

Shocking killings of two Canadian servicemen add poignancy as Humber will mark Nov. 11 at North & Lakeshore campuses



Gay student takes on high school's Catholic doctrine

Humber Business student Karas was denied alliance club

Jessenia Feijo
LIFE REPORTER

Humber College Business student Christopher Karas continues to challenge rigid Catholic doctrine.

It's because he's gay, and he's proud of it.

The 19-year-old launched an Ontario Human Rights bid against École Secondaire Catholique Sainte-Famille, his Mississauga Catholic school, in March 2013.

The case, in which Karas was prevented from forming a Gay-Straight Alliance at his school, remains before the tribunal, unresolved.

"When I was in high school, I wanted to have a safe space. We didn't necessarily call it a GSA and a GSA is a Gay-Straight Alliance but now it's taken on different names," said Karas.

The group is now known as space Porte Ouverte (Open Doors).

"It would be the most inclusive and open kind of name to actually say the door is always open for you," said Karas.

As part of the anti-bullying Bill 13 Accepting Schools Act, a student can ask for a safe haven and it must be approved by the administration.

NDP education critic Peter Tabuns, who was on the Bill 13 committee as it moved

through Queen's Park, told Daily Xtra in 2013 that students have the right to put together clubs, call the clubs whatever name they wish, and present the group to the rest of the school however they wish.

That was not the case with Karas with his school board and administration.

Since last March, Karas has been fighting for a GSA once a request for a Bill 13 group was submitted to his school.

It all started with the posters.

"I put up posters of (late U.S. gay activist) Harvey Milk, they were really vivid, really beautiful posters and they had a really awesome quote," said Karas.

Milk's quote read: "All young people, regardless of sexual orientation or identity, deserve a safe and supportive environment in which to achieve their full potential."

His school administration ordered the posters be taken down, said Karas.

"He (school principal Alain Lalonde) actually said that the reasoning behind all of these barriers and actions that have been placed against me because of my sexual orientation, is because they had a right as Catholics (to enforce religious doctrine) and they had a right to be hateful and I don't think that's right," said Karas

See KARAS on page 7



JESSENIA FEIJO

Humber Business student Christopher Karas still pursues an Ontario Human Rights complaint against his former Mississauga Catholic high school, which disallowed a Gay-Straight Alliance.

Online debate on feminism stirs campus

Natalia Vega
HSF REPORTER

A post on the Spotted at Humber Facebook page about launching a feminist group on campus spiraled into debate about what feminism is.

"Are there any feminists at either (Guelph-Humber) or Humber who have formed a group/society, or are looking to be a part of something of that sort?" the anonymous poster asked on Oct. 25. "I'd love to advocate and promote feminism in our school and educate others about gender equality and intersectionality (related forms of oppression), but I don't know where to start!"

Second-year Fashion Arts student Laura Angus, 25, was one of the women who joined in on the online discussion. She said reading some of the comments on the post only reinforced the incentive to start a group because of the number of people who didn't know about or understand feminism.

"I feel like people have a negative perception of feminism in general," Angus said. "It's not about hating men and a lot of the comments seem to think it was or that (women are) better (than men)."

Another woman unimpressed with the comments was second-year Media Studies student, Alison Grant, 19.

"Those (comments) made me so mad," Grant said. "Most of the arguments didn't even have anything to do with what we were talking about. Anytime someone brings up the word feminism, people think of the radical feminists who are like, 'All men suck!'"

Grant said she has lived on residence for two years and has experienced forms of harassment during parties, which have been uncomfortable but have become a social normality many women face.

"People have parties in their rooms and there will always, without a fail, be guys who always get way too close to you or touch you without your permission," Grant said.

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Inspirational figure Nicole Arbour shares story behind Humber Hype dance team, shows how to live life like it truly matters

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Men's, women's blow past competition on way to weekend OCAA finals



Internships help direct future career decisions

Krysten McCumber
QUEEN'S PARK/CITY HALL REPORTER

At the School of Health Sciences at Humber College, internships play a large part in ensuring that students find jobs in their studied fields after graduation.

These work placements not only give students a chance to work in their chosen field, Humber educators say, but often result in students honing in on one particular skill or area of interest, making their choices easier after they graduate.

"Internships are game-changers, to be honest," said dean of the School of Health Sciences, Jason Powell. "They really solidify the theoretical learnings in their programs, then allow (the students) to demonstrate their skills in the practice environment."

Students in health sciences are given the opportunity, generally in their final year, to work at a placement for four or five months. The process is in-depth, requiring students to submit resumes and be interviewed before being chosen for the role.

"It's difficult waiting so long because you're not really sure what to expect with the position or floor you may be placed on," said fourth-year bachelor of nursing student Britnay Bortolotto.

Although it took a semester of applying, practicing interviewing skills and waiting for a phone call, the experience gained with an internship was enough to make it all worth it for second-year Early Childhood Education student Christina Cimmino.

"Throughout my placement I have discovered that I do not

want to work in a daycare as much as I thought I did when I started the program," she said.

Cimmino said she has been able to "test the waters" with her internship and focus in on a more clear path for the future. This is Powell's hope for all students in the health sciences programs.

"We really use internships as being fundamental to ensuring that the student has a great end to their experience at Humber," Powell said.

These placements are not only available through the college though. The Ontario government has a program called Ontario Internship Program (OIP), which allows students to complete an internship in one of the public service fields.

"The Ontario Public Service offers a number of enterprise-wide and ministry-specific paid work experiences for students and recent graduates," said issues coordinator for Issues Management Ann Doose.

With a hiring cap of for the OIP 100 health sciences students from across Ontario, the opportunity through their program at Humber is that much more important.

"Our internship providers are essential for program success, they're essential for creating jobs for students, and that's really what the college system is all about," Powell said.

Bortolotto agrees. When she has her internship next semester, she doesn't plan on wasting any time.

"I'll be able to understand how a week's worth of work plays out," she said. "It's exciting to not be studying and worrying about tests, but just worrying about work and placement."



NICK BEARE

Dozens of journalism students and faculty turned out for grand opening of redesigned L-Building newsroom on Nov. 5.

State of art, high-tech newsroom opens for business at Lakeshore

Nick Beare
NEWS REPORTER

Humber College's Lakeshore campus officially lifted the veil on a brand new, fully functioning newsroom on Nov. 5. The spacious room has a place of honour on the top floor, in the southeast corner of Lakeshore's contemporary L Building.



It used to be a room full of tables and chairs. Now it feels like a real newsroom.

Emily Singh
LAKESHORE JOURNALISM STUDENT

Sporting numerous flat-screen televisions, two large projector screens, a TV studio, a sound-proof radio booth and a professional horseshoe-configuration rim desk for editors, the improvements made to the newsroom have been vast since the facelift began at the beginning of summer.

"It used to be a room full of tables and chairs," said Emily Singh, a third-year student in the journalism bachelor's degree program. "Now it feels like a real newsroom."

The event was attended by many of Humber's leading administrators including college president and CEO Chris Whitaker and School of Media Studies and Information Technology dean Guillermo Acosta.

"This room shows Humber's commitment to journalists," Acosta said. "We want to give our students a real edge."

To find the edge Acosta talks about, students need not look any further than one of Lakeshore's more impressive additions, the Dejero 20/20 transmitter. The portable, briefcase-like device allows students to instantly transmit high-quality live video from virtually any location as if equipped with a broadcasting truck.

"It's the crown jewel of our new technology," said fourth-year journalism student Brad MacDonald.

The new technology available, and there's a lot of it, has made life not only more exciting for journalism students, but

more convenient too. In addition to the Dejero, students are now able to sign out cameras or video equipment directly from the newsroom. A change which for many was long overdue.

"We used to have to walk two blocks across the street to rent equipment," said third-year journalism student Nuran Yumnu. "It feels so professional now."

With the latest equipment now at their disposal, the room should be a boon to students looking to move into similar professional environments.

"Any experience students can gain for potential employers by using the latest technology makes this all worth it," Humber president Whitaker said. "It's great to be able to provide the necessary resources."

U.S. firms hire electromechanical students before grad

Third-straight year Esys Automation comes to Humber with employment prospectives

Serge Halytsky
INTERNATIONAL AFFAIRS REPORTER

Esys Automation, a U.S. auto parts and systems company, came to Humber College this week, ready to hire.

It was the third time in as many years the firm has come to scout grads.

Humber's Electromechanical Engineering Technician/Technology (Automation and Robotics) program correlates directly with the business, said Esys Automation vice president Kevin Gaines.

"The students learn all necessary skills required to make an immediate impact in the world of automation," Gaines said, whose company presented to students the types of opportunities their business can offer.

Next term, they will collect resumes.

"I've been working on creating industry partnerships for the past 10 years," program coordinator Neal Mohammed said. "For the past six years, about 90 per cent of the students find jobs before their last day of school in this program."

Esys is one of several companies visiting Mohammed's students on a regular basis. They present to the class in the fall and hire students in the winter.

"Just to have a U.S. company coming over to Canada is amazing," Mohammed said. "I've worked on industry partnerships for many years. And for last six years we are collecting the benefits... Through the (2008 recession) we didn't have any problem placing the students from this class."

"(Esys) recruits from many colleges and universities in the U.S. as well. But none of them directly correlates with (our) business like Humber," Gaines said.

Based outside Minneapolis, Esys developed a manual, *Transition from Humber Graduate to Esys Employee*, based on the experiences of Humber graduates employed by the company.

Hired grads are asked to modify the document as they think of items that can be helpful to future graduates making the move south of border.

Esys works with each Humber hire to get them ready for the transition, providing the necessary paperwork to work in the United States, housing options and tours of the area.

Mohammed forms teams for selected automation projects in the program's third

year. The teams are required to completely design, assemble and integrate an automated system from start to finish.

Mark Van Weert, a third-year Humber student, is now working part-time with Bell Canada and Siemens Canada.

He is a part of a team developing an ore sample-sorting machine he proposed for a project.

"We've received funding from two different companies and we've received donations from two other companies," Van Weert said.

He already has a job offer from Siemens and said he thinks he has prospects with Esys and other firms as well.

CORRECTION

Last week's story about WAKE magazine had several errors. The magazine launched at the launch party, Oct. 25. The Central bar is on Markham Street in Toronto. Young Inspirations is an arts collective for which Rach has done photography.

- Et Cetera Staff

HSF gives gift cards to students in need

Haley Falco

RESIDENCE REPORTER

Humber Students' Federation's Emergency Food Bank is intended to help in those distressed situations where no other resources are available.

"It's very, very situational. It's really that emergency side that we're looking for in this," said HSF vice president of student affairs for North campus, Odin Von Doom.

"The clients that we want to give this to are those who

have no other resources and are going to be unable to eat for the next couple weeks or couple months."

Von Doom said not everyone who applies will receive help as it is intended for emergency situations only. "Some who might be there thinking they need (our help) but don't really, who actually do have the resources, who would be taking an emergency provision away from someone who is really in an emergency," Von Doom said.

Students are then able to set up a time with the vice president to sit and discuss their application. The food bank has seen some improvements from last year. Previously, there was an actual food bank with food at the school, available for everyone enrolled in the service. Now students receive President's Choice gift cards.

"It's a lot easier for everyone involved. This difference is that before, they could pick up the food physically here and take

it home. Now, they have to go to a grocery store to spend this gift card," Von Doom said.

Students will receive a \$30 gift card every two weeks for three months.

"They get six in total, which is \$180 dollars," Von Doom said.

Von Doom said that the gift cards are easier to manage, use up less space than the food, and it accommodates students' wishes.

"We reach out to students in terms of providing infor-

mation for emergency food bank or for any other kind of emergency funding that we might do. We'll reach out in the sense of letting them know this is available if they need it," Von Doom said.

After the six weeks are up the student sits down with the vice president to discuss their current situation.

"If they need to keep going, we keep going. If things have picked up and gotten better, then we leave it off. It's really situational," Von Doom said.

"We're hoping that by the time that they're done with it, their situation will change. If not, we are open to reevaluating and reassessing," Pellew said.

Kirby McLaughlin, second-year Humber Fashion Arts student, is living on residence for her second year. She ran out of money on her meal plan early last year, and didn't know what to do.

"It didn't make sense to put more money on so I just went out and bought stuff for the last little bit."

Rez Council events enhancing on-campus living, socialization

Kelsey Coles

NEWS REPORTER

It can be easy for someone to go unheard when living in a large community of students, but the Humber Residence Council (HRC) works to ensure that student voices are amplified.

The HRC incorporates students and Residence Life staff members to provide a positive environment in residence, holding events ranging from food drives to theme weeks and athletic events. HRC members are also specially trained to assist residents with concerns outside of the council's mandate, much like a Residence Assistant (RA).

ty. "The goal is to run residence-wide programs for all the students within the buildings."

Most recently, the council ran a full week of Halloween events including a pumpkin carving contest, a pie-eating contest and a door-decorating contest. The effort culminated with a haunted walk in the Humber Arboretum, a scary movie night and a costume contest.

"If students want to get involved they basically just need to show up to these events and participate," said Baconga. "All we're trying to do is ensure that if they can't find friends on their floor that they can find friends in another building."

Baconga encourages students to talk to HRC members if they have any concerns.

"I think having these kind of programs helps encourage students to come out of their room, especially when they don't have family in the area or if they're international students, and meet someone they never would've met otherwise."

RA Cara Vanmassenhoven said that residence-wide events like the ones that the HRC hosts help students interact more with people in their community. Social events give students "a break from studies and helps with the transition from home to living in a residence community."

The HRC is composed of two representatives from each building and three executive positions. The building representatives were elected through a residence-wide vote in mid-September.

"They have an amazing team working together to make a comfortable, fun and safe environment for students," Vanmassenhoven said.



MORGAN GALLAGHER

Bees are Life offered a wide variety of honey-based products at HSF's Farmer's Market Nov. 4.

Buying local at Humber

Morgan Gallagher

QUEEN'S PARK/CITY HALL REPORTER

The first Tuesday in November marked the Humber Students' Federation's (HSF) Farmer's Market.

Along with students, this year the market sparked the interest of vendors who have ties with the school.

"We love Humber. I'm a graduate of the beekeeping course at (University of) Guelph and my daughter graduated from Guelph so we're very familiar with the school. Any way we can help and support it, we're happy to," said Mona Cormier from Bees are Life Inc.

Selling products to students is one thing, but getting them interested in sustainability and buying local was another topic of which HSF wanted to raise awareness.

"It's always good to know whatever you eat is locally grown, period, and it's good to know where exactly things are coming from," said Candace

Pellew, HSF vice president of student affairs at Lakeshore campus.

It may seem odd to wait to host a farmers market in November, but HSF had a good reason for holding off.

"September is when we had our by-election and our frosh (week), so it was such a crazy time, but that's just how politics works. A lot of our programming was actually limited that month. That's probably one of the main reasons why it didn't happen then," Pellew said.

Bees are Life seemed to be among the busiest locations at the market this past week. Along with selling honey-based creams, soaps and lip balms, Bees are Life was giving students information on where their product was coming from.

"It is important to get a better education of where your food comes from and learn about the importance of shopping local and eating local foods. We hope to educate (students) a bit about the product," said Cormier.

Humber students had seen advertisements for the market and said they were finding some cool products.

"What's better than fresh produce? Especially when you are a baking or culinary student. I called my mom and she told me to look for honeycomb, because she loves it," said first-year baking and pastry arts management student Emily Trzcinski.

Pellew said HSF is hoping that by holding this and future farmer's markets, students will be able to learn a bit more about where their food is coming from and where they can buy their food at a discount.

"It's always good to support your local community and products that come from there," said Pellew.

"It's kind of cool and convenient to bring it to school, and have it here, and have students be able to tap into these resources. We're trying to make sure that students have even more options of getting discounted rates for their items."

Opportunity to start new club available until January

FEMINISM from page 1

"Especially when they are drinking, the line gets blurred in their head. But there have been lots of instances where I have to shove people away from me," Grant said.

Humber College's Lakeshore campus has a few clubs geared to helping students raise awareness for social causes, one of which is the Female Empowerment Movement (FEM).

Dylan Rudder, Humber Students' Federation (HSF) vice president of student life at Lakeshore, said a student requested to start the club in July. FEM's mission, he noted, is to empower women to stand up for their rights and get rid of the negative stigma that surrounds feminism.

Rudder said that leaders of FEM organize events focused on discussing current feminist issues. He said he hopes there will be at least two or three events before the end of the fall semester.

"I was excited for the students to get this club up and running. I think it's an important club to have on campus and I love the fact that they're leaving it open for guys and girls to participate in," Rudder said.

HSF VP of student life for North campus Ahmed Tahir said although he is enthusiastic about the idea of having a club supporting feminism at North campus or Guelph-Humber, it is not something he can start.

"If someone wanted to make it (a feminism club) for next year I would say, 'Make it for this year,' because there's still some time to do it," Tahir said. The deadline to found a club in in January.

They have an amazing team working together to make a comfortable, fun and safe environment.

Cara Vanmassenhoven
HUMBER RESIDENCE ASSISTANT

"I hope that (HRC) can kind of foster a really strong Humber residence environment," said Residence Life Coordinator Jeck Baconga. "We are so segregated from everyone else on campus and I would love for our department, not just staff but also students, to understand that they can get their voices heard."

Baconga said that programs and events facilitated by the HRC are intended to encourage students to get involved in the residence communi-

Youth working for free is no solution

Finally, somebody has come up with a foolproof solution to Canada's crippling youth unemployment rates.

All those 15 to 24-year-olds (one of every six of them) need to do is find themselves an employer and tell them they'll work for free. Thank you, Bank of Canada Governor Stephen Poloz. You've been a great help.

This past week, Poloz said when a young person out of work asks him for advice (because he meets so many of those in his Ivory Tower), he says to them, "look, having something unpaid on your CV is very worth it because that's the one thing you can do to counteract this scarring effect. Get some real-life experience even though you're discouraged, even if it's for free."

Problem solved, everyone.

Never mind that these young people are being forced to move back in with their parents at a re-

cord pace because they can't afford to live on their own.

Never mind that living there puts a heavy drain on their parents, eating away at their nest egg or fixed retirement income.

Never mind that all those youth providing free labour will be doing work that could be done by paid employees. Employees whose incomes would be taxed. Incomes that would be used to purchase goods that would be taxed. Goods whose sale feeds money back into the system so it could then be taxed further.

Sure, the Harper Government is expecting to finally reach a balanced budget next term but at what cost and for whose benefit? Certainly not those youths'.

These young people have been unemployed at rates double or more the national average for half a decade since The Great Recession of 2008. Meanwhile, those corpo-

rations for which free work should be given have been stockpiling a massive supply of "dead money," cash just sitting in accounts and earning interest – \$626 billion in the last quarter of 2013 by Statistics Canada's estimates.



Never mind that these young people are being forced to move back in with their parents at a record pace because they can't afford to live on their own.

That's enough to pay the central bank's estimated 200,000 unemployed young people across the nation a \$30,000 salary for a decade.

Last week, the Harper Government promised to up the universal childcare benefit to \$160 per month

from \$100.

Last year, *The Globe and Mail* reported the monthly cost of childcare was over \$1,000.

Any other benefits available are tax-based. That's no benefit to those who pay no tax. Let's not forget the numerous crackdowns in the past year on the prime source of free labour in Canada – internships.

Prominent and widely distributed magazines *Toronto Life* and *The Walrus* had their internship programs shut down by the Ontario Ministry of Labour in March.

Later in the year, 56 further inspections found 13 more employers violating internship regulations.

Suffice to say, employers are doing plenty well enough employing the young, vulnerable youth desperate to become real grownups.

They don't need the help of one Banker Stephen and they could use a lot more from Prime Minister Stephen.

Millennials charged with task of changing minds about sexual assault



Christina Romualdo
GUEST COLUMNIST

Oh, Canada. It's been a difficult couple of weeks, hasn't it?

From Oct. 26, our country has been plunged into controversy since Jian Ghomeshi, beloved media personality and poster child for our national broadcaster, was terminated by the CBC and subsequently came under fire for allegations of sexual abuse and violence.

To date, 10 individuals have come forward with their stories of assault. Toronto Police, the CBC, and journalism schools across the province have commenced investigations into allegations made by those within their interests. Everyone is doing their due diligence to ensure that this situation is appropriately addressed.

This recent period has been difficult, no doubt about it. Sexual abuse and violence are never easy to talk about.

But from the darkness there came a great light.

In response to the allegations put forth by actress Lucy DeCoutere, author Reva Seth and eight others, including a male former York University student, there arose a national discourse about the stigma surrounding sexual assault and the discrimination that victims face.

One Twitter conversation, #BeenRapedNeverReported, has engaged over eight million people worldwide through over 36,000

tweets. Started by two veteran reporters, *Toronto Star's* Antonia Zerbisias and *Montreal Gazette's* Sue Montgomery, the hashtag prompted an outpouring of solidarity from fellow victims of abuse. Men and women alike spoke out publicly against their attackers, many for the first time.

Granted, Twitter is not a completely safe space to talk. In addition to fears of suffering personally, professionally and emotionally from their public admission, respondents have been subjected to negative comments that perpetuate the victim-blaming attitude of the status quo.

However, many of those speaking out acknowledge the importance of this movement, as shown by the fact that almost a full week later, people continue to add their voices to the chorus.

With the world so embroiled in this conversation, I was baffled to discover that there were people who were completely oblivious to what was happening.

Minutes after reading Reva Seth's blog post on how Ghomeshi had assaulted her, I received a message from a friend asking, "What's all this Ghomeshi deal about? Should I bother to Google it?" I had been so incensed by Seth's account and her feeling of powerlessness that to learn of this wilful ignorance added insult to injury.

I started to wonder, after years of defending my fellow millennials against claims of apathy and laziness, if those assumptions were true. Are millennials truly ignorant? Given that, as a journalism student, I am surrounded by people

whose careers are committed to keeping abreast of current events, I asked friends whose lives didn't revolve around the Twitter feeds of major dailies.

While there were many in my circle who were aware that something was happening with Ghomeshi, most admitted that they were not following it closely, citing school, work and other commitments as reasons for not being able to keep up.

I understand that students are busy, being one myself. However, it shocks me that for a generation so resolute about changing the world, we are confusingly uninformed and frustratingly inert on the issues that demand action. What's more is that this conversation is happening on social media, a domain in which we proudly proclaim mastery, and yet this oblivion still exists.

I get it; the subject matter is a difficult one to stomach. One Twitter user expressed how emotionally draining it was to follow the #BeenRapedNeverReported feed, adding that she planned on taking the following day to recuperate.

But just because it's difficult doesn't mean that we get to ignore it.

We are at the brink of a watershed moment in our generation's history. As I said, there is a national discussion taking place on this subject.

It's up to us to decide whether we want to move forward and be a part of it or sit idly by while we let others change our culture for us.

So millennials, in or out, what's it going to be?

#BeenRapedNeverReported

And yes, I've been raped (more than once) and never reported it. #BeenRaped-NeverReported

Antonia Zerbisias @AntoniaZ

Hard to admit this hashtag relates to me. Was so close to getting away; still see my hand on the doorknob sometimes. #beenrapedneverreported

Ann @31annotations

Being raped was horrible. Trying to report it & then being made to feel it was my fault was worse. #beenrapedneverreported

kittypoet @kittypoet

#beenrapedneverreported a guy tried to rape me at McGill, saved when roommate walked in. Thx for everyone's honesty here

Susan Swan @swanscribe

After the attack, he texts me the next day 'sorry about yesterday, you shouldn't look so good. Still friends?' #beenrapedneverreported

Marlo Boux @MarloBoux

Too many of my friends. #BeenRapedNeverReported

Mara Wilson @MaraWritesStuff

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Women must take life into own hands

Tiara Samosir

ARTS & ENTERTAINMENT
EDITOR



Not long ago, one of my best friends decided to split up from her partner because he asked her to quit her job and stay home.

This wasn't the first time I heard about a relationship that was shattered for this reason.

I can't understand why some men insist that women should stay at home. I have gone from thinking "this isn't the 19th century, is it?" to doing my own research about what would possibly make men rather destroy their relationship than comply with their partner's wishes to have a life.

The *Journal of Personality and Social Psychology* found that men feel worse about themselves subconsciously when the woman they are dating is successful. This result shows how insecure guys can be. As a matter of fact, this highlights the stereotype that men are self-centered and like to be in control.

Women's rights to work have evolved since the 18th century. Back then, we were not allowed to do anything other than housework and raise a family. Now, we can get a good education and get the same jobs as men.

Certainly, this evolution has changed how we perceive ourselves and the world. The way we think, set up goals and overcome problems are different than back then. We can express our opinions, which I believe gives us different perspectives and might actually be able to help men solve their problems.

Instead of avoiding issues and trying to be in control, men should be thrilled to have a successful woman as their partner. These women would inspire them and push them to do better, to be better. Smart women are very picky about everything. If they want to be with you, it means that you have something to offer to their world, and that is something to be proud of.

It's true that in my old-fashioned view, women should make their families the number one priority, but that doesn't necessarily mean staying home and giving up our careers. I personally am going to school with the intention of getting a job after graduation. At the same time, I also hope to one day be a devoted mother and wife, and I know I'm not the only one.

I say if you want to be a successful, independent woman who makes an exceptional career for yourself, then be that woman. Don't let a man make you settle down, and stop you from being what you could have been.



"Hands up! Don't shoot!" signs at Ferguson, Missouri protests of shooting unarmed black teen Michael Brown.

WIKIPEDIA

South Park satire opens perspectives

Mario Belan

ONLINE EDITOR



South Park cartoons are controversial, crude, raunchy, satirical and always pushing boundaries, but more than that they can actually change the way we view news.

The series is known for taking news stories and changing them around to get a message across. Think differently, expand your mind, and take a new perspective.

South Park aired an episode last week called, "The Magic Bush," where two characters, Butters and

Cartman, steal Butters' dad's drone and record a video of their neighbour's, well, bush.

In the show, the video becomes viral and the people of South Park begin to look at the lady in the video differently.

This scenario is a play on the celebrity nude photos hacker scandal, where photos of naked stars were released to the public.

Cartman describes our landscape perfectly: "We live in a world where privacy is gone, okay? It's just gone, bud. Your wiener, my balls – they're public domain."

South Park is highlighting the importance of keeping the conversation about privacy issues open.

Cartman's remark is totally true. Private photos are being posted on

the Internet for everyone to see. We live in a world where the word "private" has lost its meaning, due to incidents like this.

In the same episode, South Park addresses the topic of drones, creating a "neighbourhood watch" team of drones. Next, one of the neighbourhood drones gets shot down by a police drone.

The kicker? That neighbourhood watch drone was black.

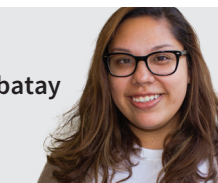
The neighbourhood watch drones proceed to protest and the police drones step in and tell them to stop. When the protestors refuse to leave, the National Guard is called in.

Sound familiar? This is about the incident in Ferguson, Missouri where African-American youth Michael Brown, 18, was shot and

Aboriginal youth suicide sign of life on reserve

Jasmine Kabatay

ART DIRECTOR



All I see are issues and problems and not a lot of resolving.

My whole life I've known that Aboriginal people have been prone to a lot of things. Missing and murdered women, poor living conditions, drug problems, and most recently, suicide in Aboriginal youth.

Recently, a reserve in Northern Ontario went into a state of emergency after four suicides since January.

This reserve, Onigaming First Nation, is only a couple hours away from my own reserve. I've never felt so helpless in my life.

Growing up in a reserve I've seen it all. I'm not saying it's the worst place you could live, but it isn't the easiest place to live either. I've experienced more deaths than I can deal with, and I know that during my time there my mental health wasn't very good, either.

I went home for the summer and for at least a month I did absolutely nothing and was miserable the whole time I was there. I would see my high school friends, I would try to be around people as much as possible, but I just wasn't happy.

According to Health Canada, "30 per cent of First Nations people have felt sad, blue or depressed for two or more weeks," and "First Nations youth commit suicide about five to six times more often than non-Aboriginal youth."

It's also known that suicides are the leading cause of death in First Nations youth and adults.

This isn't the first time that a reserve has been in a state of emergency because of suicides. Neskan-taga First Nation declared a state of emergency after two suicides in less than a week, and 20 suicide attempts in 2013. The death toll came to a total of seven people.

People aren't happy. From what I've seen just being home for a few months, there's a prescription pill problem happening in my own community.

Coming back and seeing people I've grown up around spending their money for a useless high, and seeing some of the severe health risks that have come from use of this drug, it is clear that there is a problem.

When I go home I do my best to be with youth and keep them positive, even though I know I'm not always the happiest person they'll see. I don't want to see these

killed by police. He was unarmed at the time. These events caused civil unrest in Ferguson, and made people question their trust in police.

Did South Park's drone play on the Ferguson shooting have an effect on viewers?

Most viewers of South Park are loyal, and have grown accustomed to the series. The show's creators have the power to plant question marks in the minds of their audience.

Be it South Park, Family Guy, Simpsons, Modern Family or any other show that catches your eye, a message can be sent out. It may be said in a funny way or performed satirically, but it is there.

It makes us think about what is happening in the world. These shows address issues that have to be discussed. They tell us to always question what we are seeing on the news, and that things can be easily fabricated and tweaked.

We should be cross-referencing our information from the media. Browse different different sites and see if the accounts are matching.

Go on Twitter and see what people are saying. During the protesting in Ferguson, journalists were tweeting about what they were seeing live -- and so were the protestors. Their stories matched, yet what finally appeared on the television news was different. So we can't always assume something we see in the news is correct.

South Park has been around since 1997, and the creators Trey Parker and Matt Stone know how to grab news and display it in a comical way. They tell viewers that we should be picky with what we choose to believe. When I hear something on the news, I try not to believe it right away. I will always ask questions. Did South Park make me do it? Maybe. Is it because I love conspiracy theories? Maybe. The point is, South Park and several other TV shows can help us put things in perspective.

kids growing up and thinking that the reserve is the only place they'll live because it isn't. So many people don't want to leave and that is understandable, because it's home and it's all they've ever known.

There's also the other side of the spectrum, where they don't know how to leave and get out. There are people that haven't graduated high school, or have had children at a very young age, and feel like they're stuck or don't know how to move forward.

I bring my positivity when I'm home, and I can see it working on the people I talk to. I give them advice if I'm asked how I got out, and help them however I can.

They laugh, they smile, and they enjoy my company. I know I can't change everything or eliminate this issue, but I try my best to help the people that want my help.

Photo Math solves problems in a snap

Free app calculates equations through mobile phone pix

Rebecca Pilozo-Melara

BIZ/TECH REPORTER

Photo Math is an app to allow users to solve math equations by taking a picture of the problem with their mobile device.

Photo Math currently can't identify hand written expressions and can only read clean text equations. Aside from having an equation solved, one is able to see a step-by-step solving formula.

Apps such as this are already being used at the Humber Math Centre to cater to all learning styles.

"Technology intrigues students," said Humber Business math teacher and co-op student Jessica Huang. "It shows them that you can use different applications and technology to help you. It's a different way of learning (in which) you can try and gauge your own learning."

"I think this is teaching faculty how to teach math and that they can't get away with just calculations," said Cameron Redsell-Montgomery, coordinator at the Humber Math Centre.

Despite the app being unique with its capturing and solving feature, Redsell-Mont-

gomery adds that users are limited, and current applications such as Wolfram Alpha, are already catering to the everyday user by instantly providing answers to questions ranging from math to statistics.

"Once the app can read hand written equations, it'll have the potential to do marvelous things."

Huang said her concern with applications like Photo Math is their potential to limit or restrict student learning.

"Yes an app is great. It'll tell you the answer right away where you take a picture of it...but you're not understanding why it's happening. You're not the brains behind the operation, the software is," she said.

Although concerns have been raised about whether students may give up on further refining their mathematical skills, Jonathan Piché, first-year Humber International Business student, doesn't believe Photo Math is hurting students, but is a beneficial tool. Piché said the way the app guides users through the equation process is truly helpful and he believes educational apps can help students save money on tutors.

"I wouldn't use it for every equation but if I was stuck on a question I would. I wouldn't use it as a reliable source," Piché said.

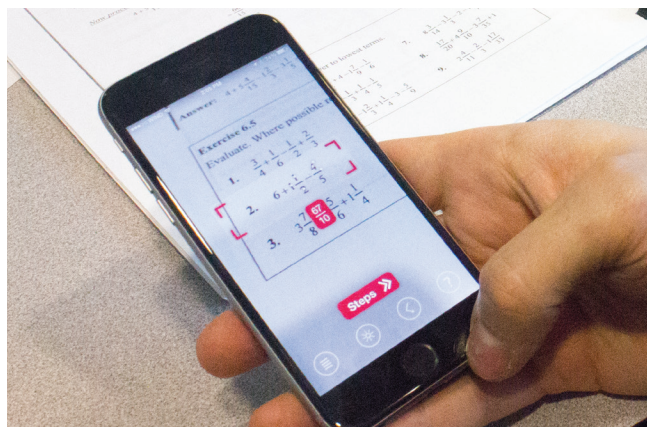


PHOTO BY REBECCA PILOZO-MELARA

Photomath can only calculate pictures of text equations, but an update may make written problems



PHOTO COURTESY OF MCCABE

Copernicus Educational Products introduces iRover, pictured here, a classroom device compatible with most projectors.

McCabe poised to be CEO

Humber Industrial Design grad to take helm at Copernicus.

Gabrielle Austin

BIZ/TECH REPORTER

2007 Humber College graduate Kaylyn Belcourt McCabe started her career as an industrial designer after being inspired by her high school art teacher.

Fast-forward to 2014 and she's on her way to becoming a CEO.

McCabe is going to lead Copernicus Educational Products, a company that designs and manufactures products for classrooms worldwide. She's scheduled to take the reins of the company in 2015.

Copernicus' lines of educational product include five cat-

egories: teaching easels, storage solutions, technology, arts and crafts and early childhood.

The classroom products are designed for students ranging from daycare to Grade 8 with two of the more popular products being the Tech Tub and iRover.

The Tech Tub is a compact device made to support mobile devices for students to use in the classroom and features five iPad holder slots, an extension cord block and other parts to support easy accessibility.

The iRover is a flexible and interactive unit made to be compatible with different projectors in classroom.

The company's motto is "making teaching a little easier," but McCabe's work at Copernicus wasn't easy. She



PHOTO COURTESY OF MCCABE

Kaylyn Belcourt McCabe will become the new CEO of Copernicus Educational Products in 2014.

joined the company based in Arthur, Ont., about 120 km northwest of Toronto, in 2007 and seven years later

she's poised to take over the top job.

"Work hard and put in those extra hours of work and soak up as much information as possible," she said.

"Focus on the work and remember that you're making this for a person and not a bubble."

McCabe, originally from Newmarket, Ont., was the second industrial designer hired by the company.

"The adjustment from Newmarket to Arthur was difficult at first, but Arthur feels like home now," she said.

McCabe was promoted to new product development manager and she currently works with a team of six experienced engineers, designing and creating new products.

Student web ratings by teammates

Giancarlo Di Peco

BIZ/TECH REPORTER

Among the plethora of rating websites flooding online search engines, there is one particular website that promises to be a platform for students to constructively rate the work ethics of their peers.

TWORP (Team Work Problems) is a website designed to provide a soundboard for college and university students to rate their experiences working

with their fellow students. The site allows students to rate their group members anonymously on a five-star scale.

"Over the course of my academic career I noticed a lot of inefficiencies in teamwork, in particular I couldn't physically see how well others worked," said TWORP creator Stefano Cerone, who got his MBA at York University.

He said he felt too often certain students would pull most of the weight while others wouldn't

contribute. With that in mind, he said, he decided there had to be a way to search what people are good at and "have an additional motivator for students to really pull their weight with constructive criticism."

Cerone said that some of the comments students have tried to post were both racist and derogatory and promises that these types of comments will not be on the site.

"Ratings and comments don't get posted until approved,

so we make sure the comments allowed on the site are constructive criticism only," said Cerone.

Since he launched the website, Cerone has been interviewed by the *Toronto Star* and *Global News*. He said the attention has helped boost the website's popularity.

"The *Star* article kind of got the discussion started and it has just spiralled out of control from there," Cerone said. "From there we've had a lot of newspapers asking for interviews, as well as some American students requesting their schools be added to the website."

There are currently 12 Canadian schools on the website, including Humber College.

"For sure I'd like to see how my friends or group partners have worked before. I would be nervous to see how other students have rated me, but maybe it's a good thing," said Multimedia Design and Development student Daniel Di Felice, 19.

Electrical Engineering student Jermaine Francis, 20, said he would like to see how other students view him and his work ethic. "I'd like to know how others see how I am in a

group environment, working among others."

Cerone said he's received some negativity from people saying the site may be encroaching students privacy or that TWORP is just another way for students to bully others.

"I've always thought those who have negative thoughts or remarks are most likely to speak out, so those are the things you hear the most," Cerone said. "But I've received some promising feedback...Some (professors) have told me they encourage their students to use the website."

Karas still fights his old Catholic school

From KARAS on page 1

Karas said as a Catholic he believes one should believe in love, respect and acceptance.

“If that’s not what you’re believing in then I don’t think you’re a Catholic, and I don’t think you’re a human on that level,” said Karas.

The posters were taken down. The school administration declared that the safe space requested was not inclusive, but mainly focused on the LGBTQ community.

But Karas said anyone willing to join was welcome. However, he said it would’ve helped the LGBTQ community in the school, and should have been implemented.

“Every school should have a safe space where students

can feel safe and these schools shouldn’t have all of these negative (stigmas) of LGBTQ community or minorities in the school environment.”

Maureen Carnegie, Humber disabilities consultant with the Student Success and Engagement office and co-chair of the LGBTQ+ Gender and Sexual Diversity Committee at the college, said clearly there are still a lot of people out there who are homophobic or transphobic.

“That’s exactly the reason why there should be safe spaces everywhere and anywhere, particularly at the high school level,” said Carnegie.

While dealing with this case, Karas was involved in many other things in his com-

munity. One was the Parlement Jeunesse Francophone de l’Ontario (PJFO) where he met Francesco Caruso.

Like Karas, Caruso, 18, was in the midst of getting a GSA started at his school.

Yet Caruso’s experience at École secondaire catholique régionale de Hawkesbury, a Catholic school in small-town Ontario, was the complete opposite of Karas’.

“My school was actually really, really supportive,” said Caruso. “My principal at the time was totally on board with the idea, she wanted to help out, she helped us through the process of getting it to the school board, and we had a lot of teacher support,” he said. “I didn’t really hear any bad opinions on the part

of the administration.”

In terms of Karas’ experience, Caruso said, “from what I heard, the school wasn’t too keen on letting Chris publish positive propaganda for the LGBTQ community. They wanted a safer space but not necessarily implying that queer people went to the school.”

To Carnegie, it’s a problem. “The school that is involved is a Catholic school. There’s been quite a history with the Catholic school and school board around accepting and supporting GSAs, it is really kind of disappointing to see that this is an issue at this school,” said Carnegie.

Andre Blais, superintendent of the Conseil Scolaire de District Catholique Cen-

tre-Sudboard told *Catholic Register* it’s not discrimination — it’s Catholic doctrine.

When asked to get their view on the comments made, Dufferin-Peel Catholic District School Board did not return e-mails or phone calls.

At École Secondaire Catholique Sainte-Famille, Mikale-Andrée Joly, Directrice du Service des relations corporatives, refused comment.

“At this present time, the case is before the Ontario Human Rights Tribunal. In order for this process to move forward effectively, the Conseil scolaire de district catholique Centre-Sud will not be making any public statements,” she said in an e-mail.

As Karas continues to fol-

low the case, he is adapting to a brave new world in college.

“There has been a certain aspect in my life that has been truly altered and it’s been a change that hasn’t always been welcomed. I have had a great deal of trouble understanding my place in the world and how I fit in it. I lost a great deal of my straight guy friends from high school and ever since I have come out I have had a great deal of trouble connecting with them and or other straight men,” said Karas.

“My life has now become public and I have to learn to be criticized. I will have to understand the boundaries which I’m comfortable with and the boundaries my future partners may have themselves,” Karas said.



COURTESY OF MERCY FOR ANIMALS CANADA

Mercy for Animals Canada released gruesome video footage of Red Deer Alberta Western Hog Exchange allegedly exhibiting acts of gratuitous violence towards pigs. Video displays beatings, severe injuries to pigs in their care.

An all green diet can save more than your life

Britnei Bilhete

LIFE REPORTER

Steak lovers and bacon enthusiasts might want to rethink their meat eating ways.

Plant-based diets such as vegetarianism and veganism come with many rewards and benefits, according to the Toronto Vegetarian Association, a non-profit group.

David Alexander is the executive director of the TVA and has been a plant-based eater for about nine years. He took his first steps towards a vegetarian (allowing eggs and dairy) and later vegan (no animal products) diet, when he learned about the low carbon footprint of a meatless lifestyle.

“Methane gas which is released mostly by cattle... is a very potent greenhouse gas.

It’s 25 times as powerful as carbon dioxide.”

According to researchers from the University of Cambridge, simply cutting back on red meat consumption could decrease the global carbon footprint by nearly 28 million tons per year.

Vegetarianism and veganism also demonstrate compassion and benefit animals by keeping them off the dinner table, and out of harsh and potentially dangerous agriculture facilities, Alexander said.

“There has a lot of, and recently in Canada, investigations into various farms that demonstrate unfortunate conditions faced by animals when we raise them to be killed for food.”

Earlier last month an undercover investigation was

conducted by Mercy for Animals Canada. The non-profit alleges the Western Hog Exchange, a pig assembly yard in Red Deer, Alberta, is guilty of animal abuse that includes the beating of injured pigs.

Alexander says the number one reason to go veggie continues to be its many health benefits.

Registered dietitian Vandana Gujadhur specializes in vegetarian and vegan lifestyles and their illness-fighting properties. “There is evidence that people who follow a well-balanced (vegetarian) diet (that includes) all nutrients... can reduce the risks of conditions like heart disease, high blood pressure, diabetes, obesity,” said Gujadhur.

The study conducted by University of Cambridge also

found that eating less beef could lower the number of cases of chronic disease by 3 to 12 per cent.

Gujadhur, raised vegetarian and Hindu, stressed that leading a plant-based lifestyle must be done cautiously. “There are a few nutrients they need to focus on... protein, calcium, omega-3 fatty acids and zinc,” she said.

Gujadhur suggests consuming foods dense in those particular nutrients, such as soy, beans and legumes for protein; and flax seed oil and walnuts for omega-3s.

Balance is key when eliminating meat, part-time Humber college instructor and registered dietitian Justine Chan stresses. “If it’s poorly planned you have the risk of deficiency,” she said.

Change in season can change your emotions

Seasonal Affective Disorder treated with high intensity light

Branden Liezert

LIFE REPORTER

When frost in the morning gets someone down, Seasonal Affective Disorder (SAD) might be the reason.

As winter approaches the sun starts to rise later and set earlier. Up to three per cent of Canadians suffer from SAD, according to the Canadian Mental Health Association.

According to CMHA, one particular treatment to combat symptoms from SAD is to stare into lights that contain a high volume of lux — a measurement of how much light goes into the eyes. Products such as lamps and alarm clocks combat the condition.

Alda Henriques, marketing executive for the Smith’s Pharmacy in North York, said that light therapy has proven to be effective for SAD and

is the most popular mode of treatment at their pharmacy.

“We do have some customers that have given great feedback,” said Henriques.

Ali Chahrouh, 19, second-year psychology student at University of Guelph-Humber is familiar with the depressive symptoms of SAD. He has studied SAD in the classroom and was fascinated by it.

“In northern parts of Alaska the sun doesn’t rise for over 30 days. Lack of vitamin D, something that most humans get their majority of from the sun, causes depression,” said Chahrouh.

Cheryl Flower, administrative assistant at Northern Light Technologies said people dealing with SAD do see positive results quickly when they employ light therapy.

“Most people experience a change in about five to seven days,” said Flower, whose firm claims a higher degree of lux than most such lamps produce.



BRANDEN LIEZERT

Shorter, darker days can trigger feelings of melancholy.

SELF-HELP POWERHOUSE



AMANDA TUZI

Nicole Arbour (top centre) teaches as a guest choreographer to some fellow dancers at the Humber dance studio above the gym.

Unbeatable Arbour pumps it up

Grad Nicole Arbour launched Humber Hype, went through trauma, roared back -- and keeps inspiring

Amanda Tuzi

A&E REPORTER

Cheerleader, producer, singer, comedian, choreographer -- there's nothing that entertainer and activist Nicole Arbour hasn't mastered.

"Some people will tell you to focus on one thing, and those people are just silly. It's been the absolute best for me to do a whole bunch of different things and I've been able to wrap it all around. I was a cheerleader for the NBA Raptors at the same time I was doing stand up for Yuk Yuks and then putting those together helped me choreograph for the NBA last year," Arbour said.

Before making her mark on the entertainment industry, Arbour started her career at Humber College. While enrolled in the Comedy Writing and Performance program Arbour made it her mission to establish a varsity dance team, to continue her passion for dance.

Humber Athletics rejected Arbour's proposal to make their

five-woman unofficial dance team a reality. But Athletics made them a deal -- win nationals and their dance team would be an official varsity sport the following year.

Arbour and her team, including the present coach and former Humber student Katie Hagan, went up against all of the major universities who had 30 members, uniforms, coaches and huge budgets.

"We were short one girl, we needed six and we had five so I went to the pub found the best dancer and I trained her. It was crazy. We made our own costumes and got the pub DJ to mix our music for us. It sounds just like a teen movie," Arbour said.

Against all odds, they won the championships and the Humber Hype dance team was created. They continue to compete and support other varsity sports.

"It was amazing, when I think of Humber and going here it was all about the dance team to me. Humber Hyper was my entire school experience, we went to all the varsity

games especially for basketball, and those guys were our best friends. All the teams loved us and we performed at everything. The basketball team actually came to our competition and carried us onto the stage. There was actually that much comradery between us," Arbour said.

On Nov. 3 Arbour stepped back onto Humber grounds almost 11 years after graduating. She came to guest-choreograph, train and provide tips to the present members of the varsity dance team.

Coach Hagan was on the team for five years after it was founded. When she originally joined, her squad captain was Arbour.

"I think it's nice for it to come full circle and have somebody with the experience of Nicole and the ability of Nicole teaching the students almost fifteen years later," Hagan said.

Arbour's bubbly and cheerful personality didn't stop her from getting down to business -- helping the squad improve for future competition.

"I think it's awesome. Getting outside choreography is great, but to have it being her is even better. Having her here brings it back to the roots of the whole team," said Erika

Sunstrum, 21, a fourth-year interior design student and present captain of the Humber Hype.

"I want to make sure that this team is still awesome. For me to come back is to keep an eye on that dynasty," Arbour said.

Arbour has also appeared on many comedic television shows,



"I heard a little cheerleader in my head and I always say that I heard Denzel Washington saying, 'Its not time to give up, its time to get up.'"

Nicole Arbour
DANCE CHOREOGRAPHER

such as Video on Trial, Howie Do it and CMT's The Hottest. She has also starred in movies such as The Rocker and You Might As Well Live.

In 2008, all of Arbour's new and exciting projects were halted when she got into a car accident.

"I thought I was okay at first but as time went on, it got progressively worse to the point where I couldn't

walk anymore. I was in bed for years but when I saw the report that said I would be disabled for life, something went off in my head and I said 'no I don't think this is the end for me,'" Arbour said.

"I heard a little cheerleader in my head and I always say that I heard Denzel Washington saying, 'Its not time to give up, its time to get up.'"

Arbour switched roles from cheering for others to cheering for herself.

She motivated herself to recuperate by putting sticky notes around her home with phrases saying, 'you're not broken' and 'you're better and stronger everyday.'

Arbour realized how much self-motivation helped her and decided she wanted to share her passion and cheer for others, starting the movement #GoTeam.

"It's karma, it's instant, it works, it worked for me and now I spread it and the more I spread it the more I see it helping everybody," Arbour said.

This past summer, the #GoTeam Tour offered an intense workshop in Toronto that drew a wide range of people, from ages 12 to 60, for the full-day event.

"I get letters all the time that it's changed someone's life and I don't even take that in because it's not me, it's the whole thing. I've had parents write to me and say their kid used to cut and they don't anymore, I've had adults say they were going to commit suicide and they didn't, or they found a new job, or one left their spouse when they knew it wasn't right. I'm like, 'go team, do what's good for you and be happy,'" Arbour said.

The #GoTeam's first major project was launching Arbour's first single called "Bang! Bang!" A project that would be Arbour's comeback.

"It was so much fun, felt like it was going to be something really special, I have never worked harder in my life. I directed it too and it was my first time directing and I had a cast of over 100 so that was crazy, but it was something for me to focus on that was positive when I was in psychotic pain," Arbour said.

Fifty per cent of the sales from "Bang! Bang!" on iTunes will go to the Chronic Pain Association of Canada and other support efforts.

Currently, Arbour has worked on CMT's *The Hottest*, *Sunny Megatron*, *Too Much Information* (all of which are airing now), and has signed a contract with a YouTube Agency.

With all that Arbour has going on in her life she still finds the time to coach and teach people about turning themselves into a brand.

"I feel like when you learn, you need to teach. I've been learning so much that I now need to teach," Arbour said.

Arbour has mastered cheerleading, producing, singing, being a comedian, and a choreographer. "There's nothing else for me, this is it. It's not even a career, it's my lifestyle. I'm just lucky enough to get paid for my crazy job. This is what I'm supposed to do and I think everyone knows what they're supposed to do, it's just having the guts to do it."

Self-made musician Savoia stays diverse

Tonia Venneri

A&E REPORTER

Humber grad Samantha Savoia is on her way to becoming a multiple threat in the entertainment world.

The 23-year-old graduated from the Public Relations program at Humber in 2013 and is currently working as the head of PR for Cugini Recordings, but it doesn't end there. The self-made musician, and Toronto's official Lady Gaga impersonator said she always has something up her sleeve.

"I don't want to be known as the person who just does one thing. I'm so diverse in so many things, it's just what I love to do and I don't like to be tied down," said Savoia.

Savoia is closely connected to the

music industry and said that her time working with music producer and Cugini head Adam Bertucci has taught her so much more about her upcoming career in the industry.

"It's so weird cause it's the easiest thing to just figure out, and I figured it out through actually being a publicist for him," said Savoia. "It's really helped me with my career and what path I want to go...but it's a slow process, obviously. It's not something that could happen tomorrow."

Bertucci is the name behind the Cugini label and said as Savoia's friend and producer, he wanted her to represent his brand.

"Cugini is basically a DIY company, and as artists we just do everything ourselves and try to keep it within the people that we really

trust. I have a very deep respect for Samantha and we have a very good trust for one another so I said who's better than this person...she just recently started, so it's only going to get bigger and better," said Bertucci.

Daniel Schneider is one of the professors in Humber's Public Relations program who said having a student succeed is gratifying.

"They become colleagues, they're not your students anymore, they're in the field with us...it's such a rewarding experience."

Along with working on her music career and doing PR for Cugini, Savoia is master of ceremonies for a byPeterandPauls.com entertainment company called S4 Sound Sensation. Last week, she appeared at the Bellagio in Vaughan for her



COURTESY MATT KLOPOT

PR grad Samantha Savoia in performance at Virgin Mobile Mod Club.

second year as the MC for the banquet hall's Halloween Bash.

The former Humber student has been named the official Lady Gaga

impersonator of Toronto and represented ProudFm and Z103.5 at World Pride this year.

"It's just something I do for fun."



ASHLEY JAGPAL

Students participating in Humber's First Nation Traditional Storytelling event on Nov. 5 as part of Aboriginal Awareness Week at Lakeshore campus.

Storytelling links Aboriginal cultures

Ashley Jagpal

A&E REPORTER

Storytelling is a common activity during camping, but it's integral to Aboriginal cultures. It helps to link the past with the present and future.

Humber College students saw it up close on Nov. 5 at the First Nation Traditional Storytelling Event, part of Aboriginal Awareness Week at L Space Gallery, Lakeshore campus.

The host, Nigel BSU, short for Bornstandingup, is part of the Cold Lake First Nations in Alberta. He has told stories all his life and believes storytelling is important.

"It's relating to history, teaching lessons and having fun," BSU said.

BSU and Natalie Snow, a fourth-year criminal justice student at Humber and the co-president of the Lakeshore campus's Aboriginal Student Circle (ASC) were two of the seven people attending the event

"I learned a lot about the negatives but not so much on the positive," said Snow, who is Métis. "The theology behind it makes more sense to me than anything else."

BSU said many stories, even horror, were to keep children safe.

"There's a story about a woman in a lake that sucks people's blood, these are the kind of stories that are told where I was from," said BSU. "There's a story about a log and a fish. The log was on the ground

while the fish hit the net. To get out of the net it pushed the log which created the totem pole."

BSU said no specific skills are needed to tell stories but a raconteur develops their style over time.

"A group of people in Alberta will tell a story differently from people in British Columbia or Saskatchewan," said BSU. "They all have their own version, but if the story is good it could spread."

According to BSU, storytelling is a way for people to deal with their problems and it takes personality to be able to create a really good story.

"It's harder for the young to get engaged but they are absolutely still involved in storytelling to this day."

Native filmmaker Keshane honours his grandmother

Phil Witmer

A&E REPORTER

Emerging Aboriginal filmmaker Michael Roderick Keshane screened his documentary shorts at Humber College's Lakeshore campus on Oct. 3 as part of Aboriginal Awareness Week.

Toronto-based Keshane grew up in what he called "the slums" of Regina, Sask., a time he described as difficult and dark.

"Most of the people (who lived) there were First Nations. The only options were alcohol, drugs, or else another high-risk lifestyle."

Keshane's films, *Dead Life Acknowledged* and this year's *Giving Up the Ghost*, are brief, stark stories of Keshane's struggles with intravenous drug addiction and his familial relations. *Ghost* deals with the lasting legacy and influence of his late grandmother, Rose Keshane.

"My grandmother always believed in me and my work...she always told me that I was too smart to end up at the bottom and I want to honour her teachings through my film work," said Keshane.

Ghost details Rose Keshane's triumphs (raising 14 kids by herself) and her long period suffering from Parkinson's disease.

Humber Manager of Community Partnerships Sabra Desai, who attended the L Space Gallery screening, said that Keshane has a "natural skill" as a storyteller and that "everyone should hear (his) story".

Keshane will release his first dramatic, non-documentary movie next year under his production company Elizabeth Films.

"My grandmother taught me to be a helper, said Keshane. "Compared to those who I speak to, I come second."

Allysha Wassegijig, the coordinator for the North campus' Aboriginal Resource Centre (ARC) said this is the first time Aboriginal Awareness Week has happened with ASC and the ARC working together.

"It's absolutely great. I think the Aboriginal Awareness Week is a huge step forward for the Aboriginal Student Circle. It warms my heart to see it grow how it has."

Wassegijig said these events are a good way for non-natives to experience native culture.

"I would say that it is a great chance to learn something new and not be afraid to experience something new. At Humber, we're so lucky to have such a diverse community and to have such a positive space to be who you are and to celebrate that for all cultures and however you identify yourself.

HOROSCOPES by JORDAN BIORDI



JAN. 20 – FEB. 19
It looks as though you're about to hop on the bandwagon. Friends will try to get you to support one of their causes. Think carefully. They aren't going to settle for a cheque.



FEB. 20 – MAR. 20
Love and passion are at the forefront of your thoughts today, Taurus. Work seems tedious compared to the rich fantasy inside your head!



MAR. 21 – APR. 20
If you became an animal today, you'd be a puppy. All frisky and affectionate. By all means, put your passion to good use!



APR. 21 – MAY 20
You have a creative and artistic nature that you might want to put to good use today. Want a complete redecoration? Whatever you do, it's bound to look great!



MAY 21 – JUN. 20
You may miss friends and family who live far away, Leo. Why not make yourself a cup of tea and write some letters? It will help you feel connected in a different way than sending an email.



JUN. 21 – JUL. 22
You may have recently inherited either some money or some free time. This is a real gift, and if invested wisely, it could lead to some important discoveries.



JUL. 23 – AUG. 22
Today is well suited for making new friends. Your sense of adventure is undoubtedly up to it! You will be your usual confident self, but others will seem to respond to your charisma even more than usual.



AUG. 23 – SEPT. 21
This is a very spiritual and creative day for you. You're especially intuitive. Any creative effort will likely resonate deeply. Create for the sheer joy of it.



SEPT. 22 – OCT. 22
Today is ideal for romance. It's great for forming new relationships or improving existing ones. If you don't have a special someone, make an effort to expand your social circle.



OCT. 23 – NOV. 21
You have a good heart and today it expands to bestow love on all mankind. You can't help but feel connected in a deep, spiritual way with all who have come before you and all who follow.



NOV. 22 – DEC. 20
You will likely find it difficult to keep your mind on serious matters with today's playful planetary energies. No wonder you can't concentrate, with such an amazing evening to look forward to.



DEC. 21 – JAN. 19
Your innate talent and conscientious work ethic earn you admiration and respect. Whether you're aware of it or not, others look up to you as someone who has it together.

QUOTED: Would you work for experience as pay?

"I think it'd be a good idea but no one would take to it."



Katie Purdy, 18
Media Studies,
2nd YEAR

"You go to school for the experience."



Jamie Watson, 22
Nursing
2nd YEAR

"The whole point of going to school is to gain that experience"



Jenna Piunno, 19
Media Studies
2nd YEAR

TO THE NINES

Eilish Browne
18
Fashion Arts
1st Year



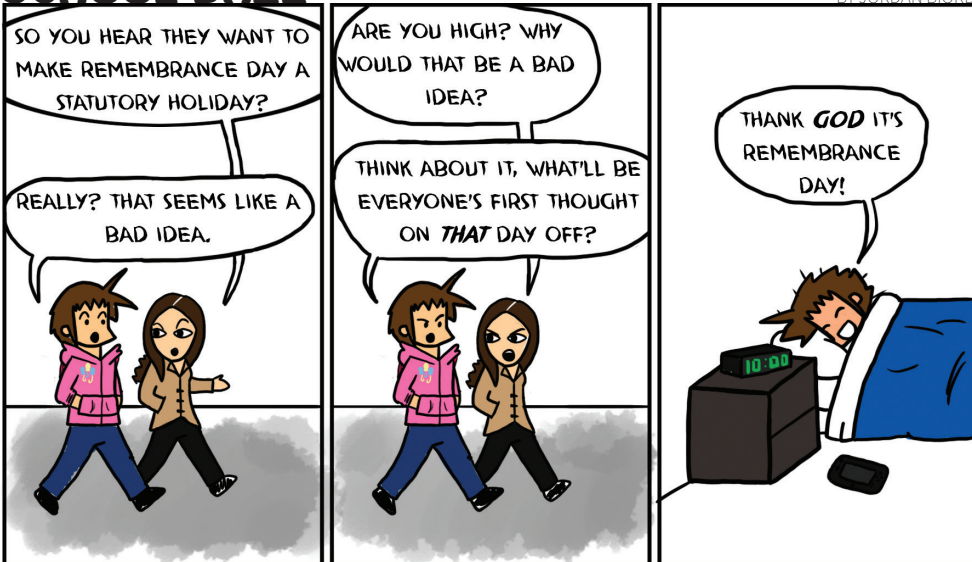
Shirt: Borrowed
Skirt Forever XI!
Boots: Steve Madden
Tights: Calvin Klein
Scarf: Garage

Eilish tries not to wear the same things twice, taking her clothes and mixing them up for new fresh looks. She follows a lot of style blogs where she draws some her inspirations

PHOTO BY ALEJANDRA FRETES

SCHOOL DAZE

BY JORDAN BIORDI



96^{FM} | radio.humber.ca

Cambrian downed twice as Hawks soar

Men's basketball is 4-0 to start season after dominant wins

Domenic Loschiavo

SPORTS REPORTER

The Humber Hawks men's basketball team shone at home, blowing out Cambrian Golden Shield by a total of 74 points in back-to-back games Nov. 1 and 2.

The Hawks won the weekend double header over the Golden Shields with convincing wins in both games, 93-67 in the first and 103-55 in game two.

In game one the Hawks got off to a relatively slow start. The team was only able to hit two out of their first 13 3-point attempts, while going slightly over 27 per cent from the field.

The Hawks picked up their game in the second half, bringing their shooting percentage to nearly 45 per cent. The Hawks brought the pressure to Cambrian, eventually having a game-high 28 points and winning by 26.

Hawks small forward Matthew Bukovec led the team with 15 points; point guard RJ Ramirez had 13.

Head coach Shawn Collins said the team fought a lot harder in the second half: "We competed better, and because we competed better we got some turnovers we were able to run out and get some baskets."

Game two was a whole different story. The team fol-



DOMENIC LOSCHIAVO

Back-to-back home games Nov. 1 and 2 brought back-to-back wins (93-67, 103-55) over the Cambrian Golden Shields for Humber's men's basketball team.

lowed up and came out shooting great, leading to a dominant 103-55 victory.

Unlike the night before, the team was able to hit their shots through the entire game, outscoring the Golden Shields in all four quarters, including a massive 21-point margin (31-10) in the fourth.

The team went over 54 per cent from the field, 36 per cent from behind the arc and hit 42 per cent from the charity stripe.

Bukovec, first-year, topped his performance from the night before with 16 points, while Gibson Eduful, third-year point guard, gathered 15

points, eight assists and eight rebounds.

Hawks power forward Chad Bewley said playing good defence led to the offensive blow out. "When we played at the right defensive mentality, that's when the offence goes a lot easier," said the fifth-year fitness and health promotion student.

Center Nerquaye Nettey said coach Collins was unhappy with the team play the night before and that they needed to perform better.

"We put it upon ourselves to go out and play more as a team so we could come out today and play a lot better," said Nettey, first-year police

foundation student. He also said that team chemistry has been good.

The Hawks take the court next on Nov. 8 against the St. Clair College Saints at 7 p.m. That's followed by a game the next afternoon in Lambton, facing off against the Lions at 3 p.m.

HUMBER ALMUNUS

Amping nutrition goals with advice

Bernardi gives health tips at Bolton shop

Aaron D'Andrea

SPORTS REPORTER

As an overweight teenager, Humber graduate Luke Bernardi's personal transformation brought his store to life this year.

"Amped Nutrition is the product of my life to date," Bernardi, 21, said of his shop in Bolton, Ont.

Bernardi said his passion for health and wellness began with a personal transformation he started "about six or seven years ago" that saw him lose more than 65 pounds.

"Educating myself on supplementation, fitness, health

and wellness and that's what my passion really fell into," he said.

Bernardi graduated last year with an honours diploma from the Business Management program.

For one of his final projects, Bernardi built a business plan that, he said, set the foundation for what he needed and customized everything he wanted for his store.

"All the marketing courses I found really paid off," he said. "Especially when I opened because I wouldn't have, per se, opened if I didn't feel this area could handle a store like this or need a store like this. And it was the things like searching out the demographic and actually seeing if I'd have the customers in this town," he said.

Customers appreciate Bernardi's knowledge when it comes to helping out with their own health.

"He actually gives you a good opinion on what you need and not just the highest selling product," said Michael Steduto, 19, a University of Guelph-Humber business student.

Guelph-Humber business student Nicholas Zanon, 19, has been going to Amped for six months and said it stands out from the competition.

"Personally, it's 10 times better because he has experience from working out and taking supplements, so he has his own experience on what they do and their side effects," Zanon said.

Bernardi's passion for health and wellness, plus his drive to provide the best qual-



AARON D'ANDREA

Bernardi used his Humber Business training for Amped Nutrition, a health supplement store.

ity products and advice, are among the main reasons he opened his strip mall shop.

"I wanted to provide customers, not only a product for their goals, but advice and tips,"

he said. "Tell me your goals and I'm going to try and help you to try and achieve them."

HAWKS TEAMS UNDEFEATED

Men's, women's rugby in OCAA finals

Men's team finishes season without a point against, women seek third gold in four years

Jessica Dempsey

SPORTS REPORTER

The Hawks continued their winning ways over the weekend as the men and women's rugby teams won their OCAA semifinal matches.

Humber Hawks men's rugby team held out for a convincing 54-0 win over Fleming College.

The team kept their strong offence going throughout the game, said Matt Tierney, prop and U20 candidate for Canada.

"Our offence was just beating the crap out of them. We were pretty relentless."

John Sheridan, co-captain and fitness and health promotion student, totalled 29

points throughout the game, including three tries and seven converts.

Justin Tota, inside centre, top try scorer this season, and Jordan Reid, winger, each had two tries to help the Hawks to the OCAA finals at Trent University this weekend.

Jason Rice, co-captain and Humber mechanical engineering technology student, said that defence was great even in the second when Fleming was trying to score.

"Nobody has scored on us, so that was their goal and that would be their season if they could even get five points on us. As soon as they started pressing harder the boys just came tighter together, and

we pushed them back and stopped them from getting any points," said Rice.

The Hawk's strong defence throughout the regular season kept on working. The team has not had any points against them all year.

The team is going to have to continue their hard work going into the finals, said Sheridan.

"The hard work on and off the field. At practice and even in the games is the place we have to be at all times," he said.

The Hawks play Trent for the gold medal game on Nov. 8 in hopes of a fifth consecutive gold medal.

"I feel excited and happy. I'm happy to prove to everyone that we are the new champions of 2015," Tota said.

The Humber Hawks women's rugby team played the same day.

The team went up 36-0 against Conestoga College in the first half.

Dale Essue, head coach, said that the team underestimated Conestoga, because they defeated them last game 61-0.

Early in the second half the Hawks gave up their first and only points so far of the season.

"It was upsetting for the girls, but at the same time it was good to get scored on especially in the playoffs. It shows that we know how to deal with it and bounce back," said Essue.

Jennifer Jones, starting lock, was injured during the game and will not be able to play going into the finals.



DFKN SDJF

Hawks men's team cheers shutout semi-final win over Fleming

Their offence was strong throughout the game. Luci Foss and Robynn Graham, scrum halves, each had two tries to lead the Hawks to a win.

The final score was 41-5 and another win for Humber. They were able to clinch

a spot into the finals where they will play Seneca on Nov. 8.

The team is looking for its third gold title in the past four years.

"We want to take the crown back, we need to match our jerseys," said Essue.

Off-season for athletes time to mend, maintain

Varsity players seek to stay healthy, focus

Greg Chow

SPORTS REPORTER

With the season coming to an end for some of Humber College's fall varsity sports teams, an important question arises – what do athletes do in their off-season?

"Hopefully they will be committing more time to their academics," varsity athletic coordinator Monique Haan said jokingly.

"You'll see them in the gym more often, putting on some more weight and doing a little more weight training, and some will even participate in intermural and extramural sport leagues," Haan said.

An athlete can't really stop being an athlete, but for some, the end of a varsity season means a chance to take a break from the regime of performing every day.

Pitcher for the women's softball team and first-year Fitness and Health Promotion student Amanda Van De-Graaf said the break is best for "catching up on sleep, recovering from any injuries."

The off-season is also a great time for athletes to catch up on being socially involved with friends and family.

"There would be days

where I had to leave my house at 5:30 (in the morning) and wouldn't see my dad until the next morning because we had a late practice and I had to catch up on my homework that I missed when I was at my sport," explains Carley Stewart, a catcher/outfielder for Humber's softball team who is also in her first year of the Occupational Therapist/Physiotherapist Assistant program.

Despite all the injuries, large amounts of homework piling up and sleep-deprived nights, some of Humber's athletes and faculty still strongly believe in keeping in shape, staying healthy and keeping an athlete's mentality an important part of their off-season.

"We have a great student athlete's gym, everything is new," said co-head coach of the women's cross-country team, Teresa Arnini. Arnini also takes the off-season time to help train some of the athletes and works as a personal trainer.

The athletes take their off-season health seriously and aim to keep themselves in game-ready shape, even if they're a season separated from another performance.

"I keep as active as I can in my everyday life. I choose stairs over elevators, make sure I'm doing proper motions so I don't hurt myself," Stewart said.



ASHLEIGH DARRACH

Humber's men's volleyball started their season off on a high note, defeating Fanshawe at home in four sets on Nov. 6.

Hawks above Falcons in opener

Men's volleyball battles in final set of home nail-biter

Ashleigh Darrach

SPORTS REPORTER

Hawks men's volleyball soared in their home opener against one of their top competitors, the Fanshawe Falcons on Nov. 6.

For the first home game of the season, Humber fans piled in for the 8 p.m. start as the men began warmup. The team wore their new 'Game Day' t-shirts with 'Our House' printed along the back before the game started.

The Hawks took the lead early on in the first set against the Falcons. The game went back and forth for a while, with the Hawks having the lead the entire time.

A big kill by Terrel Bramwell in the right side toward the end of the first set got the Hawks excited.

The first set was 25-21 for Humber.

"We wanted to control the pace of the game, and we wanted to continue to push. I thought we did well," said Wayne Wilkins, head coach of the Hawks.

Humber came back fired up in the second set; there were players diving every-

where with every attempt to keep the ball off of their side of the court. With a few good digs by both teams, this game proved to be exciting.

Fanshawe missed its serve at the end of the second set, losing 25-18 to Humber.

The Falcons came back strong taking the lead midway through the third set and the score was tight the entire way through. Facing some tough calls against them, the Hawks battled back but Fanshawe scooped up the third set 25-23.

"We played really strong at the beginning of the match, we kind of thought we had won at the end, but realized that we still had a lot more

game to play, and we pulled through at the end. We did what we needed to do," said Alex Stefaniuk, middle, second year creative photography student.

A tough battle late in the fourth set had the entire crowd on the edge of their seats before the 25-22 ending.

"It was exciting, and entertaining for sure. The crowd was fantastic," said Wilkins.

"We had a lot of momentum in the fourth set, and as a team we stuck together, and we pulled through and came out with a win," said John Obi, middle, first-year Architectural technology student.

Hawks face Mohawk Nov.15.