

## Students and staff vote on sustainability issues on campus

Participants voiced their opinions on categories such as well-being, transportation, water use and recycling



## REMEMBRANCE DAY



Trevon Marsh

The 709 Army Cadet Corps laid wreaths and over 1,200 flags on the graves of veterans as part of an advance Remembrance Day ceremony last week at Sanctuary Park Cemetery in Etobicoke.

# Youth cadets remember veterans

Canada's 'youth of today' being encouraged to take part in Remembrance Day ceremonies

Trevon Marsh  
NORTH ETOBICOKE REPORTER

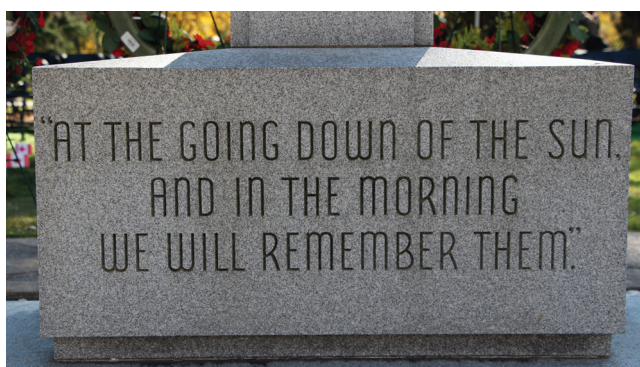
**F**or this Remembrance Day commemoration honouring Canadians who sacrificed in war, local teen and pre-teen cadets paid tribute to veterans past and present at Sanctuary Park Cemetery in Etobicoke last week by placing flags on their graves.

"This event is a way for the community and the youth to recognize the debt that we

owe to all of our veterans who have come before us," said Captain J.P. Ferron, deputy commanding officer for the 709 Army Cadet Corps.

"The youth of today should participate in Remembrance Day in any fashion to make sure the history that surrounds these men is kept alive and never forgotten. Something as simple as wearing red or the poppy could accomplish this," said Ferron.

The cadets put more than 1,200 flags on the graves of



the veterans. They also assisted in the placing of the wreaths, raising and lowering of the flags, as well as participating in other aspects of the ceremony.

"We are extremely privi-

leged to be working with the 709 Army Cadet Corps," said Denise Collarile, regional manager for the cemetery. "We want to give back to those men and woman who fought for us and fought for our

country during peace-keeping time as well as conflicts. Through these cadets and the community's youth, we can achieve just that."

Part of the 709 Army Cadet mandate is to develop positive skills for Canadian citizenship. By learning from some of the best Canadian Armed Forces leaders, the cadets can acquire these abilities.

"Having the various Canadian Legions that are here representing their branches as well as Ted Opitz, Conservative MP for Etobicoke Centre, coming out to further encourage the youth is

awesome because the amount of support we're receiving is great," said Collarile.

This is the third annual Remembrance Day citizenship event and the effort continues to be strengthened with more Canadian youth participating. Collarile refers to this tactic as "Operation We Will Remember."

"Things the youth can do to keep the legacy alive is by coming out to events like these, visiting the Highway of Heroes, or just wearing a poppy," said Gunnery Sgt. Paul Lewis.

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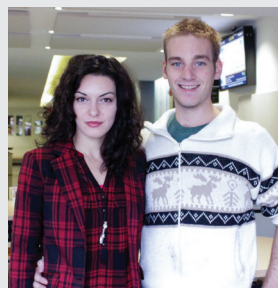
### Stress and anxiety on the rise among post-secondary students

A survey on depression levels among post-secondary students found that OCAD has the highest stress and suicide rates

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### Dostoevsky on campus stage

Play was adapted from classic Russian novel *The Idiot*



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### Tough transition to a career

Humber Career Centre aids prep for the workplace



## - IN THE WORLD THIS WEEK -

| TODAY 11  | TUESDAY 12  | WEDNESDAY 13   | THURSDAY 14   | FRIDAY 15  | SATURDAY 16   | SUNDAY 17   |
|---|---|--|---|--|---|---|
| <b>Remembrance Day</b><br>This international memorial day is to honour members of the armed forces who died in the First World War and conflicts since. | <b>CBS channels make debut in Africa</b><br>CBS's Action and Drama channels are becoming available in several African nations for the first time. | <b>Higher Education Summit</b><br>The global summit is held in New Delhi and aims to transform India's higher education. | <b>World Diabetes Day</b><br>The primary global awareness campaign of diabetes worldwide. It was introduced in 1991 and is held Nov. 14 every year. | <b>America Recycles Day</b><br>This is a nationally recognized day to promote recycling in the United States of America. | <b>Canadian International Television Festival</b><br>The first television showcase festival in Canada will be open at the TIFF Bell Lightbox. | <b>City2Sea</b><br>This event in Melbourne aims to raise funds for charities in a 14km course, where participants can walk, run or jog. |



Albert Williams

A student gets help improving his resume in a one on one peer mentoring session at Humber's North campus Career Centre.

## Languishing after graduation

Albert Williams  
DIVERSITY REPORTER

Graduation ceremonies are the culmination of long nights of studies and stressful exams for students – the gateway for entry into the world of work.

But while the tedious task of sending out resumes for jobs has been rewarding for

many recent post-secondary graduates, others languish in dead-end jobs as interest continues to accumulate on their OSAP loans.

Lauren Watson, 21, a recent graduate from Humber's community and justice program, is currently employed outside of her field of study. She said she was given useful information from the Career

Centre on campus but is frustrated with the job hunt.

"It takes a lot of dedication," Watson said, "Makes me feel like there are no jobs out there."

According to a report released in September by the Canadian Centre for Policy Alternatives, Ontario trails behind other provinces in youth employment. The report shows that only half of Ontario's youth aged 17 – 24 are employed, while Toronto has a 43 per cent employment rate for the same age group.

Tara Cracknell, outreach coordinator at Youth Employment Services, said recovery from the recent economic recession has changed the work world.

"Employers no longer want to train workers," Cracknell said, "They ask for skills and experiences before conducting an interview."

She said this is a major contributor to the high unemployment rate among Toronto's youth.

"Students should try having part time jobs during studies," Cracknell said, "This looks good on a resume and is a major asset."

Christine Colosimo, Humber career advisor, shares this

view and said that employers interpret this as a sign of good time management and sound judgment.

"Humber's policy is to employ students in various capacities on campus," Colosimo said. "Here in the Career Centre we employ 10 students each semester."

"The centre hosts mock interviews, job fairs, peer mentoring and resume workshops," Colosimo said. "This is to help students to better represent themselves to potential employers."

Internship programs like those at Humber have allowed students to place a foot in door they would otherwise not have access to.

Nicholas Brnardic, 20, a recent graduate from Humber law clerk program, currently works part time at the Royal Ontario Museum.

"I did my co-placement at Old City Hall," Brnardic said. "They wanted to keep me, but I was prevented due to a freeze on hiring."

Brnardic said he did not visit the Career Centre because he already had a plan.

"I am currently waiting to start my career with the federal crown," he said, "I'm confident it will happen."

## Stop the Trades Tax campaign seeks to end new yearly fee

Trades people could lose their licence if they fail to comply

Alejandra Fretes  
APPLIED TECH REPORTER

The Stop the Trades Tax campaign began in September 2011 to abolish the new annual tax implemented on trades people by the Ontario College of Trades.

"They're (trades people) not being represented properly," said Karen Renkema, the campaign chair of Stop the Trades Tax. "All members of the college were appointed by the government and aren't represented by members of the trades."

Renkema has been in the construction industry since 2007, along with being involved with the Progressive Contractors Association of Canada (PCA).



The new rules involving [the] trades and their regulatory body will bankrupt the handyman and this in turn will make the consumer pay more.

William Coyle  
HUMBER ALUMNUS/ELECTRIAN

Trades people were already required to renew their licenses every three years while apprentices were not required to pay any annual fee. Since the trades tax was implemented on April 8, 2013, apprentices and trades people are required to pay \$60 to 120 annually, an increase of nearly 600 per cent. And should the tax not be paid, trades people risk the loss of their licences.

"They make it seem like a

privilege, when (there's) a 576 per cent increase in our fees, plus late fees if we are unable to pony up the cash," said Kelsie McNamara, a hair stylist, colourist and artistic instructor at L'Oreal Professional. "To legally practice what we have already paid our dues on, hardly seems like something to be celebrated."

The Ontario College of Trades, however, emphasizes its dedication to the prospering of the trades, with a primary goal to maintain and self regulate them. Sherri Haigh, the director of communications and marketing for the college stresses that the decision-making powers of regulating the trades is in the hands of the people who do the work.

"The new rules involving [the] trades and their regulatory body will bankrupt the handyman and this will in turn make the consumer pay more. Not exactly a great incentive for business owners or home owners to get involved with renovations," said William Coyle, a Humber College alumnus and electrician who has been in his field for nearly 10 years. "Things were fine the way they were before."

Haigh accentuates that the College of Trade's job is to promote skilled trades in Ontario and they welcome the opportunity to work with any group that has any concerns or ideas regarding these fields. The college is currently reviewing several programs for its members, which includes discounts on tools, clothing and insurance.

"Ensure a viable way for people to get involved," said Renkema regarding the campaign. "Go to the website and sign the petition. Young people, old people, the government needs to hear from you."

For additional information on the campaign www.stophetradestax.ca

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# OPP praises Humber transport training

Jacob Wilson-Hajdu  
CRIME REPORTER

Humber's Transportation Training Centre was recognized by a provincial police body last month for implementing new safety and road updates while teaching commercial driving.

The Ontario Police Commercial Motor Vehicle Committee enforces transportation regulations and educates drivers.

Dalbinder Gill, Toronto Police constable, said the group consists of police officers and Ministry of Transportation officials who are certified commercial vehicle inspectors.

"Our job is to enforce the Highway Traffic Act, and inspect commercial vehicles in the province of Ontario," Gill said.

He said Humber is at the frontier of training students in the commercial driving field.

"Humber College came

on board for their great education aspect, and what they have done on their education program. They teach students on how to safely operate large commercial vehicles within the province of Ontario," Gill said.

Humber has worked with Toronto Police and other policing services to create the best education possible.

Karen Tavener, Humber director of Education and Training Solutions, said Dalbinder and the instructors

worked together to develop a one-hour presentation where an OPP or York region officer talks to the students.

"They talk to the students about what to look for if they stop you. So if you're a commercial driver and you see the lights, and they pull you over, you know what they are going to ask," Tavener said.

Humber's Transportation Training Centre focuses on keeping students safe in the workforce and on reaching

out to the community.

"The focus for us is to talk to people like the police, and have them come in and support what we are doing. They promote our programs. They talk to our students about the value of education," Tavener said.

Rob Jackson, an instructor for Humber's Education and Training Solutions, said not all commercial training services have the same reputation in the industry.

"Right now, training in the

industry is just brutal," said Jackson, citing lax Ministry test standards that don't test brake systems, check under the hood or require more than about 10 minutes supervised driving.

He said the training centre at Humber is very well respected in the industry of commercial driving.

"Most of the students in our program right now have jobs before they leave with their license. We are so short in this industry," Jackson said.

## Sedentary lifestyle causes health risk

Mario Belan  
HEALTH REPORTER

A new wellness survey from Sun Life Financial Inc. has reported that nearly a quarter of Canadian employers consider work-related stress and sedentary lifestyles the most serious health risk.

The report, released Oct. 28, advises people to get up and move around if they are sitting at a desk all day.

Travis Saunders, a researcher at Children's Hospital of Eastern Ontario Research Institute in Ottawa, said sedentary lifestyles can easily be avoided if you find a few minutes in a day to be active.

"Take a walk break. Interrupting sedentary lifestyles is an easy way to improve your health," said Saunders.

Catherine McKee, a registered nurse coordinator at Humber said that some of the health concerns associated with sitting for long periods of time are obesity, increased blood pressure, high blood sugar and excess body fat.

"At Humber we are lucky we have a gym at both lo-

cations and are able use the facilities," said McKee. She suggests parking the car further away and getting up and stretching for those at the computer for a long time.

There are enzymes and proteins in your body that work as vacuums to suck in sugar and fats, Saunders said.

"When you sit down the vacuum stops and the sugar and fats build up. We do a lot of things sitting down," added Saunders, who suggests standing during a meeting or in some extreme cases even getting a treadmill for under the desks.

Nicholas Brnadic, 20, a graduate of Humber's law clerk program said he steps outside for a quick walk to get his blood flowing when he works from home.

"Once you're sitting you don't feel like getting up," he said. "When I'm active I can focus on my tasks easier."

McKee said that getting up can also decrease stress levels and that when the mind is refreshed we work more productively.

"It will help you clear your mind," she said.



Gloria Namugenyi

Students voted on Oct. 31 to prioritize sustainability issues they perceive within the Humber College environment.

## Campus sustainability voting

Gloria Namugenyi  
NEWS REPORTER

Humber College's sustainability committee has asked students and staff to voice their opinions on issues that need to be improved on campus.

The Humber Sustainability Strategy Development event took place on Oct. 31 in the main concourse at the North campus.

Participants were asked to vote on what they felt were the most important issues on campus. Categories included, social equity and well-being, transportation and commuting, education and research, ethical purchasing, water use, recycling and management.

Participants placed stickers on the appropriate chart that had the category they felt was most important to them.

Lindsay Walker, Humber's sustainability manager, said she was happy with the turnout.

"We expected 1,000 students to show up but I think we got about 1,500 people in-

cluding the staff," said Walker.

Najamuddin Mohammed, sustainability committee member, said the crew is trying to come up with a five-year sustainability strategy plan that synchronizes with the school.

"We have these broad categories that we want students and faculty members to vote on so we can choose the five with the most votes (and) see what our main focus should be," said Mohammed.

Sheena Morris, 21, a first-year tourism management student said that she chose to vote because she believed that her opinion mattered and that is the only way her concerns would be improved.

"My biggest concern is fresh water and disposing of waste properly," said Morris.

This being her first year at Humber, Morris was happy to see the school engaging students in this process, as it is educational.

"Educating students on sustainability means that they can take what they have

learned at school and apply it to their careers and everyday lives," said Morris.

In previous years, students would just fill out surveys and also voted online on what they thought was inevitable, but Walker said she wanted to do something different this year.

"Typically voting happens in little ballots or online but I wanted to make it more interactive and interesting this time around. With the stickers, popcorn and music it makes it more fun and people don't have to feel stuffy sitting in a room," said Walker.



Mario Belan

Nicholas Brnadic sitting down and working from home.

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# Yellow Umbrella raises mental health issues

Shaneza Subhan  
HSF REPORTER

The College Student Alliance, an Ontario advocacy group, is introducing The Yellow Umbrella Project to bring awareness to mental health issues within post-secondary institutions.

This campaign launched in January on various social media sites with the hashtag #Blue 2013 with campuses around the province suggesting different ways to improve

the campaign, resulting in the current version of the initiative. The colour yellow is intended to represent cheerfulness, hope and happiness. The umbrella serves as a protection from hurtful stereotypes surrounding mental health.

Humber Students' Federation will launch "The Wall of Yellow" at North campus where students will be able to post sticky notes on the walls in front of the HSF office with positive messages to help support those who are struggling

with illnesses.

"I have always been passionate about mental health awareness," said Candace Pellos, HSF vice president of student affairs. "I want this to be a topic everyone can feel comfortable to discuss because no one should ever suffer in silence."

The alliance would like to promote the Yellow Umbrella Project within post-secondary institutions across Ontario, with potential growth elsewhere in Canada. This cam-

campaign will develop effective communication strategies for the target audience and host accessible, fun events for students.

"We are trying to get various counseling services on campus so that students know where to go," said Brittny Thames, central director for the College Student Alliance. "This is a great opportunity for students to come to the Student Centre, participate in the Wall of Yellow and even grab a stress

ball."

This campaign aims to ensure students know they are not alone and there are others struggling with mental illnesses. Humber early childhood education student Nandini Deena, 22, said the project will be helpful in supporting students.

"I think that this campaign will show students that they aren't alone if their going through something and that there is light at the end of the tunnel," Deena said.

A 2009 study by the American College Health Association found one in three university students said they'd felt so depressed in the last 12 months, they found it difficult to function. The same study found that seven per cent seriously considered suicide.

The Yellow Umbrella Project will launch this week and various activities will take place at the Student Centre for all Humber students free of charge.

## Veterans remembered by cadets

Continued from pg 1

"We live in the greatest country in the world," he said. "There's no other country like Canada, we are respected worldwide for being polite and are not considered an aggressive country. We're always a country who will be out there doing the right thing at the right time. These cadets and the youth of Canada are our future and will carry this on."

The Etobicoke community is urged to come and support the organization.

"I attended today's event because for myself I needed a good reminder of the men who we lost in battle," said Luke Matijczyk, a former Humber College student and now singer.

Matijczyk assisted in the cause by taking the stage and singing for the audience.

"I just really wanted to participate and do anything I could to help. Singing is what I do so if I can contribute that I'm happy to do it."



Trevon Marsh

Wreaths were laid at the Sanctuary Park Cemetery in Etobicoke last week.

## Firefighter Christmas toy drive underway

Earl Abalajon  
EARLY CHILDHOOD REPORTER

Early childhood education students from Humber College and University of Guelph-Humber are working together to collect toys for Toronto firefighters' annual toy drive.

The event at Humber North campus will run until Friday and students can drop off new unwrapped toys for children up to 16-years-old at room M200 in the Health and Sciences building. This is the first time both Humber ECE student council and the Guelph-Humber EC Society are working together on the drive.

"It's that time of year where we start to get into the giving mood, and these things take time," said Kaitlin Beard, 25, second-year ECE student on the council. "We're really all passionate for our field and we want to do something for our community outside of Humber College."

This is the fourth event held by the ECE student council, the Thanksgiving food drive on the week of Oct. 14 being the last. Pina Leo, ECE faculty member helping the committee, said last time the students were able to collect six 12 cubic ft. boxes of food to be sent to shelters.

"We are a strong committee this year, we all are participating equally," said second year ECE student on the council Hetal Patel, 30. "Rather than having a position of treasurer or committee leader, we are a team with one goal: serving the community."

# Medical marijuana for children proposed

Donna Marie Sevilla  
HEALTH REPORTER

A Vancouver-based company specializing in developing medical marijuana is proposing to develop strains for children requiring pain relief or other health needs.

Bio-pharmaceutical company MediJean announced Oct. 30 it will present research findings to physicians in April or May. MediJean obtained its research and developing license from Health Canada in late September and is waiting to obtain the full license before beginning the process.

More than 20 strains of marijuana for children will be

coupled with other elements to help eliminate or reduce the psychoactive effects of tetrahydrocannabinol, commonly known as THC, which provides the recreational high found in the street drug.

"It depends how it works with your body," said Anton Mattadeen, MediJean's chief medical officer.

Children with severe cancer symptoms, for example, in countries such as the United States have had some alleviation of pain through such therapies as cannabis oil.

Medical marijuana "is effective when it comes to neuropsychotic pain," said Mattadeen. "There's been no

overdoses or deaths, and safer than oxycodone (an opiate-based pain reliever)."

First-year Humber law clerk student Sherri Legere, 21, said she was unsure about medical marijuana when she heard it was being developed for children.

However, if the two choices were medical marijuana and oxycodone, Legere would choose medical marijuana for her two-year-old son, Lenox Pearl.

"As long as they've done what they consider the right amount of testing and they see that it is safe, then it should be fine," said Legere.

Legere said she knows peo-

ple who have tried oxycodone and have had difficulties, as well as knowing people who find medical marijuana helps.

Humber's Day Care Centre Director Bridget Woodcock said she's concerned about the drug, but is glad the possibility of psychological side effects is being addressed.

She said the day care staff has no jurisdiction because medicine is a parent's decision.

The daycare usually has more sick children during the winter months, but the staff has been administering fewer medications over the years because parents are looking for "more natural holistic ways."

If the teachers have to treat

a child, Woodcock said that they only administer the dosage on the medication bottle or as the doctor prescribed.

"My concern is that is an adult is making a decision for a child," said Woodcock.

Mattadeen, who is a parent himself, said every time a child has to go to emergency and the parent learns their child is sick, the parent is making a decision for their child.

"In all cases, the parent has to make the decision for the child so at that point, the parent's being held responsible for whatever happens to the kid, which sucks because it may affect them down the road," said Legere.



Vanessa Campbell

The 18th annual Tasting of Wines from Italy festival at Roy Thomson Hall on Nov. 4 featured over 350 wines from all across Italy.

## Italian wines return to Toronto

Greater understanding and appreciation of wine now reaching a younger generation

Vanessa Campbell  
CULINARY REPORTER

The Italian Trade Commission of Toronto held its 18th annual Tasting of Wines from Italy festival at Roy Thomson Hall on Nov. 4.

The event featured more than 350 wines from across Italy and was open to restaurant owners, members of wine groups and clubs in the Greater Toronto Area.

What was once an old family tradition has become a new trend among today's young adults, exhibitors said. Wine has always been viewed as a luxury enjoyed by an older – predominantly female – clientele but there were a handful of younger male and female faces in attendance.

Tim Gibb, president of Ruby Wines & Spirits, said wine has become more acceptable for everyone and

that media and advancement of technology is responsible.

"The whole world has opened up to wine and understanding wine," said Gibb.

Wlad Alexander, a member of Toronto wine appreciation club Amici Dell'enotria, said that there is no definition of a good wine. "Whatever you like is a good wine."

Hana Merhi, 21, a second-year culinary student at Humber, took a seven-week wine course where she learned about the wines of Spain, France and Italy. Having only had a preference for

white wine beforehand, Merhi is now open to red as well.

"After taking the class, I definitely have an appreciation for wine and finally know what I'm looking for at the LCBO now," said Merhi.

Salvatore Basile of ENIT Italia, a wine appreciation club, said the most important thing about wine is that you get to taste the region in which it was produced.

"When you sell a bottle of wine, you're selling a piece of land. You're giving someone the chance to taste the ground of a country, a region, a town."

Stephanie Dennis, sales manager of Ruby Wines and Spirits said North Americans have been heavily influenced by European culture. "I think that when it comes to food and decorating, we've been watching Europe more in North America."

The health benefits of red wine are one of the many reasons that it's become popular in North America.

"I think it's because it's being advertised as healthier and also because it's become cool to be into wine," said Dennis. "It's hip to be cultured."

## Female doctors give better quality care: study

Donna Marie Sevilla  
HEALTH REPORTER

A Quebec study has reported that female doctors provide a better quality of care, but that male doctors are more productive.

Université de Montréal professor Régis Blais, who co-supervised the study, said that Valérie Martel, a student at Université Laval who conducted the study, approached him with the thesis that female doctors had a maternal instinct in comparison to males. Female doctors scored

higher in who prescribed more eye exams, medications, procedures, and statins.

They spent a longer time on each appointment so the patient could go home with peace of mind.

"The difference between male and female decreases as we look at younger generations," said Blais.

Humber anthropology professor John Steckley said gender roles play a large part in providing healthcare.

"The medical field can be very male-defined," said Steckley.

"The medical field can be very male-defined."

John Steckley  
ANTHROPOLOGY PROFESSOR

Steckley has a male doctor and said he's very thorough when it comes to regular appointments, but the male walk-in doctor he encountered at the Etobicoke hospital fracture clinic provided very little care.

Male doctors scored high-

er on productivity, reporting nearly 1000 more procedures than their female counterparts.

"Productive" is a bad word. "Effective" is a better word," said Steckley. "The way we produce doctors is we reward marks, not social skills."

Blais said being productive doesn't mean it's beneficial for patients and the healthcare system, but it's possible to improve on the quality of care.

"Patients should be involved in their care. Ask, inquire. Like, 'why should I not have that?'" said Blais.

However, Alexandra D'Eca,

20, a student of Humber's one-year general arts and science – science and health program, said that she's tried asking.

"I had strep throat, but he was like, 'okay, you can go' and I didn't know what it was. I tried to ask but he just told me to leave," said D'Eca.

D'Eca said when she went to see a walk-in doctor for blood work, she had a female doctor who wanted to know her medical history and was very thorough.

The male walk-in doctors, however, didn't ask for her medical history.

## Silver STAR rating for Humber celebrated

School throws lunch to mark prestigious sustainability award

Puneet Jammu  
NEWS REPORTER

Humber College hosted a free lunch on North campus to celebrate the prestigious silver award for Sustainability Tracking, Assessment and Rating System, on Nov. 5.

STARS is a rating program by the U.S.-based Association for the Advancement of Sustainability in Higher Education that looks at the factors of sustainability of universities and colleges in North, Central and South America.

Humber is the only college in Ontario to have won such this level of STARS award.

This program is similar to Leadership in Energy and Environmental Design because it provides constructive criticism to post-secondary institution and determines the ratings of a school.

Event organizer and Humber sustainability manager, Lindsay Walker said this celebration was a good way to show how far Humber has come in terms of being more sustainable.

"Every little bit counts," she said. "Not only was Humber the first college to receive the silver STARS, but it was the third in Canada."

Walker said she was really pleased with the outcome of the event. Around 50 people attended and the room was filled with students and faculty.

Najamuddin Mohammed, a member of the sustainability committee said Humber has started to pay attention to things such as sustainability and the urban footprint.

"Humber is making progress," said Mohammed. "This shows leadership and that Humber cares for its environment."

He added with the saving of energy comes the saving of money.

Mohammed said the main purpose of the event was just to celebrate Humber's accomplishment in winning.

"This event is a great way to network," said second-year business management student, Nahida Garwal.

Garwal, 21, said she came with her friend to enjoy the free lunch that was provided and was pleased the food was vegetarian.

## CHANGING CITY

# Legendary Honest Ed's nears end

Ari Perlin-Bain  
NEWS REPORTER

Toronto retail landmark Honest Ed's has been sold to Vancouver-based developer Westbank Properties and, in a few years' time, will be closing its doors after nearly 70 years in business.

Owner David Mirvish announced the deal on Oct. 27 and along with the department store, the Mirvish Village property will also be sold.

Honest Ed's is at the corner of Bathurst and Bloor streets while Mirvish Village is located on adjacent Markham Street, and consists of shops and cafes.

Because Westbank Properties have developed numerous condos and office buildings, it is speculated that that is what will replace the store in a few years.

General manager Russell Lazar said that seeing Honest Ed's become so popular in the city and the GTA has made him grateful for his work but that it's time for the store to close.

"Myself and many of our customers are a little sad



Ari Perlin-Bain

After nearly 70 years at the Bloor-Bathurst corner in Toronto's Annex where it became a landmark, Honest Ed's has been sold

about the sale but they should understand this was going to happen eventually," said Lazar. "My staff and I are grateful to have had the support of the community and the city

for all these years."

Regular customers at Honest Ed's as well as some residents of the Annex neighbourhood it is located in have mixed feelings towards the

sale.

Some are saying it is time for a change, while others are upset the store will not be preserved as a city landmark.

Tiffany King has been liv-

ing in Toronto for some years now from the Caribbean and noted Honest Ed's as being one of the first places she was brought to when first arriv-

"I don't really approve of the sale," said King. "(The store) brings back so many memories and somewhere down the line the following generations won't understand the significance of this place if condos or office buildings replace it."

Marcin Kedzior, a professor of Humber's interior design program, says in order for other landmarks in Toronto to remain, residents of their neighbourhoods have to show they don't want the change.

"Neighbourhoods in this city have to assert their rights if wanting to preserve their area, even if developers have the most control over what it can become," said Kedzior.

Honest Ed's was founded by businessman Ed Mirvish and became Toronto's first well-known bargain store.

To this day it continues to attract many folks from across the GTA as well as tourists from around the world.

Mirvish will be paying rent allowing the store and the Mirvish Village property to remain open for another few years.

## Campus transportation poll seeks sustainable solutions

Bikes could be strong alternative but need Humber support

Tricia Chan  
NEWS REPORTER

Sustainable transportation is expanding into the public consciousness and Humber College is promoting green transport through improvements to both main campuses.

National Public Radio and *Time* magazine released on Oct. 24 the numbers from car sales in Europe and revealed bikes are outselling cars for the first time in a long time. In Italy, the car market has not seen such a decline since WWII and the trend seems to be crossing the Atlantic.

"As long as I'm living downtown, I can't see myself buying a car," said Toronto-nian Ryan Hacker, 25.

Hacker said it's an additional expense he's not willing to pay, in more ways than one.

"I hate seeing the street filled with cars and each car



Ari Perlin-Bain

Bikes and cars jostle for space on Bloor Street West in Annex neighbourhood of downtown Toronto.

has a single person in it," said Hacker. "It's the thoughtlessness and carelessness of the car culture that really turns me off."

Natalie Daley, 24, a student in Humber's postgraduate international development program, said she could never give up her car, but she can definitely minimize her use.

"When I lived in Revelstoke (British Columbia), I had my car, but it was parked for three months," she said.

"For a town of 9,000, it was really bike friendly."

A transportation survey conducted among Humber students through their personal emails wrapped this week. Lindsay Walker, Humber's sustainability manager, is looking forward to seeing the results.

"If people want more bike locks or bike lanes, the survey will tell me that," she said.

Lack of accessible bike racks on the Lakeshore cam-

pus is an issue that has turned Daley off.

"They already don't have enough parking for the amount of cars they have here," said Daley who chooses to park at a friend's house 10 minutes away on foot.

"The first few weeks of school people were confused as to where the bike racks even were," said Daley. "There should be one at every

entrance, especially because there's two buildings here."

While the City of Toronto charges over \$20 a month for a space in a TTC terminal, fees are unlikely on campus.

"I highly doubt that," said Walker when asked if Humber would implement fees for bike racks. "I don't know why we'd ever do that."

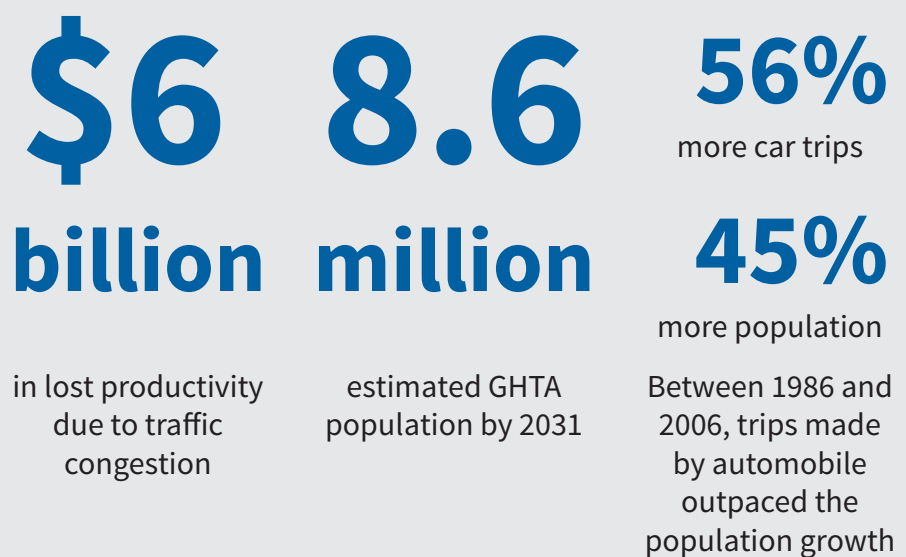
She said free parking isn't the only advantage to cycling

to school.

"Individual benefits would be you'd probably be a bit of a happier, healthier person," said Walker. "On a societal level, less cars coming to campus, less parking issues, less greenhouse gasses, less congestion."

"Getting out of your car means you're not getting frustrated with the driver in front of you."

### GTHA TRANSPORTATION STATISTICS [bigmove.ca](http://bigmove.ca)



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## INFORMATION SESSIONS

### North Campus

- Monday, November 11, 2013  
3:30 pm—5:00 pm      Room B105

### Lakeshore Campus

- Wednesday, November 13, 2013  
3:30 pm—5:00 pm      Room L1017



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# Canada's online shopping surges

Main demographic for e-shopping is 25 to 34

Edward Bayley  
BIZ/TECH REPORTER

Canada is one of the biggest Internet using countries in the world, and our online shopping habits reflect it.

According to Statistics Canada, Canadians spent \$18.9 billion online in 2012, which is a 24 per cent increase from 2010. More than half of Internet users made an online purchase, a statistic that has also increased since two years ago.

Humber College's bookstore has an online shop and Debby Martin, bookstore manager at the North campus, said the school's online activity follows these trends.

"There has definitely been growth, especially in the last year or two," said Martin.

The main items purchased are textbooks, but according to Martin there has been a large increase in the number of students buying merchandise, which has been added more recently.

"We plan on expanding the bookstore's online presence in the future."

Charlene McArthur, 19, a general

arts and science university transfer student, was unaware the bookstore was online, but said she does shop online, mostly for clothes.

"It's better to shop online," said McArthur. "There's more variety, online they'll have everything the store contains."

The only problem she has is the shipping costs often tied to an online order.

The Statistics Canada release reports among online shoppers, 58 per cent purchased travel arrangements and 52 per cent bought event tickets.

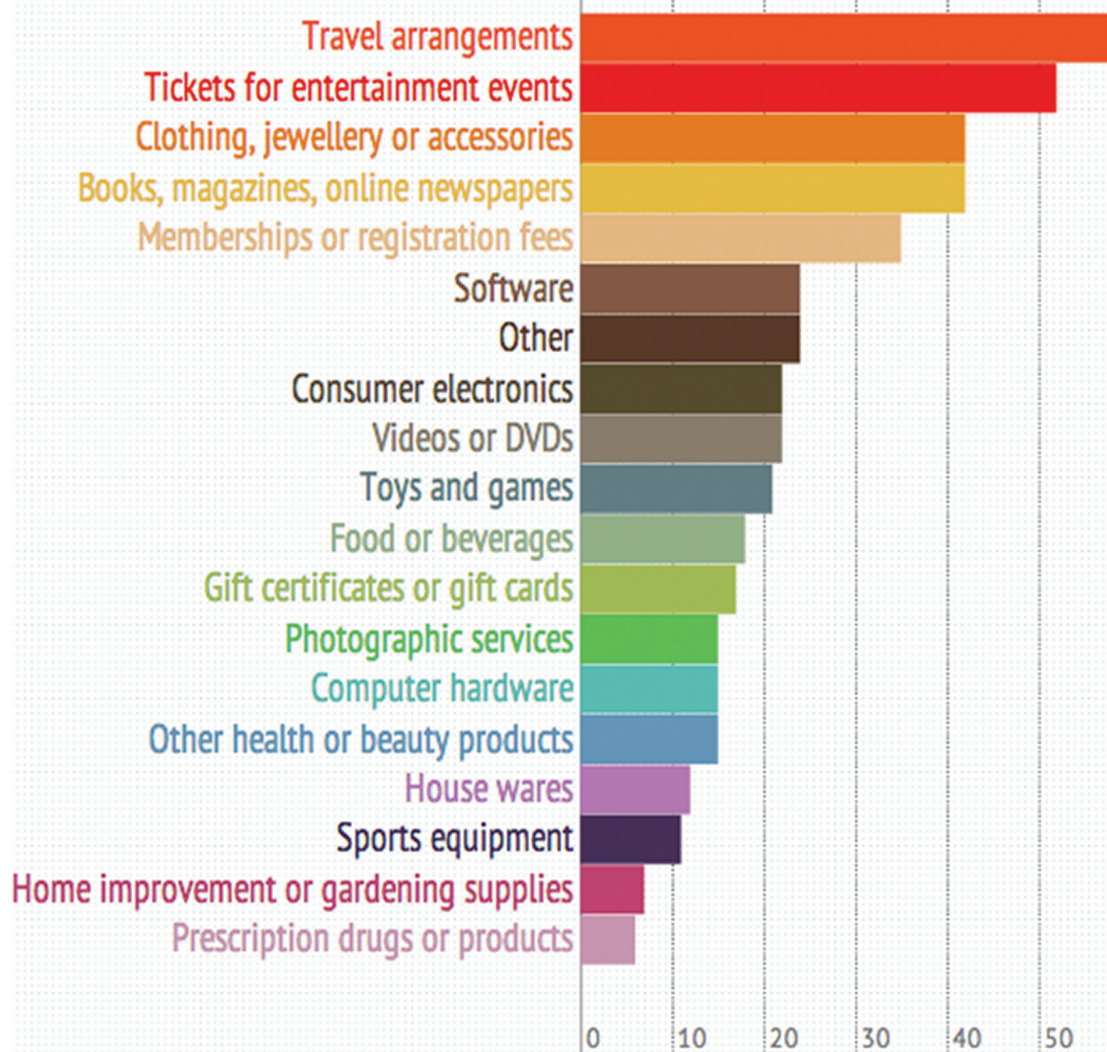
The main demographic for Canadian e-shoppers is 25 to 34 years of age. Sixty-nine per cent of Canadians in that age bracket made an online purchase.

"There are pros and cons to an online store, like not having the foot traffic of a retail outlet," said Katherine Peterson, a publisher at eLuxe, an online women's designer clothing store in Toronto.

eLuxe launched two and a half years ago and has also seen the growth in the world of e-commerce in Canada.

"eLuxe tries to be as accommodating as it can be, with customer service and returns."

## GOODS AND SERVICES ORDERED ONLINE IN 2012



SOURCE: STATISTICS CANADA

Travel arrangements, the most popular service, includes hotel reservations, travel tickets and car rentals.

## Digiboo kiosks for movies, TV programs

Rental or purchase option with digital downloads

Jordan Biordi  
BIZ/TECH REPORTER

Popping up in airports and convenience stores around the United States, and recently in the GTA, Digiboo is a little orange kiosk where people can rent or purchase movies. Though this may sound similar to the widespread DVD-rental Redbox, the difference is that rather than physical DVDs, Digiboo gives its customers digital copies of movies as lightning fast downloads.

This is good news to students like Matthew Wikham, 19, a student in Humber's computer engineering technology program, who lives on residence. He said he loves it despite the minimal amount of things to do in Rexdale. "It's very restricted" he said. "The closest thing around here is Mac's (convenience store)." And with the ten gigabytes of data residents receive, he said it would be a great option where downloading

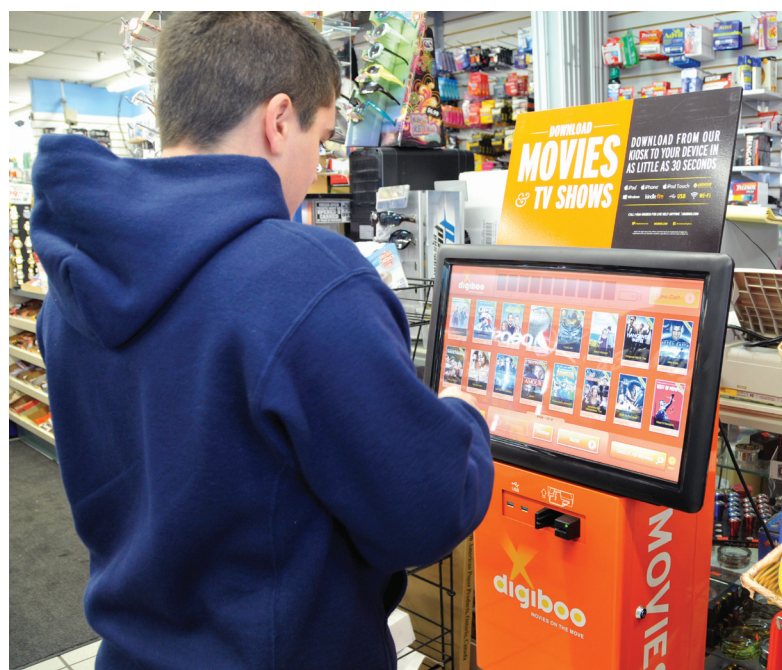


PHOTO BY JORDAN BIORDI

The machines will be placed inside convenience stores for all users to download movies and tv shows.

isn't particularly welcome.

Digiboo prices movie rentals at \$4.99 and purchases at \$14.99. At an average download speed of around 30 seconds, once downloaded, customers can keep the movie for 30 days before it expires; unless they decide to watch the movie, in which case they have 48 hours before it expires.

Yet it seems Digiboo is an idea that may never reach Humber, said media resources and library technician Maria Soares.

"Institutions such as Humber are

not covered by copyright laws and renting DVDs from the library needs to be for educational purposes only."

To some students, Digiboo doesn't seem worth it. Emma Salzman, 18, a student of Humber's fashion arts program, who owns a Rogers account and has the ability to download weekly said, "I don't actually remember the last time I rented or bought a movie."

Currently, Humber is negotiating for streaming rights for films, however it will come at a hefty price for the school, said Soares.

## Ontario to launch bonds to finance sustainability

Kat Shermack  
SENIOR BIZ/TECH REPORTER

The Ontario government has announced it will sell green bonds in order to fund sustainable transit and infrastructure projects.

"There's no question we need to find new revenue sources to fund public transit across the province," premier Kathleen Wynne said in a press release. "Green bonds would be a great way to give citizens the opportunity to invest directly in the province's future."

According to the press release, the bonds would be internationally certified to recognize their investments in sustainability. The bonds could be available as early as next year, as long as they pass legislation.

Ontario would be the first province in Canada to issue green bonds. The concept was first proposed by the World Bank in 2008. According to the World Bank website, the bonds are intended to "stimulate and coordinate public and private sector activity to combat climate change."

Since 2008, the World Bank has issued about \$4 billion in green bonds. The revenue has funded projects such as solar and wind in-

There's no question we need to find new revenue sources to fund public transit across the province

Kathleen Wynne  
PREMIER OF ONTARIO

stallations, energy efficient buildings and reforestation.

The province's proposal for green bonds was released last week, but many details remain unclear. The government has been vague about how much the bonds will cost, how many will be available, and what exactly they will fund.

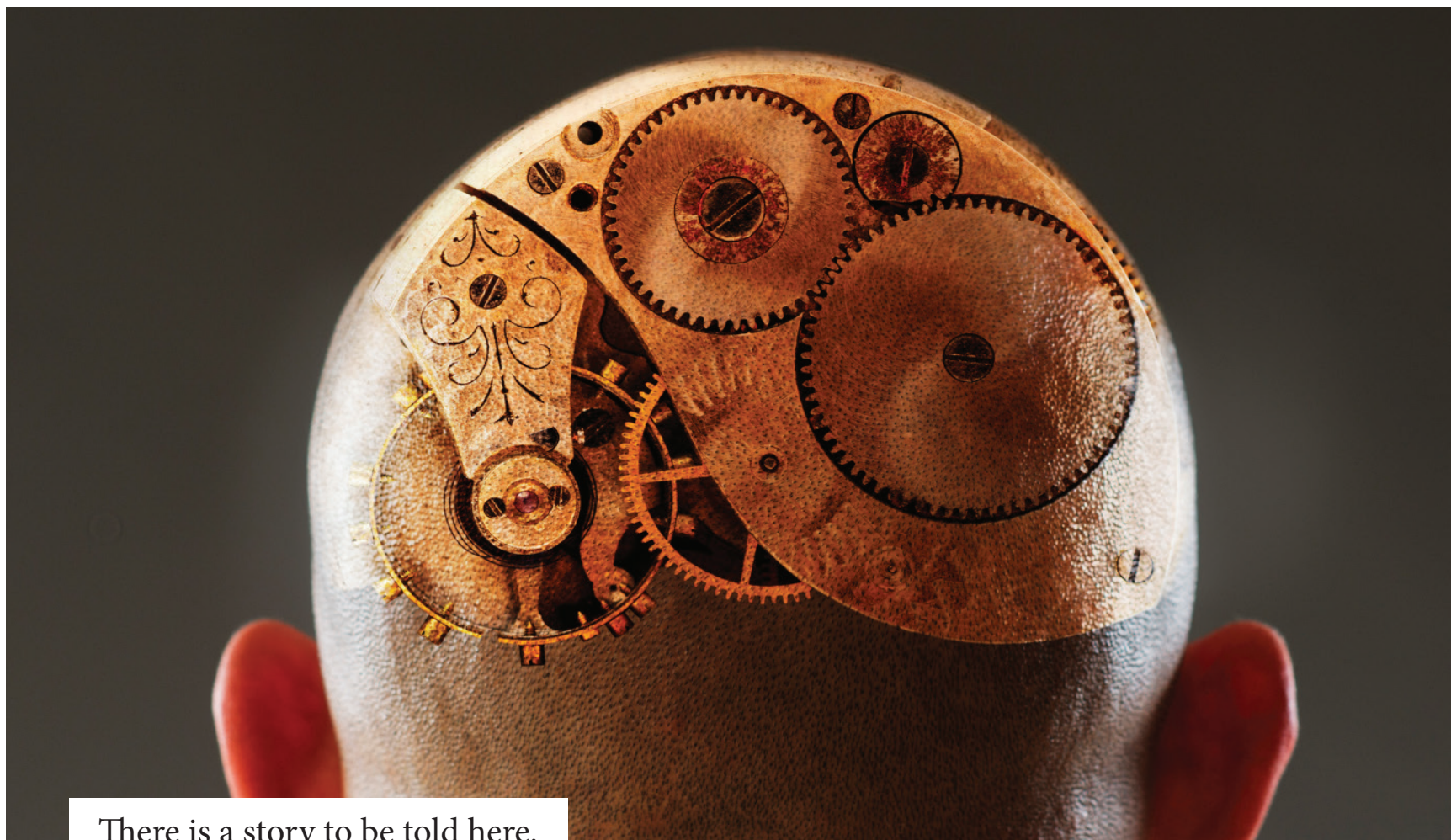
Humber sustainability manager Lindsay Walker points out that words such as "green" and "sustainable" can be open to interpretation.

"When I speak, I define what sustainability means to the discussion," said Walker.

Despite the vague phrasing, when it comes to new green initiatives, there is always room for more, Walker said.

"There are lots of different things people are doing around the world," Walker said. "There is always more to be done."





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# White poppy movement mistakes meaning of red

Today is Remembrance Day—a day when we honour those who have served this country past and present. It's a yearly reminder to keep history alive and present in our minds, and to never forget those who have made the ultimate sacrifice for our freedom.

Remembrance Day has been observed in Canada since King George V dedicated the day of commemoration at Buckingham Palace on Nov. 11, 1919 to honour those who participated in the First World War. It's when we participate in muted dedications and memorial services, and when we proudly wear our red poppies in support of our veterans.

This year, the Rideau Institute in Ottawa is continuing their initiative in handing out white poppies as an alternative to the traditional red poppy at the national Remembrance Day ceremony in Ottawa. They say the white poppies promote peace and are an alternative for those who don't want to promote war.

A supporter of the white poppy told CBC News he chose the white poppy as a symbol "against the glorification of war."

The controversial white poppy campaign is believed to have started as an anti-war tact and as an alternative or complement to the red poppy. The white poppy is harmless in that it represents peace, but its inclusion into Remembrance Day is offensive because it insinuates that



Courtesy: Paul Rocca

the red poppy doesn't. When did the red poppy become a beacon of war and not a representation of the hope for peace?

Honouring Remembrance Day and wearing red poppies is not a glorification of war, nor has it ever been. Remembrance Day is about commemorating those who fought for the peace and freedom the Rideau Institute say they are promoting with their alternative poppy—not celebrating the fact that we went to war.

Since the early 1920s, we have celebrated our servicemen and women by wearing red poppies. The opening line to Lieutenant Colonel John McCrae's poem *In Flanders' Fields* references the poppies that grew on the soldiers'

graves and along the trenches in Flanders—one of the worst battlefields during the First World War.

The red poppies growing along the battlefield, on the trenches of both the Allies and enemies alike, was a unifying symbol for peace after the war ended.

Veteran Affairs minister Julian Fantino has spoken out against the white poppy campaign, saying it's disrespectful to veterans and "an offensive attempt to politicize Remembrance Day." The Royal Canadian Legion echoed Fantino, saying that they are "personally offended by efforts to piggyback on a time to remember their sacrifice."

If the Rideau Institute wanted to celebrate peace and have anti-war demonstrations, why would they

need the poppy and Remembrance Day to make their point? Taking a symbol that resonates with remembrance and making an alternative one to represent the same thing is what is so offensive.

"Certainly we don't want to cause a disruption or offend anybody," Rideau Institute president Steven Staples said to the *Toronto Sun*.

Unfortunately, it's too late for that. This group could send their messages of peace through different mediums, on a day that isn't nationally recognized as a day of remembrance.

In years past, the "peaceful" white poppy has represented anything but. Last year's Toronto City Hall Remembrance Day ceremonies were interrupted by a group donning white poppies chanting "Stop celebrating war" and "Leave Afghanistan now." The obligatory moment of silence at 11:11 a.m. was clouded with shouts from this group.

For a group donning a symbol that is anti-war and supposed to represent peace, the demonstrations were hardly lacking belligerence. If the white poppy promoters want to represent peace, so be it. Just don't insult the red poppy and Remembrance Day by claiming that it glorifies war. War shouldn't be glorified, but it should be remembered. That's why we dedicate this day to honour our veterans by wearing our red poppies.

# Spectre of Ford: It's not about crack, but respect



Glyn Bowerman  
NEWS EDITOR

It's not just the crack. It's not just the haunting evidence of alcohol abuse. It's not just the homophobic and racial slurs. It's not just the questionable company and the clandestine meetings, and it's not just the lies—though there are many. It's about respect.

The spectre of Rob Ford's crime is greater than the sum of its parts, no matter how atrocious each component is.

By now, the Mayor's admission that he smoked crack cocaine in a "drunken stupor," as he told reporters on Tuesday will have made headlines the world over. So too did the numerous calls for his resignation from colleagues (allies and foes), pundits, and everyday Toronto citizens—a call which, at this time of writing, has gone unheeded. We know more about our mayor now than we ever did before. Many share the disappointment expressed by police chief Bill Blair, when he revealed *The Video* was real, and consistent with the tantalizing descriptions in *Gawker* and *Toronto Star*.

So what? He said he was sincerely (x3) sorry, and the election's just a year away.

Legally: that's a big shrug. There are very few avenues available to trounce a Toronto mayor once elected. If he is convicted of a crime, and ordered to serve jail time, Ford is out. But criminal proceedings take time. It's not illegal to admit to using drugs, and a video of the mayor smoking something is not enough to press charges—although, if later charges are made, the admission doesn't help his case. If police surveillance of the mayor during Project Brazen 2 leads to charges, we could conceivably be well into Ford's second mayoral term before a conviction was made.

Politically: not too much has changed for Ford. There have been letters and proposed motions intended to leave Ford in the cold at council. Even with his allies jumping ship, Ford has never really called the tune, so what's the difference? When more capable councillors have run something similar to his own, largely abstract agenda, he's claimed the victory, if not the strategy, for his own. Come election time, Ford can claim that he tried to prove his newfound dedication, but the rest of his council wouldn't likely let

him play.

The dust may not have settled around the mayor just yet. As unlikely as it may seem, we may not be witnessing the end of Rob Ford's political career. Already, many have shrugged it all off, or even openly defended him.

So what? If Ford's crimes can go unpunished, if his place on council is secure and his statistical chunk of electoral support is still conceivably (or horrifyingly) within his reach, then why does any of this matter? It matters because we matter. Toronto matters. Maybe we just don't realize it yet.

As many have observed, the post-amalgamation Toronto, now standing as the fourth largest city in North America, is still getting used to itself, its new borders and what it stands for. That process isn't over, and we're left, collectively, with an identity crisis.

As journalist and Humber instructor Ivor Tossell observed in his 2012 book *The Gift of Ford*: "The fact that Ford got elected in the first place, bearing the baggage he did, is enough to make one ask whether Toronto wants to take itself seriously. Toronto is a city that's terrifically confused about whether or not it wants to be big."

Ford is particularly adept at exploiting the angst—or sometimes

the outright antipathy—surrounding the former municipal boundaries, unceremoniously slammed together by Mike Harris' PC provincial government. While Ford used this angst as a wedge issue, playing the saviour of the suburbs in the face of a greedy downtown elite, the divide is not to be taken lightly.

As students of Humber, with three campuses well outside the borders of Old Toronto can attest: there is absolutely a downtown/suburban divide. This city is a living schism. There is an obvious wealth disparity in the inner suburbs and a paucity of the kind of resources downtown Toronto enjoys. There is a lack of public transit, like the LRT, needed to unify the old municipalities and re-imagine ourselves as One Toronto.

It takes true leadership to help us realize that and reach for our true potential as a proud, unified, ambitious city. It will take true innovators to help us find solutions for our very real, very harmful problems. It will take a long succession of inspiring, compassionate people, wearing the chains of office, to show us how to value ourselves as a city the way we should.

Whatever Rob Ford is, he is none of those things, and we deserve better.

## 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.*

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# ‘Don’t get drunk’: Women shouldn’t be blamed for rape culture

Hermione Wilson  
SENIOR REPORTER



In Maryville, Missouri, in January 2012, a 14-year-old girl and her 13-year-old friend were raped in the basement of a high school football star after they snuck out to drink with some “cool” older guys. Later that August, a 16-year-old girl was raped in Steubenville, Ohio by two high school football players. The victim was “substantially impaired” at the time.

Earlier this year, on a Facebook page called Humber Epic Hookup Fails, an anonymous student bragged about picking up a girl so drunk she could barely walk, having sex with her in his dorm room and then “sharing” her with his roommate. The anonymous poster wrote that he and his roommate later kicked the girl out

after she threw up, leaving her naked in their driveway.

According to a 2007 Statistics Canada study, the majority of victims of sexual assault are between the ages of 15 and 24 and that 81 per cent of victims are female. The report goes on to say that students may be at a higher risk of sexual victimization because they “tend to engage more frequently in recreational activities, and are in close proximity to many different individuals at any given time.”

“Don’t get drunk” is Margaret Wenté’s sage advice to young women who want to minimize their risk of being raped. The *Globe and Mail* columnist wrote in an Oct. 22 piece about the connection between rape culture and booze culture, saying that women who engage in binge drinking and hang around similarly inebriated men are setting themselves up as potential victims of rape. Warning women to avoid getting drunk at parties and mixing with drunken males is like “cautioning people to

avoid dark alleys where muggers lurk,” says Wenté.

She also defends an article published on Slate.com, in which writer Emily Yoffe dispenses a similar caution. “Young women are getting a distorted message that their right to match men drink for drink is a feminist issue,” writes Yoffe. “The real feminist message should be that when you lose the ability to be responsible for yourself, you drastically increase the chances that you will attract the kinds of people who, shall we say, don’t have your best interest at heart.”

By this logic, men should be abstaining from alcohol as well, since according to Wenté and Yoffe, drinking turns men into sex-crazed Neanderthals who don’t understand that no means no.

There’s no doubt that being an inebriated woman at a social gathering surrounded by equally inebriated men means taking a big risk. Then again, we should be used to that by

now. As women, we take a risk when we go out on dates or when we walk home after dark. A great number of perfectly normal activities men can do without fear present risks to women. Does that mean we should stay inside with the doors locked?

Missing from the discussion of rape culture and its connection to booze culture is an unequivocal denunciation not just of the act of rape but of those who commit the crime. Whether rape victims are being defended or blamed for what happened to them, the focus always seems to centre on them. The term “rape culture” itself implies that acts of sexual violence against women are something we have accepted as inevitable. It seems to separate the act of rape from the rapist, as if rape were something any normal, well-adjusted member of society could be capable of, given the right circumstances.

It’s not enough to educate young men about what constitutes consent. The individuals who commit these

crimes know exactly what they’re doing when they target an intoxicated young woman. The question we need to be asking is not whether women should be reigning in their drinking habits, but what kind of a person would take advantage of someone in an obviously impaired state. There is a strange lack of information on the social and drinking habits of the rapists themselves. Where are the articles delving into the backgrounds and family lives of the Steubenville rapists, or the Maryville rapist or whoever was behind the disgusting post on the Humber Epic Hookup Fails page? Where is the speculation as to what would prompt young men (often not much older than their victims) to engage in this kind of behaviour?

Why aren’t the Margaret Wentés and Emily Yoffes of the world warning young men not to get drunk so that they don’t give in to their supposed baser natures? Probably because they’re too busy telling young women to be good.

## Getting help Ford’s only vindication

Kelly Townsend  
A&E EDITOR



Toronto has been in a tailspin of political controversy after Mayor Rob Ford admitted that he has used crack cocaine in the past. Speculation about Ford’s history of drug use began last May, when two *Toronto Star* reporters released information about an alleged video of Ford smoking crack cocaine, and making racial and homophobic slurs. Toronto Police Chief Bill Blair announced in a press conference Oct. 31 that

his force obtained the video and confirmed its contents.

Ford’s approval rating has been on a steady decline in light of the video scandal and several instances of public drunkenness, but the past week saw a rise of roughly five per cent.

The rise comes as a shock to many in the media, as every major newspaper in Toronto has publicly called for Ford’s resignation, citing him as a liar and no longer trustworthy as a public figure. Many are considering it a small blip, reflecting a couple of sympathy votes. The small spike may not be so easy to brush off, however.

In the past, when faced with accusations of inappropriate behaviour, Ford has consistently gone

on the offensive, calling out the media, the *Toronto Star* specifically, as “out to get him.” Ford’s accusation implies that journalists go beyond the due diligence required of them to report on the mayor and are on a manhunt. While many in Ford Nation agree with the sentiment, to others it simply looks like a way to displace blame for Ford’s mistakes.

Yet, in this case, it seems as if Mayor Ford has changed his tactics. Toronto councillor Doug Ford, often referred to as Ford’s attack dog, has acted as expected, publicly calling for Chief Blair’s resignation, saying Blair has become, “too political.”

Ford, on the other hand, has been a good deal more humble and apologetic. Branded a liar and a

fraud by the media, Ford approached his biggest critics and, with tentative words and a wary expression, apparently came clean about his history with crack cocaine, even admitting that he used the substance while “in a drunken stupor.”

In a later press conference held in his office, Ford, apparently holding back tears, apologized to the city of Toronto for embarrassing the city that he loves. He noted, “I have nothing left to hide.”

With no intention to resign, Ford seems to have decided that the best course of action is to own up to his mistakes and apologize, something that many people may not only sympathize with, but also respect.

It was a huge risk on Ford’s part. Admitting to his use of crack cocaine while in office may alienate Ford from some of his supporters,

who stringently defended him against the accusations. It also may have lost him the support of Toronto’s council, who were in the dark about Ford’s decision to confess and were publically shocked at his announcement.

All hope may not be lost for the Toronto mayor, however. Amidst Ford’s confessions and apologies, he made a very clear statement saying, “For the sake of the taxpayers we must get back to work immediately.”

For critics, it’s an empty statement— a way to distract from the serious nature of Ford’s confession and the impact it will have on Toronto’s international reputation.

Yet for Ford Nation it may have been exactly what they needed to hear to rally their support for the mayor once more. After all, Ford’s largest rallying point is about his economics and his vows to save money for taxpayers. With what appears to be a clear conscience, saying, “I feel like 1,000 pounds have been lifted off my shoulders,” and, “I love my job,” Ford gives the impression he has a renewed sense of ownership of Toronto and an understanding of his responsibility towards it.

Ford certainly needs to rebuild his image. If he truly wants to be vindicated in the eyes of Torontonians, and, ultimately, the eyes of the world, he needs to do more than simply confess to his weaknesses— he needs to get help. Alcohol and substance abuse is a serious mental and physical health risk, and if Ford suffers from an addiction, simply saying that he will stop drinking publicly may not be enough to sway wary voters.

While it remains to be seen if Ford’s approval rating will begin to plummet, there is always the possibility that this five per cent increase is a sign that public opinion may be changing. Ford’s next actions may be the deciding factor for the future of his political career.

### QUOTED: Should mayor Rob Ford resign?

Yeah, I think he should resign. He’s giving Toronto a bad name. He’s an embarrassment, to himself and the city.



**Ari Lazarovitz, 19**  
BUSINESS ADMIN, 1ST YEAR

Definitely, he should resign. He’s a leader, but he’s giving Toronto a bad name to the rest of the world. He’s an embarrassment.



**Joey Ventura, 22**  
FITNESS & HEALTH, 2ND YEAR

I don’t know. He’s done a lot of work, and he’s kept his word. I wouldn’t be upset if he was voted in again. But he needs to get clean.



**Nicole Johnston, 18**  
PSYCHOLOGY, 1ST YEAR

Get your say on our poll this week, at [humberetc.com](http://humberetc.com)

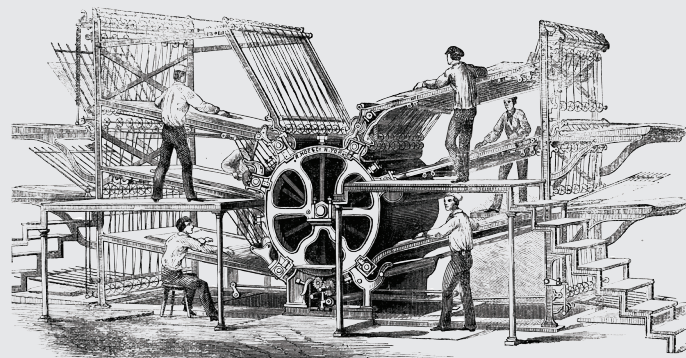


# The Printing Press

The Printing Press is intended as an opportunity for the Et Cetera team to share and explicate our process as new journalists, where we can offer transparency and introspection into what we do here in the Humber North campus newsroom.

In this weekly column, you'll find a wide range of anecdotes, analysis and criticism of journalism as a whole.

Paul Rocca, *Opinion Editor*



## Education is the foundation for good, responsible journalism

Kateryna Barnes  
CONTRIBUTOR



When it comes to education, I consider myself pretty lucky. At Humber, I've had the opportunity to cover bigger stories than I ever thought I would, and I've interviewed some incredible people. Before Humber, I studied at the University of Alberta with experts who were kind enough and willing to give me extra study time outside of the classroom. I was able to develop a broader and stronger education I can draw from in my role as a reporter.

Recently, I was chatting with a younger reporter I hadn't met before. She's in a three-year undergraduate journalism program while mine is a two-year post-graduate stream. Somehow, our conversation soon focused on the topic of my educational background, which is

a tad unconventional: a Bachelor of Arts in Indigenous Literature and Mortuary Archaeology.

This woman asked me, "Aren't you mad at yourself for wasting your time because you couldn't just transfer your courses into my program and be done sooner?"

Without any information about who I am, or what I've learned, she immediately placed harsh judgment on my education.

More importantly, her question ignored the fact that good journalism relies on context. If you can't provide the context for a story, you'll miss the point. To ascertain a story's context, you need the solid base of knowledge that a good education can provide.

In this way, journalism is like archaeology and news stories are its uncovered artifacts. In archaeology, we use a term called "provenience" to describe the source of an artifact's origin or its cultural or historical context. Understanding the context of whatever artifact you're studying provides a better overall

picture and shapes your research. If you find an artifact in a certain level of soil, you can probably tell when it was made and who made it. From there, you can find out what it was used for and more.

I'm not the only one who sees it this way. In an interview last year with CBC television talk host George Stroumbouloupoulos, he started the conversation with me with this gem:

"I'm kind of like an archaeologist. That's kind of what I do. I hopefully understand context and history as it relates to the person and what they are doing, and then I dig a little deeper. And then I very gently brush some things off and I try to ascertain what that fossil in their life or mind is, what it might mean, or where it might have come from. And that's your job. You're the archaeologist."

Being an archaeologist requires a wide breadth of knowledge. You need to study archaeological practices, anthropological theories, geology, cultures, languages and more. It involves a lot of formal education—

more than most people in our program will ever experience.

Maybe that's a problem.

Education provides you with the advantage of having not only more knowledge, but a diversity of knowledge, too—and in a field like journalism, where you end up covering a lot of different things, that advantage can be essential in producing a great story. Knowing its "provenience" lends you a greater grasp of the story, and as a journalist, you can provide a better presentation to your audience.

For example, a fellow student in my radio class once wanted to cover the debate over assisted suicide, but she acknowledged that she didn't know much about the topic. Since I took an ethics course and was familiar with the related case of Sue Rodriguez v. British Columbia, I was able to explain to her the history of the assisted suicide debate in Canada, which helped her better prepare for her interview on the topic. In radio, we have only the morning to chase and produce a story; it's critical to

have the backbone of a strong education since we don't have a lot of time to spend researching a story.

In contrast, one of my friends in my program had his articles routinely edited by editors without a strong grasp of the topics he covered. These editors would habitually render his articles misleading or factually incorrect, putting him in an incredibly awkward situation with his sources. He had the knowledge base they lacked, and the final product suffered as a result.

The reporter who dismissed my education missed the point about my background. Education is never a hindrance. It can be the source of a lot necessary context a reporter can use on the job. It can inform us while we work on our stories, and it can help the audience understand the story better.

Good journalism requires context, and journalists need a strong education to provide that context. Otherwise, we miss not only the context of the story, but the point of it entirely.

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Dilara Kurtaran

According to the National College Health Assessment survey, Ontario College of Art & Design had Canada's highest rate of stress, suicide.

# Student anxiety often 'overwhelming'

Dilara Kurtaran  
LIFE REPORTER

A recent survey by the National College Health Assessment shows stress and anxiety are on the rise among post-secondary students.

The National College Health Assessment is a confidential online survey used by universities across the country to understand the health problems and concerns of college students.

The assessment showed that in the

last 12 months, 23.2 per cent of the students felt hopeless, 20 per cent felt overwhelmed. Only 17.4 per cent felt very depressed and found it was difficult to function and 21.2 per cent had overwhelming anxiety. While 5.9 per cent seriously considered suicide, 0.9

per cent attempted it.

According to the survey, Ontario College of Art & Design in Toronto has the highest stress and suicide rates among students.

Dr. Mel Borins, an associate professor at University of Toronto and

“I stress about everything. I want to achieve everything that I can do.”

Simon Yohannes  
FIRST YEAR RADIO BROADCASTING STUDENT

author of Possibilities- The Electronic Photo songbook, said when too many activities pile up on students' plates, they should reach out and ask for help from student health centre.

Borins also said students can seek help through their professors, family doctor, or any other health care professionals.

Simon Yohannes, 19, a first-year radio-broadcasting student said big midterms and deadlines stresses him out.

“I stress about everything,” said Yohannes. “I want to achieve everything that I can do.”

Jessica Jaglall, 19, is not a current post-secondary school student due to stress.

When Jaglall was finishing high school, she was extremely stressed about getting accepted into a good university. She took a year off from studies since the stress was overwhelming her.

“When I was in school all I did was stress to the point where I couldn't go on anymore,” said Jaglall.

The survey also found within the last 12 months, 5.6 per cent received lower grade on a course due to depression, 6.8 per cent due to anxiety and 10.2 per cent due to stress.

## TO THE NINES

Jagson Jamandron, 19

FASHION ARTS, FIRST-YEAR

**Favourite style Icon?**

Frank Sinatra

**Favourite clothing item?**

Trench coat

**Favourite place to shop?**

Harry Rosen

**What trend needs to stop?**

YMCM Clothing



# Campus Walk program has just half of student volunteers needed

Accompanied trips at college intended to be available on 24/7 basis

Jessica Richard  
LIFE REPORTER

Humber's Campus Walk, a program designed to increase the safety of all people at the North campus is looking for more volunteers.

Mathew Gailer, coordinator for the Campus Walk at the North Campus said the program is important for those who may not feel safe walking to their cars or the bus stop alone.

“If for whatever reason you don't feel safe walking somewhere, or you just want company while walking to the bus stop or waiting for a cab, you can have someone with you to ensure there is somebody watching out for you while you are on campus,” said Gailer.

“This is especially helpful after a pub night for students that live close or take transit from other parts of the campus. The walkers will walk you through the school to the closest point to where you are going, instead of having to walk around the

Personally, I do feel safer with regards to the Campus Walk program because it definitely shows that the school generally cares for our safety aside from just our education.

Joanne Dumo  
THIRD YEAR BUSINESS ADMINISTRATION STUDENT

school.”

However, there are not enough volunteer walkers for the program this year. Gailer said while he would like to have 18 to 20 volunteers, the program currently has half that amount.

Humber Students' Federation board member Eric Collings said while it is important that volunteers adhere to their job duties it doesn't mean that walkers should dedicate their entire schedule to the program.

“Since Campus Walk is a service provided in addition to the security team, it would be unreasonable to think that these volunteers (would

curtail) their personal rights to have time off,” said Collings. “This however brings up an issue regarding volunteer levels and how there are limited (volunteers) available.”

Joanne Dumo, a third-year business admin student appreciates the fact the school provides a safe way for students to get to their destination.

“Personally, I do feel safer with regards to the campus walk program because it definitely shows that the school generally cares for our safety aside from just our education,” Dumo said.

Gailer said the program intends to create more advertisements on Humber TV, and HSF bulletin boards, as well as on handout material like fliers that the Campus Walkers give out.

They also have information printed on bookmarks, and business cards as well as on the bottom of any publications from the department of public safety.

Students can request Campus Walk 24 hours a day, 7 days a week at the security desk in the NX building at the North campus and the M building at Lakeshore. Requests can be made by phone at ext. 8500 or at 416.675.8500. Applications to volunteer are also available.



Chantilly Post

Conflict Studies & Human Rights postgraduate student, Lauren Beer believes women rights are important to sustaining global development.

## Women's rights worldwide are focus of Canada's MATCH charity

Fund supports women-led innovations and groups at community level globally

Chantilly Post  
LIFE REPORTER

The MATCH International Women's fund is a new initiative launched to help increase women's rights by providing the needed resources.

As an established organization for nearly 40 years funded by individual donors and foundations across Canada, MATCH is now ready to lead a crucial focus on an important global movement.

"The organizations that are carrying out the important work on the ground are still not receiving the funds that they need to do their work and they are still struggling themselves to keep their doors open," said Stephanie Needham,

communications coordinator of the MATCH International Women's Fund.

The Women's Fund will be working to fund women-led organizations at a community level in 71 countries. One of the many organizations is the Forum for African Women Educationalists in Malawi.

FAWEMA is an organization that addresses how young women miss 25 per cent of their schooling because they are unable to attend classes during menstruation, on account of unaffordable sanitary products.

Former Issues in International Development professor David Peck said movements like these are essential.

"It seems like [women rights issues] are being talked about, but when you dig down it's not as spoken about as it used to be," Peck said. University of Ottawa Conflict



It seems like [women rights issues] are being talked about, but when you dig down it's not as spoken about as it used to be

David Peck  
FORMER ISSUES IN INTERNATIONAL  
DEVELOPMENT PROFESSOR

Studies & Human Rights student Lauren Beer agrees that women's rights movements are important.

"I think that women have traditionally and historically been under-represented in every culture in the world," Beer said.

"Building [women's rights] is one small piece of the puzzle in terms of global development and sustainable development."

## Confronting problems of sexual discrimination is key to creating tolerance

Recent incident with gay Chicago couple brings ongoing social issue of homophobia to surface

Jasmine Kabatay  
Life Reporter

A gay couple has filed a human rights complaint against Sun Taxi in Chicago after a driver tried to kick them out for kissing.

The incident involved two men, in the back seat of a taxi who exchanged a kiss. They were told to get out of the cab after the driver pulled to the side of a busy expressway on a rainy night.

When the couple refused, the driver drove recklessly until stopping in a parking lot. The couple again refused to leave until police arrived.

Theresa Steger, a program development consultant and member of the LGBTQ group at Humber, said we can raise awareness of gay hate by naming it when there are instances and labeling what it is.

"If we don't raise it to the surface there's no way we can challenge it

and try to resolve it," Steger said, noting that it's important to respond when incidents like this occur to allow the normalization of tolerating orientation differences.

"It's definitely identifying, naming, and recognizing it's not tolerable. What do we need to do to stop it?"

Ryan Campbell, an early childhood education professor at Humber, said the incident in Chicago doesn't surprise him at all.

"I've experienced similar things in Toronto. At Yonge and Bloor for example, I've had people yell slurs," said Campbell.

"I am surprised, given how conservative it is in the United States, there was such a swift and appropriate response (protesting the cabbie's behaviour). It's nice to see somebody taking a stand."

Arnela Radaslic, 19, a second-year business administration student, said it was unacceptable for the taxi driver to kick such passengers out.

"It's wrong. I think society thinks it's all about a man and female being together. (Same-sex couples) are people too and you shouldn't judge somebody based on who they choose to be with and who they love," said Radaslic.

Since the incident, the taxi driver was fined \$1,540 (U.S) and fired from the taxi company.



They're people too and you shouldn't judge somebody based on who they choose to be with and who they love

Arnela Radaslic  
SECOND-YEAR BUSINESS ADMINISTRATION

Visit Humber's LGBT website at <http://www.humber.ca/lgbtq/about-us>



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203 Humber College Boulevard, Nov.23 or Nov.30 from 1 p.m. to 2 p.m.

# HOROSCOPES by Lady F is for Nasty & Oracle T

## The Winter Blues Edition featuring Your Planets



### SCORPIO

OCT. 23 - NOV. 21

Venus is crossing your chart, so you're probably feeling a little vain and prissy. Remove yourself from others, and get some work done this winter.



### SAGITTARIUS

NOV. 22 - DEC. 20

The moon is in your house of Uranus. Better get that checked out before winter settles in. In fact, get a whole physical.



### CAPRICORN

DEC. 21 - JAN. 19

Neptune's crossing your horizon. But who ever remembers Neptune? Get a friend for the winter, even if it's furry.



### AQUARIUS

JAN. 20 - FEB. 19

Saturn's in your orbit right now, but those rings are pushing people away. Let go some pretensions and pick up a winter sport.



### PISCES

FEB. 20 - MAR. 20

You're as bland as Pluto, which isn't even a planet. If you don't get real, you won't even be you. Think about that over some Irish whiskey this winter.



### ARIES

MAR. 21 - APR. 20

Mercury's taking your chart by storm, which might explain why you're always running places. Slow down this winter, try being nice to people.



### TAURUS

APR. 21 - MAY 20

Neptune and Mars are coming your way, and making you more elitist than usual. Wear shorts this winter, and pretend the snow away.



### GEMINI

MAY 21 - JUN. 20

The moon is in your house of Mars, making you shorter and chubbier. Give up meat this winter, and you'll be a new person come spring.



### CANCER

JUN. 21 - JUL. 22

Uranus is in the house; but you're antisocial and home alone. Defrost with some Baileys and coffee this winter, and don't let your insecurities leave you lonely.



### LEO

JUL. 23 - AUG. 22

Earth's in your chart, robbing you of imagination. Stop looking for validation and open your mind: life might exist on other planets.



### VIRGO

AUG. 23 - SEPT. 21

Mercury's orbiting Mars in the 3rd house, leaving you with wanderlust. Where exactly are you from? Figure that out, and this winter'll be a breeze.



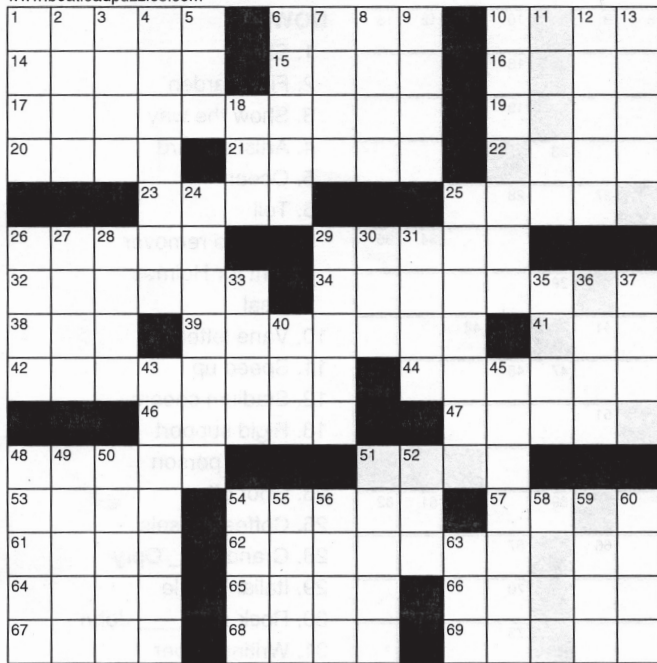
### LIBRA

SEPT. 22 - OCT. 22

The sun is dominating your chart, but that won't last for long. Ease up on work, throw a wrench in the system. You'll feel invigorated 'til spring.

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3. Connect the \_\_\_\_\_
4. Jennifer \_\_\_\_\_ of "Friends"
5. Ump's kin
6. Speed contests
7. Opera tune
8. Uncluttered
9. Guys' dates
10. Adversaries
11. Ignited again
12. Church walkway
13. Toboggans
18. Brat
24. Add sugar
25. Bureaucratic delay (2 wds.)
26. Emanate
27. Advance upon
28. Copenhagen native
29. Tested
30. Gardening tool
31. Grating sound
33. Commando attack
35. Retirement accts.
36. Extinct creature
37. Female sheep
40. Wind dir.
43. Private school
45. Regret
48. Beat it!
49. Luau greeting
50. Player
51. Fragrance
52. List-ending abbr.
54. Greek god
55. Johnny \_\_\_\_\_ of "Edward Scissorhands"
56. Inspiration
58. Step
59. Molecule part
60. Allows
63. Cereal grass

### ACROSS

1. Fragrant wood
6. Pealed
10. Memorable periods
14. Atmosphere layer
15. Location
16. Astronaut \_\_\_\_\_ Armstrong
17. Imitation
19. Alternative word
20. Scottish girl
21. Vegetarians' taboos
22. Moderate
23. Recipe abbr.
25. Ceremonial events
26. Bestow
29. Trio number
32. More unkind
34. Highway shoulder
38. Author \_\_\_\_\_ Fleming
39. Least difficult
41. Use oars

### DOWN

42. Literary exposition
44. Formal procession
46. Surrendered
47. Mexican coins
48. Astronomer Carl \_\_\_\_\_
51. Appear
53. Dressed
54. Proclamation
57. October birthstone
61. Caesar's city
62. Change a room's design
64. Excuse me!
65. Overt
66. Formal necktie
67. \_\_\_\_\_ Magdalene
68. Argument
69. Abounds

### DOWN

1. Fuel source
2. Biblical prophet

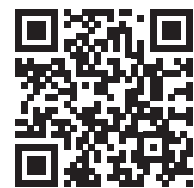
## ANSWERS

### Previous issue

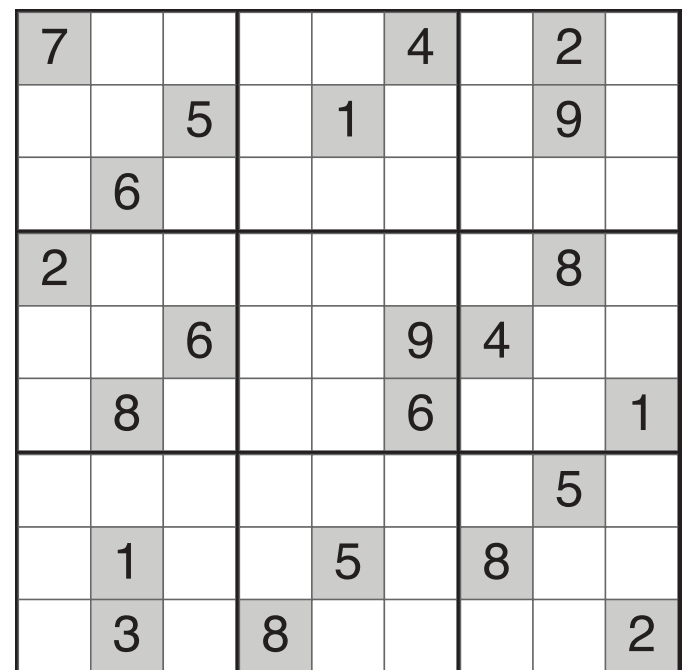


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| 6 | 4 | 7 | 3 | 9 | 2 | 5 | 1 | 8 |
| 2 | 8 | 1 | 4 | 5 | 7 | 9 | 3 | 6 |

Find the answers to this week's puzzles in the next issue or visit [humberetc.com/games](http://humberetc.com/games) or scan the QR code!



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# Dostoevsky's Idiot a student success

Tiara Samosir  
A&E REPORTER

Humber's third year theatre program recently wrapped a sold-out stage adaptation based on Fyodor Dostoevsky's novel *The Idiot*. The production, directed by Dean Gilmour and Michele Smith, ran Oct. 30 to Nov. 2.

Taking place in Russia during the 19th century, *The Idiot* tells a story of Prince Lev Nikolayevich Myshkin being scorned by the people in St. Petersburg and his situation at the center between a kept woman and a virtuous young lady.

"All the context and all the characters are very cultural," said third-year theatre performance student Madlen Sopadzhiyan, 27. "Deep Russian culture, but it's also mixed with the period time, so the behavior is also influenced by [that]."

"One of the most unforgettable things would be the moment when the spirit of the character kind of comes and takes over you," third-year theatre performance student Steve Bell, 19, said. "Your

eyes switch and as soon as you get your costume on and if you get a hat, you put your hat on, and once that's all in place, you don't look like you, you don't talk like you. It's the feeling of the energy."

"It's very interesting to switch culture from Canadian to become Russian," Sopadzhiyan said. "To push yourself to be that frank and that open and that straightforward and very bold in either what you say or what you do in the play or how your presence is on stage because of your character."

Bell said he finds the cutting process interesting. He said scenes hadn't been finalized until a day before the play day.

"That was really interesting, because it's not only memorizing the scenes, but then you have to memorize to forget to try to not include things, because we have to get it down to a show that's only two and a half hours," Bell said.

Bell said it was fun to be a part of a production with the people that he spends every-day with.



Courtesy Marc Lappano

Ensemble members of the third year program's sold out production of Dostoevsky's *The Idiot*.

"It's just hilarious to get up on stage with the people that I go to school with and just to bounce off them and play off them in such extreme, ridiculous situations," Bell said.

Both Sopadzhiyan and Bell said they agree that the biggest challenge that they had

was with time. Sopadzhiyan said the story is very dynamic, which is why Bell suggests if the play is to be brought to a professional level, the best way to do it is to divide it into two three-hour plays.

Paul DeJong, program coordinator for the theatre

performance diploma says the students' hard work and performance met his expectation.

"They excelled," DeJong said. "It's difficult to do. It's a very long play that requires stamina," DeJong explained. "They passed the challenges

very well."

DeJong admits he himself loves the story. He feels Dostoevsky nailed it on going deep down into the complex of what's being human.

"For anyone who hasn't seen the play, they have to read the book," DeJong added.

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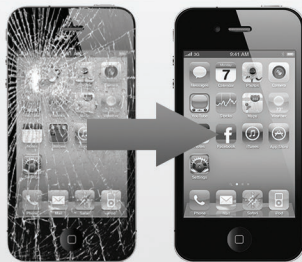
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## – TORONTO EVENTS THIS WEEK –

| TODAY  | 11 | TUESDAY  | 12 | WEDNESDAY  | 13 | THURSDAY   | 14 | FRIDAY  | 15 | SATURDAY  | 16 | SUNDAY   | 17 |
|--|----|--|----|--|----|--|----|---|----|---|----|--|----|
| <b>Ann Patchett</b><br>The author will be discussing her new book of essays, <i>This Is the Story of a Happy Marriage</i> , at York Quay Centre. |    | <b>Degrassi Trivia Night</b><br><i>This Magazine</i> presents a night of Degrassi related trivia at 3030 Junction, for \$5 per person. |    | <b>Regent Park Film Festival</b><br>Showcasing independent films affecting Regent Park, located at Daniels Spectrum. |    | <b>After Miss Julie</b><br>The Red One Theatre Collective presents the work, based on Stringberg's famous play, at The Storefront Theatre. |    | <b>CITF</b><br>The first Canadian International Television Festival aims to inspire support for the medium. Runs at the TIFF Bell Lightbox. |    | <b>The Rematch</b><br>A competition between local and international comedians, featuring Africa vs. West Indies, at the Toronto Centre for the Performing Arts. |    | <b>Harry Benson</b><br>A collection of famous photographs, by the renowned photojournalist, located at the Liss Gallery. |    |



Courtesy George Pimentel via Canadian Film Centre

TIFF's exhibition and film series David Cronenberg: Evolution runs until Jan. 19.

## Cronenberg exhibit inspires young upcoming filmmakers

Sara Yonis  
A&E EDITOR

The TIFF Bell Lightbox is hosting David Cronenberg: Evolution, an exhibition for the acclaimed Canadian filmmaker.

Toronto born Cronenberg, famous for such films as *The Fly*, *A History of Violence* and *Cosmopolis*, was in the centre of a panel on Nov. 1 to launch the exhibition and film series at TIFF's downtown premises.

Cronenberg showcased scenes from some of his movies, discussed his ideas and beliefs in the movie making process, as well as how he chooses not to use storyboards prior to making a film.

"The problem is you get so locked into the storyboards," said Cronenberg. "If you do that you can squeeze the life of the spontaneity out of the scene."

The panel also featured

Cronenberg's frequent collaborators, producer Jeremy Thomas, who worked on *A Dangerous Method*, *Naked Lunch* and *Crash*, and Stephan

“

It's encouraging to see that someone can... build a profession around [the film industry].

Olumide Adeyemo  
VISUAL EFFECTS STUDENT

Dupuis who did make up and effects on *The Fly* and other Cronenberg titles, as well as Zack Snyder's *300*.

Cronenberg also discussed a few of the issues an actor faces.

"I've done a little bit of acting myself and although you're standing about 10 feet away of where you would

be standing as a director, it's a totally different universe, because nobody cares what the director looks like," said Cronenberg.

"But if you're an actor your body is your instrument. I mean that's what you got to work with," he said.

Olumide Adeyemo, 23, a visual effects student from Sheridan, found the experience very helpful for anyone wanting to get into the film industry.

"It's encouraging to see that someone can, if you're really interested in it, build a profession around it."

Divyansh Mittal, 23, also in visual effects at Sheridan, enjoyed the event but didn't agree with Cronenberg's idea of not using a storyboard.

"It depends person to person," said Mittal.

The exhibition, titled David Cronenberg Evolution, is being held through Jan. 19.

## Breaking Bad star to come to Humber College

Marielle Torrefranca  
A&E REPORTER

Breaking Bad star RJ Mitte, who portrays Walter "Flynn" White Junior, will be visiting Humber College for a meet and greet and a Q&A session on Thursday.

Breaking Bad tells the story of Walter White (Bryan Cranston), a high school chemistry teacher, who is diagnosed with lung cancer. White turns to a life of producing and selling crystal meth alongside his former student Jesse Pinkman (Aaron Paul).

Like his character as Cranston's son on Breaking Bad, Mitte, 21 and born in Louisiana, has been diagnosed with cerebral palsy, although his real life condition is not as severe.

Mitte actively raises awareness of the disorder and is an advocate for non-profit organizations such as United Cerebral Palsy.

"He wants to speak on behalf of students with disabilities and how to overcome these issues," said Daniel Pasion, Humber Students' vice

president of student life for North campus.

Cerebral palsy is a disorder that affects motor development, muscle tone and reflexes and is caused by connection problems within pathways of the brain, said Jason Powell, dean of the school of health sciences at Humber.

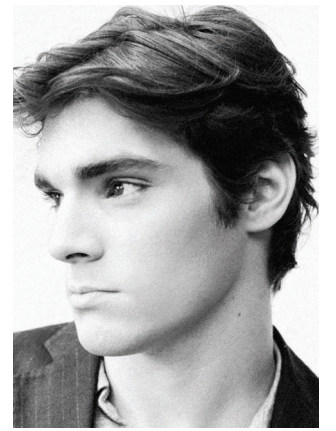
"There is absolutely no known cure," said Powell, "but there are certainly medical interventions that can help with the complications." Many students hadn't known about Mitte's scheduled visit, but the reactions have been positive.

"I think it's really exciting," said Shannon Quinn, a first-year post-grad web development student. "I wouldn't imagine someone from such a huge show would come here."

Greyvon Montague, a first-year media communications student, said he became addicted to the show once he understood its concept.

"I'd like to meet him," said Montague. "It'd be nice to get an autograph. I'm going to attend for sure."

Third-year media studies



Courtesy

Actor RJ Mitte will speak on the topic of cerebral palsy.

student Danielle Murray said the event is very timely, especially after the show's popularity boomed this year.

"I think it's really cool that the school is going out of its way to get a celebrity to talk to us," said Murray. "Especially someone from an actual famous TV show who's really current."

The series premiered in 2008. After five seasons, its series finale aired on Sept. 29 this year.

The actor will visit the North Campus Student Centre at 4:30 p.m. and the Lakeshore Campus A/B building at 7:30 p.m. Students are asked to arrive early as the meet and greet is on a first come first serve basis.

## Workshop gives writers opportunity to learn about publishing process

Shai Williamson  
A&E REPORTER

Humber Lakeshore is hosting a How To Get Published workshop this Thursday and Friday at Lakeshore's L Building.

The workshop delivers the need-to-know basics of the industry for unpublished writers, including how to market oneself, write a query letter and book proposals.

"We talk about what goes on in the marketing department, the complications of digital technology, the pros and cons of self-publishing, how to build your profile," said Jennifer Murray, former director of marketing at Pen-

guin Canada, and one of the two instructors at the workshop.

"[The workshop] gives people a sense of what's happening in Canadian publishing," said Murray.

Cynthia Good, the director of Humber's creative book publishing program, said she does not think that this event is for those who are thinking about publishing 'one day'.

"It's a workshop for writers who are beginning to think about the next step with their manuscript... It's a workshop telling you what to do next and you'll forget it [if you don't have a completed or semi-completed manu-

script]," said Good.

"The workshop is open to everybody," said Murray. "There are usually about 20 students in a class, and maybe five or six are Humber students."

Michelle Gibney, 20, general arts and sciences student at University of Guelph, has attended a workshop similar to this one at her school.

"The workshop was really eye-opening. I wouldn't have known mostly anything unless I attended it," said Gibney.

The workshop takes place at 9:30 a.m. on Nov. 14 and at 4 p.m. on Nov. 15. To attend, students must apply on Humber's course list website.

# Yoga boosting volleyball

Humber men's and women's teams are finding new flexibility

Jordan Finkelstein  
SPORTS REPORTER

Humber's volleyball teams are both off to undefeated starts, and there's a new secret to this season's success – yoga.

"My flexibility has really improved because of it," said Craig Barclay, 24, a first-year fitness and health promotion student and Hawks' right side. "I've been able to make plays that I could have never made before, because of my newfound versatility. I've felt incredibly poised in recent games because the yoga sessions have kept my head clear."

The volleyball teams are the only Humber squads that have mandatory one-hour yoga sessions every week. During this time, talking is forbidden (aside from instruction) and the players go through a series of breathing exercises, meant to calm their

minds. Barclay said although the practice is mandatory for the entire team, many of his teammates use the time to relax and de-stress from their schoolwork.

"The session is all about pushing thoughts out of our minds and finding zen," he said. "Not all of our practices can be about volleyball. We need to have mental balance to be able to stay composed during the season."

The sessions may be mandatory but the whole squad has been enjoying the relaxation time and been able to get rid of tension before games.

"It gives the players much better body control because the exercises focus on balance," said Wayne Wilkins, head coach of the men's team. "That's why I decided the players would benefit from it. It takes perfect balance to dig certain balls and be able to spike another right after. The players now have the composure to recover from one position to another very quickly."

Yoga is an exercise based



Jordan Finkelstein

The men's volleyball team does a one hour session every week and the players are noticing a difference in their performances.

around different poses that stretch the body to its physical limit. Many of the exercises focus on controlling breathing and relieving stress through meditation. The main objective of the workout is to improve emotion, rather than building muscle.

Elaine Cerro, yoga instructor,

said the Hawks have become incredibly fast learners, even though many of them are new to this kind of workout.

"The players have been more focused during games," she said. "They have great athleticism so they do yoga poses properly. They've been progressing very well in the

class, and they have really taken a liking to it."

Yoga isn't just for varsity athletes though. Any fitness newbie looking to get in shape can benefit from it.

"A lot of poses revolve around building a strong core," said Cerro. "Yoga requires you to clench your abs

inward when breathing. You also stretch your body to its limit. The focus is obviously on being in a calm mental state, but it's still a tough workout."

Students and faculty can register for yoga classes at Humber's fitness centre.



Ryan Poirier

The Humber Spirit Squad was formed to get the home crowd pumped up, and ease the burden off the cheerleading team, who competes in the OCAA.

## Spirit Squad brings dance energy to Humber Hawks

Ryan Poirier  
SPORTS REPORTER

A new addition to the Hawk's sporting roster will improve the Humber fans' experience.

When the cheerleading team could no longer handle the task of attending Hawk's sports games, on top of their busy practice schedule and cheerleading meets, the fans

had to find other ways to get pumped up and cheer for their home team on the court.

It has been two years since Humber's cheerleaders stepped on the court and now, with the help of cheerleading head coach Kristina McCahon, the brand new Humber Spirit Squad has been formed in connection with the Humber's Student

Athletic Association's Hawk's Nation.

According to a mission statement released by the new club, the Spirit Squad will attend men and women's basketball and volleyball home games to help create excitement for the fans.

As the season progresses with more fans coming out to the games, the squad be-

lieves that getting the crowd involved is becoming easier.

"They're getting better over the season," said Alicia Bryant, a second year early childhood education student at University of Guelph Humber. "The crowd is starting to get more familiar with us."

McCahon said what she looks for in a Spirit Squad member differs greatly from

a cheerleader.

"The Spirit Squad is much more performance based," McCahon said.

Cheerleaders come from gymnastic backgrounds, while Spirit Squad members come from dancing backgrounds.

Despite her new involvement in the Spirit Squad club, McCahon is still head

coaching the Humber Hawk's cheerleading team.

After winning the 2012 Power Cheerleading Athletics National Championships in Brampton, the Hawk's cheerleaders lost their varsity-athlete status.

Regardless, team members don't see themselves as any different from Humber's other varsity teams.

"Really, the only thing that we lost out on was the title of being a 'varsity' team," said Melissa McLennan,

McLennan did mention that the season would come to an end in November this year instead of carrying over into second semester, as it has in years past.

McCahon understands the team's lack of funding is down to not being a part of the OCAA, or any other league. However, she still considers her cheerleaders to be a team.

"Our athletes work just as hard as everyone else and we just aren't seen enough [as much as the other Humber teams are]," McCahon said.

The team meets three times a week for practice and performed in their first event of the season on Nov. 9 at the Fall Classic, held at the Hershey Centre in Mississauga.

# Next generation of Wilkins arrives

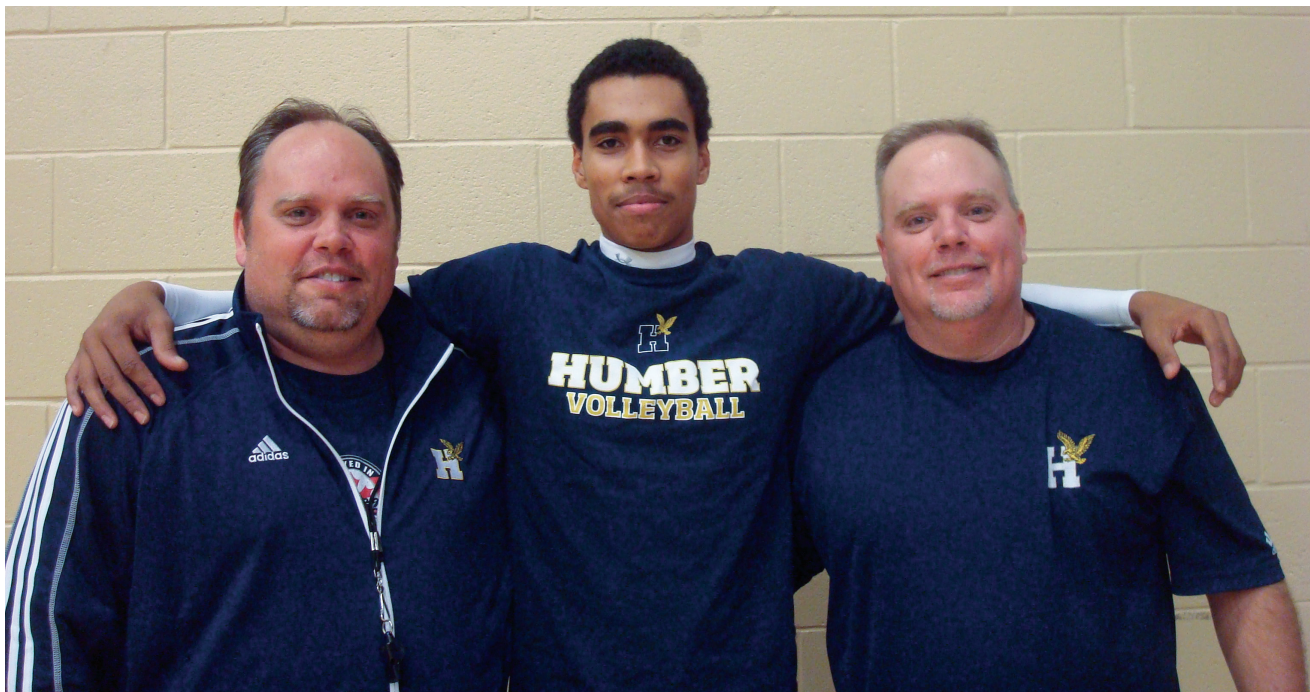
Jordan Finkelstein  
SPORTS REPORTER

The Wilkins family has a strong volleyball tradition with Humber.

Brothers Wayne and Chris have been involved with Hawks volleyball for more than 20 years. And now, Wayne's son Kamyn has joined on to continue the family tradition.

Kamyn, 19, has been playing volleyball since he was two years old. He played club volleyball with the Pakmen in Mississauga, and has already started as a Hawk in the 3-0 win over Seneca on Oct. 15. He said he's looking to use his versatility and playmaking abilities to make a big impact on the Humber volleyball program.

"I fully expect to become the most decorated Wilkins at Humber," said Kamyn, a first-year general arts and sciences student and outside hitter on the men's team. "My family taught me almost everything I know about volleyball. I've really taken after their leadership qualities and



Jordan Finkelstein

Kamyn (centre) will continue the Wilkins family legacy at Humber, succeeding his father Wayne (left) and uncle Chris (right).

dedication. My Hawks teammates respect that I can play every position because I've known the sport for so long."

Older brother Wayne, coach of the men's team, played for the Hawks from 1991 to 1994 and has since spent 20 years as coach. He

has won four OCAA provincial championships with the Hawks and a CCAA national championship in 2012. He's also a three-time winner of the OCAA Men's Volleyball Coach of the Year award and was the national CCAA Men's Volleyball Coach of the Year

in 2005.

"I've always viewed the sport cerebrally," he said. "Chris and I have coaching mindsets. We're very good at analyzing plays and have always had that mentality."

Wayne was the first to get interested in volleyball. He

joined his high school team and influenced his brother to start playing soon after. They both played for the Hawks before they started coaching.

They also both had girlfriends who played for the women's team, who they both ended up marrying. Chris

coached his wife-to-be, a school hall of fame member, while she played at Humber.

"(The Wilkins') are a volleyball family, we pass our knowledge between each other and get smarter in the process," said Wayne. "Chris and I understand how to properly analyze each other's teams. Kamyn is able to benefit from coming from such an athletically talented family."

Chris, coach of the women's team, also has a slew of achievements and titles as a coach. He led the Hawks to seven provincial OCAA championships, six of which were consecutive, from 2008-13. He is in his nineteenth season as head coach.

"I'm the most successful Wilkins in terms of volleyball," he said. "I've won the most championships. But I learn from my brother and he learns from me. Kamyn takes after our passion. He can truly become a better player than either of us ever were because of our influence."

The Wilkins family can be seen in full force at Hawks home games.

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# Men's team gives lesson on the boards

Humber delivers a 'physical beating'

Earl Abalajon  
SPORTS REPORTER

The Humber men's basketball team took a 15-point lead into halftime last Wednesday evening and never looked back, beating the Fanshawe Falcons 79-61.

The game was one sided throughout, with Hawks dominant on defence. They forced many turnovers and out rebounded Fanshawe.

"It was a great game...it was an overall team effort," said forward Greg Edelsward, 21, fifth year marketing management student and player of the game. "I know I put up the most points, but I think Matt Marshall's performance on the boards (was crucial), he really brought it."

Edelsward lead the team with 24 points, shooting

four of five from three-point range, and collecting seven rebounds. Marshall, 22, a second year business management student and forward, lead with 12 rebounds.

"[Edelsward] was hitting a lot of kick-out threes and getting a lot of rebounds and put-backs himself," said Marshall, "I just thought my role today was to get a lot of boards and to lead the team in that component."

Despite the big lead at the half, head coach Shawn Collins said his team could have performed better in the first half.

"I thought we played mediocre," said Collins. "I thought our offence, when it was good, our defense was better... good shot selection makes our defense stronger."

The Falcons came into this game 3-0, convincingly beating Humber's next opponent, the Niagara Knights 74-58. The 61 points they put up against Humber is their low-



Earl Abalajon

Guard Gibson Eduful drives for a lay-up in the first quarter of the game against Fanshawe. He finished with 11 points and lead the team with 7 assists in the 18 point victory over its West division rival.

est output of the season.

"Humber just gave it to us," said Fanshawe head coach Tony Marcotullio. "The big-

on Humber just gave us a physical beating... basically tonight, they taught us a lesson on how to play basketball."

The 3-1 Humber Hawks are set to face Niagara College on Nov. 13 at home.

"We're getting excited for

that game... at this point of the season we're all pretty much in game shape," said Edelsward.

## HAWKS SCOREBOARD

### MEN'S VOLLEYBALL

- Niagara 8 pts
- Humber 6 pts**
- Redeemer 4 pts
- Cambrian pts

### WOMEN'S VOLLEYBALL

- Humber 8 pts**
- Mohawk 4 pts
- Redeemer 4 pts
- Cambrian 2 pts

### MEN'S BASKETBALL

- Sheridan 8 pts
- Humber 8 pts**
- Fanshawe 6 pts
- Mohawk 4 pts

### WOMEN'S BASKETBALL

- Humber 10 pts**
- Niagara 6 pts
- Sheridan 6 pts
- St. Clair 6 pts

# Women Hawks perfect but lose top scorer

Undefeated 5-0 streak marred by injury to rookie star Cassandra Nofuente

Ryan Poirier  
SPORTS REPORTER

The Hawks women's basketball team extended their season-opening undefeated run to five games after beating the Fanshawe Falcons 63-51 on Nov. 6.

A couple of early three pointers by Humber's leading scorer, Cassandra Nofuente, 19, first year recreation and leisure, widened the Hawk's lead to 20-13 after the first quarter.

Despite the team's attempts to stretch the gap further, head coach Ajay Sharma blamed wild shots and defensive fouls for allowing the Falcons to stay in the game.

"There was a point where we could have broken the game open," Sharma said. "But there were a couple of crazy shots on our part and we just didn't do a good job defensively."

With 14 points, ten steals, eight assists and five re-



Ryan Poirier

Cassandra Nofuente, Humber's top scorer, left in the fourth quarter and did not return.

bounds, Nofuente had a complete game for the Hawks, nearly scoring a triple-double. In the fourth quarter though, she fell hard to the floor, holding her knee for

several minutes. She didn't return and was on crutches after the game.

A potential injury to the leading scorer could impact the team but third year point

guard Mary Asare said an injury to any player would be crucial.

"If it happened to anybody else it would be the same thing," Asare, 20, a first year

There was a point where we could have broken the game open, but there were a couple of crazy shots on our part and we just didn't do a good job defensively.

Mary Asare  
HUMBER GUARD

paralegal student, said. "We need everybody."

If Nofuente's injury does lead to her missing games, the team will have to step it up on offence, Asare said.

To keep up with their winning ways, second year fitness and health student and power forward, Aleena Domingo, 20, believes the team needs to stay focused and be hard on the ball.

"We have to be defensively strong and stay in the game mentally," Domingo said.

The Hawk's perfect record will be put to the test next on Nov.13, when they host the Niagara College Knights.