

Humber Et Cetera

Monday, October 29, 2012

www.humberetc.com

Volume 46, Issue 6



PHOTO BY RUSSELL PIFFER
TTC riders left on the subway platform as a full train departs Bloor-Yonge station during morning rush hour.

Recycling challenge salvages old cell phones

COLIN DEMPSEY
News Reporter

Humber College is trying to reduce its ecological footprint by participating in a month-long national initiative called the Recycle My Cell Challenge.

The challenge, which started on Oct. 15 and ends on Nov. 15, was issued by the Canadian Wireless Telecommunications Association to pre- and post-secondary schools to see who can collect the most old wireless devices. The winning school is awarded \$500 to use for green initiatives.

Canadians produce 31 million tonnes of waste annually, according to Statistics Canada.

Electronic waste is one of the fastest growing types of refuse, said Lindsay Walker, Humber's sustainability manager.

"Five per cent of waste produced in Canada is from electronics and that number is growing," said Walker. "There are over 1,000 different chemicals in electronic waste, most of which are toxic, which obviously isn't good for the environment."

Catherine Leighton, program manager and special projects coordinator at the Recycling Council of Ontario, said the fact that electronic waste is one of the fastest growing environmental problems shouldn't be surprising, considering how often people purchase new electronics.

PHONE continued on PG 5

Humber LRT threatened

McGuinty exit raises questions about future of Finch and Sheppard Lines

GLYN BOWERMAN
Transit Reporter

Premier Dalton McGuinty's recent departure puts transit expansion like the Finch LRT line to Humber College in jeopardy, said longtime Toronto transit advocate Steve Munro at a town hall gathering last week.

A change in the Ontario Liberal leadership

will likely mean an election in the New Year, Munro said at the community meeting. "That could fundamentally alter the attitude of the provincial government to a whole raft of projects."

The fear was raised at a public meeting to discuss transit expansion, and long-term funding for Toronto and the surrounding region.

Councillor Josh Matlow hosted the town hall on Oct. 22 at the North Toronto Memorial Com-

munity Centre.

Alongside Munro, panellists included representatives from the TTC, Metrolinx, the Toronto Board of Trade, and Paul Bedford, Toronto's former chief planner.

TOWNHALL continued on PG 2

SPORTS



Humber takes home national golf championship **19**

LIFE



Condom fairies visit North campus **11**

NEWS



Food waste a national issue **4**

IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 Euromed 2012: Lesmoso, Cyprus The international conference on world and cultural heritage brings together the best researchers and professionals in the field to discuss heritage sites.	30 Disarmament Week United Nations Hosted by the United Nations, this day falls on the day when the original agreement was struck to create the UN. It brings awareness to illegal weapons around the world.	31 Halloween North America Boo! The holiday dedicated to dressing up in wild costumes, asking for candy from numerous neighbours, and scaring friends is today. Happy Halloween!	1 All Saints Day Around the World Created by the Catholic Church, the day was named in respect for all of the souls lost over the year. It was set after Halloween to pay respect after a night of mocking.	2 Royal Agricultural Winter Fair, Toronto The beginning of the Royal Agricultural Winter Fair signals the beginning of the winter season. Running from today until the 11, the event celebrates Ontario farmers.	3 World Hunger Bowl California The event, which is one of many taking place around the world, raises awareness about homelessness and world poverty.	4 World Holstein Youth Conference, Canada The first festival of its name, the conference hopes to engage youth interested in pursuing a career in the holstein community. It'll be at different chapters in Canada.

Finch LRT line may not get built

With the prorogation of Ontario government, connection to Humber in doubt

FINCH from PG 1

During the question and answer period, Jamie Robinson, Metrolinx's director of community relations and communications for Toronto transit projects, said his agency – which is responsible for the LRT lines – receives its funding mandate from the provincial government.

When Matlow asked if a change in government could result in funding cuts, Robinson said he couldn't speculate.

"It doesn't matter, in many ways, what party is in power," Bedford told the audience. "Every party has got to face up to this."

Much of the meeting was dedicated to discussing an Oct. 18 TTC study that calls for a downtown underground relief line to deal with overcrowded subways.

Munro said the study hands Ontario PC leader Tim Hudak "on a silver platter" reason to redirect funding, currently earmarked for LRT lines on Finch and Sheppard, towards subways.

Hudak already made diverting existing transit funds towards subways an election issue in a press conference, Oct. 16, the day after McGuinty's resignation.

A downtown relief line would cost about as much as the Finch and Sheppard LRT lines combined, said Munro, who has won the Jane Jacobs Prize for urban advocacy. "Those two east-west lines are really easy targets."



PHOTO BY RUSSELL PIFFER
Thousands of people take the subways located at Union Station every day. If an LRT to Humber is cancelled in the wake of leadership change, such lineups will continue to grow.

Munro said the only way to guarantee transit expansion like the Finch LRT is to establish a source of revenue like a tax to give government leverage to secure a loan for transit projects. Tax revenue would then be used to pay down the loan

over the long term.

The McGuinty government chose not to use method described for the LRT projects, he said. Taking a loan commits the government to a project. Upfront funding from the government, on the

other hand, can be redirected to different projects with changes in administration.

"The province could have done the same thing with the LRT projects," Munro said, "but they don't have a dedicated revenue stream."

Wider smoking ban to go outdoors

KELLY KHIZAKIA
News Reporter

A proposal for a wider ban on smoking around the city of Toronto starts with no smoking signs posted on restaurant patios.

A report released by Dr. David McKeown, the medical officer of health for Toronto, shows the potential broadening of a smoke ban in Toronto could come into effect as early as next year.

The report, which was directed to the Toronto Board of Health, recommends the city discuss the possibility of restricting smoking near public entrances, on restaurant patios and on hospital properties to reduce exposure to second-hand smoke.

Kris Scheuer, media relations consultant for the Board of Health, said that city councilor John Fillion "proposed a motion (that passed) to also do consultations on banning public smoking in TTC bus shelters and pub-

lic squares" at a board of health meeting on Oct. 22.

According to current restrictions, people must smoke at least nine meters from playgrounds, zoos, farms, pools, splash pads and wading pools.

"We have our patio that people enjoy whether they are smokers or non smokers"

Daniela Trozzolo
LinX Lounge Manager

Humber's LinX Lounge assistant operations manager Daniela Trozzolo, said she thinks the potential ban won't

affect LinX as much as some believe.

"We have our patio that people enjoy whether they are smokers or non-smokers," she said.

Trozzolo, who has worked at the lounge for almost three years and is a nonsmoker, supports the motion.

"Personally, I think it's a positive thing for our staff because there's less cigarette butts to clean off the patio floor and also leaves them with better health so they're not in contact with second hand smoke," she said.

Wasim Abudan, a casual smoker and first-year police foundations student, said he won't be affected much by the smoking ban, and that it may have a positive outcome for him.

"I think it's a great way to inform smokers that it's not a healthy way to live and although I casually smoke, having these new rules would just be another reason for me to stop smoking, and other people in general, too," Abudan said.

Crime Stoppers BBQ at North campus

COREY WEIR
Crime & Security Reporter

Humber College has been awarded a certificate of appreciation from Crime Stoppers this past week.

Marking the achievement, Humber has teamed up with Crime Stoppers to hold the Crime Stoppers Annual Community BBQ. It will be taking place today at Humber North campus, Central Concourse from 11:30 a.m. to 1:30 p.m.

For \$5, you will receive a burger, soft drink and a raffle ticket for a draw that could win you a \$50 gift card for the bookstore, an iPod Nano and more.

There will be booths set up by Crime Stoppers, Toronto Police and the Department of Public Safety at Humber. These booths will be in place to educate students and staff on the safety programs that are available to them.

Z 103.5 FM will have a booth at the BBQ. Along with music, the police officers will be bringing police dogs and their horses to show off to the public.

Many police officers will be in attendance, including Toronto police chief Bill Blair, superintendent of division 23, Ron Taverner and many more community police officers from Division 23.

Crime Stoppers coordinator Darlene Ross will also be in attendance with the new president of Humber, Christopher Whitaker and many administrative executives.

All proceeds from the BBQ will be going to support Toronto Crime Stoppers and their programs and initiatives.

If you have any tips on a crime you've seen, you can contact Crime Stoppers, anonymously, at 1-800-222-TIPS (8477).



PHOTO BY NICHOLAS CAMILLERI
If the smoking ban occurs, prepare to see more signs like these.

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NDP presses for anti-bullying bill

CLAIRE RUSH
News Reporter

Jamie Hubley, 15; Mitchell Wilson, 11; Jenna Bowers-Bryanton, 15; Marjorie Raymond, 15; and Amanda Todd, 15, are only one handful of the Canadian kids who have committed suicide over the past year.

The teens had never met one another, but they all share one thing in common: all five took their own lives as a result of being bullied.

Bullying is a national problem that is getting worse, said Quebec MP Dany Morin (NDP) during an Oct. 15 debate on his new anti-bullying motion.

"This is the perfect opportunity for all parties in the House of Commons to put partisanship aside and work together to develop a national bullying prevention strategy," he said.

The bill, M-385, will study the prevalence and impact of bullying, examine successful international anti-bullying practices, provide information and

awareness for victimized families, and provide support for aid organizations. Andrew Tibbetts, a counsellor at Humber North campus, said besides criminalizing cyber-bullying, "we need to put in more support for people."

"Let's build our communities," he said. "And also put in treatment options for people who have been damaged."

Seven per cent of adults aged 18 years and older reported being victims of cyber-bullying, according to a 2009 General Social Survey on Victimization

from Statistics Canada.

"All the technology makes it so much easier," said Landan Mohamad, 21, a student in Humber's paralegal studies program. "Twitter, Facebook... I've seen cyber-bullying on there."

Mohamad said she hasn't experienced cyber-bullying herself, but thinks bullies should be arrested.

"It really affects people. If you're making fun of someone, you don't know what's going on in their personal life. It can really hurt."

David McCuaig, an advisor in the Centre for Human Rights, Equity and Diversity said at Humber, the Code of Student Conduct supersedes everything.

"It mirrors the Ontario Human Rights Code. It says that every member of the community has the right to be free of harassment," he said.

Bullying at Humber is not an epidemic, he said. "But it is absolutely a problem, and we are required to have mechanisms in place to deal with it."

Student seeks MADD chapter on campus to combat drunk driving

MELISSA DEEDER
News Reporter

A Mothers Against Drunk Driving volunteer is trying to set up an awareness club at Humber.

Carlos Gomes tried earlier this year to start an impaired awareness organization at the college, but it failed to take off.

But Gomes, 33, a second-year Electrician Apprentice student and MADD Toronto volunteer since 2007, is more hopeful of success this time.

"Bringing awareness to the students would be great," said Gomes.

"I'm brainstorming sessions of activities to get out there," he said. "One event we could do is putting a wrecked vehicle in the parking lot this gets a lot of people asking questions.

The wreck shows students how much of an impact driving while impaired affects vehicles and victims and when it comes to the statistics "students will be amazed," said Gomes, who as child was in a car that was broadsided by an impaired driver, as reported in *Et Cetera* in February.

He hopes that when the group does form, it will be as successful as the one started by Ryerson University grad Jason Weichel, who knows all too well the pain of losing a loved one to an impaired driver.

He lost his mother when he was 16. "Yeah, absolutely it's rewarding. It's a way to give back to the community and get involved," said Weichel, a recent graduate in his fourth year as a volunteer for MADD Toronto.

Volunteering helps him deal with

the loss.

Weichel helped start the SIDSA club – Stop Impaired Driving Student Association – at Ryerson. He is still involved in the club although he graduated this year.

The club brings awareness of the dangers of drunk-driving and the physical affects they cause, said Weichel.

One of its best tools MADD has is the Student Assembly Program "aimed at youth aimed at youth to make them aware of the consequences of driving under the influence before they start driving," said Marlene Stephens with MADD's Toronto Chapter.

About 45 per cent of all road crash deaths involving people aged 15 to 24 are alcohol-related, according to MADD, which says four people die and 187 are injured each day in Canada by drunk driving.

The organization also notes over 63,000 Canadians were hurt in impaired vehicle crashes in 2009.

The assembly program launched in 1994 is designed to communicate directly with youth at their level, encouraging them to look closer at their values and perceptions.

MADD staff travel across the country setting up show rooms in middle and high school gymnasiums playing re-enactment videos about the tragic consequences for teens who decide to drink and drive. At the end of the video heartbreaking stories are told from real-life victims.

MADD has more than 7,000 volunteers across the country that give their time and skills to reach out to communities, forming partnerships, building support groups and delivering the organization's programs to schools across Canada.

MADD also recruits volunteers who focus on raising awareness on college and university campuses.

"Just last year a booth of awareness was set up at Humber North campus during orientation week," said Stephens.

Volunteers, including Gomes, also reach out to motorists at police-run RIDE spot checks by handing out pamphlets to let drivers know what MADD is all about.

"Most people don't know that the blood alcohol level is not .08 [at which a driver can be charged as impaired], but .05, and for new drivers it's none at all," said Gomes.

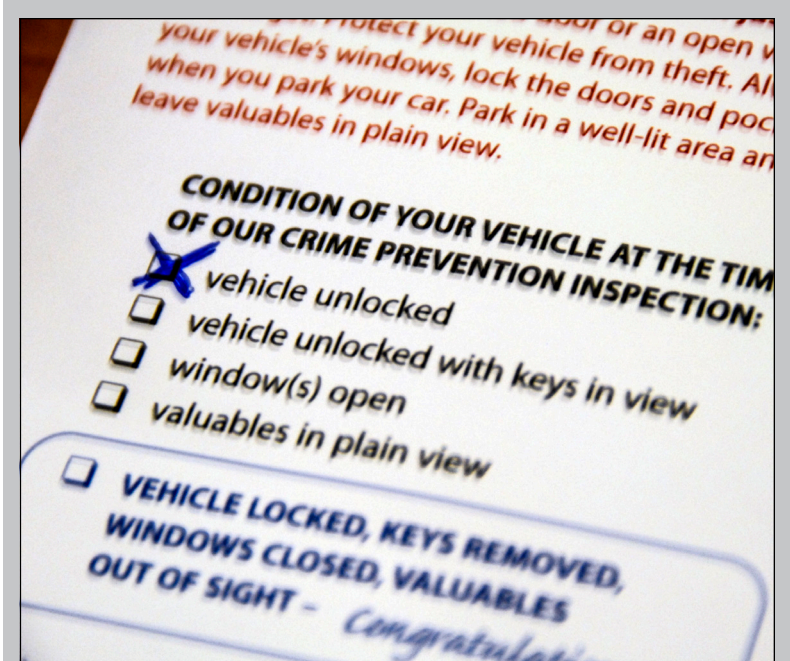


PHOTO BY COREY WEIR

According Const. Ryan Willmer, vehicle break-ins are more common during the holiday season because people are shopping for Christmas gifts and have items in their vehicle that could make it more of a target to be broken into.

Police to check if cars locked

COREY WEIR
Crime & Security Reporter

With the holiday season fast approaching, Toronto Police are warning students at Humber to lock their car doors.

Const. Ryan Willmer, 23 Division crime prevention officer, has started a program called, "Lock it or Lose it."

Willmer said he is going to walk around Humber's North campus checking everyone's vehicles to see if they are locked as the program begins today.

"If the car is unlocked we will lock it for you and leave the checklist saying we locked your doors this time but next time it may not be the police," said Willmer. "It is a checklist that is put on your windshield marking down if you have removed loose change or locked everything up."

Vehicle break-ins are more common during the holiday season because people are shopping for Christmas gifts and have items in their vehicle that could make it more of a target to be broken into.

Pervez Ditta, public safety director at Humber, said increasing the efficiency of Humber parking lots was

something college security looked at very carefully to ensure the safety of their students.

"In our parking lots we have LED lighting, a couple of emergency blue light phones around and numerous guards walking around the lots," said Ditta. "We have over 100 CCTV (closed circuit television) cameras at Humber's North campus and also security guards at every entrance to every parking lot."

Lia Bucci, 20, a second-year creative photography student at Humber, said she doesn't feel unsafe leaving her car in Humber's parking lot.

"I haven't heard of any issues about any of my friends' cars in the parking lot," wwsaid Bucci. "I think with all the traffic and security around that could be a deterrent for people to try to break into a vehicle."

"There are about 130 security guards on staff, and of those 130, there are about 30 to 40 of them working the North campus parking lots," said Ditta. "We also have two security guards at the Queens Plate parking lot."

The Lock it or Lose it checklists will begin to be seen around North campus starting today.



PHOTO BY MELISSA DEEDER

According to MADD, roughly 45 per cent of all road crash deaths involving people aged 15 to 24 are alcohol-related.

Food waste a campus sustainability issue

Using multi coloured bins is one of multiple ways Humber can cut down on landfill being produced

ALEX KOZUSZKO
News Reporter

Cutting down on food waste at Humber College can start through improved education regarding its prevention and better awareness of sustainability issues.

Ontario Environmental Commissioner Gord Miller released his annual report 'Losing Our Touch' in early October, which highlighted a need to cut down on uneaten food being thrown away. Miller detailed strategies such as increased food donation as well as public communication. Miller also proposed changes to the 'Best Before' labelling system, which often is misconstrued by consumers as date at which the food can no longer be eaten.

Colette Slone is the Garden and Eco Programs Manager at Toronto Green Community (TGC); a grassroots, not-for-profit organization that looks to create awareness of environmental and sustainability issues within the City.

Slone said the numbers when it comes to food waste are staggering. As reported by Miller, a recent study estimated that at least 40 per cent of food produced in Canada goes to waste—a value of \$27 billion. In the year 2007 alone, Statistics Canada said Canadians wasted 183 kilograms of food per person.

In 2002, the City of Toronto began the Green Bin Program following the



PHOTO BY ALEX KOZUSZKO
The Ontario Environmental Commission stated need for people to cut down on the amount of garbage created.

closure of the Keele Valley Landfill. This program is helping to prevent food waste from sitting in landfills, instead recycling it for use on farms and parks.

The Green Bin Program is now

serving 510,000 single family households within the city of Toronto, according to the City of Toronto's website. Making the bins available is only half the battle.

"Enforcing the use of green bins would help make a difference," said Alexandra Scarlato, 19, a second year Media Studies student at the University of Guelph-Humber.

Slone agreed with this concept, adding the importance of indicating which waste goes where.

"Signage is an element that would play a clear role," said Slone on promoting students to make use of the bins. "Clear and obvious signage, and not having one central collection spot."

Humber is taking a step in the right direction according to Slone's recommendation. This is due in part to Lindsay Walker, Humber's first sustainability manager. Walker is responsible for the introduction of the colourful waste bins spread throughout the school. Walker's work is only just beginning; she recognizes the problem that green bins have been made available and nobody is using them.

"We have a community at Humber that is coming from many different backgrounds, cultures or countries and communities that don't have green bins so they might not know what it means," said Walker.

Walker and Slone both made clear, the need for improved and increased education of how to properly dispose food. With TGC, Slone is working on an upcoming project regarding composting. While on the campus level, Walker has initiated a campaign, in partnership with Media Studies students, for recycling education in the upcoming winter semester.

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Cooking skills club imports Italian chef

TAYLOR PARSONS
News Reporter

Humber culinary students can now boast a wide variety of cooking skills through live demonstrations.

The demonstrations, which range from carving vegetables to making jam, take place once a week in the D building, which houses the culinary program, at Humber's North location. The club is open to all students who have a keen interest in the culinary arts.

"We do basic skills, for example vegetable carving, chocolate demonstrations, and making homemade jam," said Robin Arroz, 22, the president of Food For Thought, an extracurricular group that teaches students basic food preparation skills.

Arroz said on Nov. 14, Gabriele Ferron, a famous chef from Italy is "flying in, holding a risotto demonstration, there's a possibility he may demonstrate other Italian cuisine as well."

"It was our most popular event last year [Ferron's visit], so we hope this year will be, too," he said.

Jonathan Lin, 23, a second-year culinary student and Food for Thought treasurer said the demonstrations are a large portion of the group's meetings.

"A lot of the events we host are set up through our chefs," Lin said. "We try to have celebrity chefs come in, or other individuals within the industry to hold demonstrations"

"We have students of all backgrounds show up," he said. "It doesn't matter if you're in culinary or not, if you have an interest, you can come."



PHOTO BY TAYLOR PARSONS
The club teaches students how to make items like chocolate to home made jam.

Crystel Breary, 19, a second-year culinary student joined the group last year, and is now its secretary.

"I joined last year and started participating, and I really liked it, it's really fun," Breary said.

Arroz said the biggest challenge of maintaining the club is proper scheduling.

"It's just been challenging because all students have different agendas, some students have school and work, and others have commitments," Arroz said. "So sometimes it's tricky to find people to come to the events."

Impact on the initial impression crucial for job seekers

ALEX KOZUSZKO
News Reporter

Student job seekers can go the extra mile in an interview by going back to basics rather than finding new ways to impress.

OfficeTeam is a staffing service based in California which specializes in finding employment for highly skilled office and administrative support workers. The company began surveying human resource managers of various companies and asked them to provide examples of the most extreme actions applicants have taken to get their desired job.

More than 650 hiring managers from companies in various industries across Canada and the United States took part in the survey.

"Nothing goes further than your standard interview points," said Shelley Robinson, Branch Manager at OfficeTeam. "Appropriate dress code, friendliness, ensuring research into the company; these still

"One guy brought in a six pack of beer with his name, information and address attached

Peter Harris
Workopolis

go a long way in terms of making a first impression."

OfficeTeam's survey findings included one applicant offering to work for free and another who sent a gift with an invitation to meet for coffee.

Karen Fast, manager at Humber's Career Centre, said 90 percent of employers are now checking applicant's online pages. The social landscape of the interview process is evolving. Social media sites LinkedIn, Wordpress, Twitter and Facebook pages offer another way to stand out from other applicants.

Job experts agree that there is still a place for 'standing out', as long as it is appropriate for the position being sought.

Peter Harris, chief editor at Workopolis, an online employment service, said sucking up would not increase one's chances of getting a job. Rather, telling a personable story during the interview will help hiring managers to remember who you were. Harris said he has heard of creative ways applicants have obtained jobs while staying within a professional boundary.

"One guy brought in a 6-pack of beer with his name, information and address attached," said Harris. "While he didn't get the job, they never forgot about him and called him up a year later for another position."

Women surpass men in academics: study

ASHLEY COWELL
News Reporter

A recent study funded by the universities Research Grant Fund, reveals there are substantial trends in the different approaches men and women take toward their education, leaving women ahead of the game.

Nitin Deckha, an anthropology professor at the University of Guelph-Humber, conducted the research project that started in May. The project explored how young men and women understand education

Deckha's research showed that the top three reasons why women pursued a course of study were curiosity, love of learning about the subject and something they were passionate about. For men, the top three reasons were good career prospects, something they were passionate about and a talent for the subject.

"This is really just from teaching for eight years and what I saw in the classroom," said Deckha. "So I wanted to understand a little bit more why there was such a gap between how many of the young women did versus some of the young men."

The research was conducted using a quantitative survey on Survey Monkey, a website devoted to surveys. In addition, three focus groups were held with 15 participants in total between the ages of 18-29. The participants were recruited through posters and e-mail notifications at Humber College's North campus, the University

of Guelph-Humber, York University's Keele campus and Ryerson University.

Jessica Ingold, 21, a fourth-year media studies student at Guelph-Humber, was one of Deckha's research assistants on the project. She said she thinks the research means the education system is outdated and its rigid structure is not conducive to today's new learning

"I wanted to understand why there was such a gap.

Nitin Deckha
Anthropology Professor

styles.

"The truth is," she said, "You can't take yesterday's teaching techniques and practise and impose them on tomorrow's workers. It's not going to work."

Deckha said the reason why women are beginning to outnumber men in education and the workplace is because the old breadwinner model is dead. He said he doesn't think there's a big emphasis on being masculine and using your brain. However, the trend is not as black and white as it seems.

"It isn't just, the boys are doing badly and the girls are doing well," he said. "It's way more nuanced and that's what posed so interesting [a challenge]."



PHOTO BY ASHLEY COWELL
Jessica Ingold, 21, was one of Deckha's research assistants on the project and said she thinks the research means the education system is outdated and its rigid structure is not conducive to today's new learning styles.



Online marketing grows fast

ALEX KOZUSZKO
News Reporter

Marketing in Canada has been rapidly expanding its online social media presence and as a result Humber students and consumers are becoming familiar with the digital marketplace.

The Canadian Marketing Association said Canadian businesses are projected to spend \$17.3 billion on advertising alone in 2016. Online advertising is expected to share 26 per cent of this amount, an increase of eight percent from 2011. This change is being brought forward through the increased dependence on the Internet through our usage of tech tools such as cell phones, email, social media and tablets.

Phillip Lisotti, 22, is a second year Marketing student at Humber College said it is becoming harder to market products. Marketers now face the challenge of having to adapt to the changes in how they reach their product's audiences according to Lisotti.

"There are less people watching TV, which for marketers, used to do the job," said Lisotti

Edmund Baumann is a Business Marketing instructor at Humber College's Lakeshore campus.

Baumann said he believes the social media outlets provide great employment opportunities for marketing students. "Marketers are going to go where there is an audience," said Baumann, in reference to the rise of the digital market-

place. "When Facebook get one billion users that's a good audience to explore."

Major businesses and corporations are able to gain a following of thousands using the social networking tool Twitter.

Chuck Coolen, marketing manager at McDonalds Canada, said the domestic firm has over 35,000 followers on Twitter, which demonstrates how the company is trying to seek the most effective way to communicate with its consumer base.

"When you're sitting in front of the television you could be on your smartphone, on your laptop or your tablet," said Coolen, "and we (McDonalds) are cautious of that."

Recycling cell phones

CELLPHONE from PG 1

"This is something that has been developing into an issue over the last 25 years," said Leighton. "It doesn't look like it is going to slow down anytime soon, either."

Leighton said that 118 schools and over 100,000 people are participating in the Recycle My Cell Challenge across Canada this year.

Among those people trying to make a difference is Hansel Menezes, 30, a third-year sustainable energy and building technology student. He is the only student member on Humber's sustainability coordinating committee.

"It's all a matter of awareness," said Menezes, who is also the sustainability energy and building technology program representative at Humber Students' Federation. "Hopefully we can get students to participate in this campaign which will lead us to bigger and better things throughout the year."

Students can get involved by dropping off old electronic devices in the designated collection boxes, which can be found at HSF offices on North and Lakeshore campuses.

Donators will be entered into a raffle with a chance to win HSF swag.

The electronics being collected includes cellphones, smartphones, pagers, batteries, chargers, as well as other accessories.

Humber wants 3 year degree

RAQUELLE COLLINS
News Reporter

Humber is planning to create three-year degree programs in the near future, according to the Strategic Mandate Agreement the college submitted to the province.

The plan is to continue expanding degree programs and pathways with an intention to develop three-year degrees in areas with the most demand. It also calls to increase flexibility for students through additional online degree courses and summer semester degrees.

Humber wants to build on its alignment with the University of Guelph-Humber, the report stated.

The Ministry of Training, Colleges and Education requests all post-secondary institutions to submit a strategic mandate agreement every three years.

The current agreement consists of three specific priorities the school wants to focus on: "Putting Students First," "Meeting the Needs of the Creative Economy" and "Focusing on Productivity, Innovation and Sustainability."

Kevin Brandon, graphic design advanced diploma program coordinator, said he's in favor of the three-year degree idea.

"A factor that would need to be worked out is the credentials of the people applying to the degree programs," said Brandon.

If Humber does decide to offer three-year degrees, he said, the college needs to factor in the credentials for students to be accepted.

Rick Embree, vice president of planning and development at Humber, said the concern is providing students with high school courses a fair opportunity to get into the program.

"Will they be able to function at a degree level or no? We typically have said we would do three-year degrees provided the incoming students were comparable [academically to those for] our four-year degrees," said Embree.

Embree is referring to the courses high school students take when applying to college and university.

"If a student who takes lower level high school courses applies to a three-year degree program, the student is not

necessarily going to get into the degree program because they wouldn't have a university math or English credit and you need to have in order to get in," he said.

Anthony D'Onofrio, 19, a first-year architecture student at Humber, said he is in favor of the potential three-year degree programs.

"Making my three-year diploma program a three-year degree program would be great in my eyes, judging from the previous endeavors when dealing with my future," D'Onofrio said.

Embree said they want to move on to a different designation but not a full-fledged university.

"We talk about poly-technics or poly-technic university as a potential direction for us, we say we have to move out of just being a college. Our intention is that degrees will just be another credential that's offered by this institution," Embree said.

The mandate stated other priorities are to provide training and faculty support to influence better student outcomes. Humber plans to do this by creating more advanced classrooms and state-of-the-art lab environments.



PHOTO BY ALEX LAMBERT
Protection, Security, and Investigation coordinator, Henri Berube, said the course will teach students what they need to enter the security industry.

Private security program launches

ALEX LAMBERT
Senior Reporter

Humber's School of Social and Community Services began offering a new two-year private security diploma program this year.

The Protection, Security and Investigation program started in September and is housed in Lakeshore campus' Centre for Justice Leadership. It is open to high school graduates and mature students who meet admission requirements.

Co-ordinator Henri Berube said the program provides students looking to enter the private security field with a foundation of well-rounded knowledge.

"The idea is to create people who can get a good jumpstart on their security profession by being able to go into the employment world with a really good understanding of what security and threat and risk are all about," he said.

The curriculum also includes a mentorship program.

"The idea is to get students to identify areas of interest and to try to team them up with a mentor so they can go and experience it," Berube said.

Also included in the cost of tuition is the 45-hour basic training course needed for any private security worker to acquire a license in Ontario.

Berube said one reason Humber decided to begin offering this program is because of an increasing appetite for private security.

"There's a demand for these kinds of programs that wasn't there maybe 15 or 20 years ago," Berube said.

"It's meeting a need that's not currently being met very well," he said.

In addition to an increased market for private security, Berube said recognized credentials and standards are scarce in the private security industry.

"This is just a natural growth based on what the public is demanding of the industry, which are higher standards of education and qualifications for people going into the business," he said.

The increased demand for private security is partially because of a developing trend where companies are

choosing private security over police because it's less expensive, Berube said.

For businesses, the appeal of private security over public police is that private security thinks in terms of a "business model" with the main goal of "reducing crime for the client," Berube said.

"This is just a natural growth based on what the public is demanding of the industry"

Henri Berube
Co-ordinator

Public police, meanwhile, focus on collection of evidence for prosecution and "reducing crime for society as a whole," he said.

Rita Estwick, director of Canada Post security and investigation services and a member of the new Humber program's advisory board, said she's excited to be involved in the initiative because of its focus on leadership.

"You need those leadership skills to be able to communicate effectively with other stakeholders," Estwick said. "That's what appeals to me about this course and continues to keep my enthusiasm."

Estwick said she thinks more schools will try to respond to today's increased call for security services.

"Given the tremendous demand and growth in the private security industry, I believe that other educational institutions are going to have to start offering this type of similar program," she said.

The program is now accepting applications for the winter semester.

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PHOTO COURTESY OF SPENCER RYERSON
A screen shot of Joe Caputo from the documentary *The Beautiful Dead*, made by Spencer Ryerson, which will be available to watch on the Facebook OneCloud Fest until Nov. 30.



PHOTO BY JESSICA PAIVA
Humber film student Spencer Ryerson's film, *The Beautiful Dead*, has already been awarded at the Young Cuts Film Festival.

Student-made film beautifies death

JESSICA PAIVA
A&E Reporter

In search of a compelling documentary story idea, one Humber film student turned to his mom for advice on where to find the best subject.

Spencer Ryerson, 21, a fourth-year film and media production student at Humber's North campus, said he approached his mother with the question after being assigned with the task of making a documentary about someone interesting.

"In first semester we had to find a

person, someone that's interesting and because I don't know any interesting people, I asked my mom to see if she knew anyone and she told me about Joe, a forensic photographer," said Ryerson.

"I've always been interested in forensic photography and photography in general so I called him up," he said.

The result was an award-winning, student-made documentary short film.

The film, *The Beautiful Dead*, portrayed the life of Joe Caputo as he uses his hobby, fine arts photography, as a way of coping with the horrible sights he sees on a day-to-day basis doing

photography used in police investigative work in such matters as homicide.

"I'd say the film is an insight to forensic photography as well as how police officers cope with the job," said Ryerson.

"Joe is just one of the many officers who has to deal with seeing such terrible things so I just wanted to show how photography is his way of coping," said Ryerson.

Evan Blacker, 22, the film's cinematographer, described the scene where Caputo is photographing the sunrise at Cherry Beach as the best part of the shoot.

"Seriously, if you ever feel inclined to witness the sunrise without straying too far from home, I suggest Cherry Beach. It is a pretty awesome sight and extremely tranquil," said Blacker.

"I felt it perfectly reflected the side of Joe we wanted to see outside of his day job, specifically where his mind is clearly at peace the entire time," added Blacker.

Elizabeth Suniga, 21, a third year computer system technology student at George Brown College, said after watching the documentary she became aware of the dark side to photography as opposed to what people are used to.

"It informed me that photography is not always going to be capturing pleasant or positive moments but also dark and disturbing photos," said Suniga.

"This video was great in showing a little side of forensic photography and I admire how Joe wasn't turned off with photography, given all the horrible things he sees on the job," said Suniga.

The Beautiful Dead will be showcased on the Facebook OneCloud Fest until Nov. 30 and was recently awarded best documentary at the Young Cuts Film Festival.

Movember adds men's mental health to the cause

JULIA GRABOWSKA
A&E Reporter

Humber men will get a professional shave down to kick off this year's Movember to raise awareness for men's health.

Humber students can sign up for Movember at the Humber Students' Federation coordinated event on Nov. 1 at Lakeshore or North campus.

"I'm extremely bad at growing facial hair...but this November I am definitely participating in Movember," said Enzo Carletti, 21, a Humber public relations student.

Carletti plans to attend the launch

and said that he is also helping raise funds through his workplace.

Although Movember usually focuses on prostate cancer, this year coordinators are also raising awareness about men's mental health.

"Spreading awareness for Movember has become even more relevant to students and youth because mental health issues are far too common on campuses. We hope that the moustache will start conversations amongst students about their health to remove stigmas and inspire students to take care of their health," said Anna Wiesen, community and business engagement coordinator at Movember

Canada.

"The more Mo's, the more conversations, and the closer we get to achieving our goal," Wiesen added.

"Humber students will have the opportunity to sign up if they want to start their own campaign... there will be laptops for registration and a member from Movember Canada will be there as well," said Colin Edwards-Crewe, vice president of campus life at Lakeshore campus.

HSF will be giving out prizes and taking 'before' photos so that participants can track their 'mo-gress.'

The shave down begins at 12 p.m.



PHOTO COURTESY OF MOVEMBER CANADA
Movember will kick off at both the Humber Lakeshore and North campus' on Nov. 1 with an HSF organized professional shavdown.

THIS WEEK IN ENTERTAINMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 Nightwood 2012 Poetry Bash @No One Writes to the Colonel TIME: 8 p.m. FREE event, with spoken word and poetry performances at 460 College St., Toronto.	30 Art Battle Halloween @The Great Hall TIME: 7:30 p.m. FREE event where artists compete against each other for spooky prizes. 1087 Queen St. West	31 HSF Halloween Party @L Building, Lakeshore TIME: 8p.m. Show off your best costume and spirit at this year's Halloween party by bringing in two canned goods.	1 HSF Movember Shave Down @Lakeshore & N. Campus TIME: 12 p.m. Support the fight against prostate cancer by getting a professional shave and growing your moustache!	2 Jeff Dunham @Rexall Centre TIME: 8 p.m. Canada's favourite ventriliquist comes to Toronto at 1 Shoreham Court #1, www.ticketmaster.ca.	3 Crystal Castles @The Kool Haus TIME: 8 p.m. This Canadian electronic band stops in Toronto for a performance. 132 Queens Quay E.	4 Kevin Quain & The Mad Bastards @The Cameron House TIME: 6 p.m. Seating is limited for this exciting event of live music. 408 Queen St. West

Altobeelays a playful mix of psychedelic rock jazz funk

With their second-place HSF Battle of the Bands win, this band is looking forward to more success and a new album

NICOLE CAMPEA
A&E Reporter

Psychedelic funk band, The Altobeelays, love it when their performances turn into a sweaty dance party.

The sextet consists of three Humber music students: Chris Bruder, keyboards, Scott McIntosh, guitar, and Tom Altobelli, bass.

"We put on a rock and roll show with the elements of a funk dance party, as well as pop-sensitive tune arrangements," Bruder said. "Originally we were an instrumental band that were jamming together as a quartet for about a year without really writing any tunes."

The band has been together for three years, according to Bruder.

Julia Sutton, a second-year me-

dia studies student at University of Guelph-Humber, said the Altobeelays' sound is very different, unique and creative.

"Their music has so many different genres in it, which is really neat," Sutton said. "I get a strong sense of jazz, but then at times I don't."

The name The Altobeelays originally came from a nickname the band used to call bass player Tom Altobelli.

"As a playful nickname, we called Tom 'Altobeelay', or 'Beelay'," Bruder said. "When we needed a band name, we joked about calling the band that, and to Tom's dismay we landed on 'The Altobeelays'."

Bruder says, The Altobeelays' first album is now in the works.

"We think this will be a seven to eight song album... we are looking

to share our music honestly with the world," Bruder said.

Jay Hunter, 29, musician, instructor and producer, recorded a three-song demo with The Altobeelays last year.

"Recording the demo with them was fairly easy," Hunter said. "We did it all live off the floor, and did the vocals separate. It didn't take very long because they are all fantastic musicians, so the recording process was wrapped up fairly quick."

Hunter said he sees the band getting recognized by the right people in the near future.

The Altobeelays headlined at Mohawk College's Mediafest in March 2010, in front of 1,500 people, their biggest crowd to date.

They also placed second in Humber's Battle of the Bands on Oct. 17.



PHOTO COURTESY OF CHRIS BRUDER
Andre King (inset), saxophone player of the band The Altobeelays.

Ideas Worth Rhyming fest showcases social issues

DERICK DEONARAIN
A&E Reporter

SpeakOUT launched its first Ideas Worth Rhyming Festival at the Regent Park Arts and Cultural Centre on Oct. 21.

The nonprofit organization presented the festival to provide a platform for youth and students to use spoken word

to promote and unite their communities.

"So many people feel their story is a valid story but the opportunities to tell their story aren't there. So events like this allow that to happen," said New York poet, Shihan Van Clief.

Van Clief was one of many poets to attend the event and he performed

spoken word pieces on consumerism and tuition.

Yumna Abbas, youth coordinator for Youth Troopers for Global Awareness, also presented a spoken word piece at the event and agreed with Van Clief.

"As a student and youth coordinator there aren't many platforms to get your voice heard. SpeakOUT's initiatives really help in that sense and I hope more events like this continue to happen," Abbas said.

Farrah Khan, a Toronto poet, activist and social worker at the Barbra Schlifer Clinic performed an educational piece on violence against women. She spoke about social issues of rationalizing rape and the misleading portrayal of Muslim women.

Besma Soltan, co-founder of SpeakOUT said, "As a woman you have the right to stand up for yourself and you need to learn about your rights."

"Educating people through this platform is necessary because it's something everyone needs to know," she added.

SpeakOUT is planning to hold another Ideas Worth Rhyming festival next year, but a date hasn't been announced.



PHOTO BY DERICK DEONARAIN
Shihan Van Clief ends his poem and opens the floor for discussion from the audience on the social issue of consumerism at Ideas Worth Rhyming on Oct. 21, 2012



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IN YOUR EARS

What are you listening to?



Aniruddha Pradhan, 28
Enterprise Software Development,
1st year

"Latin music, mainly salsa. Right now, Aventura, a Latin (bachata) group."

What's your preference?

"I've learned salsa and bachata [dancing], it gets me in that whole mood and makes me want to dance a lot. Normally I don't get the chance to, so it's my way of connecting to it."



PHOTO BY MEGAN RACH

University of Guelph-Humber Media Studies students Sarah Davis (left) and Shan Fernando in the GuHu Radio studio, hosting a morning show on Monday, Oct. 22.

Guelph-Humber media club debuts GuHu online radio

MEGAN RACH
A&E Reporter

University of Guelph-Humber students now have the opportunity to explore media and gain professional skill sets outside of the classroom through an extracurricular club called GuHu Media.

GuHu, a portmanteau of “Guelph” and “Humber,” has been running just less than a year, with a membership of about 80 Guelph-Humber media students involved in radio, television and public relations.

Kalyna Taras, 20, a third-year media studies student, president and founder of GuHu, felt she was not getting the hands-on experience that she wanted in the field she chose.

“Because it is a university and college, we do our theory in the first two years, so I wanted a little bit more practical experience at that point,” said Taras.

Radio, for example, isn’t practiced much in the programs, she said.

GuHu, though, does its own online radio broadcast that’s a hit with students, Taras said.

Students can take advantage of the studios and databases provided by the university and get the hands-on experience needed to work at a radio station. They submit a professional pitch, prepare their own radio show and host two-hour shifts in the club.

Students are also allowed to choose their own music based on the show they are doing, rather than following the Canadian-only format at Humber’s Radio Humber 96.9 FM.

“It’s a lot more hands-on, almost like a co-op type placement. It’s not so much being taught by somebody else, it’s kind of us feeling it for ourselves,”

said Jesse Espana, 20, a second-year media studies student and GuHu Radio division head.

“This is the first time [in radio], so that’s why I was kind of interested in doing it. I jumped right into it, no experience, I’m kind of learning as I go,” said Espana.

The main difference between GuHu Radio and Radio Humber 96.9 FM is the fact that Radio Humber is on the airwaves while GuHu Radio is strictly online at the moment.

Although Radio Humber has Canadian-only content, that doesn’t mean that non-Canadian artists are part of what is played.

According to second-year Radio Broadcasting student and Radio Humber host Jesse Deemar, there are three criteria for Canadian content: written by a Canadian, produced in Canada, and sung by a Canadian.

Music must meet two of the three to be played on Radio Humber.

“I enjoy it immensely; I wasn’t really much of a Canadian [music] connoisseur before I got into this program. I’ve definitely had a greater appreciation for Canadian music because of Radio Humber,” said Deemar.

Radio Humber is also considered part of the Humber College curriculum, unlike GuHu Media.

“It’s unfortunate that there isn’t more of it in the classroom, but at the same time, we’re all learning from each other and trying things out. We do have the school’s support, which is great,” said Taras.

Broadcasts of GuHu Radio can be found online Monday through Friday on SHOUTcast, www.shoutcast.com.



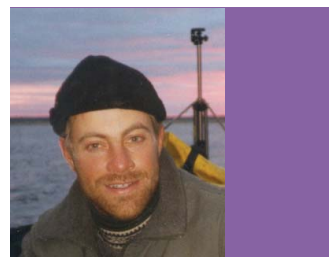
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WEDNESDAY

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Auditorium at Lakeshore Campus

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Colin Angus

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humber.ca/degree-lecture-series

Poor sleep linked to weight gain

SARAH STINCHCOMBE
Life Reporter

Not sleeping can do more than just put bags under your eyes: it can make you fat.

According to a study by the *Annals of Internal Medicine*, lack of sleep reduces fat cells' ability to respond to insulin, a hormone that regulates energy.

"One of the main reasons we need a good night's sleep is because of the hormones that have to be released in our body that help us lose weight," said Teresa Arnini, the high performance coordinator and personal trainer at Humber.

"So when we go into our deep sleep that's what allows our body to prepare for the next day, and rejuvenate these hormones."

The U.S.-based randomized study looked at the effects of sleep restrictions on insulin signaling and found there could be increased risk for insulin resistance, Type 2 diabetes and obesity with insufficient.

"Not sleeping will affect nutrition, hydration, all of that will come into play



PHOTO BY SARAH STINCHCOMBE
College students like Eleni Gagovski, 19, often find it hard to get eight hours of sleep.

absolutely," Arnini said. "We always emphasize to our athletes to try to get eight hours of sleep, make sure you're hydrated, know that there is a certain rest period [they] should be really focusing on."

Cassandra Lynn, 18, has suffered from a sleeping disorder for the past three years.

"My sleeping disorder actually tied into my depression because for weeks

I'd have nights where I'd lay there for hours, I'd be thinking about problems or issues and it would cycle and play over in my mind and I never got to sleep. It made me restless and even angry at some points," Lynn said.

She feels her sleeping disorder gets in the way of her being active enough to lose weight.

"I used to be into sports, but now all I can do is walk my dog. It really affects my ability to be active," said Lynn.

Nathan Boles, 23, also suffers from a sleeping disorder, and said he usually gets about five hours of sleep a night.

"I'm not the skinniest person, but I could lose some weight," he said. "If I were to get into a normal rhythm of seven or eight hours consistently I'm sure my motivation would change and I'd be wanting to do it more."

Sara O'Dacre, a spokesperson for Health Canada, said the organization does not currently have any information about whether lack of sleep can cause weight gain, but is current considering studies on the issue.



PHOTO BY SAUDIA MOHAMMED
Jo-Anne Santos, 21, 2nd year Early Childhood Education student at the Resource Centre.

Baby travel bed gets urgent warning

SAUDIA MOHAMED
Life Reporter

Health Canada issued a warning on Oct.15 for consumers to stop using the KidCo PeaPod baby travel bed because of safety risks.

"Due to the safety warning released, it is advised that infants under 12 months stop using this product because it is unsafe," said Stephane Shank, Health Canada's representative and spokesperson.

The federal warning stated the department had received two reports of infants rolling over and becoming trapped between the mattress and the side of the device, creating a suffocation hazard.

Consumers were told in ads that the inflatable air mattress would provide a comforting place to sleep and play for children under the age of 12 months. PeaPod zippered panels allow purchasers to take them anywhere, presenting it as a convenient device for on-the-go parents.

"I would still purchase the baby travel bed just because it looks neat, and despite the warnings its actually all depends on the parent and how careful they are with their child," said Maria Solis, 23, a second-year public relations student and a parent.

"We had a huge sale in our baby department last week and did really well on those baby travel beds, cribs and strollers," said Praveena Kumarsary, 26, a graduate from York University who now works at Sears Head Office inside Eaton's Centre under vendor management.

Health Canada offers tips to parents on baby traveller safety:

→ The safest place for an unsupervised infant sleeping alone is in a crib that meets the Canadian safety regulations.

→ Infants should never be placed to sleep in products that are not specifically designed to accommodate an unattended sleeping infant.

→ Any crib that meets the Canadian safety regulations is an appropriate until the infant reaches the maximum weight recommended by the manufacturer.

to the NINES

Where do you get your style inspiration?

My mom, she's crazy too.

Where is your favourite place to shop?

Second-hand stores and H&M

What are your favourite clothing items?

I love all my clothes, but oversized sweaters.

How would you describe your style?

Unique. Something that will catch people's attention.

Tinesha Richards

Family & Community Social Services, 3rd year

Flu shot clinics open on campus

CHARLOTTE ANKETELL
Life Reporter

North and Lakeshore campuses hold free influenza vaccination clinics and this year's clinics commence this week.

The clinics will take place at the Lakeshore campus in the A and L buildings tomorrow and Wednesday from 9:30 a.m. to 3:00 p.m. The North Campus' clinics will run from Friday to the following Thursday from 9:30 a.m. to 3:00 p.m. each weekday in A107.

Cathie McKee, nurse leader at the Health Centre at North campus, said this is the best time to run the clinics.

"They release the vaccine usually to hospitals, long-term care facilities and doctors' offices first, then we're next in line for the vaccine," said McKee

The vaccine is still available after the clinic ends, although there is a cut-off date where public health finishes it for the year, McKee said.

The vaccination clinics have been at Humber for at least 10 years now, and there is a range of 700 to 900 clients that visit the clinics every year, McKee said.

Basic tips such as eating healthy, increasing fluids and getting enough rest can help avoid getting sick this year, although there are things people may

not think of, McKee said.

"Students don't think to monitor what they're sharing," said McKee. "Not sharing things is important because it decreases your risk of getting sick."

Danielle Gibbs, 22, a third-year bachelor of nursing student, said she gets a flu shot every year and would consider getting her shot at Humber.

"I would rather get the shot and build resistance to that strain, than not get the shot and be more susceptible to other flu strains," said Gibbs.

Students do care about the flu, but unfortunately the vaccine is not their top priority, said Samy Mak, pharmacist and owner of MedSpot pharmacy on North campus.

"They just assume they are young and healthy and it'll just go away," said Mak. "They don't recognize the importance of it, until they are sick."

The Ontario government announced this month that pharmacists are now allowed to give flu shots.

Mak said he is not planning to give the flu shot this season.

"I think the Health Centre does a very good job every year. I think it's better to leave this job for them," he said. "They get well prepared and they have more available to them."



PHOTO BY CHARLOTTE ANKETELL
A flu vaccination shot in a doctor's office in the Humber Health Centre.

Condom fairies promoting safe sex

Students handed out free protection to boost awareness of sexually transmitted infections, disease

KARA MATTHEWS
Life Reporter

Humber's Condom Ambassadors are spreading a lifesaving message to students: wrap it up.

"We're handing out free condoms and information trying to promote HIV/AIDS awareness, sexually-transmitted infection (STI) prevention, and safe sex," third-year Humber nursing student Emilie Runnalls, 25, said.

On Oct. 19, eight nursing students completing a clinical placement with Humber's health centre scattered themselves around North campus as Condom Ambassadors. They dressed as fairies to draw at-

attention to themselves and their cause. According to Health Canada, HIV infections increased 14 per cent between 2005 and 2008. A 2009 report from Health Canada showed STIs are also a concern in Canada, some almost having doubled since 2000.

Laura Van Berlo, a nurse and Nurse Practitioner student said condoms are the number one prevention method.

"They're effective as long as the person receiving it knows how to properly use it," she said.

Condoms do not protect against all STIs. People are still at risk for diseases like HPV and symptoms such as genital warts.

Van Berlo said awareness and education is essential.

"It's absolutely imperative that awareness is out there, not only for HIV/AIDS, but for any preventable illness," she said.

Condom Ambassador Marlene Ferriggi said student response was mixed, but generally positive.

"Males are definitely more comfortable coming up to us," Ferriggi said.

Runnalls said this is likely because males are usually the ones introducing condoms into the relationship but the fairies did also receive approaches from women.

Second-year photography student Dean Thompson, 20, was a little shy

about grabbing a rubber.

"It was a little awkward," he said. "I'm glad they came up to me though. It was for a good cause, and you could tell they really cared."

The free condom event was the first in a series organized by the Nursing students. Runnalls said the final event will be a games day in Humber's course on Nov. 8.

"Males are definitely more comfortable coming up to us"

Marlene Ferriggi
Condom Ambassador

"We want to play games, but provide HIV and STI awareness at the same time," Runnalls said.

She said they hope students will wear red on that day to show their solidarity and support for the cause.

"We're working really hard to remove the stigma and the shame associated with HIV/AIDS, as well as STIs," Runnalls said.



PHOTO BY KARA MATTHEWS
Condom Ambassadors wore fairy wings and capes to make themselves more visible to students while handing out condoms and information in the North campus Student Centre on Oct. 19.

Transgendered ID rules change

CHARLOTTE HILLYARD
Life Reporter

Transgendered Ontarians are now able to change the gender on their birth certificate without having to go through with sex-change surgery.

Ontario's previous ruling required transgendered Ontarians to provide "proof" before they could get their birth certificate changed, and required people to have the surgery done before they could make any changes.

Morgan Page of the 519 Church Street Community Centre said, "This is great progress. The office changed the policy for transgendered Ontarians in an excellent way."

The new law shows that people who want to change their gender are required to provide a note from their physician and Service Ontario will process it and provide them with a new birth certificate.

Chair of the Trans Lobby Group, Susan Gapka said, "I am very pleased about this. It was difficult for people before because of gender identity, trans people were being discriminated from jobs, airports, and even post offices."

College students who want to change their gender information on their school records must go to the school's registration office.

Records and Registration manager, Betty Tam said, "Students who apply to college, apply through Ontario Col-

lege Application Services. When it is required for a student to change their names, gender, or status, they are required to speak to a staff member of the college."

Tam added, students are required to provide a proper government I.D. and paperwork in order to change records through the college.

"The University of Toronto doesn't require surgery in order to change their gender in their school records. I would like to see more schools doing the same thing," Page said.

Even though this is a big step for the transgendered community, there is still more that can be done for the LGBT group.

"I would like to see this law extended to all of Canada, and I would like to see that all Canadian documents can be changed for those who apply for it," said Page.

"I would like to see that youth under 18-years-old could change their gender on their birth certificates as well. I know that the Toronto District School Board has done some things to accommodate transgendered youth, but I think more can be done," Page said.

In terms of the way people look at gender, Gapka said, "We as humans are preconditioned to ask - when we see an infant for the first time - 'is it a boy or a girl?' Instead we should really be thinking about referring to the child as a 'healthy baby.'"

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Steroids, lies and denial must go

Steroid scandals have rocked professional sports and the Lance Armstrong saga unfolding now shows the twisted and extreme lengths athletes will go to achieve greatness.

Better results mean bigger and better contracts.

Armstrong's story is incredible. In 1998 he came back to cycling after successfully defeating prostate and brain cancer. Before his cancer battle, Armstrong had never won a Tour de France. Following the disease he miraculously went on to win seven straight titles, spanning from 1999-2005.

Armstrong built a foundation called Livestrong, which raised millions of dollars for cancer research, with millions in sponsorships.

Now everything has come crashing around him. The International Cycling Union decided to erase the record books, taking away Armstrong's. He was also forced to step down as chairman of Livestrong and was dropped by all of his major sponsors, including Nike, Oakley, and Trek.

Armstrong still denies he has ever used performance-enhancing drugs.

There is perhaps no sport as marred by doping scandals as cycling.

High stakes and hefty payouts drive athletes to great lengths to win. Couple this with the understanding, that everyone else is taking steroids. Athletes feel immense pressure to use them to have a fair chance. This is troubling and puts athletes in tough position.

The old saying in sports that if you're not cheating, you're not trying hard enough, has never been truer.

In the early 90's a new drug called erythropoietin (EPO) was widely used by endurance cyclists. EPO boosts red blood cells and gives athletes the ability to carry more oxygen. For over a decade, EPO was undetectable in drug tests but eventually researchers were able to test for it and more and more cyclists were testing positive.

Armstrong never failed a drug test but critics all along speculated he was cheating. When Armstrong's teammates, Floyd Landis and Tyler

Hamilton, tested positive and were suspended, they blew the whistle on Armstrong and revealed the team's elaborate steroid schemes. Both Landis and Hamilton have written tell all books looking to cash in on the saga.

Federal Food and Drug Administration agent Jeff Novitzky, who led investigations into the cases of Marion Jones and Barry Bonds, blew wide open the dirty side of cycling.

There were 10 racers in total who testified against Armstrong but eventually the U.S. attorneys' office dropped their case against him this year, saving Armstrong from doing any time in prison. Major League Baseball was rocked by a steroid scandal, when Mark McGuire admitted to using steroids after breaking the all-time single season homerun record with 70, surpassing the previous record of 61 set by Roger Maris in 1961. Barry Bonds then broke the record belting 73 homeruns in 2001, later admitting he'd taken steroids but claiming he did so unknowingly.

This displaced admittance brings to mind the biggest steroid incident in Canada, following the 1988 Summer Olympics in South Korea, where Ben Johnson had his 100m gold medal stripped after testing positive for steroids. Johnson claimed someone had slipped something into his water bottle.

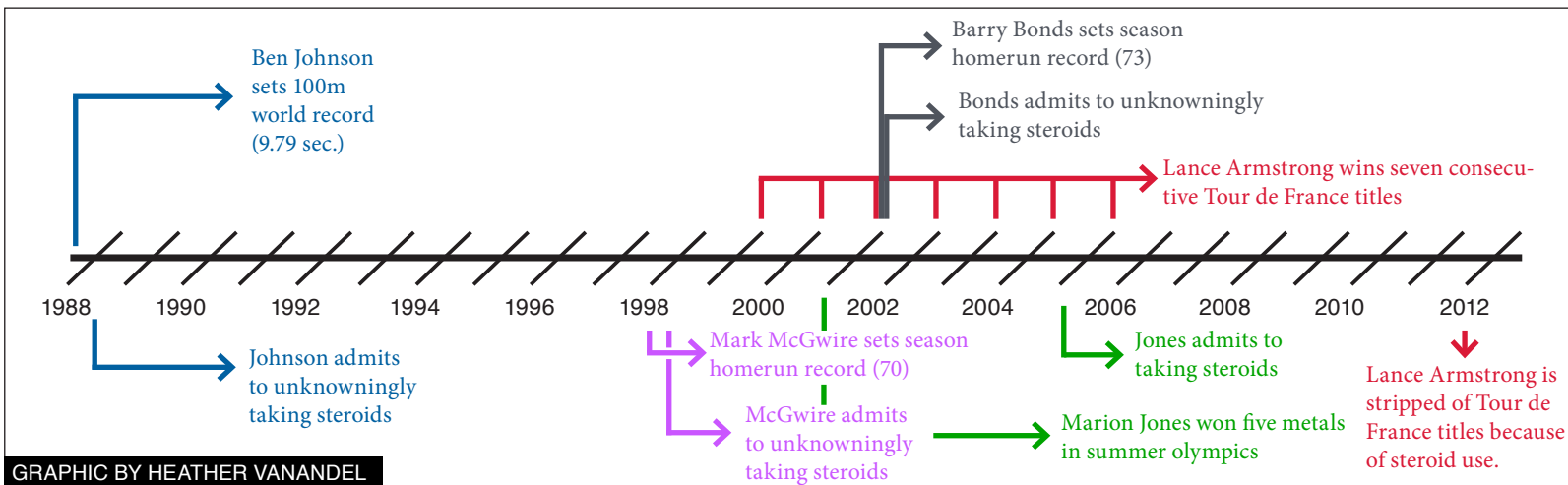
American sprinter Marion Jones won five medals at the 2000 Olympics in Australia but had her medals stripped for testing positive.

Unfortunately, these scandals have made fans more skeptical. Now any record setting performance today raises a concern whether or not the athlete did so clean.

All of the athletes denied, lied and tried to hide the truth and disgraced themselves in the process.

But athletes who took steroids can come clean and help sports evolve and put an end to all the cheating.

Athletes need to come clean, to help shine some light on the dirty past and encourage safer conditions in sport.



QUOTED

Have you ever thought of deactivating your Facebook?

Jimmy Latchman, 19
Health & Fitness, 2nd



"Yes, I have deleted it before but I actually reactivated it. It takes up so much time and I needed to focus on my studies."

Rico Perea, 22
Health & Fitness, 2nd



"No, I wouldn't deactivate it because there is a whole online community. I follow all my friends and it's a good way to stay in touch."

Brittany Sheahan, 22
Film & TV, 1st



"No. I just think it's great to keep in touch with people, and to see what's going on with people you don't necessarily talk to."

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EDITORIAL CARTOON



Humber Et Cetera

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

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Humber Etc. is a publication of the Humber College School of Media Studies & Information Technology. 205 Humber College Blvd., Etobicoke, ON, M9W 5L7

Real world: No Facebook



NICHOLAS CAMILLERI
News Editor

Just as Morpheus advised Neo in *The Matrix*, if you want to rejoin the real world, take the blue pill: delete your Facebook.

You've been telling your friends for weeks, "this is it, I'm deleting my account guys."

You save all your pictures. Give a second look over a few profiles and 'Like' people's status for the sake of it.

You are done with Facebook, this is - but, oh, wait, a notification at the bottom of the screen catches your attention. An old friend wants to talk. It can't hurt to chat for a bit, this is after all "your last day on FB".

Your status is set to "Goodbye Facebook!"

You give your distant friend your e-mail address and say, "this is it."

You select account settings, security, and then 'deactivate'. But of course, you are presented with profile pictures of your 'friends'. You see their faces, their smiles, and a subtle caption of "We will miss you."

Is this it?

For many, this is where they reverse their actions, and keep their account. Others may wait a day or two, and then concede and reactivate their account. For some this is where they smile and hit the 'deactivate' button, welcoming a new life of less stress and more profound communication. For all of you stuck at the 'deactivate' screen, take my word for it; take the blue pill and deactivate your account.

Now some of you may be thinking, "If you don't like Facebook, don't use it,"

but this column isn't for the Facebook worshippers. There is nothing wrong with loving Big Brother in disguise, but there is something wrong with continuing to use an application that you simply don't want to use anymore.

Three years ago I deleted or 'deactivated' my Facebook account for a number of reasons, but primarily because I just didn't have the time and I'm the paranoid type. I have a past of purposefully misconstruing details on online registration forms. Why? Because no one needs that much information about someone just to sign up for a contest, or in this case, registration for an online profile site.

In the end it just got too 'personal' and sometimes a bit surreal. There are many reasons why one would want to leave Facebook. Privacy concerns. Boredom of the site. Online bullying. The list goes on, but for as many reasons as there are to delete it, there are just as many excuses to keep it.

For me, it was easy. Delete the account and never look back. However, for some this concept might not be as practical, especially when you've learned to rely on Facebook for all of your simple communications and not to mention the majority who use it mainly to store pictures.

The Facebook matrix has you, with all its alluring sharing options, networking features and, of course, the beautiful application called the Timeline.

You might be wondering what it's like to be the guy without Facebook. I'll admit, at first it was a bit challenging. It is a social norm to just tell someone you'll friend them on Facebook. There is certainly a feeling of disconnect and a bit of disenfranchisement, but that's normal and expected as it is literally what you are doing, disconnecting. Unfortunately, this part of the disconnection process reveals how 'connected' or 'unconnected' you really are using the website.

I lost connection with many friends and acquaintances, and, I'll admit, sometimes I wish I knew what they were up to. However, despite losing a lot of connections with people I barely knew and called "friends," I began to connect with those closest in my circle and I think it made my bond with them even more solid as our friendships were purely that, and not just a collection of Facebook conversations.

You could say I found out who my real friends were quick. You know, the ones who know how to use the dial pad on their smart phones, send you an email letting you know about a birthday party, or the ones that just show up at your house to see if you're home.

Have I convinced you to deactivate yet? Good.

Now get ready for the onslaught of comments from your peers. I would imagine this is one of the hardest aspects of separating yourself from Facebook: continuing on without the invasive site even though everyone and their sister's turtle uses it. They are going to tell you to reactivate and probably label you as anti-social. It's okay, they are just disappointed that now you aren't part of their social addiction. Now they don't get to creep your pictures. Now they can't just start a conversation with you when they're bored. Now, they will have to email, or God forbid, give you a call, if they care.

But this is where you truly have to stick to your guns and remain in what I like to refer as the real world, where friendship isn't defined by a click. Where a personal photo album isn't available to sell to third-party companies. Where liking something is not a simple case of hitting a button and instantly forgetting, and instead is the reason for you to elaborate and learn about it.

Now for those who do make it for a whole month without the social media site, congratulations, chances are you

won't be going back. But, this doesn't mean your troubles with Facebook are over. Remember, you still have to deal with its users, which could be everyone in your social circle (including your tech savvy grandma).

Be warned, they will remember your void spot on Facebook, and they'll make it a point to remind you that you aren't on Facebook, and some might even leave you out of events, and tell you simply "Well, you don't have Facebook and I sent the invite out using it."

Get ready for this one as often you will be asking, "why wasn't I aware of this," where you will be replied to with a snappy, "Well, maybe if you had Facebook, you would have been," and that is why your disconnection from the matrix should be met with a new approach to how you socialize in the real world.

Deactivate the account. If you are thinking about an old friend, track them down without using Facebook (yes it is possible.) Take some pictures and instead of uploading the album, print them off, put them in an actual photo album and share with others in the physical world. If you truly 'Like' something, research it, do it, talk about it - don't just click on it.

So the choice is up to you. Take the red pill and enjoy a life of digital boasting, an all-knowing social circle, a complete void of privacy and a profile that says who you are for you. Or, take the blue pill and begin to see things from the outside. Where all you know about your friends is what they tell you. Where, on your birthday, instead of receiving a heap of empty gestures like "HAPPY BDAY OMGZ," you only receive calls from those who remembered, and chances are it will be them telling you they are on the way over with tonight's beverages.

I'm in the real world and I'm asking you to join me.

Will you?

Fond look back on Halloween



JONATHAN ZETTEL
A&E Editor

When I was a child, all throughout the year, even on the hottest days of summer, or the coldest nights of winter, I wondered what I was going to be for Halloween.

Would I play a ghost, a ghoul or a brain-eating zombie?

Every material object from around the house was analysed for potential use: piping, tin foil, dyes, hinges, cardboard, and garbage bags were all up for use. Not to mention the litany of old clothes, hats and dusty jewellery ripe for harvesting from darkened closets.

And when Halloween finally came, and all the preparations had been made, I would sit with my face painted alien green or bone white with bright red blood, waiting for the sun to set, for darkness to fall, so that I could, along with an army of children, raid the cupboards of strangers by rapping loudly upon forbidden doors, and chiming in unison our ghoulish threat: TRICK-OR-TREAT!

No one eats candy along the way because that would slow down the process; one must wait until every house has been properly pillaged, and the pillow case used for carrying candy is dripping with fake blood and chalk full of things you are not usually allowed to eat.

No, no, you must wait until the privacy of your bedroom to sit down and tally the year's feast of jujubes, chocolate, liquorice, chips and suckers.

In my neighbourhood, only Albert Clarke gave out apples. He was an old man, embittered by years of solitude, living in his small brown house next to the river. Everyone knew that Mr. Clarke only ever gave out apples.

Regardless, we hoped: every year we marched up to the door, rapped loudly, and sang our devious trick-or-treat, in hopes that maybe, just maybe, this year would be different.

Maybe he had learned over the year to candy his apples? Maybe after all these years he had finally realized that those apples never made it to the homes of children, let alone into their bellies. Those horrible, offensive, and often bruised apples always ended up in the river.

Imagine children - dressed as death with bloody stumps, fangs and axes in their backs - standing on a bridge throwing apples into the dark river waters. Watch them fly up through the brisk air; watch those apples in the fall.

Nowadays, I like apples; sugary confectionaries hurt my stomach. And it's been years since I have stopped to wonder what I'll be for Halloween.

But I still fondly remember the joys of Halloween as a kid.

Unhappy fan tells NHL, 'I'm out'



USTAD KHAIRA
Sports Editor

Dear NHL,

That's it, I'm out. I'm done.

I've been trying but I can't seem to muster up the same emotion about this league that I've been able to in years past.

Maybe that has something to do with the fact that the Leafs haven't been very good since before I was in high school, but there's just so much wrong with this league that I don't feel like it's worth my time anymore.

You've lost me as a hardcore fan.

Problems like the constant flow of serious injuries (most commonly concussions, or the dreaded "concussion-like symptoms") and what seems like a refusal to take any serious steps

against it until it's far too late, are an issue for me.

This may not be a concern for fans who love to see guys go out on the ice and try to take each other's heads off, but I like my star players healthy. Hell, I like all players healthy. I want to see the best play the best at their best and not worry about them being head-hunted by goons. But, hey, that's just me.

Then we have all the financial problems that a handful of the same teams are in the playoffs, every year.

Let's face it, there are bunch of teams that this league could do without. Columbus, Florida, Phoenix, just to name a few. Atlanta has already been moved to a more hockey-focused market in Winnipeg. If I were a fan of any of the teams named, it would be heart-breaking to see them leave my city, but the National Hockey League would be in a better position with fewer teams.

So why is it that I'm hearing whippers of expansion? Those talks may not ever go past the rough idea stage but the fact that it's being discussed is a

problem.

And not to mention all the collective bargaining nonsense causing the current lockout.

We all know where this is headed; another cancelled season. It's only a matter of time now. I get that the fans shouldn't really be taken into account during these negotiations. Both sides feel they are entitled to a certain amount of money that the other disagrees with, and no amount of people saying, "just drop the puck already" will hurry this process up.

At some point, though, league brass has to realize that the "casual fanbase" they've tried so hard, for so long, to build up in the United States just might up and decide to watch other sports.

Or fans like me, fans that rarely miss a minute of a game, that memorized statistics and schedules and line-ups and so much other information that serves no real purpose, might decide the heartbreak of seeing another year without their favourite game is something they can do without.

Apple not intimidated by Xbox Music

SHAAN MOHAMED
Biz/Tech Reporter

Microsoft has launched Xbox Music, an online music streaming service to compete with other music distribution services like Apple iTunes.

The product was released last week and lets users either stream or download songs from a collection of over 30 million songs.

"We wanted to offer an alternative to the current music streaming services on the market," said Christina Verdurmen, Xbox Canada's marketing manager. "We wanted individuals to be able to listen to their catalogue of music from any device they choose, whether it be computer, Xbox or cell phone."

Subscribers to Xbox Music will be able to use the service on any Windows 8 platform, including tablets.

While music streaming can use a lot of a household's bandwidth, Microsoft ensures that consumers will not be racking up huge monthly Internet bills.

"We don't have an exact figure at the moment, but it will use just as much as any other regular streaming services," said Verdurmen.

However, users of Xbox Music should be aware that while streaming music will be free of charge, in order to download songs and save them for personal use consumers will have to pay a \$10 monthly fee according to the

Xbox Music website. Users of the Xbox gaming console will also need to have a Gold Membership, which retails for roughly \$60.

With new competition on the horizon, current music streaming services such as Apple's iTunes have taken notice, but that doesn't mean they're worried.

"We don't mind competition as we feel Apple has already proven itself capable of competing in this field," said Tara Hendela, a public relations contact for Apple Canada. "iTunes will receive changes to its product, not as a direct response to any particular competition, but because iTunes goes through multiple updates throughout the year to ensure customers are satisfied and have the best possible product available."

Some consumers are already looking forward to the competition between streaming services, as they feel it's a positive situation for all users.

"I just hope that as they compete they make it more and more affordable to the people that use it the most; the customer. I use my [Xbox] 360 for everything and a music service like iTunes would be great. Ten dollars a month doesn't sound too bad either," said Shimon Nelson, a second-year computer programming student at Humber. "All I know is this year should be a great Christmas season for technology buffs."



COURTESY XBOX
The Xbox Music service will be available on devices like the Xbox 360, tablets, phones, and computers.

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Specialized programs offered by Humber Business School

Finding a job as a business graduate

ALESSANDRA MICIELI
Biz/Tech Reporter

Students enrolled in Humber's Business School may be more successful if they focus on a specific business branch, according to Alvina Cassiani, dean of the school.

The programs offered include a variety of specific programs, ranging from business management to fashion arts.

"Some diploma programs have stronger graduation rates than others," said Cassiani on the success rate of the Business School.

"In those kinds of programs, students see a specific job. When students graduate from business administration, which is the three-year diploma, sometimes it's difficult for them to find where in the business world they want to be."

Cassiani said she sees the most success from students enrolled in programs with specific targeted areas such as accounting, law, and fashion.

Humber offers degree programs to recognize the high demand of the competitive business world, said Cassiani.

"What we are finding is that although students can find entry level jobs when they graduate from a diploma, a lot of employers and a lot of

industries are now demanding degree credentials, so that's why we offer degrees," said Cassiani.

Kent Schroeder, program coordinator for the Bachelor of International Development, said there are options for students and different career paths they can take after completion of the program.

"The main career path students will likely take is working with non-governmental organizations or NGOs," Schroeder said about the career path students from his program may be directed towards.

At Humber's Career Center, students from The Business School can seek resources for employment after graduation, attend career workshops, and sit down with an employment adviser specifically for the Business School.

Karen Fast, manager of North campus' career center said most of the resources for students are for everyone. However, there are specific workshops that cater directly students of The Business School.

Resources include a legal networking summer job fair, an entrepreneurial workshop, and a Toastmasters partnership to provide public speaking improvements, Fast said.

Royal Bank to honour women entrepreneurs

JARED CLINTON
Biz/Tech Reporter

RBC Royal Bank is set to honour the women of business with its 2012 Canadian Women Entrepreneur Awards.

Clara Angotti, one of the nominees for the award, is no stranger to accolades like this. In 2011, the Women's Executive Network named Angotti one of Canada's most powerful women.

Angotti is being recognized for her work as president and CEO of technology consultation firm Next Pathway Inc.,

"The [nomination] is a nice validation for me personally – that I've done a good job – and then I think as well for our staff," said Angotti. "It's nice to be recognized for them, because I couldn't do it without them."

She said that young women looking to enter the business world should try to think "five steps down the road" and be thinking not just about the degree, but what they want to do once they've graduated.

While women may have some disadvantages when entering the workforce, Angotti said, they might bring to the table what some men may not.

"[Women] have a great sense of intuition," she said. "I find very often that, especially in the business world, when you're starting out on your own, there's no real manual that tells you what to do next under a different situation – a lot of it is good judgment."

As well as intuition, Angotti said the ability to communicate and pay attention to detail were strengths that some women had over their male counterparts.

Women of Influence Inc., an organization dedicated to the advancement and promotion of women's professional success, produces the RBC Canadian Women Entrepreneur Awards.

Its website states that the awards aim to expand the honourees' personal networks, provide them with more op-

portunities, and increase the number of role models for both males and females in business.

Carolyn Lawrence, the president and CEO of Women of Influence Inc., said she has seen the amount of female entrepreneurs deserving of the award "almost quadruple" in her seven years with the organization.

"The inspirational stories that we see, and the women who are just so

great," said Lawrence.

A University of Guelph-Humber student said the organization's work is meaningful.

"If there's an organization backing up women and their success, then I think it's encouraging for not only me, but other women," said Eleni Gagovski, a 19-year-old business administration student.



PHOTO BY JARED CLINTON
Clara Angotti, president and CEO of Next Pathway Inc. and one of this year's nominees, said she feels like the award has validated her hard work.

APP OF THE WEEK



Flipboard
Price: Free
Easily one of the best looking news apps available for Android and iOS devices. The app is layed out like your own personal magazine. Flipboard plugs into your various social accounts and puts them in one accesible location. Recently added were audio streams to Flipboard's magazine-like user interface.



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>> Wednesday October 31st <<

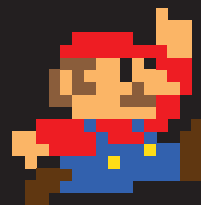
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>> Entry Fee: 2 Canned Goods <<

>> L-Building Lawn Lakeshore <<

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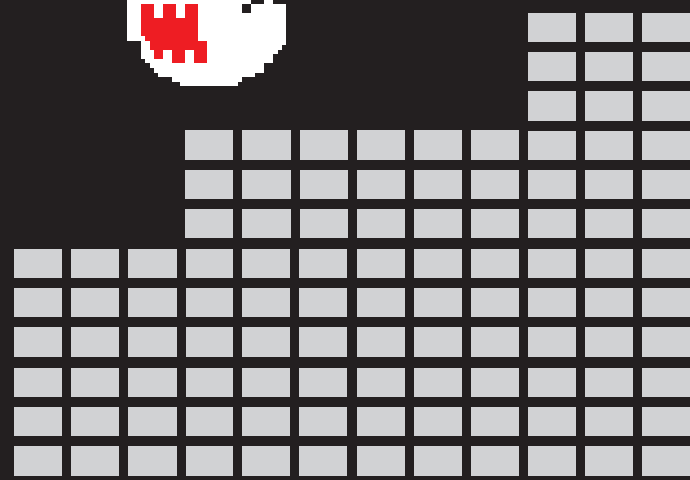


Photo of the week



PHOTO BY ANGELA IP, 19
Creative Photography

MEME of the week



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HORRORSCOPIES



AQUARIUS
Jan.21 - Feb. 18

Every week is a horrorscope for you.
Gather your friends.



PISCES
Feb. 19 - Mar. 20

MUHAHAHAHA!!!!
MUUUUHAHAHAHA
MUUUUUUHA!!!!



ARIES
Mar. 21 - Apr. 20

This week you will step in a puddle. Then you will spend the rest of your day with cold wet feet. This will result in a cold, resulting in staying home and missing important deadlines.



TAURUS
Apr. 21 - May 21

Your arms are going to fall off in your sleep and when you awake they will follow you for the rest of your life, bleeding, and applauding your every mistake.



GEMINI
May 22 - June 21

You have been abducted by aliens and you don't know it yet. Their primary goal is to trick you into believing that everything is going along perfectly.



CANCER
June 22 - July 23

A close friend snuck a worm into your food today. You ate it unknowingly. Everyone laughed at you behind your back; no one likes a worm eater.



LEO
July 24 - Aug. 23

Your life has no meaning. And what you have been calling the colour blue is actually red to everyone else. That makes you a meaningless fool.



VIRGO
Aug. 24 - Sept. 22

This week you will get a raise at work and fall madly in love. Just kidding. This week you're going to require stitches in your face.



LIBRA
Sept. 23 - Oct. 23

Zombies are going to eat your brain and then you. When you become a zombie too, you will lose an arm and drop into a pit where you can't move forward.



SCORPIO
Oct. 24. - Nov. 22

Blood is going to pour out of the tap sometime this week. This will startle you and you will fall and crack your skull. Nobody will find you.



SAGITTARIUS
Nov. 23 - Dec. 21

You are dead. This is the underworld, this is your afterlife. You wander around haunted by a previous life, longing for escape. Sorry, there is no future for you.



CAPRICORN
Dec. 22 - Jan. 20

Your car is possessed and wants to kill you. It is going to drive you right off a cliff. Take solace that at least this is better than riding the 191 to school.



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▶ 8 to 12 of the top submissions will be selected for funding.

Submission deadline is **December 6th, 2012.**

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North Campus:

Thursday, November 8	9:00 - 10:30 am	Community Room -NX111
Thursday, November 8	2:00 - 3:30 pm	L128

Lakeshore Campus:

Monday, November 12	10:00 - 11:30 am	B303
Monday, November 12	3:30 - 5:00 pm	L3007

With support from the Ontario Centres of Excellence and the Ontario Ministry of Research and Innovation.

Men's golf wins gold at nationals

ASHLEY MILLS
Sports Reporter

The Humber Hawks men's golf team brought home gold for the fourth year in a row at the 2012 PING CCAA Golf National Championships held at the Oshawa Golf and Curling Club.

After three rounds of dominating play the Hawks finished with a combined team score of 879, a total 18 strokes better than second place Camosun College from Victoria, B.C. with a score of 897 and host Durham College, who finished in third place

with a score of 901.

"To finally see all of them go and winning it with a new squad was a lot of fun," Dumais said.

Humber had an outstanding second day that put them in the lead by 19 points going into the final round.

The team found its groove on day two, as four players shot under par finishing the day with a tournament low 286.

"This was a totally new group," said team captain Alex Dumais. "Over the past years at Humber I've been playing with veterans."

Dumais has been playing with

Humber for the last four years. This season he placed provincially as well.

"There were no other teams that really posted a team score like we did that week on the second day," said Dumais, 22, professional golf management graduate and first-year cabinet making student. "Luckily we were able to keep it together."

"This was a totally new group," said Dumais. "Over the past years at Humber I've been playing with veterans."

Freshman Nicolas Fortin, 20, first-year professional golf management student, shot an incredible two-under 70, putting him atop the leaderboard after the second round but a final round 75 dropped him to third.

"I missed a couple of short putts early on my round," said Fortin about

his final day of play. "That probably cost me the win or second place." because I shoot 75."

Four out of the five players competing placed in the top 10. All Canadian Dumais tied with 219 shots with his teammates Ben Bell and Nicolas Fortin to take bronze.

"It's a great feeling to have three members of our team tie in the same position," said Fortin. "It's always good to see four of your teammates in the top ten with you and that's probably why we won the CCAAs."

Ben McFaul also had a strong finish to the tournament, tied for seventh with a score of 222. Fifth man Christian McCullough tied for 40th with a score of 235 on the last day.

"That's actually a great feeling,"

said Fortin on winning in his first year with the team. "We're going to have a ring on our finger in a couple of months so it's really cool to win the CCs for Humber."

Head coach Ray Chateau, winner of the 2011-2012 coach of the year, has led his team to nine national championships in the last 12 years.

"They played two days of solid golf and one day of outstanding golf," said Chateau on his team's performance.

"Round two is essentially the day they won the championship, they out played the entire field."

Nationals finished out the fall season but the golf team will be back in the spring playing their first tournament at the University of Detroit from April 11 to 13.



PHOTO BY ASHLEY MILLS
Alex Dumais, 22, tees off at CCAA Golf Nationals.



PHOTO BY ASHLEY MILLS
Alex Dumais, Nicolas Fortin, and Ben Bell tied for third in the men's individual scores.

Hawks take down Mohawk in men's rugby

Humber breaks rugby points record again with 129 points versus queasy-looking Mountaineers

JIM ELLIOTT
Sports Reporter

The Humber Hawks men's rugby team tested themselves versus the University of Guelph Gryphons, four days before breaking their OCAA scoring record once again against Mohawk in a 129-0 victory.

The first true test of the Hawk's talent was during the exhibition game with the Guelph.

The match was organized by the Humber coaches to keep them sharp during a recent week off and to give their team more of a challenge than they have faced so far on the college circuit.

"We got tested and we answered the test," said Hawk's assistant coach Andre Rose-Green.

Guelph, who is undefeated in the Ontario University Athletics, fielded a mix of their seconds and reserves. Humber defeated them 36-12, proving they can play at the higher OUA level.

Hawks head coach Fabian Rayne was impressed by his team's performance against Guelph.

"That was by far a different level of

play," said Rayne. "It was awesome to watch."

The Hawks carried that level of play into their game against Mohawk, looking more like a cohesive unit than they have in previous games.

"They're starting to play as a team consistently," said Rayne.

The Hawks scored 74 points against Mohawk before the half and relentlessly delivered brutal tackles that left many Mountaineers' players looking queasy.

The second half was more of the same as the Hawks scored try after try, while stripping Mohawk of the ball any time they were able to acquire it.

Hawks manager Gaurav Sharma said the high scoring games aren't the best way to judge the true mettle of the Hawks team.

"It's not fair to judge us against these guys," Sharma said after the Mohawk rout. "When you go play against these other teams (Guelph) it shows us what we really have."

The game against Mohawk marked the end of the season for Hawks' number 8 and ec and leisure student Eric Garnham, 19, who will be having an-

kle surgery.

"It's been an awesome season. You get treated like a pro here at Humber," Garnham said after the Mohawk game.

Garnham plays at both the national

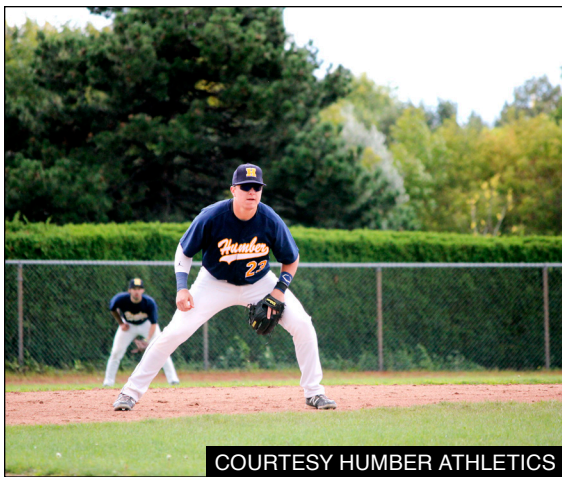
and provincial level and will be a big loss to the team.

The Hawks aim to continue their undefeated streak as they hope to once again shatter Sheridan on Oct. 29.

Humber beat the Bruins 104-0 the last time they squared off, which was the first time the Hawks broke the points record this season. Humber have hit 100 points in every competitive game.



PHOTO BY JIM ELLIOTT
Humber were already up 74-0 at halftime versus Mohawk during their Oct. 20 meeting.



COURTESY HUMBER ATHLETICS

Baseball in Canada lacks U.S. intensity

Collegiate level baseball doesn't get the same funding as south of border

DARRYN O'MALLEY
Sports Reporter

America's favourite pastime is struggling to find its stride at colleges north of the border.

Humber's men's baseball team has nine players that previously played college baseball in the United States, but they've had to adjust to the mellow culture of Canadian college baseball.

"Baseball is more followed in the States," said Jordan Castaldo, 23, a first-year business student who played American college baseball in Texas, Oklahoma and Arkansas before attending Humber College.

"People in the U.S. love to go to games because they love to watch amateur baseball at its highest level. The interest level in Canada isn't as high."

At some colleges in the U.S., baseball games receive thousands of fans. Almost 50 universities averaged more than 1,000 fans this year, and leading the pack was Louisiana State University, averaging over 10,000 fans.

Castaldo said the major differences between American and Canadian college baseball are speed, quality, exposure and intensity.

"There is no time off in college baseball in the States," he said. "When I was in Texas, when our fall schedule finished, our off-season consisted of workouts on Monday, Wednesday, Friday at 6 a.m. On Tuesday and Thursday, we would work out at 5 a.m."

Tony Tedesco, 23, a Recreation and Leisure student, played three years at Notre Dame College in Ohio, he said Humber does a great job at inciting school spirit with their athletics, but it doesn't compare to NCAA baseball.

"It's a different environment altogether here, everything is oriented around education. Education comes first in the schools," Tedesco said. "But in the States, in the big schools, sports is king. It's what they live for."

Humber's athletic director Doug Fox said many Canadians pursue their athletic dreams in the U.S. where scholarship programs are larger and because "the [prestige] of playing in the NCAA captures the imagination of a lot of players."

The presence of baseball scouts is less noticeable in Canada. Schools in the U.S. dedicate time and money to recruit their athletes from all over the place, Tedesco said.

Humber has bursaries for their baseball players, but no full scholarships.

"The [baseball] program is fairly new, we have to raise the money. Most athletic scholarships are for the established programs that lead to Nationals right now," Fox said. "We've had so many sports over the years, I haven't found the money yet to do fastball and baseball."

Hawks cruise past Fleming

TYRRELL MEERTINS
Sports Reporter

The Humber Hawks men's soccer team comfortably defeated the Fleming Knights 4-0 Sunday afternoon at the Ontario Soccer Centre.

Two goals from Marcos Nunes, and one each from Nick Cisterino and Aleks Janjic helped secure the Hawks a spot in the OCAA semi-finals.

"A win in this fashion is good for the team's confidence because we are going into a semi-final game with high stakes on the line," said Eugenio Garro, 19, a first-year HVAC student.

Humber's defence has been strong this season, conceding only four goals and recording six clean sheets in nine games.

Garro believes the key to their strength in the back line is based on trust in each other but more importantly their communication.

"Each defender we have on our team is solid and it's definitely the strongest backline I've ever had in terms of quality and depth," Garro said.

Hawks assistant coach Mike Aquino believes the score line reflected the Hawks performance in what he felt was a scrappy game against Fleming.

"We did well in terms of keeping possession, changing our points of attack and developing chances in the final third," Aquino said.

Humber dominated Fleming in every aspect of the game and despite the Knights constantly changing their formation, they were outclassed by a superior Hawks side.

"I think we're peaking and the team is coming together at the right time, hopefully we can carry this performance to the semi-finals," he said.

Humber displayed fluidity in their passing,

something they've lacked throughout the season, and they took advantage of the large amount of space that was conceded by the Fleming midfield.

"I think if we can produce performances like this going forward then we should be okay," Aquino said.

Fleming apprentice coach Tierney King feels the Knights weren't mentally prepared for the match.

"We didn't have our heads in the game

and we were unable to get balls to our strikers' feet," said King. "Humber were clearly the better side, they attacked better than we did and unfortunately they exposed our flaws."

Humber will travel to the OCAA championships in Ancaster on where they will take on their rivals Sheridan in the semi-finals.

A win will see Humber qualify for the CCAA national championships as the OCAA was awarded a wildcard spot.



PHOTO BY TYRRELL MEERTINS
Humber midfielder Gerardo Magno tries to work his way around a Fleming player during the Hawks 4-0 victory.



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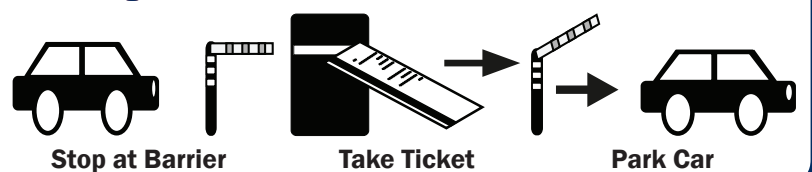
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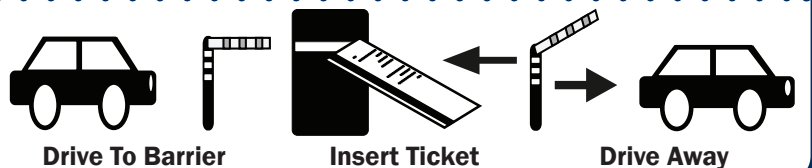
Guelph-Humber - North East stairwell

How to use the new Pay-on-Exit Parking System

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PHOTO BY FRANK BOATENG
Humber midfielder Jayde Wiklund-Roach has played a big role in the Hawks success this season.

Disputed goal helps send Hawks to finals

FRANK BOATENG
Sports Reporter

The Humber women's soccer team are headed to the OCAA Championships for a third straight year after a controversial 3-1 win against Durham Lords on Saturday in Oshawa.

An irate Durham head coach David Staley's facial expression showed his frustration of the officiating in the quarterfinals match that saw the two teams fighting to earn a spot in the semifinals.

"We are obviously disappointed," said Staley. "Humber benefitted from the calls in the first half - with the penalty shot and the corner kick, where it didn't touch our keeper and it went straight back to the same person, so she played two touch."

Durham players complained that

the ball, which had hit the side of the post, and not the goalkeeper, and was put back into play by Humber midfielder Sonia Rocha, that led to a goal that should not have counted.

After trailing 1-0 in the 32nd minute to a questionable goal by midfielder Brittany Sore, after Durham players bumped into the Humber keeper, Hawks fifth-year striker and sports management student Keyla Moreno, 22, motivated her side with a speech that sparked a comeback.

"I told them that it's not the first time we have been down 1-0," said Moreno. "We believe in ourselves and we believe in each other, so we just have to play."

Humber leveled the score in the 39th minute when Moreno netted a penalty kick, after first year midfielder

Jayde Wiklund-Roach was taken down in the box.

First-year defender Alora Tia-Walcott put the Hawks up 2-1 with a well-placed header, just seconds before half time.

Rookie Ashley Orsorio dealt the final blow in the 62nd minute, scoring her first goal of the season to make it 3-1 for the Hawks.

Humber coach, Mauro Ongaro said he was delighted his side came out victorious against a strong opponent.

"The girls really played well," said Ongaro. "Even after we went down a goal, I thought that give us the impetus, the urgency to go forward - and once we scored, I thought we began to play with more urgency."

With the win, Humber is off once again, to the OCAA Championships, hosted this year by Algonquin College.



PHOTO BY FRANK BOATENG
Humber's starting 11 take the field in the crossover match versus the Durham Lords.

Humber cleans up at fastball awards

Jessica O'Quinn is Player of the Year

ALEX COOP
Sports Reporter

End of the season awards are aplenty for the women's varsity fastball team after another successful season.

The Hawks finished the regular season with a 13-2 record. They placed fourth at Nationals in Regina, Saskatchewan and first at provincials, which took place at Seneca College on Oct. 20.

"I told the team, if they believe in me, I will make sure they're prepared," said Acton. "Our team played really good defensively all year, and we had some clutch hitting when we needed it."

Acton, who received the Ontario Colleges Athletics Association Coach of the Year award, said the goal all year round was to put the team in a position where they could succeed.

"It wasn't really about whether or not the team could be successful, the talent is there," Acton said. "It was about how the players developed individually and as a team."

Acton was quick to praise the support shown by the student body, team members, and the athletics staff, which contributed to the varsity program's early success.

Jessica O'Quinn, 21, a second year

food and nutrition student, said great coaching and the right group of girls coming together were the reasons why their team was so successful this season.

O'Quinn has had a successful year, winning the National Women's Championship with the Mizuno Lady Birds. She also broke the OCAA single season for most RBIs with an impressive 29 runs.

"It's a great experience playing for Humber," O'Quinn said. "There is no school out there that does more for their athletes. I'm really happy to be a part of the Hawk family."

Jacqueline O'Quinn, Jessica's twin sister and winner of the OCAA All-Star award, had a record-breaking season of her own, scoring 23 runs this season. Acton said she was the best pitcher at provincials.

"I asked her to pitch for the team, after injuries started to become an issue," Acton said. "She is way beyond her years."

Natalie Stoberman, 20, and winner of the OCAA Rookie of the Year award, said it's hard to explain the energy the twins bring on a daily basis.

"Both of them are phenomenal players," she said. "They can both pitch, both play shortstop third base,



COURTESY HUMBER ATHLETICS
Natalie Stoberman, Jacqueline O'Quinn, Bob Acton and Jessica O'Quinn all won end of season awards for Humber.

and both play tremendous defense." The first-year journalism student said the whole team put a lot of effort into having a winning season.

Stoberman said the team learned a lot from last season, and she's really enjoying her time as a member of the

Hawks, adding the whole team put a lot of effort into having a winning season.

The help she received from sports information director Jim Bialek, who gave her some outfielding tips, was also a big help for her, along with the large

amount of support she received from her teammates.

"This is one of the most special teams I've been on," Stoberman said. "Not just because we won it all, but because everyone played such a collective role all season."

STANDINGS

MEN'S
RUGBY

1. Humber 25 Pts.
2. Georgian 18 Pts.
3. Conestoga 16 Pts.
4. Sheridan 4 Pts.

WOMEN'S
RUGBY

1. Humber 24 Pts.
2. Seneca 18 Pts.
3. Sheridan 11 Pts.
4. Conestoga 9 Pts.

MEN'S
SOCCER

1. St.Clair 19 Pts.
2. Humber 18 Pts.
3. Fanshawe 16 Pts.
4. Conestoga 16 Pts.

WOMEN'S
SOCCER

1. Sheridan 21 Pts.
2. Fanshawe 21 Pts.
3. Humber 21 Pts.
4. Conestoga 9 Pts.

MEN'S
BASEBALL

1. St.Clair 14-2
2. Durham 9-7
3. Windsor 8-8
4. Humber 7-9

WOMEN'S
FASTBALL

1. Durham 28 Pts.
2. Humber 26 Pts.
3. St.Clair 18 Pts.
4. Seneca 10 Pts.

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Intramural sports give students alternative

MARK MCKELVIE
Sports Reporter

Students that want to take some time off from hitting the books have the option to head to Humber Athletics and campus recreation to stay active by playing sports through their intramural leagues at the North campus.

Intramural leagues are currently offered in four sports, ice hockey, floor hockey, soccer and volleyball, all of which are co-ed.

Andrew Borsos, 23, first year culinary student who participates in both hockey leagues said there are lots of benefits to playing intramurals.

"I like intramurals because for one, it's cheap," said Borsos. "It's not overly competitive so it's fun for the average student."

Ice hockey has the highest cost of all the sports, around one hundred and fifty dollars but Borsos said that the price is very reasonable for such an expensive sport.

Ice hockey takes place off campus at the Westwood Arena just minutes from the North Campus.

The other intermural sports take place either in the gym or at Humber's athletic fields.

Matt Blundell, 19, in Sports Management said he uses the intramurals as an escape from reality.

"It is nice to get away from schoolwork and my job," said Blundell who participates in floor and ice hockey.

Blundell said he also uses the intramurals to fuel his love for hockey. Students who have grown out of minor sports associations can use the intramurals to continue playing competitively in their sport of choice.

Jen Maclam, the Campus Recreation Coordinator who looks after running the intramurals said that registration has been steady for all the sports offered.

Maclam does get requests to add to the list of sports already offered.

"We get a lot of requests for basketball," said Maclam. "We have tried basketball but in the past the players don't want to play by our rules and it just ends up as pick up."

Maclam didn't indicate that any sports will be added to the lineup but that the four currently offered will also be offered next semester. Ice hockey will continue on into second semester while the other sports will be starting up new seasons in the next semester.

Hawks dominate volleyball tournament

Women handily best seven other teams on their way to undefeated victory at Niagara Invitational



PHOTO BY NATALIE HANNIMAN
Humber women's volleyball team members pose with their medals after winning the Niagara Invitational.

NATALIE HANNIMAN
Sports Reporter

The Humber women's volleyball team dominated the annual Niagara Invitational going undefeated, to capture their second straight pre-season tournament.

The invitational featured eight teams from around Ontario, with each team playing three opponents over two days.

Humber cruised their way through the competition, defeating Canador, Niagara, and Sheridan

The Hawks went on to beat Georgian College in the final, in straight sets (25-12, 25-16, and 25-17)

Nina Carino won an all-star award, while team captain Kelly Nyhof won MVP of the tournament.

The tournament was a good opportunity for assistant coach Dean Wylie to figure out a starting lineup.

"We're rotating different people in different positions," said Wylie. "We're trying to have a consistent libero, which helps have consistent defense."

The libero is a specialized defensive player, generally the most skilled defensive player on the court.

Although the team won the tournament, there are still some things coach

Chris Wilkins would like to work on.

"We've had a few mental lapses," said Wilkins. "We need to get better defensively. We're a little bit late on our blocks, so we'll work a bit on that over the course of the week."

Alley Newman, 19, a first-year kinesiology student, said the team need to work on keeping the speed of the game up to their standards.

"As a team we need to work on playing at our level and keeping up a fast game and not slowing down," said Newman.

Thalia Hanniman, 19, a second-year health and fitness promotion student said she agrees that the team needs to work on setting the pace of the game.

"We could've used more enthusiasm in how we played," Hanniman said. "We need to play our game instead of their level."

The volleyball team returned home on the weekend for the Humber Cup, the last tournament before the regular season starts on Nov. 1.

"It's our tournament, it's our backyard so we want to make sure we can play well there," said Wilkins.

Humber will open its season with a home game versus the Conestoga Condors on Thursday at 6 p.m.

Untreated wounds leave lasting effect

PAOLO SERPE
Sports Reporter

Injuries and sports go hand in hand, almost inevitably, but how those injuries are treated is what makes the difference.

With proper treatment an athlete should come back stronger and in better shape than before the injury occurred, says John-Paul Laciak, a certified athletic therapist who works for the Oakville Blades Jr A Hockey Club and at the Dynamic Health and Performance Clinic in Oakville. If an injury isn't treated fully, the effects can be long-lasting.

"I've had patients with old high school football shoulder injuries that were not treated properly and now cannot play a simple game of catch with their children at home," says Laciak.

Eric Garnham knows all about the risks that come with being an athlete. Garnham is 19 and in his first year of the recreation and leisure services program at Humber as well as being a member of the men's rugby team.

Growing up playing soccer, Garnham has always had ankle injuries; then he switched to rugby, a much more physically demanding sport. Over the years through sprains and twists, the ligaments in his ankle have been stretched and torn. Garnham has broken his fibula twice this year, in

April and again in August.

Injuries haven't stopped him from competing though, as he continues to play a part in Humber's record-breaking season.

"There's not much pain in the ligaments because the nerves are all torn," says Garnham.

Adam Colucci, certified personal trainer and Humber Alumni, said strengthening the muscles around the problem area is crucial to preventing further injuries. Wearing a protective brace during physical activity is an added measure to support the damaged ligaments.

The biggest problem for Garnham is swelling, which causes bone chips to lodge in the ligaments and is extremely painful. He can only play about half a game at this point. These should all be problems of the past now as he prepares to head in for surgery and is very confident of having his ankle at 100 per cent soon.

It certainly won't be easy for Garnham to sit out for too long. January 29th will mark three months after his surgery, when he is expected to start running again. He knows the team is fully capable of winning without him and his surgery is necessary, making now the best time to get it done.

"There will be nothing holding me back and I can go back to playing at the highest level," said Garnham. "I can't wait for it to be fixed."



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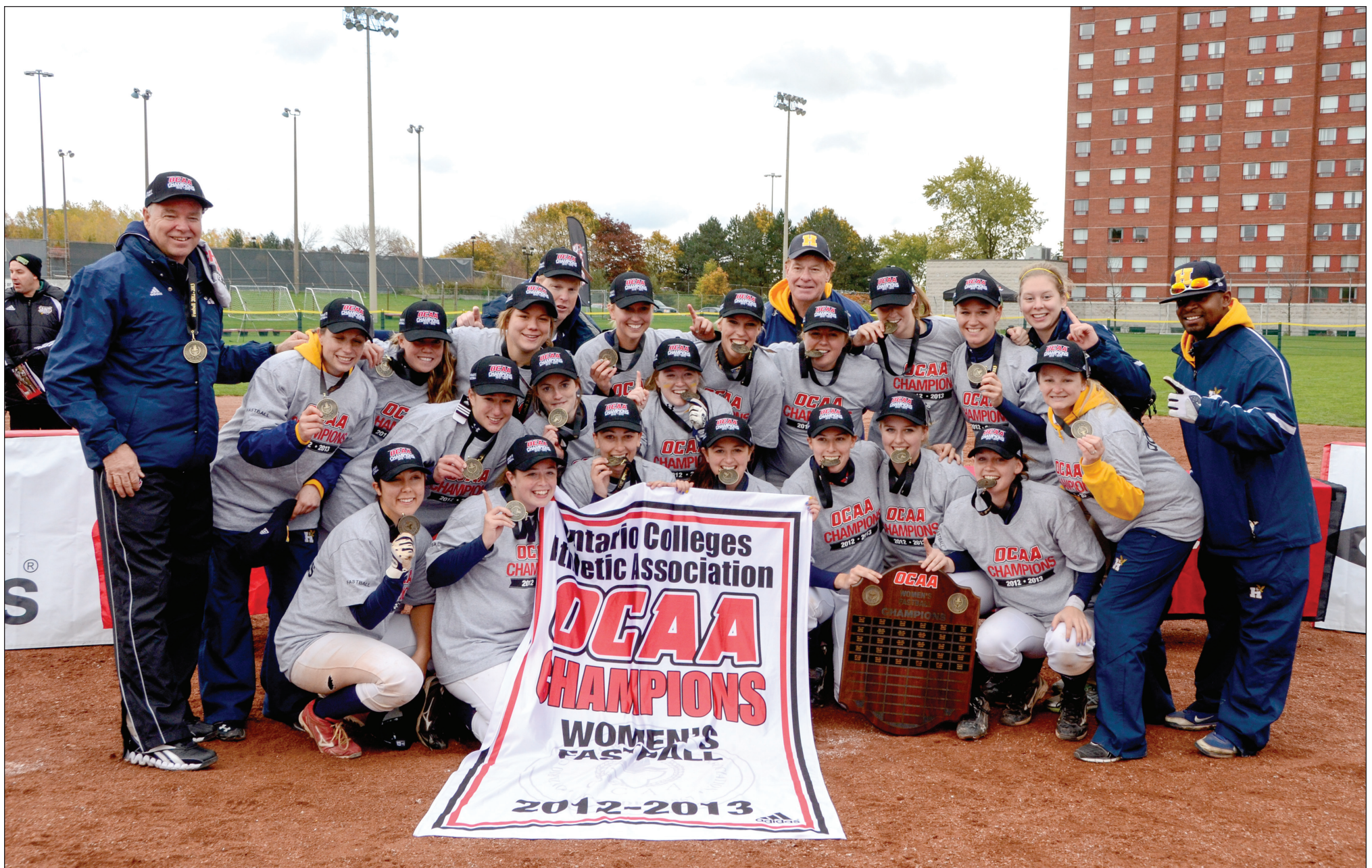


PHOTO BY GEORGE HALIM

The women's fastball team celebrates the first OCAA title in Humber's history. The Hawks won a silver medal in fastball last season.

Humber crowned OCAA fastball champions

GEORGE HALIM
Sports Reporter

The Hawks went undefeated en route to capturing their first OCAA women's fastball title, upsetting Durham 8-3.

"Anytime you win a new sport, it's nice to beat the best team in the league," said Doug Fox, athletic director. "The depth and quality of players is unbelievable. We had some great players show up and recruiting can only get better from here."

Jim Bialek, fastball general manager, said this was an amazing feat for only a second-year program.

"We proved we were the best team, we showed we could hit the ball, score and run," Bialek said. "Our pitching was great, our defense was confident and everything we've worked on shined this weekend."

In the opener Friday at Seneca College, the Hawks didn't waste any time, handling St. Clair 12-3.

Shelby Roblee got the start, pitching three quality innings before giving way to the tournament's top pitcher, Jacqueline O'Quinn.

In the semi-final Humber was put to the test against the top-seeded Durham Lords, who have won seven of the last 10 OCAA banners.

Durham showed off its power early, taking Hawks' starter Jacqueline O'Quinn deep in the first inning making the score 1-0.

But, O'Quinn settled down, conceding only four more hits and no runs.

Humber's bats were quiet all game until tournament all-star Olivia Crossley led off the sixth inning with a double.

Shawna Niskanen tied the game with a double of her own.

We've accomplished something other teams have never done.

Shawna Niskanen
Infielder

With the score even going into the seventh, Humber was able to tack on two more runs, securing a dramatic 3-1 win.

Humber was slated to face Durham in a rematch of last year's championship.

The Hawks came out strong putting up three runs in the first inning. But Durham responded, tallying two of its own in the bottom half.

In the fifth inning rookie of the year Natalie Stoberman continued her hot hitting, driving in another Hawks run.

Durham scored again, keeping the

score close at 5-3.

In the top of the sixth Humber's bats did the rest.

Niskanen continued to provide clutch offense, ripping an RBI double to right-center, and after the game she continued to pass on the praise to her team.

"We've accomplished something other teams have never done," said Niskanen, 21, a second-year rec and leisure student. "We worked so hard and everything fell into place, everyone showed up."

Tournament MVP Kelsey Bardy from Humber's Orangeville campus followed that up with a double, driving in Humber's eighth run.

"We hit the ball, played great defense and pitched well," said Bardy, 19, a second-year police foundations student. "It feels good to beat the best team three times in a row."

Jessica O'Quinn performed well on the mound for seven innings, limiting Durham to three runs.

When the final out was made, Humber players stormed the field, much to the delight of head coach Bob Acton.

"Hats off to Durham, they're a great team," Acton said. "We've worked so hard and we did everything right, it's emotionally draining."

The Hawks finished the 2012 campaign with a sparkling 13-2 regular season record and 20-5 overall.



PHOTO BY GEORGE HALIM

Humber catcher Olivia Crossley steps up to the plate for an at-bat during the OCAA fastball finals.