



Social media addiction ‘like alcoholism’

Natalia Vega

NEWS REPORTER

“Liking” and “retweeting” have become a habit in today’s society, but Facebook and Twitter could be feeding into a seemingly innocent social media addiction.

A study based on research by the Centre for Addiction and Mental Health called *Youth and Interactive Media, Games and Social Networking*, shows social media to be not only addictive for younger age groups but adults as well.

Teens and young adults, however, are more at risk of becoming addicted. The study found that negative effects of such an addiction can include obsessive-compulsive disorder and social anxiety.

“If you’re on Facebook every day, that’s fine,” Humber College counsellor Liz Sokol said. “If you’re on Facebook every day and you can’t make yourself do your homework and you miss work or you miss school or you’re sitting in class not paying attention to what’s going on and you can’t seem to help it, then I’d say it’s a problem.”

Social networks like Facebook, Twitter and Instagram, are easy to access and fun to use but studies suggest they can also be harmful.

Several studies on social media since 2011 suggest people, especially youth, can become addicted to these networks. These addictions can hold back teenagers’ and young adults’ development of empathy, focus and communication skills.

Sokol said there are many different definitions of “addiction,” but she believes if there is a sustained abuse of

something and it interferes or causes a problem for an individual in any way it then classifies as an addiction.

She said addictions essentially feed into a problem an individual is having and if the problem goes unresolved it can lead to other personal problems.

“It’s quite possible that they can develop another addiction,” she said. She cited cigarettes as an example. Those who quit can often develop addictions to e-cigarettes or an oral fixation where they have to have something in their mouth, she said.

“Social media addiction is

just like alcoholism,” she said. “It’s a way of avoiding reality, it’s gratifying and you enjoy the time on it.”

“So when you’re feeling low you would engage in social media to make yourself feel better.”

Dr. David Brake, a journalism professor at Lakeshore campus, recently published a book focused on over-sharing and exposure on social media.

“I think that there are so many really valuable things people can get from social media,” Brake said. “You can, if you’re careful, minimize the negatives

and maximize the positives.”

But he’s also seen students distracted by social media.

“Certainly people believe that they’re able to multitask,” he said. “That they can listen to someone with one ear and be on their social media at the same time successfully – and there’s mixed evidence for that. At the end of the day your degree or diploma is yours, you’re paying for it so the result you get depends to a large extent on how much you put in.”

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Colleges to seek policy on sexual assault

Tamara Shade

NEWS REPORTER

Robyn Cornelsen fears she wouldn’t know who to turn to if she was sexually attacked.

The second-year Humber College Visual Digital Arts student doesn’t know which department she would go to or who she would speak to if she or a friend was assaulted on campus.

Cornelsen said that scares her.

Not knowing what to do or how to find help “would kind of make you feel lost and confused,” said Cornelsen, who has been at Humber three years and doesn’t remember any teacher discussing what to do in the event of sexual assault.

Sexual assault has been in an intense public spotlight in the wake of sensational news media stories on Jian Ghomeshi and Bill Cosby.

Now the presidents of Ontario’s 24 public colleges have announced they have voted to create a province-wide policy to address campus sexual assaults.

A *Toronto Star* investigation found only nine of 78 Canadian universities and 24 Ontario colleges had a policy dealing with sexual assaults.

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HUMBER SHOWCASES JAZZ TALENT PG. 5



ASHLEY JAGPAL

Vocal Jazz Ensemble, directed by Lisa Martinelli, performing at Contemporary Jazz Showcase at Humber’s Lakeshore campus on Nov. 28.

Workplace safety an internship concern

Ontario ministry says colleges, universities responsible for quality of work placements

Aluen Navarro
TRANSPORTATION REPORTER

Internships are temporary employment positions, often unpaid, where students gain experience and program credits before entering their field of work.

Students and staff should feel safe with the interns working there. But not all do, Humber

faculty and students report, with some feeling concerns are reaching greater levels following the Jian Ghomeshi accusations.

Journalism internship instructor Sophia Hadzipetros said she takes steps before approving an internship for her students.

"It has to be a recognized internship," said Hadzipetros. "If it seems fine, we'll approve it."

All of the internship workplaces have to be reputable organizations.

Hadzipetros said she just won't send a student to work at a place she knows nothing about, especially if it's a smaller company.

"It's the responsibility of Ontario's colleges and universities to ensure the quality of a learning experience opportunity as part of a course study," said Ministry of Training, Colleges and Universities communications team leader May Nazar.

"Communication is a big part of students staying safe on the job," said manager of career placement at the University of Guelph-Humber Susan Thomas.

"We also encourage students to speak to their onsite supervisor if there is any issues," says Thomas.

"While working for an internship, students are obligated to submit partner agreements, which is an outline of what their job is at their internship workplace. It's a doc-

ument that includes full contact information and it needs to be signed by the supervisor, so they can confirm that they agree with the jobs the intern is working on at the job," said Hadzipetros.

There is a workplace safety checklist which is available to be reviewed on the GHworks website (www.ghworks.guelphhumber.ca). It's a way to gain some knowledge on what is expected from a placement environment and placement safety for staff and students.



COURTESY OF REUTERS/MARK BLINCH

Workplace harassment issues get renewed attention in wake of Jian Ghomeshi.

DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN



JALISA MASSIAH

Day of Remembrance attendees at North campus picked up roses, signed banner affirming their pledge to ending violence.

Standing up to abuse, violence against women

Jalisa Massiah
NEWSREPORTER

Women at Humber College have listened and now say they want their voices heard.

Violence against their gender must stop.

"We as people need to be more engaged when we see these things occurring," said Kathy Provost, accessibility coordinator at Humber's Centre for Human Rights, Equity and Diversity.

She said recent media coverage of battered and murdered woman is making more people aware of violence against woman.

Provost was among about 40 people who listened to speaker Sylvia Maracle, director of Legal Aid Ontario, in North cam-

pus' Student Centre Thursday at noon, sponsored by the Centre for Human Rights.

"Women are still fearful of what may happen to them if they come forward because there still isn't enough community support or law enforcement support," said Provost.

She said any woman enduring abuse should get help so they can improve their lives and not endanger them.

According to YWCA Canada, each year more than 100,000 women and children in this country are driven out of their homes into shelters due to violence and abuse.

YWCA says Canada as a society spends more than \$4 billion each year on violence against women.

Women are fighting back.

Maracle said she wonders why young women cannot go on a bus without being harassed. Society is obligated to do something as women are being battered and murdered every day, she said.

In a 2011 Statistics Canada study, the most recent released, police reported about 173,600 women aged 15 years and older were victims of violence. Police reported that in 83 per cent of the cases, men were responsible for the violence.

Police data also showed Aboriginal women were "disproportionally" represented in murder and violence statistics, Statistics Canada stated.

As of November 2013, there are 1,181 unsolved cases of either missing or murdered Aboriginal girls and women

between 1980 and 2012, according to a 2013 RCMP report on missing and murdered Aboriginal women.

Aboriginal women represent about 16.3 per cent of murdered women, but only make up 4.3 per cent of Canada's population.

There are hotlines and support groups that can help victimized women.

"(While) we generate ideas on how to cope with their situation, the person is their own expert," said Amanda Manbruzzato, a volunteer at a crisis hotline in the Halton Region.

She said the most common reason councilors hear from victims as to why they can't leave an abusive environment is because the perpetrator is the sole provider.

New Year resolve leads to gym but hard to stay

Clare Jenkins
ENVIRONMENT REPORTER

Humber College students are planning for a fresh and fit start to the new year.

The holiday break is so close that students can almost taste it and with a new year comes new hopes and promises – New Year's resolutions.

Almost everyone makes them. Some of them are kept and some aren't.

"I want to get fit and this is the year I'm going to do it," says Shannon MacAskill, 20, a first-year Early Childhood Education student.

"Last year my resolution was to do well in school and I'm keeping that up. So this year I'm getting fit," she said.

This, of course, is the same resolution many students have made at some point.

"We call it the Jan. 2 rush," said Joey Raven, 31, a Snap Fitness employee. "Everyone plans to make this year the year to lose weight, so on January 2 we get a surplus of people signing up for memberships and sessions with personal trainers."

"A few weeks later they stop showing up for their sessions and we see less and less people coming in," Raven said.



CLARE JENKINS

Bryan Peroune encourages students to ease into and stay dedicated to an exercise resolution.

Bryan Peroune, 19, a second-year Health and Fitness Promotion student, said he understands why the motivation to get to the gym drops suddenly a few weeks into January.

"People set their expectations too high," Peroune said. "People think working out means going to the gym and grinding it for two hours when really that's too much for a lot of people."



If you want to maintain your goals, you have to make the time.

Bryan Peroune
SECOND-YEAR HEALTH AND FITNESS PROMOTION STUDENT

He said those who would like to maintain their fitness resolutions need to set realistic goals.

"A lot of people who don't go to the gym during the year actually don't have time for it. So what makes you think you're randomly going to have more time in the new year?" he asked.

"Try home workouts. They can fit into anyone's schedule and can be pretty much free," Peroune said.

"If you want to maintain your goals, you have to make the time. Set aside half an hour a day and you will see a difference after a while."

MacAskill said she plans to take advantage of the Humber fitness centre in the new year.

"My schedule leaves me with a few three-hour gaps. So, this semester, instead of going home, I'm going to hit the gym," she said.

"That way I'm not losing any time, just taking advantage of the time I already have."

Pro writing program to launch

Serge Halytsky

INTERNATIONAL AFFAIRS REPORTER

In September 2015, Humber College's School of Liberal Arts and Sciences will launch a new post-graduate program in professional writing and communications.

"The reason why we're launching the program is that we have received a lot of feedback from industry partners around the need for qualified individuals who can do the work of professional writers and communications specialists across various sectors, and provide writing services at the professional level," associate dean of English Vera Beletzan said.

The Professional Writing and Communications pro-

gram is one of the first in the Ontario college system; only Centennial College has a similar certificate program.

Beletzan said students will acquire skills such as editing, writing for the digital age, storytelling, strategic writing and project management.

"We are really excited about it. We feel that this is much needed program, we think there's real demand right now for good writers who can provide a professional level of skill. Communication expertise is obviously in high demand now," she said.

"This program is unique," said Suzanne Bowness, a professional writer and editor and writing teacher at Humber, who helped to develop the program.

"It offers students very

strong writing taste they can use to go and pursue writing opportunities in many different sectors. They can work as freelance writers, they can work in communications," she said. "This program would give you very strong core writing skills to be very versatile."

"This program specializes in the writing part of communications," said Sarah Phillips, Professional Writing and Communications program assistant who also had a part in developing the program.

"What we are going to be doing is preparing people for being flexible, adaptable and skilled writers for multiple environments," she said.

Professional writing and the ability to communicate are very



In any company, any department, being able to communicate is such an important part of business.

Sarah Phillips

PROFESSIONAL WRITING AND COMMUNICATIONS PROGRAM ASSISTANT

adaptable skills useful in any environment, the program's organizers say.

"If you would be able to articulate yourself on the page, you would be able to do it in an email, in face-to-face communications and these skills are really self-transferable. In any company, any department, being able to communicate is such an important part of business," Phillips said.

Some students believe social media holding them back

MEDIA from page 1

"If you find that your social media usage is subtracting from that, then that's up to you as a student to address that," he said.

First-year gaming student Christian Jones, 19, said he doesn't consider himself to be addicted to social media and only started using Facebook more in his daily routine since starting at Humber.

"I do believe social media makes some people a little socially awkward," Jones said. "There's a difference between interacting with somebody on a daily basis and interacting with someone on a daily basis online. You don't get the same level of emotion in (texted) words."

Although Jones said he notices social media to be a trend that has the possibility of affecting someone's personality, he doesn't think it would have any other impacts.

"I don't believe that it affects a person's intelligence or capability of paying attention in class," he said.

Second-year paralegal student Beta Mohammadian, 21, said she is very addicted to social media, which she uses every day for about two hours on various accounts including Facebook and Instagram.

"Our ability to connect to one another is not as easy as it used to be. We don't talk face-to-face anymore, we connect through Facebook," she said.

Gift card contest teaches marketing tricks

Clare Jenkins

ENVIRONMENT REPORTER

The Hospitality and Tourism Operations Management sales class was working on a final trade show assignment Dec. 4 with a goal to sell more \$10 gift cards to Humber students across North campus than their classmates.

Whoever sells the most gift cards will receive the highest mark in the class.

"It's been a lot of fun to try and learn about one specific brand and how to catch the eye of students," said Elizabeth O'Neil, 24, who was selling gift cards to Amsterdam BrewHouse in the concourse.

O'Neil may have had some tough competition downstairs in the Humber Students' Federation Student Centre.

Heather Harlock, 23, and her team are also selling gift cards to Amsterdam BrewHouse but putting a twist on it using a student favorite – Beer Pong.

"The more you sink, the more you save," said Harlock.

Yulia Mikhalova, 20, and her team were selling gift cards to the Jack Astor's restaurant chain. They also had an interesting spin on how to get students to pick up the gift cards.

"We have a special pricing offering," she said. "The more cards you buy, the bigger discount you get."

"If you buy two cards you only spend 18 dollars but you get to enjoy 20 dollars of food or drinks at Jack Astor's," Mikhalova said.

Some of the teams are facing the issue that many students don't have cash on hand.

"Because we're selling to stu-



CLARE JENKINS

Hospitality and Tourism students like Yulia Mikhalova used the marketing arts in a competition selling gift cards on campus.

dents, a lot of them don't really carry cash on them or are busy with exams or just don't have the money to buy them," Harlock said. "We find a lot more faculty are buying than students."

O'Neil said the timing of the competition may not be ideal.

"Earlier in the year may have been a better time," she

said. "Students get stressed about exams and don't want to buy around this time of year."

"Amsterdam is a higher end restaurant and it's not close to Humber. That turns a lot of students off as well," Harlock said.

But it appears that Mikhalova and her team are having a lot of success.

"We are sold out already. We sold all the cards and we are very happy about it," she said.

Giovanni Di Marco, 29, a second-year Paramedic student said he is a big fan of Amsterdam BrewHouse but didn't know there was a location in Toronto. He said he would love to see more events

like this one on campus.

"I think this is great, other similar events like this would be great as well," he said. "A lot of us get stuck here and don't get off campus too often."

"So it's good to know what there is around so that when we do plan trips we have a destination," Di Marco said.

Assault policies to be formed

ASSAULT from page 1

The *Star* approached Humber during its investigation but the school doesn't keep statistics of reported sexual assaults, said Meg Houghton, Humber's director of Student Access, Wellness and Development.

The question remains as to what will be specified in the new policy that will be created within the next few months. But, until then, Humber has some things to offer students in need of immediate help.

Humber and University of Guelph-Humber's Code Of Student Conduct doesn't specifically identify sexual assault. But it does mention harassment and harm, either physical or psychological.

Houghton said that school counsellors are available to victims and the accused.

"We provide free confidential services for all students," Houghton said. "If someone is enrolled here they are eligible for counseling."

"When a client comes forward it's really about what does this person need, how do we take care of them, how do we ensure that they're ok physically and emotionally," Houghton said. "But right in there with that priority, is there a broader safety concern here that needs to be addressed with immediacy?"

"I think we're all rightly in a position of needing to review how we're keeping people safe here," said Houghton.

Colleges urged to act against sex assault

Anticipated provincial policy a start but not enough, sexual violence workers declare

Jessenia Feijo

LIFE REPORTER

A quarter century after 14 women were gunned down in a Montreal post-secondary school, change may come.

Ontario Colleges announced last Tuesday that the process to create a province-wide, stand-alone policy to deal with campus sexual assaults has been voted on.

But while it's a start, one woman says it's not enough.

Noa Ashkenazi, manager of telephone crisis counselling services at the Assaulted Women Helpline said talks of assault have gone on for years and it should not take this long to make a move on it.

"We all know women who have been assaulted, sexually abused by their partners, harassed on the streets or at the work place," said Ashkenazi.

Just because some women choose to stay quiet does not mean such problems are not very common, she said.

Women are still afraid and ashamed because the system is still not ready to deal with

all the complaints it will receive, Ashkenazi said.

Corinna Fitzgerald, director of Student Life Programs at Humber College, agrees.

"I think there has been lots of instances where post-secondary institutions and the criminal justice system hasn't worked out for women. I do think there is a perception that nobody will listen and nobody will do anything and we are doing what we can to improve that perception because we do act on these reports," said Fitzgerald.

The problem is there are usually no mechanisms within these institutions to deal with these serious allegations. No special counselling, no policy, no discussion, Ashkenazi said.

"So the institution, not only post-secondary, but others as well, sends the message that they don't want to deal with it. And then they are surprised that women are staying silent."

Most women are staying silent because they get the message, "we don't want to deal with it," she said.

To fix this problem at

school campuses, Ashkenazi said, "we should be asking them questions like what they invest, what resources are out there, who are the people you hire to deal with these situations, security, educators, counsellors, experts, policies, training. All of these are important to know."

Every institution will say they are doing the best they can but in reality, they're doing very little, she said.

Fitzgerald doesn't think Humber can ever do enough.

"Things have changed, especially because it has been in the media a lot lately," she said. "I do think we have a specific role to play because this is an age group where the instances and prevalence of violence against women is disproportionate compared to different times in their life. We have an obligation to raise awareness and as well to men to know it is not okay to do this."

Ashkenazi said it's important to demand that institutions and federal and provincial governments to fight sexual violence and gender based violence.

Ideas such as therapy for women who were assaulted can be covered under OHIP

and would create an enormous positive change for women, said Ashkenazi.

It all starts with getting to know the services that are available to students and getting more involved with building trust with institutions and staff, Fitzgerald said.

"We do take these things very seriously and we want to do what's in the best interest of the survivor first. That is our focus. I do think there is more work to be done to ensure that women know that is the case and that there are people here who want to help them," said Fitzgerald.

Humber faculty refers students within these situations to Chantel's Place, chosen as a partnership with the college because it offers support to survivors of sexual assault and domestic violence.

This is an open place where a victim can come in and seek one-on-one care.

Liz Sokol, a full time counsellor at Humber said at Humber this service is taken seriously and many changes have been made

"I don't think they waited 25 years. I think there has been improvements in the last 25 years. I also think there



JESSENIA FEIJO

Liz Sokol Humber counsellor said she doesn't think it took 25 years for change but she does think a lot more can be done.

are incentives that come up episodically where you'll see posters in the hallways and more coverage than before," said Sokol.

Sokol said because of ongoing student turnover, it has to be a continual campaign where you can't assume that one thing can fix it all.

"There's more that can be done," Sokol said. "I think it's a good step for sure. There's always room for improvement and having policies in place is part of it but having the education and awareness is probably is the most important part."

To get discussions going, the Assaulted Women's hotline's Twitter account has started posting new questions and topics of discussions during the 16 days dedicated to stop violence against women.

"This is to see what people think. Do they think we are not doing enough, what needs to be done, what are their experiences, why are they silent?" said Ashkenazi.

Any women looking for someone to talk to can call the Assaulted Women Helpline for free and confidential support at 1-866-863-0511, Ashkenazi said

Meditation effective in stress reduction: study

Jessenia Feijo

LIFE REPORTER

Research shows there's a correlation between meditation and a reduction in stress.

A study by the University of California posted in March 2013 said training the mind to focus on immediate experience may reduce the propensity to ruminate about the past or worry about the future.

Caroline Dos Santos, 45, a Bradford resident, uses a local yoga studio she likes to call her "getaway."

"When I meditate, I completely forget about everything that's going on in my life. Whatever happened at work that day, if I got into an argument with my kid or with my husband, I just forget about it and focus on myself and my body," said Dos Santos.

She advises her children, ages 15 and 20, to attend classes to relieve themselves from their first years entering high school and university.

In a state of stress, the body has physical respons-

es such as increased heart rate, sweating and shortness of breath. The mind also has psychological reactions such as worry, obsessing over certain thoughts and anxiety, said Noah Gentner, University of Guelph-Humber professor in Fitness and Health Promotion and Kinesiology.

Joseph Gibbons, program coordinator for Exercise Science and Lifestyle Management at Guelph-Humber said the human body deals with emotional stress the same way it deals with physical stress.

When a situation is perceived as being a threat, there is a chain reaction with the release of adrenalin followed quickly by the release of the hormone cortisol.

"This evolutionary adaptation, termed fight or flight, was great when humans needed to fight for survival or escape environmental dangers such as an animal attack, but in modern society the epidemic heavily favours the emotional stress," he said.

Since the body doesn't



JESSENIA FEIJO

The art of meditation can be practiced at a yoga studio or in the comfort of your own home.

distinguish between what is physical and emotional, it releases hormones the same way for both, Gibbons said

People don't usually perform well under these circumstances and the stress causes both physical and mental fatigue, Gentner said

Busy students might complain about never having time to do anything, let alone meditate. However, Michael Des Barres, 19, a Media Com-

munications student at York University said that after he is done working out at the gym, he goes to meditate.

"I feel that it is so helpful in my life. Taking time out of my day to focus on nothing but my body is the least I can do when I'm constantly throwing all-nighters and junk at my body," said Des Barres.

Gibbons said exercise, when conducted properly and with the right nutritional

balance, is very effective.

"One of the mechanisms (by which) exercise causes reduced stress is from the increased serotonin production as a result of exercise. Serotonin is a neurotransmitter that serves many bodily functions, one of which is to help regulate mood."

Beata Fabiano, a personal fitness and yoga instructor, said she begins every session with her clients with meditation to

get them in a blank state.

"No one wants to work with someone who is worried about their phone ringing or stressing out about problems. You're here to work out, get healthy and feel good about yourself. If I'm trying to help you do that by focusing, then I'm sorry for doing my job."

Some exercises work better than others, Gentner said

"Exercise can decrease depression and stress, particularly aerobic exercise."

Meditation can improve mindfulness which might help people uncover underlying reasons for stress, Gentner added, saying, "ten to 20 minutes of meditation can often be more beneficial than a 30 to 60 minute nap."

Gibbons said quieting the mind through effective meditation lets the brain have a rest.

"During stressful periods, such as exams, students should aim to get some physical activity, choose more nutritious options which will give your body the building blocks to performs necessary bodily functions and help prevent fatigue, and get adequate rest so your brain has a chance to relax," said Gibbons.

Sarah Lauren Johnson seeks right note

A one-semester Humber alumna, singer has made music her world, wants new paths towards industry

Persis Abraham

A&E REPORTER

Twenty-year-old Sarah Loren Johnson has been hitting the right notes ever since her kindergarten days.

The spunky redhead has been into music for as long as she can remember, being brought up in a very musical house pushed her to test her musical abilities. She began playing music between the age of seven and 12.

"When I was seven, my dad taught me how to play guitar, but my fingers were too small for the strings and I didn't have enough motivation," said Johnson. "But when I was 12, I started to pick it up again and began playing seriously."

The London, Ont., native performed her first paid gig at a small, run-down club in her home town.

"It was a hardcore place," she said,

laughing. "I was the opener for the opener for the opener. There were eight of my close friends sitting there cheering me on and everyone else just didn't care sitting in a corner drinking their beer. That was my first paid gig and that was a big deal for me."

Johnson now performs under the name Sarah Loren.

In September 2013, Johnson came to Humber College to study journalism. While living on residence, she played music for her friends, including cosmetic management graduate Emily Griffin, 20.

"I seriously am in love with Sarah's voice," said Griffin. "It's so unique and recognizable, which I think is the most important part about being a singer. All I can say is that I can listen to her all day. I loved hearing her play on residence last year."

First-year George Brown College Human Resources student, 19, Cheryl Pulimoottil is also mesmerized by the way Johnson plays her music.

"I was taken away by her," Pulimoottil said. "This girl can really sing and she can perform really unique covers of popular songs we hear on the radio today. My favourite cover is her rendition of the Fresh Prince of Bel-Air theme song."

After attending Humber for one semester, Johnson realized that a career in journalism was not something she truly wanted.

"My program just wasn't right for me and I realized I wanted to go in a different direction," said Johnson.

Johnson is currently in the creative industries program at Ryerson University hoping to have a career in the music industry, potentially working in a recording studio or as a talent scout.

"I'm happy with my decision and looking forward to the next four years in downtown Toronto," said

Johnson.

Johnson came out with her first album entitled *Mesh*, which was released independently in July 2013. "Insomnia," "Dirt Roads," "My Wine," and "Fingers Blue," are some of the songs in the album, all written by Johnson herself.

"I started writing the songs on the album when I was 14 but I released it when I was 19. It was interesting to see my song-writing process over the course of the five years develop into an album. It was a very coming of age type of concept," said Johnson.

Musicians such as Joni Mitchell and Taylor Swift are her biggest inspiration, says Johnson, who admires their song-writing abilities.

"I truly feel like Taylor Swift is this generation's Joni Mitchell for so many different reasons," said Johnson. "They are both writing about the same thing but it's a different generation and I like to take inspiration from two different times. It's really cool."

FAMILY FUN

Students with children end semester with holiday treats

Amanda Tuzi

A&E REPORTER

Exams are fast approaching and although most students are solely focusing on their studies, others are trying to balance finals with parenthood.

Students will have the opportunity to relax from the stresses of school and spend time with their children on Dec. 7 at the Humber Students' Federation (HSF) annual Family Holiday Party at North campus.

"I think it's a group of students (those with children) that gets forgotten about sometimes," said HSF vice president of student life for North campus Ahmed Tahir. "A lot of events aren't really directed towards students and their kids, so we purposely have this event every year and every year it turns out great."

HSF will be providing children fun activities such as crafts, video games, a bouncy castle and a balloon artist. Not forgetting about the parents, massage stations will be available throughout the party, so they can enjoy themselves as well.

Santa Claus will also attend the holiday party to meet the children and give them gifts. However, parents must sign up for themselves and their children online to get on Santa's present list.

"Some students don't necessarily have that opportunity to get many presents for their children," Tahir said.

Maria Muresan, a second-year paramedic student and a mother of two is grateful to know that there are events at school where she can bring her kids. This way the kids will think about school as a fun place where they can do stuff too and not just a place that takes their mom away from them, she said.

"Juggling school and motherhood is a really big challenge," said Muresan. "The positive effect is that it makes me more organized, hard-working and committed to my goal. School takes my time away from my kids so I have to give it 110 per cent."

The holiday event isn't restricted to students with children, it also caters to students who want to spend some time with their family members.

"I think this party is a great idea, and especially that it's free because not all families can afford a \$10 or \$5 entry fee at some of the Christmas parties. It might be a big stretch for some," said Natalie Nichilo, supervisor of the Humber College Child Care Centre.

HSF's Family Holiday Party will be held in the Student Centre at North campus on Dec. 7 from 12 p.m. to 4 p.m. The festive party will be free for students.

Go to humberlife.ca to register and for more information.

Showcase shares jazz talents with all comers

Ashley Jagpal

A&E REPORTER

Humber College students and the school's community got an earful last Friday when they witnessed a two-hour Contemporary Jazz Showcase at Lakeshore campus.

Andrew Scott, a faculty member in the music program was one of the hosts for the Nov. 28 show.

"It's great for Humber students and the community to hear them," said Scott.

A full-time teacher since 2010, Scott said, "I love communicating music with students. It's a valuable skill and it connects with culture."

Two groups performed at the contemporary showcase: the Humber Advanced Jazz Workshop, directed by Kirk MacDonald; and the Humber Vocal Jazz Ensemble, directed by Lisa Martinelli.

"They start rehearsing the beginning of the academic year," said Scott. "When they first auditioned to get into the program, they met with the head of the music department they were interested in."

"They are placed in an ensemble where they then practise a combination of their own music and other compositions that are considered American Standard," he said. "But they then take those songs and bring a new perspective and fresh voice to it."

Younger fans, including third-year Business Management student Jere-



ASHLEY JAGPAL

Jessie Ryan (left) and Jacob Gorzhaltsan (centre) performed at Contemporary Jazz Showcase on Nov. 28.

my McLoy, 20, were in the minority.

"I came because I enjoy jazz music," said McLoy. "I'm used to being one of the youngest at a music show, so I am very surprised to see that I am not alone this time."

McLoy attended because he wants to keep the live music industry alive.

"I try to go to as many live performances as I can because I feel like it is slowly dying down," said McLoy. "People are so into buying music from iTunes or downloading them illegally that they don't appreciate live music anymore, which is such a shame because live music is what music is all about."

MacDonald acknowledged his

music is challenging because he incorporates different techniques into one song, but praised his students for working hard to learn it.

They played a variety of songs including "Symmetry" and "The Power of Four," both composed by MacDonald. He introduced his students which included, Jessie Ryan on alto sax, Jacob Gorzhaltsan on tenor sax, Deniz Lim-Sersan on piano, Trevor Peverley on guitar, George Chenery on bass and Patrick Daniher on drums.

Next was a group featuring a first-year vocal performance student with a powerful voice, Jessica Chen, 17.

Chen trained classically three years before switching to jazz a year

and a half ago.

"Anyone who wants to go into composition, (jazz) is the foundation for it," said Chen. "It helps you find your way and it's important to know. I really like it."

Chen, in part, chose Humber for its global reputation.

"It's a really great, well-known music program that has built a name for itself internationally."

Performing live is something Chen enjoys tremendously.

"Just being able to share something you have is amazing," she said. "Not everyone is an artist, so if you have that talent you have an obligation to share it with the world."

Transparency must come to HSF

It seems the keyword of the 21st century thus far has been transparency.

Every political party is shouting about how fantastically open they are with their policies and finances and how abhorrently opaque their opponents are.

These policies aren't just limited to the powerful men and women of Parliament Hill, Queen's Park and City Hall, though. But first, a little math. Sorry.

Here at Humber College, our lowly Humber Students' Federation's first listed value is Accountable Governance. Under that banner they vow to "take ownership of both our actions and results, make every decision in the best interest of the student body and be fiscally responsible."

An independent audit of HSF's finances for the 2013-14 academic year found they pulled in nearly \$5.3

million in revenues. A whopping 91 per cent (more than \$4.8 million) was from student fees. That number climbs even higher if health and dental fees are included, which for some unexplained reason they weren't.

That's a huge chunk of change. So what did they spend it on?

That audited report cites "activity programming" (\$481,282), "orientation" (\$408,940) and "student marketing" (\$441,980) as the biggest "student services expenses." On the administrative side, salaries took the biggest chunk, more than \$1.5 million.

If anybody wants to know what each of those terms mean, however, they'll have to pull some corporate espionage because HSF isn't talking. And they don't have to.

Legally, a student government is nothing more than another "corporation without share" in which we the students are "members," the equiva-

lent of shareholders. In exchange for whatever membership fees or dues we pay for our membership we are entitled to one vote apiece on matters raised at general meetings.

On matters of true accountability and transparency, that annual independent auditor's report cited earlier, with its complete lack of breakdown for half-million-dollar categories of expenditure, is all that is required.

In the majority of these corporations without share, this is a fair trade-off. For one simple reason, student governments are not in this majority.

Students get no choice. Student fees are rolled into our tuition. If we don't pay, we can't register for classes. We fork over millions of dollars each year without a say in where it goes. It's spent in our name, allegedly in our "best interest" but there is no way for us to know whether that vow is being kept.

For example, last year's student government election cost \$37,516. As Et Cetera reported in March, it had a budget of \$100,000. Why such a discrepancy between the budget and the actual expense?

That \$37,000-plus more than triples the budget assigned by the union at Seneca College, a school of comparable population with more campuses and twice as many executive positions.

What value Humber students get from the extra expenditures is not clear. Nor will it be until Queen's Park passes legislation requiring it.

HSF, like every other organization, political or otherwise, will keep all the secrets it can.

It is better to remain silent and be thought a fool, than to talk and remove all doubt.

But if people think you a cheat and a liar, silence serves only to reinforce those beliefs.

Philippines negotiator's climate eloquence needed



Christina Romualdo
GUEST COLUMNIST

Right now, representatives are gathering for the United Nations Climate Change Conference. At the same time, a potential super storm, Typhoon Hagupit, is threatening to destroy the Philippines.

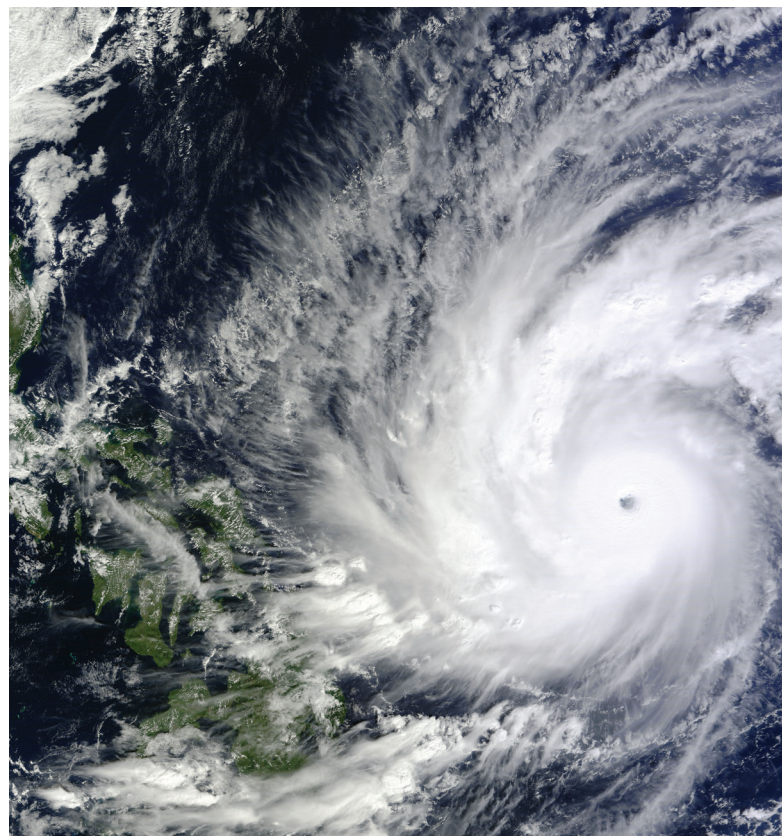
Sound familiar? In an odd episode of déjà-vu, the situation happening today has been reproduced almost identically for the past two Climate Change Conferences.

Two years ago, delegates descended on Doha, Qatar for the 2012 United Nations Climate Change Conference. This conference, known informally as COP18 or CMP8, was the 18th annual meeting of the United Nations Framework Convention on Climate Change and the eighth since the signing of the Kyoto Protocol.

On one of the last days of the conference, a small, unassuming man made some big waves with his loud voice. That man was Naderev "Yeb" Saño, one of the Philippines' Climate Change Commissioners and the lead negotiator of the Filipino delegation.

Saño attracted attention for his tearful and impassioned plea to the assembly, begging for tangible action on climate change. He spoke on behalf of his home nation, the southern part of which had been devastated by the super Typhoon Bopha just days earlier.

At last year's COP19 in Warsaw, Poland, Saño delivered another passionate challenge for change during his opening remarks. This time, he choked back tears as he spoke of his



COURTESY NASA GODDARD'S MODIS RAPID RESPONSE TEAM

On Dec. 4, the MODIS instrument aboard NASA's Terra satellite took this visible image of Super Typhoon Hagupit approaching the Philippines.

brother who was struggling to survive after super Typhoon Haiyan, the deadliest Philippine typhoon ever recorded, had decimated the country when it landed 13 months ago.

In the middle of his speech, Saño made an impromptu pledge to fast for the rest of the conference. Approximately 200 delegates made the same commitment to refuse nourishment and the movement, known as #fastfortheclimate, continued to grow post-meeting.

On Monday, the 196 member parties landed in Lima, Peru for COP20. Many were expecting Saño to make another emotional plea for

change, especially since Typhoon Hagupit is expected to ravage the Philippine Islands this weekend.

Much to delegates' surprise, they learned upon arrival that Yeb Saño was nowhere to be found.

Rumours arose that Saño had been dropped as the country's lead negotiator. News outlets and civil society leaders wondered where the soft-spoken Filipino with the powerful message had gone.

When the news reached me on Monday afternoon, I began to wonder, too.

First, this round of negotiations is somewhat important – they are the last set of talks before COP21 in

Paris, France, where the conference will aim to create a legally binding universal agreement on climate change. That's kind of a big deal.

Second, Yeb Saño is something of a personal hero. As I'm an expatriated Filipina, he was the man who brought climate change closer to home for me. He was the one who reminded me that these typhoons were devastating my family, who usually reassured me that it was just a bit of rain and nothing to worry about. He was the one who made me care about doing something to change our predicament.

And now he's been cast aside?

Bits of information explaining Saño's exclusion have slowly made their way to the media. ABS-CBN, one of the Philippines' major television networks, published an article saying that the office of President Benigno Aquino III was surprised that Saño's absence was such a big issue.

The Presidential spokesperson is quoted as saying, "We shouldn't be giving undue emphasis on one person because it's government policy that should be the focus." Contrast this to reports that the Philippines has separated from the Like-Minded Developing Countries group, led by China and India, and you begin to form an idea that maybe Saño's exception from Lima is fueled by more economic-related pressures.

Saño has not kept silent about his exile. On the second day of the conference, he posted a series of Tweets culminating in a photo that says, "Silence speaks when words can't."

Whatever the reason for Yeb Saño missing out on Lima, we can't afford to exclude such a vocal advocate from the all-important talks in Paris. Bring him back, President Aquino, for all of our sakes.

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Et Cetera

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

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High-needs Toronto should chill on championships

Mario Belan
OPINION EDITOR

Why does this city need a win so badly? The Leafs, Raptors, and Jays have been underachieving for as long as I can remember. The Leafs haven't won the Stanley Cup since 1967. The Blue Jays haven't won a World Series since 1993 — also the last time they made the playoffs — and the Raptors have never won a championship. Three sports teams and they haven't won a major title in a long time.

Yes, to be fair, the Argos captured the Grey Cup two years ago and the Rock is tied with Philadelphia as the winningest team in the National Lacrosse League. But the CFL and NLL don't matter nearly as much as the big three to most people.

Is this frustrating? Yes. Do we wish this city could cheer us up with a title? Yes. But when you stop and think about it, do we really need a championship? Okay, I'd love to witness the Leafs hoisting the Lord Stanley as much as the next fan, but why is it that important?

This city is so demanding. They want wins and championships right away. Sure, I've cursed the names each Toronto team for what they're doing, why they aren't winning. But then years pass and you realize you have zero control over the teams. You aren't drafting players or making moves in free agency. That's up to management. This is why I curse the Leafs especially because



RUSS ISABELLA-USA TODAY SPORTS/REUTERS

Toronto Raptors' point guard Kyle Lowry is one of the reasons Toronto fans remain optimistic for the future.

they make all these bad moves and I can't do anything about it.

The public has voiced its opinions firmly as well. From boos in games, tossing of jerseys and social media rants, the fans have been extremely critical. Why though? They feel they have given their hearts to the teams, and their money, but yet there is no result. As fans we should relax and let the teams do the thinking; since it is out of our control, we should be cheering them on and not throwing our jerseys away.

I can think of many things that are more important than any Toronto team getting a title. Yes, the people want a win, but this is out of our control. Are you making decisions for the team? Unlikely.

Also, think of the media frenzy surrounding each of Toronto's sports teams.

The city is so desperate and the media reflects that. Players in other markets can see it and it's definitely not attractive. That's probably a huge factor for players in free agency. No player wants to be that guy brought to the team that has to lead it to the playoffs and beyond.

Imagine if LeBron James went to the Raptors this offseason. The media would write articles saying, "Is LeBron the final piece?" "Can LeBron bring Toronto a Championship?" This would be seen everywhere.

This is why I think players have a hard time coming here. Add to this the fans that want a win now. This

isn't a good combination.

It's not that important to win now. These things take time. The Leafs haven't figured it out because they still make questionable calls. The Raptors have found a winning formula with their youth and great coaching. The Blue Jays have been making moves the past couple of years to better the team. So there is optimism for Toronto fans and in two sports, there's a decent chance championship dreams will soon come true. We just have to wait it out.

When one has no power over a team the best thing to do is cheer them on and be supportive. Also, if you're a Leaf fan consider taking up hobbies such as reading, video games, and exercise because we will have to wait a while.

Make choices, don't live for nod of others

Dilara Kurtaran
ASSISTANT NEWS
EDITOR



Life is filled with choices. When we were kids, these choices consisted of whether we wanted to draw on the wall or on a piece of paper that was in front of us. In middle school, we chose which music to like and to listen to more. In high school, we chose the people we wanted to hang out with and the clothes we liked to wear.

In college, we chose a path for our lives, a career for our future and maybe little things like whether to save money by not buying the delicious nachos from your favorite restaurant so you could attend that huge EDM event that is happening next weekend.

Whatever you do, you will always be judged by your choices. People love to judge. We all judge but we shouldn't. Recently, Elizabeth Lauten, a communications director for a Republican congressman, posted a status on Facebook criticizing Obama's two girls and the way they were dressed during a public Thanksgiving ceremony at the White House, saying, "Dear Sasha and Malia, I get you're both in those awful teen years, but you're a part of the First Family, try showing a little class. At least respect the part you play." She continued, saying, "dress like you deserve respect, not a spot at a bar"

Of course, this got so much attention in the media and in general that she had to apologize about what she said on Facebook and resigned from her job.

"When I first posted on Facebook I reacted to an article and I quickly judged the two young ladies in a way that I would never have wanted to be judged myself as a teenager," Lauten told The Commercial Appeal of Memphis in an email.

A grown woman judging two young girls this way is of course, wrong. Everyone has free will in this world and we have no right to judge others' choices in life. This could be something simple from the music they listen to or the way they dress. Every individual has different beliefs, styles, preferences; this is why there is something called fashion, different varieties of music like pop, heavy metal, country, and there are different interior designs, different types of foods.

Choices in life are what make a person who they are today. If we live our lives to make others approve of our actions, then we are not really living for ourselves, we are living for others. Sometimes it all comes down to respect. When you don't respect someone, you don't respect their choices, also.

Christmas without Christ is good for everyone

Jordan Biordi
BIZ/TECH EDITOR



It's that time of year again! The mood is right, spirits up, we're here tonight and that's enough. We're simply having a wonderful Christmas time. That is, we would be if some people weren't constantly cramming religion down our throats. Yes, it seems that even in the year 2014 we still can't seem to remove the religious element from Christmas, whether it's people demanding you say "happy holidays" as opposed to the traditional "merry Christmas," to people reminding you to "Keep the Christ in Christmas."

Well you know what? I say we start keeping Christ out of Christmas.

Christmas to me is a time of happiness and joy, a time of giving and caring, and just general goodness. Hell, even in the first year of World War I both sides called a truce on

Christmas and shared kindness and good will. But when Christmas is tied to something specific like a single religion, it starts to become exclusive.

Christmas itself may not even be a wholly Christian tradition. Winter festivals, particularly the pagan festival called Yule and the Roman celebration of Saturnalia predates and ran through the early Christian centuries. Yule is a now a word synonymous with Christmas.

I grew up Catholic with the religious side of it. But even as a kid, I was hooked on the commercial aspect, as most kids are, notwithstanding attending Mass because we were told it was "the right thing to do," something my brother and I rejected as we became adolescents. Later, as I grew up, I became persuaded that Christmas shouldn't be for Catholics or Protestants but for everyone, that what was valuable about this occasion was a universal spirit of generosity and caring for others.

This is why I think Santa is the only one who should be focused on during Christmas. Santa, Kris Kringle,

Father Christmas or whatever you want to call him is more than just a tool for commercialism that is largely associated with this magical holiday; he is a perfect symbol for Christmas. Santa has no creed or hidden agendas. Santa is just a kind, generous man who loves spreading joy to the world. The whole world. Making people happy makes him happy and that's all he needs. It's not an obligation, it's a passion. Think about that scene in the 1994 version of Miracle on 34th Street where the deaf girl is brought to Richard Attenborough's Santa and he communicates to her in sign language. That is the perfect representation of Santa and the true spirit of Christmas.

Think about it: we were led to believe that Santa visited the house of every person in the world and brought them gifts. And I know it's not that simple for underprivileged families with kids left to wonder why Santa just up and forgot about them; as adults, knowing where all the magic really comes from it's easy to lose sight of Christmas'

real meanings because that's what something specific like religion does, it puts things in one category. In turn, you put things in one category. You buy gifts for your family and maybe a few select friends, but you don't think to give presents to the world, like Santa does.

Christmas is about bringing a little joy to everyone, everywhere. But including the religious aspect in Christmas removes that ideology, and not just on the part of Christianity. Christmas is something that should be celebrated by all peoples no matter what race or creed. Christmas is a beautiful time of year when things are a little more quiet and peaceful; it shouldn't matter people's religious affiliation, sexual orientation, race or any other quantifier that would allow any religion to exclude anyone for any reason. So the next time you wish someone a "merry Christmas" remember it's with a lower-case "c," and remember the real personification for kindness and good-will to all mankind that comes with Christmas.

“

When you're stressing out about work, to just go out and take a five- or 10-minute break, just to walk out, get some fresh air, really calms you down.

Tyrus McIntosh

HUMBER MEDIA FOUNDATION STUDENT



PHOTO BY NICK JEAN

For Humber students like Chloe Harris, 20, and Tyrus McIntosh, 19, both in Media Foundation, getting out into nature in the Arb helps to clear their heads.

chillin' in the Arb

A half-hour walk in the woods combats depression, anxiety, helps the mind relax, de-stress

Clare Jenkins
ENVIRONMENT REPORTER

Ever get stressed and need to go get a breath of fresh air? There may be more to that than you think.

According to clinical-depression.co.uk, major depression is the number one psychological disorder in the Western world. Among any circle of friends or family members, it's likely everyone has met at least one person who has suffered from depression. One in six people suffer from depression, according to BeyondBlue.org, a national Australian initiative to help those with the condition.

Colt Molson, 20, a business student at Humber College, has struggled with emotional control and stress for years.

"High stress is a naturally passed down trait in my family and I've suffered with depression in the past. It often becomes overwhelming and seems inescapable," he said.

Ten times more people suffer from depression now than in the 1940s, according to beyondblue.org.

Along with that spike is a jump in anti-anxiety medication use. Anxiety.org reported between 2001 and 2010 there was a 20 per cent increase in the use of prescription drugs to treat psychological disorders in the United States.

But Humber's Centre for Urban Ecology has developed an alternative to medication.

"Imagine being told that to control your depression or anxiety, you either have to take this drug two times a day or this pill every day or you have to go for a 30-minute walk every day. What would you pick?" centre coordinator Jimmy Vincent said.

That is the inspiration behind the centre's new Mood Walks initiative.

The walks focus on improving brain capability and mental health through being outside. Vincent said since technology has become such a large part of our lives, people require breaks and need to spend some time outside to let their brains relax.

"The downfall of technology is that, a lot of the time, your brain is working very hard," he said.

"Texting on your phone is called a direct focus activity," Vincent said. "Your brain is focusing very hard on doing one small task. It's stressful on the brain.

"Being in the natural world is called an indirect focus. When you're outside, there are no rules of what you have to look at. Your mind can wander and your brain isn't working hard at all. It gives it time to relax," he said.

Molson said he chalks some of the increase in depression up to his generation spending much more of time indoors.

"I think those of us who spend more time outside are happier because we don't have time to sit inside and wallow in distress," Molson said.

"We're always cooped up, and we're always inside," he said. "We never get to experience the world anymore. Nobody hikes. Nobody swims. We can't do that on a video game or watch a PBS documentary on how we can go outside."

He said he sees the benefits of the therapy nature can provide.

"I think sometimes being exposed to the outdoors and nature is a good way to reflect and relax because it gives you a wider range of abilities to de-stress.

"You can go to the top of a mountain and just scream and cry, and I'm sure you'll walk down happier," Molson said. "You could make friends with a squirrel and tell him all your problems. It doesn't matter as long as you get it all out."

Hence, the Centre for Urban Ecology's new initiative.

"Mood Walks are a great way to get people outside and to realize the importance of the natural world on their mental health," said Vincent.

Blair Woolley, 21, a third-year York University Psychology student said she believes in the mental benefits of the great outdoors.

"There is a lot of research going on about the benefits of spending time outside on mental health," Woolley said. "What it comes down to is that being outside gives you vitamin D. That helps control your mood. People who lack vitamin D can typically be more depressed.

"Not getting enough vitamin D from spending time outside can also trigger Seasonal Affective Disorder for people who are prone to it," she said.

With the end of the semester so close and the holiday season upon us, the next few weeks are going to be busy and full of stress for Humber students.

"Take a break and get outside," Vincent said. "It doesn't need to be a hike through the rugged wilderness. It's as simple as taking a break and taking a walk in the park."

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HOROSCOPES by JORDAN BIORDI



JAN. 20 – FEB. 19
The expansive feeling you might be experiencing is apt to be squelched today as you get the feeling that you've lost touch with reality. Make sure you connect with real life.



MAY 21 – JUN. 20
Jump on board the fast train and see how far it takes you. You will be surprised how far you can go with minimal effort. Your grace and polite manners will help navigate you.



SEPT. 22 – OCT. 22
Today is one of those days in which prosperity is much closer than you think. You will find what you seek, but it's up to you to take the first step to going after it.



FEB. 20 – MAR. 20
Walk to the beat of your own drum. If you try to latch on to the glib, fast-paced information of the day, you might lose your voice in the crowd. On the other hand, plant your feet firmly and try to plan in detail.



JUN. 21 – JUL. 22
Flexibility is important. Take the relaxed, laid-back approach. Trying to ram your ideas through isn't the best tactic. Having tunnel vision will restrict you in many ways.



OCT. 23 – NOV. 21
Indecision may leave you helpless at a crossroads today. Others around you could be just as undecided regarding their direction. Find answers in simple solutions.



MAR. 21 – APR. 20
Connect with the person sitting next to you on the bus or the one behind you in line at the store. He or she may have a piece of wisdom to share that will change your life forever.



JUL. 23 – AUG. 22
Things coming at you from all sides are forcing you to make a move. Try not to feel pressured into something you don't want to do. A nervous restlessness is apt to take over you and urge you to act.



NOV. 22 – DEC. 20
Latch on to the expansiveness that comes when you connect with others in the social arena. Communication is a key part of the day. Go with the flow.



APR. 21 – MAY 20
Your self-esteem may be challenged by a fast-paced talker or unpleasant situation. Don't accept things as they appear at first glance.



AUG. 23 – SEPT. 21
Lock into the practical, grounding force that is not only realistic but also flexible. Attend to details and organize yourself. Be aware that you may need to alter your course.



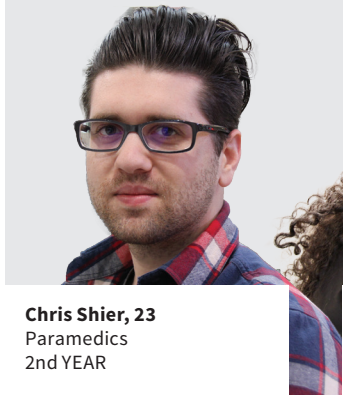
DEC. 21 – JAN. 19
Connect with the stable, grounding energy of the day, but beware that tension may come in the form of fast talk and misguided information. People might be fickle and frantic.

QUOTED: What do you want most for Christmas?

"To pass my final exams"

"Peace and love for all mankind."

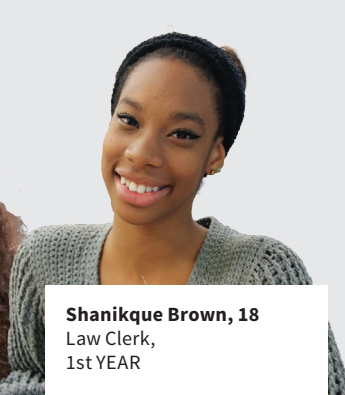
"My OSAP debts paid off."



Chris Shier, 23
Paramedics
2nd YEAR



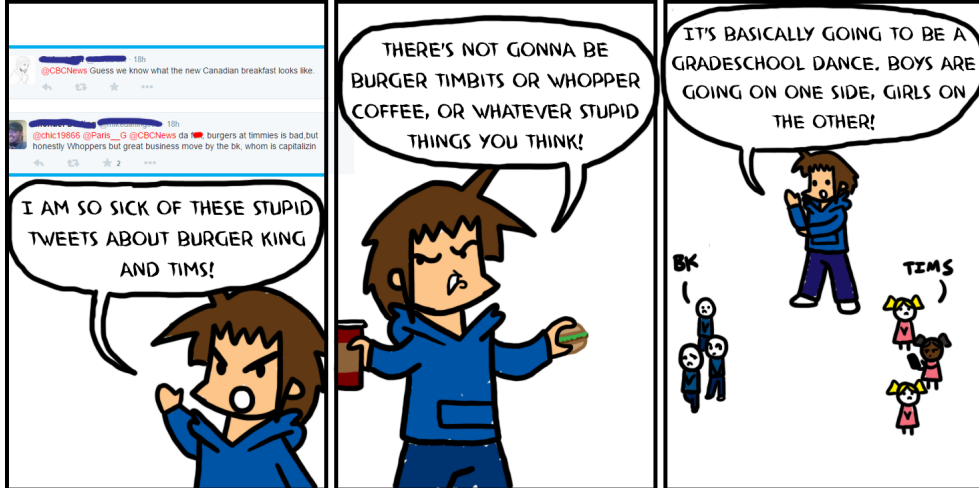
Mariah Jeffers-Khan, 19
Accounting
2nd YEAR



Shanikue Brown, 18
Law Clerk,
1st YEAR

SCHOOL DAZE

BY JORDAN BIORDI



Jason Jamandron
19
Fashion Arts
2nd Year

Shirt: Le Château
Jacket: Le Château
Gloves: Danier
Shoes: Stacey Adams

Jason inspires himself mostly, but he draws a lot inspiration from the 1940's and iconic entertainment stars like Frank Sinatra and Dean Martin.

FROM 1ST TO 6TH...REAL QUICK



DOMENIC LOSCHIAVO

The Hawks finished the first half of the season with an 8-1 record, tied for first in OCAA, and will have a rematch with Fanshawe Falcons Jan. 9 when the season resumes. Falcons are now the highest ranked OCAA team in the national rankings.

Hawks no longer atop CCAA rank

Men's basketball loses Falcons game, drops in national list

Willy Phan

HUMBER ATHLETICS REPORTER

Humber College is no longer the king of the court.

The Humber Hawks men's basketball team has dropped from first to sixth place in the latest national rankings after suffering their first loss of the season to the Fanshawe Falcons.

Meanwhile, the Falcons have jumped from seventh to fourth place to rank as the highest OCAA team on the list. Despite Humber's slide in the national rankings, the Hawks and Falcons share

identical 8-1 records to lead the OCAA West Division.

The Hawks started the season with eight consecutive wins, but their streak came to a halt after losing 79-72 to the Falcons on Nov. 28 at Fanshawe College.

"We got off to a slow start and we never really bounced back from it," said second-year point guard Zachary Fox-Tapper.

Despite losing their last regular season game before the holiday break, there were plenty of positives to take note of in the first half of the Hawks' season.

The Hawks remain among Ontario's top three on both the offensive and defensive ends of the court this season. Humber is averaging 87.6

points per game while giving up only 69.9 points per game from their opponents.

The squad's success on the court can be attributed to a revamped team consisting of improved veterans and talented newcomers. Power forward Chad Bewley noted that every player has a unique skillset to provide Humber a stacked roster.

"There's a lot more skill on this team (compared to last season)," noted Bewley, a second-year Hawk who previously played three seasons for the York University Lions.

Returning players from last year's squad include Bewley; defensive anchor Tyrone Dickson; combo guards Gibson Edful, Junior Davis, and Fox-Tapper and reigning

OCAA Rookie of the Year RJ Ramirez.

"Last year, we had a brand new offense and it took us a long time to get it," continued Bewley. "This year, a lot of those (returning players) already have key roles and they already know the system."

Head coach Shawn Collins made several roster additions in centres Vule Grujic and Nerquaye Nettey; small forwards Brayden Gohn, Kenny Ejim and Matthew Bukovec and guards Curwin Elvis, Nykyle Williams-McIntosh, and Jonathan Fisher.

The Hawks will have a chance at redemption after the holiday break when they host the Falcons on Jan. 9. The rematch will alter the national rankings again and determine which team takes sole possession of first place in the West Division.

"I'm sure Coach (Collins) is going to have his adjustments ready and we're just going to have to work harder and prepare for that game," said Fox-Tapper. "We're definitely looking forward to it."

Varsity athletes work to keep fit during holidays

Extended winter hiatus this year increases challenge

Greg Chow

SPORTS REPORTER

For a student athlete, the winter season is the least athletic time of the year. Humber College closes its doors for the winter break on Dec. 12, with students and staff getting a month off for some rest.

For some of Humber's athletes, the break presents more of a challenge than a vacation.

"Staying in physical shape is the hardest part, and with our winter break in Canada, it's kind of hard to do stuff outside," said Daniel Campos, an outfielder for Humber's varsity baseball team and third-year Business Administration student.

Other members of Humber's athletic society, like the men's basketball team, try to be regularly active during the break.

"The players usually train by themselves, but we still come together for practices and tournaments. We're a pretty tight knit group," said Andre Hutherson, who helps manage the men's basketball team.

A couple of members of Humber's women's soccer team use the winter break as an opportunity to just enjoy themselves, but also point out they don't lose sight of being athletes.

Jayde Wiklund-Roach, a midfielder and a first-year General Arts and Science student admits that dieting over the break can be difficult and she "doesn't always watch what she eats."

But both her and teammate Alora Walcott, who plays defence and is a second-year Recreation and Leisure student, agree that there are plenty of training options available over the break.

Humber's North campus offers its athletes special access to the training facilities and some teams have places to train year round in Etobicoke; but athletes aren't superhuman.

"The winter break is just a time to rest up, I pretty much take the month for a mini vacation," said Campos.

What are your plans this winter break?

Eating and catching up with friends. Also working out.



Vittoria Trichilo
Fitness and Health

Not playing badminton. Enjoying time with family and snowboarding.



Johnny Truong
Sports Management

Playing indoor soccer and fundraising to go to Italy with the girls soccer team.



Chantil Cifuentes
Fitness and Health

I'm injured at the moment trying to get better, and practise with the team for the first week.



Stephen Ramsay
Sports Management