

Et Cetera

Humber Room offering healthy food options at cost reduction

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FRIDAY, OCTOBER 3, 2014

Walton over Manahan as HSF president

Unprecented Humber Students' Federation by-election for president upsets spring result

Samantha Singh NEWS REPORTER

Second-year International Business student Thomas Walton, 18, has been elected as Humber Students' Federation's president.

"It was an opportunity of a lifetime to be involved in this campaign, to be able to par-

ticipate with HSF and to be able to say that I was able to campaign.

"I'm just a small town kid, born and raised in New Brunswick. I went to school with 400 people and now I'm at a school with 27,000 plus students," Walton said.

Walton won by 15 per cent with 822 votes to beat thirdtime candidate Shawn Manahan, who won last spring's contentious and disqualified election that saw the removal of president Tim Brilhante for unspecified campaign irregularities.

The by-election had a voter turn out of about 7.5 per cent of the student population. Of the more than 28,000 registered full-time students, about 2,000 voted.

Yet HSF board of directors chair Eric Collings was pleased with the numbers.

"We actually had such a great turn out for a by-election. It's phenomenal the amount of students that came out and voted... Roughly around 7.5 per cent. (That's) for a by-election that has three days of voting, one of those being Friday which is usually the worst day for voting because everyone wants to go home," Collings said.

Walton added, "I only had a week to campaign and then

there was three days that the students can vote. So the fact that there were so many votes those three days is impressive."

Patrick Millerd, 26, who was just shy of third place with 17 per cent of votes, was congratulatory towards Walton.

"I'm okay with it, I think Tom's a pretty good guy and hopefully he will be able to lead HSF to a brighter future. There are definitely changes I'd make if I were to run again, but no hard feelings," Millerd said.

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Millerd said he would "take off his serious face" and go back to his comedy writing at Lakeshore campus.

"I will still try and promote (my website) and hopefully get more interest generated for that and who knows? There's always the elections in March," Millerd said.

See RESULTS on pg. 2

CULTURE DAYS Aboriginal dance marks 'good life'

Lakeshore campus scene of traditional community event

Evan Miller LIFE REPORTER

The sound of drumming and singing carried through the air on the Lakeshore Assembly Hall's lawn, each chair containing a smiling onlooker.

As one dancer circled slowly with an offering of sage, master of ceremonies and Humber Elder Shelley Charles reminded everyone of their place in the natural world.

"Human beings were the last to be created," Charles said.

The Aboriginal Community Celebration on Sept. 26 was just one of several events taking place during Humber's Culture Days, a two-day festival open to all races and religious beliefs.

Those in attendance were treated to traditional drumming, singing and dancing by a group that included several Humber alumni.

Dancer Ethel Chynoweth spoke in detail about the meaning behind her regalia the decorative garb that's representative of an individual's identity.

"I used to wear a regalia

that was green and yellow, and it didn't feel right," she said. "Then I made this regalia, and it was of the sunset and when I put it on, it made me feel important."

Also sporting three white feathers, one for each of her grandchildren, Chynoweth spoke to the audience about her motivations for dancing, a celebration of life.

"When I dance, I dance for everybody," she said. "I dance for myself, I dance for my family and I dance for those that can't dance."

Event staff and volunteers wore t-shirts embellished with "mino bimaadiziwin", an Ojibwa phrase and philosophy that translates to "the good life,"as they lead a dreamcatcher-crafting workshop and answered spectator's questions.

One volunteer, Natalie Snow, a Criminal Justice student and administrative as sistant at Lakeshore's Aboriginal Resource Centre, offered additional insight into the importance of the event.

"In my program, we learn a lot about Aboriginals and the negative of what's happening within communities," Snow said. "I think this is the complete opposite. It's the positive."

See POW-WOW on pg.2



Dancers rejoice at the Aboriginal pow-wow that took place at the Lakeshore Assembly Hall on September 26.

SPORTS Hawks men's soccer downs Mohawk 4-0

Humber Hawks men's soccer team continued their perfect start to the season with a 4-0 win against Mohawk College on Sept 27.

Mohawk had yet to win a game this season, but head coach Michael Aquino warned against over-confidence.

need to mentally prepare for," he said to his team before the match.

his 16 rookies.

First-year defender Tremaine Nelson slotted his shot into the upper-half of the net just nine minutes into the game. The Hawks continued to control possession in the first half, looking very comfortable on the ball and limiting Mohawk's attack.

The Hawks had a total of nine shots in the first half, compared to Mohawk's one.

But at the half, the coaches had not been impressed with the Hawks' relaxed style of play.

"We lacked intensity in the first half," said assistant coach Ricardo Fonseca."We can definitely do better."

EVAN MILLER

Aaron D'Andrea SPORTS REPORTER

"These are the teams you

Aquino wanted an early goal and he got it from one of

Pow-wow first of many upcoming **Humber events**

POW-WOW from pg. 1

For Aboriginal Programming Officer and Co-ordinator Allysha Wassegijig, the event's success is easily discernible.

"The Lakeshore area has a rich Aboriginal history and we're always excited to bring that into our everyday life," said Wassegijig. "It's a great place to showcase aboriginal art and culture in a contemporary way."

As November is Aboriginal Education Month at the college, Humber will also be

hosting a number of events at both the Lakeshore and North campuses.

Between Nov. 3 and 7, Lakeshore's L Space Gallery will host "Anishinaabe, Nongom!," an exhibit of indigenous art from Humber students and the Greater Toronto Area. The exhibition will also feature a different workshop each day of its stay

An indoor pow-wow is scheduled in the North campus' Student Centre on Nov. 7. Vendors will also sell traditional Aboriginal crafts and art.



Drumming group 416 provided the music for Humber College Lakeshore campus' Culture Days celebration Sept. 26.

Lack of Humber North parking frustrating students

Nick Beare NEWS REPORTER

Commuters have more than 3,100 parking spots at their disposal at Humber College's North campus. There are 15 lots on campus and two overflow lots ready to use for any student in need. Yet parking has become a daily headache for many, leading outraged drivers to meander aimlessly between rows of cars trying to find that one lucky spot.

Second-year event-planning student Lauren Hoyles is a daily meanderer whose frustration mounts with every trip to school.

Some days there just aren't spots available, no matter how good her planning skills, Hoyles said.

"Getting to Humber 40 minutes early still doesn't leave me enough time to find anywhere to park and get too class on time," said Hoyles.

This year Hoyles has not purchased a parking pass, instead opting to use pay-onexit lots.

Last year, with a \$600 parking pass hanging from her rear-view mirror, Hoyles said the parking was so bad that "people eventually started making their own spots".

She said she has been forced to walk up from the street when completely unable to find a spot.

"I have had to park at McDonald's and walk more times than I can count," Hoyles said.

Parking up the street and walking is a popular method for many commuters who would rather do that than pay \$7 a day to park in a pay-onexit lot.

Second-year paralegal student Brian Uzebor said there is no point in paying for a parking pass when you can walk

"I park by the buildings across the street because it's inconvenient for me to pay \$7 each day. It's quite costly," Uzebor said. "I use [Lot 1] which is free after 5 p.m. if I don't have to come earlier."

With over 27,000 people traveling to campus

and competing for 3800 parking stalls, not everyone is going to be able to find (a spot).

Rob Kilfoyle DIRECTOR OF PUBLIC SAFE

Director of Public Safety at Humber Rob Kilfoyle reminds drivers of the overflow lots that rarely full.

"We recommend students, particularly those that have classes that start mid-morning and in the early afternoon, go directly to the Queen's Plate lot and take the bus to campus to avoid the frustration of driving around," said Kilfoyle. "The Queens Plate lot remains unfilled daily."

Parking at the Queen's Plate lot requires drivers to either pay-on-exit (\$4 for less than 4 hours, \$7 for more) or pay for a \$600 parking pass and take a shuttle bus leaving every 15 minutes up Highway 27 to campus.

Parking problems at Humber remain unresolved for many students, as the popular Humber based Facebook page 'Spotted at Humber' reveals many students speculating on reasons behind the congestion. Many surmise that the school has in fact sold more parking passes than there are spots. But Kilfoyle said this is simply not the case.

"We sell about 880 permits

for students and additional 300 for Guelph-Humber students," said Kilfoyle,

"(Excluding Guelph-Humber), we used to sell 1,000 permits but with the reduction of parking lots for the LRC (Learning Resource Commons) construction and the pressure we've experienced, we have reduced that," he said. Lauren Hoyles has her own theory.

"Parking staff wander around and don't bother taking down the "Full Lot" signs when on more than one occasion I've seen parking spots in there," she said.

Kilfoyle described a much simpler cause.

"With over 27,000 people traveling to campus and competing for 3800 parking stalls (both Lakeshore and North campuses combined), not everyone is going to be able to find something, that's the reality," Kilfoyle said.

HSF president Walton takes office Oct. 20

RESULTS from pg. 1

"It's not official yet, we still have the gala to go to the Annual General Meeting where there's more interviews of my platform, to see what can actually happen. 'So, right now it's just preparing for the AGM, getting my schedule organized and set and getting ready to take action," Walton said.

Rob Gemmell and Saurabh Kanda were elected to the vacant North campus seats on the board of directors after running unopposed.

Gemmell, Kanda and Walton's term will begin October 20, 2014, and run to April 30, 2015.

"It's time to roll up my sleeves and get ready to work," Walton said.

TTC brings student photo ID card service to North campus

Jalisa Massiah NEWS REPORTER

Humber Sustainability made Humber College a little more accessible for its students.

All it took was a little push to get Toronto Transit Commission (TTC) services to come to Humber College to provide the \$7 TTC Photo ID cards, saving students a trip to Sherbourne station. Photos were taken in the Concourse on Thursday.

vision student Kristopher it right away for you." Truchan said his experience was snappy at the TTC post-secondary photo ID event.

"It was done really fast. I've been meaning to go and get my TTC card (and) it worked out really well," he said.

"It was quick," first-year Tourism Management student Scarlett Wang said. "In high school it would take two months (for the TTC photo

Students are required get their photograph taken for the TTC photo ID card, so post-secondary students can take advantage of the discounted price for student Metropasses, and avoid being refused entry on the bus.

"A lot of students take the bus. We have 1,200 plus busses come to (the) North campus every day, so we know that lots of people are

First-year Film and Tele- card) to come, here they print taking the bus," Humber Sus- really have a reason. So we tainability manager Lindsay organized to have them here," Walker said.

Walker found out the TTC provided this service to other colleges and universities, but Humber College wasn't among them.

"We get questions about TTC and how to get Metropasses and does Humber help. When I went to the website on TTC last year, it said in bold letters we don't come to Humber. They didn't he said.

This is the first year Humber College has run the program allowing student to get these ID cards on campus. "If this event is successful

we will then speak with TTC so we can have it at the Lakeshore campus as well," said Walker.

A Metropass for full time students sells for \$108, a discount of \$25.



Tom Walton has come out on top, winning the HSF presidency earlier this week by a 15-point margin.

Hout talk kicks off Alternative Design series

Tamara Shade

Renowned architect and Humber College Visual Communication Instructor Samer Hout has designed homes, condos and public buildings in some of the world's more exotic places, including Inner Mongolia.

Architecture Technology instructor Elizabeth Fenuta, who introduced Hout at Wednesday's Alternative Design Lecture Series, said he's "also doing really iconic towers in (Toronto) right now," including one at Yonge Street and Eglinton Avenue and another in Yorkville.

"I was inspired by architecture itself," Hout told an audience of about 30 people attending the lecture.

"It was very early on, I was in high school, and I was always drawn to architecture," Hout said.

He said architecture was always around him growing up. It has had an impact on him and he has "always been good at imagining spaces."

Hout walked students through his past travels and

work – one being a house he designed in China about six years ago. He explained the different phases of the project, showing detailed photographs of each step. He spoke about how weather should be considered when designing a building or house concept.

Hout later brought the focus back home, showing a downtown Toronto building that he has been designing for the last two years.

He spoke about restoring heritage buildings and integrating them with the new. Hout went into great detail while discussing modern urban designs, comparing them to older condo structures. Humber

North Campus.

ing."

Technology third-year stu-

dent Derrick Pilon said he

learned a lot about the archi-

tect and "it was real interest-

The Alternative Design

Lecture Series will continue

with events every two weeks

in room B202 at Humber's

The exception to is the

Dec. 3 lecture which will be held at L Space Gallery at the

Lakeshore Campus. Guest

Architectural

He explained how he is keeping to a simple design, using patterns and texture to draw interest to a 54-floor condominium being built in Yorkville.

"Always be perceptive and learn from your experiences as much as you could and always be open to learning new skills and open to new ideas," Hout advised the students.

He said he believes his success comes from seeing inspiring solutions to problems. speaker Yiu-Bun Chan will discuss music and architecture at that event.

TORONTO WALK FOR POLYCYSTIC KIDNEY DISEASE



Supporters turned out by the hundreds on Sept. 28 for the Toronto Walk for Polycystic Kidney Disease in North Etobicoke's Centennial Park.

Finch construction doubling student travel times

Aluen Navarro

TRANSPORTATION REPORTER

Humber Event Planning student Vanessa Douse needs to get on a bus at 6 a.m. to ensure she's in class on time.

It would normally take her 45 minutes to ride the TTC's 36 Finch West bus to North campus. But construction tearing up Finch Avenue West is forcing Humber College students like Douse to be very patient as they ride the Rocket to school.

The journey now takes her two hours each way.

All along Finch, the 36 Finch West buses bound for Humber are caught in the traffic created by construction.

In short, Finch is a commuter's nightmare. The intersection at Keele Street is congested as construction continues for the future Finch West subway station. But there are also three resurfacing projects on Finch between Highway 27 and Dufferin Street, making the commute tough at best.

The resurfacing project launched in June on Finch between Highway 27 and Kipling Avenue has bottlenecked the major traffic corridor to Humber. Construction is expected to end in this stretch in November.

Another resurfacing project between Signet Drive near Highway 400 and Keele Street started in June. It's trickier because of the asbestos that was used in the tar mixture during the 1970s. Completion is expected in December. Resurfacing and sewer work is also progressing along Finch between Tangiers Road, east of Keele, to Dufferin Street.

66

It's dangerous that people have to get out of the bus in the middle of the street because of the construction.

Yazmeen Sidib

MEDIA STUDIES STUDENT

First-year Media Studies student Yazmeen Sidib said it used to take her 45 minutes to get to school on the bus in the morning without traffic. But Sidib finds herself getting up earlier to be in class on time because of the construction. She's been late a handful of times for her morning classes because of heavy traffic.

Sidib said she thinks it's dangerous that people have to get out of the bus in the middle of the street because of the construction. She also has found herself jumping over cement barriers to get on the sidewalk.

If it were up to Sidib, she would have more buses running along Finch. She said those currently running are always packed.

Although the 36 Finch bus seems to be affected by the construction, some students like Guila Sigga, a first-year Nutrition Management student, have adapted and she

says she's never been late to school.

It takes Sigga 90 minutes and two buses every morning to reach Humber's North campus. She's up by 5 a.m. and at her bus stop by 6:30 a.m. just to be at school for 8 a.m. almost every morning.

Siggia agrees the TTC should "add more buses on the 36 Finch West line".

But there's not much the TTC can do about the construction; students just have to grin and bear it until the work ends in December.

People can check the 'Rocket Man' app on their phones for a full list of the buses that come to a stop and their times. Another alternative is looking at the TTC website before leaving home in the morning.



NICK WESTOLL Judy Tavares, acting manager of New Student Recruitment and Advising

Enrolment at Humber leveling off

Nick Westoll

University enrolment in Ontario has dropped by 3.5 per cent, newly released stats from the Ontario Universities' Application Centre show. Meanwhile, Humber Col-

lege is seeing growth at its campuses.

"We've had a really strong enrolment trajectory over the past six or seven years," said Jason Hunter, vice president of Student and Community Engagement.

Humber has had difficulty meeting the demand due to space constraints on campus. Hunter did say, however, that the enrolment numbers seem to be leveling out.

Humber is aiming to accommodate 25,000 students and it hopes to grow at a rate of 2 per cent each year, Hunter said.

Humber's New Student Recruitment and Advising office staff reach out to potential new students, visiting approximately 500 high schools and participating in special events such as the Ontario College Fair.

The biggest challenges for recruiters are explaining the college learning environment and addressing biases against a college education as they work to explain what makes Humber's programs distinct.

"Every school has business (programs)," acting manager of New Student Recruitment and Advising Judy Tavares said, but an example of Humber's difference is its access for students to paid internships and degree opportunities.

Despite an anticipated decline in post-secondary enrolment as baby boomers' children graduate, the government is anticipating growth after 2021.

Colleges Ontario, the province's centralized application centre for colleges, declined to comment for this story.

Humber's food service contract coming up for renewal

Natalia Vega HSF REPORTER

The contract between food vendor Chartwells and Humber College ends in 2015 when Humber must either renew the contract or find another food service provider.

Chartwells, a subsidiary of U.K.-based Compass Group, has been serving Humber with food options since 1997. It provides food for students in places like the Food Emporium, Smoke's Poutine, Java Jazz and in residence.

Humber Students' Federation Executive Director Ercole Perrone said when the contract ends Humber will receive proposals from food vendors before deciding the future food service provider.

"I think regardless of who is the vendor, it is always an uphill challenge when you have students that often eat here," said Perrone. "I would just be wary of anyone ... thinking that simply replacing Chartwells with another food service provider will fix everything (in terms of choice and costs)."

Electrical Engineering student Isaac Mendieros, 20, buys food at school about twice a day and said although some things are expensive there are other options that are affordable.

"The prices are okay for pizza. I know Mr. Sub is a little expensive," he said.

Computer engineering student Handel Matthews, 17, said all food on campus is expensive.

Matthews said he would suggest the school have a Mc-Donald's or another restaurant that offers better prices.

"You can never go wrong with paying for something for two dollars," he said. "We're students, we have to have a dollar menu somewhere."

Director of Campus Services Paul Iskander said annual surveys are taken asking students in residence for suggestions.

"We always listen to students, we always try to improve on what the students need and we're very cautious of what's going to affect the bottom line, what's going to affect your pocket," he said.

Despite numerous attempts to reach them, Chartwells was not available for comment on this story.



Cakes and confections overran Toronto Congress Centre Sept. 26-28 in North America's largest bakers' convention, where vendors came from as far as Paris.

Baking show boosts growing sector

Canada's Baking and Sweets Show vendors encourage students to earn college credential

their business.

TV's The Cupcake Girls, Heather White and Lori Joyce The Toronto Congress were in attendance. Starting Centre was home to Canada's off in Vancouver and making Baking and Sweets Show, the their way to the east coast, largest such event in North White and Joyce are new to America, for a three-day the Toronto scene and are gathering Sept. 26 to 28. looking to expand based on The event brought togeththeir trial run feedback.

"It's hard when there's only one store here to have the same support like we do in BC...so we're looking to

expand and build a marketplace," White said. The Cupcake Girls' current

Toronto location is in Leaside. Buddy Valastro's popular baking show Cake Boss also made an appearance this year. Valastro wasn't at the show himself but he had representatives that have worked with him and his creations entertaining the crowd.

Jeff Foster, one of the Cake Boss representatives praised conventions like Canada's Baking and Sweets Show for the fast-growing baking phenomenon.

breathing recycled air can

cause fatigue and headaches,

also help increase lung capac-

The extra oxygen flow can

he said.

"People like Buddy (Valastro) and Gordon Ramsay have raised the profile on the industry... People see it now as not just something you do when you're going to school or when you're growing up. I mean, there are viable careers," said Foster.

Toronto-based Select Bakery was one of the larger exhibitors in the show. Select specializes in Mediterranean pastries and cakes.

Owner Kosta Katsamakis believes that students pursuing a college diploma in baking are given better opportunities when looking for jobs after graduation.

"This is what we look at when...hiring somebody, if I can have somebody that has the foundations I can bring them in and just hit the ground running," Katsamakis said.

Those students chosing a non-culinary program still have a chance, too. Neither White nor Joyce has a baking or business background.

"We just saw a niche in the marketplace and thought that this is something that the community and public want, and they did," White said.

Oxygen bar breathes new life into students

Brittnei Bilhete LIFE REPORTER

Cheyenne Lynch

NEWS REPORTER

On Wednesday morning, students loosened up at Humber College's North campus Student Center with free massages and an oxygen bar courtesy of the Humber Students' Federation.

er bakers from as far as Paris,

France and as close as Wood-

bine Mall to showcase their

work and bring awareness to

First-year Humber film and television student Emily Borhi was one of the first students to try the oxygen bar.

"I've heard about it before... I've always wanted to try it," Borhi said. "It's really cool."

Dave McNamara, president of Element Oxygen

Bars said, "we offer anywhere from five to ten minute sessions of 92 per cent pure oxygen. The oxygen comes from a medical concentrator and produces about three litres per minute.".

It then runs into an infuse machine where the oxygen mixes with natural aroma extracts like rosemary mint and wild cherry, said McNamara.

The benefits of using an oxygen bar are reputed to go beyond having fun.

"You feel more alert after the session, more awake, (and) headache free. It kind of clears your head," Mc-Namara said.



A Sept. 28 event at North campus Student Centre featured free massages, tea and an oxygen bar to help students relax.

Simply being in a classity and regulate sleeping patterns, he added. room for a few hours and

Keishana Bowen, a firstyear general arts and science student, began her de-stressing experience with a massage by a registered massage therapist.

Bowen said she was physically stressed before getting her massage, "I noticed I have a lot of knots in my back," she said.

Humber's Massage Therapy Lab manager Felicia Bremner said, "when muscles get too tense, it can cause referred pain, which we refer to as trigger points. (These) are located somewhere on the body that can refer pain to elsewhere.

Students also enjoyed complimentary hot drinks from David's Tea.

"Around this time of the year, students are studying for quizzes and tests and mid-terms are coming up," said Josh Paglione, HSF's programming coordinator.

"The whole theme of the event is relaxation and destress."

SOL.E a sustainable single-seat vehicle

Humber industrial design grad Carvalho creates car of future

Serge Halytsky NEWS REPORTER

Humber Industrial Design graduate Adam Carvalho won a plane ticket to Prague to show off his thesis project, a model vehicle made of 100 per cent reusable and biodegradable materials.

Each year, auto industry brands like Jaguar, Ferrari, Volvo and Skoda meet at the annual Auto Design Prague conference to talk about what they do and the future of auto industry.

Carvalho and just 30 other new graduates from around the world were selected to participate in the design exposition showcasing their final projects.

His project is called SOL.E, which stands for one or single.

"It is a single-seat vehicle designed for the future of transportation," Carvalho said.



SOL.E gives drivers an alternative from conventional vehicles. Carvalho's model is extremely lightweight, which reduces emissions.

"Being a part of it was quite an experience," Carvalho said. "Internationally, about 1,000 of students graduate in industrial design programs around the world, 100 in Coventry, England, alone. To be picked up out of all graduates internationally was amazing," he said.

Although he didn't win, he did mingle with some of the most important auto design-

Carvalho said it was exciting because he and other design graduates had a chance to showcase their work, talk about their design, and also talk to industry professionals. Although the Prague conference was a tremendous achievement for Carvalho, it's not his first one.

He already won two design competitions as a Humber student.

At the Humber Business Show in April, Carvalho's thesis, the model prototype that was showcased in Prague, was represented in two-dimension design sketches, a 3D model, and a full-size

COURTESY OF ADAM CARVALHO

model that was chosen for first place.

At May's Rocket Show, hosted by Associated Charter of Industrial Designers of Ontario (ACIDO), Carvalho's project was selected as a winner in the transportation category.

Patrick Burke, Carvalho's teacher at Humber, said the ACIDO Rocket show is a competition between the



COURTESY OF ADAM CARVALHO

Humber industrial design graduate Adam Carvalho (top) is the brain behind SOL.E (left) which combines sustainable energy with sleek design

three schools — Humber College, OCAD University and Carlton University that teach industrial design in Ontario.

"Adam always had a keen interest in automobiles and design," Burke said.

Carvalho now works for Christie Digital Systems as an industrial designer. He said he is thankful to Humber for giving him needed tools.

Humber Spa helps Ghana school org

Rebecca Pilozo-Melara BIZ/TECH REPORTER

The Humber Spa's second annual ROPAK event is nearly approaching and it is expecting to exceed last year's budget.

ROPAK Educational Complex in Ghana is an organization that helps develop schools and strives to provide students with tuition. Last year, Humber donated more than \$3,600 that went to renovating a school in Ghana. The money donated was used to build flooring, construct a staff common room, build a future computer lab, and renovate one of the classrooms.

Additionally, ROPAK was able to build a library, paint the front of the school and electrical work was done for the future use of technology used in the school.

Lastly, some students' fees were paid so they could attend the school.

The ROPAK fundraiser will take place at the Humber spa where clients who book an appointment, with a minimum of \$50 services, can get pampered while giving back. Clients have the option of purchasing raffle tickets for \$10, for a chance to win prizes.

The prizes will include items from athletics, skincare, and cosmetics products. All proceeds of the \$50 services go towards renovating a school in Ghana and each raffle ticket purchased provides a student with an education, for one year.

Delia Fiorante, Assistant Spa Manager at the Humber Spa, says last year Nancy Simms, Director of Centre for Human Rights, approached the Humber Spa to do a charitable event. Fiorante mentions that getting the students within the Humber esthetician/spa management program involved teaches them the importance of giving back.

The Humber Spa is a luxurious spa that the esthetician/spa management students use to gain experience



REBECCA PILOZO-MELARA

Humber Spa staff, Sarah Muzzatti (left) and Monica Grasman help coordinate preparations for the Oct. 8 ROPAK fundraising event at North campus to support schools in Ghana.

in their field. "Standard isn't what we strive for. It shows in the way the place is kept and we always try to stay ahead," says Fiorante.

Fiorante adds that she wants to ensure everyone who attends the Humber Spa gets that "destination spa feel" and additionally says, "it's a place where people can come and see what we have here is fabulous."

Jackie Thai, Humber general arts and sciences graduate, talks about her previous experience she had at the Humber Spa and says, "The staff is really nice. Everything is well organized and they treated me really nice." Thai adds that she would return again because, "It benefits everybody, and it's a great cause."

Spa lab technologist, Sarah Muzzatti, 31, mentions that she hopes for more students to come out to the event this year and said, "I think it's important for the students to reach out to their fellow students. It feels good to do something nice for somebody."

This year, the ROPAK fundraising event will take place on October 8 from 11:30 a.m. to 3:00 p.m. and clients are asked to book an appointment prior to the event date.

Apple pulls out, Dell in at Humber bookstore

Gabrielle Austin BIZ/TECH REPORTER

Apple Canada took a bite out of Humber College's bookstore sales this year.

The bookstores at North and Lakeshore campuses no longer carry Apple laptops, desktops, iPads and accessories.

But where Apple Canada pulled out, its competitor Dell Canada is now in, with Dell laptops and accessories at discounted price for students and staff at Humber.

"Everything (about Apple's pull-out) was handled through Humber College's head office, then an Apple representative came in to explain why the shutdown would be taking place," said Bookstore tech associate Darmesh Patel.

Apple Canada notified Humber's bookstore about the changes in April, Patel said, citing online sales as a main factor for the change.

He said Apple Canada noticed a majority of its sales were online instead of instore and decided to pull the plug. Second year Multimedia Design and Development student Caylea Shin said she thinks Apple made the wrong move.

"I have been a Mac user since 2006 and the quality of a Mac to a PC does not compare, so I find it odd that Apple do something like this, especially for students," Shin said.

"The Apple store closing is mostly a letdown to the staff and students at Humber because it was easier to get everything at school," Patel added.

While students may be affected because they can no longer purchase Apple products on campus, Information Technology Support staffer Orlando Salozar said Humber staff have a different situation.

"The IT techs are not affected because anything that we need from Apple, we go directly to Apple and get it. So what's in the Bookstore does not matter to us," Salozar said.

Shoppers can still purchase what remains of current stock until the shelves are empty.

ies, the ACIDO Rocket show ize a competition between t

High hopes for Uruguay pot legalization

Things were looking up for Canada in the '70s. The era saw women joining the Royal Canadian Mounted Police for the first time, the Human Rights Commission was created, capital punishment was abolished and the last part of the CN Tower was finally erected.

In Uruguay, the '70s painted a different picture – a horrifying collage of extreme repression and military dictatorship. An Amnesty International press release outlined torture as a common method of interrogation during an investigation in 1973 and the country became known as "the torture chamber of Latin America."

As Canadians were enjoying increasing human rights and picturesque views from the CN Tower, Uruguay was in absolute turmoil.

One country was moving forward while the other moved back. One moving toward liberation and the other oppressed – the politics not even in the same realm of comparison.

As history writes, the welfare of countries is often tumultuous. But, by the books, Canada should be steadily moving ahead.. We are a wealthy nation, a lucky nation.

So why does Canada live in the past when it comes to marijuana laws?

Uruguay recently became the first country to nationally legalize the cultivation, sale and consumption of pot, and they are fine-tuning the regulations as we speak.

Here you can get a criminal record for just having the stuff. How did a country that was gripped by a totalitarian government just a few decades ago manage to legalize marijuana before anyone else?

Their leader.

José Mujica, a former guerilla fighter who was shot six times by police during the reign of the military regime, spent 14 years in prison, donates 90 per cent of his income to charity and lives on a farm.

Canada's Prime Minister Stephen Harper lives in a "house" with 34 rooms and would rather give a kid with a dime bag a criminal record than end the war on weed.

What's interesting about Uruguay's process is that the pressure for legalization came from the top. A survey by Uruguayan polling firm Equipos Consultores found two thirds of the population was actually opposed to the legalization of marijuana prior to the law passing.

Comparatively, a poll conducted last week by Forum Research found that 70 per cent of Canadians said they wanted legalization or decriminalization

Despite popular opinion, Mujica forged ahead and did what he thought was right for his people. Theoretically, legalization will decrease drug trafficking by introducing the biggest competitor in pothead history – the government.

It works like this: every toker over the age of 18 who wants to buy legal pot has to register with a government database. The system allows Uruguayans (non-citizens cannot register) to either grow up to six plants themselves, buy a maximum of 40 grams per month at a pharmacy or form clubs with other people allowing them to grow up to 99 plants for personal use.

Canada's attempts to decriminalize weed look pathetic in comparison. Our buds of hope were cut down twice in the past ten years. In 2002 under the Liberal government of Jean Chretien, a bill to decriminalize possession for personal use was introduced, which would have made possession punishable by fine. Nothing ever came of it.

An identical bill to decriminalize was reintroduced in 2004 by Paul Martin's minority Liberals, but it too went up in smoke.

All was pretty much lost when the Harper conservatives took over. Not only was decriminalization no longer up for discussion, the Conservatives made the laws tougher. In 2012 the Safe Streets and Communities Act legislated a minimum jail term of six months for growing at least six plants.

You know what happens when you grow six marijuana plants while registered in Uruguay?

You get really high, for really cheap, and nobody goes to jail.

But there is hope for the future. With federal elections coming up soon, Liberal party leader Justin Trudeau is the man to beat Harper. In a recent interview, Trudeau said the Liberal party's plan is to legalize and regulate the sale of marijuana in order to protect the developing brains of youths while simultaneously allowing adults to make their own informed decisions.

"Our current approach is not protecting young people. On top of that, it's funneling millions of dollars every year into the pockets of criminal organizations and street gangs, criminalizing a large number of people who don't deserve criminal records, and bogging down our police and justice system," said Trudeau.

Statistics Canada found 81 per cent of youth drug violations in 2013 involved the possession of cannabis.

Even the police are fed up, continuously faced with the decision to either turn a blind eye or lay formal charges, which can lead to a criminal record. Indeed, the Canadian Association of Chiefs of Police has repeatedly recommended a ticketing process for limited posession

Heading straight to legalization is probably not a viable option for Canada, but decriminalization would be a great start and Trudeau is the man to do it.

As President Mujica said, "the sad part is that an old man who is almost 80 has to come and propose a youthful openness to a conservative world that makes you want to cry."

The shifting of government opinion and policies about marijuana is painstakingly slow in this country. Just when a flicker of hope sparks up it is shortly blown out by conservative naysayers who don't see that cracking down on marijuana users does more harm than good. Even in the intensely anti-drug police environment of the U.S., two states have now legalized cannabis use and more will have the question on referendums this fall.

Legalization of marijuana in Uruguay is a live social experiment that the whole world should be thankful for. It's a leap that no other country has had the guts to take, but then again, no other country has a leader like President Mujica.



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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Living on ramen: OSAP prepares students for life of poverty



Ror years we've been hearing about how difficult it is for recent university and college graduates. Student debts are sky high. Youth unemployment is running more than double the national average, which is itself trending at a depressing rate. Those who do manage to find work are more often than not working menial, deadend jobs for a minimum wage that doesn't even break the poverty line.

Yes, helping raise people out of poverty has been a subject of concern in Canadian society for decades, but somehow current post-secondary students haven't been included in that group.

It's almost like a rite of passage that we should live in a student slum, eat nothing but ramen noodles and boxed macaroni and cheese. I can almost hear the excuses now. "It builds character." "You'll learn to be self-sufficient."

"We managed all right. Why can't you?" Why should we?

The overwhelming majority of post-secondary students are in their late teens and early twenties. These are years crucial to biological and mental development. Yet students are expected to live off cheap but nutrient-poor foods and study long hours,

often at the cost of a social life. Certainly, there are programs in place.

Here in Ontario we can count on the Ontario Student Assistance Program (OSAP). A hideously bureaucratic system that punishes every attempt a student makes in order to survive.

And they need to do something because those loans just aren't cutting it.

The maximum amount a student with no dependents can receive is \$360 per week.

A person making minimum

wage, \$11 an hour – a rate itself not even approaching the poverty line – working a full-time 40 hours a week will make \$440 per week.

By choosing to go to school students are losing out on a potential \$80 a week.

But wait! There's more!

Ontario students have to pay the highest tuition rates in the country out of that meagre sum. In 2013-14, Stats Canada reported the average tuition paid by Ontario undergraduate students was over \$7,000. Given a 35-week school year, that's \$200 a week already spent.

That poverty-inducing \$360 has been more than cut in half. An Ontario Works recipient gets more than that and they never have to pay it back!

Sure, there is always the possibility of a part-time job. But with a packed school schedule students often have to forego studying to do so.

Raising the minimum wage may help to ease that balance but it won't do anything for OSAP recipients. Make more than \$100 a week and they'll garnish your loan.

Need a car to get to school? Better hope it's a clunker. Owning a car worth more than \$5,000 will also reduce the amount OSAP will give you.

It is imperative that OSAP take a long, hard look at their policies. Enacting programs to help ease graduates' burdensome loan repayments are all well and good. But how much are they helping those students who can't afford to go to school in the first place because their loans can't keep a roof over their heads and put food on the table, especially not after paying their tuition?

Freezing said tuition rates, or reducing them will help, too. But it's not enough. The maximum weekly rate has to be raised to at least \$500, the majority of which must be made a grant so as not to further increase the already soul-crushing student debts most graduates carry.

Doing so will ensure all future students have every opportunity they desire to further their education and position themselves for a good, well-paying career.

Neocons using ISIS crisis as wedge for unending Mideast war



rom ethnically cleansing Christians to beheading journalists and reviving crucifixion as a form of corporal punishment, there is no disputing the barbarism of ISIS or Islamic State. Their savagery is so over-thetop it provides a convenient alibi for the endless war in the Middle East sought by neoconservatives.

It is no coincidence that the same voices calling for further U.S. engagement in Iraq were the most vocal in their support for the 2003 invasion. Dick Cheney, John McCain, and Robert Kagan, for example, believe military force should be used to solve the problem they exacerbated with military force in 2003. These neocons sought a pretext to weaken the Iran-allied government of Nouri al-Maliki and ISIS provided them with that opportunity. Now they can intervene in Iraq and beyond under the guise of "humanitarian intervention." No fabricated weapons of mass destruction are necessary.

They don't currently occupy the White House, but the neocons used their considerable influence in Congress to push for a more forceful approach to Iraq. Now they want to do the same in Syria.

With the recent expansion of the war into Syria, U.S. President Barack Obama has opened another front in a never-ending war, writes Reuters columnist Jack Shafer.

The current intervention in Iraq and Syria is "a wild-card war" where "allies and enemies seem arbitrary and ever-shifting," Shafer writes. Last year's bitter enemy, Syrian president Bashar al-Assad, becomes this year's reluctant ally. Dropping bombs on Syria without coordinating with President Assad is a quagmire in waiting. The US declared war on Assad's strongest opponents, but is paradoxically still committed to his overthrow. Who exactly do they want in charge of Syria?

Obama openly concedes this intervention will last beyond his presidency, just as Bush Jr.'s Iraq war continued past his. This is not an impressive legacy for the winner of the 2009 Nobel Peace Prize.

This war will not end soon, nor is it likely to end well for the Iraqi and Syrian people.

The question is not whether ISIS is a problem (it obviously is), but how to deal with it most effectively without strengthening the movement.

So, as Lenin would say, "what is to be done?"

One alternative approach, taken by Turkish President Recep Erdogan, is disengaged neutrality. Since Turkey has dedicated so many resources to Assad's overthrow, Erdogan is reluctant to weaken the armed opposition, however vile and extremist.

Erdogan also wants to avoid Turkey becoming Pakistan to Syria's Afghanistan. Before and during the Soviet invasion of Afghanistan, Pakistan served as a base for Islamist rebels fighting the secular government in Kabul.

Erdogan should have considered this prospect before allowing Syrian rebels to set up base in Turkey.

If he believes the Syrian crisis can be solved by empowering the Islamist opposition and waiting for it to overthrow Assad, he is mistaken.

As of Sept. 30, this cautious approach has failed. There are now reports of Turkey contributing to the US-led airstrikes in Iraq and Syria.

The overlapping crises in the Levant are largely the result of Saudi

and Iranian machinations. Broadly speaking, Saudi Arabia supported Islamist rebels to counter Iranian influence on the Assad and Maliki governments.

If we are serious about bringing peace and stability to ISIS-occupied territory, The Nation's editorial board says we must work toward Saudi-Iranian rapprochement. This seems to me the most effective means of dealing with ISIS.

"A Saudi-Iranian accord could vastly ease the crises in Syria and Iraq, nudging the leaders in Damascus and Baghdad toward a more open, accommodating stance," they write. Turkey could play a mediating role, given its shared ties with Riyadh and Tehran.

When dealing with an organization as sinister as ISIS, we must guard against becoming the violent extremists we set out to destroy.

Perhaps it's time to think beyond military solutions to the various problems in the Middle East.

Offense at breastfeeding in public is hypocrisy



was shocked to see in a recent TV news segment on public breastfeeding that a majority of people, including Canadian women, were offended by the very thought of any woman baring their breasts to feed their child. Why this is six o'clock news worthy material is beyond me, but what I am also failing to grasp is how we as women are offended at the sight of another woman's breasts.

After all, these women are using their breasts in the way they were intended -- to nurse their babies.

This should hardly be treated as offensive. At any given moment on any

At any given moment on any social media outlet, people are posting their favourite music videos, which often include scantily clad women, photos of themselves #suntanning by the pool in their bikinis, or idolizing photographs of some of the most embarrassing women in history.

It's socially acceptable for people to enjoy the sexual antics of Miley Cyrus, and consider her to somewhat of a role model or feminist leader, yet we ostracize ordinary women for being too revealing. I'll admit to enjoying 'Keeping up with the Kardashians' on a lazy Sunday, but I find it questionable how our society idolizes women whose principal talent is being sexual on camera. The latest video by Nicki Minaj, for example, has nearly 221 million online views, showing Nicki and several other women hardly wearing any clothing around their below-the-midriff flesh (in case you haven't seen it).

In such a culture, however, a problem with seeing a mother breastfeed her baby in public seems entirely hypocritical.

There's a serious problem we're facing as women who are 'body-shaming' each other and I can't help but to feel sad for my gender. At times this seems to be a lost cause amongst women, as if regardless of what we, as empowered females, do, it will never change the majority's opinion on appropriate sexuality for us.

As females we often feel threatened by other women who might be more attractive, leaner, taller, have bigger breasts or any of the superficial elements that supposedly make women sexually attractive. But we applaud celebrities for their gender-limiting behavior when it comes to representing women as a whole through conventionally prescribed figures engaged in pelvic thrusting.

As for women who complain about breastfeeding in public, perhaps they're unaware of the horrible wailing that emerges from a hungry baby.

I remind women we are all in this world together. We are each other's competition and friends. We are the only ones who truly understand what it is like to be a woman, regardless of race, gender or sexual orientation.

And whether we are looking at new mothers or reality show stars, we should respect all women's choices.

Inaction on our missing, murdered Aboriginal women is unacceptable



aybe things will change when the next Aboriginal woman vanishes or is murdered.

We see women as healers and a valued part of who we are. The creator made women with the gift of bringing life and keeping families together, making them very important to my culture, which is based in Seine River First Nation in Northern Ontario and many other reserves across Canada.

That's why missing and murdered indigenous women are a huge problem in Canada. Throughout the years, there have been thousands of cases of Aboriginal women reported missing or murdered – at a rate of five to seven times greater than for women in the general population – and most haven't been solved. From the available reports, they're either suspicious deaths, suicides, or there was no trace of them left.

This is unacceptable.

There have been organizations across Canada who have tried to raise awareness for this issue, especially in Northern Ontario where the rate of missing and murdered women is high, with more than 20 cases around the Thunder Bay region alone.

Walking With Our Sisters, Sisters in Spirit, No More Silence, and Full Moon Memory are just a few of the many organizations raising awareness for this.

Walking With Our Sisters is a visual piece that travels across Canada and the United States, showcasing thousands of unfinished moccasins to represent indigenous women that are missing or murdered. Seeing this in person was overwhelming, especially when two of my aunts are a part of the missing and murdered statistic.

Something that really got to me, was when a young Aboriginal woman was killed in Toronto last July just three months after graduating from Humber College. It shook me to the core reading about the similarities we shared both in family and academically.

Her story, goals and ambitions were eerie. It reminded me so much



Seeing this in person was overwhelming, especially when two of my aunts are part of the missing and murdered statistic.

of myself and all the things I want to do with my life. She will never be able to experience that, but I will. I have never related to someone so much, and I've never even met her.

A database launched in July was sparked by the death of this Humber fashion arts student, Bella Laboucan-McLean, after she fell 31 storeys from a condo in downtown Toronto, documenting deaths of murdered women across Canada. Her death still hasn't been solved after a full year of investigation, and the list of unsolved tragedies isn't finished at all.

So what's the deal? Why are there more and more cases coming up and none of them being solved?

One of the most recent cases was 15-year-old Tina Fontaine from Winnipeg, Manitoba. She was found in a bag in the Red River after having been in contact immediately before with police and medical workers.

It was enough for people of the First Nations communities to take a stand. But unfortunately, Prime Minister Stephen Harper is not up for the challenge.

Harper recently rejected the calls for an inquiry into missing and murdered indigenous women, saying "we should not view this as a sociological phenomenon." Well, isn't it? My aunts are a part of that list, with one found murdered and one that apparently "froze to death" close to home. Their deaths are still a mystery for my family to this day.

Canada's prime minister was okay with sending Canadian troops to Africa to bring back the 276 abducted school girls, but won't even call a national inquiry for some 2,000 missing and murdered and women in our own country.

That is enraging.

I have seen the effects this has on people in my reserve, in my family, and on friends.

There is a problem and nothing is being done for it.

I don't want to see another statistic and more importantly, I don't want to be another statistic.

Top comedy writers meet in Big Apple

Amanda Tuzi

Distinguished agents, editors and writers will be gathering together in New York City to talk about the domain of comedy writing at The Peoples Improv Theater (The Pit) for Humber Humour Print Workshop Oct. 18 and 19.

Designed by Humber Comedy Writing and Performance director Andrew Clark and associate professor Mike Sacks, the debut workshop aims to give aspiring comedy writers the opportunity to learn from some of the leading writers in the industry.

"Its a very practical workshop for people who are already getting published or who want to be published," Clark said.

Aspiring writers will get tips such as how to pitch to editors and how to write funny. It's to be an intense and practical workshop instead of all theory, Clark said.

"It will be a very nuts and bolts seminar," Sacks said. "Usually, these types of seminars are taught by writers who don't make a career in comedy writing. Everyone involved in this seminar have all made a living, often a great living, in the realm of comedy writing. So the information will be very applicable to a young writer: how to get published, how to get an agent, how to sell a comedy piece to a magazine."

Participants will attend question-and-answer sessions and panel discussions from numerous writers, such as Larry Doyle (*The Simpsons*) and Steve Heisler (*The A.V. Club*).

"Everyone who'll be at the seminar is a big name, so no one in particular stands out more than the others. But the list is incredible across the board. I just feel very lucky that everyone whom I wanted involved said yes," said Sacks.

Danny Dillabough, 22, Humber Comedy Writing and Performance graduate will be among those attending the workshop.

"There's a great roster of people lined up and I'm just really excited to listen to them talk about their craft," Dillabough said. "It's always interesting to listen to people who are good at what they do, talk about how they do it and what the process is."

Going to New York is no problem for Clark.

"This is the first time that there's been a print humour conference and I think that it will also get Humber's name and reputation out there as well," Clark said.

"It made sense to do it in New York because that where the people live and work, so we're able to go to New York and they can just hop on the subway or take a cab over and do the event as opposed to trying to bring them all to Toronto."



The Pat LaBarbera Quartet (from left: Brian Dickinson, Pat LaBarbera, Neil Swainson and Bob McLaren) played their set for this week's series.

Free concert series at Lakeshore

Tonia Venneri

Humber's Music program kicked off its Wednesday Concert Series, and asks people to come for free to the Lakeshore campus show every week.

The concert series will showcase students and faculty of the program, as well as performances by special guests. With such a wide variety of talent, the School of Creative and Performing Arts said the concert series will offer many musical stylings, from Indian classical all the way to contemporary jazz.

"It's a great opportunity to hear faculty perform," said Andrew Scott, director of the Bachelor of Music program. At the Lakeshore campus auditorium, "there are 580 seats and we would love to see them filled."

The Pat LaBarbera Quartet performed on Oct. 1, and students had a chance to see what their professors do best, making music. LaBarbera has worked with many successful musicians and is known as one of the best saxophonists around.

"We are so fortunate to have him at Humber," said Scott.

The series gives students and faculty a chance to see their peers doing what they love, and it allows performers to get their music out and in the ears of hundreds of students and staff. The concerts will be held most Wednesdays at Lakeshore campus auditorium. Upcoming performances include, Brad Klumps gospel choir who are set to perform alongside The Pat LaBarbera Coltrane Tribute Ensemble on Oct. 8., and special guest Donny McCaslin will appear on Oct. 15.

For more information about the Wednesday Concert Series visit the events page at www.humber.ca.

Radio Broadcasting grads display work ethic, flexibility

Lucy Hagerup-Labrosse

Educators say years students spend in post-secondary are when they learn to perfect skills, stay organized, and maintain a work ethic.

Humber has a reputation for successful grads in many fields; radio broadcasting is a notable example.

Take George Stroumboulopoulos (Strombo), who studied radio broadcasting at Humber and is now one of Canada's most prominent broadcast personalities. He is now the new face of *Hockey Night in Canada*.

Joe Andrews, director of Humber's Orangeville campus and previous Radio Broadcasting head, taught Strombo at the college. He said Strombo's success is not attributed to "god given talent."

"He was willing to do anything to get his foot in the door and paid his dues to get to where he is by working at it and being passionate," said Andrews.

He said that Strombo never

played professional hockey, but that "he's a student of the game and a student of the craft of media."

Matthew Warry-Smith, a 2013 graduate also from the Radio Broadcasting program, said, "it takes years to become an overnight success."

His band, Union Duke, is touring the east coast to promote their new album, *Cash & Carry*.

Graduation may be the first day of the rest of your life, but that doesn't necessarily mean you'll continue in the field you studied.

The success of Warry-Smith is an example of a Humber graduate taking the skills they've learned in school and using them to pursue a different career after graduation.

"I take a lot of that stuff into shows and I take the things I learnt about audio and technical things into the studio, and also loving what you do and making sacrifices for what you do," said Warry-Smith.

Teachers also benefit from student success. "It makes me realize why I got into education. Frankly, I get a charge or a thrill every time I turn on the TV or the radio and I hear one of my students," said Jerry

Chomyn, who also taught Strombo and was a radio station manager at the time.

Andrews said, "that desire and good work ethic are the keys to a lot of success."

Union Duke band fronts Humber grads on Canada tour

Union Duke is on the second half of their Canada-wide tour on the east coast. They hit Lee's Palace on Dec. 6.

The Toronto band is big city rock meets melodic country, with a hint of bluegrass and folk.

The three originals, Matthew Warry-Smith (vocals, harmonica, percussion and ukulele), Ethan Smith (guitar and vocals) and James McDonald (manager), all met in high school.

Warry-Smith and McLaren are both 2013 Humber College graduates. Warry-Smith studied Radio Broadcasting at the North campus and McLaren, Jazz and Contemporary music at the Lakeshore campus.

Having only been out of school less than a year, the band is realistic about their newfound success.



COURTESY UNION DUK Warry-Smith and band will be at Toronto's Lee's Palace on Dec. 6.

"We're not all the way there yet," said Warry-Smith. "It's not an easy industry, but it feels good to be able to tour. I've spent most of my summer travelling the country playing at festivals and it feels awesome."

Silent auction supports emerging artists

Ashley Jagpal

Artists got the spotlight during The White House Studio Project's silent auction and fundraiser at the Kensington Market on Sept. 20.

Stephanie Avery, a member of the artists' White House collective said that the event was aimed at producing, presenting and supporting emerging art and art projects.

"The name of the show is the Sell Out Show," said Avery. "I'm hoping to sell them all, that is what I'm aiming for. That is why I called it this." The show displayed artworks and the bidding started at \$10 and by the end of the night, close to half the pieces were sold.

Avery said bidding helps artists. "Even if it doesn't go for very much, watching people fight for your work is the hugest ego booster you can ever hope for," she said.

Avery has previously hosted art shows in her house, where she sold her own paintings for \$1. There was also a raffle where the money received went towards the White House project, named for the residence where the group began. Art is something that was always a part of Avery.

"There wasn't really much of a choice for me, it was always the natural way to go from when I was a little kid and drawing non-stop," she said.

Ali Walker, a friend of Avery's who attended the event said supporting such shows is important.

"Supporting the local community makes you care more," she said.

Noni Kaur, program coordinator for the visual and digital arts program at Humber, as well as a successful artist in her own right, said the moment you notice society looks at you in a certain way, you have arrived as an artist because you have been noticed," said Kaur.

Teaching for more than 25 years, Kaur believes art is essential for people.

"We supplement that creative hunger in people who don't practice art. We create art to make society a more livable space," says Kaur.

Kawaldeep Singh, 20, a fourthyear Early Childhood Education student at University of Guelph-Humber appreciates what art gives back.

"I like how when I look at a piece

it draws me in," she said. "It gives me a feeling, sometimes it makes me feel happy or sad but regardless, I know when I look at a piece I'm going to feel something and that is what I look forward too."

Kaur does have some advice for potential artists: "It's a lonely road to be an artist, you need to be aggressive, not give up and understand that you are trying to build up your visual vocabulary and that could take years to embrace the idea.

"But believe enough that it will happen and slowly but surely it will happen."

Ten new Humber clubs join roster of HSF options

Hayley Michaud

Humber Students' Federation full list of clubs for this semester isn't finalized, Ahmed Tahir, Vice President of Student Life at North campus said there's lots this year.

"Even when I'm not talking about clubs, I try to find a way to bring them up somehow," he said.

Of 20 clubs signed up, 10 are new. "There's some this year that I think are really going to be popular. One's called the Theatrical Society, which is improv-based plus scene work, and people are always asking for that kind of club," said Tahir.

There's also going to be a Muslim Student Association, Greater Toronto Area Paranormal Society, Next Generation Music Club and Energize the Earth to build solar panels. Engineering-based clubs will

build 3D printers and create tools for people with disabilities."

A new policy is that part-time students and HSF staff can start and join clubs this year, said Tahir.

One returning club is the unplugged gaming group Table Tops. "We play board games, card

games and collectible card games... Anyone is welcome regardless of game preference or skill," said Table Tops President Andy Caskanette.

Phil Witmer

Cutting-edge contemporary art-

work was the focus of public tours

held at Humber Lakeshore's L Space

which supports community cultural

activities, L exhibited the works of

emerging and mid-career contem-

collected in the past three years," said

guide and Collection Assistant Kate-

here," said Buote. "We have more than

200 (works). It's pretty awesome."

"Most of the works here have been

"I'm very familiar with the pieces

Part of nationwide Culture Days

art gallery on Sept. 28.

porary Canadian artists.

A&E REPORTER

lvn Buote.

Aboriginal Student's Circle, Christian fellowship Embassy, and Beyond the Rainbow are returning.

Beyond the Rainbow aims to provide a safe, inclusive, friendly and confidential environment for members of the LGBTQ community.

"We discuss LGBTQ+ related issues in media, personal issues, such as coming out, homophobia, and just build a community at school for LGBTQ+ students and allies," said club marketer Ferdinand Ngo.

For a full list of the clubs this year, check out HSF's Clubs Fair, Monday Oct. 6 at 11 a.m. in the North Campus Student Centre and Oct. 7 in Lakeshore's K Building. L Space curator Tara Mazurk said the gallery aims to expose the "vanguard" of contemporary art and that Humber has a role to play.

"The visual arts are extremely integrative," said Mazurk. "It's a way of visually and physically communicating (and) capturing an oral history. You'll be able to look back at the works we collected in 2014 and see exactly what was happening in our history in that point in time."

Most pieces displayed were modern and experimental in nature, holding the attention of the small but enthusiastic group that Buote led. A notable work by local street artist Kwest was entitled S, a huge graffiti-inspired sculpture that took up much of the central wall of L building with its earth-toned sharp and bladed shapes.

Annie Baillargeon's puzzling L'arrivee was a cartoonish painting of children on a beach, but upon closer inspection revealed itself to be a surrealist copy-and-paste photomontage of one boy's ambiguous ritual.

Other work ranged from Aboriginal style art to science-themed scrolls to an imposing steel sculpture inspired by Greek myth.

The tour wound through a large portion of the Lakeshore campus.

Alison Brain, who graduated from Humber almost 50 years ago, said, "I found the guide was very informative and helpful. I really liked how varied the collection was."

The tour concluded at L Space with a performance by Mississauga multimedia collective Frog in Hand. Following the theme of the "Wishing Well," three of the group's members engaged in acrobatic dance moves to ambient music, and popped white balloons that were filled with the wishes and aspirations of Culture Days attendees. Artistic director Colleen Snell said her group planned to do more installations like this in the near future.

"When there's opportunities like this given...it's up to us artists to take them and show what we can do," said Snell.



L Space tours vanguard for Culture Days

Humber gay community demonstrates WorldPride

School effort in LGBTQ march first in a decade

Evan Millar LIFF REPORTER

Despite warm temperatures and several hours of delay, Humber's LGBTQ community experienced triumph on the streets of Toronto this past summer.

More than 75 Humber students and staff marched in the WorldPride parade on June 29.

Although Humber hasn't participated as a group in Pride in more than a decade, WorldPride was a key motivating factor in planning the march.

"It helped us focus our efforts to be able to get there and get something organized... more so than if it was just another year of regular Toronto Pride," said co-chair of Humber's Gender and Sexual Diversity Committee, Thomas Silcox-Childs.

The journey initially began with the sale of pink cupcakes to pay for a 70-person marching permit, said Silcox-Childs.

Humber's participation also caught the attention of individuals off campus.

"We had people signing up to march that were future students, that hadn't even come to Humber yet," he said. "I had faculty who have been working here for decades, who have an alter-ego that other people don't know about, that felt represented," Silcox-Childs said.

With Pride Week being a widely celebrated festivity here in Toronto, some may lose sight of its significance.

For Culinary Management student Alexander Fung-Chung, Pride isn't something that can be taken for granted.

"On that same day, (Jamaica) had the first anti-gay march in response to WorldPride. I was shocked because I never thought it was that bad back home," he said.

Others are more watchful of what Pride has become since its inception.

"I feel like it's become so commercialized, and maybe isn't what it once was," said Mark Sadowski, 22, a University of Toronto student. "Pride has become this corporate thing now with some marches here and there for a few groups."

Looking forward, Silcox-Childs is hopeful it won't take another decade for Humber to partake in Pride festivities.

"It's not the minutes and the meetings, or the information tables or the pamphlets that we hand out," he said. "It's the personal connections when what we've done to be visible and proud makes a difference in someone's life."

CULINARY DELIGHT





Humber Room, operated by culinary program, offers a variety of healthy food options for staff and students.

Clean eating on menu

Jessenia Feijo LIFE REPORTER

Maybe French lawyer Jean Brillat-Savarin knew what he was speaking about when he wrote that almost two hundred years ago. Humber's culinary experts have seemingly heard him as they're planning new and nutritious menus for students.

The Humber Room and Gour-

met Express, the two food service providers operated by Humber College's Culinary and Hospitality programs, are very much interested in two things: the nutritional information and staying in the concept of farm to table dishes, said Humber Room's Food and Beverage manager Richard Pitteway.

The program used honey last semester that was coming from bees

right in the valley. The Humber Room is trying to be conscientious of health and also of sustainability as much as they can, Pitteway said.

Pitteway and his team are working on making nutritional information available for everything they sell.

"So if it is a matter of having a burger or having a salad, they'll know exactly what they are getting from those two things," said Pitteway.

Andres Arteaga, 22, a first-year Business Accounting student, finds Humber's variety enjoyable.

"You have pizza, poutine, subs, Timmies and also a gourmet store. Even if you want something healthier, they have fruits available too," said Arteaga.

But students have a different story to tell when it comes to the costs.

"Prices are expensive. Sure, it's probably one or two dollars more than regular price but it does add up. With paying tuition and commuting every day, it's not like I have extra money to spend at school," Arteaga said.

To ease the cries of desperation from student's wallets, the Humber Room has implemented an express menu, Pitteway said.

This includes a "lovely sandwich, a salad or soup of your choice and a little dessert, all for \$10 dollars," said Pitteway, and will be served in 20 minutes.

Francisco Rivera, professor of Culinary at Humber, said the program wants students to come in and enjoy the food at Humber Room. The service at the Humber Room is not just for teachers and business people, but students are also welcome.

Food vendors at Humber are coming to him for advice as to what can be done to make their menus more diverse, healthy and affordable, Rivera said.

"I think we have been doing it now slowly but gradually. The thought is there and so is the want for change," he said. "We're here to show students how to save money and how to eat healthy."

Rivera said that a food truck is coming to Humber's North campus. The food truck will be moving around campus and as of now is in the process of getting permits.

"The food truck will be designed by the students," says Rivera. "The menu will be designed by the students. It is class oriented. We will also use it for marketing purposes. We are using it as a classroom, as an experience."

The food truck is scheduled to make its first appearance sometime in January.

Safe partying a priority on rez, across campus

Kelsey Coles NEWS REPORTER

College is often correlated with partying, given students are living on their own for the first time in a close-knit community where it can be easy to fall victim to peer pressure and drink too much.

Humber Residence stays on top of student safety by conducting nightly Residence Assistant (RA) rounds on residence to make sure that no rules are being broken.

"When an incident comes up and a resident has broken a rule or reg-

report," said second-year Creative ambulance. Photography student and Residence Assistant Cara Vanmassenhoven.

Humber residence has rules prohibiting beer bottles, anything over 40.oz, drinking games and drinking in public areas. Vanmassenhoven said Humber's main concern is student safety.

"We promote responsible drinking, not excessive drinking. That's why another pretty strict rule is no drinking games," she said.

One Fashion Arts student had a

"At the time I didn't know what was going on. Now that I think back to it, I realize just how scary and dangerous and stupid it really was," she said.

That scary experience made her realize there are safer means of partying and that having a fun night out doesn't always have to involve alcohol, she added.

Humber runs the Campus Walk program for students to help promote safety and comfort. Campus

ulation or has shown a disrespectful scary situation after an alcohol-fu- Walk is available 24/7 and provides act, we document it with an incident eled night ended in the back of an students with a walking partner to escort them anywhere across cam-

"The intent is to provide a sense of safety and security to those that might feel vulnerable walking alone on campus using the safety-in-numbers principle," said Director of Public Safety and Emergency Management at Humber, Rob Kilfoyle.

Kilfoyle highly recommends pre-planning with friends on how to get home safely, avoiding any dangerous and unexpected situations.

HOROSCOPES by SHOYNEAR MORRISON



JAN. 20 - FEB. 19

Tap into all of your resources and challenge yourself. Pushing your limits can be very intimidating but the payoff will be larger than you can imagine.



MAY 21 - JUN. 20 Stop thinking of change as a negative aspect in life. Embrace it with open arms. It helps develop character growth.

SEPT. 22 - OCT. 22



JUN. 21 - JUL. 22

FEB. 20 - MAR. 20

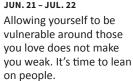
Start protecting yourself

from those who want to

member you teach others

use and abuse you. Re-

how to treat you.

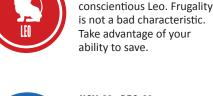




Never give up on your dreams Scorpio. Continue to have faith in yourself. Your hard work will reward you sooner than you think.

"He looks like the kind of

person that will do good



NOV. 22 - DEC. 20 Start looking for love at the end of the month. Stop being closed minded and try something new.

MAR. 21 - APR. 20

A financial venture will be

coming your way. It is vital

to your success to proceed

with caution by weighting

all of your options.

It's time to be money

JUL. 23 - AUG. 22



APR. 21 - MAY 20

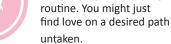
AUG. 23 - SEPT. 21

Being concerned about the well being of others is your greatest attribute but make your happiness a main priority and start being selfish.

Be spontaneous and break

away from your everyday





DEC. 21 - JAN. 19

Stop criticizing yourself and start appreciating all that you have to offer. Embrace your idiosyncrasies and simply love who you are.



trol you. Try and break free of any negative thoughts and keep focused on your

Don't let your emotion con-

immediate goals at hand.







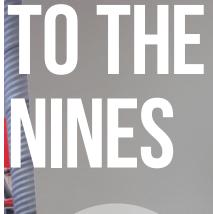


"He talked to me

Natalie Espinoza, 18 Fitness and Health, 1st YEAR

Dan Laera, 22 Film & TV Production, 2rd YEAR





Sebastian Blagdon

1 4



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Sebastian says his biggest influences are Audrey Hepburn and Edie Sedgwick. He loves the vintage styles. His favorite designer is John Galliano

Collar - Little Burgandy Watch: Fossil Sweater: Joe Fresh **Cropped pants: Club** Monaco **Stockings: Chinese** Laundry Shoes: Aldo **Bag: Joe Fresh** (added necklace to the bag)

Men's soccer remain undefeated

From pg. 1

It didn't take long for the message to sink in.

The second half started off at a quick pace for Humber, and at the 56th minute, rookie forward Jonathan Osorio put the ball past the goalkeeper to put the Hawks up 2-0.

Eight minutes later, midfielder Kasra Dehdezi, another rookie, made it 3-0 with a lob over the keeper.

In the 73th minute, midfielder Dino Gardner had open space and was able to sprint to the top of the box before striking the ball into the back of the net.

After the final whistle blew, assistant coach Alex Sabatini was pleased with the team's performance in the second half and praised the substitutes' contributions.

We had a couple of guys that injected life and energy into the team, and created more going forward," he said.

It was defender Dominic Roberts' birthday. Roberts, a sport management student, now 23, said his birthday was going great.

"It's going great," he said, laughing. "We just got the win, so it's off to a good start," he said.

'The boys played well and as games go on we'll get better and we're excited to finish off the season well," Roberts said.



Hawks men's soccer team huddles as they prepare to face off against Mohawk on Sept. 27 at Redeemer outdoor field.

The Hawks had a total of 14 shots, while Mohawk only managed three. Humber now has four

wins and two ties, sitting tied for second in the West division. Both Humber and St. Clair have 14 points, but are

Everyone else was

doing a sport in Grade

4, so I just kind of

tried out for every

team. Running really

interested me at the

time.

"Davidson is a new athlete

on our team who has a lot of

raw talent and a true desire to

be the best he can be," Hann

said. "With some additional

coaching and race strategy

planning, we coaches believe

he can really improve upon

his position and his personal

Assistant coach Teresa

best race time this season."

Amini echoed Hann's praise.

said they're significant.

Shawn Davidson

two points behind Sheridan College. The Hawks are back in action tomorrow against Lambton College from Sar-

nia, and play their last game of the regular season Oct. 5 against St. Clair College from Windsor.

CROSS COUNTRY Recruit brings 'a lot of raw talent'to track

Jordan Grech SPORTS REPORTER

Shawn Davidson, 22, sits in one of Humber's stairways, his elbows lightly resting against his knees, still wearing his Humber gym shirt. While the second-year Humber Fitness and Health Promotion student is new to the school's cross-country team, he isn't new to the sport at all.

"Growing up, I did cross-country. I did track and field. I started in Grade 4 and I did that all throughout elementary school and high school as well," Davidson said.

"Everyone else was doing a sport in Grade 4, so I just kind of tried out for every team. Running really interested me at the time, so I decided to take it up."

As for what lead him to Humber College, his reason goes far beyond just sports.

"The Fitness and Health Promotion program allows you to transfer into the kinesiology program, so it takes you four years to get the diploma and the degree," Davidson said.

Balancing athletics and academics, he said, is all about

time management. "Practices take up a fair bit of time. Races on the weekends take up a fair bit of time," Davidson said. "Homework, going to classes, and I have hockey on the side as well. I wanted to work (a paying job) but I can't. It's just a lot of juggling and disciplined time management skills that are needed.

"I have to dedicate more time to the sport than homework right now, but definitely, moving forward it's going to be pretty good," he said

As far as his talent and potential goes, cross-country head coach Monique Haan



JORDAN GRECH

"Shawn has demonstrat ed a lot of commitment. He's taken the steps to go above and beyond. He's just acquired some issues with regards to his shins, but he's been very proactive in treating that," Amini said.

Davidson has a few prerace rituals.

"Warming up, usually go for about a two-kilometre jog before the race, just to get your

muscles warmed up. Before a race, it's all mental. It's all listening to music, getting your mind in the right atmosphere. When people talk to you, you just kind of tune them out. You're right in the zone," he said. His pre-race music selections are pretty broad but he does have some favourites.

"Rap pumps me up, Eminem pumps me up... Linkin Park, the old stuff. Motivational speeches," he said, "I would go on YouTube and search 'motivational speeches."

But while Davidson has learned a lot over the years, his first race at Humber new experience entirely.

"It was definitely a learning experience," he said. "We went to McGill in Montreal. It was only a 6K run, usually they're eight kilometres. It was just a learning experience getting the muscle memory and getting the experience under your belt, so for the next races you're fine-tuned and ready to go."

Red Sox vet Denny Berni works with pro mindset

Men's baseball coach ready to dominate

Domenic Loschiavo SPORTS REPORTER

Humber Varsity Baseball coach Denny Berni, who once played for the Boston Red Sox' single-A affiliate, brings professional experience to Humber's men's baseball.

Berni, 46, began teaching baseball when he established Pro Teach Baseball in Etobicoke. He started the teaching program for aspiring athletes and coaches after completing his professional baseball career in 1993.

"It was a great experience," Berni said about his time with the Red Sox organization. "I got to play with some great players and be around some great coaches."

Berni founded and ran Pro Teach for seven years before he officially became a head coach, and spent over a decade coaching at the midget level before becoming the head coach of the Hawks men's baseball team in 2009.

"I didn't get into it (coaching) instantly. I think it was a little bit of a wait, and obviously as you get a little bit more mature and you get a little bit smarter, it sort of helps. I started my baseball school in '93 and it wasn't until 2000-2001 that I started coaching a team," Berni said.

Matthew Ferreira, 27, assistant coach of the men's baseball team said having someone with Berni's experience is "huge and it gives you a sense of credibility." Berni was also the recipient of last year's Ontario Colleges Athletic Association's (OCAA) Men's Baseball Coach of the Year.

Second-year radio broadcasting student and first baseman Will Adams, 19, said the knowledge Bernie brings to the table is major league quality.

"Denny always gives instruction and tries to do everything he can to help us win," Adams said. "I was cited and proud of Denny," he said of his coach winning the OCAA award.

He described Berni as one of those coaches you want to try and give 110 per cent every time you step on the field.

Berni said his goal for this year is to win championships - and he feels that his team is more than capable of pursuing that goal.