



# Happy Halloween, Humber College!



ABDIKARIM HASHI

It was a colourful scene in halls of Humber today as faculty, staff and students like Lisa Atkins (elephant) and Jessica Fox (tiger) dressed up as all kinds of weird and wonderful creatures.

## Is Lakeshore campus haunted?

**Serge Halysky**  
NEWS REPORTER

Humber College's Lakeshore campus used to be the site of a psychiatric hospital and there are rumours of spirits floating around.

"A ghost has been sighted there. It's a nurse. She was apparently having an affair with the patient and then for some reason she choose to hang herself on the apple tree in

the orchard," Humber Business School professor Steve Bang said.

Bang has never seen the ghost himself but he said hundreds of people claim they came into the contact with it in one way or another, especially security and janitorial staff, as they are there at night.

"The fact is that the nurse hung herself up in the orchard. The legend is the ghost

that they see, they think it's her," Bang said.

The nurse is said to wear a lavender perfume and the fable is that those who encounter that scent are in the presence of her ghost. Some people claim to have smelled it.

The nurse was spotted in many cases in G-building, which is where people used to see her through the windows at night until the windows were boarded up.

Another tale is that the coal power-generating station was used to cremate patients that died by accident when doctors performed frontal lobotomies. Other claims hold that babies who died in childbirth at the hospital were buried in the apple orchard.

"I don't think that's true because there's a cemetery for this facility. It is located at the corner of Evans and Horner (Avenues). There are 1,517 bodies buried in

that cemetery. Twenty-two of them are babies," Bang said.

As patients were free to roam the property during the day, Bang said it could be speculated that there was some sexual activity between them and some patients may have become pregnant.

Humber staff and students aren't all convinced of the presence of ghosts.

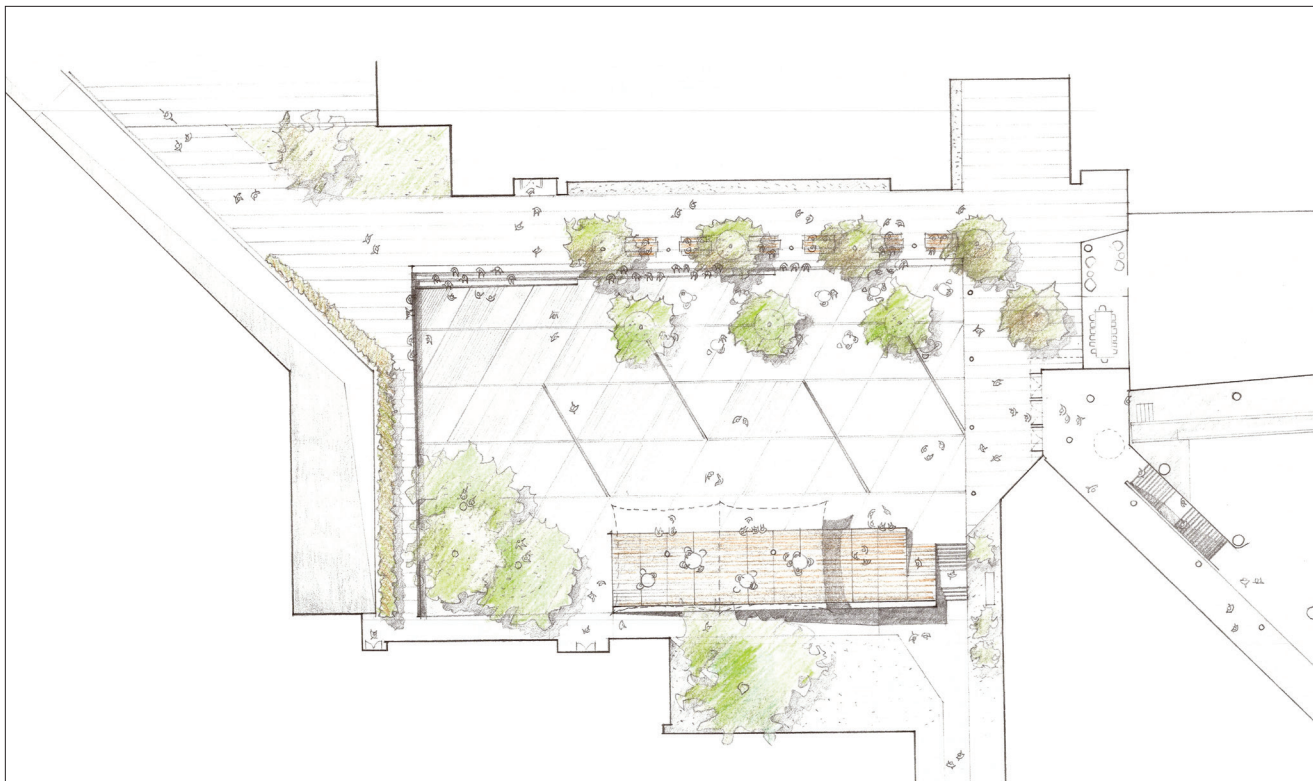
"I worked here for 12 years and I've been here late at night many times and I don't believe it," English Language Centre program coordinator Lara McInnis said.

Lakeshore campus' L Space Gallery coordinator Tara Mazurk thinks that any old building would naturally develop stories like this.

"As curator of the gallery, I'm currently working on research of the psychiatric hospital and natural history of this land. As far as I know, I have never encountered these ghost stories but I am very interested in the dynamic of history that exists here."

Interestingly, anyone who has claimed to have seen the ghost was nowhere to be found for this story.

## HUMBER BUILDS



COURTESY OF HUMBER STUDENTS' FEDERATION

Architectural design firm Montgomery Sisam's concept for the redesign of Humber North campus' central Amphitheatre.

## HSF redesigning Amphitheatre

North campus' outdoor space to be levelled out, made more flexible in rebuild expected to be completed June 2015

**Samantha Singh**

NEWS REPORTER

Humber Students' Federation is in the final stages of redesigning the Amphitheatre at Humber College's North campus, with a preliminary concept design approved last week by the HSF Board of Directors.

"Currently the Amphitheatre is as it is," said HSF executive director Ercole Perrone, who presented the plans to the board. "It's theatre seating, the old school kind of manner. What has been proposed for us to adopt, which we think is a good idea, is the flattening out of the space, so that it's all one level."

"That allows for flexibility and other uses, whether it be

things that we plan or program specifically or that students organically organize themselves like throwing a Frisbee around. All those kinds of things that are currently lacking on the campus right now."

The \$2 million-budgeted redesign project would capitalize on the current expansion of Building F from Eastern Construction and architectural design firm Montgomery Sisam.

"We're not asking for more money (from student fees), this is money that has already been set aside for such a project," Perrone said.

The aim is for HSF to be able to hold larger events and programs such as Frosh Week at North campus.

"It's pretty tough to program that space once it starts

to get cold. It's not open and warm enough for the average students to go participate in something in November or even February or March and so we hope to change that with this concept and (gain the) ability to now program it differently, because the space would be far more flexible," Perrone said.

HSF has attempted to make the Amphitheatre more useful and flexible to students for years by holding contests to redesign the space but previous efforts have not been successful.

"I've been here for a long time and I have seen how the Amphitheatre used to be," said Rafael Gouveia, board of director from North campus. "And I witnessed one of the frosh events be cancelled because of the flood a few years ago. As soon as I saw a new opportunity for the entire place to be renovated and I saw the designs

and the proposal, I completely understood."

Construction will begin as soon as HSF is satisfied with the final design. The expected completion will be along the same timeline as the Building F expansion, which is June 2015.

"We always want to stay fresh in terms of things that you're doing and the Amphitheatre has always been a challenging space to use due to the obvious seasonal weather that we experience," said former HSF president Timothy Brilhante.

"I'm excited to see what happens to that space as well," he added. "There's a lot of construction going on in that area right now, so I'm sure it will take a little bit of time before the plans are actually seen and felt by students. But I think it's a good step forward to figure out what to do and make it more useful for students."

## Lakeshore welcome centre to open 2016

**Nick Westoll**

NEWS REPORTER

After four years of planning and development, Humber College is finally proceeding with the construction of a new welcome centre and a new athletic centre at Lakeshore campus.

Crews from PCL Construction, the design-build contractors retained by Humber, are scheduled to start preparing the sites for construction over the next couple of weeks, Scott Valens said, architect/association director of capital development for Humber College.

Both sites are expected to be open in January 2016.

The \$18 million Welcome Centre will be located at the southwest corner of Lake Shore Boulevard West and Colonel Samuel Smith Park Drive. The three floor, 45,000 sq. ft. building will house student numerous campus services including recruitment, registration and human resources.

One of the major features of the Welcome Centre will be a new interpretive centre and museum.

"It will be a place open to the community and they can come and learn about the entire Lakeshore grounds, and even back to the aboriginal origins," Wanda Buote, Principal of Lakeshore Campus, said.



COURTESY OF HUMBER COLLEGE

Rendering of the Lakeshore Campus Athletic Centre to be built at Lake Shore Blvd. and Colonel Samuel Smith Park Dr.

The Welcome Centre will be home to the Lakeshore Aboriginal Resource Centre.

"Having a place to be together helps create a sense of community among our students and promotes success," Allysha Wassegijig, Coordinator/Aboriginal Programming Officer, said.

The \$11 million Lakeshore Campus Athletic Centre will be located near the northeast corner of Lake Shore Boulevard West and Twenty Fourth Street. The centre will also have three floors and will be 24,000 sq. ft. It will have a weight room, group exercise and dance studios, change rooms and administrative space.

The Toronto Catholic District School Board is also building a new elementary school to the south of the new Welcome Centre. This required coordination the construction of mutual access to the properties.

Area residents raised concerned about the loss of green space at the Welcome Centre property. Buote formed a green space committee to develop design standards, and as a result of that committee, there will be a natural buffer on Colonel Samuel Smith Park Drive.

Lakeshore campus staff will be hosting a public meeting on Nov. 3 from 7 to 8:30 p.m. in room A170.

## Sustainability inspiring cyclists

**Nick Beare**

NEWS REPORTER

While all roads lead to Rome, many paths lead to Humber College.

With two campuses located at opposite ends of Toronto and more than 50,000 combined students and faculty between Lakeshore and North, there are a lot of people that need to be transported to and from the college.

Whether by car, bus, on foot or by bicycle, students and faculty commute to Humber in a variety of ways from all over the GTA and beyond. Based on locations in Toronto's northwest and southwest edges, Humber College is significantly a commuter school.

A survey conducted by Humber's Sustainability department in 2013 polled more than 5,000 students and faculty and found that around 70 per cent

of those surveyed commute to Humber by car. Another 17 per cent arrived by public transit.

These numbers show a very low percentage of commuters get to Humber using alternative means, which is why the college's sustainability office is promoting a healthier, cheaper and arguably less aggravating mode of transportation – biking.

"It's really part of our whole sustainable transportation strategy," said Associate Director of

Maintenance and Operations at Humber North campus Spencer Wood.

"If you're riding your bike, you don't (produce) greenhouse gas emissions, you don't have to pay for parking, you don't have to pay for the car, or gas, and it's healthier," said Wood.

First-year child and youth work student from Lakeshore campus Jess Hessels said she bikes to school everyday. "It's the quickest, easiest and cheapest way to get to school. Also, it's a good quad workout," she said.

The sustainability survey found that less than one per cent of students and faculty use bikes as their primary mode of transportation to North campus, as opposed to five per cent at Lakeshore. This may be due to the fact that the North location is sandwiched between major highways and busy streets.

In spite of these numbers, the sustainability program is doing whatever they can to promote biking to Humber.

"We've installed bike fix-it stations (at both North and Lakeshore campuses) where

you can pump up your tires or tighten up a couple screws before you head home without having to worry about where you might do that," said Manager of Sustainability at Humber Lindsay Walker.

Humber has also provided students with special rooms that are exclusively for bicycle storage. For a \$5 fee, students at Lakeshore campus can have unlimited access to an indoor storage room for their bike. There is a room available at North campus as well, but it is exclusively for students living on residence.

## JOURNALISM GRAD GOES ENTREPRENEURIAL



NICK JEAN

The Corsets playing at Central bar last Saturday for launch of *Wake* magazine, a bimonthly arts and culture publication founded by Humber Journalism graduate Megan Rach.

# Print-only arts magazine *Wake* launches

**Note:** *Et Cetera* co-Managing Editor Nick Jean, a named subject of this article, did not oversee, edit or participate in the presentation of this story.

## Natalia Vega

NEWS REPORTER

Former Humber journalism student Megan Rach took a risk and accomplished something special by publishing a print-only arts and culture magazine four months after graduation.

Rach successfully completed Humber's journalism program in June 2014. Soon after graduation, Rach said the pressure of what to do next was when the idea of *Wake* magazine came to her.

"It more or less got started kind of as a crazy idea," said Rach. "I wasn't really sure what to do in my field and a lot of it was fueled by the fact that I am really into print journalism.

"I came out of school always hearing the same thing,

'Print is dead,' and 'Print isn't really what it used to be and it's all digital now,'" she said.

"I think that there's a certain sort of feeling that you get from print that you don't necessarily see from a digital copy of something."

Now, Rach, along with Nick Jean, who is masthead editor and art director for the magazine and co-managing editor of the Humber *Et Cetera*, and her brother Dylan Rach, the social media manager, officially launched the publication on Oct. 22.

*Wake* published work from 13 different contributors in the initial issue.

"I really wanted to do something different and something that not a lot of people were trying out," Rach said. "We're trying to be as unique as possible."

Rach said the magazine focuses on features and such things as short stories, articles about music and art pieces. The magazine will be published bi-monthly and sold in

a print copy.

The magazine launch party was hosted on Oct. 28 at The Central bar in Markham. Rach said the event was almost completely sold out.

"A lot of people came out to show their support. I think that there's this undying amount of support in Toronto," Rach said.

Lara King, Rach's former magazine teacher at Humber, had Rach as a student for three years and knew she had a passion for magazine writing.

"Although she was managing editor (of a Humber's *Convergence* magazine), she took on a number of different roles," King said. "She's been very creative and when she finds a passion about something she will do it, without sleep."

King said she saw the magazine when it was still being put together and is enthused.

"We (as teachers) believe that you should learn it all, but the entrepreneurial side is so exciting. You get to start

something up and give it a try and see what the world thinks and be able to do what you really want to."

*Wake* magazine is currently partners with artist



You should learn it all but the entrepreneurial side is so exciting. You get to start something up, give it a try and see what the world thinks.

## Lara King

HUMBER JOURNALISM PROFESSOR

collectives Young Inspirations, an arts and culture blog, Headquarters Cooperative, a record label, and Current Sessions Productions, a non-profit group of film makers.

Jessica Paiva, founder of music-oriented Young Inspirations and a former classmate of Rach, said Rach start-

ed working as a photographer for her site. In turn, when *Wake* started, Paiva said she wanted to become a part of it.

"Young Inspirations is very keen on music and musicians so I gave her the opportunity of contacting any of the musicians we're a part of," Paiva said.

"So it's all about networking and giving out musicians to *Wake* magazine for them to write articles about them."

Jordan Circosta, founder of Headquarters Cooperative, said Rach had been involved in the Headquarters social circle. So when the time came, a partnership between *Wake* and themselves was created.

"We get the advertisements in *Wake* as the Headquarters Cooperative and she gets to sell the physical magazine at all of our events indefinitely," said Circosta.

"As she starts running more specialized events, we'll be helping her to promote them as well."

Nicholas Posthumus, director and co-founder of Current Sessions Productions, said Rach used to take photos for them as well as advocate for the company, and they in turn supported her with the magazine.

"We have a whole group of artists that's constantly growing, that have worked with us and when Megan needs to throw events we can get bands together who are local to support her," said Posthumus.

"Or if she wants to feature a musician in her magazine she'll typically use an artist that we worked with (previously) or that we're currently working with."

Posthumus said he has read the magazine and approves.

"I mostly can't wait to see what she does with the next one, and how it grows and what she keeps adding on to it. It feels like the first building block to many others."

## HUMBER CONNECTS

# Media Studies brings together students, pros

Giancarlo Di Peco  
BIZ/TECH REPORTER

A .NET Bridging Program Speed-Networking Event at Humber College last Tuesday drew praise from guests and organizers for its impact on students who are newcomers to Canada.

The event was held in the North campus staff lounge where approximately 100 students and employers filled up the room in what was Humber's biggest business and technology event of the year so far.

The event featured speeches from Guillermo Acosta, Dean of the School of Media Studies and Information Technology, Humber President and CEO Cris Whitaker, with special guests such as Sean Stanleigh from the



This school is proud to have really great placement rates for our students and these types of events really help them.

**Guillermo Acosta**  
DEAN OF HUMBER SCHOOL OF  
MEDIA STUDIES AND INFORMATION  
TECHNOLOGY

Globe & Mail and Jennifer T. Lee of Deloitte.

"The wonderful thing about these programs is not only have we created cutting edge curriculum for foreign trained professionals, but this opportunity is for them to do some speed networking with employers to really get a sense of what employers are looking for," said Geraldine Babcock, Director of the Community Outreach and Workforce Development.

"With these types of events we've had such a huge success with employment outcomes and anywhere between 80 to 85 per cent of the graduates from the programs are finding employment," Babcock added.

"We've invited the IT industry to see the IT talent that will be graduating from the program in 2015," said Meena Dowlwani, the careers professor and job developer for the school of IT and bridging programs.

Once the speakers were finished, chairs were removed and students started to network. Students began to promote themselves using an elevator pitch, which Dowlwani describes as "(a way) to credibly introduce yourself like a marketing script...so in 30 seconds or less you must tell everything about yourself



GIANCARLO DI PECCO

It was a packed house for the School of Media Studies and Information Technology's .NET Bridging Program network event.

without losing the focus of the employers."

Employers expect students to be able to sell themselves as quickly and as clearly as possible.

"You want to condense what you're about in a short 30 second topic," said Andrew Cosolo, a recruiter at Alta Strada Consulting. "Be careful of your approach because you don't want to confuse the person when it just sounds like you're speaking jargon."

Whitaker said that this is what Humber needs to do to help its international students, and the event is the best place for them to re-

hear their pitches and learn to sell themselves to employers.

"We know about the significant skills shortages that exist in many high tech industries, but also there's a significant challenge with unemployment for a lot of our youths so this is a real opportunity for us to bring together employers and students and hopefully they both see something that they like," Whitaker said.

Dean Acosta remarked that, "I came to Canada as an international student as well. So I really appreciate what the college is doing to help new Canadians."

Acosta added that, "this school is proud to have really great placement rates for our students and these types of events really help them."

The speakers talked about their experiences in the field, as well as the difficulty foreign students face when looking for employment in a new country. And while employers attended the event to assist Humber in pointing students in the right direction, they were also looking for talent.

"It's important for employers to meet the students but it's also important for students to be influenced by the outside world," said Cosolo.

"Humber College always likes to keep good relationships with employers. If they don't do well, they're abandoning their students and you don't want to do that."

Sean Stanleigh, Product Manager for Drive & Small Business at the Globe & Mail said, "When I found out that the makeup of the room was mostly students, immigrants and newcomers to Canada, that is an opportunity for me to come in and talk to talk to people and if there is a way for me to help them then I am fulfilling my mission."

"Employers need skilled talent," said Whitaker. "They get to meet the incredible talent that we have here at Humber."

## Humber grads find valued opportunities in employment abroad

Thousands of college alumni work overseas in United States, United Kingdom, Australia and other nations

Serge Halytsky  
INTERNATIONAL AFFAIRS REPORTER

Humber College's Alumni office, Humber Students' Federation and the Registrar office don't keep track of how many alumni are working abroad but it is not hard to find that there are many.

"To date, we have about 18 students that got employed at a high-end automation company in Michigan, U.S.," Humber's Coordinator of the Electro-Mechanical Engineering Automation and Robotics Program Neil Mohammed said.

The Humber Automation and Robotics program won 16 gold medals and seven silver medals over past 11 years.

"The program is the best in the country. We are Humber," Mohammed said proudly.

"Everything that we've been learning at Humber for three years is very recent technology," said Santiago Moros, a 2014 Humber Electromechanical Engineering Technology Program graduate who is working in Auburn Hills, Mich.

"I am working with professional engineers now, but I've graduated just from a three-year college program, and

they have experience of five, six years engineering," he said.

It shows the skill level Humber students have in comparison with (others) in the industry, Moros said.

"This company (Esys Automation) came, and they were impressed with our projects. Then they came for interviews. So basically I was hired four months before graduation. We're coming out with about 95 per cent of people already employed," Moros said.

Moros said becoming familiar with the environment and already being acquainted with equipment and the technology used by the company was "the key" to his success.

Going to work in another country was scary for Moros, but it also was an opportunity,

he said. Being an immigrant from Colombia, he came to Canada to look for more chances and he got one in the United States.

"It wasn't really an opportunity I could say no to," Moros said.

Another Humber graduate, Andree Grenier spent equal parts of her life in Canada, where she lived in four major cities, and in Boston, Mass., where most of her immediate family lives.

After graduating from Socio-Cultural Anthropology at University of Toronto, Grenier enrolled at Humber for the one-year intensive program International Project Management, which focuses on international development work.

"I didn't officially graduate from Humber until I worked abroad and submitted my final report on my experiences," Grenier said.

Working abroad was a program requirement that really inspired the class of 30 graduate students to go all over the world, she said.

Grenier went to work in Cairo, Egypt, for eight months as a legal intern at the Pro-Bono Legal and Social Work Centre for Asylum Seekers and Refugees.

Ten years later she still has vivid memories from that trip. "I loved my work with the Africans and had loads of fun with the women I worked with, but being a blonde in Cairo is tough," Grenier said.

LinkedIn, the business-oriented social network, shows



COURTESY OF ANDREE GRENIER

Humber grad Andree Grenier worked in Cairo, Egypt, for eight months as a legal intern.

2,025 Humber graduates are employed in the U.S., 449 in U.K., and 131 in Australia.

## Venture Seed Fund helps new student businesses

Rebecca Pilozo Melara

BIZ/TECH REPORTER

The Humber Launch prepares students for upcoming New Venture Seed Fund (NVSF) competition at information sessions.

The NVSF information sessions are designed to teach applicants how to write business plans and prepare applicants for the upcoming competition. The fourth annual NVSF competition gives applicants an opportunity to share their business plan with a final prize up to \$10,000 that can only go towards the applicants new business. Associate Dean of Humber's business school, Peter Madott said, "These sessions are to help people understand the submission process on how to develop a business plan in order to compete in the contest." Additionally, Humber college business professor and entrepreneur advocate, Tony Gifford said, "This money (prize) can go towards things for their business such as a business certificate."

To be eligible to partake in the competition, one has to be a full time Humber student who is completing or expected to graduate during Jan. 1, to Aug. 2015. An early submission deadline is on Nov. 17 with a chance to win an iPad. The final deadline is on Dec. 5 at 4 p.m. EST and the winner of the NVSF competition will be announced on Jan. 9, 2015.

On Oct. 27 and 28, the sessions took place in the Blue room of Humber College's Lakshore campus. On Oct. 30, the final day of the NVSF sessions, the event took place in room L3002/3005. "I think we had multiple dates to accommodate the schedule of many students and peoples schedules," Program assistant of the Humber Launch, Bram Cherun said. NVSF sessions will be taking place at Humber's North campus on Nov. 3 in room B101, room C109 on Nov. 4, and 6 at 3:30 p.m. to 5:30 p.m.

The Humber Launch is an opportunity for aspiring entrepreneurs to turn ideas into a business. Members of the Humber Launch are provided with resources and business insight as they start up. Maddot says, "Whether you win (NVSF) or not, Humber Launch is there to help mentor and coach people who are really trying to start a business."

## HUMBER HALLOWEEN



KELSEY COLES

Prizes were strategically placed inside balloons for students at North campus party for first year students on Wednesday.

# Spooky fun and free candy

First Year Experience Halloween party helps freshman students de-stress after midterms

Kelsey Coles

NEWS REPORTER

If you thought you saw a ghost or goblin in D-building on Wednesday don't be alarmed. Your mind wasn't playing tricks on you; it was just Humber's First Year Experience (FYE) Halloween Party.

First-year students gathered

in the President's Boardroom for two hours of spooky fun and games on Wednesday. The event, hosted by FYE, offered numerous games for students to play, candy giveaways and a special performance from magician Ray Chance.

Caroline Miseh, a senior peer mentor and third-year Architectural Technology stu-

dent said events like the Halloween party allow first-years the opportunity to get in touch with other students and the services that Humber provides. "(The event) has a lot of different stations and opportunities for students to get involved," Miseh said.

"Events like this get students exposed to Humber College and it gives the college the opportunity to help students connect with each other and to be social," Miseh said.

The room was bursting with the noises of balloons being popped as students excitedly lined up for the multiple game stations set up around the room.

In addition to balloon popping there was a mystery box a la blindfold, a photo station, a candy guessing game and a pin-the-tie on Mr. Bones game.

Students travelled station-to-station filling out passport cards that, once complet-

ed, allowed them to win prizes.

With midterm season winding down, Miseh said that the event couldn't have come at a better time.

"With Halloween being directly after midterms, it's the perfect opportunity for students to relax," she said. "(Events) help students get out of the slump of school and assignments."

Although students were visibly excited to play the games at the event, candy seemed to be on the mind of most students thanks to the energetic FYE volunteers standing outside the eerily decorated room shouting "Free candy!" to those walking by.

First-year student Sukhdeep Kehal said that her favourite station was the balloon popping station because it was fun to get some aggression out, but the event had her more excited for something a bit sweeter.

"I'm most excited about the candy," Kehal said.

First Year Experience is offered to all first-year students at Humber. The program puts students in similar programs in groups of 10 to 12.

Each group is led by an upper-year student, their peer mentor.

Peer mentors work to ensure students have the easiest possible transition from high school to college.

"It's about bringing first-year students out of their shell because it's a big experience adjusting from high school to college," said FYE peer mentor Fern Barrett.

Barrett said that FYE events like the Halloween party play a major role in easing the transition. "The different events that we have throughout the whole year allows students to get involved not just with the Humber community but outside Humber too."

## Haunted Arboretum walk draws hundreds of students into forest

Hawktober event gets North campus in Halloween mood

Haley Falco

NEWS REPORTER

Hundreds of Humber College residence students lined up, anxiously awaiting the haunted Arboretum walk on Wednesday night.

There were several events for Humber's Hawktober, the week of Halloween, which

excited students for the holiday. Hawktober is five days of Halloween-related activities that get students in the Halloween spirit.

Jesse Flynn, Residence Community Assistant (RCA) and a chairperson for Humber Residence Council said that all the events were planned in advance. "We are actually going to be having a week long of events from October 27 to 31, that will be our whole Hawktober week. It is residence-wide for all

students. We are handing out prizes and candy. It will be a really busy week," Flynn said.

The biggest event of the week was the haunted Arb walk that took place out in the arboretum from 8 to 10 p.m. Humber Residence Council is trying to make this event an annual tradition.

Flynn said that this year roughly 200 students came out to the event, which is slightly less than last year, which he estimated drew 260.

Shelby Cockhill and Ryley

Liddle are both enrolled in Media Studies at the University of Guelph-Humber and attended the event together for their first time. "I heard it's really fun and it's really scary," Liddle said while waiting in line.

"I heard that they tell you a really scary story and then people act it out on the walk," Cockhill said. Flynn said that the characters in the story would be walking throughout the arb, so it would be "pretty freaky."

Groups of around ten students were taken into a room where a terrifying video played. Residence staff members were then dressed as the characters in the video to make it come to life and

spook the students.

James Kervick was attending the haunted arb walk for the second time. "It was scary and I loved it. It was really scary because there was a guy under the bridge grabbing for my feet," Kervick said of last year's walk. He said that there were lots of students there last year and there was a big line-up to get in. "I am expecting it to be scarier this year. If not, I will still enjoy it though," Kervick said.

Jessica San Agustin liked that it took place outside in a scary setting. "I liked that it was through the forest and that it was somewhere near us so it makes it more scary," Agustin said.

# Jian Ghomeshi does injustice to BDSM community



**Janie Ginsberg**  
MANAGING EDITOR

Jian Ghomeshi is a liar – allegedly. Worse, actually. He is being called a women-beating, self-absorbed, abusive, pathological liar.

The CBC radio host deserves everything he's gotten. A tarnished reputation, a destroyed career, and should police lay charges and a court convict him, a criminal record. It doesn't matter how hard he worked for the CBC, or how much time he spent building the "Q" empire. It all goes out the window if you lay an unwanted hand on someone.

And all it takes is one, self-entitled, hand.

I met a man on my travels; we spent three days together platonically. We drank beer, we played pool, and we explored the ancient ruins of Angkor Wat in Cambodia. He knew about my gay sexuality, he knew that he wasn't my "type," yet that didn't stop him from grabbing my ass – and that changed everything. I felt violated, offended, and downright shocked. The next day I left the city.

But not all women have that option. Although the extent of what happened to Ghomeshi's purported victims is not comparable to my experience, some have said they didn't have the option to leave.

They were co-workers, actresses in the public spotlight, and fans who were star-struck and felt powerless in comparison to such a prominent man.

So far nine women, two of whom

have identified themselves, have spoken out about their experiences of abuse at the hands of Ghomeshi. This wasn't an isolated incident, one lashing out by a spurned ex-lover. The women spoke out from all over the country and were clearly not conspiring together.

The Globe and Mail reported about an experience that a woman from New Brunswick had with the host after a weekend at his house in Toronto in 2012. She said he choked her until she almost blacked out, beat her with a belt, and left her with bruises – all non-consensually. Apparently, Ghomeshi's idea of consent is explaining via text message that his violent tendencies were "pure text fantasy" and that "none of it would happen in real life."

It isn't taking charges of abuse against Ghomeshi for people to see the truth. Victims of abuse often do not come forward after suffering at the hands of someone they thought they could trust. This is something we've seen in the media for years, it's practically common knowledge.

Public outcries against Ghomeshi's actions are strong evidence of this.

I know people who have faced different levels of sexual abuse and harassment, and they couldn't bring themselves to tell even their closest friends, let alone walk into a police station and relive the experience in front of complete strangers.

In his masterfully crafted Facebook post that outlined his side of the story, shortly after his termination at CBC, Ghomeshi uses the BDSM (the acronym alludes to bondage, dominance/discipline, sadism, masochism) as a shield

for his unforgivable actions. He appealed to Pierre Trudeau's famous quote, "there's no place for the state in the bedrooms of the nation," but swapping the state for the public eye. In 1967, Trudeau declared that the government had no business in the sexual lives of consenting Canadians, keyword consenting.

Expert members of the BDSM community have come forward and explained that it is a well-known fact within their sub-culture that the submissive person is in complete control – always. Safe words are everything. If Ghomeshi's "tastes in the bedroom" were truly in line with the kink community, he would know that once it becomes apparent that the submissive person isn't comfortable with continuing, everything stops immediately.

According to studies on the history of BDSM subculture, contemporary practitioners of BDSM follow three principles strictly: safety, sanity and consensus.

Ghomeshi's reported actions go against these core values.

Closed-fist punching in the face, which Ghomeshi is accused of doing, is an example of extremely advanced BDSM. Experienced participants say this form of sexual play is rarely used because of the high-risk of serious physical damage. It was reported that an anonymous woman said Ghomeshi did exactly that 10 years ago without consent, on a second date.

By some accounts, the earliest records of BDSM behaviour date as far back as before the 18th century, when whipping was a well-known sexual stimulant. Since then, BDSM subculture has gone through several

stages: sexual contacts, sexual networks, sexual communities, sexual movement, and finally the sexual culture that exists today.

Kink activists have worked hard to convince the general public and media that what occurs in their private lives, although alternative, is discussed at length and completely consensual. To outsiders, physical and emotional abuse and BDSM play can look the same, and Ghomeshi's press strategy took advantage of that gap in knowledge. In a PR driven attempt to save his career, he put the hard work of the kink community at risk, indicating that he has no respect for BDSM culture at all.

The only person who believes the sexual acts were consensual is Ghomeshi. The Globe and Mail reported that during a meeting (three days before he was fired), the radio host presented CBC management with texts, e-mails, and photos of his sexual encounters. The evidence, intended to prove consent, backfired, and the managers changed their views on Ghomeshi. In their opinion, according to the Globe account, "(Ghomeshi's conduct) was far more aggressive and physical than anything they had been led to believe during months of discussions."

Everyone who supported Ghomeshi has turned against him. His friends, employers, colleagues, adoring fans, and even the PR company he hired.

And when a company won't even defend you for \$600 an hour, we know you're full of shit. People love money, but it's in our human nature to serve justice.

HUMBER  
**Et Cetera**

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

**Managing Editors**  
Janie Ginsberg  
Nick Jean

**Art Director**  
Jasmine Kabatay

**News Editor**  
Nick Jean

**Assistant News Editors**  
Alejandra Fretes  
Dilara Kurtaran

**Business & Technology Editor**  
Jordan Biordi

**Opinion Editor**  
Janie Ginsberg

**Arts & Entertainment Editors**  
Maria-José Martínez  
Tiara Samosir

**Life Editor**  
Shoynear Morrison

**Sports Editors**  
Abdikarim Hashi

**Online Editor**  
Mario Belan

**Faculty Adviser**  
Salem Alaton

**Creative Adviser**  
Miguel Agawin

© 2014 All rights reserved Humber Et Cetera is a publication of the School of Media Studies & Information Technology at Humber Institute of Technology & Advanced Learning 205 Humber College Blvd., Etobicoke, ON, M9W 5L7

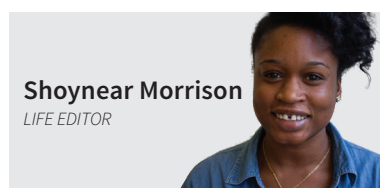
**Newsroom:**  
416-675-6622 ext. 4514

**Email:**  
etc.humber@gmail.com

**Twitter:**  
@humberetc

**Advertising:**  
416-675-6622 ext. 79313

# Saldana skin colour no block to Nina Simone role



**Shoynear Morrison**  
LIFE EDITOR

Nina Simone is a legendary singer-songwriter whose musical genres ranged from jazz to classical. Her life will be celebrated through Cynthia Mort's biopic film titled *Nina*. Often seen sporting an afro, Nina Simone is a symbol of black pride. Her dark skin, conspicuous nose and plump lips were a realistic exhibition of what black beauty looks like.

Cast to portray the musical heroine is the A-list Latin-American actress Zoe Saldana, known for her recent role in *Guardians of the Galaxy*.

Saldana is of Dominican and Puerto Rican descent, and has said in many interviews that she identifies as a black woman. The actress has been quoted by the Huffington Post as stating, "It doesn't matter how much backlash I will get for

it, I will honour and respect my black community because that's who I am." Saldana has continued to demonstrate nothing but black pride.

But the casting of Saldana has caused a public outcry of criticism, I think mostly unfairly.

Many believe Saldana should not have been cast for the role simply because she is not "black enough." Indeed, to prepare Saldana for the role, her skin colour and facial features had to be altered. Unfortunately, the actress herself has received harsh criticism for accepting the role. Some believe the Hollywood star should have turned down the opportunity, questioning why someone with similar black features to Nina Simone's could not have been chosen.

I have to agree and disagree with these controversial claims. The burden should not fall on any actor or actress to decline work opportunities based on racial privilege. Moreover, Saldana has spoken of the personal significance Simone has for her. The Daily Mail website has quoted the

actress saying, "I really wanted it to be a love song to Nina Simone. The movie was more than a job, it was a passion project. I wanted it to just come from a place of absolute love."

Therefore, to me, we have no right to criticize her on her acceptance of the role. If anyone is to be blamed, it should be the director and producers who offered her the position.

Yet when casting for the role, the sole motivation should be finding someone who can capture the essence of Nina Simone. I would like to hope that Saldana's brand as a young and famous rising star was not the driving force behind the decision to cast her, since in the film industry casting popular movie stars is sometimes just plain good for business.

If a skilled actress like Saldana can embody Simone in both body and mind, why shouldn't she play the role?

At the same time, however, this also seems like a missed opportunity.

I believe that if an actress who is able to portray a character more organically can be found, they should

be sought over a more contrived depiction by a more famous Hollywood name.

There are many unknown actresses that have the ability to play lead roles in blockbuster movies. Lupita Nyong'o is a prime example of this claim. She was largely unknown before her breakout role in Steve McQueen's, *12 Years a Slave*, but today she is a household name and an Academy Award winner.

Roles that require black female archetypes are very scarce. It is sad to see opportunities for up-and-coming black actresses being passed up. I once heard the lyrics to a song that stated, "black is not a colour, it is the core of who we are." That statement speaks volumes in this situation. The core of the actress playing this role must be true to Simone's character.

Yet ultimately that's also why, as long as Saldana completely immerses herself in Simone's character as the musician, the mother, the activist, and the black woman she was, then I believe the right person for the role was cast – despite ethnicity or skin tone.

## Standing up to misogyny demands great sacrifice

**Mahnoor Yawar**  
GUEST COLUMNIST



Think about what you love most: The passion that gets you going in the morning, the interests that drive you, the things that define you.

Now imagine a faceless mob repeatedly and violently victimising you for them.

Much has been made of the GamerGate scandal in the media recently, with scholar and critic Anita Sarkeesian both publishing an op-ed in the *New York Times* and appearing on *The Colbert Report* this week alone. Sarkeesian, who has written about a culture of hostility to women in the gaming world, has cancelled events based on mass-shooting threats. She, much like fellow victims video game developers Brianna Wu and Zoe Quinn, has repeatedly been forced into hiding or out of her home for security concerns.

When the late, great film critic Roger Ebert declared that video games were not art, four years ago, there was a great deal of uproar. But as far as anyone remembers, no one circulated pictures of his home or threatened bodily violence against him for it.

Though far from the same level, this antagonism towards women in the public sphere, or at the center of significant subcultures, is reminiscent of another case: Malala Yousafzai.

Although she is almost universally celebrated for her bravery and humility, let's not forget the despicable school of thought that thrust her into this role.

Even now, as she has become the world's youngest Nobel Laureate, there is a small but vocal subset of her home country that sees her as

a threat to the nation's image. She's been accused of everything from colluding with the CIA to immigration fraud, ensuring that she can never make Pakistan home again.

The world asks more of her than anyone should of a teenage girl who just wants to go to school and do her homework.

Why is turning private concerns – going to school, enjoying video games, falling in love – into massively public concerns still not considered a gross violation of civil rights? These women came into the limelight under vastly different circumstances, but each of them was condemned by the same brush, painting them as threats to a masculine code of life.

A few days ago, Monica Lewinsky, the woman caught in an international sex scandal with former U.S. president Bill Clinton, delivered a ground-breaking speech marking her return to public life. She dubbed herself the “patient zero” of online harassment, before 4chan, reddit and even Twitter. In the distant memory of 1998, there seemed to be a certain removal from public opinion still possible. You could choose to not read comments or early blogs, even if the media itself wielded greater power. Of course, her case was far more polarizing to ordinary members of society than either GamerGate or Yousafzai's, but the fallout felt similar.

Today, more than any other time in history, people have access to a large number of public platforms to express opinions and interact with each other. Transcending geographical boundaries is easier than ever, and the privilege of anonymity allows people to pass judgment with little to no accountability or regard for consequences.

Whether positive or negative on the larger scale, each medium of expression has opened up new doors for the violent misogyny that persists against women in the public sphere. Every time a woman demands



STATSMINISTERENS KONTOR VIA FLICKR

**Nobel Laureate Malala Yousafzai**



ANITA SARKEESIAN VIA WIKIMEDIA

**Anita Sarkeesian, video game critic**

inclusion, be it in education or video games, she threatens a preconceived narrative and established norm. Democracy in expression means that unfiltered vitriol continues to erase women from the preconceived narratives they refuse to conform to. How could women possibly thrive in a climate where the contexts available to them remain so adamantly narrow?

For now, these women are refusing to be silenced. Kicking and screaming and rallying crowds of supporters behind them, they continue their very simple crusades to do what they love and allow others less vocal or less recognized than them to do so, too. But the fact remains: standing up to misogyny should not require the kind of sacrifices that it so often does.

## Ronaldo over Messi for top world soccer player

**Abdikarim Hashi**  
SPORTS EDITOR



Cristiano Ronaldo and Lionel Messi are two of the most recognized names in professional soccer, and perhaps the whole world of sports. The debate of who is the better player has been ongoing since the late 2000's.

Ronaldo, a Portuguese national player, started off his youth career in Portugal but became a star in the English Premier League with Manchester United joining the team in 2003. He later transferred to Real Madrid CF for a record salary of \$132-million.

Messi on the other hand is an Argentine national player and has only played professionally for FC Barcelona.

Earlier this week, FIFA and France Football announced the shortlist for the FIFA Ballon d'Or award for the best soccer player of the calendar year based on votes by soccer journalists and captains from each national team. Ballon d'Or merged with the FIFA World Player of the Year award in 2010 to officially award the best player in soccer.

Although both players have their fair share of talents, I believe Ronaldo is the better player at this point and more deserving of the Ballon d'Or.

The two have won many awards individually and with their respective teams, making them stand out from their fellow players.

Ronaldo is looking to win his second Ballon d'Or trophy while Messi is looking for his fourth.

Messi had an outstanding season with Barcelona leading his team to second place (tying with Real Madrid) and scoring a second best 28 goals along with 12 assists in Spain's main soccer league, La Liga.

Another argument that can be made against Messi is that he has much better players alongside him in Argentina who have undoubtedly contributed to his success. Messi plays alongside players like Angel Di Maria, who led La Liga in assists in the 2013-14 season, and Sergio Agüero, who holds the record for goals-per-minute in the Premier league.

While Ronaldo not only led the La Liga in goals scored (31 goals in 30 matches), he also led his team to its 10th title, winning best player award and top scorer with 17 goals.

However, when it comes to the FIFA World Cup, Messi is the favourite. He took his team to the finals but lost in injury time by one goal to Germany, while Ronaldo and the Portuguese team couldn't make it past the group stage.

Ronaldo never made it far in the World Cup with his team, causing many to criticize his skills. However, he did have to deal with a knee injury that kept him from performing to his full potential in 2014.

However, judging Ronaldo on his World Cup success, or failures rather, is not a fair comparison.

Ronaldo has started this season on fire, scoring an astonishing 16 goals in just seven matches. He was also recently awarded best player, best forward and best goal by La Liga.

While both are world-class players who have won the highest individual awards and continue to amaze soccer fans, Ronaldo's performance from the end of last season to the start of 2014-15 has been phenomenal, making him, in my opinion, the best player in the world.

He has proven to be one of the most dominant players in all of sports and can only improve from here on. He is not the second highest paid athlete in the world for no reason.

## Unfriending cuts deep on Facebook

**Maria-José Martínez**

ARTS & ENTERTAINMENT  
EDITOR



While Facebook has technically come a long way, it hasn't changed much as a psychological phenomenon. The extent of emotional turmoil that can occur from constant photo stalking and post reading is painfully obvious in today's society. This is why some people choose not to have Facebook at all.

I remember clearly when Facebook was a new thing. It began as a social network where you could reach out to old friends, class-

mates and family members. Then, it turned into a huge social media phenomenon. It now permeates our lives socially, professionally, financially, and the list goes on.

When I first got Facebook back in high school, I used it to connect with new and old classmates from elementary school, to get to know them a little better and where they came from. It was always interesting to look through their profiles and pictures because this gave me a glimpse into their social life. Back then, Facebook wasn't seen as depressing or emotionally damaging since it was only the beginning.

In high school I was on Facebook, constantly. Like everyone my age, I logged in every day and had it open on my laptop at all times. But as time went

on, the more photos I saw of people my age partying, the more I began to develop feelings of anger. Everyone always seemed to be having a good time, while I was stuck home on the weekends with nothing to do except dwell on photos on Facebook. As I got older I started using it less often, only for updates and birthday posts.

Since my time in high school, Facebook and its effects on mental health have been studied extensively. These studies show that the more people look at other people's photos, the more likely they are to become depressed, lonely, and have lower self-esteem. For example, a 2013 study from the University of Michigan said that the more people use Facebook, the less happy they were, leading to a decline in general satisfaction. A different

study also mentions that depressed and lonely people use the Internet and Facebook more often than those who aren't, making it become an endless cycle. People are depressed because of Facebook, and they use Facebook because they are depressed.

I think it's normal for young people to be curious what their acquaintances are doing, but it can be depressing at the same time because it causes jealousy.

I also think unfriending is a huge problem in the Facebook world. It happens for one of two reasons: either someone wants to only keep people they are close to, or they just don't like the person they unfriend (for whatever reason). A study from the University of Denver showed that the top five kinds of people who are likely to be unfriended are either high school acquaintances, co-workers or mutual friends, common interest

friends and others. The study explains that co-workers are often unfriended based on their actions in the real world rather than what they post on Facebook. High school classmates are always the main target for unfriending, usually because they don't share anything common with them anymore, as beliefs change in later years.

I have experienced feeling sad and lonely from being unfriended. Not only does it affect the mind, but also causes some uncomfortable situations in person. Multiple times I have run into people that have unfriended me and felt like they didn't care to acknowledge my presence at all.

Facebook is a great for networking and communicating with old friends, but I think we would all benefit from using it less often. I think if we limited our Facebook use our social lives would improve, and the world would be a bit more drama-free.



# Halloween hijinks fill hallowed halls of Humber

We wandered the halls of North campus today and captured the spirit of Halloween — Humber style.

Photos by Abdikarim Hashi and Jasmine Kabatay







## Theatrical Society for drama lovers on campus

New HSF-sponsored club draws students in for improv opportunities

Hayley Michaud  
A&E REPORTER

The Humber Students' Federation new Theatrical Society club is encouraging people to get out there and have fun.

Andre Apperly, 19, a first-year broadcast television and videography student, said he created Theatrical Society to recreate some of the enjoyment he had in his high school drama classes.

"I took drama all four years of high school and I missed it, and I thought this would be a good way to meet people with a same kind of interest," Apperly said.

The members of the club come from different programs, although some of them have been doing theatre for many years. Apperly said his intention for the first few meetings was to get all the members on the same page.

First-year fashion arts student, Francesca Porco, 19, is one of the members with theatre experience. She said theatre and acting had a big influence on her college decision.

"I've always been in theatre, my



HAYLEY MICHAUD

Founder of Theatrical Society Andre Apperly, 19 and first-year fashion art student Francesca Porco, 19, share a laugh before club meeting.

entire life, ever since I was a little girl, and it was something I was really looking for when choosing a college. So finding out that Humber has had (a theatre club) in the past really got me going into it," said Porco.

Another member, second-year bachelor of nursing student Amrinder Sidhu, decided to join the club in hopes of doing better in class presentations.

"I really like the improv part that we're doing. I hope we can do some-

thing on stage," said Sidhu.

Apperly said he had plans to create a public improv event entitled *Whose Line is It Anyway*, after the well-known TV series with the same name, at LinX Lounge towards the end of November.

The Theatrical Society club meets every Wednesday from 6 to 7 p.m. in the North campus U building with windows on three sides of the space overlooking the Arboretum.

For more info or to join the club, contact [humbertheatre@gmail.com](mailto:humbertheatre@gmail.com)

## Aboriginal art exhibit gives education on a tradition

Tonia Venneri  
A&E REPORTER

Humber College's Aboriginal Student Circle is presenting Aboriginal Awareness Week and will be hosting the Anishinaabe, Nongom! Indigenous People, Today! art exhibition at Lakeshore's L Space Gallery from Nov. 3 to 7.

Natalie Snow, founder of the show and co-president of the student club, said visitors to the gallery can expect to see an array of different art from around the GTA that is representative of Aboriginal culture.

"We did an open call to the GTA... We have some treaty pieces, we have students from OCAD," Snow said. "It's a creation of their specific view of people today or what they believe it encompasses."

Snow said contributions to the event would make for an interesting and educational showcase of indigenous people.

"Every day of next week, we have a different workshop besides the art that's going to be the backdrop," Snow said. "Wednesday we have traditional storytelling, which is

done by a Humber student, and on Thursday is (making) dream catchers, and Friday is beading."

In the final year of her Criminal Justice program at Humber, Snow has worked hard to bring a show to campus that represents a community that is prominent at Humber. She said she hopes people can take away a better understanding of the culture and its community.

"Unfortunately, people have misconceptions and negative thoughts of Aboriginal people but there's so much more to them (than people realize)," Snow said. "What I hope that students can take away and pull out from the community is just what a positive and vibrant culture it is, and that there's so many different aspects to it."

L Space Gallery curator Tara Mazurk said a show like this allows the gallery to display and engage student clubs from around campus, which sometimes times can be difficult.

"Having a student club in the space is really important for us, because it shows students' work and their project planning," Mazurk said. "It gives them an opportunity to take an idea and actually have a



TONIA VENNERRI

Abishinaabe, Nongom! Indigenous People, Today! exhibit is on display at L-Space gallery, Humber Lakeshore campus this week.

public forum to showcase it."

The L Space Gallery wants to offer a more interactive experience for visitors, an experience Mazurk said Aboriginal Awareness Week is providing.

"The exhibition is very multidisciplinary. We're going to be having film screenings, traditional dancing,

dream catcher workshops, so it kind of expands the purview of how we see art and how we engage with it," Mazurk said.

The artwork and demonstrations from artists, both in and out of Humber, will allow people to get a better understanding of the strong Aborig-

inal community at Humber and the true essence of the artwork, she said.

"It's really nice to see how the Aboriginal Student Circle and the Aboriginal Resource Center has a really strong connection to the college and tries to collaborate on different projects like these art projects. It's quite spectacular, some of the stuff that they're doing and the awareness that they are bringing to a broader community," Mazurk said.

Craig Waboose, 26, a paralegal student at Humber and an active member of Humber's Aboriginal community said this awareness week is an important time to highlight the community.

"It's showcasing our heritage and our culture in a very educational way, because as you can tell in the news Aboriginals make headlines from land rights to treaty rights, and I feel like this is a very effective way for the Aboriginal community within Humber and within Toronto to showcase their heritage and culture," said Waboose.

The show's opening reception will be held in the L Space Gallery on Nov. 4 from 6:30 p.m. to 8:00 p.m.

## ALUMNI SUCCESS

# Langelier wins Cream of Comedy final

Humber Comedy Writing and Performance graduate Caitlin Langelier takes on \$5000 prize, top honours

Persis Abraham

A&E REPORTER

Several Humber comedians made their way to the finals for a Tim Sims Encouragement Award on Monday.

Honours were presented by The Tim Sims Encouragement Fund and Second City comedy troupe at the 19th annual The Cream of Comedy Gala held at Second City.

Caitlin Langelier, 22, a Humber Comedy Writing and Performance graduate, walked away as the win-

ner of the top award and its \$5,000 prize.

"To be put on a list that even tangentially relates me to some of my personal heroes is mind-blowing, it's an unbelievable honour," Langelier said.

"When I was announced as the winner, I can't even describe the feeling. It's so surreal and crazy.

"Every time something like this comes around, I get to think to myself, 'Huh, maybe you actually could make a career out of this. Maybe you

belong here.' I can honestly say I'm hopeful, and that's a rare thing in my profession," she said.

During her two years in the Humber program, Langelier said she completely immersed herself in comedy to prove to her parents that moving across the country was a good idea.

"The program was definitely the catalyst that got me to where I am and also the most fun I've had in my life," said Langelier.

Sam Burns and Jeremy Woodcock were other Humber graduates nominated for the award alongside Langelier.

"It feels great," Woodcock said en-

thusiastically about his nomination.

"Stand-up was something that I tried to gain the nerve to try for a long time, and knowing that people really like it now that I'm finally doing it has been inspiring. It gives you a lot of confidence if you go up with just your own jokes and delivery and people really enjoy it."

Woodcock graduated from Humber's Television Writing and Production program. For him, he said, comedy has been a draw for a long time.

"I probably started thinking [of comedy] as something I could actually do rather than just watch, in Grade 9," said Woodcock.

Daniel Shehori, producer at Sweat Equity Productions, has been involved with the Cream of Comedy gala since 2000 when he was the original producer of Fresh Meat, the showcase where finalists were selected.

Shehori said he was also part of the Cream of Comedy jury in 2005.

"The process of picking the winner is fairly quick," he said. "We all come to an agreement and it usually takes about five or 10 minutes."

"Caitlin had displayed growth from the time she was involved with the Fresh Meat Showcase. She's great, very funny, and charming," Shehori said.



PHIL WITMER

Boom Crane performed as part of Humber Lakeshore's Wednesday concert series. From left to right, Peter van Huffel, Michael Bates and Jeff Davis.

## Performing jazz music for van Huffel 'all about an open mind'

Lakeshore campus Wednesday Concert Series last featured jazz group Boom Crane fronted by college alumnus and saxophonist Peter van Huffel

Phil Witmer

A&E REPORTER

Humber College music graduate Peter van Huffel brought his jazz trio Boom Crane to his alma mater this week for the Wednesday Concert Series at Lakeshore campus.

Van Huffel, an accomplished saxophonist and composer, graduated from Humber more than a decade ago and lived in Brooklyn, NY, and Berlin, Germany, for years, networking with other musicians constantly.

"Berlin is different," said van Huffel. "In Toronto, [other jazz musicians] will mainly play standards. In Germany, everyone will be much freer and improvise more."

Boom Crane's hour-long set demonstrated this as van Huffel, bassist Michael Bates and drummer Jeff Davis maneuvered through the tricky musical twists of songs from their 2013 self-titled album. The lack of piano or any other chord-playing instrument in the group freed Van Huffel and Bates to embark on exploratory passages marked by staccato lead lines from the former and percussive harmonic movement from the latter.

When asked what to call their music during one of the question periods dotted throughout the set, all three members responded simply with "jazz".

"You can put any kind of wording on it but I think, for us, we like to do lots of things — swinging, improvisa-

tion, so jazz is all of that," Davis said.

Following a piece that seemed to change rhythm and feel every other measure, Bates invited several of the attending Humber music students to join him on stage as he workshopped them through the complex changes. Jared Goldman, 23, a fourth-year drumming student, was among the students and said it was "a blast" to accompany such experienced musicians on stage.

Boom Crane, which has been around in some form or another for three years, came together through chance, random meetings which took place with a similar spirit.

"There's a lot of different aspects to jazz," said van Huffel. "It's all about keeping an open mind."

## Diwali Festival of Lights inspired by ancient legend

Ashley Jagpal

A&E REPORTER

Lisa Brunes became a Sikh for a day when Humber Students' Federation hosted its first ever Diwali event at the Lakeshore campus on Oct. 23.

"When I saw the sign I had to check it out, and I'm so glad I did," said Brunes, a creative book publishing student at Humber.

Diwali is also known as the Festival of Lights, an ancient ritual of several days that signals the triumph of light over darkness. It's important to Sikhs and Hindus globally.

According to Nasib Singh, a worker at the Sikh Spiritual Centre Toronto (Rexdale Gurdwara Sahib), Diwali's legend begins when one of many Sikh gods, Guru Hargobind Ji, was captured and imprisoned by the Raja, the ruler of India at the time. People had to follow what he said, or there were consequences.

"However, being a Guru and brought to the world to spread the teachings of Sikhism, Guru Hargobind Ji refused to listen to the Raja, because the only thing he believed in was God and the message he had to deliver," Singh said.

"To him, he was not supposed to follow along with what other people told him to do. This caused the Raja to become angry and put the Guru in jail where he kept him for 12 years," she continued.

Singh said the Raja had trouble sleeping at night because he would see the face of the Guru. He was told that if he was not going to let him free, to at least release the other prisoners he put in jail for no reason. The Raja finally relented and agreed to let everyone go if they could all walk out holding the Guru's hands.

"Since the Guru did not have 52 hands he created a coat with 52 coat tails, (so) each prisoner held on to

a coattail and with the Guru walked out of the prison," said Singh.

They had to walk very far to get to the city of Amritsar, like walking to California from Mississauga, she said, and with no lighting.

But when everyone heard what happened, they set up candles and sources of light in each village along the way so the prisoners and Guru would know they were going the right direction.

There would also be sweets for them to fuel themselves throughout the villages.

When they arrived at Amritsar there was a huge celebration where people lit more candles, passed sweets and food and did an "Aarti," a hymn-like song that praised god, at exactly 6 p.m.

"Nowadays at the Golden Temple in Amritsar at exactly 6 p.m. they do the exact same thing and it's always on time," Singh said.

Presnima Datte, in the Social Service Worker program at Lakeshore campus, said Diwali is an important event in her culture.



I love how it allows me to get together with my family and be more open, friendly and show my joy.

Presnima Datte

SOCIAL SERVICE WORKER STUDENT

"This is my festival. I believe in my culture so much. I love how it allows me to get together with my family and be more open, friendly and show my joy," said Datte.

"It's like how people celebrate Christmas," she added. "It's great food, lots of dancing and just overall happiness with the people you love."

# ADVERTISE

# HERE

HUMBER ETCETERA PUBLICATION IS DISTRIBUTED ON THREE CAMPUSES. WE REACH OVER 27,000 FULL TIME STUDENTS, 56,000 PART TIME STUDENTS AND 2,000 STAFF. WE ARE ALSO READ BY STUDENTS AT THE UNIVERSITY OF GUELPH HUMBER.



**HUMBER**

School of Media Studies  
& Information Technology

To request a rate card or to book your advertisement please contact the media sales line at:  
416.675.6622 ext 79313  
[mediasales@humber.ca](mailto:mediasales@humber.ca)

# Reliable IUD an alternative to pill, women learning

Implanted form of contraception avoids days of missed meds

**Britnei Bilhete**

LIFE REPORTER

A proven effective long-term birth control method remains largely unknown to many young women in Canada.

Intrauterine devices or IUDs, are used by only 2.3 per cent of women, according to a 2009 study published in the *Journal of Obstetrics and Gynecology*. Although it's widely believed by medical professionals that the number is growing, the rate of growth seems to be small.

A Humber Spa Management student who asked for anonymity, had only a vague idea about what an IUD was.

"Well I know it's something that you physically put inside and it stays there," she said.

Catherine McKee, Humber College's Registered Nurse and Health Education Co-co-

ordinator said, "an IUD is a small, T-shaped plastic device that is wrapped in copper or contains hormones."

The copper implant can last up to 10 years, and five years for the hormonal IUD. Neither protect against sexually transmitted infections.

"The IUD is inserted into your uterus by your doctor," McKee said, and it is a minimally invasive procedure.

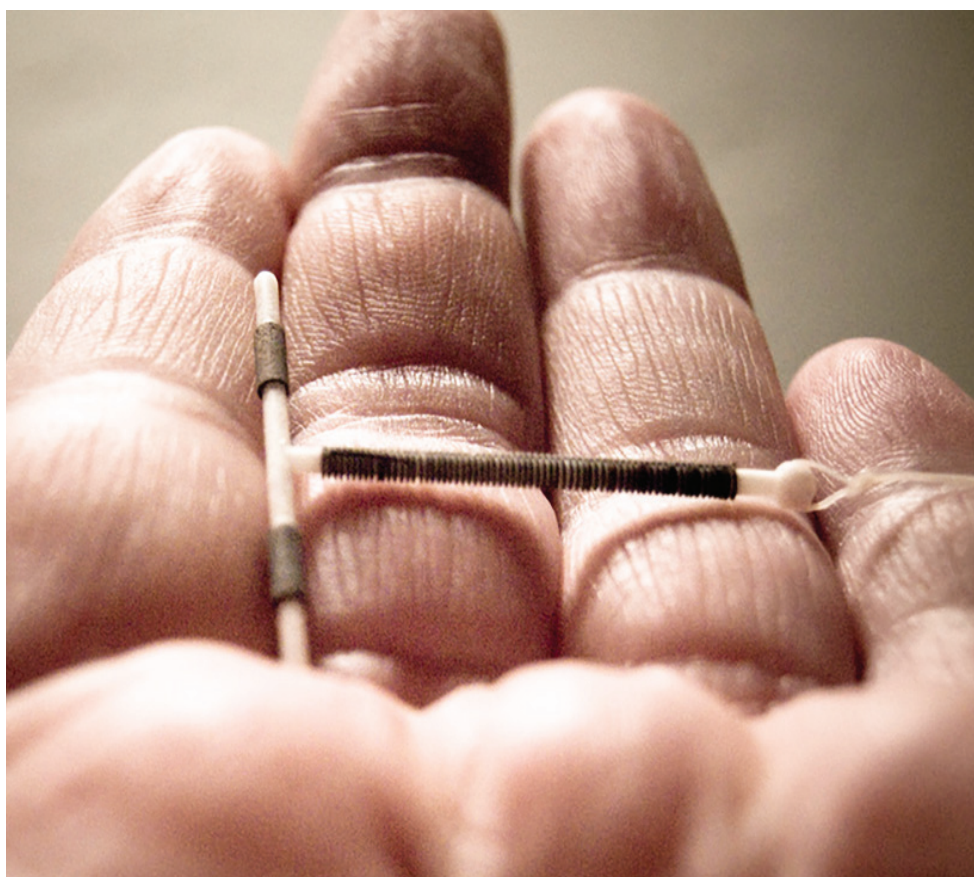
The option could appeal to women like the spa student, who was using an oral contraceptive but after eight years decided to cleanse her body.

"I noticed that my moods kind of went back to normal... I definitely felt a hormonal change," she said.

The Sex Information and Education Council of Canada says condoms and oral contraceptives are most common for women aged 15 to 29, but effectiveness is ultimately based on the user.

For some, it's easy to forget to take the tiny pill every day.

"One time, I didn't take it



COURTESY OF FLICKR PHOTO BY +MARA

According to Case Western Reserve University there are 160 million IUD users globally with two thirds of users in China..

for two days," the student said. "And I decided, screw it, I'm just going to take all three (the next day). I was a wreck."

The excess estrogen released by her medication caused her mood swings and hot and cold flashes.

This mistake is both common and dangerous, said Reg-

istered Nurse Pheona Rhooms.

"After a 48 hour period of not taking the pill, the effectiveness is gone," Rhooms said. "The Mirena IUD that has medication in it, it's just like having the pill but just you don't have to remember."

Rhooms said after insertion, an ultrasound is done a

month later and then an annual check up.

Side effects of the copper IUD can include painful and more heavy menstrual bleeding, as well as spotting between periods (in contrast to the Mirena which can halt bleeding altogether). Serious complications are rare.

## Bodies need fat, protein, carbohydrates in weight loss

Balanced diet, body movement keys to remaining healthy

**Chelsea Alphonso**

LIFE REPORTER

Fad diets are not the way.

Toronto nutritionist Chris Carlone said, "my approach is to enjoy every single meal with foods in a balanced way so you're not suffering through a diet."

Our bodies need fat, carbohydrates and protein, said Carlone.

If every meal consists of these things we will not only attain our goals, but also eliminate cravings, and see a peak in energy, said Carlone.



My approach is to enjoy every single meal with foods in a balanced way so your not suffering through a diet.

**Chris Carlone**

NUTRITIONIST

# Phone apps, dating sites, technology have changed game

Apps like Tinder may have made meeting new people less personal but many like it

**Brianne Cail**

LIFE REPORTER

Thanks to hundreds of dating sites, apps, and other forms of social media, the dating game has changed drastically.

For better or worse, love letters and serendipity have largely been replaced by screenshots and online matchmaking forms.

Maya Varley 18, a first year Humber Interior Design student, said technology has made dating less personal.

Varley hasn't ventured into serious online dating yet, but has tried the popular phone app Tinder, primarily used to meet new people in one's immediate area.

"Nothing has come out of it yet but I have had an interesting time with it so far."

She said online dating can be tricky, because people don't know who they are talking to for certain, and have to be cautious. Despite that, "I would definitely suggest it, just for fun."

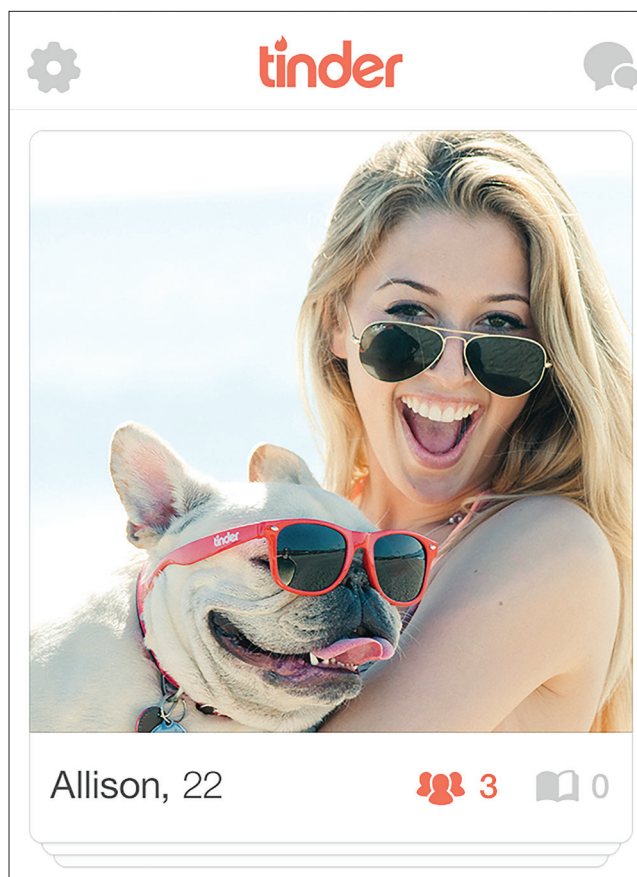
Hillary Mosker, a recent Western University graduate, said the idea of communication, and the way we go about doing it, has greatly changed in dating over the years.

"Before, it was very easy to contact someone and to speak with them directly. Today, through social media, personal cellphones, business software and the internet there are so many different areas of communication we are responsible for we forget about the importance of connecting face to face," she said.

It is imperative to have strong pillars of communication on all levels when in a relationship, said Mosker.

Dating sites or apps do make it easier to meet people out of your area, she noted.

"The possibility of dating someone was limited to where you were at that time in your life. Today you can speak with people from different cities or countries with the same ease as speaking with someone in the same



COURTESY OF TINDER

Tinder app uses your location by GPS, as well as information from your Facebook to match you with people close by.

room as you," she said.

Mosker, also a user of the Tinder app, recommends it to

anyone not looking for a serious relationship right away.

"From (my) experience

the majority of people that I matched with and talked to were looking for a casual conversation, perhaps a flirtation," Mosker said.

Another method new approach that's increasingly popular is speed dating.

On Oct. 24, the Humber North campus hosted a speed dating event, which allows for a more traditional face-to-face meeting with a twist - the date only lasts three minutes.

Ahmed Tahir, Humber Students' Federation Vice President of Student Life at North campus, said that he received positive feedback from the students who participated in the event.

"It's an interesting experience that most students have never been a part of before," Tahir said.

This is the second year that HSF has hosted this event.

Whether speed dating, swiping in an app, or matching up online, all dates require a few key things, Mosker said.

"It just takes some time, patience and a few bad dates until you might find someone you connect with in reality."

Cutting out salt is a great way to see quick results said Kat Deckert, a nutritionist from Quebec.

She cautions against the idea of cutting out carbohydrates completely. "What is going to happen is even after you reintroduce even a little bit of carbs you're going to blow up, and gain it all back," Deckert said.

Aside from a balanced diet, Deckert said it's important to eat at consistent times. Eating every three to four hours will help metabolism and aid in avoiding overeating at meals.

While nutrition is a major factor in weight loss, another major component is to get the body moving. Whether through recreational sports, walking, or hitting the gym, Humber Athletics personal trainer Tyson Brown said our bodies aren't meant to stay still.

Even if you find yourself short on time, it is not an excuse. "There are 20 minute workouts, 10 minute workouts, just get up and move! Even just doing push ups."

Try and work out three times a week, but don't stress about how long we spend in the gym -- as long as we go, Brown said.

# HORRORSCOPES by JORDAN BIORDI



**JAN. 20 – FEB. 19**  
You've been becoming a different person at night, like the vicious Wolfman. You want let the animal out, but don't lose control. You may end up biting off more than you can chew.



**FEB. 20 – MAR. 20**  
You're feeling overwhelmed with everything, much like a zombie horde surrounding you. Stay strong, and remember to appreciate the small moments when it's okay to stop and catch your breath



**MAR. 21 – APR. 20**  
A trip to Silent Hill might make you realize something about yourself you never knew before. You might find things that are scary, but if you look hard enough you'll discover an unknown truth.



**APR. 21 – MAY 20**  
Something from your past that keeps coming back, much like the killer Michael Myers. You might think it's not coming back, but don't think you're safer than you actually are.



**MAY 21 – JUN. 20**  
You've been feeling unappreciated lately, since no one believes you've seen Freddy Kruger in your dreams. Though some may not listen, you stay resolute and on the right path.



**JUN. 21 – JUL. 22**  
You have an unquenchable thirst like Count Dracula. Though some may stand in your way, you will do whatever it takes to get what you desire. Give in to your dark urges.



**JUL. 23 – AUG. 22**  
You feel like you're lost in the forest, being chased by Jason Voorhees. Keep a clear head and watch your footing, there's always a branch to trip on right before he shows up!



**AUG. 23 – SEPT. 21**  
You've been feeling like a mishmash of parts like Frankenstein's monster. You try to open up to people, but they aren't taking to you. Remember you're not a monster at heart.



**SEPT. 22 – OCT. 22**  
You've been noticing the Faculty acting weird, but no one seems to believe you. Trust your instincts; you know this is an alien infestation, you just need proof.



**OCT. 23 – NOV. 21**  
You may find yourself being chased by a homicidal maniac. Avoid running into closets or other obvious areas. Rational thinking may be the difference between life and death.



**NOV. 22 – DEC. 20**  
You're very trusting, which is why you feel safe after buying that Good Guy doll. But this may end up being your downfall; you never know when one of those will be possessed by a serial killer.



**DEC. 21 – JAN. 19**  
This week channel your inner Xenomorph. You keep everyone on their toes, never sure when you might strike. Remember, the less we see of you, the scarier you become.

## QUOTED: Are you too old for Trick-or-Treating?

"You're never too old for free candy"

"It doesn't matter how old you are, as long as you have a costume on"

"Because you're always young at heart"



**Stephanie Russo, 18**  
Buisness,  
1st YEAR



**Maddie Hunt, 20**  
Fitness and Health Manag.  
1st YEAR



**Melissa Dasilva, 20**  
Early Childhood Education  
3rd YEAR

## SCHOOL DAZE

BY JORDAN BIORDI

SEXY EBOLA NURSE?



SERIOUSLY?

HAS IT GOTTEN TO THE POINT WHERE YOU CAN PUT THE WORD SEXY IN FRONT OF ANYTHING AND MAKE IT A COSTUME?



CASE IN POINT: SEXY CASTRO

AND IT'S HORRIBLE CONCLUSION...



...SEXY POPE

96<sup>FM</sup> | radio.humber.ca

# TO THE NINES

**Onyeka Oduh**  
20  
Media Foundations  
1st Year

Scuba Maxi Dress: Value Village  
Leather Jacket: Garage  
Doc Martins

Onyeka's sister says she dresses like a witch, so she adpoted a Gothic Chic "witch with a heart of gold" style inspired by movies like *The Craft* and TV shows like *Buffy the Vampire Slayer*

PHOTO BY ALEJANDRA FRETES

# Humber loses provincials to Algonquin

Men's soccer team had held OCAA title for last three years

Aaron D'Andrea

SPORTS REPORTER

The Humber Hawks men's soccer team four-year provincial title run came to an end on Oct. 25 as they fell to Algonquin College 1-0 in the finals.

Humber rolled into the season-end tournament with an undefeated record, ready to capture another title.

But first they had to get past Durham College in the semifinals.

Humber grabbed a 2-0 victory and secured their place in the finals.

Meanwhile, Algonquin mounted a comeback in its semifinal game against Sheridan College. Down 2-1 at half-time, Algonquin managed to score three goals, also securing their spot in the championship round.

The final game was set and the players knew this was going to be the biggest match of the season.

Hawks dominated possession in the first half and had some good chances. But Algonquin goalkeeper Simon Brown ensured there were going to be no goals for Humber, and the half finished scoreless.

Assistant coach Alex Sabatini said at the half that it was time for the Hawks to change their style of play.

"Playing the ball nice and short is good, but sometimes that longer ball, we've now put another player up top who can hold the ball very well, keeps the other backs



AARON D'ANDREA

Humber Hawks assistant coach Alex Sabatini comforts Jesse Assing in extra time after a disappointing loss to Algonquin Thunder at Welland, Ont.

(defenders) honest," he said.

The second half saw the Hawks keep possession, and applying what the coaches said at the half.

Midfielder Kasra Dehdezi had the best chance in the half, heading the ball on goal after a free kick, but Brown's good position and quick reflexes denied the goal.

So, for the first time this season, the Hawks were heading into extra time.

Midfielder Gerardo Magno, 21, said the Hawks just needed to continue the way they're playing.

"Slow down the tempo, be relaxed, composed, use the wings and try to play through them cause they're big guys,"

said the child and youth worker student.

Fatigue wasn't a concern for the Hawks at the start of extra time. The Hawks continued to play their way and kept possession. By the end, the Hawks outshot Algonquin seven to three.

But at the 105th minute, Algonquin forward Kishoylan Kipusi connected with a cross

and found the back of the net, breaking the scoring deadlock and giving his team a huge advantage.

The Hawks kept fighting in the second half of extra time and had a great chance from substitute Le Rohne Young, but his shot fell into the graceful grasp of Brown.

The final whistle blew, and

for the first time this season, the Hawks tasted defeat.

The coaches said after the match that the team should be proud of what they've accomplished this season.

The Hawks will walk away from this season as the OCAA West Division champions, and were named the OCAA West Division best defensive team.

## Men's volleyball start season on right track

Hawks take pair of two-game sweeps to start season, looking at potential for growth

Ashleigh Darrach

SPORTS REPORTER

The Humber's men's volleyball team packed up their gear and headed on a very long bus ride to Sudbury, Ont. on Oct. 25 for their first two regular season matches.

After the five-hour bus ride, the Hawks warmed up and got ready to face their first competition of the weekend, Cambrian Golden Shield.

With a very new dynam-

ic in regards to the number of rookies on the team, the Hawks needed to take advantage of every opportunity to fine-tune their system.

"We wanted to get some rookies in, with some quality playing time, and that's what we did," said Matthew Isaacs, middle, a Heating, Refrigerating and Air Conditioning student.

The Hawks handled the Golden Shields well, winning by a clean sweep in three straight sets (25-19, 25-20, 25-19).

"The team played very well considering the opponent was a far weaker team. (It's) always tough to stay motivated and keep a high level of play in that scenario," said Wayne Wilkins, head coach of men's volleyball.

The men packed up their bags after the first win and headed back to the hotel before taking on their second opponents, Boreal College Vipers.

They came out very quickly in the first set, dominating the court. The Hawks then got to try some new options in the second set, including switching around posi-

tions and trying a new setter. Humber won all three sets, yet again making their record a perfect 2-0 (25-9, 25-8, 25-16).

"The highlight of the weekend was our first victory of the regular season and realizing that we still have so much more potential to grow as a team," said Aleks Inveiss, libero, a Kinesiology student at University of Guelph-Humber.

Wilkins said that the team will continue to work on getting more productivity out of their passing core, as they have much more potential than they have shown.



ASHLEIGH DARRACH

The men's volleyball team at the net ready to resume play.



JESSICA DEMPSEY

Humber men's rugby team practices their passing as they get ready for the upcoming semifinals match against Fleming College at Vally Field, North campus.

## Defence perfect as men's rugby hits playoffs

With best points differential in OCAA and yet to concede a point, Hawks look to fifth title

Jessica Dempsey

SPORTS REPORTER

Humber's men's rugby team head into the postseason undefeated, having yet to allow their opponents to score a point.

The Hawks are on top of the Ontario College Athletics Association (OCAA) West division, for the fourth year, being the only team to win all six games.

Johnny Sheridan, last sea-

son's OCAA West Rookie of the Year, said the main goal isn't to just win.

"As we have been beating teams, obviously, by a large margin of points it isn't about winning any more. It's more about keeping the zero on the field. So it's a standard that we are all playing to, to keep that zero throughout the whole playoffs, to the end," Sheridan said.

The team had the best points differential in the league, scor-

ing 278 more points than the next best team, Algonquin College.

"With our offence we try to relate to each other. We try to work together, run together when we can, and just work as hard as we possibly can when we are out here. We don't try to slack. No playoff, no days off," said first-year winger Jordan Reid.

Sheridan mentioned that it was the support on and off the field that helps the team put up big numbers.

They finished their season with a 100-0 win over Algon-

quin on Oct. 18.

The team will play Fleming College Knights (4-2), who they have not faced this season, in the semifinal match up.

The Hawks had two weeks to prepare.

The team is out on the field practicing every day, and trying to improve, said team captain and prop Jason Rice.

"We still have weaknesses to our game. We are trying to fix those, so that we can play a complete game when it comes to semifinals. It doesn't matter who we are playing against we just want to put the best product

out there that we can," said Rice.

The men's rugby team has won the OCAA provincial gold four years in a row. The system is the same as last year except for the team being half rookies, but everyone has bought into the system, said front, John Zutautas, third-year varsity player.

"We have some core guys from last year who definitely stepped up, and helped the rookies and showed them the ropes," said Zutautas.

Tomorrow, the Hawks will start their playoff run for a fifth consecutive championship at home.

## Student athletes work at two full-time jobs

Greg Chow

SPORTS REPORTER

"Student athlete" is a single phrase which sometimes hides how different the two words are and how difficult it is for them to coexist.

There are plenty of pros and cons to being a Humber College varsity athlete, Humber Athletics staff note.

Being a student and an athlete on any squad means two full time jobs. It's a challenge for every student athlete – as Humber takes as much pride in their athletic programs as they do their academic streams.

"It's possible to be both," said Monique Haan, head of Hum-

ber Athletics Student Services.

Some athletes agree, but and say they have thrived in their college experience as a result.

"Making a lot of friends, it's really good to get that experience of being on a team and leadership skills," said women's cross country member Kobe Phillips, who is in her second year of the Occupational Therapy Assistant program.

And of course the "free clothes," she adds with a laugh.

Another asset the students receive access to is an open study centre right above Humber's gymnasium.

Designed specifically for athletes and their busy work



GREG CHOW

One of many benefits for varsity athletes is use of open study centre, above, at Humber North campus gymnasium.

schedule, varsity players have access to the Internet in a large quiet space for completing work with most of the sports' team headquarters nearby.

But student athletes still must tackle everyday struggles which play an even larger role in their lives as they try and balance school and

sports.

"The cons are just balancing time, going to practice and trying to keep up with your school work," said men's rugby player Jordan Querino, who is in his second year of Massage Therapy.

Some of Humber's varsity athletes said the stress of be-

ing an athlete and a student motivates them as they are competitive by nature.

"I find it helps me organize, too. It's kind of a good thing, a little stress helps me organize my day," said Sasha Bailey of the women's rugby team who is in her third year of Sports Management.

And it's not just the free goodies, or the rewarding outcomes of being a Humber athlete that make the experience of being a student athlete special.

"We can always ask other athletes to help tutor us with courses," said Kreneau, reflecting on the family-like atmosphere.

"Also, Monique does a very good job at making sure we're all good students. We have courses on time management to help us through the year," he said.

## Playing pickup for memories

Domenic Loschiavo

SPORT REPORTER

Different generations of Humber College alumni get together to participate in a pick up game of basketball every Tuesday night at the school's North campus.

According to organizer Rick Villani, 54, the idea started as high school friends getting together and refurbishing old memories as they played pick-up games.

"Thirty-three years ago I was invited by one of the older guys that used to play every week," said Villani. "A few years later, guys weren't able to come to games every week. So once they decided to drop off, I began to bring in my own guys."

Villani says the idea came from guys wanting to stay in shape and looking forward to coming every Tuesday and seeing old friends they knew from their younger days.

One player recruited by Villani was Humber business administration graduate Mark Bottero. Bottero, 46, began playing pick-up games with his own high school friends before being asked by Villani to join their games every Tuesday night. He began playing with Villani and his crew 16 years ago and came together with some other Humber alumni for his stint with the group.

"I actually met all the Humber guys when I started playing with Rick," said Bottero.

"Once I got there, you get to talking with some of the other guys and start talking about the old days back at Humber and the shenanigans we were up to on a day-to-day basis. And getting our education of course."

There are a lot of benefits playing these pick up games every week, he said.

"I've enjoyed the last 16 because it's been good exercise and I'm around a great bunch of guys. It keeps you motivated through life as well," said Bettero.

Although he never went to Humber College, Frank Bandeira, 36, feels like he did after listening to all the stories being shared.

"Some of the things I hear from these guys is actually pretty comical," Bandeira said. "I hear many stories from bar nights and stuff like that. They started making me feel old with how they relive their, what they call, their glory days."