



PHOTO BY ASHLEY COWELL
A pedestrian cuts across Humber College Boulevard raising a hand to pause traffic.

Hospitality and culinary in job boom

ALEX LAMBERT
Senior Reporter

Students in Humber College's School of Hospitality, Recreation & Tourism can look forward to plentiful job opportunities after graduation, according to Alister Mathieson, the school's dean.

"The job markets going forward for our students in all of the industry sectors that are profiled by our programs are extremely positive," he said.

"The international opportunities for graduates in these sectors are also significant."

The school offers programs within the fields of culinary arts, fitness, massage therapy, recreation, food and nutrition, sport, tourism and hospitality.

Mathieson explained that for graduates of the school, there are more jobs than can be filled.

"Forecasts between now and 2020 simply state that there are going to be more jobs without people."

Mathieson said such good job prospects are not only due to a large demand for employees, but also because of the career training included within all of the school's programs.

One aspect of this training is the way the school's students obtain internships.

Students are prepared for this through the curriculum, being provided an internship web portal and attending a career fair, while finding and securing the internships is completely up to them.

Faculty won't even recommend students to those providing internships.

This is all done to give students better preparation for the real job search they'll face after graduation.

"Our internship piece here is I don't find you an internship. We provide you with a list of opportunities in the marketplace and then you go out and treat that as a normal job search opportunity," Mathieson said.

HOSPITALITY continued on PG 3

Jaywalkers targeted by cops

ASHLEY COWELL
News Reporter

Toronto Police have cracked down on jaywalkers following a recent increase of pedestrian accidents.

From Nov. 5 to 11 the STEP UP and Be Safe pedestrian blitz went on throughout Toronto to reduce the number of jaywalkers and make the city streets safer for both pedestrians and drivers.

Toronto Traffic Services Const. Clint Stibbe said jaywalkers were given tickets on the spot.

"I didn't hear any complaints from the people of Toronto about the blitz and we hope that people will be more alert when crossing the street," Stibbe said.

The week before the blitz saw two fatalities and seven injuries on streets in the GTA, most due to careless crossing outside of crosswalks.

There have already been 19 pedestrian fatalities this year in the city, surpassing the 18 from all of last year.

Stibbe said police focused around pedestrian crosswalks and schools where there is more traffic, both pedestrian and vehicular.

Pervez Ditta, Humber director of public safety, said the biggest concern on campus regarding pedestrian safety is students who jaywalk across Humber College Boulevard to and from bus stops.

"We try to educate at Humber, so we have security and guards in our parking lots so that people do wait to cross. But our main issue really is Humber College Boulevard."

Ditta said the campus could reduce the potential for these incidents by moving all transit stops onto campus grounds.

Humber announced last year the college is

planning to build a bus loop for students who take public transit to the North campus.

Peter Sanfilippo, 20, a third-year media studies student at University of Guelph-Humber said he takes public transit to school. He said students jaywalk because the first bus stop on Humber College Boulevard is too far from the intersection.

"The bus loop sounds like a great idea. I know at St. Lawrence College they have a similar thing and it works really well up there," Sanfilippo said.

Ditta said for now students need to keep their eyes open and use common sense when crossing the street.

"Jaywalking is a natural instinct to get from one place to another but people still need to be pay more attention to what is going on around them," Ditta said.

A&E
10



Clamshell Quintent hits music scene with city councillors rocking out

LIFE
15



Humber comic book club ready for January launch

IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19 Marking Violence Against Women International Day for the Elimination of Violence Against Women. Canadians can express their support by sporting white ribbons later this week.	20 World Day for Prayer and Action for children The World Day for Prayer and Action for Children was started on this day by the United Nations in 1954. Last year, 96 World Day events took place globally.	21 World Hello Day World Hello Day is the 40th year this event has taken place. This day follows the events of World Kindness Week. Celebrate by saying hello to ten different people.	22 Resignation of Margaret Thatcher On this day in 1990, Margaret Thatcher, the first woman Prime Minister of England, resigned from her post. Thatcher is known for the war of the Falklands.	23 Black Friday Black Friday is an annual tradition practiced in the United States the Friday before Thanksgiving each year. This day has some of the best sales of the year.	24 Buy Nothing Day United Kingdom This day is an annual event where the goal is to challenge yourself to buy absolutely nothing the entire day. This follows Black Friday, where shoppers overly spend.	25 Grey Cup Finals Toronto The grey cup finals, which will see the Toronto Argonauts versus the British Columbia Lions go head to head. This could be a hometown win for the Argos.

Liberal's need a new party: Trudeau

LAURA TEMPLETON
News Reporter

A modernized Liberal party will recognize youth's role in politics, Justin Trudeau said at a question-and-answer session with University of Toronto students on Nov. 13.

Trudeau is one of many Liberal candidates running for leadership of the party, which will be decided on April 14, 2013.

"I don't really want to talk about renewing the Liberal party any more or rebuilding or recreating," he said, speaking to a crowd of almost 400 at U of T's downtown St. George campus. "We need to build and create a whole new Liberal party."

Trudeau said that it's time for the Liberal party to wake up, change, and reconnect with Canadians, youth included.

He said it's important to "bring a new generation of young people into politics to participate, to believe, (and) to put forward our ideas and our answers."

The event had a full house, which Jonathan Scott, an English major and

president of the U of T's Young Liberals, said he was surprised to see.

"It's reading week and there are over 350 people here when no one's on campus, so there are people here who are certainly interested in what Justin has to say," Scott said.

Scott, 22, organized the event with fellow university Liberal Semra Sevi, 25, after Trudeau launched his official campaign Oct. 4.

Sevi, a recent U of T graduate currently writing a thesis on the youth voter turn-out for Michael Ignatieff in the 2011 election, said the Q&A was organized so that "students have an opportunity to ask him questions (and) for him to answer those questions," she said.

According to Scott, Trudeau was keen in planning the event that questions come from the floor.

"Young people should, and can, have their place in politics," Trudeau said.

Trudeau used U.S. President Barack Obama's 2008 youth voter turn-out to illustrate this point: when Obama was elected president, he picked up nearly

three-quarters of youth votes, breaking what was a tie with Republican challenger John McCain.

"Anyone that says young people don't matter in politics is sorely mistaken," he said. "We deserve to have a government that speaks to, for, and with all Canadians."

Trudeau said an inclusive, honest and open leadership is his goal: "The more we're focused on Canadians and the less we're focused on Liberals, the better we'll be able to focus on the challenges."

Trudeau said youth unemployment and underemployment is a concern and that Canada needs to make sure its youth are getting the best jobs they can. He plans on investing in education, skills and co-ops programs to strengthen Canada.

He said the political divide across Canada hinders the progress made in this country.

Trudeau said politicians should "trust Canadians to be able to generate solutions instead of doing things behind closed doors in a secretive way."



PHOTO BY KATE McCULLOUGH
Contender for the leadership of the federal Liberal party, Justin Trudeau responds to questions at a University of Toronto forum on Nov. 13.

Irena DiRito

Her 34 years of service to Humber College remembered at her passing

JULIA ALEXANDER
News Editor

Irena DiRito passed away this past Thursday after engaging a long fight with cancer.

DiRito had worked with Humber College for over 34 years. At the School of Hospitality, Recreation & Tourism where she was last positioned as personal assistant to the

dean, the Irena DiRito Citizenship Award was instituted in her name earlier this year.

DiRito worked in various departments of the school including international recruitment and the registrar's office before making her way over to the School of Hospitality, Recreation, and Tourism.

There, DiRito served as an administrative manager and personal assistant to the dean before her passing.

The Citizenship Award was created in DiRito's name to acknowledge her continuous hard work and dedication to both her job, and the school itself.

"Irena always had one goal in mind - how can I help and support Humber and its students. Her loyalty, trust, and dedication are truly remarkable," a description of the award on the School of Hospitality, Recreation, and Tourism's website, reads.

In 2010, DiRito was honoured with an award from the president of the college, honoured for her contribution to and dedication to Humber.



COURTESY
Irena DiRito passed away last week.

Ontario Liberal hopefuls promise improved transit

GLYN BOWERMAN
News Reporter

Toronto MPPs looking to fill outgoing Premier Dalton McGuinty's shoes have plans to improve transit in the GTA.

MPPs Glen Murray and Kathleen Wynne, and Dr. Eric Hoskins have all entered the race.

Murray, the representative for Toronto Centre, was formerly the minister of training, colleges and universities. He had to resign from the cabinet post to qualify for the leadership race.

Murray said there are two "big lies" surrounding transit decisions in Ontario.

The first deceit, said Murray, is "build it and they will come," an assumption transit will be used wherever it is built regardless of the areas it serves.

"The thing that most drives transit use is the trip to work, or the trip to college and university in the morning," said Murray.

Effective transit expansion, Murray said, should be made to serve areas of major office development and land-use policies should be put in place to ensure future commercial developments are built within walking distance of rapid transit.

The second "lie" is that transit must operate at a loss, or with major subsi-

dies, Murray said.

Revenue from the increased tax base that new transit creates, along with private investors, can be used to fund expansion. Eliminating "perverse subsidies" for products or behaviors that result in pollution and waste can fund the operating costs, said Murray.

Wynne, MPP for Don Valley West, resigned from her cabinet post as minister for municipal affairs and housing, and Aboriginal affairs to seek the Liberal leadership.

Wynne, who is also a former minister of transportation, said that transit is the number one issue for people in the Greater Toronto and Hamilton area and there is a need to create a regional transit system across those municipal boundaries.

Wynne said she also recognizes the need for a decision-making process that "sticks."

"There's been a lot of frustration about the back and forth of different transit plans," Wynne said.

She said she's looking forward to an investment strategy from provincial transit agency Metrolinx, which should be finalized in June and will outline a number of revenue tools for transit expansion.

But even with additional revenue

streams public money still needs to be used, Wynne said.

In terms of operational costs, Wynne said, "I don't think anyone is under the illusion that you can run a transit system without some kind of subsidy."

Wynne said the question is "can we afford to continue to build, in an incremental way, the transit that we need, and I don't think we can afford to say no."

Franz Hartmann, spokesperson for the transit advocacy group TTCriders, said that, whoever is premier in the New Year, it is time for the province to subsidize municipal transit fares and operating costs.

Hartmann also said the province's reliance on private sector partnerships has actually led to delays in transit expansion.

There is a need for fair and equitable revenue tools to meet some of the GTA's more immediate transit needs, Hartmann said, "and that's essentially new taxes."

Hoskins, MPP for St. Paul's, announced his leadership candidacy Nov. 13, but was unavailable for comment.

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Safe drinking drives past 25

CLAIRE RUSH
News Reporter

The red ribbon was officially cut in Toronto on Nov. 6 as Mothers Against Drunk Driving kicked off the 25th anniversary of Canada's Red Ribbon Campaign.

MADD Canada runs the campaign every holiday season in an effort to raise awareness about drinking and driving.

Marlene Stephens, president of MADD Toronto, said she encourages everyone to drive safely and to support the fight against impaired driving by donning a red ribbon this holiday season.

Stephens joined the organization in 2007 after a drunk driver killed her husband.

"Impaired driving remains the number one criminal cause of death in Canada," said Stephens. "Between 1,200 and 1,500 people are killed each year and over 63,000 are injured."

Stephens said 45 per cent of road deaths of people aged 15 to 24 are alcohol-related.

"We consider campus outreach regarding impaired driving so important because many students who attend college or university come from out of town and often it is their first time away from home," she said.

Bernie Monette, a past educational specialist with the Center for Addiction and Mental Health and the web development program coordinator at Humber College, said when drinking it's best to follow the standard rule.

"Every drink you drink takes two hours for your body to process, on average. If you have two beers and a glass of wine, that's six hours where you can't drive," Monette said, explaining a standard drink is a can of beer, a glass of wine, or an ounce of hard liquor.

Paul Reid, 19, a second-year Hum-

ber TV production student, said he's seen the consequences of drinking and driving first hand.

"A friend used to drink and drive regularly. One night he was going to drive to a bar just around the corner. There was eight people in the car, he made a quick turn and hit a pole," said Reid. "His car was totalled and he got a DUI. His license was suspended and he has to pay a lot in insurance now."

Some students admit they are aware of the consequences but still choose to get behind the wheel after drinking.

A 23-year-old Humber student, who has asked to remain anonymous, said he drove from Barrie back to Brampton after a night of heavy drinking at a club.

"After I left the club and was standing by my car, a cop even came up to me and asked if it was my vehicle. She didn't ask for anything else and just left. I drove back to Brampton with friends in the car. I knew the legal consequences, I did it anyway. I wouldn't do it again."

Monette said when it comes to drinking and driving, it's not just the legal issues that drivers should be concerned about.

"It's not being caught by the cops, it's killing someone or yourself. That's the real problem," he said.

Carlos Gomes is a Humber student who is trying to organize a campus awareness group focused on impaired driving.

Gomes, 33, a second-year electrician apprentice student, has been a member of the Toronto chapter of MADD for several years, and is currently serving on its board of directors.

He told *Et Cetera* last month that most people don't realize that the blood alcohol limit under which they can be charged has been lowered to .05.

The Red Ribbon project will run from Nov. 1 until Jan. 7, 2013.

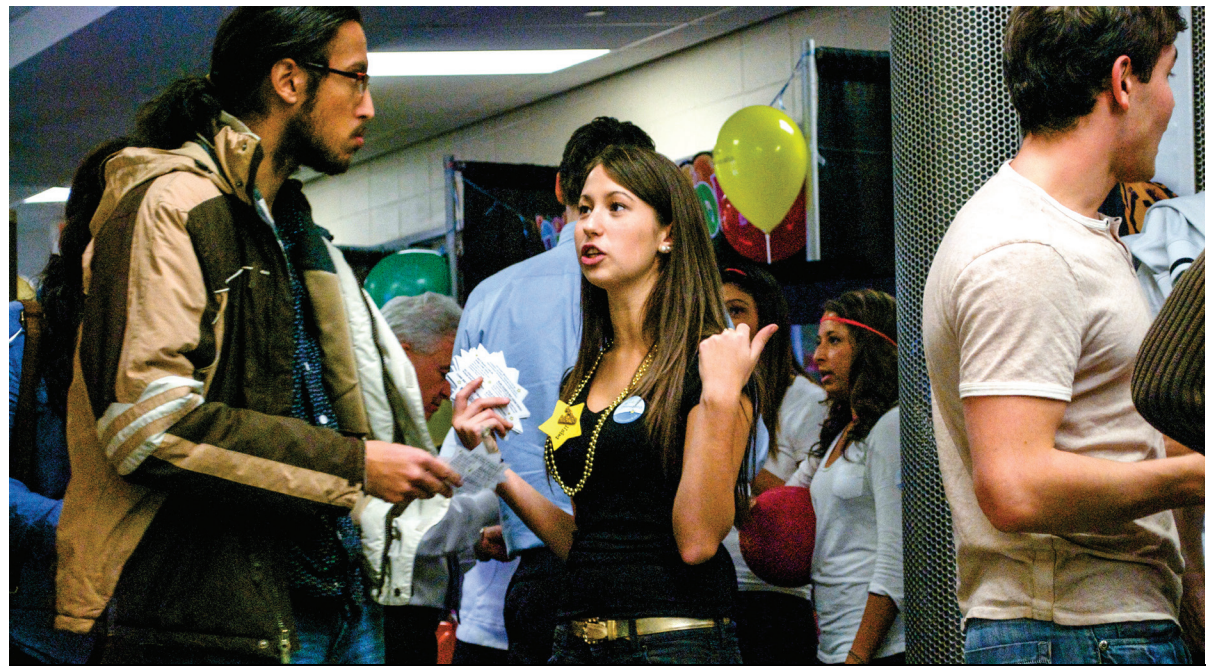


PHOTO BY ALEX LAMBERT

Students from the School of Hospitality, Recreation & Tourism mingle at a trade show on Nov. 13.

Tourism students ready to work

HOSPITALITY from PG 1

"I'm not going to say to an employer, 'I recommend that they take you.' I'm not going to do that because that defeats the job search learning process," he said. "I'm not going to hold your hand and take you down there. No, I'm not."

Kristy Adams, coordinator of two programs within the School of Hospitality, Recreation & Tourism, spoke of the value of the school's focus on career preparation.

"Many of the students are coming into the program not knowing what employers are looking for," Adams said.

"I think a lot of us felt that would be taken care of in high school, and what we're seeing now is they really need that assistance in preparation for their careers."

Adams said growth in the last few years since the recession has benefited her students.

She cited the expansion of the hotel business in Toronto, such as the recent addition of luxury hotel brands like Trump and Ritz-Carlton opening up in the city.

Adams said the amount of applied

learning and experience students get in the program makes them very attractive to these employers.

"This is really good for our students

Our economy has been transitioning towards an economy focusing on services.

JULIE ADES
Economist

because the luxury brands are really not interested in grooming you from the ground up."

Adams also mentioned the oil sands in Alberta and how they've generated newfound demand for accommodations, entertainment and food services in the area, creating a lot of opportunities for the school's graduates.

She said despite the fact that there are tons of job opportunities for graduates, one issue is the need for higher-grade employment.

"The unfortunate part is where the substantial growth is in those entry-level food and beverage jobs," she said.

Julie Ades, an economist with The Conference Board of Canada's forecasting and analysis division, said national trends are improving graduates' career prospects in services.

One trend she spoke of is changes in Canada's economy that will benefit the school's graduates.

"Our economy has been transitioning towards an economy focusing on services," Ades said.

She said another trend that will benefit the school's graduates is the growing number of retired baby boomers.

"Employers will be in a situation where they will need to compete against each other to attract skilled workers and that will mean better job prospects for young people who are just graduating," Ades said.

The Canadian Tourism Human Resource Council reports that the unemployment rate of Canada's tourism sector was 5.9 per cent as of October of this year, largely unchanged from this time last year.



PHOTO BY CLAIRE RUSH

Humber student Carlos Gomes, who seeks a chapter of MADD on campus, says many don't know the legal blood alcohol level for driving is lowered.

Humber formalizes tracking of campus sustainability

COLIN DEMPSEY
News Reporter

Humber College is taking another step toward becoming more sustainable by joining the Sustainability Tracking, Assessment and Rating System.

STARS is a guide used for advancing sustainability in colleges and universities in North America. It allows institutions to report and track the progress made on the common standard of measurement of other post-secondary schools on the continent.

"You can only manage what you measure," said Lindsay Walker, Humber's sustainability manager. "In September of 2013, when we complete our rating system, we will be able to see what we need to work on the most".

According to Walker, Humber is set to become the 28th Canadian college or university to be involved in STARS.

The college is celebrating its participation with a launch event on Wednesday at 11 a.m. in the Seventh Semester room at the North campus.

According to Hansel Menezes, 30, a third-year sustainable energy and building technology student at Humber, said it's important for students to attend.

"Students should be excited about the event where they can learn more about getting involved," said Menezes, who is also the only student member on Humber's sustainability coordinating committee. "They should also be excited about HSF and the coordinating committee working together, which

will result in great things to come for our school in the next couple of years."

One of those students is Julia White, 19, first-year fashion management student at Humber, who said she wants to feel like she goes to a school that contributes to cleaning up the environment.

"It's good news for sure," she said. "Any progress made for the future is exciting".

Humber's Sustainability Coordinating Committee is asking students who want to get involved to join the Green Team list to get information on attending and volunteering at upcoming events. To inquire about joining, or for any questions regarding sustainability, students can email Walker at lindsay.walker@humber.ca.



PHOTO BY MICHAEL OSEI

Francisco Tapia, first-year electrical basic student, outside the Humber Centre for Trades and Technology. He looks to be busy in "high demand" trade.

Skilled trades essential to society

MICHAEL OSEI
News Reporter

A new survey reports that 83 per cent of Canadians feel skilled tradespeople have great impact on their everyday lives.

The survey was commissioned by Skills Canada, a non-profit organization that promotes jobs in skilled trades.

Members of the Humber community said the poll was legitimate and were vocal as to why Canadians cherish tradespeople.

Richard Snowdon, plumbing apprenticeship coordinator, said skilled trades are an intrinsic part of society.

"If you picture yourself without a skilled trade, you'd be walking around in the dark. We wouldn't have any place to use a washroom so we'd have unsafe

sanitary conditions," Snowdon said.

He also said we wouldn't have trained skilled chefs, or mechanics that could repair vehicles.

Snowdon said that from an economic standpoint, unsafe sanitary conditions would be taxing on the health care system because people could get sick from contamination in water and air.

"We need the skilled trades because water, food, and air are the staples of life. That's exactly what the skilled trades do. They help enhance and bring to life for society those three things that are important for every day survival," Snowdon said.

Diane Finley, minister of human resources and skills development, spoke at the first annual National

Skilled Trades and Technology Week earlier this month.

"It is more important than ever that youth gain the skills and experience needed to prepare for and succeed in the jobs of tomorrow. Through grants, tax credits, and support for training programs, our government is encouraging apprenticeships and careers in the skilled trades and technology sectors," she said in a press release.

Francisco Tapia, 21, a first-year electrical basic student, said that the whole aspect of electrical work attracted him to the trade.

"There's a lot of people who need it, right? It's high in demand. What would we do without electricity?" he said. "Electricity powers your houses, it powers your laptops, everything, right? It's essential."

He said electricity leads to technological advancement and, since its invention, has been vital to society.

Rohit Vaidya, 22, was once trained as a chef and is now a first-year business management student at Humber. He said tradespeople are essential to society, which needs both hands on workers and academics to function.

"As a chef you don't really go through four years of university," Vaidya said, adding that chefs bring something more than intellect to the table.

"I think it brings a lot to the community and definitely brings a lot to Canada and Ontario because it definitely increases their revenue. Wherever you go you definitely need someone to cook your food for you," Vaidya said.

Reduce, reuse, recycle fashion

TAYLOR PARSONS
News Reporter

Students will soon be able to get their hands on fashionable clothing for a discount price, courtesy of Humber's fashion department.

The Humber Spa, located in the Athletic Department at North campus, will be transformed into a fully functioning retail store run by Humber's Fashion Arts program on Nov. 28.

The event, titled Eco Mode, will be open from 10:30 a.m. until 4:30 p.m., and features gently used men's and women's clothing that has been donated by students exclusively from the fashion programs.

Several eco-friendly Canadian designers have also donated pieces to the store, including Montreal-based designer Ayla Khosroshahi.

Anna Roumeliotis, 22, second-year fashion arts student, says that she donating, or buying, used clothing is a great way to help the environment.

"A typical piece of clothing only stays in a person's closet for approximately three years," Roumeliotis said. "After that, most people just throw it out.

"Textiles, like polyester, are not biodegradable. They will never de-com-

pose; they will be on the Earth forever. Think of all the polyester shirts you have," she said.

Second-year fashion arts student Emma Gaudet, 22, is one of the organizers of the event and said she hopes it will emphasize the sustainability of fashion.

"The focus of this is to show second-hand clothing is fashionable, and that you don't need to buy brand new clothes at name-brand stores," said Gaudet. "You can find very good quality clothes at vintage and second-hand clothing stores. We're promoting the up-cycling of clothing."

Gavin White, 23, second-year fashion student and a coordinator of the event, says the event is going forward with full force.

"I've put together some of the marketing and posters that will go around the school, and I've contacted a couple of designers (to donate clothes)," said White.

"It's been pretty good, we talked to a lot of first-year classes, and they seemed pretty excited for it," said White.

The event will accept debit and credit cards.

All proceeds of the event will be donated to a local Toronto charity, which has yet to be decided.



PHOTO BY TAYLOR PARSONS

The used clothing, which will be donated by both students and designers, is softly worn and in good shape. All proceeds will go to charity.

Police engage citizens in safety campaign

COREY WEIR
News Reporter

The Toronto Police Service was out interacting with the public last week about ways to prevent crime during Crime Prevention Week.

Across Toronto, police came up with ways to help their communities be safer. Const. Wendy Drummond, media relations officer for the Toronto Police Service, said every station had to come up with a way to help raise awareness on crime prevention in their area.

Joe Dawson, staff sergeant for 23 Division, said their main focus was a program called Smart Walk, focused on pedestrian safety.

"We have a new one that the traffic sergeant did here at 23 where we set up at Highway 27 and Humber College Boulevard," said Dawson. "Basically what we did was talk to pedestrians crossing the street about safety. Some students had headphones so we asked them to take them out and warned them about the dangers of walking with headphones in."

Drummond said Crime Prevention Week is used to make people aware of issues that occur in the community.

"Like most things, we become very complacent and we kind of let our guard down on a number of different areas and subjects and once a year we do this to bring it back into the forefront," said Drummond. "It's to provide people with tips on how to prevent themselves from being a victim of a crime."

"Crime is a time of opportunity and during the holiday season when we're making more than normal purchases, so it's an additional time to remind people and get people thinking about crime awareness," said Drummond. "Every police service has their own individual scheduled programs that kick off the week."

Lynn Newhouse, associate director at North campus's residence, said their staff has taken the necessary measures to insure the safety of their residents.

"We have cameras, a 24/7 front desk and a night operations coordinator who supports our resident assistants and has a background in safety and security," said Newhouse.

"In terms of the residence buildings, they're very safe, there's lots of people around, the resident assistants on every floor, and we try and vet everyone who comes through the door."

Prof awarded for work in China



PHOTO COURTESY OF EARL HOTRUM
Humber business professor Earl Hotrum, right, receives his West Lake Friendship Award at a ceremony in Zhejiang province in China.

JARED CLINTON
Biz/Tech Reporter

For Humber business professor Earl Hotrum, awards and accolades come second to letting people know about the academic and community-based work he is doing in China.

Hotrum received the West Lake Friendship Award from China's Zhejiang province in part for his work with Humber's exchange program with Ningbo University.

The award means more to the university than it does to him personally, said Hotrum.

In his four years working full-time at Ningbo – located in Zhejiang on the east coast of China – Hotrum has been as much involved with outreach at the school and broader community issues, something he said the award recognizes.

"They take into consideration other things," said Hotrum, via VoIP from his home in China. "I've been involved with visiting other schools that have to do with the (Ningbo) university, and I coached the public speaking team for the university."

Hotrum said he has also taken part in tree-planting and environmental

initiatives.

The three-year exchange program – which currently has 110 students enrolled – allows students to get more assimilated to the hands-on, participatory Western-style teaching in the second year.

Students from Ningbo come to Humber in their third and final year of the program, said Hotrum.

Business school manager Michael MacDougall said the students coming to Humber perform well in their classes.

"They've already done the first two years of their program and we have a very high graduation rate," said MacDougall. "Most of our students go on to university after our program."

Andrew Leopold, Associate Director of Public Relations and Communications for Humber said having Earl Hotrum recognized by the Zhejiang province "speaks highly of Humber's relationship with Ningbo University."

"Having the opportunity for award winning professors to be involved in our programs is beneficial to our students, all the while Mr. Hotrum gets to learn from the Ningbo students year after year. This results in an engaging

“Most of our students go on to university after our program.”

MICHAEL MacDOUGALL
Humber Business School

classroom experience for both,” said Leopold.

While Hotrum admitted the language barrier can create problems, he said it prepares students for life in Toronto.

"We're pretty strict on our rule of no Chinese in the classroom," said Hotrum. "After class sometimes I'll ask them stuff in Chinese. My Chinese isn't very good, but I feel like I can add some extra value that way."

After the students graduate, Hotrum said he often keeps in touch and visits with the students to see how they're doing.

"It's very rewarding to see a student develop from a young student, and then go on elsewhere and come back and see you," said Hotrum.

Initiative confronts cancer concerns

ALEXIS MACDONALD
News Reporter

The Canadian Cancer Society has launched the FearLess Project, a website designed to change the way Ontarians approach cancer.

The society launched the project after a study showed cancer as the leading disease Ontarians fear.

The FearLess project gives Ontarians access to an online community that supports cancer patients, their family members and others looking for information. On the homepage of the project's website, people can type in a fear about cancer. The website then redirects them to information pertaining specifically to their concern. This also helps the CCS to know what kind of resources people need.

Susan Horvath, vice-president of the CCS, said the project's goal is eliminating some of the instant fear that comes with a cancer diagnosis.

"Fear of hearing that news might prevent people from even going to get something checked," she said. "[However,] there is no question that if cancer is diagnosed early many, many cancers are curable."

The CCS reports young people aged 20 to 29 account for just two per cent of all cancer diagnoses, however the demographic faces other challenges.

FEAR 10802	DEATH
FEAR 10793	LOSING MY ENERGY
FEAR 10805	LOSING MY DIGNITY.
FEAR 10777	LOSING MORE FAMILY
FEAR 10786	NOT BEING ABLE TO PLAY WITH MY DAUGHTER
FEAR 10785	NOT BEING THERE FOR THE PEOPLE I CARE ABOUT
FEAR 10784	I WOULD FEAR NEVER FINDING A CURE!
FEAR 10791	BECAUSE IT'S IN OUR FAMILY, THAT ONE OF MY CHILDREN COULD BE NEXT.

COURTESY OF THE CANADIAN CANCER SOCIETY
Addressing people's fears of cancer, hopes the Canadian Cancer Society, will encourage them to take the necessary steps to protect their health.

According to the CCS website, young people need more encouragement to get regular screenings and therefore prompt diagnosis. Cancer can delay a student's education goals and put strain on relationships.

But Tammy Horvath, 42, cancer survivor and spokeswoman for the FearLess project said there are ways for young people to help avoid getting cancer altogether.

"Protecting your skin against the sun, eating healthy, being active, never smoking; those are very simple things, she said. "But if kids do those simple things they'll cut their chances of being diagnosed almost in half."

Murray Smith, a 64-year-old stomach cancer survivor, said he was scared after his diagnosis.

"My biggest fear was probably the things you hear about with the treatment being really harsh and bad," he said. After seven years in remission, the cancer recurred in his esophagus.

Smith said he is ready to fight whatever comes his way. His great-granddaughter

was just born and he says it would mean a lot to him to get to see her grow up.

Tammy Horvath is a mother of two, and was told she had two weeks to live when she was diagnosed with stage-four uterine cancer. In March, she celebrated eight years cancer-free.

"FearLess is something that really

“...many, many cancers are curable.”

SUSAN HORVATH
Vice-president of CCS

resonated with me because upon your diagnosis you kind of become a warrior, you kind of have to, because your choice is either to roll over, give up and die or to fight, and I chose to fight," said Horvath. She said that attitude can absolutely make the difference in someone's battle with cancer.

Business grads create paperless receipt company

RAQUELLE COLLINS
News Reporter

Two Humber grads are making purchases more eco-friendly with email receipts.

Nicholas Wiktorczyk and Vincent Panepinto, co-founders of Spently, a company that allows merchants to customize online receipts to send to their customers, were enrolled in the global business management course at Humber when they came up with their idea.

Wiktorczyk said he was inspired when he purchased two items at a grocery store and received a three-foot long receipt and thought there should be another way customers can get their receipts. Spently was launched in January 2012.

"We came up with the idea upon discovering the negative environmental effects of thermal paper - that leads to the destruction of over 10 million trees annually," said Panepinto. "We later realized moving to digital receipts was an important marketing opportunity for merchants."

Wiktorczyk said he and Panepinto have turned the concept of email receipts into a marketing tool. Through Spently, Wiktorczyk and Panepinto said merchants can add their logos and links to social media, which leaves a large portion of the receipt to communicate special offers to customers.

Email receipts allow merchants to drive sales, engage customers, build relationship through social media as op-

posed to lengthy, wasteful paper receipts.

"Most email receipts suck, they're just white backgrounds, black text that says 'Thanks for your purchase' and they give you your total amount. Then what some companies do, now that they have your email address, they start spamming you with e-mail newsletters that you may or may not want, a lot of people find them intrusive," says Wiktorczyk.

Wiktorczyk did the math: he said that only 10 to 15 percent of people open email newsletters, while 80 percent of customers open the emailed receipts because they want to document their purchase and confirm that they were charged correctly.

For consumers, electronic receipts offer a way to store receipts so they don't get lost. They can now keep receipts in a folder on their computer, to have for future reference.

Hanneli Maki, 40, said she was skeptical of email receipts when the idea first surfaced.

"I went to buy a pair of shoes two months ago and the cashier asked for my email to receive an email receipt. I was hesitant to give it to her because I didn't want to promotional junk mail from that store flooding my inbox," Maki said.

"I like the concept of my receipt getting emailed to me, but I don't want to receive any other things from the store besides that," she said.

Spently is available to merchants worldwide and support merchants on Shopify and MINDBODY Online.

Malls open longer on Black Friday



PHOTO BY JARED CLINTON
Malls like Toronto's Eaton Centre will extend hours this Black Friday to compete with stores south of the border.

JARED CLINTON
Biz/Tech Reporter

Malls run by Cadillac Fairview are hoping to keep Ontario residents north of the border with extended shopping hours for Black Friday.

Black Friday, which falls on the day after American Thanksgiving this week, is one of the busiest shopping days of the year in the U.S., and Cadillac Fairview wants that business to stay close to home.

"It's certainly a hope to keep shoppers within Canada," said Meredith Vlitaz, the senior marketing director at Toronto's Eaton Centre. "We wanted to help Torontonians avoid long lines, the commute, and be able to find deals in the comfort and convenience of their own back yard."

Canadians saw an increase in duty-free exempt goods on June 1, raising the amount from \$50 to \$200 on 24-hour trips south and from \$400 to \$800 on stays of 48 hours or more, making shopping trips to the U.S. far more enticing for Canadians.

Deloitte, a Canadian professional services firm, released a survey saying nearly 40 per cent of Ontarians plan to head south for their holiday shopping.

While Cadillac Fairview said in a release that the extended shopping hours aim to keep shoppers spending their money in Ontario, a separate

Deloitte survey shows store hours may not have anything to do with where or why shoppers spend.

"What we found in our survey, in terms of what Canadian [shoppers] look for was price, selection, and that they carry the brands that people are looking for," said Eric Matusiak, the Greater Toronto Area retail manager for Deloitte.

Around 68 per cent of shoppers within the GTA will complete at least some of their shopping online, according to the Deloitte survey.

Matusiak said these numbers don't necessarily mean shoppers won't be buying in-store.

"We are seeing a growth in online shopping," said Matusiak. "Will it become the majority? I think that's going to take a long time, and it may not ever occur. I think there's a social aspect to shopping."

Chris Teiman, 20, a first-year sports management student at Humber said he won't do much of his shopping online.

"Honestly, I just find it easier when you can see the items you're buying," said Teiman.

Toronto shopping centres Fairview Mall, Shops at Don Mills, Sherway Gardens, and the GTA's Fairview Park, Limeridge, Markville and Masonville, Promenade will open their doors at 7 A.M. The Eaton Centre will open an hour earlier at 6 A.M.

Windows 8 not yet at Humber

ALESSANDRA MICIELI
Biz/Tech Reporter

Windows 8 may appear on Humber PCs, according to Ryan Burton, director of IT planning and client services at the college.

"We're waiting for the right opportunity, and a number of things need to properly align, so that we minimize the disruption to business operations," Burton said on the possibility of upgrading PCs to Microsoft's new operating system.

Burton said the upgrading depends on two things. The first is that the operating system is stable and reliable. The second is that Windows 8 is compatible with school curriculums, plus other computer programs.

Rob Robson, coordinator of Humber's computer programming at

the North campus, said Windows 8 is useful for both tablets and desktop computers.

"They've put a new interface on it which is going to make it good to use on tablets and as well on the desktop," said Robson.

Robson said Windows 8 might just be an introduction for PC operating systems to compete in the tablet world.

"What they're trying to do is introduce Microsoft Surface and have one operating system, which can go across devices," said Robson on the launch of Microsoft's new tablet, the Surface.

Justine Fortura, 20, a first-year early childhood education student at North campus, said there isn't any doubt that she will upgrade to Windows 8 once it becomes available.

"My dad's a computer guy, so he's always updated with the newest stuff, and if he thinks it's good, he'll definitely put it on," said Fortura on upgrading her computer to Microsoft's newest system.

Parmjit Kaur, 22, a first-year early childhood education student at Humber, said changing the operating system isn't necessary.

"I think it's a waste of money that can be put to better use," said Kaur.

Financial Literacy Month teaches student budgeting

RACHEL LANDRY
Biz/Tech Reporter

For November's Financial Literacy Month, Scotiabank has announced the introduction of a global financial literacy strategy to educate Canadians on a "life stages approach to financial literacy."

The mission statement says Scotiabank hopes to "enable individuals to make knowledgeable and responsible financial decisions, while giving them the confidence they need to save and invest in a bright future."

Mike McKeon, the program coordinator of North campus' business accounting program, said the best strategy for students to save money is to educate themselves in financial literacy.

He said he thinks the most important thing for planning for the future is investing at a young age in your own capabilities.

"You want to out-index the average in terms of your capability in earning potential," he said. "The best way to do that is an early education, and the earlier you do that, the earlier you invest in yourself and your own capabilities, the longer period of time you have for that to pay off."

McKeon said the day-to-day expenses affect the future. He said in order for students to be successful in saving their money they need to understand how to use a bank account and learn how to properly use credit cards and debit cards.



PHOTO BY RACHEL LANDRY
Scotiabank's new campaign aims to educate people about their financial decisions.

He said an understanding of consumer rights and responsibility in financial contracts is another key tool.

"If I'm paying off something, I try to pay it off in advance so I can save up more," said Shaine Callender, 20, a first-year heating and air conditioning student. He said he tries to pay off half as soon as possible, depending on how much money he has.

Richard Kerr, 20, a second-year ap-

prentice in the culinary field, said he is good at saving money because he has a car, rent and bills to pay.

"I don't have much time to go out and do things," Kerr said. "The majority of the money is to look after the bills."

Kerr said planning and budgeting are two techniques he uses to save money.

APP OF THE WEEK

Jump Desktop
Price: Free

A remote desktop app that lets you securely connect to and control any computer in the world.

Features:

- Easily connect with your home computer for instant remote access
- Manage servers and provide tech support
- Encrypted for security





PHOTO BY ALEX COOP

Female gamers who play online games like Halo 4 face offensive verbal abuse from other players.

Video game maker to ban players for sexist comments

ALEX COOP

Biz/Tech Reporter

Female gamers can rejoice.

343 Studios, creator of the newly released Halo 4 for the Xbox 360, has a new policy that bans people from online play if they make sexist comments.

"The fact that sexism is being acknowledged is much appreciated," said Francesca Reyes, editor-in-chief of *The Official Xbox Magazine*. "The execution of this new policy however remains to be seen."

Reyes said it's still unclear whether it's a hardwired policy, meaning automatic, or if it relies on staff members to monitor and look into complaints.

Going forward, Reyes said the new policy should act like a springboard for all gamers, who can eliminate sexist behavior when it happens.

"Gamers themselves should step out of their comfort zone and call each other out," she said.

Reyes said the gaming audience

has grown, and though the hardcore, competitive portion of gaming is still geared towards males, the overall culture of gaming has expanded.

"The philosophy of gaming has been simplified," she said. "The people making games have also changed."

According to marketingshift.com, Reyes is currently the only female head of editorial of any major video game print publication.

When it comes to women in the game programming courses at Humber, game programming instructor Lynda Hausman said the rise of mobile gaming has attracted greater attention from females who weren't interested in games before, either playing or developing.

"From a gaming company's perspective, it makes sense to be hiring women and getting that perspective," Hausman said. "I would hope that in the near future, we're going to see women finding jobs more easily in this industry."

Electrical engineering student, Kat

Niskanen, 20, has been on the receiving end of stereotypical comments from players who found out she was a female gamer.

"They immediately assumed I didn't know what I was doing," she said.

When it comes to 343's new policy, Niskanen said it has good intentions, but doesn't think it's necessary to ban a player completely.

"It should depend on how severe the case is," she said.

Meagan Borosch, 19, a first-year film and television student at Humber is an avid gamer who bought Halo 4 at the release party on Yonge and Dundas on Nov. 6.

She said she thinks the new policy will attract more female players to play online.

"I usually only chat online when I'm playing with friends," Borosch said. "During the rare occasion when I talk while playing with strangers, I get flooded with friend requests just because I'm a girl."

Avoid work-school juggling act

Instructor discourages working more than 15 hours weekly

ALESSANDRA MICIELI

Biz/Tech Reporter

For some students in intense post-secondary programs, working part-time can be a real struggle.

Marianna Ciappa, 22, a post-graduate public relations student at Humber's Lakeshore campus, said she can relate to the constant juggling of a heavy course load, plus part-time work. She's part of a program that strongly recommends not working during the semester.

"Working and going to school is challenging, but it helps us prepare for real life expectations," said Ciappa on the experience of being in an intense one-year program.

Ciappa works part time as a manager-in-training at Carter's Oshkosh, a children's clothing store at Vaughan Mills Shopping Center.

Ciappa said her professors advised her to work only if she needed to, since her program is just one year and incredibly fast-paced.

"When we come into this program,

they suggest for us to work a maximum 15 hours, because the work load is very intense, because it's only a year," said Ciappa.

Kalene Morgan, program coordinator of the one-year public relations post-graduate program at the Lakeshore campus, said it's important to put school first.

"We are really clear about the demands of the program, and we tell students, you can work 10 to 15 hours a week maximum and that's it," said Morgan. "And if you choose to work more, then you are putting your academic career in jeopardy. And more than that, you are missing out on long-term career prospects."

One choice for students can be to find a job on campus.

Christopher Shimoji, manager of LinX Lounge at the North campus, said at LinX, students can work around class schedules.

"We'll go through their entire schedule and see where we can fit people," said Shimoji. "If it works to the point where they only have to work

like an hour or two hours just to fill in a spot, then that's what we do."

Shimoji said on-campus jobs are perfect for the average student.

"I think on-campus jobs are really good for students, because it's in between their classes, they're already going this way anyways, and they're very close to it, so I think it's a benefit for sure," said Shimoji.



PHOTO BY ALESSANDRA MICIELLI

Students in running for GM design prize

CAMERON DA SILVA

Biz/Tech Reporter

Two Humber students were announced in late September as finalists in the North American General Motors Interactive Design Competition.

Reymin De Leon and Rick Reininger are both in the final years of the bachelor of industrial design program.

"I wanted to do an electric Chevrolet Camaro because I knew nobody else would do it, so I wanted to separate myself that way," said Reininger. "If I could design an electric based Camaro that I would like and drive, then hopefully it would resonate with other people."

De Leon, who is designing a proposal for the next generation GMC Terrain, said he is designing a car that focuses on the customer.

"I looked at what the car might be missing and what we could add to make the customer feel more at home and more at ease when traveling with

the car," said De Leon.

Competitors are currently in phase two of the competition. The finalists' task is to continue to develop both their interior and exterior designs from phase one into a final entry.

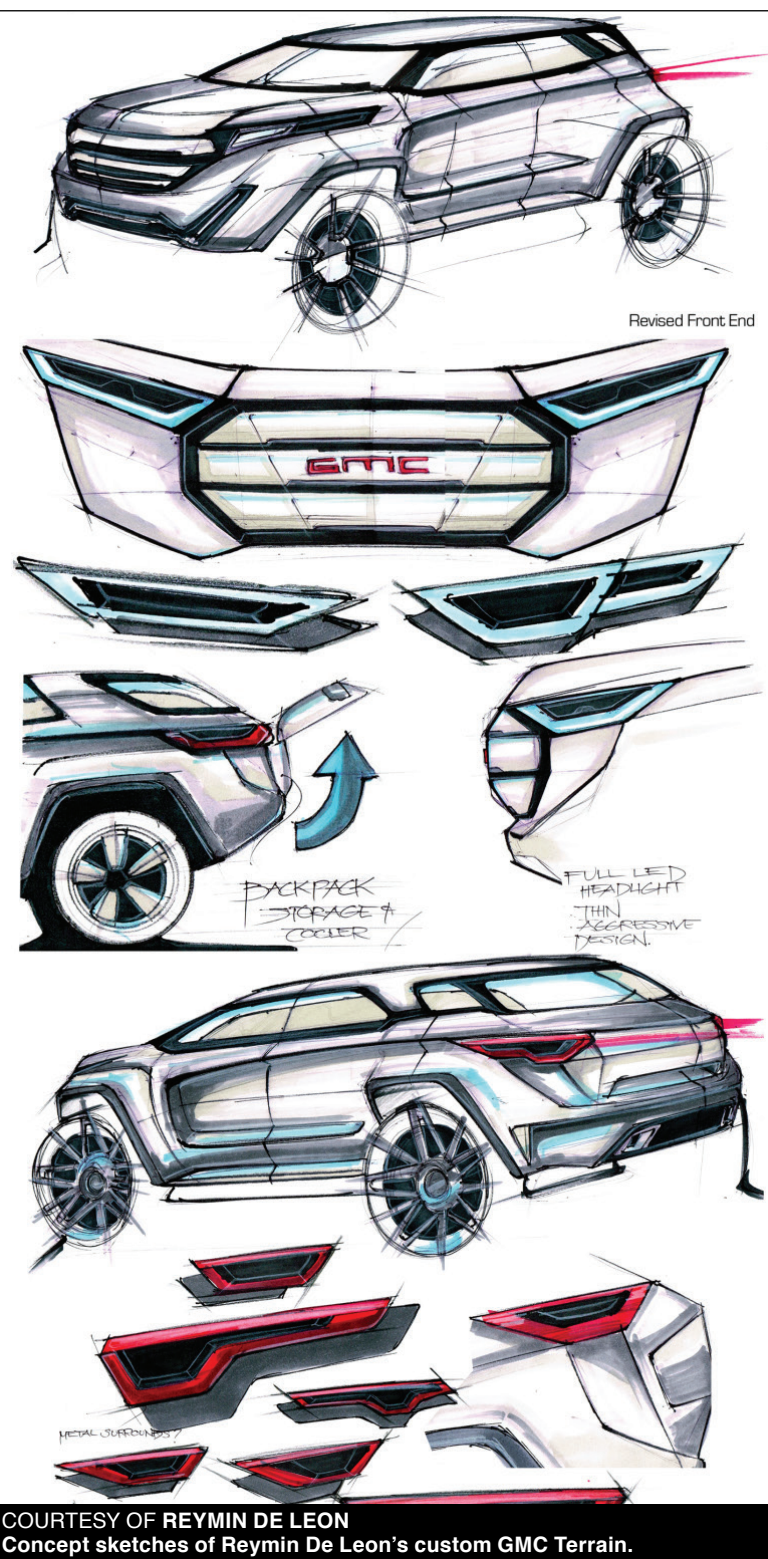
The deadline for phase two is Nov. 25.

Five winners will be chosen and they will all receive a paid internship at GM's design studios in Warren, Michigan.

Ken Cummings, industrial design professor at Humber said there is going to be a need for innovation to meet the fuel economy (CAFE) standards of 2025.

"The average miles per gallon on today's cars is about 27 miles to the gallon right now. They're going to have to meet CAFE standards for vehicles that will be 54.5 miles per gallon by 2025," said Cummings.

When asked about how well they're going to do in the competition, both students said they don't have any predictions but will work as hard as they can and produce the best designs they can.

COURTESY OF REYMIN DE LEON
Concept sketches of Reymin De Leon's custom GMC Terrain.

Infidelity an inherent human trait

Petraeus scandal raises questions of self-discipline and sexual, primal urges

Behind every great man there's apparently not just a great woman but two or three, at least.

Gen. David Petraeus' tawdry downfall has the makings of a tragedy by Shakespeare, or perhaps, Dashiell Hammett.

There's a younger woman, sexual jealousy, and a powerful figure brought down by the appurtenances of his success.

The story has recurred through history, from King David and Bathsheba to Bill Clinton and Monica Lewinski, et al.

Petraeus, former commander of U.S. forces in Iraq and Afghanistan and most recently director of the CIA, has been both chastised and pathologized for his behavior.

According to a Huffington Post poll, about 49 per cent of Americans believe Petraeus should have to resign for his transgressions.

In an article attempting to explain Petraeus' infidelity, Temple University psychologist Frank Farley told USA Today that men in positions of power are more likely to be risk-takers than the rest of the population.

Psychologist and columnist on infidelity, Mira Kirshenbaum, meanwhile, told the paper that Petraeus' lapses might have resulted from an inflated sense of entitlement that comes with power and prestige.

Neither of these analyses are on the

mark, nor are outright condemnations of Petraeus' behavior.

This isn't to say his actions are justified, just that they are not due to an over-inflated ego or other personality defect.

Anyone in his position could have made the same mistake.

To understand infidelity and respond to it appropriately, the tendency to stray should be recognized as an inherent human trait, not a character flaw.

If there's any doubt about the prevalence of unfaithfulness, don't just consider the number of people who actually cheat on their significant other.

Consider the multibillion-dollar pornography industry, which is hardly just the domain of single men.

Petraeus didn't cheat because of entitlement or risk-taking.

He cheated because of his sex drive and he is likely no less disciplined than most in the general population.

He's just in a position, like Tiger Woods and Arnold Schwarzenegger, where opportunity is rife.

The difference between men like Petraeus and the rest of the population is that they are in a situation where they have the luxury to satiate their urges through a real body rather than a warm laptop.

Most men, particularly as their hairlines recede, their stomachs expand and their potential fades into what-could-

have-been, do not receive that much overt attention from the opposite sex.

They also have much lower prospects of finding another long-term mate if their current one divorces them for sexual impropriety.

Infidelity is an issue of self-discipline, like gorging on tiramisu after already eating a loaf of garlic bread and pound of spaghetti.

It can never really be determined why David Petraeus cheated on his wife while, say, Barack Obama didn't (at least as far as we know).

What can be said, however, is the more often you put people in situations where self-discipline is challenged, the more often they're going to succumb to temptation.

Unlike other lapses of discipline though, infidelity sets off an emotional chain reaction in everybody involved.

And watching someone gorge on copious amounts of tiramisu doesn't make us question our own dietary discipline.

The public's judgment of Petraeus could easily come from a tad of resentment.

It could also come from the fact that, while reflecting poorly on the individual, the personality-flaw theory of infidelity reflects better on humanity as a whole.

The alternative is we're just a bunch

of animals grappling with overpowering primal urges.

That goes against fundamental liberal democratic notions that the road to human fulfillment is paved with good jobs, family dinners, and hobbies involving power tools.

In this sense, hedonists and Christians are more similar than it appears at first glance.

Both believe that humanity is inherently animalistic/sinful.

One just believes that those urges should be expressed, while the other believes they should be sublimated.

Petraeus didn't do anything that violated common sense. He just did what made more sense in the short-term than the long term.

The unfortunate fact is that people live with a constant tension between short-term pleasure and long-term fulfillment.

This isn't anything that can be resolved.

Sexual freedom and tiramisu leaves us wanting long-term love and a flat stomach, while a life of monogamy and vegetables drives us slowly insane.

All we can hope to do is navigate the conflicting urges with as few collisions as possible.

When someone like Petraeus goes town in a ball of flames, we should neither judge nor condemn. Just be glad it isn't us.

QUOTED

Are you at all interested in watching the CFL?

Tristan McLean, 23
General Arts, 1st



"No. The CFL sucks. It is mediocre. I would rather watch college football and most definitely the NFL."

James Krug, 24
Engineering, 2nd



"Not particularly. I'm more of an NFL guy. It seems more real and has better players."

Scott Lillie, 22
Justice Studies, 2nd



"I don't really follow it but with the Grey Cup in Toronto it makes it a little more interesting."

EDITORIAL CARTOON



CARTOONIST: CARTER KEE

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Catholic Church must stop meddling in Irish politics



RYAN SAUNDERCOOK
Biz Tech Editor

Last week, a Hindu woman in Ireland died after she was denied an emergency abortion because of the country's Catholic "values."

Savita Halappanavar, 31, a dentist who'd emigrated from India, was 17 weeks pregnant when she entered Galway University Hospital on Oct. 21 suffering from back pain. She was going through a miscarriage.

Her suffering would end with her entirely preventable death from sepsis a week later.

In an interview with the Irish Times, Halappanavar's husband Praveen said his wife asked numerous times over a three-day period to have the pregnancy terminated, only to be told that the fetal heartbeat remained detectable and that "this is a Catholic country."

Abortion was banned in Ireland in 1861 and a constitutional amendment in 1983 granted an embryo full citizen rights. Women in Ireland who abort illegally can end up spending the rest of their lives in prison.

Despite this, women whose lives are at risk because of a pregnancy should be able to abort, according to Irish law. This was the case with a 14-year-old who was raped by her neighbor and threatened to commit suicide in 1992.

The Irish Supreme Court stated that a woman had a right to an abortion if there was a "real and substantial risk" to her life, including the risk of suicide.

It appears that Galway Hospital missed the memo.

Halappanavar waited over two days for the life inside her to end on its own, but by the time the fetal heartbeat stopped it was too late.

Halappanavar was moved to the intensive care unit shortly after the removal of the dead fetus, where she died hours later from the pathogens in her blood.

A miscarriage is tragic enough, but because of these archaic Irish laws, Praveen Halappanavar has lost not only his future child but also his wife.

Monday morning Savita asked if they could not save the baby, could they induce to end the pregnancy? The consultant said not as long as the fetus had a heartbeat.

This woman was killed by superstition, simple as that. She died thanks to ludicrous beliefs perpetuated by one of the most influential churches in the world, and a man in a silly hat who thinks he talks to God.

Yes, much of the blame falls on the hospital, but the issue never would have arisen in the first place if the Catholic Church would stop trying to meddle in political affairs.

Praveen brought his wife's body home on Nov. 1. She was cremated and laid to rest two days later.

Public shaming is demeaning



JULIE FISH
Photo Editor

First, there was a pre-teen punished by his father by being made to wear a sign at a busy California intersection saying he was sorry for disrespecting his teacher.

Then, a mother in Australia disciplined her child in a similar sign-shaming manner for stealing chocolate bars from a corner store.

Parents everywhere thought this new, and therefore best, form of punishment was the answer to making children behave.

Multiple copycat sign shaming ensued.

Even the pet-parents of the world took to the Internet to shame their four-legged family members.

Looking at photos of dogs and cats blasted for such things as "stealing pizza" and watching a mouse "eat my food and not doing anything" became the best way to waste time on

the web.

Next, society took it a step further when vigilantes and the ironically named Anonymous activist group started ousting online bullies that targeted teenager Amanda Todd before and after she took her life.

By revealing their real names, addresses and professions, the anonymity those 'trolls' had been hiding behind was removed and they were publicly shamed for shaming anonymously.

And now a municipal judge in Cleveland has ordered a woman's court-appointed punishment as having her driver's license suspended for 30 days, paying \$250 for court fees and to be publicly shamed for two hours over two days.

The sign the 32-year-old was ordered to hold read: "Only an idiot would drive on the sidewalk to avoid a school bus."

The woman's crime was definitely idiotic, especially since she also apparently did this every day and someone had even uploaded footage of it on YouTube. Search "woman drives on sidewalk to avoid stopping school bus" if you want to join in on the shaming.

Public shaming is not a new concept, but when did it become acceptable again? I thought, dunce caps, pillories and tar-and-feathering went the way of the dodo bird when prisons became commonplace ages ago.

Somehow that pesky little thing called technology must be involved. The world has become a tiny place and people's voyeuristic inclinations are constantly being fed every little detail of everybody's lives.

The major problem with this is that what goes on the Internet, stays on the Internet. Forever. For all future employers, lovers and foes to search for and begin the shaming all over again.

Maybe some people deserve to be constantly humiliated by their past wrongdoings. Cough, Rob Ford, cough.

But I take serious issue when children are being publicly shamed.

I know a lot of parents like to share all their children's firsts with the world but I really don't see why little Suzie's first public shaming should make it into her childhood scrapbook.

ParentingOnTrack.com, an award winning parenting advice site, posted

an article earlier this year titled, "Ten reasons public shaming is not a respectful discipline strategy."

Three of the reasons especially struck me: "Psychological damage to the child," "It's a thumbs up for bullying," and, "It breeds more unhealthy five-minute sessions of fame."

The first one you would think is a no-brainer. Kids are not fully developed human beings and don't have the coping mechanisms to deal with humiliation at that level. And when the humiliation is brought on by a person the kid is suppose to be able to trust, the difficulties kids face trying to grow up to be healthy and stable persons are compounded.

The second one: public shaming is mean and a form of bullying, so enough with the bullying, already.

The third reason adds to how the current generation growing up right now has been hardwired to share everything in their lives with the world. They might not understand that those moments of adoration are short-lived and shallow.

At this time in my life I am just a pet-parent, but if I do have human children one day, I sincerely hope this trend will be extinct by then.

CFL a part of Canadian history



SHALENI MCBAIN
Life Editor

Growing up in Saskatchewan I was born and raised as a football fan.

Of course, coming from Saskatchewan, I bleed green; I am a Roughrider fan through and through. One thing I have noticed in the two-and-a-half-years that I've lived in Toronto is the serious absence of Canadian Football League pride.

Don't get me wrong, I watch the NFL, too, and I'll be a Dallas Cowboys fan until the day I die (I'll love them even more once they get rid of quarterback Tony Romo.)

But I have had numerous conversations about football since I have moved to Toronto where someone has said to me, "Why would you care about the CFL?"

The first thing I think of is the fact that I am Canadian and I like to support my country and the economy here.

Second, I love the game of football more than most things in this world, because I grew up in a very football-oriented household.

Someone told me that the CFL is an inferior product due to its rules and regulations.

I don't really understand what is substandard about a larger field, less downs and a bigger football than in the American version of the game.

I do understand the CFL is not as wealthy and profitable as the NFL and therefore doesn't receive half the mainstream TV coverage. The ath-



PHOTO COURTESY OF WIKICOMMONS
Calgary Stampeders advance to the finals after defeating Roughriders.

letes' salaries in the CFL are also significantly less. A starting quarterback may make \$250,000 as opposed to an NFL pivot who could be making on average \$9,000,000 a year.

Football has a rich heritage in both Canada and the United States.

It has been documented that the first instance of a game that corresponds to modern-day North American football was in the mid-1800's. That game was played between McGill University and Harvard University.

Since then the game has evolved in both Canada and the United States to have similar, yet different rules.

The Yates Cup is the oldest football trophy in North America. It is presented annually to the winner of the Ontario University Athletics football conference. The trophy was just awarded its 105th year to the McMaster Marauders.

Have we just lost what it means to be Canadian? Are we trying so hard to become Americanized that we are letting go of our heritage?

The 100th edition of the Grey Cup is being held in Toronto this year, and even with the Toronto Argos being one game away from contention, you'd be hard pressed to know the championship is happening here.

The CFL and Grey Cup are on the back pages of the sports section and it's hard to find any coverage of the games on television. The analysis pales in comparison to the focus and breakdown given to the NFL.

I bet I could walk down the Humber College halls right now and people could tell me who won the NFL's mid-season Monday night football game this week. Yet, I would be hard pressed to find someone who knows when and where the Grey Cup is played this year.

I look to older generations and see that the further you go back, the more CFL pride there is. It seems to be the younger generations that have less of an investment in the CFL and more in the NFL.

I think this also varies depending upon where you live in the country. I do believe the CFL is bigger in the west than in the east, although, I have heard there is interest in a team being developed in the Atlantic region with a group called the Schooners from the Maritimes to attend the Grey Cup. Canadian football is also a big sport in Quebec.

Take a moment to think about how many great players the CFL has produced. Think about how many of those players have gone on to play in the NFL.

On Sunday, Nov. 25, the 100th Grey Cup will take place in Toronto, and that's a remarkable thing.

Not many traditions make it to a century. As Canadians, let's recognize the importance of that.



PHOTO BY CHARLOTTE HILLYARD
The virtual store from Wal-Mart and Mattel Canada is located at Union station near the Royal Bank Plaza in Toronto's underground P.A.T.H system.

Comic book club launches in January

DERICK DEONARAIN
Arts & Entertainment Reporter

Humber students will get the chance to talk superheroes and comics when the Humber Comic Book Club officially launches at North campus next semester.

Students who join can expect big events, interesting conversation, and screenings of comic book movies and TV shows, said Aaron Araujo, 19, first-year media foundations student and president of the club.

According to Araujo the decision to create a club like this came when he realized that there wasn't one offered by HSF.

"I was walking around the Student Centre on the day of the Clubs Fair back in September looking for clubs that might suit me. A few

"I've been waiting for Humber to have a club like this."

Rohan March
Business Management

did but I knew what club I wanted to be a part of. It didn't exist, so I changed that," said Araujo.

Stadium Comics, a comic book store in Brampton, is partnering with Araujo to help him get the club off the ground.

Students may recognize the name of the store from the weekly comic book booth that they set up at Humber's North campus every Wednesday.

"The relationship between the club and Stadium comics is 50 per cent business and 50 per cent awesomeness," said Araujo.

Stadium Comics will help the club run at its full capacity and deliver a community experience through discussion and facilitation.

"We're really excited about the comic book club starting up," said Kevin Hickey, owner of Stadium Comics.

He believes that the club has the potential to bring positive energy to the student experience at Humber, he said.

"There's lots of potential for fun events such as comic movie nights, or maybe even a Humber comic-con," said Hickey.

He credits the student response that he's received from his booth and the work Araujo has put in as the reason for all the interest in a comic book club.

"I've been waiting for Humber to have a club like this and I'm really excited to join in the New Year," said Rohan Marsh, 20, a first-year business management student at North campus.

Virtual toy store opens at Union Stn.

CHARLOTTE HILLYARD
Life Reporter

Christmas is just over a month away and Mattel and Wal-Mart have introduced a Virtual Toy Store at Union Station.

The store is located in Toronto's underground tunnel system, P.A.T.H, near Brookfield Place and is there on a four-week trial period. It was designed for parents to get their shopping done without the hassle of going to a store to wait in a long line.

"The virtual store is a new innovation from Wal-Mart. It is a new way to grow," said Jeff Tate, category marketing manager for hardlines and seasonal at Wal-Mart Canada. "There is only one location, in Union station, because it is so busy with commuters who need to shop for the holiday season."

The Virtual Toy Store is designed with three steps. First, customers can scan the QR codes of a toy with their smart phone, and then will be taken to the Wal-Mart Canada website where they can confirm their item, and finally pay for the purchase, which is then shipped to the customer's home.

The toy store was created by two Toronto based companies Brandfire Marketing Group and IMA Outdoor Inc. and opens doors to a new shopping innovation.

"I would definitely shop there, I would take the kids in my family there too," said Melissa Russell, 21, a second-year law clerk student at Humber. "I do mostly online shopping anyway, so that's just perfect. You don't have to wait in line, you don't have to deal with customers."

The store features toys like Hot Wheels, Barbie, and FisherPrice, which are all Mattel toys.

"I was actually coming around Union to meet a friend, and after walking around I saw the Virtual Toy Store," said Nathan Scott, 22, a second-year photography student at Seneca College, and virtual store shopper. "A lot of the gifts that my nephew wanted were on the wall, so I took out my smart phone and followed the steps. It made things very easy."

"The virtual store also offers free shipping. There are no pick-up options because the purchases are done through Wal-Mart's website," said Tate.



PHOTO BY CHARLOTTE HILLYARD
A mother and child shop for the holiday season at the Virtual Toy Store.

Seasonal drinks jam-packed with sugar

SARAH STINCHCOMBE
Life Reporter

The hidden sugar content in seasonal drinks may make think you twice before ordering your second.

Places like Starbucks, Tim Hortons and Williams Fresh Cafe all offer seasonal drinks that are very popular, but are packed with hidden sugar content.

According to the Mayo Clinic website, consuming large amounts of sugar can lead to tooth decay, type two diabetes, heart disease and obesity.

Aviva Allan, a nutritionist with Pande Family Wellness Centre said that sugary drinks contribute to bad health.

"Yes, sugar will affect your immune system especially this time of year when people struggle to stay healthy," said Allan.

Allan added that sugary drinks will contribute to weight gain.

"Excess sugar in your body will store fat so if you have a large amount of calories from sugar, that can play a

role in weight gain," she said.

Allan said that people will often fill up on sugary drinks, but don't realize those are empty calories, that they are not actually getting any nutrition.

Starbucks is well known for its specialty coffees and lattes. The caramel brulee latte has 24 per cent of a person's daily carbohydrate needs just in a medium sized drink.

Sarah Attard, 20, a Starbucks barista, cautions customers about the hidden sugar content in their drinks.

"To all my customers I recommend they get half sugar because full sugar is too unhealthy," she said. "I make the peppermint mocha with less sugar than it should actually have in it," said Attard.

Attard added that the peppermint mocha has four pumps of mocha syrup and two pumps of peppermint which adds up to six pumps of sugar, and each pump is equivalent to a tablespoon.

Tim Hortons lists all their food and drinks on a nutrition page on their website, and the popular seasonal candy

cane white hot chocolate has 43 grams of sugar. Chelsea Brown, 19, a Tim Hortons' employee said it is because of the candy cane pieces in the drink.

"The hot chocolate has a lot of sugar

in it. Only because the candy cane pieces and the whipped cream, it's not loaded with toppings but it still has a fair amount of sugar," said Brown.



PHOTO BY SARAH STINCHCOMBE
Specialty drinks contain a high hidden sugar content at popular cafes.

Vegetarians and vegans live longer than carnivores: study

Less calories, fat may benefit those who eliminate meat

KARA MATTHEWS
Life Reporter

An ongoing study by the Seventh Day Adventists shows vegetarians and vegans could live longer than meat eaters.

The decade-long study is being conducted at Loma Linda University in California, and is following 96,000 participants across Canada and the United States.

Humber's food and nutrition management coordinator and registered dietician Susan Somerville said the study is accurate, and often used in lessons about the benefits of vegetarianism.

"They find that people, especially on the vegan diet, end up eating fewer calories and less fat. That means less risk of high blood pressure, and cardiovascular disease," Somerville said.

She said vegetarians and vegans

eating a diet high in fibre with fruits and vegetables have fewer digestive problems.

"They've also found less incidents in some types of cancer, this can be due to high amounts of anti-oxidants in foods like beans and lentils," Somerville said.

Despite its benefits, Somerville said the change to vegetarianism, and especially veganism can be challenging. She said there are essential vitamins in meat that now must be found elsewhere.

"Really good sources of iron and zinc tend to be red meat, but it can be found in things like beans and nuts," she said.

Second-year Humber music student Dylan Cunningham, 20, is an avid meat eater, but said he isn't surprised by the results of the study.

"I think most of the meat we eat is

unhealthy, like burgers and chicken wings. I can see how it's detrimental to our health," Cunningham said.

Canada Beef's nutrition program manager Karine Gale said there are worse health risks than meat.

"If we're really trying to make an improvement to the diet of Canadians, taking meat out isn't priority number one," Gale said.

She said the problem is empty calorie foods, specifically processed foods. Canadians also lack adequate amounts of fruits and vegetables in their diet.

Gale recommends people follow Canada's Food Guide. It is a plant-based diet that includes small portions of healthy meat.

"Variety is key to a healthy diet, and that includes meat," Gale said. "Meat is very nutrient dense. It provides high quality protein, and for every portion you receive 14 essential nutrients."



PHOTO BY KARA MATTHEWS

Eating more leafy greens and smaller amounts of meat may improve health.

007 inspired workout packs a punch

CHARLOTTE ANKETELL
Life Reporter

A Toronto-based gym, Think Fitness, has created an intense workout regimen featuring James Bond moves and stunts.

Kevin Thorne, facility operations manager and a Humber graduate, is

one of the trainers running the action-themed class, "Drop the Last 007," meaning the last seven pounds needed to reach a personal goal.

The classes continue to run to the end of November, Thorne said.

Brent Bishop, owner of Think Fitness Studios at 2489 Bloor Street West

near Old Mill Road, said the spy-oriented workout consists of seven exercises during seven days aimed at losing the last seven pounds.

"It's very intense, more an intermediate to advanced program," Bishop said. "Everyone wants to be physically fit, and the Bond character Daniel Craig has become much grittier, more physical."

Angelique Swanepoel, 23, a second-year health and fitness promotion student, said she would take this class just to say she has learned the stunt moves.

"If I took the class I want to know how to control my body better," Swanepoel said. "I'd want to make sure I know how to do the stunts safely, and

which environment to do them in."

Heather Donovan, 18, a second-year health and fitness promotion student, said it's a really an interesting concept: "Who would have thought to do a James Bond type of workout?"

That seems to be what many others are thinking, as the classes are gaining popularity.

"We've definitely got a lot of attention online and within the local media," Thorne said. "In the studio everyone loves the themes that we add to the workouts, it's a good way to incorporate something else."

There are many agility requirements, mental and physical toughness,

combat and speed, Bishop said. All of those things are factored into the program and part of that is keeping up with the latest trends and movies coming out, he said.

Bishop wants to inspire people to get fit and be physically active, and the action movies are inspiring. The workouts give people the time to escape reality for a bit, he said.

"Once you join, it's almost like you are back in gym class. There's a lot of functional formability type drills, were definitely going to get your body really primed," Thorne said. "Just a heads up. Expect to have fun and have a kickass workout."



PHOTO BY CHARLOTTE ANKETELL

Clients use a pair of weighted boxing gloves and pads while working out.



PHOTO BY CHARLOTTE ANKETELL

Stephanie Sibbio, assistant manager at Think Fitness in Toronto, takes on the class with full force.

Humber mental health campaign rolled out

Humber nursing students raise awareness about mental health stigmas

KARA MATTHEWS
Life Reporter

A group of Humber third year nursing students were in front of the North campus health center on Nov. 13 raising awareness for mental health issues.

"The students are presenting some general information on mental health," said clinical nursing professor Rebecca Clodd. "There is specific emphasis on post-secondary students, and where they can go for help."

Clodd said the group chose to conduct a mental health awareness raising campaign as a class project.

Sameehan Patel, 19, a third year nursing student working on the campaign said there could be negative con-

notations that come with a mental illness diagnosis.

"We're trying to decrease the stigma that surrounds mental health illnesses," Patel said.

He said people often believe there is no help once they have been diagnosed with a mental illness. Patel and his fellow students want to show students that this is not the case.

"There is a lack of knowledge among post-secondary students about the services they can access," Patel said. "The most helpful services we have found at Humber are the Health Center located in the athletics building, and counseling services in room B112."

Patel said the most common mental illnesses found in a post-secondary situation are depression and anxiety.

"It's difficult for students to cope with being away from home. The stress of school builds up, and the inability to deal with that stress becomes a more serious problem," Patel said.

Second-year fashion arts student Ivy Okojie, 20, thinks more should be done at Humber to inform students about their options.

"I don't know very much about the counseling services at Humber. It's unfortunate because I could really benefit from them," Okojie said. "I think it's great that they have those services available though."

Patel said it is important to raise awareness for mental health. He believes students should feel supported, and understand every resource available to them.



PHOTO BY KARA MATTHEWS
A Humber third year nursing student sets up a display booth outside the Health Center Nov. 13

to the NINES

How often do you go shopping?

Not very often but I do like to go.

Where is your favourite place to shop?

Wherever I see something I really like. Black-Market is really cool.

What is your favourite article of clothing?

I really like belts, they're super practical.

If you could describe your style would it be?

Kind of free-spirited, kind of hippie.



Evan Henderson, 20
Film and Television Production, 2nd



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Filmmakers seek funding from fans

JESSICA PAIVA
A&E Reporter

With no funding help from schools, film students say they are struggling to raise money for their independent films.

Jessica Reis, 21, the producer of student thesis film *Sweet Something*, said since Humber doesn't provide money to complete the films assigned, students have to come up with other ways to get curriculum projects funded.

"We sold chocolates, we got private donations from different people, we advertised it, put it all over Facebook and Twitter, we started an Indiegogo campaign which is essentially a website where people can go to raise money for causes and films," said Reis.

"Depending your position in the film crew, you contributed a certain amount of money and we got a certificate from a lighting equipment place for a rental credit."

Kane Miller, the production manager for *Sweet Something*, produced as part of his program requirement,

said there are many expenses to keep in mind in deciding on a film's budget.

"I talked to each department, there's a camera department, a lighting department, sound department, and so forth, to figure out what they needed in order to include prices in the budget," said Miller, 22, in fourth-year film and media production.

"Our approximate budget was \$5,200 and that covered food, lighting, rentals, transportation, wardrobe, we rented a truck on the last day, storage unit, insurance, we needed to rent a recorder for audio, make-up, permits, generators, heaters and props used in the café where we shot (things) like dishes and decorations," said Miller.

William F. White, whom students refer to as 'Whites,' gave \$1200 worth of equipment rental to every group working on their thesis project.

Reis said she wishes Humber would provide some money to produce the films, however she understands why they don't.

"In the real world if we want to make



PHOTO BY JESSICA PAIVA

Film students Jessica Reis (left) and Kane Miller, are currently producing a Humber College thesis project entitled *Sweet Something*.

a production happen we have to go for the money," she said. "I feel like that's why Humber doesn't give us the money. They know once we graduate we're not going to have the school to give us money. We're going to need to know and have a little experience of where we can and cannot go to get that money."

Miller added, "Our budget is one of the cheapest budgets but some of them require so much more that it wouldn't be fair to give people different amounts."

Reis allows that what the college does provide for the projects is critical.

"In a sense, Humber did provide us with a lot, they gave us free equipment, studios and guidance from people who worked in the field so that's their excuse for not giving us money but it would help us and it would make things less stressful," said Reis.

"In my three years at Centennial College, our independent films were solely funded out of our own pockets," said Joseph La Madrid, 22, a third-year broad-

cast and film at Centennial College. "The school's only contribution to the projects was the equipment which was amazing, however they were limited to what they had and so were our projects."

"One of my project's final budget cost was \$5,430 in a group of 10 people," said La Madrid.

"That's roughly \$550 each person which for a college student is a lot of money on top of our own equipment and books."

Clamshell Quintet bridges political gaps

LISA MAYOR
News Reporter

In a crowded and low-lit Irish Pub in Scarborough, the words of Mayor Rob Ford kicked off the debut show of the Clamshell Quintet.

"Okay folks, let's get down to some good ol' rock 'n' roll!" Ford said to launch the performance.

Councillor Maria Augimeri's deep Peggy Lee-esque voice commanded the entire Tara Inn for the first song of the night, the band's rendition of "Fever."

The Clamshell Quintet is made up of seven city council members and

friends with diverse political perspectives and opinions.

Ford introduced each member individually with his children, Stephanie, 7, and Doug, 5, at his side to open the show.

Members include councillors Maria Augimeri and Paula Fletcher on vocals; Tom Beyer, Mayor Ford's special assistant on keyboard; Councillor Gary Crawford on drums; Councilor Mike Layton on guitar and local activist Dave Meslin on bass.

Crawford's son Jesse Visser also played guitar with the band.

Councillor Crawford, Ward 36 Scarborough Southwest, was intro-

duced by Mayor Ford as "the new kid on the block."

Crawford was first elected in 2010.

Meslin and Beyer founded the band in February 2012.

"Tom and I were talking about politics and thought it would be fun to put together a band," Meslin said. "We didn't know if anyone played any instruments so I sent out an e-mail asking if anyone did and we got a whole bunch of responses, had some practices and here we are."

Meslin said the name is because he is a fan of alliteration. He said if half of council thinks there is a deficit and half

thinks there is a surplus, a quintet should be able to have seven people. He also said they try to stick to songs that keep an urban feel.

The set was part of a fundraiser for Variety Village, a charity group that works with people with disabilities, whose Toronto building was flooded last summer.

After the set, Councillor Fletcher said the band gets along great and had a blast at their first show.

"We really work well together as a band," Fletcher said. "Music really brings people together, whether it be for a cause or at city hall."

Councillor Crawford said that Meslin wanted to put together a non-partisan group to gather and enjoy music.

"We just get together and have fun," Crawford said. "Outside of the regular stuff that happens at city hall, this lets us get together and have fun and enjoy each others company."

The band's first show came after only four practices and included a set of well-known rock hits.

Fletcher ended the set with a crowd-pleasing "Twist and Shout" that got Councillor Michelle Berardinetti up and out of her seat showing off her twist while Mayor Ford called for an encore.

IN YOUR EARS

What are you listening to?



"R&B artist Miguel's new album, Kaleidoscope Dream"

What's your preference?

"Reggae. I'm from the Caribbean and this kind of music, I really like the vibe of it."

Nikita Hyatali, 19
Fashion Arts, First year



PHOTO BY LISA MAYOR

City councillors and Clamshell Quintet band members Mike Layton (far left), Mary Augimeri (left), Paula Fletcher (right), and Dave Meslin (far right) perform a show in an Irish pub in the city's East-end.

THIS WEEK IN ENTERTAINMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19 Point Traverse @Videofag A film depicting the cold depths of the Ontario winter. Paint a stark but meditative portrait of life on the edge.	20 Trivia Speed Dating @Awtash Cafe TIME: 7:00 p.m. People aged 30-40. Everyone gets a trivia card after every date and they can use the answer to start a conversation	21 Discussion on the revenge of rave @Bloor Gladstone public library TIME: 11:30 a.m. People discuss how electronic and rave music have play a part in popular culture	22 Something strange in November @Comedy Bar TIME: 12:00 p.m. Bimonthly bizarre of the most puzzling peculiar and perplexing presentations and performances.	23 Who Concert @ Air Canada Center TIME: 8:00 p.m. One of the greatest classic rockbands for the 60's are returning to Toronto to debut new music and old favourites	24 Santa's workshop @ Queen Quay terminal Santa will be making a special stop at Winterfest on Toronto's waterfront for free arts and crafts.	25 501 street car food tour You will go through countless distinct Toronto neighbourhoods and experience the many faces of Toronto.

Festival showcases human rights docs

MEGAN RACH
A&E Reporter

The annual Reel Awareness Film Festival aims to educate and draw attention to current human rights violations.

Since 2005, the Toronto chapter of Amnesty International has raised awareness of human rights violations by showcasing award-winning documentaries from around the world at the Carlton Cinema in November.

"(There is) something about seeing a documentary and seeing the people in the film that can be extremely pow-

erful, and we want people to take action," said Sarah Edwards, Amnesty volunteer and University of Guelph-Humber public relations graduate.

With a pay-what-you-can fee, the festival is made accessible to the public, and panels are held after screenings to discuss the films and possible ways to get involved with the causes brought up in the documentaries.

"Most of the time, (movies) end and you leave. I think a lot of the time you leave with a lot of unanswered questions and you want to know how the people in the film are doing, what you can do to help...we help people figure

out what to do with all the emotions they have after watching something like that," said Edwards.

Seen last April at Hot Docs, and shown this year at the film festival, Petr Lom's *Back to the Square* focuses on the corruption and repression still rampant in post-revolution Egypt.

A second-year film and television production student at Humber, Yasmin Bertew, 20, is in post-production stages of her documentary, *Not My Egypt*. It follows a woman who tried to go back to the homeland she knew and loved, and quickly learned post-revolution Egypt is not the country she

remembered.

"You learn and see so much by seeing someone who is affected by it, by them pouring out their heart. Rather than just hearing about it, someone is actually telling you, this is how it is and how heartbroken I am about it," said Bertew. "Documentary helps broaden horizons and further your understanding of a topic."

Throughout this production process, the crew learned what it meant to be immersed in the story, said Bertew.

"(While shooting) we were actually living with our subject. The more we got to know her, the more attached we

got to the whole issue, and that really helped us connect with her a lot," said Steve Coates, second-year film and television student and *Not My Egypt* producer.

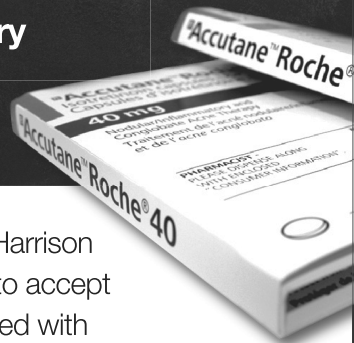
Chosen from over 90 films, the 12 to be shown at this year's festival show the power of human connection in conflict as their world changes. Seeing life and issues through the eyes of someone in a given environment opens perception and emotion.

More information on the Reel Awareness Film Festival is found at <http://www.aito.ca/reelawareness>

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PHOTO COURTESY OF ERIC BLACK AND UMBRELLA FILMS PRODUCTIONS.

A scene from the documentary *Heart of Sky, Heart of Earth*, a story about six young Maya in Guatemala and Chiapas who resist destruction of their culture and environment. The film is to be shown at the 2012 Reel Awareness Film Festival.

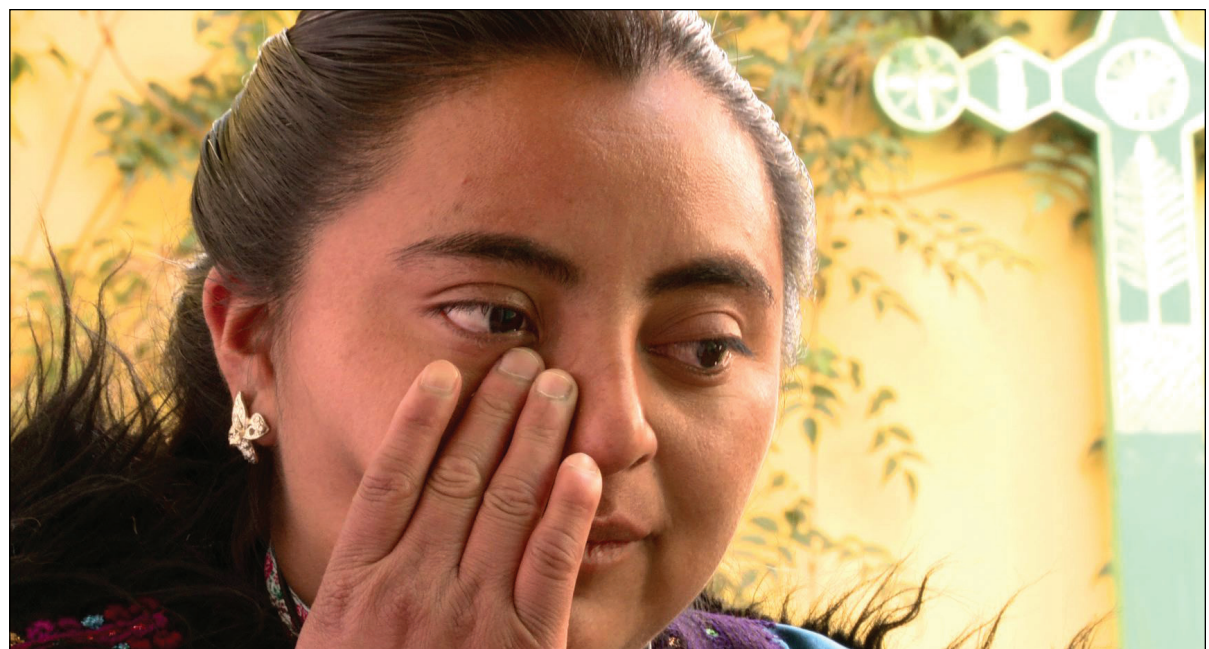


PHOTO COURTESY OF ERIC BLACK AND UMBRELLA FILMS PRODUCTIONS.

Another image from the documentary *Heart of Sky, Heart of Earth*, a story about six young Maya in Guatemala and Chiapas who resist destruction of their culture and environment. The film is to be shown at the 2012 Reel Awareness Film Festival.

Art show transcends developmental disabilities

Visual Storytelling Club artists receive the largest L Space Gallery attendance since its opening

JENNIFER ALVAREZ
A&E EDITOR

Members of Humber's Visual Storytelling Club pulled in a crowd at the Nov. 8 opening of their first art show inside Lakeshore's L Space Gallery.

With a strong outpouring of support and enthusiasm for the students and their work, over 100 people, including artists, friends, families and faculty members, attended the exhibit, which concluded last Thursday.

Anne Zbitnew, Humber photography instructor and Visual Storytelling Club facilitator, said the encouragement from attendees was empowering to Community Integration and Cooperative Education (CICE) students who contributed the exhibit's content.

"I had students coming up to me saying 'I didn't even know I was an artist' and I said 'of course you're an artist. You are an artist,'" said Zbitnew.

The Visual Storytelling Club began in 2009, after Zbitnew and integration facilitator for the CICE program Jennifer Chatsick talked about starting an extracurricular creative program that would create the opportunity for all CICE students to "just make art for art" and communicate in a non-verbal way.

CICE is described on the Humber website as a two-year diploma program at the North campus "designed to al-

low adults with developmental disabilities the opportunity to experience college life" and develop life, social and employment skills.

Through drawing, painting, sketching, and photography, CICE students created a body of work intended to show that everyone can communicate visually and connect images with stories, said Zbitnew.

"It doesn't matter if you have an intellectual disability at all, we can all communicate using images. Often, for a lot of people, words are not the typical way to communicate, so using an image and telling a story that way is open to everybody," said Zbitnew.

Chatsick said the club's show was also a way to celebrate the accomplishments of the students in compiling such an extensive and telling collection of artwork.

"The art show is an opportunity to celebrate these students' artistic work and the feedback has been very positive. We have some diehard supporters," said Chatsick.

Chatsick also said this was the first year the art show featured all of the work created by students since the beginning of the club four years ago.

"We have only one show a year and this is the first time it went beyond showcasing just the work created by the current students. We showed work

from since the beginning of the club and alumni were able to participate, it was great," Chatsick added.

According to Zbitnew, though club participation has always been positive,

this year it has been exceptional.

"This year we've had tremendous support. So many people have come, it's been pretty amazing... this year we've had at least 30 (artists) at every

gettogether," said Zbitnew.

The next CICE Visual Storytelling Art Show will take place again within a year and this time, Zbitnew said, it may include a short documentary film.



PHOTO BY JENNIFER ALVAREZ
English for Academic Purposes students Srimathavan Thangarajah, 24, (left) and Mohammed Alobaid, 19, look at some artwork done by CICE Visual Storytelling Club students displayed in Lakeshore's L Space Gallery.

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Amusement park saluted on stage

ALYSSA CAPISTRANO
A&E Reporter

Humber College alumnus Alan Penner commences a tribute to Detroit's Boblo Island Amusement Park at the Great Hall Black Box Theatre this Thursday.

Boblo merges a rock concert with a theatre show, said Penner.

"It's a musical, but the musicians are also in the story. Everything is intertwined."

The band is on stage playing music and acting as part of the show.

Boblo Island was an amusement park located along the Detroit River. It began operating in 1898 and closed on Sept. 30, 1993, due to an injury involving the owner, Michael Boodenbaugh.

All the rides are gone, but the buildings remain.

Penner, 37, who graduated Humber's jazz program in 1997, is an active musician and will be playing the keyboard and guitar, performing alongside Kitchenband, a group of theatre creators, musicians, actors, visual artists, and designers based in Toronto.

During his time at Humber, Penner said professionalism and affordability were big factors in attending.

"Ted Quilan, the head of the guitar department, was incredible in terms of demanding that students act as professionals," said Penner. "He instilled that in me right away. I was going to go to Berkley or other American (music)

schools, but because of the cost, Humber was a good fit for me."

Growing up, music was prevalent in the Penner household and it was at a young age that he knew music was what he wanted to pursue.

"My favourite part is that everything's different all the time," said Penner. "You learn to expect that everything isn't going to be the same. You wind up playing with musicians you thought you never would."

Andrew Penner, Alan's older brother is producer, musical director and Kitchenband member.

"We've played music together all our lives," said Andrew. "He's a really talented arranger and guitar player."

Erin Brandenburg, one of the producers of the show and also a member of Kitchenband, said the inspiration for the play stemmed from their childhood days.

"Boblo is a place of really great childhood memories," said Brandenburg. "We went back to the island about two years ago, and it kind of has this weird overgrown feeling of ruins now, almost like a ghost town."

Boblo will be performed at The Great Black Box Theatre located at 1087 Queen St. W. from Nov. 22 to Dec. 2.

A regular ticket is \$25 and \$20 for arts workers, students and seniors.

To purchase a ticket call 416-538-0988 or online at www.theatrecentre.org



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or see your Program Co-ordinator.



▶ 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.

Photo of the week



PHOTO BY PATRICK YOUNGER, 21
Creative Photography, 1st
"Fruit Ninja"

MEME of the week

Sister said they were going to see
Wreck-it Ralph



Buys tickets for Breaking Dawn



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. 21st.

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

When they asked Gonzo what kind of species he was, he replied, "Well, I'm a weirdo."



PISCES
Feb. 19 - Mar. 20

Never trust a man with gold teeth.



ARIES
Mar. 21 - Apr. 20

November used to be grey and cold and full of slush. Feel guilty this week for thanking global warming.



TAURUS
Apr. 21 - May 21

Motto of Donnellson, Iowa: "Coffee provided, but if you desire something tastier, bring it yourself."



GEMINI
May 22 - June 21

Join a curling club, just for the chance to yell at the top of your lungs: *Hurrrry hard! Sweeeep Harrrrd!*



CANCER
June 22 - July 23

Come now, Joe Shutter.



LEO
July 24 - Aug. 23

If you ever meet a girl who really believes diamonds are her best friend... run.



VIRGO
Aug. 24 - Sept. 22

Go on Virgo. It will only hurt a little.



LIBRA
Sept. 23 - Oct. 23

Wrap your world in tinsel and hang glass snowflakes. Don't let the humbugs bring you down.



SCORPIO
Oct 24. - Nov 22.

As Wallace Stevens wrote: "Let be be finale of seem. The only emperor is the emperor of ice cream."



SAGITTARIUS
Nov. 23 - Dec. 21

Try to convince someone there's a hitchhiker on the new 20 dollar bill. After a few minutes say, "Hrm, I guess they got picked up."



CAPRICORN
Dec. 22 - Jan. 20

"Marmalade," said the Queen. And the King said, "Aye," because he was in a jam.

Men's rugby rolls to seventh straight final

JIM ELLIOTT
Sports Reporter

The Humber Hawks men's rugby team faced their hardest challenge yet when they squared off against the Seneca Sting in the OCAA semi-final.

The Sting, coming off a 50-7 win against the Georgian Grizzlies, seemed determined from the start to avenge last year's devastating 43-13 loss at home to Humber in the 2011 OCAA final.

After the dust settled on what was one of the most brutally physical contests of the season, the Hawks came out on top with a 41-7 victory. Hawks look to capture their third straight title.

"That was definitely the hardest game we played so far," said OCAA West head coach of the year Fabian Rayne. "I believe the finals will be even harder."

The Hawks hobbled off the field, battered and bruised but in good spirits. Third-year criminal justice student Greg Giliauskas, 22, was the co-player of the game.

"I'm beat up but I feel awesome,"

said Giliauskas. "They play smash-mouth rugby. They just pound it right into you. A lot of our guys took a beating today but we just stuck in."

The Hawks took some time to get into the game, seeming to be put on their heels by the aggressive Seneca attack. But they pulled it together and struck first with a try by Scott Gauer.

Humber defense wasn't tested often this season, but they proved their worth against Seneca, fending off several attacks throughout the first half.

"We just kept hitting them back and hitting them back and they didn't cross our goal line," said Giliauskas. "That brought us together like 'hey we can do this.'"

The Hawks added tries from Jason Chuck, Adam Chianello and one of two tries from co-player of the game Jack Smith before the first half was done. Phil Boone, OCAA All-Star, leading scorer and Player of the Year, fought strong winds, kicking two conversions to make it 24-0 at the half.

The Hawks continued to impress on defence during the second half, once

again fighting off a number of determined Seneca attacks and delivering some bone rattling hits in the process.

The Sting eventually smashed their way over the Hawks goal line, scoring their only try of the game after a relentless assault that even the formidable Hawks defence couldn't stop.

Humber's offence looked sharp in the second half, getting tries from James Mitchell, Michael Fresco and a second from OCAA West Rookie of the Year Jack Smith.

Boone continued to battle the elements, adding one more conversion to make it a 41-7 final.

"They brought their 'A' game today. We had to bring ours and we came out victorious," said five-year veteran and team captain and OCAA All-Star Jason Chuck. "Our defence just had to be that much more tenacious and that much more organized in order to shut them down."

Seneca head coach Bob McArthur refused comment after the game.

The Hawks faced Trent University in the OCAA Final on Saturday.



PHOTO COURTESY HUMBER ATHLETICS
Humber beat Seneca 50-7 in the West semifinal in the team's most physically challenging match of the season.

Hawks clobber St. Lawrence in women's rugby semifinal

ASHLEY MILLS
Sports Reporter

The undefeated Humber women's rugby team will get a shot for gold, after defeating the St. Lawrence Vikings 50-0 in the OCAA West semifinal at home.

"Humber is a force to be reckoned with," said St. Lawrence head coach Gary Peacock. "We knew this one was going to be a struggle and it sure was. I wish Humber the best in their next game."

Peacock went on to explain how the team has been playing players hurt and out of position recently.

In the past few weeks the Vikings have been working on their scrum and up until now have been able to hold

their own against bigger teams like Humber.

Despite being plagued by injuries, the Hawks made headway in the first scoring three tries and three conversions, taking a 21-0 lead into the half.

"I think we played well," said Hawks assistant coach Andrew Petricca. "We obviously made a lot of mistakes and at the end of the first half. We had upwards of 14 penalties."

The increasingly cold weather and gusty winds didn't stop Humber from coming back out strong in the second half.

The Hawks shut down the Vikings offense and despite the lopsided victory the team knows it can better.

Humber captain Kelly Broderick

said the defense is still an area the team needs to work on.

"I think first of all we came out weak but then we came together and played as a team it could have gone better I think over all," said Broderick 22, a second year Business marketing student.

"Our defense is a big thing we need to work on especially going into finals," she said.

Coach Petricca said he was proud of the way his team played.

"If they did get down on themselves they picked themselves back up and remembered that they are playing for Humber," he said.

The Hawks now travel to Algonquin to battle for the OCAA gold medal.



PHOTO COURTESY HUMBER ATHLETICS
Volleyball player Andre Brown has had offers to play at CIS schools.

Hawks players recruited away

Athletics won't hold players back from making the jump to the university level

DARRYN O'MALLEY
Sports Reporter

The opportunity to play in the Canadian Interuniversity Sport league is too enticing for some college athletes to pass up.

Humber has lost several talented athletes in recent years after university recruits have offered students a chance to play in the high-calibre CIS league while earning a university degree.

"There is a lot of turnover for our rosters at Humber," said James Depoe, events and programming coordinator for Humber Athletics. "Some athletes come to Humber and see it as a stepping-stone to the CIS, which is a better league."

Volleyball player Andre Brown, 22, a first-year business student, has been scouted by numerous universities, including McMaster University, University of Toronto, and Ryerson University, and said he is interested in taking up a CIS offer.

"I'd love to play in the CIS," said Brown. "The competition is a little bit stronger."

Every Canadian varsity athlete is allotted five years of eligibility to compete at a post-secondary level, and Brown is currently playing in his fourth year.

"Playing for Humber has been amazing. It's obviously a place I would like to end my volleyball career," Brown said. "I'm still interested in going to the CIS for my last year [of eligi-

bility] though. We'll see how it goes."

Last year, Humber lost basketball star player Mark Perrin to Trinity Western University in B.C. The year before that, Michael Acheampong transferred to the University of Victoria to play basketball.

"We feel like we run a very good program up and down, but the CIS recruits heavily from our Canadian Colleges Athletic Association," DePoe said.

Athletic director Doug Fox said Humber helps its athletes achieve success whenever possible.

"In the case of [basketball players] Michael Acheampong and Mark Perrin, both told us they were interested in going to the university level. We had a number of university coaches come to watch them play," he said. "When an athlete notifies us that they're interested in going on to the university level and they've got legitimate grades, then we assist them with it."

Some athletes come to Humber thinking of it as a gateway to university athletics, Fox said. But after they experience Humber's athletic program, most athletes don't choose to leave.

"A lot of our athletes can go to the university level and still continue to play for us. We transfer a number of athletes every year into the Guelph-Humber programs," Fox said.

"The athletes can choose whether they want to play for Humber or Guelph, but we haven't had any players declare that they would like to play for Guelph yet."

Humber well represented at national level

GEORGE HALIM
Sports Reporter

Humber is producing athletes who not only represent the OCAA, but the country as well.

Three varsity athletes, Andre Brown, Kelly Nyhof and Tracy Wong, represent Team Canada in their respective sports.

Athletic director Doug Fox said the players who come out of the program exemplify the talent at Humber.

"It takes consistent performance for an athlete to be considered at the national level," Fox said. "This is the best we've ever had with players involved with the national program and it shows the level of talent we're drawing here is high."

Brown, 22, a first-year business student was invited to the men's national volleyball team tryouts in 2011 but was cut. Brown was invited back in 2012, and made the roster.

"It was devastating getting cut," Brown said. "That's every volleyball player's dream, to make the national team."

He said the biggest difference between Humber and the national team is standing out from the pack.

"I'd like to think I'm one of the best in the OCAA," he said. "On the national team, I'm just another number and I fall in line with the other guys."

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Andre Brown
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Kelly Nyhof, 22, a fourth-year child and youth student, is also in her first year with Team Canada women's volleyball team.

"I was shocked at first," Nyhof said. "It was a great feeling to say that I'm on the national team."

Although Nyhof is an OCAA superstar, she credits Humber for giving her the proper training in a sport she hasn't been playing for very long.

"I started in Grade 11," she said. "From not playing any volleyball at all, to being where I am now and having accomplished everything I have so far is unbelievable."

Tracy Wong, 19, a third-year fitness and health student, is the youngest of three siblings to be named an All-Canadian for Humber badminton, but the first in her family to represent Canada.

"It's so different," said Wong. "When you're at the top, a lot of players basically have the same skill level."

Last year, Wong captured the OCAA individual title, as well as rookie of the year honours.

She also placed second at the Canadian University/College Intercollegiate tournament, qualifying her for the World University Games, held in Korea.

Wong said the biggest difference between playing for Humber and Canada isn't the physical aspect.

"It's all a mental game at that level," she said. "A lot of international players are stronger technical-wise, but mentally, you can actually beat them if you're tougher."



PHOTO BY GEORGE HALIM
Volleyball captain Kelly Nyhof shown in her national team uniform.



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Hawks get second straight road win

PAOLO SERPE
Sports Reporter

The Humber Hawks women's basketball team surrendered at 10-point half-time lead and struggled in Niagara but held on for their second consecutive road win.

The Knights had taken the lead in their home opener in Welland by early in the fourth quarter, but the Hawks responded quickly. Maria Suriani made a jump shot and Aycha Hamaoui followed up with a three pointer that beat the buzzer.

Humber added to their lead and held on as Niagara continued to attack. Hamaoui, 22, a fourth-year kinesiology student, said the team weren't mentally into it early on, but managed to zone in and save a 61-57 win.

"We took this game for granted coming on the road," said Hamaoui. "So I'm glad we were able to push through it."

Rookie power forward Aleena Domingo had big game for the Hawks, racking up 13 rebounds to ease some of the pressure in the defensive end. Domingo found space at the offensive post, adding 15 points, to complete her first double-double this season. She credited the coaching staff with helping her grow as a defensive player.

"They've definitely disciplined me to box out and seal after a shot's gone up," Domingo said. "When you've been playing for so long it's really hard to change. But if I want to play I've got to listen to the coach."

Humber continued to struggle but scored when it mattered, maintaining a slight advantage. In the final moments Niagara resorted to fouling to stop the clock. Hamaoui hit one of two free throws and sealed the win in a difficult gym to play.

Niagara coach Ron Lemon said it was a game they could have won, but his team suffered from mental lapses and struggled with turnovers.

"The West division is so tight, anybody can beat anybody. We just need to keep a positive attitude and take care of the ball a little bit more," said Lemon.

Humber head coach Ajay Sharma was left frustrated by Humber's performance. The team shot 28.8 percent from the floor and 57.9 percent from the free throw line. He wasn't happy with the effort of some veteran players, who stayed on the bench for much of the second half.

"It's players understanding the sacrifices that are necessary to win basketball games, and sometimes that means you don't play," he said.

Sharma said it's tough for players to deal with when they just don't have it on the night, but he needs somebody else to come in and take over.

"I can get those same mistakes from rookies. They need to know how to perform and execute exactly what the coach wants," said Sharma.

Humber returned home for a double-header versus Algoma University and Sault College this past weekend.



**HUMBER
HAWKS**
(2-1)

VS



**ST. CLAIR
SAINTS**
(2-3)

NOVEMBER 24, 2012
6:00 @ ST. CLAIR

Men's rugby rolls to seventh straight final

JIM ELLIOTT
Sports Reporter

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The Sting, coming off a 50-7 win against the Georgian Grizzlies, seemed determined from the start to avenge last year's devastating 43-13 loss at home to Humber in the 2011 OCAA final.

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"That was definitely the hardest game we played so far," said OCAA West head coach of the year Fabian Rayne. "I believe the finals will be even harder."

The Hawks hobbled off the field, battered and bruised but in good spirits. Third-year criminal justice student Greg Giliauskas, 22, was the co-player of the game.

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"They brought their 'A' game today. We had to bring ours and we came out victorious," said five-year veteran and team captain and OCAA All-Star Jason Chuck. "Our defence just had to be that much more tenacious and that much more organized in order to shut them down."

Seneca head coach Bob McArthur refused comment after the game.

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PHOTO COURTESY HUMBER ATHLETICS
Humber beat Seneca 50-7 in the West semifinal in the team's most physically challenging match of the season.

Hawks clobber St. Lawrence in women's rugby semifinal

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Volleyball player Andre Brown has had offers to play at CIS schools.

Hawks players recruited away

Athletics won't hold players back from making the jump to the university level

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PHOTO BY GEORGE HALIM
Volleyball captain Kelly Nyhof shown in her national team uniform.



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Hawks get second straight road win

PAOLO SERPE
Sports Reporter

The Humber Hawks women's basketball team are on a roll, defeating Niagara College Knights 61-57 for their second consecutive road win.

The Knights had the early first quarter lead, but the Hawks responded quickly. Maria Suriani made the jump shot and Aycha Hamaoui followed up with a three pointer that beat the buzzer.

Humber would onto their lead and never look back.. Hamaoui, 22, a fourth-year kinesiology student, said the team weren't mentally into it early on, but managed to zone in and save a 61-57 win.

"We took this game for granted coming on the road," said Hamaoui. "So I'm glad we were able to push through it."

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**HUMBER
HAWKS**
(2-1)

VS



**ST. CLAIR
SAINTS**
(2-3)

NOVEMBER 24, 2012
6:00 @ ST. CLAIR

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: Vancouver Island
 BRONZE: FX Garneau

WOMEN'S SOCCER

GOLD: Ahuntsic College
 SILVER: Concordia
 BRONZE: NAIT

MEN'S BASKETBALL

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

WOMEN'S BASKETBALL

- 1. Algoma 8 Pts.
- 2. Fanshawe 6 Pts.
- 3. Redeemer 6 Pts.
- 4. Humber 4 Pts.

MEN'S VOLLEYBALL

- 1. Mohawk 8 Pts.
- 2. Nipissing 6 Pts.
- 3. Sheridan 6 Pts.
- 4. Humber 4 Pts.

WOMEN'S VOLLEYBALL

- 1. Fanshawe 8 Pts.
- 2. Humber 6 Pts.
- 3. Mohawk 6 Pts.
- 4. Niagara 6 Pts.



COURTESY HUMBER ATHLETICS
 Humber won it's third national title in men's soccer after defeating Vancouver Island University in a shootout. The previous wins came in 1995 and 2001.

Hawks claim national gold

Humber men's soccer team seizes CCAA crown after penalty shootout win

TYRRELL MEERTINS
 Sports Reporter

The Humber Hawks men's varsity soccer team claimed their first CCAA National title in 11 years, defeating the Vancouver Island University Mariners 7-6 in a penalty shootout after a 2-2 draw in regulation time.

The Hawks got goals from Daniel Braga and Matthew Rios to force extra time after being thoroughly dominated for large portions of the championship game.

Humber who have struggled with penalty kicks in the past had some luck this time.

Hawks assistant coach Mike Aquino hailed the Mariners performance, saying they were a worthy opponent.

"VIU played a great game. One that tested our teams mental and physical abilities for most of the match," Aquino said.

Humber were unable to get control of the game, they were being out-worked in the midfield and the Mariners were first to every ball.

"Ultimately, I think we were able to stay composed throughout the entire game and with a little luck we were crowned National Champions," Aquino said.

VIU coach Bill Merriman felt his team controlled the tempo of the game but were unable to put away their chances.

"As a coach I am very happy with my team's performance as they played with a lot of character and heart throughout the tournament," Merriman said. "I think Humber showed

that they're a very disciplined team on the field and they did well to keep their shape. They battled very hard and were dangerous throughout the game."

Hawks assistant coach Jason Mesa said his side did what was required to bring the game to penalty kicks.

"Our ability to defend has been our strong suit all season long and once again our backline and goalkeeper stood tall in the finals," Mesa said.

In the eighth round of the shootout, first-year Hawks goalkeeper Eugenio Garro made a fantastic save, before midfielder Yousif Yousif calmly converted the winner.

"As soon as I knew it was me taking that kick, I was thinking about Marcelo (Capozollo), I was thinking about Berto (Roberto Galle), I was thinking about (assistant coach Jason) Mesa, I was thinking about everybody. I couldn't miss, I had to bury that," said Yousif.

Despite not being at their best, the Hawks were organized, disciplined and they showed a lot of character.

In the preliminary round the Hawks slipped past College Francois-Xavier Garneau 2-0 and cruised to a 3-0 victory over OCAA rivals the Seneca Sting in the semifinals.

The Hawks triumph marks the first time an Ontario team won the national title since 2009.

"This team is one of the best group of players I've had, they were a family on the field and they all battled and supported one another. They're a special group of players," said Mesa.

- with files from Ustad Khaira



PHOTO COURTESY HUMBER ATHLETICS
 Humber midfielder Gerardo Magno with his gold medal after the final.