm doing stuff like that."



PHOTO BY GEORGE HALIM
Mary Spencer puts on a boxing clinic for students at Humber College's North campus gym last Thursday.



PHOTO BY GEORGE HALIM
Spencer is an eight-time Canadian champion, five-time Pan-American champion, and three-time world champion.

Hawks fall in rematch of OCAA final

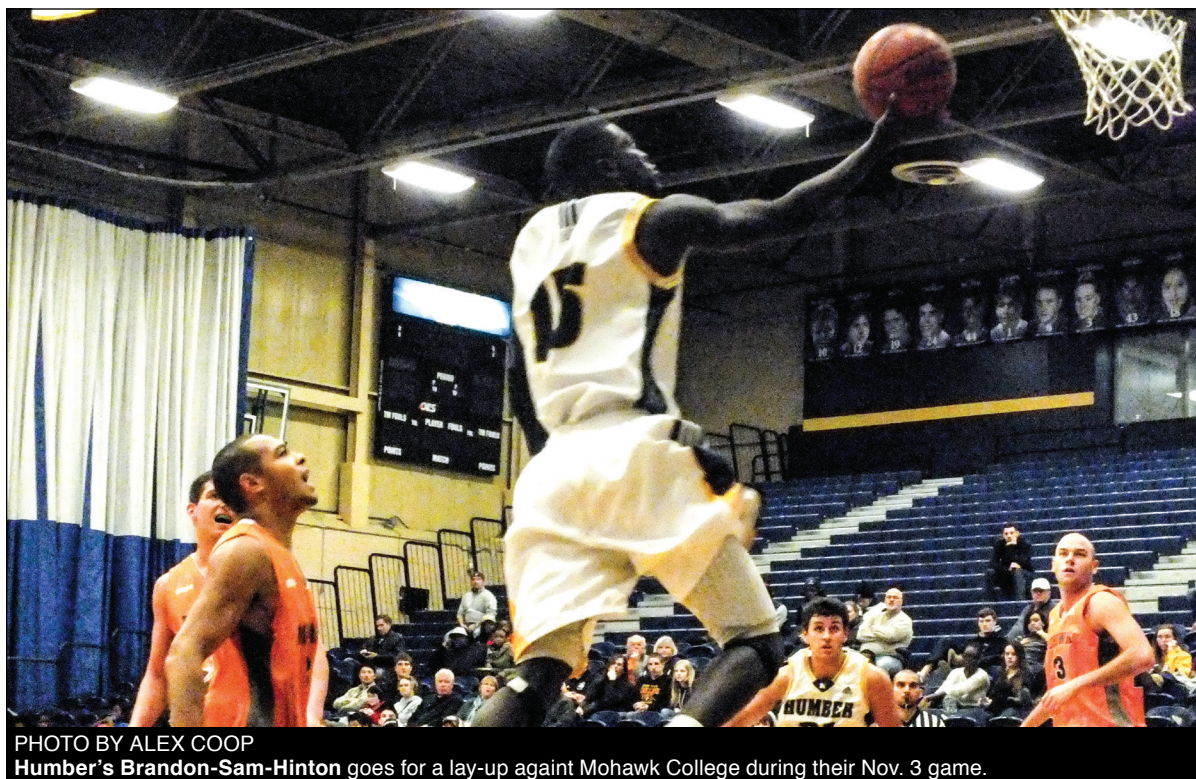


PHOTO BY ALEX COOP
Humber's Brandon-Sam-Hinton goes for a lay-up against Mohawk College during their Nov. 3 game.

ALEX COOP
Sports Reporter

Despite a solid game on the defensive end of the floor, the Humber men's varsity basketball team dropped their second game of the season 57-53 to Mohawk College.

Humber looked to avenge last year's OCAA loss, but Mohawk's stingy zone defense caused the Hawks to struggle offensively. Humber head coach Shawn Collins said the team knew what it was going up against.

"That's the first zone we have seen in a game this season," Collins said. "As much as we'd like to mimic in-game situations at practice, it doesn't compare to the real thing."

Humber struggled to convert from the field, shooting 24 per cent from the three-point line and going 8-18 from the foul line in the fourth quarter.

Mohawk head coach Brian Jonker said they were more worried about Humber rebounding the ball, after the Hawks racked up 30 offensive rebounds during their last game against Fanshawe.

"I think we rebounded very well, but we have to become far more efficient on offense," Jonker said. "Humber did a great job defensively tonight, but we have to find ways to score."

Unlike Humber, which has undergone significant roster changes this year, Mohawk returned this season with many familiar faces.

"Two key pieces are gone this year, but outside of that we have a lot of experience," Jonker said.

Mohawk looked to slow the pace down in their favour, forcing Humber to turn the ball over several times.

Going into halftime, Humber trailed 25-20 and only four players had factored in the scoring.

Gibson Eduful, 24, a first-year broadcast television student, said the intensity level during practice hasn't transitioned on to the court.

"We've run our offense better during practice, but we didn't swing the ball around tonight like we usually do," Gibson said.

Humber's next home game is Nov. 17 versus the Algoma Thunderbirds at 8 p.m.

Standout athletes awarded Hall of Fame scholarships

DARRYN O'MALLEY
Sports Reporter

Four Humber College students received the Etobicoke Sports Hall of Fame scholarship for their athletic and academic success on Nov. 1.

Baseball captain Tony Tedesco, basketball leader Maria Suriani, cross country runner Darren Mancini and badminton star Tracy Wong were honoured, each receiving a \$1,000 scholarship award.

"I'm honoured to even come to mind and be chosen for an award such as this," said Tedesco, 23, a second-year recreation and leisure student at Humber. "As an athlete, to play for your school is always rewarding, but to know that the school cares and gives back to those who work hard is an

honour."

The award is granted to people who "bring more than their all-star performance onto the field," said Jim Bialek, Humber's athletic manager who also serves on the board of governors for the Etobicoke Sports Hall of Fame.

"It's an opportunity to reward and award those athletes who are good athletes, good students and good role models for Athletics," he said. "It's a way to award people for what they bring to both Humber College and Humber Athletics."

Athletic Director Doug Fox said all four of the award recipients are honours students that hold leadership roles on their teams.

"Tracy is probably the best college badminton player in Canada. Darren and Maria were captains of their

teams," said Fox. "Tony is one of our all-star pitchers and players for our baseball team."

Suriani, 23, a sports management student who has been with the Hawks squad for five years, said she was thrilled to be chosen as a recipient.

"It feels nice to be appreciated for the hard work I put in," she said, adding it was an honour to play her favourite sport for a school that is so supportive of its athletes. "I love playing for Humber. It's like a family atmosphere."

The Etobicoke Sports Hall of Fame is a non-profit organization that promotes professional and amateur athletics within the Etobicoke community and awards scholarships to both high school and college athletes.



PHOTO BY DARRYN O'MALLEY
Humber's Maria Suriani and Tony Tedesco were two of the athletes given the Etobicoke Sports Hall of Fame award.

Hawks rookies help secure first win

Women's basketball squad picks up its first victory of the season versus Mohawk Mountaineers

PAOLO SERPE
Sports Reporter

Two rookies led the Humber Hawks women's basketball team to its first victory of the season.

Marie Maranan and small forward Natalie Hagopian were given extra floor time and the first-year players combined for 25 points off the bench in a much improved performance to defeat Mohawk College 52-37.

Prior to play, head coach Ajay Sharma said he expected better patience and ball movement from his team and defined a poor shot as a quick one.

"I want the ball to go from side to side until the defence breaks down, and those are our opportunities," said Sharma.

The Hawks were determined to show their coach they'd been listening, quickly settling their offence in Mohawk's half and patiently building up the play. Humber was scoring more efficiently and the first half became a demonstration of their offensive capabilities.

Maranan, 18, a business management student and Hagopian, 18, a fitness and health student, both came in and immediately formed a connection, finding each other for three quick three-pointers. Maranan controlled the play and Hagopian led the fast break, bursting through the Mohawk defence.

Maria Suriani stole the ball at half court and scored at the buzzer to cap Humber's best half of the season leading 34-21.

It was about simple adjustments for Maranan: "We moved the ball more, looked for open players and spread the defence," she said.

Humber's two rookies stole the show in first half and in the second it was a total team effort. The referees kept their whistles silent, letting the teams play. It was a physical game and Mohawk pressed hard.

Humber's defence never wavered; centres Chioma Oriuwa and Brenda Carachure fought hard on the glass all game, rarely losing a ball. There wasn't much rhythm throughout the half but the Hawks were always in control, never letting their lead slip into single digits.

There was a scary moment in the third quarter when Casea Fuller land-

ed hard on her arm after jumping up with a Mohawk defender. She had to leave the game but eventually returned without serious injury.

Suriani and Maranan kept the team steady, filtering the ball patiently on every possession. Fourth year guard Aycha Hamaoui played the veteran's role, stepping in with the right pass and being a calming influence when-

ever the Hawks looked nervous. She hit the game's final shot to seal an impressive 15-point win for Humber.

Mohawk head coach Kevin Duffy was critical of his team's execution, saying they couldn't take care of the ball and never managed to close down Humber's play. "We were scrambling and then it just becomes streetball, and that's not basketball," said Duffy.



PHOTO BY PAOLO SERPE
Maria Suriani dribbles the ball up court for Humber during the women's basketball game versus Mohawk, Nov. 3.



PHOTO BY PAOLO SERPE
Humber centre Brenda Carachure goes up for a rebound.

STANDINGS

MEN'S RUGBY

1. Humber 30 Pts.
2. Conestoga 21 Pts.
3. Georgian 18 Pts.
4. Sheridan 4 Pts.

WOMEN'S RUGBY

1. Humber 29 Pts.
2. Seneca 18 Pts.
3. Conestoga 14 Pts.
4. Sheridan 11 Pts.

MEN'S SOCCER

- GOLD:** Humber
SILVER: Seneca
BRONZE: Sheridan

WOMEN'S SOCCER

- GOLD:** Humber
SILVER: Fanshawe
BRONZE: Centennial

MEN'S BASKETBALL

1. Algoma 8 Pts.
2. Fanshawe 6 Pts.
3. Mohawk 4 Pts.
4. Sheridan 4 Pts.

WOMEN'S BASKETBALL

1. Algoma 6 Pts.
2. Fanshawe 4 Pts.
3. St. Clair 4 Pts.
4. Redeemer 4 Pts.

MEN'S VOLLEYBALL

1. Nipissing 4 Pts.
2. Fanshawe 2 Pts.
3. Humber 2 Pts.
4. Mohawk 2 Pts.

WOMEN'S VOLLEYBALL

1. Nipissing 4 Pts.
2. Fanshawe 2 Pts.
3. Humber 2 Pts.
4. Mohawk 2 Pts.

Men's volleyball dominates Condors

Hawks begin season with commanding straight-sets victory over Conestoga

MARK MCKELVIE
Sports Reporter

The Hawks needed just over an hour to steamroll past the Conestoga Condors in their home opener in front of a large crowd at the Humber gymnasium on Nov. 1.

Humber, recently ranked first in Canada by the CCAA, held the Condors to a narrow sum of points, defeating them in straight sets, 25-14, 25-15 and 25-14.

Markus Poldma, a left side for the

“We still have a long way to go.”

Mark Waldon
Middle

Hawks, had nine kills with power Terence Pragg-Singh providing seven of his own.

Setter Andre Smith, 22, a third-year business student, said it felt good to win in front of the home crowd.

“We went out and followed the game plan,” said Smith. “Our home crowd is always the best and it’s always a great feeling having your home crowd backing you up.”

Hawks assistant coach Hank Ma said for an opener, his team did well.

“We didn’t make a lot of errors, we had a slow start but the guys composed themselves,” said Ma. “The scores were reflective of a team that is a lot better than the other team.”

Ma said he is always looking for areas for his team to improve upon.

“You know me, I always want them to do better but I think they did well for a starter match.”

Mark Waldon, 20, a second-year business student, is happy with the win but knows more work has to be done.

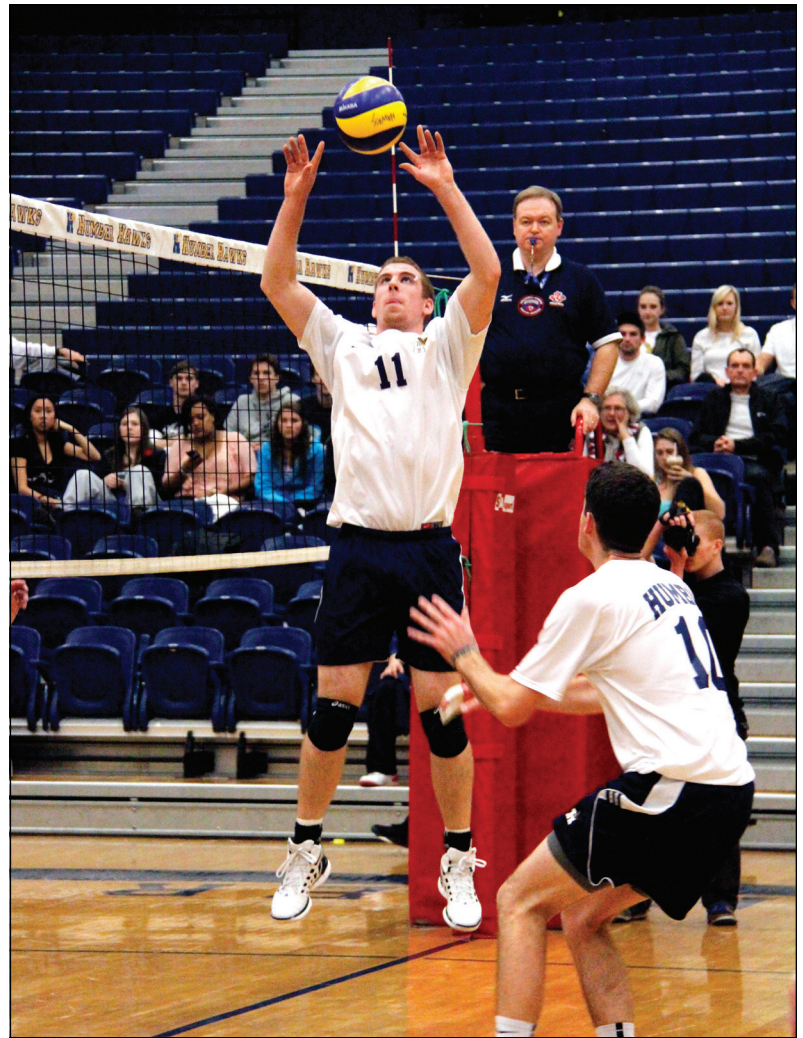
“We played well but we still have a long way to go in order to get to where we want to be,” said Waldon.

The victory puts Humber on the path to defending its provincial title. The team has won the last three seasons provincials and the National championship last season.

Smith says his team is on the right track and has set high expectations for this season.

“Our goal this year is to be undefeated and beat every team three straight,” said Smith. “Therefore we just go out and do what we got to do.”

Humber looked to continue strong on a three game road trip with games against Canadore and Nipissing in North Bay this past weekend. They return home Nov. 22 8pm when they host Sheridan College.



COURTESY OF HUMBER ATHLETICS
Derek Quinn sets the ball for Mack Robertson during their home opener.

Hawks soar in season opener



COURTESY OF HUMBER ATHLETICS
Humber captain Kelly Nyhof goes up for a block versus Conestoga.

Women's volleyball team overcomes slow start for a straight sets victory

NATALIE HANNIMAN
Sports Reporter

The Humber women's volleyball team started the season off strong with a win over the Conestoga Condors in straight sets 25-18, 25-14 and 25-14.

The team had a slow start in the first set, but overcame it to beat the visiting team.

Even with a win to start the season, the coaches and team weren't happy with their performance.

“We did enough to win,” said head coach Chris Wilkins. “I’m actually disappointed with the lack of effort we showed tonight, I expected us to have a better effort.”

Assistant coach Dean Wylie said he didn't see any improvement in consistency from the team this week.

“We were a roller coaster and it shouldn't matter who's in, it shouldn't matter what setter's setting the ball, what libero's in,” said Wylie. “I'd like to see our team play a nice stable match and we're up and down.”

Team captain Kelly Nyhof, 21, a fourth-year Child and Youth Worker-student said she thought the team did enough to win, but they could be better.

“We didn't play the best that we could,” said Nyhof. “It's hard when

the team isn't as strong as we are. We sometimes lose focus and play down to their level. I feel like we did okay but we can definitely do better.”

Player of the game honours went to Thalia Hanniman, 19, a first-year Health and Fitness Promotion student, who had five kills in three sets.

“It was really humbling,” said Hanniman. “It's new to me so it was a lot of fun.”

The Hawks' next home game is Tuesday Nov. 22 where they host the Sheridan Bruins at 6pm.



SHERIDAN BRUINS
(1-0)

VS



HUMBER HAWKS
(1-0)

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