



CAMH COMES OUT FOR LEGAL POT BUT CRITICS ARE CONCERNED  
MORE ON PG. 5

# Pan Am Games a network for students

**Morgan Gallagher**  
QUEEN'S PARK/CTY HALL

Next summer's Pan American/Parapan Games are on track to offer unique experiences for the Humber College community.

There is a wide variety of opportunities to work and volunteer at the games, which run from July 10 to Aug. 15, 2015, and are a precursor to

the 2016 Summer Olympic Games in Rio de Janeiro, Brazil.

With more than 51 sports on display and close to 7,000 athletes, the Pan Am games will give Humber students a chance to meet and work with people in the fields that they wish to pursue.

"It's an opportunity for students to get involved. You can not only get volunteer experi-

ence, but you can build networks," said Dayo Kefentse, manager of media relations and a Humber grad from the Radio Broadcasting certificate program.

Volunteering is not the only way to get involved.

The youth summit, taking place in Toronto next March 21 and 22, could be ideal for those looking to become involved in community build-

ing, Kefentse said. "It's a way in which young people can participate (in the games)."

Another way Humber students can lend a helping hand would be to actually volunteer for the games.

Renee Wilson, corporate communications coordinator for the town of Caledon, said Humber students don't have to live in Toronto to help with the games.

She said this is especially important for Humber's many students who wish to get involved from Mississauga, Brampton, Orangeville and other communities.

"Three events have already sold out: the opening ceremonies, soccer and equestrian, which is what the town of Caledon is hosting. This makes Caledon the place to volunteer," Wilson said.

Caledon is also offering Humber students a chance to use skills learned at school with two different initiatives: The Tourism Ambassador Program (TAP), which offers students the chance to become a Pan Am representative in the Caledon area, and The Community Engagement and Activation Program.

See PANAM page 5

## Orangeville campus seeks more HSF programming

**Natalia Vega**  
NEWS REPORTER

Humber College's Lakeshore and North campuses host Humber Students' Federation events at least twice a week but the size and location of Orangeville campus can make it difficult to keep up.

Dylan Rudder, HSF vice president of student life at Lakeshore campus, said there was a reason Orangeville had only hosted a couple events so far this school year.

Rudder said finding space at Orangeville campus to host events puts them at a disadvantage.

"There's no real facility at the Orangeville campus to host events," he said.

"Even the Lake and North campuses (have been) at a shortage of events (compared to) normal because of the fact that we were trying to push (HSF) elections," Rudder said.

Orangeville campus opened in 2007 and now offers four full-time programs to students: Early Childhood Education, Fitness and Health Promotion, Police Foundations and Social Service Worker.

HSF clubs coordinator Victoria Mathieson, said Orangeville events happen about twice a month.

See ORANGEVILLE page 2.

## HAWKS MEN'S SOCCER HEADED TO OCAA SEMIFINALS



AARON D'ANDREA

Defender Domenic Roberts (right) for Hawks goes against Cambrian College in a win to send Humber to OCAA semis with eyes on championship.

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School of Liberal Arts and Sciences' first conference at the International Festival of Authors marks centenary of conflict

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Jordan Bennett's multimedia exhibit draws on his Mi'kmaq roots



# Humber considering fall reading week

**Tamara Shade**  
NEWS REPORTER

Humber College students remain hopeful the school will join the ranks of post-secondary institutions such as Ryerson University in having a fall reading week and the notion has tentative support from Humber's top administrator.

Humber President and CEO Chris Whitaker notes many colleges and universities have been moving towards having a fall reading week, an academic cus-

tom more prevalent in Ontario than elsewhere in Canada.

"I like the idea of having a reading week because it helps students with the stress of the semester," Whitaker said.

He also said it would help Humber College staff and faculty as well.

"We have committed to having a look at how we might proceed with a fall reading week. We haven't committed to one at this point but we are exploring it," he said.

As Whitaker alludes to,

come mid-October, many students are coping with school-related stress from an extensive number of mid-term assignments and exams.

Seasonal Affective Disorder is also a factor, as the months become colder and darker. According to the Canadian Mental Health Association the weather can have an effect on our moods. The association's website discusses that this is a clinical depression that some people may be susceptible to during the fall and can last until spring.

Deputy registrar and enrolment management services staff member Clay MacDougall said the hesitation on creating a fall reading week has to do with eroding academic integrity.

MacDougall said the academic calendar is already too short to add a Fall Reading Week and that extending the school year is also a problem.

Humber faculty union chief steward Robert Mills has been a part of OPSEU for more than 20 years. He said

that a fall reading week would negatively affect finances for faculty and staff who are on partial load, part-time and sessional contracts.

Mills said staff on contract would not be paid for the week unless a new contract was to be drawn up.

He said in the late '80s the academic school year consisted of 16 weeks and it is now 15 weeks. Mills said if the school year were to be compressed to incorporate a fall reading week, the school year could be down to 14 weeks.

"That would be terrible," Mills said.

He said more material would be cut out but students will still be paying current high levels of tuition.

Early Childhood Education post-graduate student Kathleen Gray said she would like to have a fall reading week because all of her friends have one.

Gray said she would use this time to have a social life because she lacks one now due to her workload.

## HSF bringing pop-up events to Orangeville

**ORANGEVILLE** from page 1.

She said they also do pop-up events, which have included giving away free t-shirts earlier this month and a free tea in September.

"They have a murder mystery event coming up at the end of this month and they had pub night last month," Mathieson said. "So we do try to bring as much as we can to them and (for) what we can't bring to them we provide transportation."

First-year Fitness and Health Promotion student at Orangeville campus Nigel Rubieo, 19, said he feels like they're almost forgotten about because their campus is so small in comparison to the other campuses.

"North and Lakeshore are so massive and they get these huge events that are so big and we get events too, but it's almost like we get smaller events," Rubieo said. "We don't really have as much stuff to do around here."

Kayla McTaggard, Orangeville Board of Directors

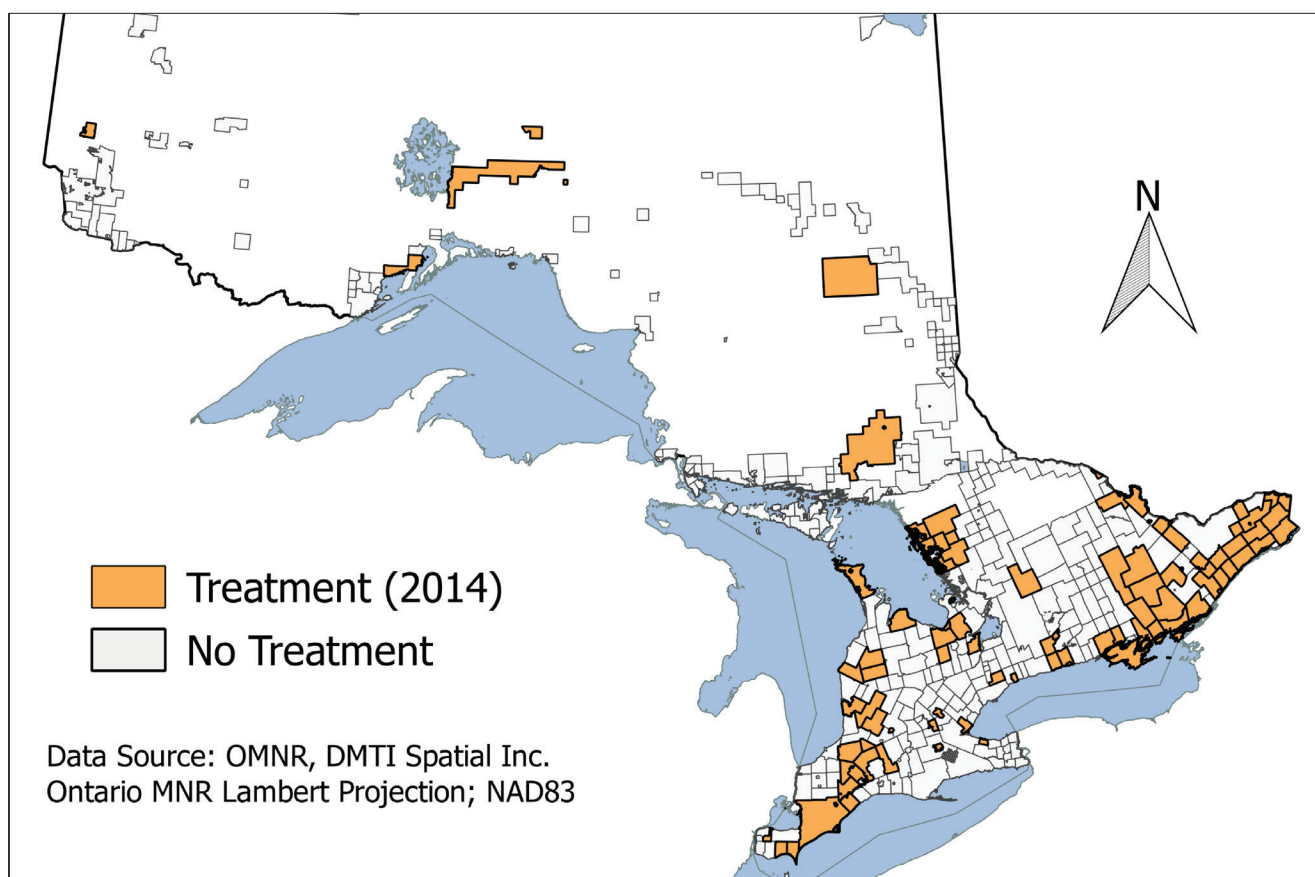
member said she understands why Orangeville doesn't see as many events as North or Lakeshore campuses.

"It's unfortunate but it does make sense because we are a smaller campus," she said. "I know that the other students feel as though it sucks and they want the other events but a lot of us don't really understand that the funding isn't necessarily there for us to do that."

Another Orangeville student, Jessica Bradley, 18, is a first-year Social Service Worker student who is content with the events at Orangeville.

"I think the events are 10 times better when we do have them because we're so close already. I know a lot of people would say that they do want more events happening but I don't think that the events we do have are degraded in anyway," said Bradley.

"They are just as exciting as they would be in Toronto, because of the tight knit family that we have here," she said.



COURTESY OF INTERNET VOTING PROJECT

Dozens of municipalities (in orange) are allowing constituents to vote online in this year's municipal elections.

## Many voting online but not Toronto

**Krysten McCumber**

QUEEN'S PARK/CITY HALL REPORTER

Many cities in Southern Ontario will use the option of online voting in Monday's municipal elections, but Toronto won't be one of them.

Electronic voting is a recent development in election services, trying to prompt people who don't want to wait in line or don't feel motivated to get out and vote on election days. It allows voters to verify their information online and cast their ballot from their city's website.

There are high hopes that voter turnout will increase over the years with the ease and convenience of online voting, but that doesn't mean voters will know who to vote for.

"I haven't really been involved in the election in Toronto," said Emmanuel Castanos, a second-year accounting student at Humber College. He said he will not be voting on Monday.

Proponents of electronic voting hope that disengaged citizens like Castanos may be encouraged to cast a vote with a simple online process. However, according to research done by Internet Voting Project, a project promoting online voting in 47 cities throughout Ontario, young people still don't vote.

"When we look at online voting use overall in Canada we see that the big users are actually middle-aged," research director at the Centre for e-Democracy Nicole Goodman said.

The centre's research has led to the realization that while middle-aged and older people

care about politics and want to vote, younger people, ranging in age from 18 to 30, don't have the interest to go out to the polls or even use the online option when it's available.

"If you're not interested in politics, you're not going to vote and online voting won't change that," Goodman said.

With just over half of Toronto residents voting in the 2010 municipal election, anticipation is high to see a number improve in the closely watched Oct. 27 election. How much electronic voting will boost participation remains to be seen. In cities that are participating in the electronic ballot, the issue many have is that security may not be adequate as the technique is still new.

"How can you make sure a person who's voting is the

right person?" CEO of Toronto Responsive Web Michael Sading said. "It's not 100 per cent safe. Security is never absolutely safe."

There have been issues in municipalities in the past but that hasn't stopped cities from moving forward and making the option to vote more readily available.

"[Online voting] would be accessible to everyone though," Castanos said.

Whether or not Toronto can expect access to electronic voting in 2018 is unclear, but Canada is moving forward with the approach, with or without its biggest city joining in.

"Canada has used internet voting in more binding municipal elections than anywhere else in the world," Goodman said.



NATALIA VEGA

Humber's Orangeville campus, based out of the Alder Street Recreation Centre, gets a fraction of the events of North.



NICK WESTOLL

Rob Jackson and his fellow trucking instructors take Humber Transportation Training students “pretty much everywhere a truck can fit.”

## Truck school reviews aid Humber

Nick Westoll

NEWS REPORTER

A recent investigation of truck driver education practices in Ontario has resulted in increased scrutiny of some program operators and could lead to major changes in the industry.

If mandatory training becomes a reality, “we’ll have the

best fleet in the industry for training,” Karen Tavener, Humber College’s director of education and training, said as the college’s Transportation Training Centre centre prepares to receive four new, state-of-the-art tractor-trailers later this fall.

The Toronto Star reported last week that 24 unregulated schools were escaping govern-

ment oversight because they were charging under \$1,000, the threshold for businesses to be formally registered with the Ministry of Transportation.

The Star’s investigation also found that several tractor-trailer drivers who went to the Woodbridge DriveTest centre for their road tests were not being tested on 400-series highways.

According to a written statement from Ontario’s Transportation Minister, Steven Del Duca, the Ontario government plans on instituting mandatory training and ministry staff will be reviewing road test procedures at the Woodbridge DriveTest centre.

Humber’s training centre could see additional demand

for its program as a result of the recent concerns. The seven-week tractor-trailer certificate program is the only one of its kind offered at the college level in Toronto.

The Ontario Ministry of Transportation requires that drivers receive 200 hours of training. Humber’s program offers 218 hours. Students



Every experience we can put them in, we do.

Rob Jackson

TRANSPORTATION TRAINING  
INSTRUCTOR

receive seven days of in-class training, two days of air brake training and 26 days of in-truck training.

“Pretty much everywhere a truck can fit, we take them. And every experience we can put them in, we do,” Rob Jackson, a Humber tractor-trailer instructor, said.

Jackson said students receive thorough training on required pre-trip inspections, city roads, highways, downtown driving, uphill starts, odd turns and reversing at a live terminal.

Students also receive daily report cards and are benchmarked on the various elements.

Tavener said drivers have enrolled in the program after taking other programs that only prepared students for the road test. She said some of those students’ previous training lacked a focus on pre-trip inspections, knowledge of the Highway Traffic Act, maintenance of logbooks or how to drive a truck with manual transmission.

The total cost of the program is \$8,250. While that is higher than many Toronto-area competitors, the centre boasts an 87 per cent hire rate within three months of graduation.

Angelo Maddalena, 18, is in the second week of the tractor-trailer certificate program. He said he enjoys the freedom of trucking and that, as a driver, he is in charge of his workplace. He said he is supportive of formal education programs such as the one offered by Humber.

“These roads are open. There is so much room for loopholes. We need the best drivers on these roads – we need professionals.”

## Initiative helps first-gen students transition to college environment

Program guides those first-in-family to reach post-secondary level

Haley Falco

NEWS REPORTER

Humber College and University of Guelph-Humber students who are the first in their immediate families to enrol in post-secondary education have the opportunity

to access to special information services.

The First in the Family Initiative provides services for those students looking to complete a Canadian college, university, or apprenticeship program.

“A first-generation student is someone who is the first in their family to come to post-secondary,” Peer Programs coordinator Kara-Lee Dell said.

“There are actually four different types of services that we offer,” Shivanie Mangal, Lakeshore campus’ first-generation facilitator said.

“The first is one-on-one guidance. The student books an appointment with an advisor and it’s almost the same format as how a counseling session is set up,” Mangal said. “You book an appointment, you show up, you talk in private.”

Financial aid information services are also available for first generation students.

Financial aid workshops and assistance with financial aid forms are also available for first generation students. “These are group sessions where we do it almost like a classroom format. We do the presentation on the different forms of financial aid. Scholarships, bursaries, things like that,” Mangal said.

Another service is ‘Journey to Success’, which encourages students to become engaged in Humber events and workshops.

“Every student who registers with the program gets a booklet that they take along with them,” Mangal said. “They have to attend workshops and then they can receive stamps.”

The booklets will be collected in late November, and the participants will receive prizes depending on how many stamps they have earned.

“The program was originally called the Tap program, and it has been renamed and redesigned. It’s a bit different in the services it provides but both programs are supporting students, making their transition to their first year of college,” said Melanie Chai,

manager of Peer Programs & Community Engagement.

Many improvement have been made to the program since its launch.

“It is different,” Chai said. “Before, students were a part of a group, so when you signed up to be a part of the program, students would meet weekly. Whatever they needed support for, we would provide it.”

“We’re always working on getting the word out there for more students to learn about the service and the program,” Chai added. “It’s about supporting first-generation students making the transition to college.”

## Bosco shootings and security talk

Humber Safety says extensive protocols in place on campus

Kelsey Coles

NEWS REPORTER

While National School Safety Week has just concluded, Humber College has many ongoing procedures and programs in place to stay on top of student safety.

Concerns about school settings have been running high this year in the wake of a school shooting at Etobicoke's Don Bosco Secondary School, near Humber's North campus, in which two students became Toronto's 44th and 45th homicide victims this year.

Rob Kilfoyle, Humber's Director of Public Safety, said Humber has protocols in case anything posing a risk to public safety occurred on campus.

"If we were to have an incident on campus that posed an immediate risk to life, like a shooter on campus, we have lock down procedures in place," Kilfoyle said. "We send out a P.A. (Public Address) announcement all throughout the school.

"We have a good community culture," he continued. "If you have a positive and safe culture on campus, where people feel respected, where things like racism aren't tolerated, it provides a sense of security."

Kilfoyle said Humber also has a safety procedure referred to as the "hold and secure," usually more applicable to the public school system but available on campus if there was imminent danger nearby.

"If Toronto Police (Services) alert us to something dangerous happening in the community we can initiate what we call a hold and secure," Kilfoyle said. "That's when we inform everyone on campus not to leave and to stay put until we're told by police that it's safe."

Second-year Early Childhood Education student Christina Cimmino, 20, was involved in a hold and secure procedure at her course placement during the recent Don Bosco shootings.

"The principal came on the P.A. and said that the school was in a hold and secure," Cimmino said, noting the orders were promptly acted upon.

"The teacher quickly put a piece of paper over the eye hole of the door, shut the windows and closed the blinds," she said. "The principal kept us updated over the P.A. system to let us know what was going on and eventually the children went home."

Humber Residence also has extra procedures when it comes to student safety.

Kilfoyle said Humber would run a lockdown exercise in the second week of November.



Residents now have a direct line with public safety with the new HELP buttons.

KELSEY COLES



SHANNON MACDONALD

Rochelle Erskine is a female gamer, and also an HSF staff member in charge of video game room at Humber North campus.

## Female gamers unwelcome

Shannon MacDonald

NEWS REPORTER

Krystyna Bell, a second year paralegal student at Humber, loves to play video games, but sometimes feels that the whole gaming community wants nothing to do with her.

"When you're gaming and there's mostly guys around you, if they see you doing something wrong, they'll try to correct you," said Bell.

Group playing is like being under a spotlight, with all the people around you waiting to jump in when something goes wrong, she said.

Mohammed Zahran, a first-year Architectural Design student, said he's sympathetic how females feel about the industry.

"I don't see a lot of females in the game room. There are always more guys. I would be intimidated if I was the only girl surrounded by guys," Zahran said. "I also don't think they like the selection here, though they'd probably be more interested in adventurous games, not FIFA."

Conventions like Comic-Con or Fan-Expo tend to have women under a different kind of spotlight.

"They're super skinny, big breasted cosplaying girls, who are always half naked in their costume. (The guys at conventions) think you're there just to be eye candy," Bell said.

What encourages this to continue is the constant focus

of stereotypes within games themselves. There are few games with female lead characters that are smart and capable.

"Games focus on the sex aspect, not so much the story or the game play. It's about how sexually appealing she is to male gamers," said Bell.

Stereotypes aren't just geared towards women; the reality is that stereotyping in general is a staple of the gaming industry, according to Humber professor Paul Neale, a 3D Animation expert, who believes stereotypes play a needed role.

"You also get the big hunky guy in the tight outfit and stuff. You get it on both sides," he said. "As far as art goes, we work on stereotypes."

Stereotypes are the easiest way to make believable characters, Neale observed, noting everyone has certain expectations of what different personalities look like. That's what a stereotype is. When trying to make a product that resembles real life, or at least has lifelike human interaction, stereotypes give characters motivation and purpose, he said.

"How smart is the blonde? The guy with the unshaven face is who? The Asian kid who's smart. There's the East Indian kid who's overly funny. Talk about stereotypes," Neale said.

It's not so much targeting women but everyone and in a way that makes the characters relatable, he said.

## Athletes don't need meat to win

Protein needs must be met but veganism can work for sports

Jessenia Feijo

LIFE REPORTER

Black belt Anne-Marie Campbell doesn't need meat to win.

Campbell, 35, is a Toronto vegan athlete. She has been a gymnast from a very young age and holds a black belt in Tae Kwon Do and also a Mixed Martial Arts competitor.

"I started off by trying vegetarian for a month. After that, I realized I was eating mostly vegan already."

Questioning athletes wonder whether or not they will be able to build the same amount of muscle while keeping up with their training.

Sergio Mijango, a second-year Police Foundations student at Seneca's King Campus, said he'd start off as a vegetarian but would give it up for grilled chicken every time he tried.

Jason Melhado, a Humber Athletics Head Strength and Conditioning Coach said the diet can be done but it's really hard because vegans must make up for low protein content.

While some vegan friendly foods such as quinoa, beans and nuts have protein elements, they are not complete proteins.

"Obviously if they are not getting red meat, they need to find it from alternative sources," said Chris DeZorzi, a Humber Athletic Therapist.

"It is possible to build up the same amount of muscles in the same time but it will be a lot harder," said Melhado.

Campbell said she found that her transition into the vegan lifestyle in 2011 has allowed her body to build and keep muscle with less effort.

To maintain her muscles while staying on the same training cycle, Campbell said she's always searching for the best meal before training or competition to provide her with the best energy.

"It wasn't until I became vegan that I finally discovered the meals that gave me

the best energy for training," she said.

Campbell said she doesn't restrict herself and she eats what her body asks for.

"It is possible to still be strong, workout and meet the demands of your sport as a vegan athlete," said Melhado.

DeZorzi said with a good diet your body is using the vitamins, minerals and nutrients to help with everyday bodily processes.

Anyone interested in the transition to veganism should do their research, check out which vegan foods have sufficient amounts of protein,

calcium, B12 and omega fatty acids, Campbell said.

"Keep your meals simple before training or competition and you will feel the difference," said Campbell.

She said that some examples of excellent food choices are, beans, chickpeas, lentils, raw spinach, raw mushrooms, cucumbers, brown rice, quinoa, a variety of veggies, and tofu or tempeh.

Campbell started a website, Meatfreeathlete.com, that answers questions about veganism, being a vegan athlete and shares recipes that gets her through her training cycles.



JESSENIA FEIJO

Canadian youth between the ages of 15 and 24 smoke more marijuana than any other users in Canada. McKee says they need to know about the effects of it.

## Cannabis youth impact debated

**CAMH is supporting legalization but others worried smoking weed a problem for young**

**Jessenia Feijo**  
LIFE REPORTER

The Centre for Addiction and Mental Health has publicly declared that Canada should legalize marijuana possession and use.

On Oct. 9, CAMH released a new report on cannabis control in Canada. Their Cannabis Policy Framework backs legalization with strict regulations.

But Media Relations director of the Ontario Lung Association John Chenery, said he has an issue with smoking of any kind.

"Any time you inhale smoke into your lungs, whether it's tobacco smoke, marijuana smoke or any other kind of

smoke, you risk permanent damage to your lungs," he said.

"Marijuana smoke contains more than 400 chemicals. Many of these are the same harmful substances found in tobacco smoke. The Lung Association recommends that you never inhale smoke of any kind into your lungs," Chenery said.

Jennifer Amaya, a second-year Early Childhood Education student at Humber, said that she doesn't think marijuana legalization will change a thing.

"Well, look how people are now," said Amaya. "It's not a secret that kids, from 12-years-old, are already smoking illegal drugs."

According to Statistics Canada, Canadians were among the developed world's highest

number of cannabis users in 2012. In that year, marijuana was the most commonly used illicit substance, 10 times more frequently used than cocaine among the general population (15 years of age and older).

While the use of cannabis in youths has dropped since 2008, youth aged between 15 and 24 were using marijuana more than the general population in 2012.

Registered Nurse Catherine McKee said students who plan to use marijuana in the classroom and during school hours, as well as during recreational time should know how it might affect them.

To get the maximum effect, people who smoke marijuana often inhale more deeply and hold the smoke in their lungs longer than tobacco smokers do. This increases the risk of cancer...and can cause peo-

ple to hallucinate, become paranoid and believe things that aren't true," said McKee. "Marijuana affects co-ordination and makes it harder to concentrate and react. This makes it dangerous to do things like ride a bicycle, drive a car or operate machinery."

Henri Berube, a Police Foundations coordinator at Humber College and a former Peel Region officer, said he enforced the legislation against marijuana because it was his duty.

"Personal experience, having been a police officer and now not being a police officer, I have seen and met several people who have benefited from the use of marijuana medically," said Berube.

Pro-marijuana users say cannabis has potent medical advantages.

Berube said he doesn't see it as any different as any oth-

er drug or substance that has potential for good and harm.

Although it would appear to have really unique properties, there is no such thing as a "magic drug," said Berube. "I have seen harm done to people who use marijuana and use it a lot."

Nicole Diaz, 20, a psychology student at York University, said she's seen people lives ruined because of the plant.

"People assume marijuana is nothing compared to other drugs. Those people are wrong. It is just as addicting," said Diaz.

And while recreational cannabis use remains illegal, Berube said a person's criminal history will always affect them in the professional world.

"From a young person's perspective, you have to realize that employers frown on people who choose to break the laws. Doesn't matter what laws," said Berube.

## Third-party partnerships bring dental, grad photos to Humber

**Natalia Vega**  
NEWS REPORTER

Humber Students' Federation has major partnerships, with Campus Dental, Studio Nostalgia and the Gender Based Violence Prevention Tool Kit.

Ercole Perrone, HSF executive director, said Campus Dental has a permanent residence on campus, whereas Studio Nostalgia, a graduation photography provider, moves to different campuses.

The GBV Tool Kit is different from the other services.

"Essentially, we partnered with Humber College and an external group called Urban Alliance On Race Relations about two years ago and we developed a gender based violence prevention plan," Vanessa Silaphet, HSF Special Projects coordinator, said.

Odin von Doom, vice president of Student Affairs for North campus, said hiring businesses makes it easier for students to get access to certain services at a fair price.

"It's to do things with it that (students) can't do on their own, or at least it'll be far more expensive as an individual than it is for us to afford collectively," he said.

Registered hygienist and owner of Campus Dental Marcy Skribe said the clinic opened in January 2009.

"We just started with one room and I think HSF wanted to make sure that it was a service that the students really wanted and of course I wanted the same," she said.

The clinic is independently run and follows the Ontario Dental Association Fee Guide when the dentist is in on Tuesdays and Fridays, and the Ontario Hygienists' Association Fee Guide the rest of the week.

Studio Nostalgia owner Eva Niederdorfer said the company has been partners with Humber since the 2012-2013 school year; the contract ends August 2015.

"Essentially we provide graduation photography for Humber College. That photography takes place by appointment throughout the academic school year," Niederdorfer said.

"What we agreed to do is to provide a website in which students can make their appointments, view their proofs and order their packages," she added.

## Humber, Caledon Games partners

**PANAM from page 1**

"The education partnership sets Humber apart because it's like an internship times 100," Wilson said about the Community Engagement and Activation Program. "Students will work in groups to create a cool tourism plan for Pan Am. If (their plan is) picked, students will actually get jobs implementing that plan at the games."

Susan Somerville, Dean of the School of Hospitality and Tourism at Humber College, said that working with Caledon is giving students the chance to put their skills to use in the real world.

"Our partnership with the town of Caledon will include student projects, a certificate as a Tourism Ambassador and two jobs that will carry the legacy of the games beyond 2015."

While a majority of the jobs and opportunities the Humber-Caledon path to the games are offering in the hospitality field, students in other programs have openings, too.

"Our Sport Management program is launching a Pan Am Day on Nov 13 to 'ignite' interest in the games," Somerville said.

Volunteering information can be found at <http://www.toronto2015.org/volunteer>.



GEO SWAN / VIA WIKIMEDIA COMMONS

Athletes' village being built in Toronto for the 2015 Pan Am games. Humber College students will be among volunteers.

# Canada stands strong against terrorism

When the twin towers fell on September 11, 2001, the whole western world stopped and held its breath.

In the ensuing 13 years, the West has been to war twice, three times, four times and is currently on the brink of another. Civilian aircraft have crashed, been shot down, or plain just disappeared. Bombs have gone off on buses, in subways, at bus stations and even the Boston Marathon. An unbelievable number of children and youth have been killed in our schools by gun violence, in a place where they should be safest.

After all of this horror, it would be easy to understand the shooting death of a Canadian soldier simply passing us by, with Canadians desensitized and uncaring.

But when Cpl. Nathan Cirillo was shot and killed while he stood his post as a ceremonial honour guard at Canada's National War Memorial, we held our breath once again.

In the ensuing hours, those breaths exploded in solidarity. The hashtag #OttawaShooting topped the national trends, accompanied by a half-dozen others. An uncountable number tweets and shares poured out across the nation – even across the world as #OttawaShooting and 'Nathan Cirillo' ranked sixth and eight on Twitter's global trends 10 hours after the attack.

O Canada did not play Wednesday night at the Canadian Tire Centre where the NHL game between Ottawa's Senators and the Toronto Maple Leafs had been postponed. But it did ring out for Canada in Pittsburgh's Consol Energy Center before the Penguins took on the Philadelphia Flyers.



Canada's Minister of National Defence Rob Nicholson (centre) and Chief of the Defence Staff General Tom Lawson (right) prepare to lay a wreath at National War Memorial in downtown Ottawa on Oct. 23.

Politicians of all stripes, often the bitterest of enemies, stood together and spoke words of support and unity.

On Wednesday, Canada and the world once again raised its voice against hatred, against tyranny and against terror. We stand for peace and we stand for freedom - the freedom to choose precisely how to live our lives and the peace of mind of knowing there are men and women out there defending that freedom.

Cpl. Cirillo was one of those men. Warrant Officer Patrice

Vincent was another. He was killed in St-Jean-sur-Richelieu in another senseless act of violence on Sunday when a man inspired by the militant group ISIS ran him down with a car. Another two brave soldiers are currently in hospital, one shot in today's attack and the other hit by the same car as Warrant Officer Vincent.

Cpl. Cirillo and Warrant Officer Vincent join the ranks of our military's fallen – 158 from the Afghan conflict, 516 in the Korean War, 42,042 in World War II, between 57,000 and 67,000 in World War I

and untold others pushed to suicide by the effects of post-traumatic stress disorder.

Alongside them also lie police officers, fire fighters, paramedics and private citizens – doctors, diplomats, aid workers, journalists and more – who stood up in the face of unparalleled hate and inconceivable violence.

On Wednesday, on Sunday and for uncounted days before, O Canada, they stood on guard for thee.

On Wednesday, on Sunday and for all days beyond, O Canada, we stand with them.

## Students sacrifice mental health pursuing grades



Jasmine Kabatay  
ART DIRECTOR

Being a student is one of the hardest things I've had to experience.

Adults settled into careers may think it's easy, but we all know the reality. Late night studying to get the perfect grade, mac and cheese from the box kind of dinner, and always being broke -- but somehow finding money to splurge on alcohol.

While everyone knows this, what they don't know is how far many of us can go before we reach our breaking point.

I've seen my friends overwork

themselves to the point where they're getting up in the middle of the night because they have a big test or midterm the next morning – and I have also experienced breakdowns because of this. I have focused too much on how my work is and completely stopped caring about myself. I would have trouble trying to find the balance between my personal life and school life because of how busy I would get.

Learning is supposed to be fun, but from what I've seen it's often made students work themselves to the point where they just shut down and end up confused with what they're doing.

Of course, not all students are like this. I know people that have two part time jobs, go to school, live on their own and manage to get up in the morning and make them-

selves look presentable in the day. But many of us are not like that.

When I was in high school I would work myself to the point where I would have breakdowns in front of teachers and would stay up until three working on whatever it was I had to get done, then sleep two hours and get up at six to get ready for school. I ran myself on two hours of sleep every night.

In my first two years of college I got the hang of it, but not before I realized I was in a completely different ball field. I wouldn't say it's easier.

There were times where I would be up until nearly dawn working on an article or trying to find story ideas for the following day.

From what I see, we feel this pressure to be the best because it's what we've always been told we need to do. When people see a mark lower than 70 per cent, there's this mentality that says "you suck" and it makes us feel like we need to be better.

At what point was it okay for

me to work myself to this point of desperation to get a perfect grade? Why did I have to experience a breakdown in front of my teacher to realize that something wasn't right? It's because I kept trying to be better at whatever it was I was doing.

Students and their mental health are so important. I understand what they're going through, on so many levels. I've seen students that are so upset with how they are in school, but continue to stay up late and hate themselves.

Students care more about their grades than they do themselves, and that's a problem. But I've finally learned if I'm feeling pressured and overwhelmed, I should take a few days and tell myself that I'm more important than my grades. I relax at home and do things that make me happy.

At the end of the day, all that matters is how I am, not some stupid number that won't matter years from now.

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**Et Cetera**

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

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## Losing touch with reality: our celebrity obsessions

**Mario Belan**  
SPORTS EDITOR



Celebrities: we follow them, we adore them, we want to be like them, but it's getting unhealthy

There are celebrities I like, but I don't recall myself ever giving images of their lives more than a glance. I met Arnold Schwarzenegger at a book signing a few years back, and, yes, it was awesome meeting an actor whose work I have enjoyed since I was young, but I don't know what is happening in his life right now – nor do I want to.

We live in a world where it's so easy to follow celebrities through outlets like Instagram, Twitter, or Facebook. Every day we can see where they're going, what they're doing, who they're with and how much fun they're having (or not). Social media sites take us into the personal life of these people and make us feel like we're a part of their story. And in some cases, people end up obsessing. According to the British Journal of Psychology there is a disorder called Celebrity Worship Disorder, which identifies three categories of celebrity stalking: simple obsession, love obsession and erotomanic obsession (where stalkers actually believe the celebrity is in love with them).

We can't say we like a celebrity personally unless we actually know them, which most of us don't. I briefly met Schwarzenegger, I like



WIKIPEDIA

Actor and former California governor Arnold Schwarzenegger.

the work that he does, but do I know him? No. He was nice in person, but it's his job to be nice. I have no illusion that he remembered me five seconds beyond my leaving the book table.

The consequences of these obsessions are that we begin to neglect personal interaction. We are so obsessed with other people's lives that we won't talk about our own. I find myself in conversations where the subject isn't our personal lives any more, but rather the lives of celebrities, or their characters on TV.

What draws us into this? Perhaps since most of us don't live like celebrities, we wonder what it's like to experience a lavish life. Yes, it would be nice to be able to buy what you want, but is there really a

need for it?

Our vision often gets distorted when we are bombarded with images of the lives of celebrities, but we have to come to our senses. We can be just as happy as them, without the wealth and fame.

I think it's because we want to be seen. Imagine being on the cover of a magazine and having all that attention brought to you. People would be talking about you and looking up to you. We think being famous would solve all the problems we have.

I have accepted the fact I won't be famous and I'm fine with it. I really don't need to be recognized; I'm fine just being another guy on the street. It's all about living in the present and not worrying about which celebrity is dating which.

## Francis suicide highlights RCMP failures on PTSD

**Corey Brehaut**  
GUEST COLUMNIST



The RCMP has failed Cpl. Ron Francis and potentially every other officer suffering with post-traumatic stress disorder or other mental illnesses.

Francis committed suicide on Oct. 6 after over a year of publicly battling the RCMP for his rights. His troubles started when he was stripped of his uniform and red serge late last November for smoking medical marijuana on duty.

The marijuana treated his PTSD and was legally prescribed by his doctor. Recent studies show marijuana may prevent PTSD from altering the brain's fear centre, a key cause of PTSD symptoms. The 21-year veteran of the force was prescribed medical marijuana because of a serious problem.

Last December Francis was tracked down by the RCMP for a wellness check in order to assess his psychiatric state after his suspension for smoking marijuana on the job, and ended up being brought down by a stun gun. He was charged and pleaded guilty to two counts of assaulting a police officer and one of breaching an undertaking not to possess or consume alcohol or non-prescription drugs.

Francis was stripped of his uniform for taking the medicine he was prescribed, and then arrested when he behaved as a highly distressed person with PTSD would be expected to behave. This seems particularly dubious since the officers were going to check up on a person with a potentially instable mental state.

RCMP Commissioner Bob Paulson said he was embarrassed and disappointed when Francis made the case public.

Francis had come out to say he should be able to smoke his medical marijuana in uniform, and accused the RCMP of trying to force members with PTSD to stop taking prescribed cannabis. It certainly looks like this officer was used as a scapegoat then dragged through the mud when he refused to take it lying down.

Now he's dead.

Francis isn't the first person to suggest that officers suffering from PTSD are shoved out the door and forced to quit or into early retirement. There's also the fear of seeming weak by coming forward with their issues, as these are considered "manly" jobs and sufferers fear seeming weak in their colleagues' eyes.

Twenty-three first responders in Canada have killed themselves this year as of October, and government statistics show that more Canadian soldiers have committed suicide than have died in combat in Afghanistan. There have been numerous complaints from RCMP officers, regular police, firefighters, and the military that the counselling and treatment options for PTSD available to them are inadequate.

Hopefully this event will open up the dialogue about mental illness in this country. Judging from the hundreds of people that showed up for Cpl. Francis' funeral, it looks like people are ready for a discussion.

This country needs to stop treating mental illness like a dirty little secret that will go away if they ignore it long enough. It's time to acknowledge that not all diseases can be seen.

## Body shaming also hurtful, cruel for those of us who are thin

**Alejandra Fretes**  
ASSISTANT NEWS  
EDITOR



One of my most shocking moments occurred at a wedding, of all places, when a woman suggested that I should "eat something." She implied that I looked malnourished and was "too thin." Thankfully a friend overheard the ignorant suggestion and came to my immediate defense, saying, "she eats more than I do!"

It's difficult for me to understand why some people feel entitled to offer advice or ask perfect strangers very personal questions regarding their eating habits or weight. I have received many questions regarding

my weight, body type and why I choose to eat healthy. I've never been so alarmed. Is a woman not allowed to eat well because of the health benefits? Does munching on veggies imply having a problem? Because one doesn't indulge in fast-foods daily, is that wrong?

For nearly 10 years I was a competitive swimmer. An athlete. Dedicating free time to practices and weekends to competitions. Participating in sports leaves a lasting impression on most athletes for the rest of their lives. Having been taught healthy eating habits throughout my adolescence and teen years, it's a discipline that has managed to carry on into adulthood.

My parents are in their early fifties and certainly don't look it. They make extremely conscious

decisions when it comes to the food that is prepared and served at home, and they both exercise often. My father is tall, lean and has an extremely fast metabolism. My mother is curvaceous, yet petite and looks no older than 45.

Taking those factors into account, along with healthy eating habits and exercising regularly, I've managed to maintain a healthy height to weight ratio. I'm sure a significant amount of my physical appearance is genetics as well. However, some opinionated individuals do not agree based on their initial impression of my physical appearance.

Strangers, specifically women, although there have been a few men who have made negative comments, have questioned, "do you even eat?" or "why are YOU

watching your weight?" They are presuming that my healthy food choices have no effect, and that my leanness must be attributed to an eating disorder. These comments are extremely difficult to handle at times. It leaves people feeling as if their perception of self isn't good enough, and that the countless hours spent swimming or running and eating well are actually negative.

There appears to be a massive double standard when it comes to harmful comments towards people's weight. It's socially acceptable to call "thin" people out on their eating habits, yet it's offensive when it's brought up to a larger person.

It's often stated that "real women have curves," but how curvy does a woman have to be to be considered real? Am I not a real woman

because I'm not as curvaceous as Marilyn Monroe or Pamela Anderson? Comments like these not only offend, but they genuinely hurt. It's beyond insulting to not only question a woman's physical appearance but also base her femininity on her breast or hip size.

Body shaming, regardless of your size, is extremely cruel. A woman's size should not be anyone's concern but her own. Concern for someone's size is a delicate issue that should be dealt with discretely and not publicized for all to hear.

A woman's beauty is so much more than just her physical appearance. It's the way we make you laugh, our intelligence, the smell of our hair. Placing emphasis on our sizes makes us feel like it's the most and only important quality a woman can possess, and that's not right.

## ABORIGINAL ART



PHIL WITMER

Artist Jordan Bennett seeks to hand down teachings of his Mi'kmaq heritage in a multimedia exhibit titled *Ice Fishing* on display at 401 Richmond St. until Oct. 31.

# Ice fishing artwork has Mi'kmaq roots

**Jordan Bennett mounts installation that features holes in 401 gallery floor**

**Phil Witmer**  
A&E REPORTER

Jordan Bennett's multimedia exhibit *Ice Fishing* premiered on Wednesday at 401 Richmond Street in Toronto and runs until Oct. 31. Bennett, a Newfoundland-born multi-disciplinary artist, created the work as a method of reconnecting with his Aboriginal Mi'kmaq roots.

"We all need a set of skills to fall back on," said Bennett in the atmospheric short film that simultaneously served as the exhibit's introduction.

Bennett spent several weeks in his family's home of Stephenville Crossing in western Newfoundland building an ice fishing shack from scratch, drilling through 24 cm thick ice, and sometimes waiting hours for fish to bite.

"I was inspired by two things. One was the idea of drilling holes into the floor of an art gallery, and the second was thinking about how

all the ideas that my ancestors put forward are just as contemporary as more current ideas," said Bennett.

The first part of that plan was definitely present, as mock ice-fishing holes complete with varnished floor to mimic the slippery conditions were spread out.

Attendees were led through the actual shack that Bennett used to fish and invited to sit on buckets to watch illuminated virtual holes.

Bennett called this the "interior" portion of the exhibit.

"You view my experience from the outside with the video and then

you get to live a version of it yourself," he said.

Jen Moss, a producer and writer with the National Film Board of Canada, aided Bennett in translating his vision into a physical space.

"We wanted to make more of a story in the artwork and we did that by making his (Bennett's) piece into a full space that can be interacted with walked around in, touched, felt," said Moss.

The concept of a living installation plays into what may be the driving force behind *Ice Fishing*, which is the passing down of knowledge

curated by the Mi'kmaq and other First Nations peoples.

"I only used what I had to create the project and carry out the fishing. All I want to do is hand down these traditions," said Bennett.

Humber Aboriginal Resources elder Shelley Charles noted the added importance of Bennett's ancestral exploration in light of the recent acceptance of Newfoundland's Qalipu Mi'kmaq as Status Indians recognized by the government of Canada.

"For the Mi'kmaq people, reclaiming their status as a nation has been a long time coming," Charles said.

## Fright Night bash calling all campuses

**Amanda Tuzi**  
A&E REPORTER

Calling all goblins, witches, superheroes and fairies to Humber Students' Federation's Fright Night 2014 Halloween Party.

On Oct. 31, Humber students will gather together dressed as some of their favourite characters to socialize at HSF's annual Halloween party at Le Jardin Banquet Hall in Vaughan.

"Last year, we had it in the Student Centre, and the year before we had it at Lakeshore campus and it has always been at max capacity," said Ahmed Tahir, HSF North campus Vice President of Student Life.

Many students were declined entrance last year so HSF decided to change venues. The Banquet Hall, located on Highway 27 and Langstaff Road, can hold up to 1,000 people.

"The cool thing about this venue is that it looks kind of Victorian," said

Tahir. "So the inside will look somewhat scary and similar to the inside of the Addams Family house."

Each student can bring one non-Humber guest to the celebration.

"It's cool to see the different ideas and concepts that people put together for their costumes," said first-year media foundations student Eddie Senatus, 20.

The first place winner in the singles category will win \$400 and the second place will win tickets to a Raptors game.

The rule for the doubles costume category is that one member must be a Humber student. The first place winner will win \$600.

"We'll see which costumes are great then we'll settle on about three to five single and group costumes. Then we'll bring them on stage and let the crowd decide," Tahir said.

"Last year, the winners came down to a guy with a zipper opening his face and for the couples it was a Dixie cup and ping pong ball," said Tahir.

Barry Mowers, manager of Party City in Richmond Hill said some of

the best selling couples costumes sets this year are bacon and eggs, 70s' hippies and cops.

"Halloween lets people be someone else who they wouldn't be on a regular basis. Plus, it just gives people an excuse to get out and have a good time," said Mowers.

Le Jardin will have buses dropping off and picking up students from North and Lakeshore residences from 8 p.m. to 11:30 p.m. The event starts at 9 p.m.

The \$5 tickets can be purchased at HSF office or online at [humberlife.com/halloween](http://humberlife.com/halloween).



# World War I talks to mark centenary

Tonia Venneri  
A&E REPORTER

Humber's School of Liberal Arts and Sciences is holding a conference Oct. 31 to Nov. 2 at Toronto's International Festival of Authors which is celebrating 35 years of bringing authors to their readers.

IFOA communications and marketing coordinator Maeve O'Regan said, "the really great thing about this year's (Humber) conference is it tied in really nicely with our festival focus. We're doing a focus on history and then particularly World War I, so this is just a great tie in."

Representing World War I: Perspectives at the Centenary is a three-day conference to be held at Harbourfront's Fleck Dance Theatre, and will feature keynote speakers such as Dr. Michael Neiberg, professor of history at the United States Army War College. There will also be live interviews and panel discussions from top international scholars and professors. O'Regan said this conference is an important part of the festival.

## Representing World War I: Perspectives at the Centenary conference

### Friday

8:00-9:00am  
Registration and coffee  
9:00-10:30am  
Keynote Lecture: Dr. Michael Neiberg, Professor of History, United States Army War College  
10:45am-12:15pm  
Concurrent Sessions (1)  
12:15-1:30pm  
Lunch  
1:30-3:00pm

Concurrent Sessions (2)  
3:15-4:45pm  
Concurrent Sessions (3)

### Saturday

8:00 - 9:00am  
Registration and coffee  
9:00-10:30am  
Michael Enright interviews Dr. David Stevenson  
10:45am-12:15pm  
Concurrent Sessions (4)

12:15-1:00 pm  
Boxed Lunch  
1:00-2:30pm  
Concurrent Session (5)

### Sunday

9:00-10:00am  
Registration and coffee  
10:00am-12:00 noon  
Panel of International Scholars  
12:00 noon-1:00pm  
Lunch and Closing Remarks

For more information on the conference programme and tickets, visit <http://bit.ly/1t7fiTv>

"It's the first time we're sort of incorporating an academic element into our festival, so I think it's really going to enhance the festival in that way, and that's something we're quite thrilled about."

Humber professor and war historian Daniel Hambly and General Arts and Science coordinator Lisa Salem-Wiseman are co-chairing the event.

Hambly said the large range of information will offer new layers to what is already known about the First World War.

"If you're a participant ... in the conference you can be assured that you will learn something new about this event that happened 100 years ago," said Hambly.

This is the first time the School of Liberal Arts and Sciences is in-

involved in at the IFOA. Hambly said this will bring diverse discussions and conversations to the table.

"The interesting thing about the School of Liberal Arts and Sciences is it's got a lot of people, a lot of professors from interdisciplinary backgrounds, so I think the multiple perspectives that the School of Liberal Arts and Sciences has is reflected in the conference," Hambly said.

Although the IFOA has worked with Humber's School for Writers over the last few years, O'Regan said the conference has been something the IFOA was looking forward to.

"It's, I think, something that our director has wanted to do, and has been in talks about with Humber liberal arts for a while so it's just very wonderful that it all came together this year," said O'Regan.

Angelo Barbato, 28, a second-year Architectural technology major said, "I go every year, but never to a Humber event. It would be nice to see what the School of Liberal Arts and Sciences is bringing to the literary event," said Barbato.

Hambly said the conference will be beneficial to him as a professor.

"I think it's great that first of all my dean, Paula Gouveia and the School of Liberal Arts and Sciences would support and encourage professors within our school to reach out and be active in our own disciplines - that will help me be a better professor," said Hambly. "I'm in touch through this conference with a vast and wide array of different historians from all over the world."

## Media students gathered with prospective employers

Cheyenne Lynch  
& Ashley Jagpal  
NEWS AND A&E REPORTERS

They shook hands. They exchanged business cards.

But more importantly, media students met with prospective employers.

The University of Guelph-Humber hosted Media Networking Event on Oct. 20 to help students get connected with successful people in their desired career path.

The media event drew a variety of Canadian broadcasters such as CBC, Bell Media and Shaw, as well as public relations companies.

"What a great opportunity to be right at your doorstep and meet these people that are working in the industry, talk to them, tap into them, ask them questions because they can really have a wealth of knowledge and help you really kick start your career," said Jennifer Buchalter, Account Director at Strategic Objectives Public Relations.

"Networking events are a great way for students to develop contacts in their field of work because they will at some point need them whether it is for internships or when they are looking for work after graduation," Bell Media's Kristina Mamina said.

"I think what you know is very important but who you know is also very important," said Mark Mietkiewicz, senior manager for CBC News.

The media organizations set up their stands in a circular formation where the students went in the middle and were able to go to each booth.

One of the companies was Corus Entertainment, an organization that emphasized the Canadian television network Teletoon, but also own radio and television stations, and Nelvana animation.

The spokesperson, Danielle Sefton is a Guelph-Humber graduate with a degree in Public Relations.

"I was excited to come and give back to the students," said Sefton. "I wanted to see the next generation. We hire interns from Guelph-Humber, so it's great to talk to them and give them info they hopefully find helpful."

"We're welcome to reach out, make ourselves available and educate the students about our company culture, what we have to offer. Also, what it is that we can do for the students to help improve their chances at getting a job with us," she said.

Many students feel intimidated when interacting with the professionals, but Mietkiewicz said networking events make it easier to feel comfortable to ask questions and get contact information.

"Even for people who might be a bit more quiet or shy, this might be a good experience for them to come out and to get out their comfort zone to talk to people because it's something you are going to really have to develop as you go into the business world," he said.



ASHLEY JAGPAL

Katherine Kendall, Group Director of The Human Resource Department at St. Josephs Media answered questions and gave students career information during University of Guelph-Humber Media Networking Event on Oct. 20.

## Hot Pop Factory innovating at digital frontier

**Gabrielle Austin**  
BIZ/TECH REPORTER

Hot Pop Factory owners Matt Compeau and Bi-Ying Miao approach digital manufacturing with artistic license, using digital fabrication when they create their 3-D jewelry and custom products.

They are speakers in the inaugural Applied Technology Lecture Series, at Humber's North campus on Oct. 29 in Room B202.

The Hot Pop Factory in downtown Toronto uses nylon, plastic, composite wood and other materials.

Compeau will be speaking about digital manufacturing and mass customization.

"The series provides students access to non-traditional pathways in design," lecture series Event Coordinator Elizabeth Fentura said.

Compeau and Miao said "they hope the lecture allows the audience the ability to see the physical environment as an experience that can be as flexible and agile as our digital world."



COURTESY HOT POP FACTORY

Downtown Toronto's Hot Pop Factory employs huge MakerBot Replicator 3-D printers to work with materials ranging from nylon to composite wood.

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## Adobe apps make images mobile

**Rebecca Pilozo-Melara**  
BIZ/TECH REPORTER

The latest app released by Adobe is making it a lot easier for users to get work done on the go. Adobe launched four categories of apps: illustration, imaging, video, and capture, which all correspond to its Creative Cloud service.

Kevin Brandon, coordinator of Humber's Graphic Design program College has been an Adobe programs user since 1988. "Adobe is making mobile apps more powerful, and productive. It is so efficient to have the ability to have creative tools with you at all times," he said.

Brandon said that the new Adobe apps integrate with the user's desktop counterpart applications. "With the release of these apps Adobe hooks you into their month/yearly subscription plan to their Adobe Creative Cloud, this subscription allows you a great opportunity to create and access your design assets in both the mobile apps and your desktop applications," said Brandon.

Users like Vincent Dylan Defreita, 21, a second year Humber creative photogra-

phy student enjoy having mobile accessibility to the Adobe photo apps.

Defreita said he is able to accomplish just as much on the app as he can on a desktop.

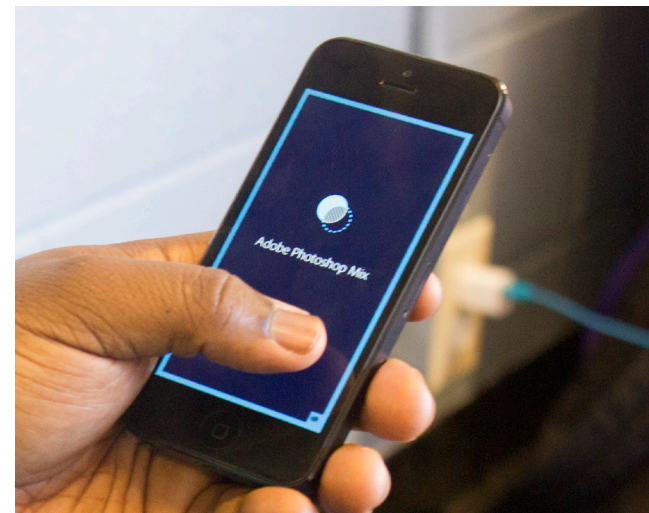
"I use all the adobe programs for my course load and it makes it a lot easier to be able to access it. If I'm not stationary at my desk I can continue my work wherever I am, and get stuff done a lot quicker," he said.

Erin Riley, part-time Humber basic photography instruc-

tor said Adobe is starting to recognize their users demands in an industry where time is very important. "It allows you to make images on the fly. Clients need stuff fast and sometimes you don't have the time to pull out your laptop," Riley said.

Although this series of apps provides great accessibility, Riley said she doesn't believe it can replace the desktop versions.

"At the end of the day you want your work to look good and use tools to allow you to enhance your work," she said.



REBECCA PILOZO-MELARA

Photoshop Mix is just the latest new development from Adobe.

# HOROSCOPES by JANIE GINSBERG



**JAN. 20 – FEB. 19**  
Even though your money situation is looking dire right now, newfound wealth is just around the corner. Keep working hard and it will pay off, but buy a lottery ticket just in case.



**FEB. 20 – MAR. 20**  
A fight with a loved one may have you down in the dumps right now, but you are taking it way too personally. Looking through someone else's eyes will help patch up this rocky relationship.



**MAR. 21 – APR. 20**  
You feel like giving up on a project. The pressure and frustration are mounting, but running away won't help. Take a short vacation to gather your thoughts and come back strong..



**APR. 21 – MAY 20**  
You may feel like life is pulling you in a hundred different directions right now. Remember that it's not your job to please everybody.



**MAY 21 – JUN. 20**  
You're in the mood for a quiet day but nobody will leave you alone. Your personal space is important to you, so make an effort to take daily breaks and do a little self-reflection.



**JUN. 21 – JUL. 22**  
Somehow a piece of serious gossip made it's way to your ears today. This information is sacred. Don't share it with anybody



**JUL. 23 – AUG. 22**  
Your spending habits are getting out of control. You need to embrace a frugal lifestyle to be a big spender in the long run.



**AUG. 23 – SEPT. 21**  
Some failures you've experienced over the past few days are making you beat yourself up, but you have to remember that nobody is perfect. Don't obsess over it.



**SEPT. 22 – OCT. 22**  
You are feeling especially psychic today. You find yourself easily in tune with other peoples thoughts and feelings. Use this ability to relate to those you may not usually consider as friends.



**OCT. 23 – NOV. 21**  
The weekend is coming up and there are lots of social gatherings on the horizon. Don't let your bad habits get out of hand this weekend, your body will thank you for it.



**NOV. 22 – DEC. 20**  
Mounting pressure from your job or schoolwork is leading you to retail therapy. New items feel good at the moment, but when your credit card bill comes you may be filled with regret.



**DEC. 21 – JAN. 19**  
You are having inner spiritual conflicts lately, you have no idea who or what to believe in. Don't take it from others, hit the library and do some research. See which spirituality you relate to the closest.

## QUOTED: Do you feel safe after the shooting in Ottawa?

"Obviously I feel a little less safe, but I never felt safe to begin with."

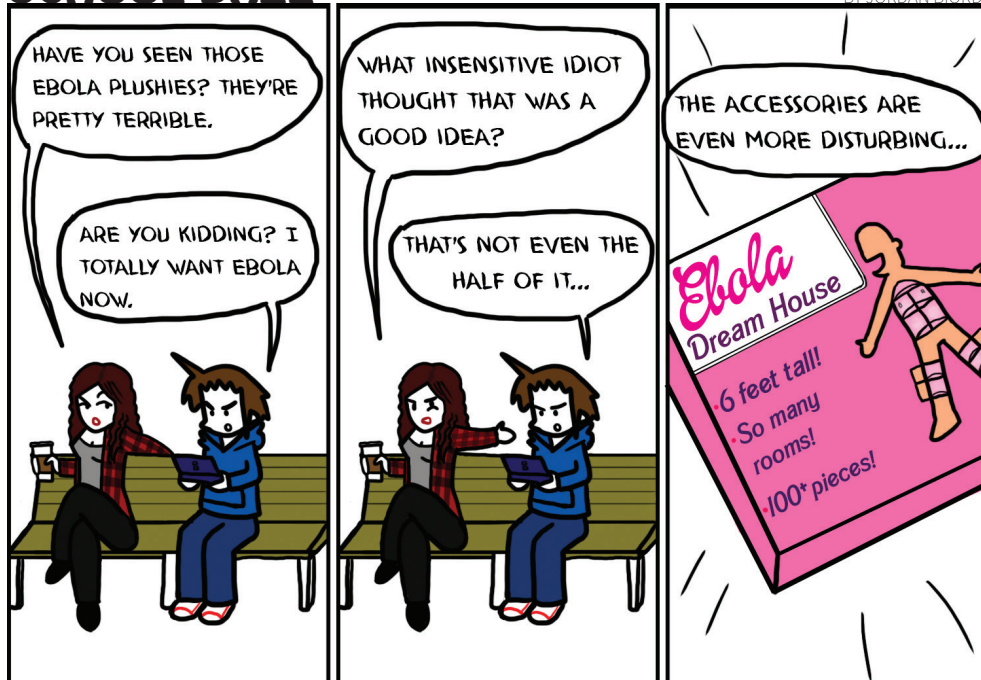
"If you follow the train of events, it looks like Toronto is next"

"No, he could still be out there right?"



## SCHOOL DAZE

BY JORDAN BIORDI



# TO THE NINES



**Natasha Falcioni**  
22  
Pastry  
Art Management  
2nd Year

Long T-Shirt: American Apparel (mens)  
Scarf: Sirens  
Boots: Aldo  
High Stockings: American Apparel

Natasha uses pintrest to get fashionable ideas as well as looking at people around Toronto to get ideas for her outfit.



AARON D'ANDREA

Hawks midfielder Dino Gardner shoots a goal in a 3-0 victory against Cambrian last Sunday that featured some sloppy play and flaring tempers.

## Soccer Hawks kick a path into semi-finals

**Men's team downs Cambrian to take next step towards repeat of OCAA championship**

**Aaron D'Andrea**  
SPORTS REPORTER

The Humber Hawks men's soccer team defeated Cambrian College 3-0 on Sunday, securing their spot in an OCAA semi-final match.

But the end score isn't the whole story. The Hawks had to grind hard through the 90 minutes to finish on top.

"I think on paper, we're the team that's favoured to win,"

Hawks head coach Michael Aquino said before the game. "The players have got to come out ready to play from the first minute."

The game had a physical start. Both teams were able to get going early on, but Humber was first on the board. After a poor Cambrian clearing attempt off a Humber cross, the ball fell to forward Jevone Swaby who controlled it with his chest and smacked in a left-footed volley just eight

minutes in.

Still, the Hawks didn't look like themselves. Holding on to the ball too long created turnovers that allowed Cambrian to get ahead.

But after looking like they were going to give up a goal, the Hawks got their second at the 26th minute from defender Dominic Roberts. After a back-heel pass from Swaby, Roberts' shot deflected in off a Cambrian defender.

At the half, the coaches didn't like the Hawks "slow and sloppy" style of play.

"Our pass selection was

poor," said assistant coach Jason Mesa. "We were knocking the ball deep too many times, so we're just asking them to keep the ball on the ground and look to attack through the wings," he said.

Cambrian started off on the front foot but it was the Hawks who found the back of the net again.

At the 51st minute, Hawks midfielder Jesse Assing broke down the wing and swung in a cross that went past the defence and fell right to half-time substitute Sahjah Reid who tapped the ball in.

Even after that, Cambrian managed to find holes in the Hawks defence and was able to create more chances.

Tensions began to rise in the second half. Yellow cards were shown to both teams, and Reid saw a red card (for the use of foul language directed at an opposing player).

Despite being a man down, the Hawks managed to control the rest of the match.

Assing, 25, global business management student, admitted that it wasn't the Hawks best performance, but said the win is all that matters.

## Women's rugby team practice like they're second best to finish first

**Conditioning a top priority as Hawks get ready for semi-final**

**Jessica Dempsey**  
SPORTS REPORTER

Humber women's rugby team finished the season undefeated and clinched a bye into the semi-finals.

Hawks finished the regular season with a 61-0 win over Conestoga on Oct. 14.

Assistant head coach Andrew Petricca said, "the girls know that in order to be the best you have to come out to practice as if you're second place and work as if you're second best."

Capping an undefeated regular season, the Hawks did not concede a goal.

Dale Essue, head coach, said, "the girls just got it into their minds that no one was going to pass them. If someone passed them it was somewhat of a failure on their end, it was the main focus."

Offence also shone this season. On Sept. 27 they scored a season high of 111 points. The reason, said Charlene Mocon, is team depth.

"We have a 32-man roster this year, and one through 32 were solid. There are no weak spots in our offence and there are no weak spots in our defence. Everybody shows up, everybody works hard. We're

just dominant through and through," Mocon said.

They now await their next opponent on Nov. 1, at Humber's Valley Field.

The team is keeping its pace and conditioning up.

"We are doing lots of fitness, not only training on the field, we're training inside with HPC (High Performance Centre) as well as spin classes and video," said Robynn Graham, scrum-half.

The team will be practicing four times a week with fitness and skills as main priorities. "Keeping that fitness level up (is important) because that is going to be the difference in the games, and that's been the past difference in



JESSICA DEMPSEY

**Running is part of practices Hawks hold four times a week. Women's rugby players run up hill and through Arboretum.**

the championships I've won with this team," Essue said.

Last year, the team was defeated by Algonquin in the finals, and they know there is a chance they will have to face them in the semi's.

"We don't know who we are playing, but if it is who

were suspecting who we are playing it will be a good rematch of last year's final," Petricca said.

The team does not consider second place an option.

"We don't want to wear a silver medal again at all," said Mocon.

## Dino Gardner leads in soccer, rising rap star as 'Franchise'

**Joe Catania**  
SPORTS REPORTER

Humber's Dino 'Franchise' Gardner, 21, is labeled by his coaches as a 'battler' on the soccer field, but it's his battling off the field gaining him nods in Toronto's rap scene.

Gardner, co-captain of the men's varsity soccer team, began playing the sport at age five. He was chosen to play for Ontario's provincial squad as a teenager, Canada's national team at the U-18 level, and again for the U-20 team.

Gardner's skill set and experience allow him to fill many roles for the Hawks.

"Last year he (Gardner) had a very successful year, he was a key component in winning nationals. This year he's doing well on the field and helping us in a few different positions," said Hawk's head coach Michael Aquino.

Gardner's versatility and determination on the soccer pitch led him to excel in another aspect of his life – battle rap.

After growing up watching rap battles, Gardner made a decision to try it out for himself.

This past year Gardner joined Toronto's battle rap league Beastmode Battles under the name Franchise.

"Franchise came into Beastmode ready and hungry," said battle rap veteran and Beastmode promoter Joey Vitiritti, 22.

"He (Gardner) never had a battle in his life, but he killed his debut like he was trained for the moment," Vitiritti said.

"He is the most polished out of all the new comers in my opinion," he added.

Gardner balances soccer, rap and a school course load.

"Time management is key," said Gardner. "The biggest challenge is finding the energy for practice, especially after a long commute or a long day of school."

"Battle rap doesn't take up time in a bad way. I think of lines while I'm on the bus or on the train. I even think of lines while I'm playing soccer," Gardner said.

Yet he's humble. "Before every battle I get the bubble guts. It doesn't mean it's something bad, it just means it's time to battle," he said.

Gardner's successful Beastmode campaign has sparked interest from other battle rap leagues, looking to add 'Franchise' to their events.