



# Chow sees ‘collective power’ for change

Nick Westoll  
NEWS REPORTER

With a little more than a week to go until election day, public opinion polls continue to show Olivia Chow in third place in the Toronto mayor’s race behind John Tory and Doug Ford. But as she tells Humber Et Cetera, she is going to stick with a positive, progressive message.

Chow sat down for an interview last Wednesday after a debate at George Brown College and interviews with two other media organizations. She was also scheduled to attend another debate in the evening. Based on the daily itineraries that her campaign issues, this was one of her lighter days by comparison. She jokes that it takes her up to two hours to finish a tea (South African rooibos being her favourite).

Chow launched her campaign on March 12 in the neighbourhood where she grew up, St. James Town.

When she was 13, Chow immigrated to Canada from Hong Kong. Her family was not affluent. She recalled how she had to cut up a pair of jeans to make them into bell-bottoms.

Chow went on to study philosophy at the University of Toronto. However, she had a passion for the arts, so she attended the Ontario College of Art and Design and the University of Guelph, where she graduated with an Honours BA in Fine Arts.

Her first exposure to politics was around 1980 when she attended an Operation Lifeline rally in Grange Park,



Toronto mayoral candidate Olivia Chow reviews voter recall slips with a volunteer in her campaign office. Chow now polls third for Oct. 27 mayoral election.

NICK WESTOLL

where activists called on the federal government to allow refugees into Canada that were being forced out of Vietnam. Ultimately their campaign was successful.

“I said, ‘Aha, this is what happens when you get together and you have the collective power to make change,’” Chow recollected.

Chow was elected for the

first time as a school board trustee in 1985. Upon reflection, she said that she is proud of her work on curriculum reforms, anti-racism education and allowing children to learn in different languages.

In 1991, Chow cast her eyes on City Hall and was subsequently elected as a city councillor where she championed creating high school

and post-secondary passes. She also worked on making the 911-dispatch system accessible in 140 languages.

After being reelected four times as councillor, Chow decided to seek federal office. In 2006, she was elected as the Member of Parliament for Trinity-Spadina in central Toronto. On Parliament Hill, she joined her husband Jack

Layton who was the Leader of the New Democratic Party. Layton and Chow had also served on Toronto City Council together.

During the debate she attended earlier in the day, post-secondary students raised concerns about finding jobs after graduation.

Chow proposes companies that win major con-

tracts should be required to adopt Community Benefits Agreements. As a part of these agreements, companies would have to hire and train youths. She also proposes reducing small business taxes and removing red tape measures such as posting all city application forms online.

Read more CHOW on pg. 2

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## Chow transit plan passable but not bold, say her critics

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Transit is a central issue in his mayoral campaign and the candidates have been debating between light-rail transit (LRT) and subways, with Chow firmly behind the former in most situations including servicing Humber North campus.

"We need a Finch [Avenue West] LRT ... from Keele [Street] all the way to Humber College," Chow said.

She said the new line would save 30 minutes round-trip.

"All the environmental studies are done. All the engineering studies are done. Construction is ready. Don't stop it!"

Also central to Chow's transit platform is a pledge to increase bus service by 10 per cent immediately. She said this could be done quickly during off-peak period times as there are fewer buses on the road, therefore buses would be available to use.

However, she admitted it will take time to enhance service during rush hours as more buses and garages are needed.

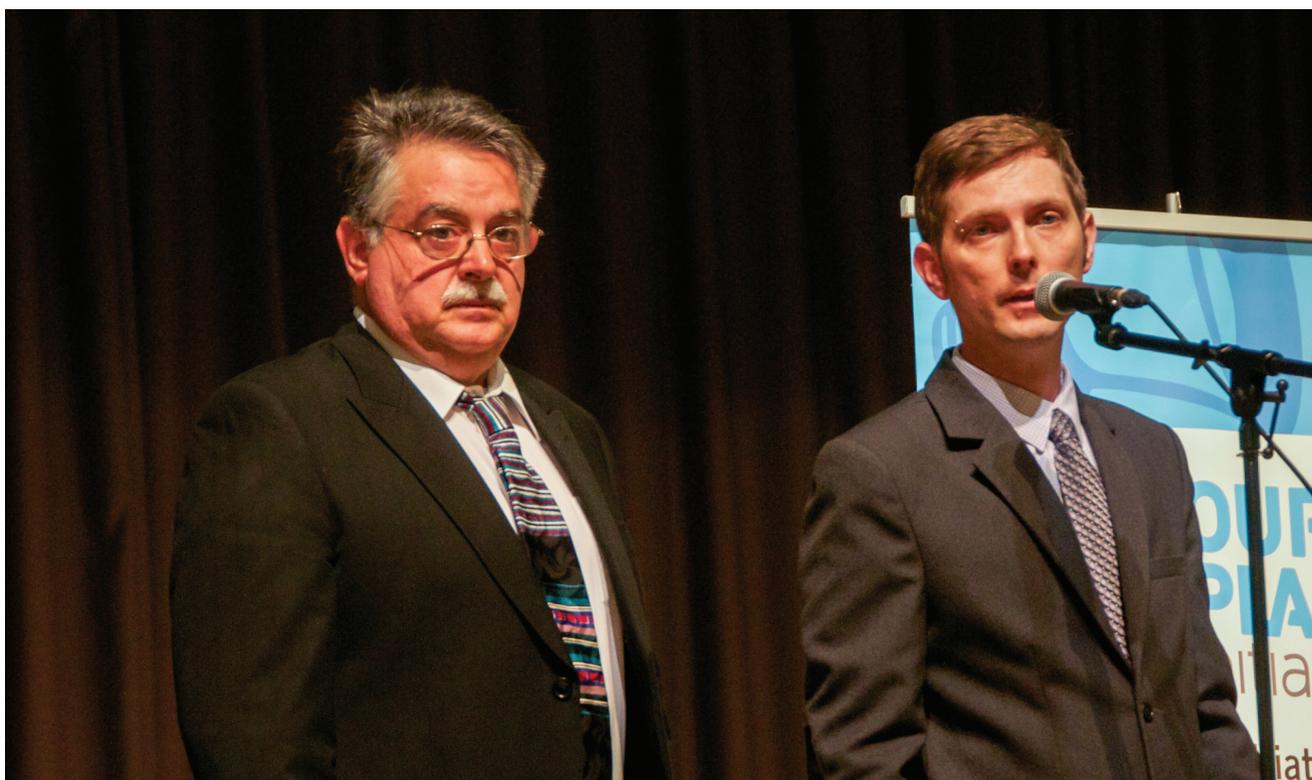
She also committed to supporting the construction of a downtown subway relief line.

Her plans have had a somewhat tepid reception from some experts. Former chief city planner for Toronto Paul Bedford told CBC's Metro Morning, "I would have to say that they're good ideas. I think they're important, they're useful to do, but I don't think they're ambitious enough." When asked by host Matt Galloway to give her plan a grade, he assigned her "between a B or a B-minus."

That lack of ambition is something others have also noticed in Chow's campaign in general. NOW magazine editor, publisher, co-founder and co-owner Michael Hollett wrote in an open letter to Chow, "I barely recognize the woman who has been running your safe, oh-so-friendly and bland campaign. Time to let the real Olivia out of the box. You and your team broke a fundamental electoral rule, spending the summer running like a front-runner crippled by fear of losing the lead."

One issue where it could be said she has shown some drive in this election is governance and the behaviour of the mayor, Rob Ford.

"Change the mayor. Change the policies. Change the direction so that we can have real progress now," Chow said.



JAVON WALKER

Frank D'Urzo (left) and Peter Fenech joined the top candidates for the Etobicoke Centre council seat in a debate Oct. 14.

## Ward 3 candidates debate transit

Javon Walker

NORTH ETOBICOKE REPORTER

Civic engagement agency Our Place Initiative hosted a transit-themed debate between Ward 3 candidates Oct. 14 at Richview Collegiate.

Stephen Holyday, son of former Ward 3 councilor Doug Holyday, took the stage with Frank D'Urzo, Peter Fenech and John Moskalyk to defend their platforms and vision for the future of Etobicoke Centre.

Field director of Our Place Murray Foster said the candi-

dates in attendance best represented the most popular options available.

"I think the candidates on stage tonight were the ones who were considered the front runners," Foster said after the event.

Although the candidates are rivals, there are many topics on which they agreed.

"The TTC has a lot of great planners. Sometimes we need to listen to them," Holyday said, to which Fenech added, "The studies are there. The ideas are there. Now's the time to back these ideas."

"There seems to be a lot of starts and stops and false starts," says Moskalyk, an avid supporter of John Tory's SmartTrack plan. "Toronto is 17 years behind in its transit. If we want to remain a world-class city we need to keep up with transit."

All four candidates said the Presto fare-payment card is crucial for Toronto's transit being modernized.

"It's taking far too long for the Presto card to be implemented," D'Urzo said.

"Living in Ward 3, we can get to Mississauga a lot quick-

er than it would take to get to Scarborough, but it costs three dollars more," Fenech said.

D'Urzo said the Presto card would increase ridership, which in turn would create a positive domino effect for the TTC, like potentially adding more subway stations. Moskalyk added that efficiency outweighs the cost and Holyday said riders have to "move away from paper transfers."

All candidates agreed about the need to take cars off the road. Holyday and Moskalyk said there needs to be more

parking lots, while Fenech feels more parking lots means more cars will be on the roads driving to those spots.

Some voters in attendance said the candidates didn't flesh out certain hot topics enough.

"I was a bit surprised nobody got into John Tory's SmartTrack more. It was sort of mentioned but I think it could have been dissected more," Foster said.

Regardless, Foster said he felt Our Place Initiative accomplished what it set out to do with this debate.

"It's one thing to read a website of a candidate. It's another to see them in the flesh and see how they respond under pressure, under questioning and just really giving them a chance to expand their platform," he said.

Tracy Baker, a resident of Etobicoke Centre for 33 years who was in attendance, shared similar sentiments.

"You see everybody's signs everywhere but you have no clue about who these people are or what they represent," Baker said. "So coming out to a forum like this and listening to them was really helpful."

"In fact I know who I'm going to vote for now."

"Our hope is that these events start building their own momentum, so people come out to them and enjoy them and feel more informed and more engaged," Foster said.

"We thought it was a great success and anyone who is concerned about Etobicoke and wants to become more informed and more engaged should go to our website, [www.OurPlaceInitiative.com](http://www.OurPlaceInitiative.com)"

## Humber Public Safety says terrorism fears are handled under 'all hazards' approach

Serge Halytsky

INTERNATIONAL AFFAIRS REPORTER

Canada is facing a new terror threat.

According to Prime Minister Stephen Harper, the terrorist threat at home from the militant group ISIS, which claims to be carving out an Islamic caliphate in Syria and Iraq, is high. Some 30 Canadians are thought to have been involved in extremist activity abroad and to potentially pose a threat back home.

Is Humber College prepared to deal with it?

Humber Police Foundation Program Coordinator Richard Defacendis thinks trying to respond specifically to ISIS would be an overreaction.

"We have security systems in place here. We have security staff in place. We have po-

lice service that can respond very, very quickly to the campus if we have a legitimate threat," the retired Peel Regional Police officer said.

He doesn't see the college being able to do anything specific regarding terrorist activities, or terrorist threats, however.

"The threat is just too remote and too vague for us to do anything specific about it," Defacendis said.

Public Safety and Emergency Management Director Robert Kilfoyle said terrorist attacks are always a kind of low probability, high impact events.

"The way we do security and protection on the campus — we do all hazards kind of thing. Terrorism is just one piece to the puzzle," Kilfoyle said.

Kilfoyle said Humber Safety and Emergency Management doesn't plan for a terrorist attack, but its emergency procedure covers explosions, bomb threats and active shooter situations.

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Are we prepared for imminent attack? No one is.

Rob Kilfoyle

PUBLIC SAFETY AND EMERGENCY MANAGEMENT DIRECTOR

"We communicate regularly with law enforcement authorities. So if there was a specific threat that was directed at Humber College, we would address that with law enforcement," Kilfoyle said.

Public Safety has a good security posture on campus. They are trained, they have emergency procedures and emergency communications, he said.

"Are we prepared for imminent attack? No one is. All we can do (is) work with law enforcement on the intelligence aspects," Kilfoyle said.

Public Safety said it is monitoring activities on campus, such as radicalization. They also have security staff that monitors social media.

"Humber College takes safety of staff, students and faculty very seriously," Kilfoyle said. "We have security plan; we have over 600 surveillance cameras on campus, we are doing everything we can to be on the top of threats that may occur. And we deal with them as they presented to us"



SERGE HALYTSKY

Rob Kilfoyle, Public Safety and Emergency Management Director at Humber College.

As for the Humber community, most people at North campus feel safe.

"I guess you can feel unsafe anywhere, but I'm trying not to be paranoid about things like that," said Continuing Education secretary Sandra Bardwell.

"I think there's more (protective measures) going on than we see," Bardwell said about Humber's security. "So I feel safe."



NICK JEAN

Signs are placed at every Humber College entrance to remind students about 9-metre distance they have to be from doors.

## Smoking signs unenforced

### Humber's rules on doorway cigarettes not always observed

Evan Presement

NEWS REPORTER

As second hand smoke becomes increasingly problematic for many non-smoking Humber students who have to deal with it on a daily basis entering and exiting the school, the college's director of public safety Rob Kilfoyle said Humber acts in accordance with all rules and regulations the City of Toronto has in place.

"We (Humber) follow the City of Toronto By-laws and the Smoke Free Ontario Act,"

Kilfoyle said. "The rule is nine meters away from any entry or exit point or where smoke can infiltrate the building."

Students are mostly aware of this rule, as Humber (as noted in their smoking policy) has placed non-smoking signs at every entrance reminding students how far they have to be from the doors. But as 3D Animation Humber student and smoker Lucas Giovannetti said, the rule is rarely enforced.

"It's just one of those rules, you know, they're not going to go nuts about it," Giovannetti said, noting that "maybe one in every 10 cigarettes" he'll have someone come over and ask him to move away from the

doors. "There was one of those (points to security truck) coming by and I'm smoking right next to the sign that says you have to be 9 meters away from the building and they're not doing anything."

"There is no Humber College fine," Kilfoyle said, adding that the college may give the student a Student Code of Conduct violation notice. "There are fines prescribed by the City of Toronto By-law and the Smoke Free Ontario Act. These fines are enforced by the City."

As of right now, Kilfoyle said that by-law officers have not yet been invited to the campus, but as complaints pile up about smokers ignor-

ing the rules, it's been something that has been suggested.

Kilfoyle also said that technically, by-law officers don't need to be invited on to the property, but they generally only react to "complaint-based" situations.

"If they haven't received a complaint, they generally won't come."

Giovannetti thinks there's more important things for them to be worrying about.

"What Humber should be doing is trying to get people to stop smoking," he said.

Humber's smoking policy is in the process of being updated and now restricts e-cigarettes. No decision has been made on whether or not to invite by-law officers to the campus.

## Rise of flu cases in Ontario reported

### Humber free flu shot clinic at month's end expects to be busy

Nick Beare

NEWS REPORTER

It's a time when many Humber College students roll up their sleeves for their annual flu shots.

The Public Health Agency of Canada's Flu Watch report for Sept. 21 to Oct. 4 stated that rising flu activity was reported in six different regions of the country including Ontario. The agency measures this activity by monitoring hospitalizations, activity levels, influenza detections and ILI (influenza-like illness).

The British Columbia Centre for Disease Control said in a recent surveillance bulletin that during this same time period, positive readings on influenza tests increased from 2 per cent to 14 per cent at the B.C. provincial laboratory.

Influenza A (H3N2) has been circulating in this country, according to the Public Health Agency of Canada.

For students at Humber, there are many different ways to prevent the spread of the flu, such as frequent washing of hands. This, says Catherine McKee, Registered Nurse Co-ordinator for Humber's North and Lakeshore campuses, is the most important thing to do to prevent spreading.

"The flu is spread by breathing, coughing and sneezing," McKee said in an e-mail to Humber *Et Cetera*. "The best advice is to get the flu shot, get lots of rest, stay home if you are sick and

follow good respiratory etiquette, such as (sneezing into your sleeve.)"

This season, Humber is giving out free flu shots to students from Oct. 28 to 31 and is preparing for flu season in a variety of ways.

"We have nursing students give peer to peer education on flu and sneeze in sleeve and hand washing," McKee said. Despite the warnings from health officials and signs around campus, some students like Manjit Sandhu, a second-year electro-mechanical engineering student, prefer to do without the vaccine.

"I'm not worried," Sandhu said. "I eat right and dress for appropriate weather."



"The best advice is to get the flu shot, get lots of rest, stay home if you are sick and follow good respiratory etiquette, such as (sneezing into your sleeve.)"

Catherine McKee

REGISTERED NURSE

However, some students like second-year paralegal student Chris Anderson makes sure to get the shot annually. Ni

"[I got the flu] maybe two or three years ago. I didn't get (a flu shot) that year because I was studying for school," Anderson said, "I learned my lesson."

## Clothing resale saves purse, planet

Clare Jenkins

ENVIRONMENT REPORTER

Recycling old clothing is a way to clean out your closet and also a conscious environmental decision as it reduces the amount of fabric that ends up in a landfill.

The number of retailers selling second hand clothing is at an all-time high, having jumped seven per cent in the last two years, according to the U.S.-based National Association of Resale Professionals.

Colt Molson, 20, is a second-year marketing student at Humber College with a keen interest in the fashion business. Molson works at Fashionably

Yours, a boutique on Queen Street West where second-hand luxury fashion items are sold on consignment at a reduced price.

"We take items that are no longer being used and give them to buyers who will enjoy the product. No piece of clothing goes without new life," Molson said.

The store goes a step further by donating any unsold consignment clothing to the Salvation Army, said Molson.

"As we are resellers we care less about brand image of high-end brands and don't mind donating them to those who need. At the end of the day the label means nothing as it's a piece of cloth."

For high-end brands, brand image is crucial, says Rachel McKay, 21, model and second-year Humber Fashion Arts student.

"Brand image is huge with haute couture fashion. In a way, it would make sense for a brand such as Vera Wang or Louis Vuitton to burn their products rather than sell them for cheaper or give them away because of their dollar value," McKay said.

Yara Zarkout, 21, is a former Michael Kors employee who worked at an Ottawa retail location for about a year.

"During my time at Michael Kors I would hear the worst things. I heard employees make comments about



CLARE JENKINS

The kind exchange is a consignment store on Queen Street where you can bring old and used clothing and donate them.

people walking in, saying that they couldn't afford the bags just by the way they looked," Zarkout said.

Both Humber's Fashion Arts and Marketing programs

focus on brand image.

"Every class uses examples from retailers like Gap and Holt Renfrew. Brand promotion is a huge part of the business, and it's a strong topic of

discussion in many classes," said Molson.

Both students have advice on making ethical, environmentally conscious purchases.

"Buy fair trade certified goods. Buy local. Buy products made in America and Canada," said Molson.

"Not all places in China are sweatshops, while some Italian manufacturers are. Where it's made doesn't always mean (it's) made ethically. Do research. Try to buy organic and avoid mass produced goods. One good quality shirt is worth far more than ten poor quality shirts."

McKay said, "Customers can help make the world a better place by reducing, re-using and recycling fashion. be when making a purchases."

## Students get bursaries and budget advice from Humber

Seeking assistance, setting budget needs are keys for college

Kelsey Coles

RESIDENCE REPORTER

A ramen and Kraft Dinner diet is all too familiar to college students living on a budget.

College students are at a pivotal point in their lives. They are, for the most part, on their own for the first time and learning to take life on by themselves as an adult. Between rent, tuition and other living costs, creating a budget can be difficult and stressful but rewarding in the long run.

Humber provides a number of bursaries to students including Tuition, Financial Need and First Generation Bursaries for students who are struggling with debt.

"(More than) 5,000 students receive bursaries and scholarships and we issue over \$5 million," manager of financial aid at Humber College Holsee Sahid said.

"Bursary applications are available on the MyHumber website. Once the applications are submitted, they are reviewed by senior Financial Aid staff or a selected committee," Sahid said.

She said students are selected to receive bursaries based on a combination of financial need, academic progress and/or a letter from the student explaining their financial situation and how the bursary will help them meet their academic needs.

Humber Visual and Digital Arts graduate Tasha Mestdagh said priorities are key when creating a budget that works.

"Most of my savings went towards buying the necessary supplies for my program," he said.

Mestdagh advises those who may be struggling with maintaining a budget to take it in stride and that patience is key.

Sean Harper, a third-year Sports Management student said distractions play a pivotal role in budgeting problems. "I maintain my budget by staying at home and not going out every night spending money."

Harper said that working in the summer has helped him manage his budget with ease and goes to show that hard work pays off. "Work your butt off before (September) so you don't have to work during the school year."

# Family man Walton ready for duty

Young entrepreneur impressing colleagues, students and bringing leadership, business acumen to his newly won HSF presidency

Samantha Singh

HSF REPORTER

Thomas Walton, 19, second-year international business student was officially elected as Humber Students' Federation president during a special open meeting of HSF members on Oct. 15. Walton comes from Quispamsis, N.B., where he grew up with his parents Mike and Angela Walton, and brother Matthew.

Walton flew back home for the Thanksgiving weekend to see his family.

"I gained about 10 pounds in two days. It was fantastic, got to spend time with family and friends and old neighbours, who I haven't seen in a while...never forget your roots," Walton said.

Before Humber, he had two options: either attend school in New Brunswick or move to Ontario.

"I looked at Seneca. I looked at every college and university in New Brunswick and I was accepted to each. I chose Humber College because of the program I wanted to take, which was international business. And after reviewing that program and realizing the endless possibilities that Humber had to offer me," he said.

In third year, Walton's program offers an internship abroad where students can report their experiences with a chosen company.

He has aspirations of doing his internship in London, England.

"I have family and friends in London, so hospitality-wise it would be a little bit easier on the wallet. Also, because their markets completely contrast the North American market. So, studying abroad would definitely be a lot more beneficial to what I want to do in international business," Walton said.

Despite Walton's close relationships with Dylan Rudder, current HSF vice-president of student life at Lakeshore, and three-time presidential candidate Shawn Manahan, his choice to run for HSF president was entirely self-motivated.

"Leadership is just in my blood. My father is the vice president of Lantic Sugar, he's also the chair of New Brunswick's pension board and he was my idol growing up. Seeing him as a leader, I always kind of wanted to be like my father. I realized I can create my own path here and I came in chasing after my father's footsteps but now it's more that it's my time to shine and create my own path."

Walton's hobbies include basketball, swimming, and skiing. He has modeled for Elmer Olsen Model Management but has put that on pause due to his engagements in school.

In his spare time he keeps up to date with his renewable energy company, and has spent two years researching renewable energy products.

His business intuition was a key feature in his campaign that really resonated with students.

"I voted for Thomas Walton. I think he would represent the school well and I think he's a nice person. He seems to have a really good background from his bio that I read," said Pirla Younan, 18, a first-year paralegal student.

His HSF colleagues feel those good impressions and enthusiasm as well.

"I first met Thomas Walton at our 2nd Annual General Meeting last school year," Ahmed Tahir, HSF vice-president of student life at North campus said.

"I haven't known him for very long, but the conversations and experiences I have had instilled within me a belief about his character and intentions. I really believe that he has the highest of ideals and that he is ready to serve the students that voted him in. I can't wait to begin officially working with him."



SAMANTHA SINGH

International Business student Thomas Walton, 19, takes office as president of the Humber Students' Federation Oct. 20.

## Focus on transit issues at Etobicoke-Lakeshore debate

Ten Ward 6 candidates discussed their plans, platforms for reducing fares, upping TTC service for south Etobicoke residents

Krysten McCumber

NEWS REPORTER

Humber College's Lakeshore campus played host to debate for Ward 6 city council candidates on Oct. 16 to discuss one of the major concerns for Toronto — transit.

With 10 candidates present and an auditorium with approximately 70 spectators, a discussion of how to deal with Etobicoke transit held the room's attention. Incum-

bent candidate Mark Grimes said that although public transit could be better, it's not awful.

"We're very well served by transit in the Etobicoke area," Grimes said in his opening statement.

Despite Grimes' optimism, the rest of the panel disagreed.

"What we need to see in Etobicoke, and the City of Toronto as a whole, is an entirely new strategy towards transit," candidate Michael Laxer said.

Transit fares and how candidates would commit to maintaining, if not lowering them, was another topic of discussion.

"Transit fares are about accessibility. We need to freeze transit fares and we need to stop the competition on the roads between cyclists, pedestrians and motorists," said candidate Russ Ford.

"The 145 Express bus that travels from Kipling to downtown Toronto has a charge of two tokens, \$6 approximately. I'd like to get that reduced," he said.

A question that piqued everyone's interest was who would each Ward 6 candidate

support in the mayoral debate in terms of transit plans, and why. The answers were divided as some candidates settled for one mayoral choice, while others chose to point out parts of each plan that they would blend together.

"I believe that all three plans fall short of what the City of Toronto needs. We need to move Toronto forward," candidate Mirosław Jankielewicz said.

Questions were opened to the floor, covering topics such as where the money would come from to fix transit issues and childcare and youth development.

"I'm prepared to work with anybody that gets in as mayor. But who I vote for should be between me, myself and I," candidate Sean O'Callaghan said.

Candidates were stumped when asked to assess Queen Street and King Street and whether they would consider making them one-way streets in order to keep the flow of traffic moving.

"They are now looking at that, having King one way and Queen the other way. Although it would be with streetcars, not buses," Grimes said. "Those streetcars carry almost four times as much as bus. But that is on the table."

# Guelph-Humber mag at award Pinnacle

**Ashley Jagpal**

ARTS & ENTERTAINMENT REPORTER

Michael Brown, recent graduate of the University of Guelph-Humber's Media Studies program, was overwhelmed when he found out the school's magazine *Emerge* was nominated for seven Pinnacle awards to be awarded in Philadelphia, Pa., at the National College Media Convention Oct. 29 to Nov. 2.

"It was so crazy, really great," said Brown, who served as editor-in-chief of the annual student publication on technology and culture.

The Pinnacle awards are given by the U.S.-based College

Media Association to honour the best college media organizations and individual work. It's open to any student work that is produced for any college media organization in print, broadcast or online.

*Emerge* was nominated for: Website of the Year, Feature Magazine of the Year, Best Ad Supplement/Special Section, Best Magazine Contents Page/Spread, Best Magazine Entertainment Page/Spread, Best Online Main Page and Best Social Media Main Page.

Brown, who took on his role on *Emerge* as a part of the fourth year curriculum for the course Media Practices, also designed the content page and

oversaw the process. He said he remembers the stressful times, especially the June 1 deadline.

"I remember working on the graphics at 1 a.m., and having nothing on the last page at 10 p.m.," said Brown. "We came in 10 a.m. that day and left 1 a.m. the following morning to get things done in time."

Brown recalled how busy it was to get people together.

"It was a small team of people working on this for no pay," said Brown. "It was hard because people had jobs or internships and the meetings were only once a week so people would get disinterested and to make time to do this was difficult."

This year, the issue had a future of the decade theme. The cover started it off, declaring, "this decade changes everything," and the magazine continues with features on topics from 3-D printing and the bitcoin to a new wave of culinary innovation.

Kimberly Noble, the faculty advisor on the magazine since it was first launched in 2006, said she has seen some impressive changes by the students.

"I am always blown away by what students have accomplished on the website or the page," said Noble. "As an instructor, that's where I get such pleasure and a sense of satisfaction."

Noble said the nomination for the magazine is the best part.

"Seeing that work and the effort that went into it acknowledged by judges and panels is wonderful.

"*Emerge* gives them a chance to get the stories they really want to tell," said Noble. "The fact that we say to students each January: this is your publication, and we will, as much as possible, stay out of your way—that seems to work and to inspire students."

Brown believes the success of this issue was because they had a "really dedicated small group of people."

"Each year *Emerge* is showing people what we can do," said

Brown. Being the only Canadian school nominated, he thinks Canadian media has lots of potential.

"Just because you're in a Canadian media school doesn't mean you can do good work," he said.

Fourth-year Media Studies student Catherine Chen said the acclamation gives her motivation.

"When I heard how many nominations we got, I was fueled with excitement because it's a reflection of our talents here at Guelph-Humber," said Chen. "Knowing that I am going to work on the magazine next sets the standard for my work."



ALUEN NAVARRO

Students and faculty lined up to give gift of life at Canada Blood Services' blood donor clinic in Humber College North's concourse Oct. 15 and 16.

## Students give blood to have 'positive impact'

**Aluen Navarro**

TRANSPORTATION REPORTER

Ilin Haque rolled up her sleeve for the first time this year to give a pint of blood.

The first-year Accounting student expects to do it two more times in the near future.

"If you're healthy, why not do it? Giving back to the community is the least you can do," Haque said while at the Humber North campus blood donor clinic.

She tries to donate three times every year and has been donating blood for two years.

"I do it because my aunt is in need of it and it can benefit someone else," she said.

Canadian Blood Services was taking donations at North campus on Oct. 15 and 16.

Jane Pierson, a registered nurse who was on location, emphasized instilling social responsibility at a young age.

"It's important when you're young to realize that the world involves more than yourself," said Pierson.

It might seem like a small act to some people, but to others, it's something that will help them live again.

"The biggest users of blood are cancer patients," said Pierson.

Surgery also requires a lot of blood, explains Pierson. One blood donation can save up to four lives and 52 per cent of Canadians need or know someone who is in need of blood.

Toronto's Blood Clinic territory manager Mark Malinowski said it's important for students to get involved because they are the future of blood donations in Canada.

"The earlier they get involved, the easier it's going to

be to maintain a blood system in Canada," said Malinowski.

He said he GTA has had a shortage in blood supplies, forcing the import of blood from other provinces.

Malinowski said the citizens of Toronto use more blood than they actually collect, which amounts to a lot.

Canadian Blood Services sets up donor clinics at post secondary schools including the University of Toronto, York University, Humber College and Seneca.

"We need to recruit 90,000 new donors every single year,"

and it's a simple and painless thing to do, said Malinowski.

"Put yourselves in the position of someone who needs blood," he said. "That should get you over the fear of needles and the donation process. It doesn't hurt and it's good karma, which will get you hooked because of the positive impact you're making."

Canadian Blood Services will be back at Humber College on March 18 and 19, 2015. For more information visit the Canadian Blood Services website.

## Lakeshore campus gets moving for mental health

**Shannon MacDonald**

NEWS REPORTER

Humber College's Lakeshore campus held its first Move for Mental Health Awareness five-kilometre race Oct. 16.

"The goal of it is to raise awareness about the benefits of exercise for mental health, (and) the services Humber has for students such as counseling services," said Lakeshore campus event coordinator Tom Haxell.

Organizers were expecting around 100 people to show for the event, expectations that were met.

The driver behind the race is David Harris, founder of the not-for-profit Cameron Helps, who lost his son to suicide in February 2005 is adamant he would not have been able to handle his loss as well had he not been in good physical health, thanks to running.

"I can only imagine how I would have handled things if I wasn't physically well and mentally well at the time," said Harris during a speech just before the run.

Cameron Helps works with schools, hosting races like the one at Lakeshore to promote suicide prevention among teens and reduce the stigma regarding teen mental health.

For more information on Cameron Helps, go to [Cameronhelps.ca](http://Cameronhelps.ca), and students can always find the types of assistance Humber offers at [humber.ca](http://humber.ca).

# Jokes about Ebola crisis are sickening

The hashtag #ebolajokes lay dormant from Aug. 5 2012, only to be revived almost exactly two years later when the World Health Organization (WHO) declared Ebola an international health emergency as the death toll exceeded 1000.

A time when it's not too soon to joke about Ebola will never come.

Hip-hop artist Chris Brown recently tweeted "I don't know... But I think this Ebola epidemic is a form of population control. Shit is getting crazy bruh."

It's easy to play down the worst Ebola outbreak since it was identified in 1976 when you're almost 9400 km away from it, isn't it, Bruh?

Brown's quip was retweeted approximately 41,000 times in the first 48 hours. Whether he is a conspiracy theory believer at heart, or he meant it purely as a joke, his comment was met with both consent and outrage.

Sometimes laughter's curing

qualities are appropriate, but when it comes to death, well, that's a line that should never be crossed.

The Internet can be an informative, limitless, and positive place but it also provides a faceless forum for people who show the darker sides of modern society. Hashtag jokes and viral memes poking fun at mass devastation and misery are being launched almost as soon as the events begin. The "it's too soon" consideration doesn't seem to exist anymore.

Even the Halloween costume industry is trying to make light of the Ebola crises to turn a profit.

A product image released by Brands On Sale, Inc. shows a hazmat suit Halloween costume, complete with a respirator, face shield, safety goggles, blue latex gloves and the word Ebola embroidered on the breast. The "Ebola Containment Suit Costume" costs \$80 and promises that it will be the most "viral" costume of the year.

Someone showing up at a party in that costume could risk being punched in the face.

There is no room for light-heartedness when the virus at hand has killed almost 5000 people and has no hope of control in near sight.

The antics have left the Internet and entered the physical public realm (where people can see your face), with the most recent example being a passenger escorted off a US Airways flight by a hazmat team after proclaiming, "I have Ebola. You're all screwed." The 290 passengers on the commercial airline were grounded for two hours because one wise-guy thought it was a good idea to crack jokes about a highly fatal virus.

Aside from being widely distasteful and inappropriate, these examples of Ebola-induced humour are making the situation worse. Not medically, but psychologically.

The more people see Ebola jokes on the internet, whether they're

made by anonymous internet citizens or idolized famous people, the more desensitized our world becomes. It's this endless cycle that makes it increasingly acceptable to not only create these jokes, but laugh along with them.

Our society is plagued with desensitization. We are numb to the truths, just as we are numb to the ignorance. This is harmful, especially when it comes to a crisis like Ebola, where awareness and education is crucial. In North America we see it as happening in a place far away, to people we cannot relate to, which makes it easier for our eyes to glaze over the sickening banter.

The current situation is going to require the assistance and resources from every nation available to help. The Internet will always be riddled with basement-dwelling ignorance, but speaking out against it is a step in the right direction – for the physical and psychological safety of everyone.

## Being caught in consumerism a fault of our world



**Dilara Kurtaran**  
ASST. NEWS EDITOR

We always seem to be waiting for something.

It could be something as simple as "I can't wait until Friday" or "I can't wait to buy this skirt." We have this constant need to buy something new or wait for something to come out in order to make us feel better or be happy.

I didn't realize how negative I've become over the last two years. I would complain about everything and I would get upset easily when things didn't go my way. I wasn't happy with the way my life was going. I remember telling my friends and myself that when I purchased this or that I would be happy, or when this happened I would be happy.

I got so caught up with my own life that I forgot to appreciate what was right in front of me.

Just before the summer started I was telling my friends I wanted to do an internship over the summer.

I told them if I got an internship I would be ecstatic, so I applied for some and I landed an interview with Style At Home magazine.



I didn't realize how negative I've become over the last two years. I would complain about everything and would get upset easily.

I got the internship and I remember jumping around my room from happiness, but it died down after two weeks because I had something else to look forward to – the Rockstar Mayhem Festival.

I realize now how unhealthy that was for me, so I picked up an old book that had been sitting on my bookshelf for over eight years.

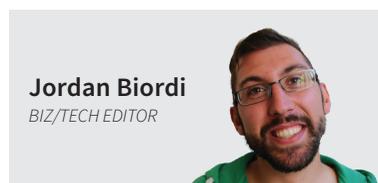
It was a Turkish book roughly translated as Don't worry about the small things. In the book it stated we should be happy with what we have right now. We should be happy in the present or else we will never be truly happy.

Of course, there is nothing wrong with trying to improve in certain areas in life, but while we do that we tend to forget how lucky we are to be even where we are right now.

Who knew reading an old book could make me realize something so simple in life? It hit me pretty hard. I started being thankful for what I had and started appreciating the little things in life. I started to feel better.

What I've learned is that we should always appreciate what we have, be happy and stay positive. Although it is okay to look forward to things, sometimes we just get caught up.

## Even gaming rules wrongly geared to coddle our kids



**Jordan Biordi**  
BIZ/TECH EDITOR

A few weeks ago the newest installment in the Smash Bros. franchise was released on the Nintendo 3DS. It's been praised by fans and critics and is actually a pretty good game, however there's a strange mechanic within its story mode. It's a system that

was featured within Kid Icarus: Uprising, which was also on the 3DS and developed by Masahiro Sakurai. The system essentially gives the player the ability to increase a level's difficulty before embarking on that level. By increasing the difficulty, players gamble the game's currency for the chance of greater rewards at the end.

But if you die, you lose a portion of the gamble. Now, by itself this is a pretty good system, a fair balance of frustration versus reward (a bigger reward for increased aggrava-

tion due to difficulty). The problem both games have is upon your character dying the game automatically knocks the difficulty down a notch, essentially barring you from ever improving.

This kind of system is extremely reductive and helps perpetuate the ideas proposed in Atlanta-based freelance writer Mickey Goodman's 2012 article, "Are we raising a generation of helpless kids?" Goodman argues that kids born from 1984 to 2002 were born in an age of instant satisfaction, and these game systems bolster that argument.

It's no secret that when things are harder, you're naturally going to mess up on them. You need the time and experience that allows you to become better. But these

systems eliminate that; they don't have enough faith in the player so they guide them through, saying, "It's okay, baby, we know you gave it your all, but it's just a little too tough for you. Let's just turn the heat down so you can actually get through it this time."

It's insulting, and it works against the principle in teaching kids that they're going to get knocked down facing tougher challenges, but they need to get back up and keep trying. Not giving the message that something will come around and make things easier for them. Unfortunately, that is not the world we live in, but it seems to be the world we're teaching kids to believe we're in.

HUMBER  
**Et Cetera**

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

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# Move aside Toronto politicians, all eyes on Mississauga's race

Shoynear Morrison  
LIFE EDITOR



Who gives a crap about Mississauga? Apparently no one. That's the way I feel as I turn on my TV and see how focused the media is on Toronto elections.

Mississauga has been blessed to have a mayor who has dedicated her life's work to maximizing the suburb's full potential. After being in office for over thirty years it's time to bid farewell to Hurricane Hazel and allow a new leader to take her place.

The 2014 municipal elections will be the first time in over three decades that Hazel McCallion will not be running.

To my dismay it seems like no one cares.

I understand that the infamous Rob Ford and his outlandish antics have gained international recognition and therefore the current elections have a strong public interest. Although Rob Ford is out of the race due to unfortunate medical issues, the three frontrunners – John Tory, Doug Ford, and Olivia Chow – are grabbing all the media attention.

Mississauga has a strong enough presence in the GTA that a historical moment such as Hazel's retirement deserves to be noticed. With a population over 600,000 and hence one of the largest cities in Canada, Mississauga has tens of thousands of businesses that employ hundreds of thousands of people, many of whom commute in from all across the GTA.

The intentions of each candidate running in Mississauga deserve to be in the media spotlight, in order to help voters make informed decisions.



GEORGE SOCKA VIA FLICKR

Hazel McCallion steps down as the mayor of Mississauga after 36 years of service. Mississauga's new leader will be voted in on Oct. 27

My residency is not the only personal connection I have to the Mississauga election. My sister is currently going through a legal battle with one of the Mississauga mayoral candidates by the name of Grant Isaac. Mr. Isaac has failed to pay her for her student legal assistance and has refused to answer many of her phone calls.

Due to Mr. Isaac's inability to communicate effectively, this matter will now be settled in small claims court. Feeling disgusted that a mayoral candidate would attempt to take advantage of a student, I tried connecting with many media

outlets for their support in exposing Mr. Isaac's behaviour. I felt that Mississauga residents deserved to know what Mr. Isaac (especially if elected as their future mayor) is capable of.

Unfortunately, I only received a response from a CBC reporter. Being a resident of Mississauga herself, she advised me that she would love to cover the Grant Isaac story but is afraid her producers will not give her the required permission to proceed further with it.

The reason behind the production rejection was due to the Toronto-centric requirement of current

news angles.

This is strong evidence that major media outlets don't put a very high importance on the Mississauga election. Even those reporters who do care to cover the story face rejection from higher up.

I grew up in the city of Mississauga and have lived there my entire life. To me Mississauga without Hazel McCallion is almost unthinkable. I approach the future days of this city with great trepidation wondering what will happen with new leadership.

Therefore, I want to hear about what each mayoral candidate has to

say. Hazel McCallion is concluding her reign as mayor with a notable legacy and we should know how these candidates plan on protecting that legacy.

Why should it be harder for me to find information about my current municipal election just because my mayor hasn't displayed extreme asinine behaviour. Electoral media attention is conducive to creating an educated voter. Why does the onus now fall onto the citizens of Mississauga to educate themselves.

I give a crap about the city of Mississauga – I just wish the media did, too.

## Take control of your life, be a yes, yes, yes man

Jesse Noseworthy  
GUEST COLUMNIST



At what point in our lives did reason begin to trump youthfulness?

We've been bombarded with the word 'no' so many times in our lives that it has become us. It's time to take a stand and stop this hearsay.

There is great power in the use of the words 'yes' and 'no.' The premise is that there are two types of people in the world, the "Yes Men" and the "No Men." The use of the word "men" of course refers to peo-

ple as a whole and doesn't exclude women. Men who say yes are more or less people who are open to change and experiencing the world around them, all while achieving this through a three-letter word. The "No Men" shut out others, fear change and drown in negativity.

When did we shut off? Actually, why did we? We stopped being creative, we stopped experiencing things and most of all we stopped living a happy and fulfilling life.

Lets face the simple truth: it's impossible for humans to stay still. Our minds never stop. Even when we're sleeping, we're experiencing another realm of consciousness.

Why not feed this intuition?

Lets give our minds what they

want. No, what our minds need. Let's feed it with new experiences and dabble in positivity.

What is positivity? Well, it's the word 'yes!'

Say it with me. "Yes, yes, yes."

Now doesn't that feel good?

Now say the word "no."

"No, no, no."

How did that feel? Bad... Right? It felt bad for me.

Now lets answer the question as to why it felt bad. In a simplistic form, the word 'yes' breeds positivity and the word 'no' breeds negativity. In most instances, yes will lead to change that will inevitably promote new experiences. The word 'no' inspires nothing but stillness.

As with many theories, there are obviously exceptions. If anything, one should acknowledge that there is a greater importance between the two words than perceived.

The word 'no' can be beneficial in

certain instances but it can also be a detriment (same ordeal with 'yes').

American author John C. Maxwell once said "Learn to say 'no' to the good so you can say 'yes' to the best."

Yes is a word that shall be reserved but also utilized with the best of intentions.

Think back to a time in your life when you were in a rut. Things weren't going so well and all you wanted to do was to keep to yourself and stay home. Somewhere along the line you woke up, you said 'yes' and you inspired a change and grew internally. From that point forward, you may have had a revelation and acknowledged that there is a higher power to living a positive and fulfilling life.

"To strive, to seek, and not to yield," said Alfred, Lord Tennyson in his poem titled 'Ulysses'.

It's as simple as saying a one-syllable word.

Take charge and give not only your mind, but also your soul, the food that it needs to nourish and grow.

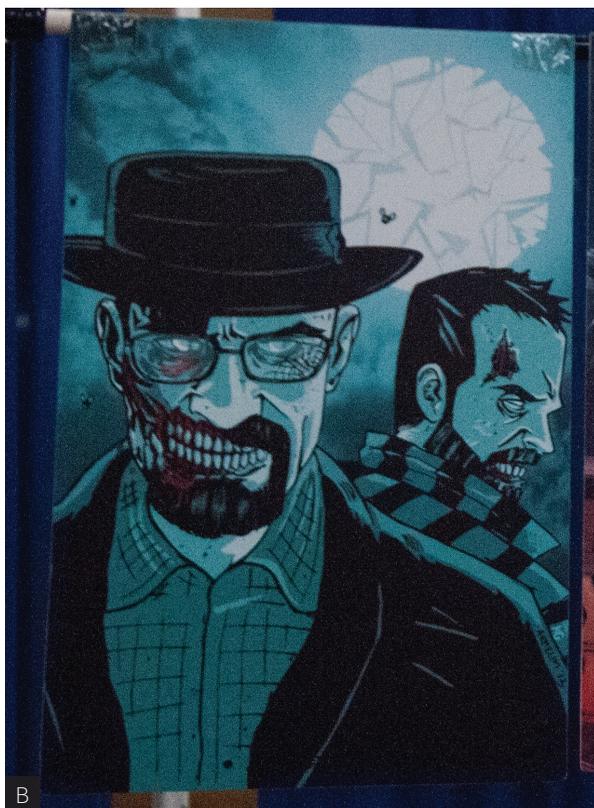
Negativity is a disease; it leads to emptiness and ultimately the death of ones soul.

Everyone knows a "No Man." You're probably thinking of one right now. Analyze them for a second and tell me if they're a negative person. The answer is yes. Yes, they're negative because they've shut themselves out from new experiences and decided to put a cap on their development as a human being.

Why would you want to do that to yourself? Why would you shut yourself out to the beautiful thing that we call 'life?'

The writing is on the wall. Don't dwell and surround yourself with "No Men." Say 'yes' to life and turn yourself into the "Yes Man" that you're naturally meant to be.

# COMIC EXPO MANIA



Nerds unite! Fans and comic book lovers gather at North and Lakeshore campuses to honour their heroes and let their freak flags fly

By Lucy Hagerup-Labrosse

This year's Comic Expo at Humber featured special guests Manu Bennett (Spartacus and Arrow) and Shaun Hatton (G4 Tech TV's EP Daily), as well as many other guests, publishers and vendors with tables showcasing and selling their work.

Josh Paglione, Humber Students' Federation's programming coordinator, said that event which ran Wednesday at Lakeshore campus and Thursday at North campus,

was the "most successful yet" and that there should be many more to come. He said getting a big actor like Bennett appealed to a large variety of Humber students. Paglione said the expo is "visual and even if you're not a comic book fan it's still interesting."

"One thing I'm really thankful for, is that these conventions are a great sounding board to meet the audience and find out how they really feel about you," Bennett said. "It's pretty flattering ... it's been a great

IA



ALL PHOTOS: LUCY HAGERUP-LABROSSE

experience.”  
 He said it’s even more beneficial to do it with students as he went through a very similar process to learn his craft and remembers what it was like to be at this stage.  
 “People coming up to me and asking questions about how you get from A to B before you get to C and D... It’s good to see young people with ambitions who relate to the fact that you can’t always get to the level you want to get to immediately.”

Bennett said.  
 Bennett said he’s amazed, “especially with these conventions, how many people come forward and have such challenging stories in their life... This is where you find out if you’ve affected people.”  
 After the Q&A, a student came up to him with watery eyes and told him about a very deep struggle in his life, and that he could relate to something similar that Bennett went through. Bennett hugged the young

man and signed a photo for him that said, “We all have to face battles and how we do face those battles is how we’ll be remembered.”  
 Paligone said HSF spent the last month or so searching for someone to come to the event. Bennett was their first choice but originally couldn’t make it, so they were very happy when he ended up attending in the end.

(A): Artwork by MADD SKETCH  
 (B): Artwork by Andrew Armelim  
 (C): Artist Sam Noir doing free sketches for students  
 (D): Manu Bennett (*Spartacus*) special guest at Comic Expo

# Music duo looks to rise in CBC contest

Hayley Michaud

A&E REPORTER

Humber College's music duo Ash & Ember hope to earn a spot when CBC's Rock Your Campus competition announces its top 10 finalists today.

The pair made it to the top 100 in the contest run by CBC Music and TD bank to find "the next big campus music act," which has a top prize of \$10,000.

Ash & Ember is made up of second-year Humber vocal major stu-

dent Mackenzie Meyer and James Gould, who is studying at Wilfrid Laurier University in Brantford. The pair met during the 2011 Hamilton Music Awards, where they competed against each other and Meyer took home third place. Some may find their coming together story to be almost as sweet as their most recent single, "The Light".

"If I'm being honest here, I thought she was cute so I asked her out, but she was taken at the time. So I asked her to jam instead," said Gould. They've been collaborating

together ever since.

Initially they were just playing together, with Meyer singing backup vocals on some songs Gould's band Allotrope were putting together. As they worked together more, the two grew more comfortable and began working together on songs that Gould had written, workshopping them together.

"She helped really refine the songs and helped them be the best that they could and we decided to play them live a couple times," said Gould.

After playing together at coffee shops and fairs, they went on to win the Rising Star Award at the Hamilton Music Awards in 2013 and were asked to open for the Industry Awards ceremony as well.

As for their sound, even they have a hard time categorizing themselves in one specific genre.

"Our producer labeled us 'New Folk' after hearing us. So I guess I'd go with that. But if I had to describe it myself, I'd say pop-folk. Acoustic instrumentation/raw vocal/vocal harmony is a huge factor in our

sound, but our songs have pop progressions, which makes it less like folk," Meyer said.

"The songs have a sense of passion and energy that can really communicate with an audience. They don't hold anything back and are always pushing the limits of their music," said AJ Astle, Ash & Ember's recording bassist.

Since then, the pair have been busy writing and recording, as well as both being in other bands, Gould with Allotrope and Meyer with The Dukes, and both going to school.

## Students in iPod battle to show off music taste

Ashley Jagpal

A&E REPORTER

You may have heard of rap battles, DJ battles, or even singing battles. But what about iPod battles?

According to Ahmed Tahir, Vice President of Student Life at North campus for Humber Students' Federation (HSF), the contest has students show off downloaded music.

The tournament style competition is noon on Oct. 23 at Student Center (North) and Oct. 30 at noon at L Cafeteria (Lakeshore campus).

"Let's say one person plays 20 seconds of a song and the crowd gets a little bit loud, but then the other person plays their 20-second clip and the crowd gets louder. The crowd gets asked who should move on," said Tahir.

Whomever the crowd likes, wins. Previous winners received Raptors or Leafs tickets and gift cards.

"We usually just let them do anything," said Tahir. "We have considered just making specifics, like this one round we play this genre or this song, but for now we decided we are just going to do any genre they want, any song they want."

Tahir said that number of players in each battle ranges from 10 to 20, depending on the time they have and how many people are available.

The popular event has been going on for a few years.

"It's always positive because of how busy the Student Centre is day-to-day," said Tahir. "When students hear us ask on the microphone to come up to the stage so you can win a prize, students get excited and come up. Students who don't even know about it come out. Everyone gets loud, it's a break for the day."

Logan Docouto, 20, a second-year Humber Spa Management student, says, "I would definitely go if I had time in between classes or during my break." She said she would rather stay in the audience, but may encourage her friends who have iPods to participate.

## ALUMNI SUCCESS



COURTESY OF DAVID CHARLEC

The Spandettes' front singers (from left) Maggie Hopkins, Lizzy Clarke and Alex Tait are graduated from Humber music program

## Spandettes front vocal trio in disco band

Sarah Wickett

A&E REPORTER

A band of Humber grads is consolidating its hold on the music industry with their newly re-released album *Spandex Effects*.

Fiercely energetic, The Spandettes is a 10-member disco band from Toronto with vocal trio, Alex Tait, Maggie Hopkins and Lizzy Clarke fronting the ensemble.

Their original music is a combination of classic 70's soul/boogie with a contemporary edge, inspired by dance pop, reggae and soul. Their songs come alive with a three-piece

horn arrangement and exceptional vocal harmonies created by the leading trio.

Formed in 2008, the band's eight out of 10 members graduated from music degree program at Humber College.

Lizzie Clarke, one of the front three and a Humber grad said the trio started singing together at the college.

"Three of us were in the same year and we did the same vocal master class. We were friends for a long time before we actually started the band."

The girls have come a long way

since being at Humber. They now have a worldwide following and ambitions to tour in Japan.

"Our first single "Sweet & Saccharine" was actually on the top 100 chart in Tokyo for eight weeks," says Maggie Hopkins, another member of the vocal trio.

Their Toronto fan base has always been very supportive. However, Hopkins said she believes The Spandettes found much of their success when they became engaged in the online world of music.

"Now we have people tweeting us from Germany, France and Japan... I think we've found the majority of

our success through those international listeners," says Hopkins.

Having just re-released their second album on Sep. 30, *Spandex Effects*, they have gotten nothing but positive feedback.

"People can just order (the recordings) and they come directly from us, from our hands," says Alex Tait, another of the front three vocalists.

*Spandex Effects* is now available in hard copy on their website.

Online copies are also available at more than 200 online stores and music service outlets, including iTunes and Spotify.

# L Space bringing world-best typography to Humber

New York Type Directors Club to showcase its 60th annual exhibition at Lakeshore art gallery

Amanda Tuzi

A&E REPORTER

Award-winning artwork from an international typography competition that exhibits worldwide is making its only Canadian stop at Humber College's L Space gallery at the Lakeshore campus from Oct. 22 until Oct. 31.

The 60th Annual Type Directors Club (TDC), established in New York, showcases, honours and rewards some of the leading type-design and type-use created by international professional artists.

"I think this exhibition in particular, because it's the only Canadian stop for this international competition, is a real testament to how Humber College is distinct in its industry connections," said Tara Mazurk, curator of L Space gallery.

Catherine Pike, Humber's Advertising and Graphic Design program coordinator, and Kevin Brandon, Humber's Graphic Design program coordinator, organized this year's TDC show.

"TDC, I've seen change in lots of experimentations, so they (pieces) kind of reflect the culture where they're coming from, whether it's a psychedelic typeface, or even today as you see the 3D type. As the technology changes the understanding changes of how we can communicate," said Brandon.

The pieces are submitted to TDC from artists around the globe.

"I think it helps (artists) because they are looking at pieces from around the world so there are (these) influences while being in North America (which) can be ex-



PHOTO BY AMANDA TUZI

Graphic Design Program Coordinator Kevin Brandon presenting a typography book in Type Directors Club exhibition at Humber L Space gallery.

panded to see global typefaces and things that you wouldn't normally come across," said Brandon.

The artwork ranges from posters, to 3D book covers, to packaging, to wine bottle labels.

"It's a tactile gallery, you're supposed to open up books, touch things, look at things, turn things around in 360 degrees, see what

type it is, see how it has been applied, see what surprises you," said Brandon.

The winning pieces are from different categories within the graphic design industry such as student work, packaging, poster design, web design and advertising.

"They (advertisements) have a big impact on your life because they

kind of influence you to do certain things. You see an interesting advertisement about something like the iPhone 6 and get inspired to go and get it, but if it were a crappy advertisement no one would go buy the product. Advertisements shape the way our society works," said Rav Mudhar, 19, a second-year 3D Animation student.

The free event caters to the creative minds of graphic designers and visual communicators, but it's meant to inspire and interest anyone and everyone.

The opening reception of the 60th Annual Type Directors Club will be held on Oct. 22 from 5:30 p.m. to 8 p.m. The exhibition can be viewed from 10 a.m. until 5 p.m. while the exhibit is running.

## Children's book illustrations capture 'incredibly rich art'

Tonia Venneri

A&E REPORTER

Some of Canada's best authors and illustrators are currently showcased at Humber College's L Space Gallery for Canadian Society of Children's Authors, Illustrators and Performers' (CANSCAIP) exhibition *Capturing Imagination: The Art of Storytelling* until Sunday.

This is the second year the exhibition is held at Humber. L Space Gallery curator Tara Mazurk said she hopes it won't be the last.

"This has been one of our most successful shows over the past couple years," said Mazurk.

The show displays work from Michael Martchenko (illustrator of the Robert Munsch children's

series), Brenda Clark (illustrator of the *Franklin* books, and many more. Mazurk said people would be able to resonate with a lot of the stories featured in the gallery.

"I think at the most basic level it's kind of nostalgic, so it's really nice to come in and see the books that you saw as a kid growing up," she said.

Mazurk said prospective authors and illustrators aren't the only ones who can benefit from the event, brought in by Humber's School of Creative and Performing arts (SCAPA) through the writing program.

"This show gives a really good look of the artistic process," Mazurk said. "A business student could come in here and see how we take an original idea from that original design to product completion."



PHOTO BY TONIA VENNERRI

Illustrative art of Patricia Storms is displayed in L Space Gallery at Lakeshore campus with her work on Robin Muller's *13 Ghosts of Halloween*.

SCAPA administrator Natalie St-Pierre said illustration is an important part of children's books.

"I think it shows the incredibly rich kinds of art that are being done in Canadian children's literature. The visuals are integral parts of the

story telling process and I think that really becomes clear when you see an exhibit like this," St-Pierre said.

Children's author and illustrator Patricia Storms was featured at the show for her illustrative work in Robin Muller's *13 Ghosts of Hal-*

*loween*. Storms said the show allows people to get in touch with artwork that deserves to be displayed.

"When I was younger I never saw this type of illustration on display anywhere," said Storms. "The only times I would see it was in a book which is great, but it's just nice to bring it to another part of the world."

Storms said she is happy to be part of a show that promotes and honours Canadian authors and illustrators.

"I never thought that I would ever be in an art show because of the kind of work that I did... So it's nice for children's book illustrators to get the respect that I think they deserve," Storms said.

Storms also offered a small word of advice for prospective authors and illustrators.

"Don't give up because you've got to persevere. Nothing's easy, if you believe in yourself and if you're getting good feedback from people whose opinions you value than keep going and try to fight the naysayers."



BRITNEI BILHETE

Lakeshore campus students tested their balance at Humber Students' Federation Glow-In-The-Dark Yoga event last Tuesday.

## Glow in Dark Yoga lightens up

HSF event at Lakeshore campus was chance to learn wellness, 'incorporate some fun stuff like black light'

**Britnei Bilhete**

LIFE REPORTER

Students at Humber's Lakeshore campus let their inner yogi float free at glow-in-the-dark yoga on Oct. 14.

The Humber Students' Federation (HSF) event, in collaboration with the Athletics department, was the first of its kind.

Child and youth care student Jenna MacCaull 21, is in her first round of midterms and took time out from studying to stretch. "It was a nice kind of de-stress," she said.

Three one-hour sessions were offered in the L-Space Gallery, the visual arts showcase at Lakeshore campus.

"Previously there hasn't been any events in the L-Space for HSF or anything else outside of what L-Space does," said Lakeshore's HSF Vice President of Student Life Dylan Rudder. "I thought it was a good opportunity... walking by in the summer time I thought, 'this is a nice room.'"

Rudder then approached the curator of L-Space, Tara Mazurk, and the arrangements were made for

glow-in-the-dark yoga.

"I was thinking I have never done yoga before and what would I do differently if I were to do yoga...and just incorporate some fun stuff like black light," Rudder said.

Nathania Bron, Humber Recreation and Fitness coordinator, taught the first glowing yoga session. She's been instructing hatha and vinyasa yoga classes at Humber for five years.

"I've never taught in a black light setting," Bron said. But she said the cool lighting creates a better environment to practice in.

"Sometimes people go into (a) yoga practice very serious and I feel like there are those parts of yoga,"

said Bron. "But you also have to have fun with our practice... this is kind of really elevating that for people."

Ronit Schwabe, 27, heard about the event through a friend. She used to practice yoga up to five times a week, but because of her busy schedule it hasn't been the same. "This is wonderful. It's a really interesting twist on conventional yoga," said the international development student.

"It promotes health in a fun way...we don't have a lot of time to exercise and be healthy in our lives, so this is a way to incorporate that. And this is so accessible."

Rudder said health-related events promoting wellness will continue.

## Toronto options for fun on a post-secondary student budget

**Morgan Gallagher**

NEWS REPORTER

With many post-secondary students studying full-time and often working part-time as well, recreational time must be managed on a tight budget.

"In large cities, many people are amazed at the number of attractions and experiences that are free of charge," said Mark Kahler, budget travel expert for budgettravel.about.com. "Do a search for 'free attractions Toronto' and assemble a list of the free things you'd actually enjoy visiting."

Kaiya Robinson, a first-year Humber cosmetic management student, explores the city cost-free.

"I love parks. High Park for instance is absolutely beautiful and can be experienced without spending any money. Although Toronto has a lot of tourist attractions, they will suck the money out of your wallet," said Robinson.

Downtown Toronto features the Air Canada Centre but Leaf ticket prices average around \$130 while CN Tower charges about \$30 just to go up the elevator. If pursuing such sites, Kahler said, "it will be vital to budget money and time for them."

Robinson thinks that taking time off shouldn't just be for fun.

"Students get so invested in school work and forget to take time for



MORGAN GALLAGHER

Skating at Nathan Phillips Square, open 24 hours, starts when snow starts to fall. Leisurely skating is encouraged at this iconic location.

themselves to reward themselves. Taking time off also allows the brain to have a break to recharge and gain other experience, ultimately allowing better focus in school," she said.

Colon Coulson, a first year industrial design student at Humber ensures he is doing something he

enjoys on his spare time.

"I like getting together with friends and going to the AGO (which has free general admission on Wednesday evenings) as well as other art galleries. It is cool to walk around and see different types of art in Toronto."

## Mental wellness growing priority on campuses to manage stress

Programs like Humber's We Got You seek to reach beyond stigma to help

**Jessenia Feijo**

LIFE REPORTER

Discussions about mental health and wellness among post-secondary students within the school system have never been so robust.

At this life stage, students are figuring themselves out, and stress can be very prominent, said Dr. Dan Andrae, a professor of psychology at University of Guelph-Humber.

"This goes for terms like school, work, rising debts, relationships, trying to build up a resume, trying to get a job afterwards. There's so many pressures that one becomes overwhelmed," Andrae said.

"Exercise is really important," he added. "Exercise increases blood flow to the brain that makes you feel sharper throughout the day."

Nicole Desantis, 18, a first-year Event Planning student at Humber, struggles with balance. "I work a lot. When I'm not in school, I'm always working so if the work continues to pile up, I might have to quit my job."

Humber wants to be there to help students cope, said Dean of Students Jen McMillen.

"We've trained over 700 staff and faculty at Humber in mental health first aid. So that's a really big commitment we've made to equip people with the skills to be able to help students that may be struggling."

Andrae usually has counsellors talk to students about where to seek confidential help. There is a stigma attached to expressing feelings, particularly in males, he said.

"That stigma is slowly breaking down over the years but there's still a sense of privacy and not wanting to be vulnerable so there's walls that are built up and people don't get the help they need," said Andrae.

Humber Bachelor of Nursing coordinator Pamela Adams said, "As we live in a more culturally diverse society we must learn how each one of us responds to different things in our life so we probably haven't finished defining these areas."

But steps are being taken. One initiative is Humber's We Got You campaign which, "is really focused on this issue of wellness and how we can help connect students to the things that they need, maybe when they don't know they need them," said McMillen.

The campaign is "a brand new and significant effort to help students realize what programs are available to support them throughout all sorts of different issues at Humber." Students interested in mental health programs can go to [www.wegotyou.humber.ca](http://www.wegotyou.humber.ca)

# Grad's mining drill Dyson finalist

Humber Industrial Design alumnus Borys Chylinski is competing globally for award honours

Jalisa Massiah  
NEWS REPORTER

Thinking small may get Humber grad Borys Chylinski the big prize.

The 2014 graduate of Humber's Industrial Design program is waiting to hear if he qualifies for the final stage of the International James Dyson Award, named for the British inventor of cutting edge tools and appliances.

If Chylinski is among the world's top 20 entries, he will be one step closer to winning the \$7,500 prize.

"It's awesome to be recognized for all of the hard work I put in over the last year. I am also very proud to be representing Humber," said Chylinski in an email interview.

The Dyson Award was launched in 2004 and focuses on inspiring post-secondary students by tasking them to design something that solves a problem.

Chylinski's invented the Skorpion Rock Drill, designed to help subterranean miners work in confined spaces. He originally conceived the compact mining drill carrier for his graduate thesis project.

"I think it would probably be best used in mines that aren't as well funded, such as start-ups or in less wealthy countries where safety regu-



COURTESY OF BORYS CHYLINSKI

Skorpion mining drill designed by Humber Industrial Design grad Borys Chylinski has made it to James Dyson Award finals.

lations are more relaxed," said Chylinski.

The pros of the Skorpion are that it focuses on safety in an innovative way by reducing exposure to the mining environment without adding weight or armour to the vehicle, he said.

Chylinski said much of the technology he used is still emerging and may make the drill carrier difficult to mass-produce.

"Not having a background in mining personally, I wanted to challenge myself to

learn as much as possible about the industry that has had great influence on my family," said Chylinski. "I was inspired to create this project because I have deep roots in mining stemming from my parents and grandparents in Poland. Patrick Burke, Humber's Industrial Design program coordinator said,

"Borys is a really talented man, who did a lot of work for his thesis but was also working pretty close to full time as he was doing his thesis. (He has) very good design

ability, and did an excellent job with his thesis project."

James Dyson, the inventor who is best known for his invention the Dual Cyclone bagless vacuum, "fell into a career in engineering and didn't want young people with the potential to be great engineers, to miss out," said Lydia Beaton, James Dyson Foundation manager in an email interview.

The final stage of the competition occurs on Nov. 6.



COURTESY OF BORYS CHYLINSKI

Borys Chylinski believes his invention can be of help in developing world mining.

## Boutique designer speaks at Humber

Giancarlo Di Peco  
BIZ/TECH REPORTER

Andrew Gallici came to Humber College last Tuesday to speak with students as part of the School of Applied Technology Lecture Series

Elizabeth Fenuta, an Architectural Technology professor at Humber who started the lecture series said, it "was created to promote multidisciplinary practice in design education."

The lecture series began on Sept. 17 and runs every other week until Dec. 10. It features eight experienced and successful guest speakers, including this past week's speaker, Gallici.

Gallici is the co-founder of Designstead, a boutique design firm that he started with his two colleagues about a year ago. Gallici has 22 years of experience in retail store design, and has won a number of awards for his work in the past, such as his design for Paramount Theatres in downtown Toronto, and a designer of the year title in 2000.

He was happy to speak to Humber students to provide what he believes as integral information for students in design.

"I think it's a great series," Gallici said. "It's really important for industries to give back to educational communities." Gallici provided students with a power-point presentation of his work through the years and also had a message for students working towards their graduation.

"On a very literal level I can tell students so many things, but I'm happy to say that the industry is interested in process. Oftentimes students will look at a finished product as being a selling tool, whereas I think the whole concept of creative design problem solving is what your selling and your ability to do that," Gallici said.

Mohsen Yasour, 22, a Humber architectural technology student said Gallici's ideas help students go the extra mile to learn about what's out there after graduation.

"It's really good for students to see what an interior designer really does out in the world," Yasour said.

Fenuta said Gallici's lecture was compelling and that he captivated his audience.

## Bloggers conference to 'speak to your strength'

Humber Public Relations helping students to create blogs that can boost their online brand

Rebecca Pilozo-Melara  
BIZ/TECH REPORTER

Humber's Public Relations Committee is hosting a conference to help bloggers enhance their online presence.

The college's Second Annual Bloggers Conference is an event run by Humber public relations students and is set to help aspiring, or current bloggers create, and maintain a presentable blog.

President of the Humber PR Committee, Hilary Flint, said the members of the committee utilized their Facebook page and asked students who they wanted to hear at the upcoming gathering on Oct. 20 at Lakeshore campus.

"We wanted to cover a variety of interests so we tried to get bloggers from different sectors. We have travel, lifestyle, fashion and music/entertainment this year," Flint said.

Food and lifestyle blogger, Daniel Desforges, had a passion for food that translated to create his Do The Daniel blog. "It offers an authentic voice and people turn to us



I think that media students will take what we have to offer and our experiences, and take that into their future careers."

Daniel Desforges  
BLOGGER

because they trust us," said Desforges. Desforges and fiancé, Julio Reyes of Fashionights.com will be presenting together on how they continue to stay relevant within the blogging world, and in-

forming students about what it's like to work in public relations.

Desforges said the bloggers' event is beneficial to a large demographic of .students.

"At the end of the day, the world of blogging is undergoing transitions. I think that media students will take what we have to offer and our experiences, and take that into their future careers." Desforges said he advises new bloggers to, "speak to what your strength is and represent that properly."

Adventure and travel vlogger (video blogger), and writer of the [Hopscotch the Globe](#) blog, Kristen Sarah, thinks the up-

coming bloggers' event is a great way for her to connect with her current readers and viewers.

"I know I had so many questions when I first started blogging, especially about the business side of things, and it would be nice to answer that for other people," said Sarah.

She said that although blogging can be tedious, it is important "to invest your time and money into it in order for it to happen."

The Second Annual Bloggers Conference will take place on Oct. 20 from 7 p.m. to 10 p.m. The event will be located at Humber's Lakeshore campus auditorium in the A/B building.

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# HOROSCOPES by JORDAN BIORDI



**JAN. 20 - FEB. 19**  
There's travel in your future when your tongue freezes to the back of a speeding bus. Fill that void in your life by playing Whack-A-Mole seven hours a day.



**FEB. 20 - MAR. 20**  
Try to avoid any Virgos or Leos with Influenza. You are the true Lord of the Dance, no matter what those idiots at work say.



**MAR. 21 - APR. 20**  
The look on your face will be priceless when you find that forty pound watermelon in your colon. Trade toothbrushes with an albino dwarf, then give a hickey to Meryl Streep.



**APR. 21 - MAY 20**  
You will never find true happiness - what you gonna do, cry about it? The stars predict tomorrow you'll wake up, do a bunch of stuff, and then go back to sleep.



**MAY 21 - JUN. 20**  
Your birthday party will be ruined once again by your explosive flatulence. Your love life will run into trouble when your fiance hurls a javelin through your chest.



**JUN. 21 - JUL. 22**  
The position of Jupiter says you should spend the rest of the week face down in the mud. Try not to shove a roll of duct tape up your nose while taking your driver's test.



**JUL. 23 - AUG. 22**  
Now is not a good time to photocopy your butt and staple it to your boss's face. Eat a bucket of tuna-flavored pudding, then wash it down with a gallon of strawberry Quik.



**AUG. 23 - SEPT. 21**  
All Virgos are extremely friendly and intelligent - except for you. Expect a big surprise today when you wind up with your head impaled upon a stick.



**SEPT. 22 - OCT. 22**  
A big promotion is just around the corner for someone much more talented than you. Laughter is the very best medicine, remember that when your appendix bursts next week.



**OCT. 23 - NOV. 21**  
Get ready for an unexpected trip when you fall screaming from an open window. Work a little harder on improving your low self-esteem, you stupid freak.



**NOV. 22 - DEC. 20**  
All your friends are laughing behind your back...time to get new friends. Start by taking down all those naked pictures of Ernest Borgnine you've got hanging in your den.



**DEC. 21 - JAN. 19**  
The stars say that you're an exciting and wonderful person, but you know they're lying. If I were you, I'd lock my doors and windows and never never never never never leave my house again.

HOROSCOPES ARE FROM WEIRD AL'S SONG: "YOUR HOROSCOPE FOR TODAY"

## QUOTED: Are you planning to donate blood?

"Yes. I'm kind of excited but needles kind of scare me."



**Daniella Mitchell, 19**  
Film and Television,  
1st YEAR

"Yes. I have a universal blood donor type, I felt obligated to."



**Connor Gatten, 20**  
Media Communications  
1st YEAR

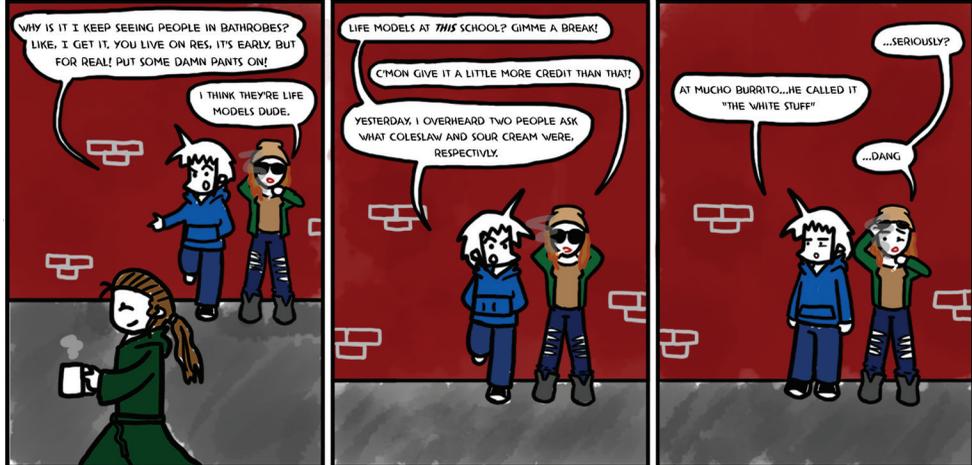
"No, I'm not really a needle person."



**Selena Scavo, 18**  
Law Clerk  
1st YEAR

## SCHOOL DAZE

BY JORDAN BIORDI



# TO THE NINES

**Carleigh Milton**  
22  
Nursing  
2nd Year

**Costume: Officer Jenny-Pokemon**  
"I sewed most of it, so the outfit is surged, it's a pattern I made for myself in my dress form. All the edges are surged and then just sewn together, the belt is Velcro, the hat has interface, it has a material called fosshape on the inside that gives it that stiffness to it."

## OCAA PREVIEW

## Men's soccer wins division, now seeks championship

Hawks look for their tenth provincial title, third national crown

Aaron D'Andrea

SPORTS REPORTER

After repeating their Ontario Colleges Athletic Association (OCAA) West Division win, the Humber Hawks men's soccer team is preparing to double up and become the OCAA provincial champions once again as well.

If victorious, the men's soccer team would capture their fifth provincial title in a row, making it the tenth in their history. The Hawks will have to face-off against Cambrian College in their quarter-final match at McNaughton field this Sunday.

"I think finishing (the regular season) strong was a good highpoint for us," said head coach Michael Aquino.

The Hawks finished the regular season with a record of six wins and two ties. The team found the back of the net 29 times this season, only overshadowed by Sheridan College, who netted 39 goals in total.

"The key is catching a good rhythm towards the end (of the season) and I think that those last three games showed that a little bit," Aquino said.

The first place West Division win meant that the Hawks would be out of action for a while with a two-week bye.



AARON D'ANDREA

Veteran winger Jose Caro scoops up a ball during a Hawks training session at Valley Field at Humber North campus. Team is looking for fifth OCAA title in row.

"In one way it's a positive because you do get the break to nurse some injuries," Aquino said, "but the negative would be the sharpness in game play."

In the meantime, the team is trying to keep focus. "We're doing things in practice

and we're going to do an inter-squad game with the players which keeps the competitiveness high," Aquino said.

Assistant coach Alex Sabatini said they want to make sure they're organized on set-pieces. "That was very key for us last year at nationals

where we capitalized on our set-plays," he said.

Jose Caro, 28, a Guelph-Humber Bachelor of Psychology student and four-year veteran of the men's soccer team said he knows how to motivate first-year players.

"I think they're looking

forward to having an opportunity to represent the school at a provincial and national level," he said.

Coach Aquino added that his team will be ready.

"The guys do know that it's a one game situation and we have to win it," Aquino said.

Currently, the Canadian Collegiate Athletic Association (CCAA) ranks Humber College as the fifth top collegiate men's soccer team. Only one other OCAA team made the top five – Algonquin College – sitting pretty in first place.

## Domestic violence covered for athletes by student conduct code

OCAA trusts member schools to enforce off-field behaviour

Greg Chow

SPORTS REPORTER

The NFL is under the microscope as some of their players are either suspended or in trouble with the law. They're learning that while bashing people on the gridiron may be okay, domestic violence isn't.

The issue is back in the spotlight as the NFL revealed itself as having a weak policy in dealing with spousal abuse in the wake of the recent Ray Rice case, where a hotel security camera revealed the running back had knocked

his then-fiancee unconscious with a punch to the face.

But spousal or partner abuse can happen anywhere.

While Ontario athletics spokespeople were hesitant about speaking directly about domestic violence, they say that the issue can be dealt with by their code of conduct and ethics.

Humber does not have its own domestic violence policy, but its code of student conduct does highlight many aspects such as assault, harassment and bullying.

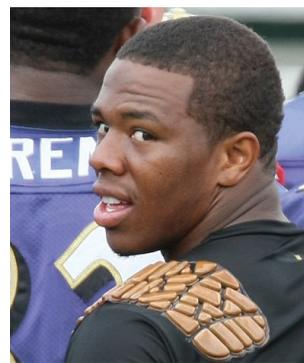
"We have a standard in which the students must represent themselves, they have social media guidelines, and very clear expectations of how a student is to behave when

representing the college," says Humber Director of Athletics Ray Chateau.

"We have a lot of reinforcement, we have alumni and returning student athletes who can self-police," he said.

It's not just the athletic department that plays a role in the success of helping student athletes with staying clear of these types of issues. The Student Success and Engagement department has also worked with the athletic teams.

There is a lot of the stress of being a student and an athlete, especially with Humber's sterling reputation for having outstanding varsity players who not only perform during game time, but also in the classroom, said Lara Hof,



KEITH ALLISON/FICKR

Ray Rice, of the Baltimore Ravens, has been suspended indefinitely for the 2014-15 NFL season.

manager of Humber's Community Judicial Affairs.

"We did a specific workshop with the coaches and captains just to give them some resources about what they can do, if ever in a situation and how to offer support to someone not specifically for domestic violence, but even mental stress or every-

day stuff," said Hof.

Colleges including Humber follow a set of rules set by the Ontario Colleges Athletics Association (OCAA). Though not specifically mentioning domestic violence, the rules outline proper behaviour, how to represent oneself away from school, including games away from the school, and anywhere else where a student athlete may be representing their college.

Rob Kingston, who works in the executive office of the OCAA said domestic violence is "nowhere near something we (the OCAA) would comment on." Kingston said the OCAA cares about the issue but has confidence in all its member schools to respond to such issues appropriately.

The schools adhere to the same policies, but with so many different disputes, the association must rely on the individual institutions to deal

with conflicts.

Humber does have its own code of conduct for students. There is no difference in rules of student conduct for varsity athletes and others unless a student athlete directly violates an OCAA rule or code.

As student athletes though, there are some regulations that the Humber Athletic department emphasizes to help prevent possible domestic problems from even occurring. In accordance with Humber regulations, Chateau said student athletes must represent Humber appropriately wherever they are, and police themselves and other athletes on social media.

"I think our guidelines are set, our code of conduct is very clear, and I'm comfortable it captures any and all circumstances if an athlete were to violate that student code of conduct," Chateau said.