



## Kiez energy device works to empower

Humber industrial design alum has created a portable gadget that could light rural life abroad

Alejandra Fretes  
Applied Tech Reporter

Humber College alumnus Joe Kiez, 22, is up for the James Dyson Award for his remarkable gadget known as ENE, which collects energy through movement to power portable electronic devices.

"I named it (ENE) after the beginning of energy and the end of graphene, which are two of the components in kinetic energy," said Kiez. "Anyone who moves creates kinetic energy."

Kiez obtained a Bachelor of Arts from the applied technology program at Humber, focusing on product and graphic design with a course load ranging from marketing to engineering. Kiez currently works for Objex Unlimited, a Toronto-based company, specializing in 3D scanning and printing.

Kiez was among those

short-listed from over 700 applicants worldwide. The James Dyson Award offers a grand prize of £30,000, (nearly \$50,000 in Canadian currency) £10,000 of which goes to their college or university along with a trophy.

British engineer James Dyson, best known for his innovative vacuum cleaners, created this competition to encourage the young and up-and-coming design engineers, and is run by his charitable trust to celebrate promising applicants.

"I'm thinking more large scale," said Kiez regarding the future of ENE. "If I were to take this and have it in third world countries, and give it to let's just say kids, while they walk to school they would be producing kinetic energy which could ultimately power their, let's just say, classrooms for example."

Continued on page 3



COURTESY OF JOE KIEZ

Joe Kiez (above), a graduate of Humber's Industrial Design program, created the ENE device which stores kinetic energy from motion such as walking to provide power for devices, lighting. The gadget (below) could have special application in Third World settings.



## Laufer waste system wins national Dyson Award



PHOTO BY MARIO BELAN  
Adam Laufer's system called the Drop Pod helps remove hazardous human waste in cases of natural disaster.

Mario Belan  
Health Reporter

Humber graduate Adam Laufer is the Canadian winner of the 2013 James Dyson Award for his Drop Pod invention.

Laufer started the design of the Drop Pod as part of his thesis project for his Industrial Design degree from Humber. The Drop Pod, made from plastic, easily and safely removes human waste in settings where a natural disaster has struck.

"The most important thing is that it will prevent disease and it will save many lives," said Laufer. "This stand-alone infrastructure free unit will provide dignity, hygiene and safety to people in an aftermath of an emergency. It will guarantee them a safer tomorrow."

Laufer, 33, who graduated from Humber last year, received \$3,000 when he was presented on Sept. 16 with the award, juried by engineers at the foundation created by the British inventor.

"It put a smile on my face," he said. "It's good to see it have light beyond school."

Laufer thanked Humber for helping him getting to where he is today.

"Humber made me take a drawing on a napkin to building the real thing," he said.

Patrick Burke, the coordinator of Industrial Design program said he is thrilled for Laufer who is a proactive man with a positive attitude.

"He was a standout. It's a nice reflection of the work

he did here at Humber. This award shows more positive news and a lot of success at this program."

Industrial design professor Dennis Kappen said Laufer's award will help people recognize that there is a lot of potential at Humber.

"Our goal is to try to get students to be successful candidates for potential employment in Toronto," he said. "The Drop Pod has sustainability, human interaction design, responsible

design, and use of materials. It hit all the markers."

Laufer is currently in the physical prototype phase of the Drop Pod, which he is building in his workshop space. The product will be economically friendly and cheap to build. Laufer said he hopes the product stays in Canada and that UNICEF and the UN will show interest in his product.

Laufer still has a chance to win \$46,000 when the international Dyson winner will be announced Nov. 7.

## IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>30</b> BrainSTEM Festival The BrainSTEM: Your Future Is Now kicks off in Toronto. The festival will connect technological innovations to the scientific breakthroughs that made them happen.	<b>1</b> National Seniors Day To celebrate, CARP, the association for retired Canadians, is holding flag raising all around Canada in honour of the day.	<b>2</b> World Architecture Festival Takes place in Singapore from October 2 to 4. It's the largest festival and live awards program for the architecture community.	<b>3</b> AGO First Thursdays First Thursdays allows you to go to the AGO from 7-11:30 pm where you can drink, eat and view the galleries after hours. Buy your tickets early, it sells out fast.	<b>4</b> March for Elephants San Francisco is holding the March for Elephants, which ties in with World Animal Day and aims to stop rhinos and elephants from being poached to extinction.	<b>5</b> Nuit Blanche Scotiabanks' Nuit Blanche Toronto kicks off for the free all-night contemporary art event. The city is overtaken with art and TTC runs all night long.	<b>6</b> TrailCross Racing Bohler Mountain in London, Ont. will be partnering with the local Children's Aid for a new format of car racing. One to two kilometre races will be run in heats.

# Rape defense training returning to campus

Jesse Noseworthy  
Residence Reporter

Humber College will offer self-defense training for female students in the next week.

The purpose of the four-hour RAD or Rape Aggression Defense workshop is "to give them [students] the tools to handle an attack situation" said Keith Pua, public safety coordinator for Lakeshore campus.

RAD training began at Humber in the winter of 2011 and the reaction has been positive.

"We find that they're [students] more confident that they can protect themselves coming out of the program," said Pua. "Attackers are normally looking for an easier attack rate. We want to empower students in this program to be strong."

Pua said students should not only be aware of their surroundings but also to trust their gut.

"If you're walking down a dark alleyway at night and you get a feeling that it doesn't feel right, trust your gut feeling because normally it's right," said Pua. "Don't

take the chance."

The course provides students with the skills needed to defend themselves.

"It provides them with practical information, advice on how to keep them safe and ultimately some self-defense techniques that they can employ quite easily to get away in the event of an attack," said Rob Kilfoyle, director of public safety and emergency management.

If a student is attacked, counselling services are made available and Humber will connect a victim to a source that will aid in them getting



PHOTO COURTESY KEITH PUA  
Participants of the 2012 RAD training program at Humber learned how to defend themselves.

through the initial few days following the incident.

Brittany Raycraft, a second year Massage Therapy student, said RAD training is beneficial.

"Just because it's Toronto

and walking around at night and home from school, you never know what could happen," said Raycraft.

While walking home last year, Raycraft was followed.

"I kinda just ran," she said.

Security services said they have no stats on the number of on-campus attacks.

Lakeshore campus hosts the training Oct. 1 at 5 p.m. and Oct. 3 at 6:30 p.m. North campus will host on Oct. 8.

# Brilhante steps up to lead

Shaneza Subhan  
Student Gov't Reporter

Timothy Brilhante is ready to implement his ideas to ensure a wide range of opportunities for Humber College students as the new Humber Students' Federation president.

Brilhante is a part time student enrolled in the marketing program. Before Humber, he attended a private institution where he studied web design and graphics.

Before he became HSF president, Brilhante was on the federation's board of directors and was then encouraged to go further resulting in his current position. His term

runs through next April.

"It was a little challenging at first to figure out what I wanted to do beyond the classroom. I was terrified of presentations and public speaking, but I treated it as a learning environment, got involved and tried new things," Brilhante said.

For Brilhante, winning the election was his biggest achievement here at Humber. He had no previous student council experience.

"Putting myself out there was a huge accomplishment. It's a different environment that I wasn't really used to before. This goes to show that anyone can step up

when they go beyond their comfort zone," he said.

He had earned the Dean's Award for academic achievement at the School of Business, as well as a scholarship which was generated by the faculty union at Humber.

"I have a lot of Humber experience and leadership experience, which really gives me a wide knowledge of what really happens and all opportunities that are available to students," he said.

Kay Tracey, vice president of student affairs, says Brilhante's main priority is to strive towards an overall mission of providing essential services, significant leadership development and engaging social opportunities.

"This is achieved by implementing specific objectives identified in our Strategic Plan which focuses on helping students in need, developing leaders and uniting our student community," she said.

Daniel Pasin, vice president of student life, says the



PHOTO BY SHANEZA SUBHAN  
Brilhante, a part-time Marketing student, says becoming HSF president is his biggest Humber achievement.

HSF president's priorities should be the goals he promised on his platform.

"He should try to find a way to ensure that this organization will be able to continue to grow within the next five years," Pasin says.

Brilhante says his message to students is, "for any new student, don't be afraid to get involved. Push yourself, good things will come. If every student can do just one thing beyond the classroom, I think they'll be satisfied and grow from there. For returning students, stay connected. Learning never stops."

# Ford Fest a success

Mackenzie Wood  
Queen's Park/City Hall Reporter

People from Etobicoke and surrounding areas were pleasantly surprised when Ford Fest came to Centennial Park on Sept. 20.

The free event, the second picnic Mayor Rob Ford has put on this year, drew 20,000 people.

"Everyone was invited, it was an open event, and it was a community event. Everybody was welcome to attend, neighbours, students, seniors," said Sanjin Petrujkic, deputy chief of staff & director of Council Relations.

The event included such attractions as live music by Jenny James, a slip-and-slide and a carousel. There was free food for guests and a beer tent that drew large crowds.

"It was very much enjoyable, great entertainment, good company, and a good venue. It was a great event," said Councillor Vincent Crisanti of the North Etobicoke ward.

Ford Fest was originally

held at Ford's mother's house in Etobicoke but the July picnic in Scarborough proved highly popular. Crisanti said when they saw the large numbers of people at the previous event, they realized they could not accommodate that many people at the private residence.

"For years now it started as a tradition that I think was started when their father was around. It's a family barbeque that they have every single year," said Crisanti.

Humber students seem to be open to the idea of the Ford Fest being held in the municipality of their two main campuses.

"I think that it's a good thing that they are hosting the festival in Etobicoke, because there isn't a lot that happens out here and it encourages people to visit the area," said Miranda Ostrom, a first year Early Childhood Education student.

"I feel like no one really comes out here anymore and it may be helpful for Etobicoke as well, it promotes the area in a positive light."

## ADVERTISING

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PHOTO BY REBECCA HAMILL

Finalists of Humber's Got Talent competition on Sept. 20. From left to right: Nicholis Vernyak, Adane Tran, Adrian Bernard, Bram Zeidenberg, Mark Smith, and Shelby Wright.

## Energy device to help

Continued from page 1

Kiez, who was an avid cross-country and track and field athlete at Humber, attributes much of ENE's success to running, with the constant production of kinetic energy.

"When you're out there and you're running, you don't have any distractions. You can pick any path that you choose to and it puts your mindset at a different level," said Teresa Arnini, coordinator of the High Performance Centre at Humber.

Catherine Chong, an industrial design instructor said students should think of creating designs that can be utilized in Third World countries, using local materials and local labour.

"What I encourage students for their design projects is to look into the viability and feasibility of their designs," said Chong, noting this allows developing nations to create practical tools and create jobs for themselves.

"My goal isn't to become

**"In North America we are not supposed to be making new iPads, we are supposed to be helping people."**

Adam Laufer  
Award Winner

rich off of this," said Kiez. "If I can help Third World countries light up their schools or have power in their homes, that means more to me."

Applied technology graduate from Humber College and national Dyson Award winner, Adam Laufer, agrees.

"In North America, we are not supposed to be making new iPads, we are supposed to be helping people."

Laufer created an inexpensive compostable toilet, to aid countries during natural disasters, when plumbing becomes one of the first necessities to be affected.

The Dyson Award short list winner will be announced Oct. 10, and the overall winner will be announced by James Dyson himself Nov. 7.

# Jazz singer tops Humber talent

Rebecca Hamill  
News Reporter

Humber's Got Talent is an annual event that offers students an opportunity to showcase their unique abilities in front of their peers for a chance to win \$600.

Six students made it through auditions and were chosen by their fellow Humber students to compete for the grand prize in the Humber College Lakeshore campus' cafeteria on Sept. 20.

Nearly 20 people who auditioned were narrowed down to the six final contestants.

Claiming the grand prize of \$600 was 25-year-old, Business student Bram Zeidenberg, who performed "My Funny Valentine" by Billie Holiday.

Participating in choirs while growing up, Zeidenberg had a classical and jazz background. Prior to business, he was in Humber's jazz program.

"There's a video of me singing 'Fiddler on The Roof' in my brother's costume because he was in the musical... and my family sent it into America's Funniest Home Videos, so it was entertain-

ing," said Zeidenberg.

In second place, winning \$300, was 17-year-old, Shelby Wright. Originally from Bowmanville, she is in her first year of Public Relations living on Humber residence. She performed an acoustic cover of "Titanium" by David Guetta.

Playing many covers of all genres, she said she would one day like to play in a band. "It would be amazing because I would be able to work with other creative minds," said Wright.

She has decided to put half her winnings away for school and the other half to

celebrate.

Finishing in third place was Mark Delsi, rapping his own song titled "Sarsaparilla." Delsi, 18, who received a \$50 American Express gift card, is attending his first year in the Creative Advertising program at Humber.

He has been producing his own music for the last two years and identifies his stage name as Mark Smith.

Delsi just released his first album called, *Recurring Numbers*, accessible on YouTube. He produced all but one of the tracks.

Colin Edwards-Crewe,

HSF vice president of student life at Lakeshore and a performer in his own right, hosted the show. Edwards-Crewe, who performs as ColinResponse, is in his second year of the music program.

"Talent is indefinable, it's so subjective," said Edwards-Crewe. "The subjectivity of talent is the reason for circulating ballots at the end of the show for students to vote and express their appreciation for their personal definition of talent."

"Each person has their own identity and own idea of what talent is."

## Council pushes forward on Scarborough subway

Critics argue \$2.8-billion project will take away from LRT, other transit

Emily Maloney  
Transportation Reporter

New subway extension plans are moving forward, but at a cost for Torontonians.

Prime Minister Stephen Harper has granted \$660 million towards funding the new Bloor-Danforth subway extension. The extension will be a subway route between

the Kennedy and Scarborough Town Centre stations.

The project will be finished by 2025 and will cost the city approximately \$2.8 billion to complete.

The money to finalize this project has not yet appeared. James Bow, a freelance writer, columnist and operator of @TransitToronto Twitter account said the city is "want-

ing to build a subway without paying for it."

The city of Toronto is taking money from their other transit projects, noted Bow, such as the Light Rail Transit (LRT) project for the Scarborough area. This will provide them with another \$1.4 billion for the subway extension.

Though there are benefits to the subway, this also means a tax increase of at least 0.5 per cent for Torontonians, a city council staff report from July indicated, also citing

cheaper options that mean the city council could split its funding into numerous different transit projects to cover a greater area.

Bow said with the Greater Toronto-Hamilton Area now pushing six million people it does not seem wise to put all the transit money into one costly project.

"The LRT proposal would do the exact same thing five years sooner and for a billion dollars less."

He added that the public

must understand that one subway line extension isn't going to make up for all transit needs in the Scarborough area.

The TTC has declined to comment on the matter until plans are finalized.

Sun Bul Kaker, a first year General Arts and Science student from Scarborough, is excited by the prospect of a subway close to home.

"It will get me to my destinations so much quicker than taking the bus. It'll be great."



COURTESY PHOTO BY SANJUKTA DAS  
Das (seated in white) directing an iMeditate session at the Nature Centre in Humber's North campus Arboretum. Weekly sessions are held Thursday afternoons.

## iMeditate Humber helps to recharge

**Ainsley Smith**  
News Reporter

iMeditate Humber is a college-wide initiative aimed at empowering students and faculty in the Humber community to better themselves by recharging body and mind through meditation.

The initiative is facilitated by Sanjukta Das, the Humber Business School placement advisor. She is also an international teacher of the Art of Living Foundation, conducting workshops for stress management through breathing techniques and meditation.

"Meditation is a source of deep rest and when the mind becomes free from agitation, is calm, serene

and at peace, meditation happens. The benefits of meditation are manifold -- it is an essential practice for mental hygiene," said Das.

Sonia Embree, the assistant program head of Psychology at the University of Guelph-Humber, began attending iMeditate this past June and she hasn't missed a class since starting.

"You learn different breathing techniques, which is good for raising and shifting your energy and focusing your mind," Embree said.

Das teaches students a number of breathing techniques, such as the Victory Breath, is constricted breathing which focuses on respiration and has a settling effect on the central nervous system while increasing

mental alertness and clarity -- making it very effective for those suffering from anxiety and depression.

"I have used the breathing techniques I learned outside of the seminars. They have allowed me to find clarity of thought and be much more focused," said Embree.

"Students learn techniques that will help them focus more in exams and in lectures and how to eliminate what is unwanted and what is important," said Das.

Humber Alumni, Ranjith Kumar, is also a frequent attendee of iMeditate and has found he feels a greater peace in his life.

"From the weekly sessions, I have learned that your thoughts become feelings and your feelings

become positive actions. When you feel a greater peace, you will go to school or work feeling positive, which will make the environment a safer and happier place for everyone," Kumar said.

"To be unconditionally happy and to have peace of mind, we need to tap into the power of meditation," Das said. "Students and staff will be able to perform more dynamically, hence, students may achieve greater academic success through education delivered by faculty that are recharged through meditation."

For students and faculty that are interested in the iMeditate initiative at Humber, there are weekly sessions held in the Arboretum, Thursdays from 4:30-5:30 p.m., at no cost.

## Unwanted household items given for reuse

**Trevon Marsh**  
North Etobicoke Reporter

Community Environment Days give Toronto residents the opportunity to safely dispose of their used and unwanted items at specified locations throughout the city.

Councillor Doug Ford hosted one of many Community Environment Days on Sept. 21 at the Woodbine Centre in Etobicoke.

Many people gathered to donate their unwanted items such as electronics, books and housewares.

"This is my first time here and I'm glad to see that so many people actually care about the environment," said Kelly Rita, 20, an early childhood education student at Sheridan College. "This is a great thing for not only our community but country as well because it helps reduce waste."

Environment Days are throughout the year and advertised on Toronto.ca. They are available for each ward and accepts electronics, such as old computer equipment and audio-visual equipment as well as household waste such as cleaning supplies, batteries and paint.

**"This is a great thing for not only our community, but country as well because it helps reduce waste"**

**Kelly Rita**  
Student

Donated items such as art supplies and books for school will also be accepted. Non-perishable food items will be donated to a food bank.

"I heard about the event from my sister-in-law and decided to come down and give away the clothes I don't want anymore," said Karin Davis, who usually donates to Goodwill. "The amount of clothes I have is ridiculous, which is why I'm here."

"Every day we hurt the environment but don't even recognize it," said Veda Dee, who was in attendance. "This type of event is great and more Canadians should start to take it more seriously because we have the chance to help better the environment."

Looking around and seeing the people here today I think there's much hope left. At least this is a start to something better."

## Recycling bins still mislabeled

**Albert Williams**  
Diversity Reporter

After achieving a laudatory rating for sustainability, Humber hopes to correct its mislabeled recycling bins.

The bins are separated and colour-coded into three areas with instructions on what should be placed in each coloured zone. However, Lindsay Walker, Humber manager of sustainability, said there are mislabeled bins instructing students to mix food with recyclable products.

Earlier this month, Humber was awarded a silver rating, the first college in Ontario, from the Association for the Advancement of

Sustainability in Higher Education. The award was decided by the Sustainability Tracking, Assessment and Rating System (STARS) which considered several initiatives that have been spearheaded by Humber Sustainability Management.

One of the areas considered by STARS was the recycling and waste management program that Walker said is an on-going priority.

According to the summary of the Humber waste audit of 2012, more than 2,000 tons of garbage were generated, with 843 tons diverted to be recycled. There are some 300 recycling bins on the grounds of the Lakeshore and North campuses.

Stephen De Leon, 17, a first year

general arts and science student, said he does not pay attention to sorting when putting items in the recycling bin. "Usually I just drop and go," he said. "I have never actually read the instructions on the bin."

A current campaign is underway to educate students to take recycling seriously. The use of posters across the school, as well as social media, has been employed to help students become more conscious when dropping items into the colour coded slots.

"We have a Facebook page and a Twitter account that I manage," said Walker. "The aim is to inform and educate students and faculty."

Christeen Campbell, a secre-



PHOTO BY ALBERT WILLIAMS  
The mislabeled bins are located all around campus. They instruct students to mix food with recyclable products.

tary in the English department said Humber Sustainability has been doing a very good job.

"I always sort my plastics from my paper and so on," she said while pointing to a recycling bin used for paper by her desk.

# Marijuana dealing poses risks to students

Jacob Wilson-Hajdu  
Crime Reporter

Marijuana regulation through legalization could remove student dealers from potentially dangerous situations and defuse criminalization of casual users.

Risks for student dealers came to light with the story of Justin Ling-LeBlanc, a marijuana dealer in Toronto in 2011. He was at the time a 21 year-old studying towards a Psychology degree at York University and was shot in the neck in a deal gone wrong.

He asked the *Toronto Star* to cover his story and demanded that news media be present in court. He says he

sought to create an example of the issues within the world of crime and drug policy itself.

Being a marijuana dealer put Ling-LeBlanc in that position. Young dealers in a dangerous world is a problem even found at Humber.

"Whenever I'm going to a drop or going to re-up, I always have a weapon on me," a Humber student who deals marijuana said.

This dealer sells around the same amount of pot as Ling-LeBlanc, and is also a successful student. He lives not far from campus and considers dealing to be his income.

"It doesn't play any effect on my schooling really. Usually people come to me," he said.



PHOTO BY JACOB WILSON-HAJDU  
Canada formerly had more moderate enforcement policies than U.S.

The issues attached to the criminality of cannabis distribution, possession and use have increasingly become a source of discussion in Canada, with prominent figures like federal Liberal leader Justin Trudeau recently coming out for the legalization of marijuana possession.

Yet Canada, which has long

had more moderate pot laws and enforcement policies than the United States, has lately been going in a harsher direction. Bill C-10 has recently created mandatory sentencing for marijuana-related offences.

Don Skogstad, a criminal lawyer in British Columbia, holds strong personal views

on the shift in drug policy in Canada.

"The whole drug policy of the federal law is heading in the wrong direction. It's a wrong-headed government run by a world of fools," Skogstad said.

Yet drug policy is interpreted in many different ways. Vancouver, which has an extensive history with substance abuse problems, seems to be pushing new boundaries on drug policy.

"I was involved with the city then, and went to Europe and noticed that European cities had similar problems and responded by developing this sort of four pillars approach," Donald Macpherson,

director of the Canadian Drug Policy Coalition said, alluding to the "pillars" of prevention, treatment, enforcement and harm reduction.

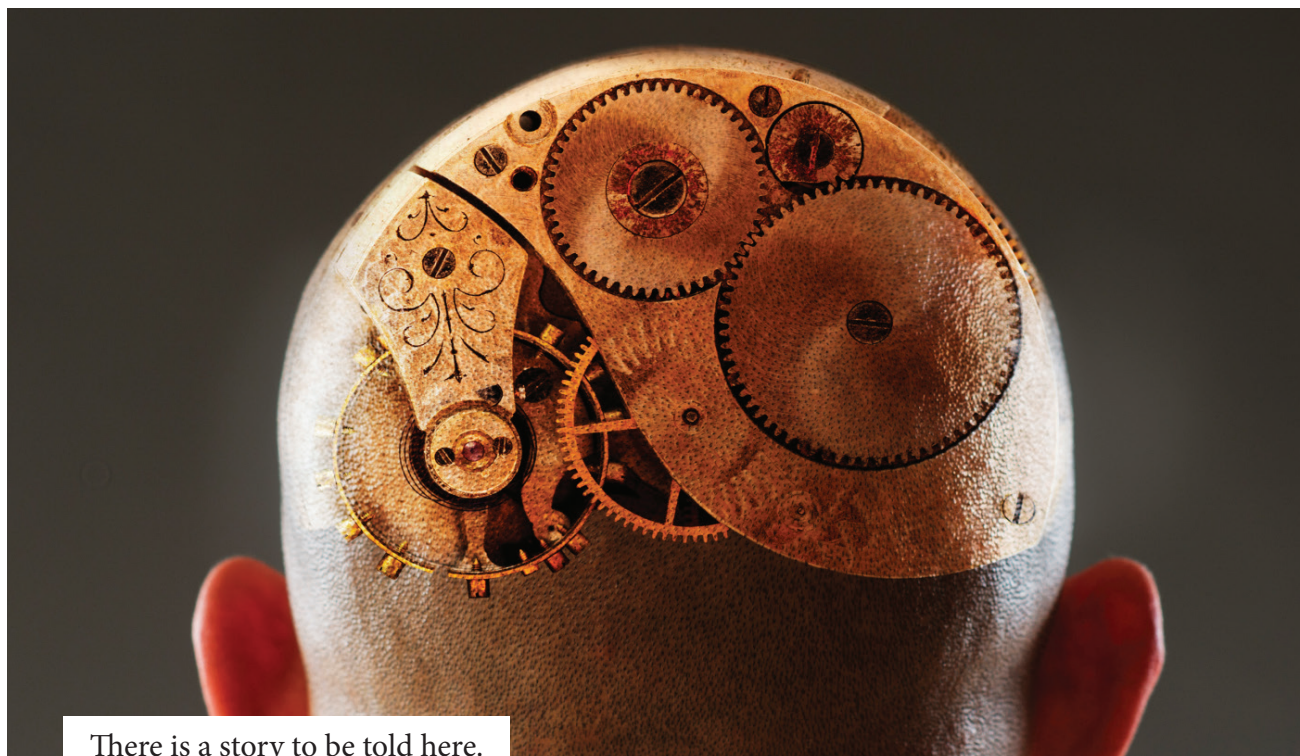
"Ultimately, what I think the route (should be) is regulation of drugs," said Macpherson. "Which means some form of legalization. So with cannabis, our organization is very supportive of full legalization. Regulate cannabis (in) some way similar to alcohol, and perhaps a little stricter at first and see how it goes. We are also in favor of decriminalization of all drugs.

"You can decriminalize without supporting drug use. We are promoting sound public health policy."



**HUMBER**

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There is a story to be told here.

## Material reuse promoted in swap meet

Julianne Fox  
Fashion Reporter

Humber students of the Hospitality, Recreation and Tourism Green Team have successfully organized and run the third annual White Elephant Swap this past week, promoting material reuse.

Donations to the swap included office supplies, kitchen supplies, household items, electronic devices and winter apparel.

"It's free stuff, which is the greatest thing ever," said Crystal Williams, 22, a second-year Marketing student at Humber, "No one would want to pass that up."

Held in the concourse at Humber's North campus, students stood in line shortly before 10 a.m. on Sept. 25, to receive a ticket. The ticket gave them the ability to take home a free object of their choice that had been donated to the swap.

All donations were made by faculty and staff of Humber. Whether new or gently used, all donations were accepted from a week prior to the event, up until the day of.

"So much money is wasted on items that don't get their full use and it is such a shame, so I'm all for donating and trading," said Nicole

Charlebois, 20, a first-year student in the Interior Design program at Georgian College.

Charlebois has worked at Plato's Closet, a second-hand store, for two years now. Charlebois said second-hand stores, "[...] provide a cheap place to shop for students who are on a budget."

With a shortage of volunteers, Barb Anecchiarico was glad to help. She has worked in the School of Hospitality, Recreation and Tourism as a secretary for two years now. This was her first volunteer experience with the swap.

"I think there are a lot of good pickings for students to get some good items," said Anecchiarico.

Williams walked away from the swap with a never-been-used juicer, worth \$150 dollars. A friend of hers had grabbed a microwave.

"It's especially nice for students who have their own apartment," said Williams.

The Green Team was formed at the University of Guelph-Humber in 2009 with the goal of launching green initiatives on campus to spread awareness about sustainability. The White Elephant Swap is one of their annual initiatives.

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COURTESY OF BERNADETTE SUMMERS  
Students Crossing Borders takes students and ECE professionals to Jamaica to assist in early education initiatives.

## Assisting Jamaican children

**Earl Abaljon**  
Early Childhood/Youth Reporter

Five Humber Early Childhood Education faculty members took part last spring in a humanitarian trip to Jamaica called Students Crossing Borders.

The week long, self-financed trip, which took place in May, was an effort to provide the teachers and caregivers of the island's Riverton community more tools and knowledge in early childcare.

Riverton, a small district situated on a trash dump in Kingston, has a school with about 140 students ranging from six months to six years old.

Laura Oyama, ECE professor, and Bernadette Summers, part-time program advisor, spent part of their time renovating a local library that was damaged during Hurricane Sandy in 2012.

"Riverton taught me how resilient people are," said Summers. "They didn't have the toys and the technology that we have, which we think we need, but the children were so excited and happy."

Oyama cleaned and restored more than 100 books, while Summers helped with painting and restoring the library. For both, this was their

first time participating with Students Crossing Borders.

SCB is a non-profit organization, founded in 1991, that takes students and ECE professionals twice a year to Jamaica to assist in early education initiatives, as well as the local community.

Oyama teaches social justice, and after seeing so much need first hand, she said it changed the way she thought about justice issues, and deepened her respect for diversity.

"We have an extremely diverse population of students that we teach in our community (at Humber North campus), and I have a much better appreciation for the role that culture plays in life, and to not easily pre-judge," said Oyama.

Her most memorable moment in Riverton came when she helped with caregivers at a local orphanage, where she delighted infants by blowing bubbles.

"Not that I never appreciated what I had, but now I really do have a better understanding of what that is," said Oyama.

ECE teachers Marsha Barrett and Alison Hughes, as well as Trudy Ruf of the daycare centre, rounded out the group from Humber. Along with them, 18 other ECE professionals, all

women of varying nationalities and working backgrounds, took part in both a conference and assisting with the local community.

The ECE conference was the first of its kind held in Riverton. According to Barrett, the gathering promoted the recent curriculum change made by the Jamaican government, which made learning in elementary schools more play based and less didactic, as well as eliminating corporal punishment in schools. Teachers in Jamaica can now be charged and fined for hitting a student.

The women of Humber's ECE faculty were presented with an award for their participation and support.

"I was really shocked that people remembered me," said Barrett, this trip marking the second time she has gone to Kingston with Students Crossing Borders. Barrett volunteered her time with the same class and teachers she helped last year, and said that these new relationships is what she cherishes most from her experience.

"You get a better understanding of the students that you're teaching... and [you] try to be more culturally aware," said Barrett. "We all have a different sense of what's normal."

## World Vegetarian Day marked with farmers' markets

Humber Students' Federation hosts such groups as the Toronto Vegetarian Society to showcase healthy food culture and promote eco-friendly environment

**Vanessa Campbell**  
Culinary/Hospitality Reporter

The Humber Students' Federation will be hosting a Farmers' Market in celebration of World Vegetarian Day on Oct. 3 at the North and Lakeshore campuses.

The event being held in the student centre will include organizations and vendors like the Toronto Vegetarian Society, Mercy for Animals, Ella's Botanicals and many more, who hope to inform the Humber community of the services they provide and to promote their locally made products.

Maria Bitonte, 19, a former Humber student and vegan said she is excited about Humber making an effort to celebrate the vegetarian culture.

"Education on plant-based and cruelty-free diets and lifestyles is something I feel is very necessary, because a lot of people stick their heads in the sand about where their food comes from," she said.

This event isn't limited to just vegetarian interests. The Farmers' Market is being held to celebrate and educate the community on how people can create a more eco-friendly environment, as well as supporting local vendors and organizations.

David Alexander, executive director of the Toronto Vegetarian Association said he hopes to leave

Humber students more educated on the vegetarian lifestyle as well as offer support on those trying to pursue it.

"We usually bring vegetarian starter kits and fact sheets about sustainability to these kinds of events. We offer a seven day vegetarian program for those trying

**"More people need to support their local farmers"**

**Mary Toich**  
Farmer

to eliminate meat from their diet," said Alexander.

The Canadian Pie Company is one of the other many vendors that will be participating in the Farmers Market. Though it isn't a vegetarian company, their pies are all hand-crafted and consist of only local-made ingredients.

Mary Toich, farmer and owner of Tony's Produce, a farm in Innisfil, said it's a great idea that Humber is taking a step to educate students on local-made foods and products.

"These days, kids don't know where anything comes from. They think it just shows up in the supermarket. More people need to support their local farmers," said Toich.

## Go Global Expo offers experiences abroad

**Ari-Perlin Bain**  
News Reporter

The fourth annual Go Global Expo was held last week in Toronto where various institutions and non-profit organizations from around the world presented opportunities for attendees to work, study or volunteer abroad.

Admission to the two-day event on Sept. 21-22 was free and attracted a wide diversity of high school and post-secondary students.

Maria Garcia, 22, an English major at York University, went looking for future work and internship opportunities.

"I'm looking to explore my options after graduation," she said, "specifically to find some opportunity to teach English in Korea or Japan, and I feel like this is the perfect place to help me figure out what is out there."

Though the majority of exhibitors at the expo were schools and non-profit organizations, including Habitat for Humanity and the University of Toronto, there were also international volunteer agencies on hand such as CUSO International. The Ottawa based organization is dedicated to sending volunteers with skills in different areas of ex-

perience, such as health care and education, to over 20 countries around the world.

Fathy Ibrahim, a recruitment adviser for CUSO, sees the expo as a necessary platform to help keep the organization running.

"It's a good venue for us to at least get ourselves known and out there to potential volunteers and learn if they have some training or experience in a skilled profession that would match up to the area they want to work in," he said.

"Volunteer opportunities with CUSO International can last from six months to two years. As time

goes by we plan on building more partnerships with other volunteer agencies and organizations to deal with broader issues such as community development and HIV/AIDS," Ibrahim said.

For Humber College students looking for volunteer opportunities, the Alternative Spring Break in February gives students the option of volunteering across the GTA or for Orphanage Outreach, an organization based in the Dominican Republic dedicated to improving education and health care amongst that nation's children.

Rebeca Mahadeo, the peer facili-

tator in the Student Success and Engagement office at Humber said the week not only adds to a student's resume but also opens their eyes to the world around them.

"We want to allow students to show how the skills and knowledge they learn in the classroom can be applied to the greater community," Mahadeo said. "If they helped out in some way throughout that week, it could also clarify any possibly preconceived notions they had about a certain subject or place."

"We want to give the students the opportunity to reflect on what could be the experience of a lifetime."

## Roaming charges halved

Jarasa Viknewsaran  
Biz/Tech Reporter

Bell Canada is cutting wireless roaming rates by half for its customers travelling to the United States.

The move was carried out after a massive consumer response protesting extremely high charges.

Bell voluntarily made cuts weeks before the Sept. 27 deadline set by the Canadian Radio-television and Telecommunications Commission (CRTC) for telecom companies to submit their roaming fee rates.

"Last year, when I travelled to the U.S. and came back, I was accidentally charged \$300 for data roaming I did not use. I was outraged," said Hassan Ahmed, 20, a third year student of Humber's business accounting program. He said his cell phone provider (Bell) had his costs completely ignored.

"I called them to inquire about my charges and they held a dispute about how it was my fault because I left my mobile network switched on and ended up having to pay."

During the past year, many wireless customers complained that they came home to huge cellphone bills, said Celine Legault, senior communications strategist for CRTC.

"Since, we have been hearing these concerns, the CRTC has conducted research concerning rates, terms and conditions associated with wireless roaming using publicly available information," said Legault.

"I usually pay \$25 a month, but ended up paying \$500 after I came back from South Carolina," said Yvette Arballo, 22, a second year nursing student at Humber.

"Rogers told me I was responsible because I exceeded the usage limit, but I only used the phone once, it is ridiculous."

Under the new wireless code that will apply to new contracts for cellphones and mobile devices starting Dec. 2, a service provider must suspend national and international data roaming charges once they reach \$100 within a single monthly billing cycle.



PHOTO COURTESY OF BIONYM

Bionym created the Nymi to be paired with electrical devices such as smartphones, laptops and vehicles to keep passwords secure.

## Biometric bracelet reads heart

Brendan Quinn  
Biz/Tech Reporter

Using a password to unlock a phone may become a thing of the past. With a Toronto company developing a device that responds to the user's heartbeat for identification instead.

Biometric authentication has been around for a while. From fingerprints to the retina, biometric technology uses a person's unique physical traits as a form of identification. Bionym is a Toronto based company that is leading the charge with a potential breakthrough device called the Nymi.

The Nymi is a bracelet that takes an electrocardiogram and uses the distinct electrical pulse the heart produces every time it beats. When the user touches the bracelet, it completes the circuit and allows the device to capture

the signal.

Using low-power Bluetooth technology, the Nymi can be paired with any number of electrical devices, from smartphones and laptops to vehicles and cash registers. Simply by touching the bracelet and connecting the circuit, these devices can be locked or unlocked according to the user's preferences.

"We have multi-factor security. You must possess the person's unique ECG (electrocardiogram), their Nymi and their registered smartphone to gain access," said Kurt Bartlett, head of marketing at Bionym.

"Second, the ECG is inside of the body whereas fingerprint and iris can be captured on the outside."

Security isn't the only focus at Bionym; the company aims to increase the ease with which we communicate with electrical devices.



PHOTO COURTESY OF BIONYM

The Nymi bracelet uses the distinct electric pulse of the heart.

"We concentrate not just on security but on convenience of our device and application as well," Bartlett said.

Apple recently unveiled a similar function in their phones, allowing users to unlock them using a fingerprint. Within a few days however, a team of German hackers foiled the system by using an artificial rubber fingerprint taken from a scan.

"I don't think I would use the heartbeat password, I just prefer the old-school

way," said first year General Arts student Nichole Cottrell, 19. Cottrell has had her phone stolen before but said she believes current password security is best.

"Even if this device could be synced with everything, like my computer or car, I still don't think I'd want that," she said.

Bionym is currently taking pre-orders for the device at \$79 on their website, and aims to release it to the public early next year.

## Take-apart cell phone changes game

### Phonebloks allow customization

Jordan Biordi  
Biz/Tech Reporter

A new modular cell phone could potentially revolutionize the mobile device industry.

Phonebloks, created by Netherlands designer Dave Hakkens, is touted as a revolutionary piece of hardware. It consists of a base that allows for individual components or "bloks" that can be "clicked" together. These bloks range from a camera, to Wi-Fi connectors, to RAM, and even the screen.

The choice of how to build the phone is entirely up to the owner.

According to the Phonebloks media release, "every year, millions of mobile phones are thrown away because they are broken or obsolete...the entire phone will be thrown out because of one reason: mobile phones are not designed for repairs or upgrades."

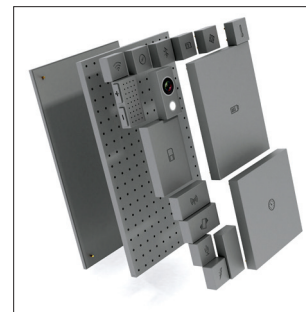
"This could reinvent the cell phone industry and companies wouldn't want that," said Kevin Ramdas,

the coordinator for Humber's Wireless Telecommunications program.

He said there is concern that it will not receive the support needed from a big mobile company since they make most of their money from phones.

"Companies like Intel would back it since they would see profit from developing the parts, so there could be potential for Phonebloks to exist," he said.

"It's the sickest idea ever," said Nick Piacente, 18, a second year Culinary Management student. He has heard of Phonebloks and said in



COURTESY PHONEBLOKS  
Phonebloks allows the owner to customize the battery, camera and other features of a mobile phone.

theory it's a great idea and more technology should adopt modular capabilities.

## Humber adds new business programs

Edward Bayley  
Biz/Tech Reporter

Humber has added four new Bachelor of Commerce (BCom) programs to its Business School this year.

The new programs include Finance, Marketing, Management Studies, and Supply Chain Management. Each is a four-year degree offered at the Lakeshore Campus.

"We look for industry trends in the job market and then gauge interest from students in high school and Humber," said Paul Griffin, the associate dean overseeing the new offerings. "The school conducts a market assessment before adding new programs."

Griffin said after adding these programs this year, enrolment in the school's BCom programs has increased by 34 per-cent, however it's still too soon to determine the success the new streams will have.

All BCom students share the same curriculum in the first two years before specializing in third and fourth year.

Eli Lewin, Humber's coordinator for Supply Chain Management, said having the common platform in the first two years gives students a well-rounded background in business, and allows them to move horizontally in their careers.

"Employers are looking for educated and trained people in this sector," Lewin said, adding that Humber receives supporting letters from such organizations as Canadian Tire, Canadian Pacific Railway and the City of Vaughan.

"The Supply Chain Management program is one of the few offered in this area," said Peter Madott, another associate dean at Humber's Business School.

The focus for the Business School now is to develop mapping strategies to help students transfer credits when switching programs or coming to a BCom program as a post-graduate.

"With these new programs we have most of the main fields covered," said Griffin.

# Scarborough subway won't end woes

## Why are we setting transit plans only to keep changing them?

The Scarborough light rail system (LRT) is close to becoming a council-approved subway line. Two separate plans for the new subway line have received both federal and provincial funding.

Some speculate that the Sheppard LRT system may be next.

What's up with Toronto's transit system and why are we initiating projects only to change them?

This week Mayor Rob Ford was joined by federal Finance Minister Jim Flaherty to announce a \$660-million funding promise from the federal government to support the council-driven subway. The province has already pledged \$1.4 billion for its own plan, but now the city is promoting a completely new one with federal support.

Incorporated in this new subway blueprint, city council proposed an increase in property taxes between 1.1 and 2.4 per cent to generate the extra money needed for the plan. Ford, a strong opponent to tax increases, said that he would try to knock that increase down to 0.25 per cent over each of the next four years.

However, this would only generate \$50-million of the proposed \$600-million needed, on top of the government financing. That means we will be paying for the new system for a long time.

Toronto's transit system is the third largest in North America, behind New York and Los Angeles, serving 2.76 million passengers daily. It's a convoluted system that needs to be upgraded through and through, yet no one agrees on how to make this happen.

Our city councillors can't even settle on one transit decision. Councillor Josh Matlow has long been an advocate for the fully-

funded LRT plan that a majority of councillors threw out in favour of the subway.

Speaking to the *Toronto Star*, Matlow said, "I question if it's ethical or fiscally responsible to blow over \$1 billion on a small subway extension that serves fewer people than a fully-funded, seven-stop LRT plan, when there are so many competing needs including the DRL (downtown relief line to supplement connections between Union Station and the Bloor-Danforth line), affordable housing and many other challenges we need to take on."

TTC CEO Andy Byford says the DLR is needed before a subway line is brought to the suburbs. A Scarborough line would add to the Yonge line traffic, creating an even larger need for a relief line, according to Byford.

"More subways" has been Mayor Ford's mantra since he took office in 2010 and, with a municipal election happening in just over a year,

initiating a new subway plan would work well for his next campaign.

But is the mayor listening to what the people of Toronto want?

A survey done on Sept. 21-22 by the *Torontoist* regarding the Scarborough transit extension shows that 52 per cent are in favour of the LRT, with only 19 per cent supporting the subway. Twenty-one per cent chose neither, and eight per cent were uncertain.

Torontonians are leaning away from the new subway, but their council is progressing forward with it. Mayor Ford and Finance Minister Jim Flaherty both said this subway "is a done deal," but with so many questions still unanswered, we'll have to wait and see the council's final votes this coming month.

Based on Toronto's past transit woes, things will probably change once or twice more before anything is done.

We're not buying into the Scarborough subway just yet.

## Killing of LRT a bad move for Toronto

### Toronto's Light Rapid Transit plans are in jeopardy with new initiative for a Scarborough subway line



Glyn Bowerman, Editor

The Harper government's \$660-million offer for subways is good news for Mayor Rob Ford, and bad news for just about everyone else, including future Humber students.

Finance Minister Jim Flaherty named the above sum at a press conference on Sept. 25, with Ford and TTC Chair Karen Stintz in attendance.

Prospective Humber students for the year 2020 have long been promised better transit.

Great transit, in fact, as a Light Rapid Transit (LRT) line has been planned to reach the North campus' front doorstep since former mayor David Miller announced his Transit City plan in 2007. It was announced again by the regional transportation agency Metrolinx's Big Move in 2008 before being solidified after the City Council signed a Master Agreement with Metrolinx last year.

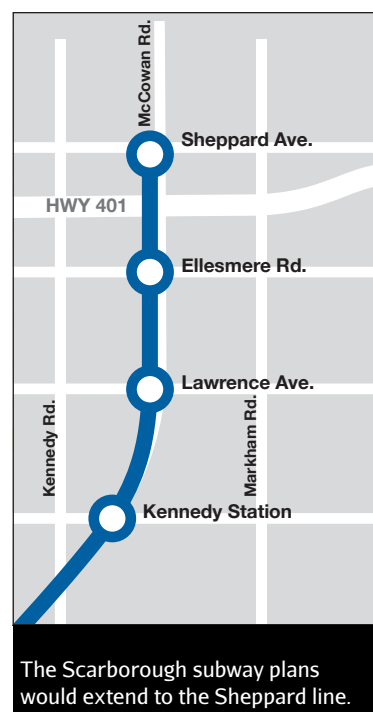
But with the feds backing a subway to replace Scarborough's creaky RT instead of the original LRT conversion, LRT detractors, like the mayor, are emboldened to scrap other planned projects like the Sheppard East LRT.

All of this, despite the fact that Flaherty, at the same presser, reaffirmed a previous commitment from the federal government of \$330-million to help fund the Sheppard line.

Isn't \$660-million in new transit funding good news?

Not likely. The money isn't enough to build the city council-approved subway line to Sheppard Avenue and McCowan Road. The province would need to come up with the rest of the cash, but they've already proposed their own, shorter subway line to Scarborough Town Centre. On the other hand, with the excitement this new fed stimulus has built-up, Premier Kathleen Wynne may not be able to refuse.

The \$1.4-billion Wynne's government has promised for their subway plan may well end up going towards the federal/Toronto council plan. That leaves millions of dollars unaccounted for, which any of our three levels of government will have to beg for,



The Scarborough subway plans would extend to the Sheppard line.

borrow, or steal. Not to mention the estimated \$85-million in costs, already sunk into the Scarborough LRT plan which someone, likely the City of Toronto, will have to answer for.

*Breathe.* Just breathe.

All this is to say that future Humber students will likely be riding hoverboards or jet packs to the North campus before they ever see any kind of higher-order transit like the Finch West LRT. Why?

Because, as long as all levels of government of seemingly every political stripe are making promises they cannot currently

afford, it is easy enough to look avariciously at the Finch West LRT plan as something to be carved up, cannibalized, and served to the subway gods on a platter.

This would be bad – very bad – and will leave Humber North students packed like sardines on the 191 or 96 bus, or driving to class, blowing their OSAP on parking and gas.

But why should you care?

Barring pride in your alma mater, Humber will likely be a distant memory in 2020, and you, certification in hand, will be well on your way to establishing yourself in the professional world.

Well, let's just hope you don't work downtown.

The TTC has long-listed a Downtown Relief Line, to ease the burden of overcrowding on the Yonge-University-Spadina and Bloor subway lines, as a top priority. With earmarked LRT funding being diverted to pay for politicians' pet projects to the far-flung regions of the GTA, the relief line is likely to remain on the to-do list.

Ever been to Union Station at 8 a.m.? Imagine that same crowd, plus the added ridership flowing in from a new Scarborough subway.

The decisions being made now— or lack thereof— on transit in this city will have repercussions for all Torontonians, and for years to come. If you're not mad, you must already own a jet pack.

HUMBER  
**Et Cetera**

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

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# Twenty-first century sexism

Misogyny hasn't disappeared— it's still flourishing online and offline



Paul Rocca, Opinion Ed.

I've always found great pride in being a feminist. To me, it's an easy sell: of course, men and women deserve equal rights and treatment. Of course, neither sex, gender nor sexuality should be an indicator for wealth and opportunity. Of course, every reasonable person's on board with egalitarianism.

Of course.

It's easy to compare ourselves to older generations and see how far we've come. But how have we really adapted to Western society's progressivism?

Not as well as you might think. In fact, we might be getting worse.

Last month, Anna Gunn, who plays the character Skyler White on AMC's wildly successful *Breaking Bad*, wrote an op-ed for the *New York Times* where she addressed the vitriolic backlash her character has received over the years.

"My character," she writes, "has become a flash point for many people's feelings about strong, non-submissive, ill-treated women."

Gunn's character is the wife of the series' anti-hero-turned-villain Walter White, who descends into a life of drug-production, manipula-

tion and murder. Skyler serves as a foil to Walter and a moral compass in an otherwise unsalvageable world of crime. For her troubles, the character is the target of hundreds of "I hate Skyler White" groups on Facebook. According to Gunn, users have posted complaints that Skyler is a "shrieking, hypocritical harpy," an "annoying bitch wife" and a woman who doesn't "deserve the great life she has."

The rabid, fiery reaction to her character soon devolved into thousands of fans signing petitions to fire her from the show. Gunn also received death threats.

"I finally realized that most people's hatred of Skyler had little to do with me and a lot to do with their own perception of women and wives," she writes. "Because Skyler didn't conform to a comfortable ideal of the archetypal female, she had become a kind of Rorschach test for society, a measure of our attitudes toward gender."

She may be right. It seems that any departure in the representation of female characters from traditional archetypes is open to a maelstrom of public backlash.

In May 2012, feminist and blogger Anita Sarkeesian began a Kickstarter campaign to fund a series of videos critically examining gender tropes in video games. Sarkeesian quickly became the target of one of the internet's ugliest series of personal attacks in recent memory. She received literally thousands of verbal attacks and death threats from gamers. She was emailed images of herself being raped by various video game characters. A Torontonian developed a Flash game entitled *Beat Up Anita Sarkeesian*. More

recently, following her review of the popular game *Grand Theft Auto V*, *Gamespot* reviewer Carolyn Petit was the subject of online harassment, including death threats, for briefly criticizing the game for its portrayal of women in an otherwise overwhelmingly positive review.

And this problem isn't restricted to popular culture and media; it still exists in politics, religion, and even the scientific community.

In June 2011, feminist, blogger and science writer Rebecca Watson uploaded a video on YouTube recounting a late-night encounter she had on an elevator following a speaking engagement. The man, she recalls, awkwardly propositioned her to have coffee in his hotel room. She politely turned him down.

"Guys," she says in the video, "don't do that."

Those four words unleashed a fury of angry comments and rebukes.

"Dumb bitch, you should feel lucky that someone thought that you were more than 1/10," wrote one commenter. "I'd rape you if I got the chance" wrote another.

Even noted atheist and biologist Richard Dawkins chided Watson, sarcastically comparing her anecdote to the genital mutilation of Muslim women. Spurred by Dawkins' comments, users bombarded Watson with— you guessed it— death threats.

To say that this trend is troubling would be a horrible understatement, but it does help uncover a persistent, ugly truth about our culture: as proud as we may be of how far we've come, there's always room for improvement.

So let's improve.

# Criminal justice for youth should not be a slap on wrist

Young offenders are given too much protection without any rehabilitation



Kate Paddison, News Ed.

The Youth Criminal Justice Act was brought into place on April 1, 2003 to replace the Young Offenders Act. Its goal, according to the Canadian Department of Justice, was to address:

"...the overuse of the courts and incarceration in less serious cases, disparity and unfairness in sentencing, a lack of effective reintegration of young people released from custody, and the need to better take into account the interests of victims."

The YCJA was established to provide the legislative framework for a more efficient and fair youth justice system.

I don't think it is accomplishing that.

Almost two years ago, on my way back home from a quick trip to a Tim Horton's, a man jumped me from behind. I was sure I was going to die right there, struggling with an attacker 20 feet from my house and in my pajamas, on the phone with my friend. But the second I gave in and let go of the phone he had grabbed for, I felt his hold on my neck release, and he ran.

For a short second, I sat on the ground, stunned. I quickly stood up and saw a kid running away with my phone. A kid. And so I stood up, and I chased him down.

Later, the police officers all lectured me on my decision, warning I could have been killed.

Well, they don't know me.

My attacker was eventually apprehended, and he turned out to be a 15-year-old boy. My phone was never recovered. The following months were full of trips to the police station, looking at line-ups and pictures to identify my attacker.

My anger was so strong; I wasn't going to give up. There was no way I would let some kid rob me and get away with it.

Ten months later, the case was finally brought to court. The detec-

tive handling my case sat with me and said, "Kate, know that most likely nothing will come of this."

I sat there stunned. What does that mean? I was attacked and robbed on the street and my assailant will get away? Why?

The proceedings began, and I learned that this was the accused's 15<sup>th</sup> count of assault and robbery. He had been already charged 14 times in the past for the exact same crime.

The judge asked the accused, "Why did you do this?"

He replied, "because I can."

And he was right. He faced few repercussions for his actions: spending a week in juvenile detention, and paying back \$400 towards a \$700 phone, because that was all his family could afford. This was the first time he had ever

"The detective handling my case sat with me and said, 'Kate, know that most likely nothing will come of this.'"

had to spend time in a detention centre or pay any sort of restitution.

I understand that this was a kid. In no way am I suggesting that he should get prison time for his crime. What I am suggesting is that, despite the young age of an offender, we should do more to step in in cases of repeated offenses. We need to evaluate their situation and take measures to teach youth like my attacker right from wrong.

My attacker admitted that he continues to assault and rob others because he can—because, each time, he gets away with it.

My situation really opened my eyes to the failure of the YCJA. We need to counsel young offenders and guide them so that in three years the accused doesn't wake up in a jail cell with a 20-year prison sentence. Let's stop the cycle now, while he is young, before it's too late.

The world's changed since 2003. Maybe it's time to reevaluate the YCJA— a slap on the wrist just won't cut it anymore.

## QUOTED

### Is misogyny still a problem in Canada?

"Yeah, definitely. People don't really want to talk about it, but being a woman, it's harder to get into our industry. It's hard to feel worthy."

Jenny Tosetto, 21  
Film and Television  
Production  
3rd year



"Yeah, but it's getting better. Now anyone can come to school and get a degree and then you're set. It's better than 20 or 30 years ago, for sure."

Mitch Sheppard, 21  
Civil Engineering  
1st year



"I think it's equal here compared to my home country, India, because here women and men can both get jobs. The ratio of men to women who get an education is better in Canada."

Nigunj Rupapara, 21  
Business and Accounting  
1st year



## College provides activities to de-stress

**Dilara Kurtaran**  
Life Reporter

Humber offers a variety of activities available to students to help deal with stress, such as yoga in the gym, and \$15 student massages at the massage clinic.

"The most important part of yoga is breathing, so we constantly remind our students to breathe," said Ellaine Cerro, a yoga instructor at Humber's North Campus. "If you're feeling stressed, start focusing on your deep breath to relax and your body will listen."

Students can take yoga classes at the gym on Mondays evenings, and Wednesday and Thursday afternoons. Students can find information on yoga at the front desk of the Athletics and Recreation Centre.

There is another option to relax through meditation in the Arboretum.

Judd de Jesus, 22, a second-year Bachelor of Nursing student, said playing sports such as basketball and going to the gym, helps him lower his stress levels.

"When I'm stressed, I usually try to figure out the cause and why it stresses me out," De Jesus said.

Students can go to the massage clinic and get the wellness treatment for \$15 plus HST.

The wellness massage offers light to medium pressure on the back, legs, arms and head. Treatment can go from 15 minutes to an hour.

"If we are stressed our muscles tend to tense up," said Ailene Tam, 24, a second-year Massage Therapy student. "People tend to ignore that and once they are physically exhausted from holding so much tension, they wear out. Massage therapy can help relax the muscles and relieve that stress for students."

# Young stroke rate increases

## High cholesterol and smoking increase risk of having a stroke at an early age

**Jasmine Kabatay**  
Life Reporter

Just because you're young and healthy, doesn't mean you cannot have a stroke.

A recent study shows one in five stroke victims are 45 years of age or younger. And according to the American Academy of Neurology, stroke rates are increasing in people aged 20 to 54.

Fifteen per cent of the most common form of stroke, called an ischemic stroke, occurs in young adults and adolescents.

Matthew Mayer, senior specialist in mission at the Heart and Stroke Foundation of Ontario explains what happens to the body during a stroke.

"A stroke is a sudden loss of brain function. It's caused by the interruption of flow of blood to the brain," said Mayer.

An ischemic stroke involves a blockage of blood vessels to the brain while a hemorrhagic stroke is triggered by the rupture of blood vessels, both causing brain cells in the affected area to die.

Amanda Busby, 21, a visual and

digital arts student, didn't know how to react when hearing about this new health concern.

"That's terrible. I'm shocked that the numbers are that high," said Busby.

Johanne Hayes, a nursing professor at Humber, said one of the main reasons younger people are often misdiagnosed after a stroke is because of the myth that it only occurs in the elderly.

"When an individual under the age of 40 arrives at the emergency department and is suffering from a stroke, the team may take time to look for other reasons for that," said Hayes. "In a younger person, they may attribute it to a musculoskeletal problem or to the fact they

might be having a reaction to medication or street drugs."

Fortunately, there are ways to avoid having a stroke at a young age.

Hayes said having a healthy diet and active lifestyle are important, while having high cholesterol and smoking increase risk.

Blurred vision, a loss of consciousness, weakness, difficulty walking, and difficulty verbalising are all possible symptoms of a stroke, according to Hayes.

There is a total of six hours that the person can receive emergency treatment before the stroke can become damaging with long effects.



PHOTO BY CHANTILLY POST

Female students at Humber College aren't in any rush to become established, independent women juggling work and family by the age of 30.

## Women strain to do it all

**Chantilly Post**  
Life Reporter

The young women of today's generation are feeling pressure to 'have it all together' by the age of 30.

Student counsellor Semone Kassim perceives the root of today's pressure.

"Culture, family, themselves (and) messages in society," said Kassim. "More females are wanting (an) education and are having to battle between those old values."

Society's standards of 'having it

all' are vastly different from reality. Based on Kassim's experience, being established as a young woman simply means being healthy-mentally, and physically.

In some situations, women are pressured into choosing between their careers and starting a family. Kassim said she suggests examining where the pressure is coming from and evaluate your expectations.

"Looking inward for happiness rather than basing your standard on what other people think and

what other people have to say," Kassim said.

Trying to overcome the pressure of today's society is something that is not relevant for all students.

Kadina MCKenzie, 22, a first-year criminal justice student said society has evolved to women being more successful. MCKenzie does not feel pressured by society to have it all together by a certain age. "As soon as I am done school I will have a stable career," MCKenzie said.

MCKenzie also said that wom-

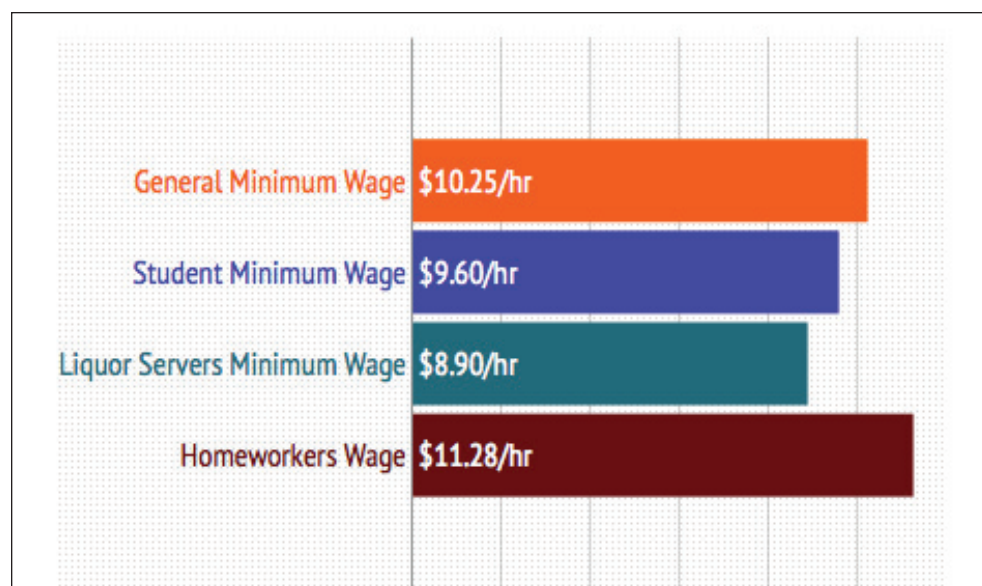
en's priorities will change for the better and most countries will begin having women leaders.

Hair and makeup artist Aniya Nandy is focused on becoming financially stable, and independent.

"My priority would be to grow, to build financially, to create an empire," said Nandy. "I never felt (pressure) from school, society or my family it was just me. I wanted more, I've always wanted more."

For young women close to finishing their post-secondary education, and in pursuit of finding their role in society, Nandy suggest never limiting your self.

"In any industry you have to pay your dues," Nandy said.



GRAPH BY SARA MILLER

The Ontario Ministry of Labour sets the rates employees in the province must be paid. These are the current standards.

## Repercussions from raising minimum pay

**Hannah Hollingsworth**  
Life Reporter

The Humber community is weighing in on the potential minimum wage increase being considered in Ontario.

The minimum wage in the province has been \$10.25 for the past three years. For students under 18, it's \$9.60, while liquor servers get paid \$8.90 per hour.

A person who works 35 hours per week full-time for minimum wage makes \$17,220 annually.

According to Statistics Canada, the poverty line for a single person in a metropolitan area like Toronto is currently \$19,597, resulting in an income gap of \$2,377. That figure rises with every additional family member.

Anti-poverty advocates

are pushing to have the province raise the general minimum wage to \$14 per hour, following a principle of a rate 10 per cent above the poverty level.

Michael Ho, an economics professor at Humber, said the government should be careful when raising the minimum wage.

"The low skill jobs will disappear," said Ho.

"There used to be parking attendants in parking lots and now there are machines," he continued. "Same with cashiers. The cost of living is rising and they [the government] cannot afford to ignore it.

"But from an employer's perspective, we have to ask ourselves if the workers will be 40 per cent more productive. The machines don't want benefits and two weeks vacation," Ho said.

Elena Hatano-Wallace, 20, is in her second year of Cosmetics Management and works as a bartender. She said although bartending has its ups and downs, she feels no urge to switch jobs.

"Right now I don't consider switching to a minimum wage job because it would be less than I'm making. If I did have better hours and better pay that would be a main factor in deciding to switch," she said.

A minimum wage increase would cause the Ministry of Training, Colleges and Universities to reconsider OSAP funding rules, according to Holsee Sahid, manager of financial aid at Humber's North campus.

"Right now you can make \$100 a week gross income without it affecting your OSAP," Sahid said. "It's going to make a difference, and in some cases, a huge difference."

## Recall of birth control pills invokes contraceptive risks

**Tiara Samosir**  
Life Reporter

Toronto Public Health is warning women who have taken recently recalled birth control pills to be aware of their increased risk of getting pregnant.

"The placebo was put in the wrong place" in certain blister packs of pills, said Anjane Bali, a sex educator for Toronto Public Health. "It's the same as not taking the pill at all. The risk of them getting pregnant is high."

Early this month, Health Canada announced the recall of Esme-28, the third line of pills recalled this year. Esme-28 is reported to have been missing active pills. Freya-28 was recalled in late August, and Alysena-28 in April for the same reasons.

Packaging that includes



PHOTO BY TIARA SAMOSIR  
Health Canada has recalled three birth control pill brands in the span of six months.

some placebo pills to ease daily compliance for days of the month in which the therapy is not required, in each case of recall had shortages of active pills.

Yi Zhang, 25, a fourth-year nursing student at Humber, said she doesn't believe in taking birth control pills because they affect a woman's hormones and menstrual cycle.

"I don't find them reli-

### Recalled birth contraceptive

- Freya-28
- Esme-28
- Alysena-28

able," said Zhang. "If you're taking the pills, they will go directly into your system."

Karina Kurniasih, 22, recently received her Bachelor of Science in Nursing from University of Trent, feels differently.

"There's always new technology coming out," said Kurniasih. "The Health Department always upgrades their system, so even though they follow up the (initial clinical trial results for a medication), sometimes it takes a while to get the re-

sult of the side effects."

Kurniasih said while the recalls might result in many women getting pregnant, some women don't follow the instructions well in the first place.

Missing taking the pills on schedule already increases the possibility of pregnancy.

"Medication is basically man-made," said Kurniasih. "We created them based on research and experiments. It can be close to perfect, but it can't be perfect."

Women should not rely solely on the pills to protect themselves, Kurniasih said, remarking that she encourages couples to use a backup method, such as male condoms.

## TO THE NINES

### What do you like about your bag?

I liked the dark colours and the pocket detailing.

### Tell us about your haircut.

I've had this haircut for two years, and I like it, because it looked unique. But, now everyone has the style, so I want to change it up.

## Manvir Badwal

HVAC, 3rd year



By: Sara Miller & Alessandra Micieli

# Famous chefs cook and serve at film series

**Viktoria Sciacca**  
A&E reporter

Humber Liberal Arts is hosting a series of celebrity chefs to present their films in the series Cinema + Chef, beginning today.

Three celebrity chefs will arrive each Monday to premiere their foodie films to Humber students, followed by a Q & A session and a cooking demo.

The first film in the series is by world-renowned Canadian chef Michael Stadlander, who will also appear in the Seventh Semester on North campus.

Stadlander is president of Canadian Chefs' Congress, a group that hosts gatherings for culinary professionals to discuss Canadian food culture.

His film, *The Islands Project*, is about his journey throughout Canada, making dishes out of local ingredients.

"He took his kitchen bus with the [Canadian] Chefs'

Congress to the islands of B.C., cooked meals using ingredients from the lands and cooked meals for the loggers who used horses who pulled the wood to make a fire. He made intimate connections with the locals who make their living from the land," said Christian Morrison, vice president of the congress.

Stadlander currently owns Haisai, a restaurant and bakery located in Singhampton, Ont., that prides itself on using primarily organic and local ingredients from nearby Eigensinn farm. "We cook within the seasons, what is available in the fridge and in our gardens," said Herman Stadlander, manager of Haisai.

Humber's Liberal Arts Film Series invites all Humber students who have a passion for film to watch and discuss renowned movies and their inherent themes.

"We realized that if you pair films with experts, you have a film to challenge the

students to think differently. It is a rich learning experience for students that attend," said Caleb Yong, a Liberal Arts and Sciences professor, and coordinator for the film series.

For the current culinary arts series, Matt Kantor, who co-runs Bero Restaurant in downtown Toronto, will be here Oct. 7. Hiro Yosihida, owner of Hiro Sushi in Toronto, will attend Oct. 21.

Students will have the opportunity to taste a signature dish created by the chefs themselves.

Stadlander will be putting forth the same principles he uses while cooking to serve up at today's gathering. All of his ingredients used will be directly from his farm, as well.

"The students will be tasting Thai salad, gratin, and wood-oven piglet," said Yong.

*The Islands Project* presentation begins at 5 p.m. in the Seventh Semester beside the Student Centre.



PHOTO COURTESY OF KAT LANGDON  
Humber alum Kat Langdon, 28, poses for a promo shot with upright bassist player George Chenery.

## Lady Be Good trio new brand for Kat Langdon

**Marielle Torrefranca**  
A&E reporter

Five years after graduating from Humber's Bachelor of Music program in 2008, vocalist Kat Langdon, 28, is rebranding her cover group The Kat Langdon Trio.

The trio, a jazz and R&B cover group, has been renamed Lady Be Good.

The decision to rebrand the group was made in the summer, when Langdon felt The Kat Langdon Trio should be its own business and a separate entity from her solo career.

"I wanted to start my own business in a small way," said Langdon.

Langdon, who also manages the trio, is the sole permanent member of Lady Be Good. For each gig, she hires members from a roster of musicians who have made themselves available.

Langdon says she aims to keep working toward a greater roster of musicians that can dial into the trio on a consistent basis.

"Being an artist, you have to stay flexible," she said. "[I have to] make sure I always have someone available, but also not tie people down to the same work."

"If you're a working musician and you're trying to make a living, then you do all kinds of different things," said keyboardist David Schindler, who used to work with Langdon on a regular basis.

Schindler also played in the 12-piece show group the Brian Rose Band for seven years. He is now on the move to Wasaga Beach to explore the area's live music scene.

Langdon recently performed with JUNO award-winning artist Serena Ryder during a show in April

as part of a contest. Ryder had hand-picked Langdon's video cover of "Please Baby Please."

"It happened very fast and it was really fun," said Langdon. "She said some very kind things to me on stage."

Langdon says her mentor, Dave Stillwell, a retired professor from Humber's music program, was also a notable influence on her. Stillwell picked Langdon to be in one of the school's top ensembles at the time, the Humber Blue Jackets.

"She [Langdon] started out as a singer with great talent but not a lot of confidence," said Stillwell. "I kept her in the band for three years... and that doesn't happen very often."

Langdon is exploring what her next project will be.

"As a [solo] artist, I haven't figured out what I want to sing," said Langdon. "I'm finally able to ask myself that question. It's a big transition period for me. It's really exciting, but it's not easy. It takes hard work, patience and sacrifice, but it's absolutely worth it."

Lady Be Good's new logo and website will be launched at ladybegood.ca this month.

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## EVENTS IN TORONTO THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>30</b> Japanese Movie Night The film <i>Departure</i> will be screened, free of charge, at 7 p.m. at The Japan Foundation on Bloor Street.	<b>1</b> CTP presents: Shakesbeer Classical Theatre Project presents <i>Twelfth Night</i> at Artscape Wychwood Barns on Christie Street. Come for the beer, stay for the Shakespeare!	<b>2</b> Ai WeiWei: Voices of Freedom CBC's Anna Maria Tremonti hosts a tribute to honor artist Ai Weiwei at the AGO.	<b>3</b> La Bohème The Canadian Opera Company kicks off their 2013/14 opera season with <i>La Bohème</i> at the Four Seasons Centre for the Performing Arts.	<b>4</b> FORMATION An evening of contemporary ballet, presented by Canada's Ballet Jorgen. Runs Oct. 4 and 5 at the Betty Oliphant Theatre at 8 p.m.	<b>5</b> ScotiaBank Nuit Blanche From sunset to sunrise, Toronto transforms into a citywide art gallery. Has over 100 art pieces, including sculpture from famed artist Ai WeiWei.	<b>6</b> Urban Queens of Comedy The second annual show is at the Ajax Convention Centre. The show is headlined by comedian Luenell.

## Abuse brought to light with Gatehouse art

Tiara Samosir  
A&E reporter

A safe-house facility that provides programs to help adults and children who have been abused is premiering its art exhibit, *Transforming Trauma: A Worldwide Movement*, at Humber's L Space Gallery at Lakeshore campus on Oct. 7.

Arthur Lockhart, founder and executive director of The Gatehouse said the purpose of the exhibition is to transfer pain into something helpful.

"This is artwork that's shining a light in a way on a taboo topic," said Lockhart.

Positioned adjacent to Lakeshore campus in a 1890's house built for the doctors working at the former Lakeshore Psychiatric Hospital where Humber is situated,

the Gatehouse begun nearly 15 years ago. Inspired by a student who came to him after class to share a child abuse story, former Humber teacher Lockhart wanted everyone who had been abused to have a safe place, find support, heal and in turn inspire others.

Maria Barcelos, volunteer and admin coordinator at The Gatehouse, said the exhibition is about moving to a healing path.

"We call it a worldwide movement, because we're involving our worldwide communities, partners," said Barcelos. "I think the theme we are going for is transformation."

Selected pottery, sculpture, painting, video, poetry and other creations submitted by board members, college students, staff,



PHOTO BY TIARA SAMOSIR  
(Right to Left) Neola St. Louis, Chantelle Blackier, Paula Cordeiro, Maria Barcelos and Azeem Shaik outside of The Gatehouse

survivors, volunteers and supporters from around the world will be on display during the exhibition.

L Space Gallery curator, Ashley Watson said The Gatehouse has a very close relationship with Humber community. There are staff who graduated from Humber and students who intern at The Gatehouse.

"It's exciting to partner with a different community group," said Watson.

Watson said the role of the gallery is to bring different groups to campus and community and to show different ideas of creativity. Having the exhibition on campus

will expose students to what is going on outside campus.

"It's a good way to keep our mind open and to get out from our little world and see from other people's perspective," said Watson.

"It's about community," said Lockhart. "In community, we build relationships with people around the world. The Gatehouse, in a way, is like a planetary consciousness that acknowledges that [abuse] happens everywhere and we want Humber students to be a part of [that awareness] in a very active way."

The exhibition will run from Oct. 7 to 11, noon to 5 p.m.

## Street art wars

The line between graffiti art and vandalism is blurred in Toronto

Shai Williamson  
A&E reporter

Toronto streets are riddled with unlicensed graffiti that for years has begged the question: is this vandalism or art?

Earlier this month, the Highway of Heroes mural, at 26 Grenville St. near Bay and College streets in downtown Toronto, was defaced by spray paint.

The mural, painted by a group of youths as part of the Graffiti Transformation Project, was created to commemorate fallen Canadian soldiers. Highway of Heroes was thus a licensed piece of graffiti, but there are many other ambitious pieces in the city that walk the line between art and vandalism.

"I think if it's done properly, and it's something to express a certain issue, then it is art. But if not, it's vandalism," said Noni Kaur, a professor in Humber College's Visual and Digital Arts program.

Shamika Darmanie, 18, a second-year practical nursing student at Humber says she sees any piece of graffiti as defacement.

"If you're going to vandalize, find your own spot and don't ruin someone else's work," Darmanie said.

"If it's in a place where it's not permitted and it's defacing, then it's vandalism," said Emilia Jajus, a Toronto artist and Humber alumna who specializes in painting murals and pet portraits.

"It doesn't beautify the community. It makes it look uglier and less safe because graffiti is associated with violence," she said.

"I think if it's tasteful it should be left," said Kaur. "If it doesn't serve any purpose or have any meaning than it's okay for it to be cleaned up."

There are many city-supported works in Toronto. At Kipling Avenue and Belfield Road, for example, there is a mural entitled *Gateway to Rexdale* that pays homage to the First Nations.

## Hots Docs fest fever begins for film students

Chelsea Howard  
A&E reporter

Second year Humber film students are preparing to work countless hours with hopes of entering the Toronto's internationally acclaimed Hot Docs film festival.

A total of 16 documentaries will be filmed within the program, with five students involved in each production.

"The topics are wide ranging, everything from a social commentary to dealing with genocide," said production professor Donna O'Brien-Sokic.

Other topics include the evolution of sagging pants and the story of an immigrant from

Macedonia, said O'Brien-Sokic.

"Dealing with such difficult subject matter becomes a balancing act between telling an entertaining story and deciding what needs to be cut to make it one," said film student and director, Christian Wallace.

Wallace said the festival accepts at least one Humber documentary a year. Last year's accepted submission was a documentary titled *The War At Home*.

Each project is completely funded by the students, who each contributed \$300.

International student and producer, Ruth Peter Okoro said, "It is quite stressful but I have to work hard to make

the story happen."

Okoro is responsible for all the paperwork, budget, contacting interviewees, organizing meetings and making sure the production goes well.

The students are currently working on their pre-production packages in preparation for production in mid-October.

"It's really exciting to work with the students on their projects," said O'Brien-Sokic.

Production of the documentaries will be taking place throughout the GTA, and pre-production will be taking place at the Humber College North Campus.

If accepted, the films will be screened at the Bloor Hot Docs Cinema in the spring of 2014.



PHOTO BY CHELSEA HOWARD  
Chris Wallace (right), preparing his film subject, Darren Day.

**HOROSCOPES** BY LADY F FOR NASTY & ORACLE T.



**LIBRA**  
Sept. 22 – Oct. 22

People are always taking care of you financially. Keep up the good work but spread the wealth.



**SCORPIO**  
Oct. 23 – Nov. 21

Money is growing on trees these days but winter's around the corner and your tree's not an evergreen.



**SAGITTARIUS**  
Nov. 22 – Dec. 20

Your life is no longer the glitz and glamour it used to be. But your good looks will earn you respect this week. Take it and run.



**CAPRICORN**  
Dec. 21 – Jan. 19

You put on a façade made of money. People are fooled but you're exhausting and exhausted.



**AQUARIUS**  
Jan. 20 – Feb. 19

You like to take care of people financially but you don't even have enough money for yourself. What are you, a saint?



**PISCES**  
Feb. 20 – Mar. 20

You'd sell off your own grandmother. That's not something to be proud of. Ask your grandfather.



**ARIES**  
Mar. 21 – Apr. 20

You're always complaining about not having enough money. Look for treasures in the couch cushions.



**TAURUS**  
Apr. 21 – May 20

Your money doesn't see the light of day. Bring some gold bars to bed with you to see what you're missing.



**GEMINI**  
May 21 – Jun. 20

Money isn't knocking on your door but you'd rather live in the moment. And that's good because for the moment, nothing's coming your way.



**CANCER**  
Jun. 21 – Jul. 22

Don't worry about how other people spend their money. Focus on fixing your own finances, then meddle.



**LEO**  
Jul. 23 – Aug. 22

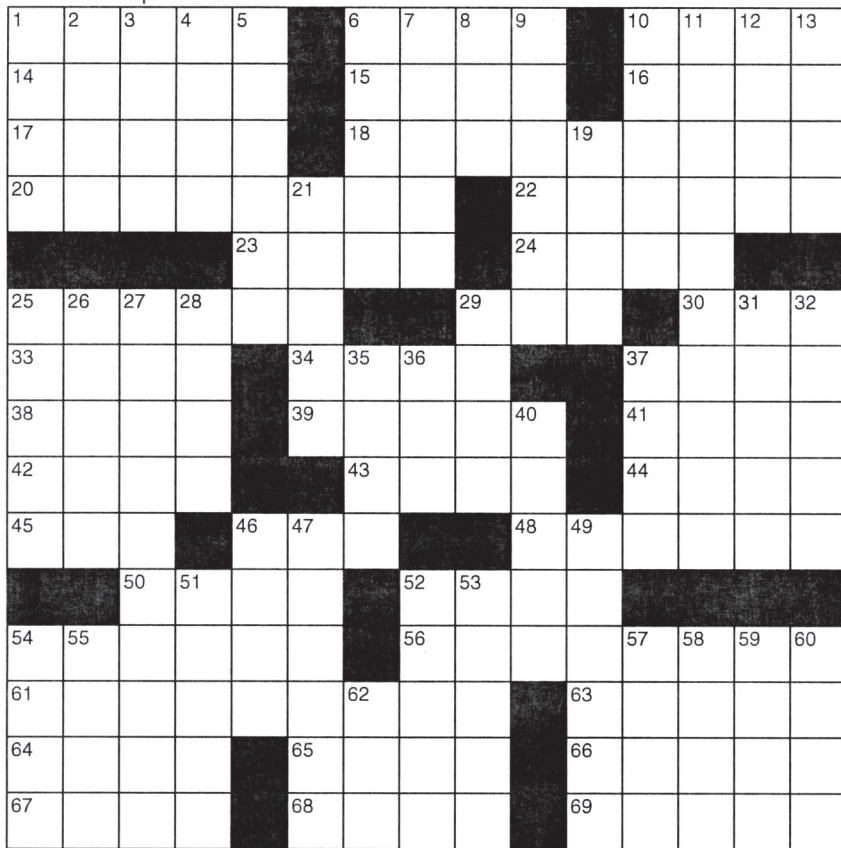
You have your own money but your hand's in others' cookie jars. Leave the last cookie in the jar this week or your luck will run out.



**VIRGO**  
Aug. 23 – Sept. 21

You don't like to spend money on anyone but yourself. Would it kill you to buy someone a drink or six?

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**ACROSS**

- 1. Fathers
- 6. Pub brews
- 10. Large vases
- 14. Build
- 15. River sediment
- 16. Biblical "you"
- 17. Frighten
- 18. Choosy
- 20. Endanger
- 22. Amphitheatres
- 23. Plenty
- 24. Challenge
- 25. Most painful
- 29. Workout locale
- 30. Time unit (abbr.)
- 33. Those folks

**DOWN**

- 34. Brink
- 37. Heavenly light
- 38. Anger
- 39. Track events
- 41. Sprinkler attachment
- 42. Like the Sahara
- 43. Furthermore
- 44. Wallet stuffers
- 45. Positive answer
- 46. Seducer \_\_\_\_\_ Juan
- 48. Most recent
- 50. Stumble
- 52. Official stamp
- 54. Garment part
- 56. Utopia

**DOWN**

- 61. Cilantro
- 63. Bicycle part
- 64. Baking place
- 65. Adam's home
- 66. Oozes
- 67. Koppel and Turner
- 68. Cincinnati baseballers
- 69. Delete
- 1. Irritating one
- 2. Curve
- 3. Fleshy fruit
- 4. Farm measure
- 5. Pilfers

- 6. Resource
- 7. Mortgages
- 8. Building wing
- 9. Not wavering
- 10. Complete
- 11. Imitation diamond
- 12. Bossa \_\_\_\_\_
- 13. Takes legal action
- 19. Stuff
- 21. Carved pole
- 25. Wander off
- 26. Midwest airport
- 27. Enrolled
- 28. Looked at
- 29. Acquires
- 31. Relieves
- 32. Wave top
- 35. College official
- 36. Set
- 37. Exhibit
- 40. Radar's kin
- 46. Opera singer
- 47. Kitchen gadget
- 49. Go by
- 51. Bridle straps
- 52. Swiftiness
- 53. Deserves
- 54. Glasgow native
- 55. Great affection
- 57. Gentle animal
- 58. Bright thought
- 59. Exhausts
- 60. Besides that
- 62. President before JFK

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8	6	2	7	3	4	5	1	9
3	5	1	9	8	6	7	4	2
6	2	3	1	7	5	4	9	8
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5	3	9	6	4	7	8	2	1
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Last week's answers

#1681

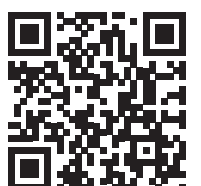
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Find the answers in our next issue or scan the QR code:



# Top fastball player battles back from injury

**Jordan Burton**  
Sports Reporter

All-star first-base player Jessica Raymond lived every player's nightmare in 2012, when she tore the labrum in her right shoulder, a major injury that would require surgery.

The 2012 off-season started off like any other for the Waterloo native, with routine batting practice, ground-ball work and hundreds of first-to-third throws.

Shortly after though, Raymond began experiencing discomfort in her shoulder.

"I originally just thought it was hurting from overuse," said Raymond, "It's a fairly common area to feel pain in when you haven't thrown for a few months, but it just kept getting worse and worse."

Over the next few days, Raymond visited Dr. Hemen Shukla, Humber's varsity physician.

After completing an MRI and arthrogram, the diagnosis was clear: a torn labrum, the cartilage cuff that cups the arm's humerus bone.

"So many things were going through my head," said Raymond. "All I could think was, 'I'm going to need surgery, 'this is my last year,' I just had so many questions."

Raymond would need six anchors put into her shoulder to hold her labrum in place, with a minimum recovery time of 12 months.



PHOTO BY JORDAN BURTON  
By following an intense rehab cycle, All-star Jessica Raymond returned to the field three months ahead of schedule.

It was a devastating blow for the 23-year old second year Media and Photography student at University of Guelph-Humber.

After starring for the University of Guelph's fastball program for two years, Raymond transferred to Guelph-Humber, only to find that the school didn't have a women's team.

She immediately began working with athletic directors Doug Fox and Jim Bialek, two of the driving forces behind Humber's athletic

success. Soon after, the Hawk's fastball team was created.

Humber's new first-base player could have had surgery in the summer, but she declined, not wanting to miss the 2012 season. Instead, she would adapt.

"I completely changed my mechanics just to be able to play, I learned how to throw sidearm to ease the pain," said Raymond.

With Raymond in the mix, the Hawk's 2012 season was one to remember, ending with an OCAA

title and a trip to the National Championships.

"We were really lucky she stayed and was able to perform so well," said Ashley Cosgrove, 21, a second-year Early Childhood Education student at Guelph-Humber and catcher for the Hawks. "You could see how much pain she was in but she was still able to throw... it was amazing."

Just a week after hoisting the OCAA championship trophy, Dr. Jason Smith, an orthopedic sur-

geon at Rouge Valley Centenary Hospital, inserted the anchors into Raymond's shoulder.

Over the next nine months, Raymond worked with Melanie Evens, Humber's certified athletic therapist, to increase her range of motion, rotational flexibility and gain back the 20 pounds of muscle she had lost.

For weeks Raymond had to sleep sitting up because the pain was too much for her to lie down. She iced her shoulder, following a strict routine, and slowly began using a broomstick to lift her arm to a 90-degree angle.

"She's pushed through everything and works extremely hard to improve," said Evens. "If you tell her to do something, it's done and that's a big reason why she's been so successful in getting back."

Eventually, Raymond began swinging a rubber tube to mimic the motion of a baseball bat and was given a throwing program to slowly get her arm game-ready.

Raymond worked four to five hours a day, five to six days a week throughout the rehab cycle, and returned to the Hawk's lineup three months ahead of schedule.

"I'm a stronger person for having gone through it," she said.

So far, through four games this season, Raymond is batting with a .381 average, has a pair of RBI's and is tied for third on the team with two stolen bases.

## Game attendance needs boost

### Long commutes, fans skipping events

**Jordan Finkelstein**  
Sports Reporter

Students are noticing the lack of a unique fan culture surrounding the Humber Hawks varsity teams.

James DePoe, athletics events and program coordinator at Humber, is hoping to gain more interest in the Hawks this year.

"There is definitely a need for more student support coming from outside of athletics," he said.

Hawks Nation, Humber's official varsity fan club, is focusing this year on school support and getting more people to join. The Student Athletic Association is running a lot of events this year to gain support for Humber athletics, like Hawkfest, which took place on Sept. 16.

"It's also the first time we're doing a pep rally, to raise awareness for the Hawks," said DePoe. A Hawks Nation mobile app is also in the works, and DePoe hopes it's ready for download

later this year.

Ashley Cosgrove, a student athlete service representative at Humber, said Hawks culture is like a big family.

"All school teams support each other, their fans, and watch each other's games," said Cosgrove. She agreed there is a need for more student involvement, however, and said that the attendance at games could be improved.

A major reason for poor attendance at Hawks games is because Humber is a commuter school, and many students live too far to attend.

Peter Chrisostomou, 32, a Food and Nutrition Management student at Humber, chooses not to attend because

there isn't enough of a fan culture.

"School spirit definitely needs to improve," said Chrisostomou. "Having school sports teams should be a big part of the college experience. It's the kind of thing where if everybody was going, I would go."

Chrisostomou would consider attending Hawks games if the Humber Hawk culture was more popular.

"Having a sports culture gives students a different perspective on coming to college," he said. "I feel like I would enjoy school more if I loved something outside of class. People would identify more with the school culture, the Humber Hawks."



PHOTO BY JORDAN FINKELSTEIN  
The success of Humber's varsity teams isn't reflected in the fan culture.

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## Humber recovers against Durham

Ryan Poirier  
Sports Reporter

In game two of a double-header match-up, the Hawks edged out a 4-3 extra-innings win over Durham College.

Five days prior, on Sept. 17, the Humber baseball squad suffered its worst defeat of the year, by way of the OCAA mercy rule, losing 11-1 to Durham.

The mercy rule states that if one team is leading by at least ten runs at the conclusion of an inning, the game will be ended.

"That's just baseball," said James Depoe, assistant coach, about Humber's second outing against the Lords. "We know Durham's a good team...That's what these guys are learning, to be ready to play every game."

Before the double-header, Humber recovered from that huge loss by pounding George Brown College 8-0 at home.

"You just have to shake [the loss to Durham] off and not think about it," head coach Denny Berni said.

Humber improved their record to 5-3 after the epic second game in the series.



PHOTO BY RYAN POIRIER

Starter James Byrnes threw 115 pitches in a marathon 11-inning effort to help Humber earn the victory.

After losing the first game 7-4, second year infielder Tyler Goertzen hit a line drive deep into right field to score the winning run in the 11<sup>th</sup> inning.

With that win, starting pitcher James Byrnes, 23, a first-year Graphic Design and Advertising student, earned his second victory of the sea-

son. Incredibly, he pitched all 11 innings in the game.

"Mind over matter," Byrnes said, on how he was able to pitch a complete game.

Byrnes said it was the longest game he has ever played in as a starting pitcher.

In total, the second year pitcher threw 115 pitches to record the 33-out victory.

According to a statistic compiled by Baseball-reference.com, the average Major League Baseball team throws 148 pitches to reach 27 outs through 9 innings.

Depoe said he did not see any potential injury risk for Byrnes.

"I monitor the pitch count and I know what

James can do, having him last year," he said. "I trusted him to keep going and when he got over 100, that is when I sent someone else down [to warm up]."

With eight games under their belt, Humber is officially halfway through the season and in good shape to reach the playoffs.

## Valley Field off limits to soccer for rest of season

Jamie-Lyn Baggs  
Sports Reporter

Humber men's and women's soccer teams have been forced to play their remaining two games of the season at the Ontario Soccer Association, due to the poor field condition at North campus' Valley Field.

Athletic Director Ray Chateau said a lot of it has to do with heavy use. Almost every day the men's and women's soccer and rugby

teams play games or practice on the field. In combination with not being rolled, and not enough maintenance or funds going to improvements, the field is now in rough state.

"My number one priority right now is the field," said Chateau. "Within the next two years I plan on Humber having a lit, multipurpose (artificial) turf field built."

Chateau is currently working with the city to get the process started and is

hopeful it can go smoothly. This project wasn't done years ago because the city of Etobicoke owns the field.

Humber needs permission to begin any construction or alterations, which can be difficult to get. It also raises the question of funding. Is this a Humber cost, would Athletics fund the project itself, or would the city pay? These are issues Chateau plans on overcoming to make the turf field a reality.

Second year soccer player and recreation and leisure student, 20-year-old Alora Walcott said Valley Field was dangerous. With numerous potholes, filled with sand as a temporary solution, it was very easy for players to get injured. The field also influenced Humber's style of play.

"The condition of the field was having bad effects on our team's play-making. It made it really hard to move the ball around on the ground, which is the primary way we like to make our passes," said Walcott.

Playing remaining games on the OSA's field in Vaughan will allow the Hawks to play their free-flowing, possession game.

A potential negative in this is that neither soccer team will have the home field support they're accustomed to as the regular season draws to a close and playoffs begin.

"Having a crowd at home games keeps the team's spirits up and makes us want to

play the game for the crowd," Walcott said.

Jesse Bruce, 27, second-year Business Management, said there will be few fans supporting the Hawks now that the games are being played at the Martin Grove Road location. Last year he made the trip to the OSA to watch a playoff game and there was hardly anyone there.

"It's just too far for some people," said Bruce. "Too many people don't have cars to get them to Vaughan."

A viable solution would be to send a bus to and from Humber so students can go cheer their teams on, Bruce said.

With his own vehicle and close proximity, Bruce will still be attending the home games.

"I'm still going to support them. Especially the women's team because I know a lot of them. We are a Hawk family here at Humber, so I will definitely be out watching the remainder of their games."



PHOTO BY JAMIE-LYN BAGGS

Humber soccer teams need to adapt to the Ontario Soccer Association's artificial turf field, hoping supporters make the trip for games.