

Humber hip hop dancer heading to Denmark

Julian Vitale will represent Canada at the International Dance Organization hip hop championships



Reading past 'serious hetero guys'

David Gilmour's controversial slam on women writers has no place in Humber's lit courses

Albert Williams
DIVERSITY REPORTER

University of Toronto professor David Gilmour sparked a firestorm of controversy with recent comments to online

literary magazine, *Hazlitt*.

Gilmour was quoted saying that he only teaches books he loves and none are authored by women or Chinese. He said he prefers the works of "serious heterosexual guys"

and informed the university he would only focus on authors he can identify with.

The interview remarks received much news media attention and provoked sharp online commentary, with charges of sexism and racism.

Paula Gouveia, Humber dean of the School of Liberal Arts and Sciences, said

there is a stringent system at Humber when deciding books for courses. She said faculty members meet every spring to review and discuss books that will be used in the academic year. A list is then compiled and sent to the associate deans who peruse and ultimately green-light books.

"The process is collabo-

rative," she said, "So there is hardly any space for individual preferences."

Connie Guberman, program director and associate chair of women and gender studies at U of T, said a tension exists between what faculty members want and what is appropriate for a diverse, inclusive space.

"If the course was titled 'Authors I Love,' or 'Men Like Me,' then there would be no issue," she said.

Guberman said Gilmour's comments were insensitive, unfortunate and disappointing considering the strides women have made over years.

See GILMOUR on page 5

Goralski app takes drawing digital

Jordan Biordi
BIZ/TECH REPORTER

A new phone app can that can transform hand-drawn concept designs into functioning apps is more than meets the eye.

Greg Goralski, a professor of Humber's interactive media program, created Appseed, a design program which turns hand drawn sketches for app layouts into various functions and buttons.

The app captures the sketched design, and then identifies the areas of the sketch to allow designers to turn them into a number of elements, such as buttons, maps and street views. It also transfers the designs into a layered Photoshop file for more detailed editing.

See APPSEED on page 7

CULINARY WARS, PG. 6



PHOTO BY VANESSA CAMPBELL

Brian Lee, Ian Fletcher and Hana Merhi (L-R) are on a Humber culinary team now competing for the Junior Team Canada title to advance to the World Culinary Championships next year in Luxembourg and 2015 in Singapore. The events culminate in the 2016 Culinary Olympics in Germany.

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Students can 'Kiss My App'

William Osler Health System to help patients with a smartphone app design contest that will draw Humber input

OPINION: Is local or international news more important? PAGE 8

LIFE PAGE 10

Happy hour drinking

Specials at LinX Lounge could lead to rushed alcohol consumption



SPORTS PAGE 16

Alumni reign supreme

The varsity women's volleyball team faced off with alumni



- WORLD EVENTS THIS WEEK -

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
Thanksgiving The Canadian harvest festival is widely marked with increased travel and family gatherings.	CAF Playoffs Confederation of African Soccer's World Cup qualifying playoffs. Ghana vs. Egypt, will live stream on BeIN Sport today.	National Boss Day This United States-originated occasion is intended to recognize supervisors and employers.	Eradication of Poverty George Square in Glasgow is one host of the UN's International Day for the Eradication of Poverty.	Lunar eclipse Tonight is the last of three lunar eclipses in 2013. Visible from North America, Europe, Africa, or Asia.	Half marathon Editors of <i>Runner's World</i> host a Half Marathon and festival through Bethelhem, Pennsylvania.	World Mission Sunday Day set aside for the Catholic church to review its commitment to the missionary movement.

Prisoners coming to Lakeshore jail

Trevon Marsh
NORTH ETOBICOKE REPORTER

Toronto's new maximum-security jail for men will be accepting prisoners within the next few weeks.

This new jail near Humber's Lakeshore campus in south Etobicoke will house inmates for the GTA area, including those from the soon to be closed Don Jail. The \$594-million facility will house 1,650 inmates and will offer 75 visitation booths where the inmates' family members can pre-book visits.

The Provincial Correction-

als Services Ministry opened the doors of the South Detention Centre from Oct. 4 to 6 to provide daily tours to the public.

Tours were held to reassure the community that the modern jail is safe and secure, a response to negative responses it has received from local residents complaining that it is too close to their homes.

"This facility uses Lexan Security Glazing to make sure nobody has the opportunity to break the windows," said Robyn Kasha, a correctional services tour guide.

"We have four floors of

maximum security and many officers on every corner of the units. The security for this facility is unlike no other," said Kasha.

The "admit and discharge" area is where the inmates are strip searched, given their inmate number and seen by a physician to speak about any sicknesses or addictions. Correctional officer Jeff Barber, said 200 inmates go out and 250 come in this area a day, which "really makes in here the busiest area."

The facility offers programs to normalize the inmate's lives like having a gym,

basketball net and a 20-minute fresh air area where the inmates can have free time to themselves. The facility also offers soft seating, flat-screen TVs, a computer lab, a classroom, which provides grade 12 education, and a religious faith program.

"Toronto's Detention Centre has worked hard on this project and informed the community about the site when it was being built," said Greg Flood, a spokesperson of the ministry. "We opened the doors to the public so they can see for themselves that the area is fully secured."



Trevon Marsh

The South Detention Centre has four floors of maximum security and offers programs to help normalize the inmates lives, including a gym and fresh air area.

Medical marijuana system change could double cost

Michael Berezchnoy
NEWS REPORTER

Health Canada has announced a complete redesign in the way Canadians get their medicinal marijuana.

New regulations will create a privatized marijuana industry that could generate \$1.3 billion dollars in sales by 2024.

With the new structure, companies will be the ones setting the prices for medicinal marijuana. Under the previous system, patients could buy product from Health Canada at a price of \$5 per gram, with much of the cost being subsidized by the government.

Currently, Cannimed lists

their product will range in cost from \$9-\$12 per gram.

The regulations, effective from Oct. 1, state patients will only be able to get their medicinal marijuana from companies that will be licensed by the government to produce it.

Under the previous system, patients that considered using medicinal marijuana would need a signed form from a doctor, who would then send the official paperwork to Health Canada. If they were approved to use it, they had the option to grow marijuana plants themselves, buy from a licensed grower, or procure it directly from Health Canada.

Critics of the old system said there were many prob-



To become a licensed producer now there are a lot of strict regulations to follow.

Mark Zekulin
VP AT TWEED INC.

lems with it, especially allowing residents to grow marijuana in their own homes.

Setting up growing equipment can be expensive and hazardous.

"It was creating a situation where it was hard for the police to know who was rightfully using marijuana versus putting it on the black market," said Mark Zekulin, vice president of community engagement and general counsel at Tweed Inc., an Ottawa based company that has applied for a license to open a 180,000 sq. ft. grow-op in the abandoned Hershey factory in Smith Falls, Ont.

"To become a licensed producer now there are a lot of strict regulations to follow, which cover things like product quality, pesticide use, to

security issues, with employee background checks and 24/7 security cameras wherever there is product," said Zekulin.

Over 100 companies have already applied for licenses under the new regime, although the only company to be approved so far is Cannimed Ltd., the parent company of Prairie Plant Systems, which previously supplied for Health Canada.

The potentially sharp increase in cost for end users has raised protest among some marijuana advocates.

Zekulin said Tweed Inc. will have some sort of compassionate pricing program to help accommodate patients.

"Granted we receive our license, we as a company hear that concern and would want to make available a wide variety of product at a wide variety of prices."

Medicinal marijuana was only introduced in Canada in 2001, and has faced opposition, despite many studies showing that it does have medical benefits for people with certain conditions.

Dr. Sunil Verma, medical oncologist at the Sunnybrook Odette Cancer Centre said, "the key symptoms that marijuana has shown to benefit are pain, nausea, vomiting, and cancer-related anorexia.

HGTV interior design star Tommy Smythe to speak on campus

Alejandra Fretes
APPLIED TECH REPORTER

HGTV interior designer, writer and television personality Tommy Smythe will be at Humber College on Monday as a guest speaker for students.

Smythe is best known for his partnership with fellow interior decorator Sarah Richardson on several award-winning HGTV television series such as, *Sarah's House*, *Sarah's Cottage* and *Sarah 101*. He has been in the field for over 15 years.

"He is speaking to all of the interior decorator students in second year, but anyone is welcome to come and see it," said Susan Topping, interior decorating program coordinator at Humber.

Topping hopes that Smythe's visit will educate Humber interior design students on what is most current and available in their careers.

"They bring us people from our field we're going into and they talk to us about jobs, what to expect in the field," said Kayla Atkinson, 19, a second year interior decorating student at Hum-

ber College. "It gives us an idea what to expect when we are finished."

Jo Alcorn, an interior design instructor at Humber, also an HGTV television personality, and a successful interior design business owner, organized this opportunity to motivate her students.

"I'm excited for him to give the insight on how he got started, discovered, working with higher designers, TV personalities, and being a stylist and what that entails," said Alcorn.

Smythe will be speaking in room E303 at North campus on Oct. 21 at 10 a.m. All students are welcome.

CORRECTION

The assistant coach for the Humber Hawks women's rugby team is Dale Essau. Ashley Osorio assisted on the first Humber women's soccer goal, Sept. 25.

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Colours for Hope walks for cancer at campus

Rebecca Hamill
NEWS REPORTER

For the first time, the Canadian Cancer Society Colours of Hope 5K walk for cancer will take place at Humber College.

Saturday at 9 a.m. the non-competitive walk will begin at North campus.

Sponsored by Humber College, Humber College Arboretum and The Running Room, all proceeds will be donated to the Canadian Cancer Society.

"The route is not finalized, however the race will start and finish in Parking Lot 4 of Humber's North campus," said Ali Hodgins, Relay For Life coordinator.

The participants will be wearing white and instead of paint, a non-toxic coloured powder will be thrown into the air leaving them covered in a rainbow of colour.

"To date, there are just over 300 people registered, but we hope for 500 to 600 people by Oct. 19," said Hodgins.

Online registration costs run from \$55 and closes Friday at 11:59 p.m.

Participants who raise \$150 before Oct. 18, separate from their registration fee, will receive a special gift from the Canadian Cancer Society.

The Running Room will be providing t-shirts for the participants of the event while quantities last.

"It gives opportunity for Humber's volunteer crew to help with the event at North campus" said Colin Edwards-Crewe, Humber Students' Federation vice president at Lakeshore campus.

"Whenever Humber is an addition, it's wonderful because it unites the community," said HSF President, Tim Brillhante.

Brilhante said that students help build the community and many know someone who suffered or is suffering from cancer.

"It is great to have a large community come together and work toward a cure," said first-year multi-media design and development student, Sebastian Monge, 19.

The first Colours of Hope race took place Oct. 6 at Christie Lake, Dundas, Ontario. This race will mark the second such event in Ontario.



Jim Dougan, Tim Brillhante, Brad Duguid, and Chris Whitaker at LRC groundbreaking ceremony to mark start of construction

Donna Marie Sevilla

LRC groundbreaking

Humber's new Learning Resource Commons building will be school's largest structure

Donna Marie Sevilla
HEALTH REPORTER

The province of Ontario has pledged more than \$74 million towards the construction of Humber College's Learning Resource Commons on the North campus.

Brad Duguid, the Minister of Training, Colleges and Universities, made the announcement at Humber's groundbreaking ceremony on Oct. 4. The new Learning Resource Commons, often referred to as the LRC, will cost \$84.2 million, with fund-

ing coming from both the province and the college.

Humber president and CEO Chris Whitaker said the original plan of the building called for a four-storey structure before it was altered to a larger size.

"The idea was that we wanted to continue to build programs to meet the needs of students and we know that we need more space at Hum-

ber because we have grown quite a bit in the last few years," said Whitaker.

The LRC will be six storeys, measuring at 260,000 square-feet and will provide 900 job opportunities.

The University of Guelph-Humber building is measured to be at 130,000 square foot, which will make the LRC the largest building on the campus upon its com-

pletion in spring 2015.

"Our commitment to post-secondary education isn't just that we want our young people to get a good education. This is about investing in a future for our province," said Duguid.

The groundbreaking ceremony marked the official start of construction, but it was reported the construction was 18 per cent complete on the morning of the ceremony.

The structure will accommodate more than 2,200 students in independent study space, an extension of the library, and will have a student gallery and showcase space.

A number of student service offices will also be located in this building, along with the School of Liberal Arts & Science.

All of the original locations of these offices will remain where they are and the LRC building will hold additional space for these functions.

Tim Brillhante, the president of the Humber Students' Federation, said having all of the services in the LRC will make it easier for students to access the services.

"We have such a diverse population of students. This is a common area where it's not only going to just showcase student art and talent, but there's going to be functional galleries and whatnot, so there's definitely an opportunity for HSF to participate and hold events for future students," said Brillhante.

B+H Architects is in charge of the design of the new structure. PCL Constructors Inc. has been selected to build the facility.

Energy drinks can put heart at risk

Study says physical activity, drinks don't mix

Mario Belan
HEALTH PROGRAM REPORTER

Getting a temporary energy boost can cause bodily harm, according to a new report.

The new study from Rutgers Medical School in New Jersey says energy drinks do not mix with the body, with teenagers and adolescents at a particular risk. People who regularly consume energy drinks or drink a huge amount in a short amount of time are at heavy risk.

Maria Pelliccia, Humber dietician, said too much refined sugar in energy drinks is causing problems such as weight gain and rising heart rates.

"Extra sugar leads to ex-

cess weight," she said. "When you have too much caffeine in your system you start to get nervous, nausea, heart rate rises and you have trouble sleeping."

The New Jersey Poison Information & Education System at Rutgers study said people who take risks and do physical activity have to watch out. Mixing increased physical activity and drink energy drinks in the blazing sun can pose a risk to the body.

"Caffeine is a stimulant and it increases your heart rate," said Humber fitness coordinator Leanne Henwood-Adam. "Adding a workout increases it even more. For a one hour workout all you



Mario Belan

Collection of various energy drinks at Humber North campus vending machines. The drinks can be harmful to health.

need is water."

She added everything but water is banned at Humber's Athletic Centre. "It can cause a spill and it's dangerous health wise."

"We should be educating everyone about energy drinks," said Henwood-Ad-

am, noting that advertising has a role in their use. "They are targeting a specific group."

Program coordinator of advertising and marketing communications at Humber, Anna Santilli-Finn said marketing is huge for selling these types of products.

"They target students, athletes and adults," said Santilli-Finn. She said Red Bull has an integrated marketing campaign that targets those specific audiences.

"The advertisements say these products will keep you awake, focused, concentrated, and physically great, said Santilli-Finn. "They aren't going to say that their product is bad."

Red Bull particularly does a great job of getting the product out there, said Santilli-Finn. The drink comes in a slender can and the company sends out little cars to promote the product, gives out discounts and even promotes it in clubs.

She also said advertisers get a lot of celebrities and athletes to endorse these products. Felix Baumgartner, widely known for the space jump, is one example.

"When they see famous people have something to do with this product they go out and get it," said Santilli-Finn.

Monthly meals connect Humber students

Puneet Jammu
NEWS REPORTER

Humber Students' Federation held its monthly free breakfast at both North and Lakeshore campuses on Oct. 7.

Daniel Pasin, vice president of HSF Student Life said, "We held this event because breakfast is the most important part of the day, it's relevant every day. Also, it gets people to talk to other people and because it's monthly, it gets Humber more involved."

Pasin also said that he loves the event, the huge crowd it brings and the 'free breakfast'. He said the monthly breakfast event as one of his platform goals this year and enjoys seeing its success.

Pasin helped serve breakfast, alongside Kay Tracey and part-time staff member

Over 120 people attended the event at the North cam-



Students gather in the Student Centre for a Humber Students' Federation free monthly breakfast at North campus on Oct. 7. HSF uses the occasions to bring students together.

pus Student Centre. Breakfast sausages, bread, eggs, bacon, potatoes and coffee were served.

Kori Ploughman, 22, a first-year business management student said she thinks this event should take place one a month.

"This event brings a lot of students into this area and I think it's good for Humber and HSF because we know people see the banners and we offer stuff they may not have seen before," Ploughman said.

Culinary management stu-

dent, Gabby Konis, 19, said while she wasn't a fan of all of the food, "I like that it's free and promotes eating breakfast and health."

The next free breakfast will be on Nov. 4 at 9:30 a.m.

Innovation fund seeks student ideas to improve quality of campus life

Shaneza Subhan
STUDENT GOVERNMENT REPORTER

The new \$100,000 Student Innovation Fund at Humber College is designed for all students enrolled at Humber and University of Guelph-Humber to share and implement their ideas to improve campus life.

Humber Students' Federation created the fund, which was put in place at the beginning of September and will be active throughout the year, for all students to participate and brainstorm innovative ways to support additional student services.

"We want students to tell us how we can improve student life," said HSF president Tim Brillhante. "It really stems from HSF recognizing a way to harvest and develop students' leadership spirit."

Humber fourth-year business administration student Jigar Patel, 20, said if HSF is using a portion of student tuition for a fund where other students will benefit, he has no problem with it.

"I would invest in purchasing more computers for stu-

dents to use, as the labs are always packed," Patel said.

Doug Taylor, a second-year paralegal studies student has already pitched an idea to HSF called Spring to Life. He proposed the plain and empty concrete walls located at Lakeshore campus' L Commons building be fitted with a wall-mounted frame, which will reflect the history, life and future of the college's expansive property on the lake.

"The installation of a frame will transform the L Commons building entrance into a vibrant billboard of student culture," Taylor said. "The frame will highlight the professional and diverse skills of Humber students."

Those who are interested in sharing their ideas must submit a proposal to HSF's Project Coordinator. The purpose of the idea should revolve around improving student life by focusing on what HSF can do for the student body.

Proposals will be evaluated by HSF executives and staff members. Applications will be accepted until funding runs out.

Test anxiety workshops turn down 'alarm system'

Jessica Lad
NEWS REPORTER

Rebeca Mahadeo, Humber's student life coordinator, is working in conjunction with the college's counselling services to put on test anxiety workshops for students.

The counselling office and peer tutoring office runs a variety of workshops throughout October and November this semester. The latest anxiety workshop took place last Tuesday morning.

"The workshop is about identifying one kind of anxiety and what to do if you have it," said Mahadeo. "We're not here to diagnose students, but only help them if they need it."

She said a lot of students have test anxiety but don't know it and that this workshop can give students tools to make it manageable. Things like stress, poor diet and a lack of exercise can increase anxiety; de-stressing with meditation, yoga, a proper diet and sleep can help make anxiety more

manageable.

Mahadeo said that if their anxiety is extremely high then students should definitely seek help.

Leigh-Anne Martins, 22, is a first-year student in Humber's paralegal program and she knows firsthand how scary an anxiety attack can be. One morning, before a presentation at school, Martins experienced an anxiety attack that sent her to the hospital.

"I was really nervous before I even left my house and it felt like there was an elephant on my chest," said Martins.

Doctors gave her medication and sent her home with some preventative counselling, encouraging Martins to de-stress with exercise and meditation.

Rose Anthony, a full-time counsellor, has been at Humber for eight years and said symptoms of anxiety can range from excessive worry, difficulty breathing, sweating, and a fast heartbeat.

Anthony said that observ-

ing your thoughts and emotions will help to get your anxiety under control.

"It's like having an over sensitive alarm system," she said.

Anthony said thinking more positive thoughts will give sufferers less anxiety while thinking more negative thoughts increases their anxiety.

But not all anxiety is bad, she said in the workshop; some amount is a good thing. Having zero anxiety is like being sleepy and is not challenging in any way, while having high anxiety doesn't allow a person to perform tasks or do anything.

Anthony said having mild anxiety is healthy because you're getting challenged and performing at your best.

For more information on anxiety and the workshops that will be running throughout October and November, contact Humber Counselling Services.

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Thomas Rohner

At the Humber Arboretum, the Frances Ethel Thompson Butternut Conservation Initiative was launched this past September to protect the vulnerable butternut trees. The Arboretum is growing several saplings (left) of the endangered species.

Endangered tree at Arboretum

Maria-Josée Martinez
NEWS REPORTER

Humber students involved in ecology are working hard to keep the rare butternut tree from going extinct.

The college launched the Frances Ethel Thompson Butternut Conservation Initiative in the middle of September.

The program is a partnership between Humber's School of Applied Technology, the Humber Arboretum, Humber Research, Ontario's

Ministry of Natural Resources and the University of Guelph Arboretum.

The partnership aims to research effective ways to save the trees, as well as to plant seedlings of resistant butternuts.

Humber sustainability manager, Lindsay Walker, said there is a possibility the butternut tree will go extinct.

"The butternut tree is dying out, it's becoming more extinct as the years go by," said Walker.

According to the Ontario Ministry of Natural Resources, this is one of the very few rare and endangered species existing in North America today. It stands at 30 metres tall with light gray bark. Butternut trees grow nuts, and have a short lifespan, barely living longer than 75 years.

Jimmy Vincent, coordinator for the Centre for Urban Ecology at the Humber Arboretum explained why the butternut is in crisis.

"The reason the butternut

is rare is because the butternut can be affected much like the Dutch trees years ago, because of a fungus, which is the number one reason it is declining," said Vincent.

He said the Arboretum has one butternut tree located in the park, at the back of North campus.

Vincent said the Humber ecology group is not involved with many ecology organizations but that they work hard to keep the butternut tree alive and not let it go extinct.

Alexandra Link, director of Humber Arboretum and Centre for Urban Ecology said the more fungi there is, the more butternut trees die.

"The fungal disease is responsible for the decreasing number of butternut trees. It makes the trees grow weaker and therefore, butternut trees will likely become extinct, if no one does anything," said Link.

Link said the Ontario Ministry of Natural Resources protects the species because it is now considered endangered in the province.

According to the website, there are 13,000 butternut trees in Ontario.

Student Life Expo brings campus life to future students

Jesse Noseworthy
RESIDENCE REPORTER

A Student Life Expo in downtown Toronto offered information to potential college recruits through booths, pamphlets and speeches from a variety of post-secondary schools.

The Oct. 4 to 6 event took place at the Metro Convention Centre.

"You really need to see what school fits you best," said Humber College's manager of student recruitments, Joy Borfan.

"We know they're potential recruits going through some hard times," said Borfan. "It's important to let them know that there's somebody that they can talk to."

Urmila Bahadoor, a second-year landscaping student, traveled 30 hours of air travel from home to attend Humber last year.

"I was pretty scared," said Bahadoor.

Bahadoor is from Mauritius, which is an island nation located in the Indian Ocean. It's about 2,000 kilometres off

of the southeast coast of Africa. Bahadoor was recruited at a fair in Mauritius where she said Humber felt right.

"It was welcoming," she said. "They not only taught me a lot about Humber, but about Canada."

The first thing Bahadoor did when she got to Humber last year was go to meet the people who recruited her.

"I wanted to see the person that accepted me," she said.

As Humber is a school of 27,000 full-time students, Borfan said students should attend the college's open house.

"For a lot of students, Humber's going to be much bigger than they're used to," Borfan said. "That's why we want them to come to open house to realize it's not as big as you think."

With Humber being a bigger campus than most, it's hard for some recruits to imagine what attending the college will be like.

"Talking about it isn't the same as seeing it," said Risha Tony, Humber student recruitment adviser.

Gilmour controversy

Continued from page 1

Several feminist writers, students and English professors at the University of Toronto have protested the comments, demanding an apology from Gilmour. He did so in a subsequent interview with the CBC but said he was misquoted and taken out of context. The Hazlitt has refuted this claim by releasing the full transcript of the interview.

Danica Fogarty, 26, a candidate in the creative

writing masters of fine arts program at the University of Guelph-Humber, said although Gilmour has the right to his opinions, she was offended as a female writer when he punctuated his statement by saying he only teaches the best material.

"He is implying there is a disparity in the quality of male and female writers based solely on sex," Fogarty said, "However, the positive thing of all this is that people are not allowing him to get away with saying these things."

Andrew Tibbetts, counselor at the North campus and member of the Humber gender and sexual diversity committee, said the good emerging from this situation is it opens a conversation about diversity within the syllabus. He said he does not believe in a bureaucratic system where professors are given a quota that must be met to ensure there is diversity within the class.

"We are an educational institution, not a prison," said Tibbetts, "It is important to get people talking to each other, learning and sharing in other cultures to benefit from the diversity we have around us."

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Food addiction recognized: study

Mario Belan
HEALTH PROGRAM REPORTER

A study from Memorial University has found 5.4 per cent of 652 participants met the definition of a food addict determined by the Yale Food Addiction Scale.

The scale is a set of 27 questions where participants rank different aspects of their eating habits.

"When you're an addict you crave one food in particular," said Dr. Vera Tarman, addiction specialist and medical director at Renascent, a Toronto addiction recovery centre. "Eating food all day until you are physically sick is

not a good sign, it is just one symptom of a food addiction."

Tarman said some of the signs of having a food addiction are losing the ability to eat particular foods, thinking about food all the time and being unable to manage what's eaten.

Identifying the addiction is important, said Noah Gentner a Humber fitness and health promotion professor.

"There is usually a trigger that makes us eat what we crave and a trigger causes us to eat. Once it has been identified we can start helping you make better food choices."

"Everyone has a food ad-



Mario Belan

Study says 5.4 per cent of 652 participants were food addicts

diction, but they just don't know it or won't admit it," said Humber dietician Tracie Sindrey.

Sindrey said students

should ask themselves why they are at the fridge, if they are there for stomach hunger or heart hunger.

"When people overeat it's

because they are stressed, bored, lonely or they have no control. We use food to comfort us," said Sindrey.

Sindrey said behavioral therapy, which can be described as a form of group therapy, is a way to assist in breaking bad eating habits. People come in and discuss what is wrong with them and people themselves figure out where they need help.

Tarman said some short-term side effects to a food addiction are irritability, obsession and mood swings while some long-term effects are obesity and diabetes.

Many dietitians do not recognize food addiction, said

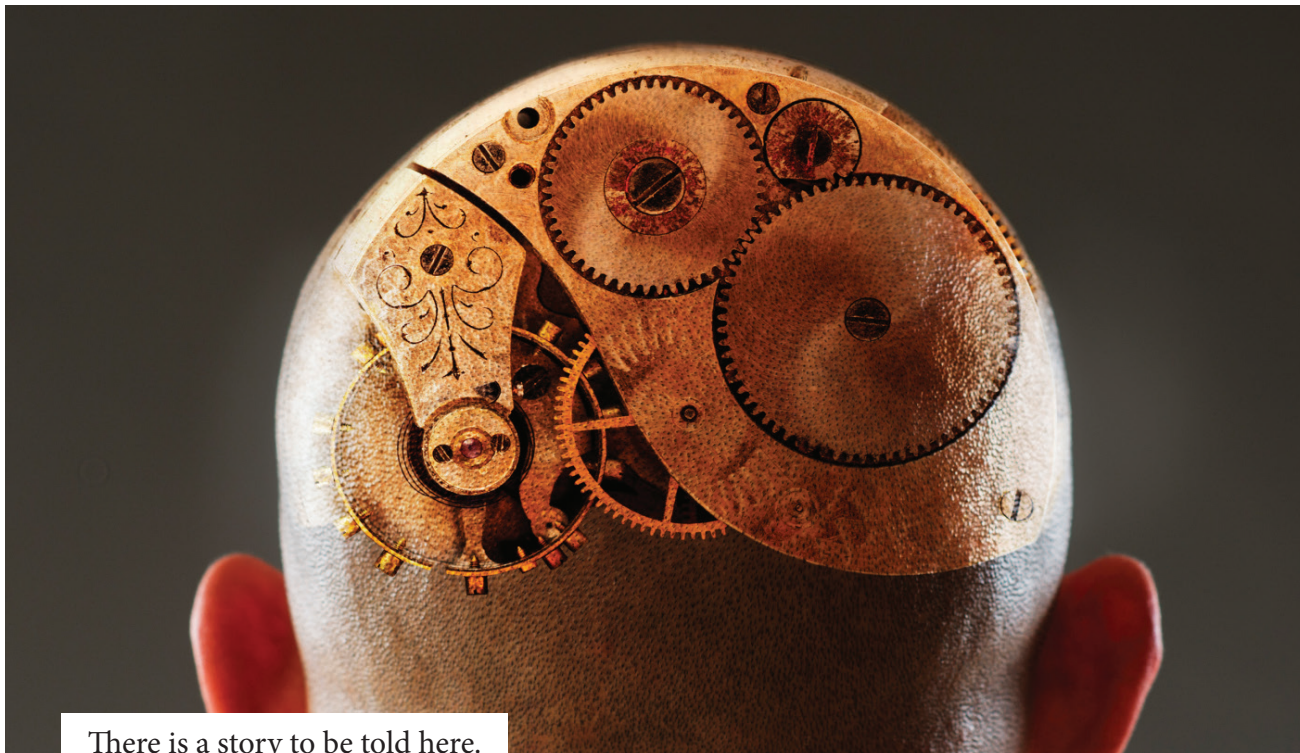
Mary-Theresa McNabb, a psychologist at Humber.

"Most dietitians would tell you just to eat less, said McNabb. "If they asked the right questions they could figure out that this person has an addiction."

More research has to be done for food addictions to be included in the core psychiatric reference text, *Diagnoses and Statistical Manual of Mental Disorders*, McNabb said.

To find out more, visit Dr. Tarman's website, addictionsunplugged.com or 12step.com.

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Humber Culinary vying for spot in world event

Vanessa Campbell
CULINARY SCHOOL REPORTER

On Oct. 24 to 26, Humber College's culinary team will be going head to head with George Brown, Niagara and Holland Colleges to win the chance to represent Canada at international culinary events.

The winning school will earn the title of Junior Team Canada and compete at the World Culinary Championships in 2014 in Luxembourg, again in 2015 in Singapore and finally at the 2016 Culinary Olympics in Erfurt, Germany.

The Culinary Olympics is a five-day event held once every four years.

Participants are judged as they prepare an elaborate three-course meal for 100 people in five hours. The teams strive to achieve the highest number of total points to get the world champion distinction.

Rudi Fischbacher, coordinator of culinary programs at Humber and bronze medal winner of the 1996 Culinary Olympics said he was excited for the team.

"There are four core team members plus two alternates for backup just in case something happens. There's one coach, a manager and four coaching chefs," said Fischbacher.

The Humber team is made up of both current students and graduates, all under 25 years old. Brian Lee, Ian Fletcher, Hana Merhi, Jonathan Gouiet, Liezle Espejo and Vanessa McCallum are the core members.

The students were hand picked by the coordinators based on skill, experience, and individual success in past competitions.

"We looked at past champions. The ones who had extensive competition experience already were the ones we looked for to join the team," said Fischbacher.

Humber graduate Liezle Espejo took home gold at the Ontario Technological Skills Competition this past Spring, and Brian Lee, another Humber graduate came in second last year at the Canadian Culinary Federation competition.

Fischbacher said the applications were due at the end of June, and the participants have been practicing ever since. Fischbacher and the team meet up three times a week for up to six hours to fine tune their times, presentation and overall performance.

Lee, 23, graduated last year but was ready to help the team.

"Me and Liezle have both graduated," he said. "The rest are currently students."

Ian Fletcher, 19, is a second-year student in the Culinary Skills program. Originally from Brampton, Fletcher has been working at Hockley Valley Resort in Orangeville for two years as a cook and apprentice.

"I rotate throughout the restaurants in the resort. I did breakfast for four months, pastries for one and I've been doing banquets for about a year and a half now. Right now I cook in the fine dining a la carte restaurant, Cabin," said Fletcher.

WE ARE
HUMBER

Hospital app contest to help sick

Osler Health System offers winner \$10,000

Jarasa Vikneswaran
BIZ/TECH REPORTER

William Osler Health System is seeking full-time college and university undergraduates from across Canada to design a smartphone app that will help improve health care for thousands of patients.

The contest, "Kiss My App" launched last week and will run until March 2014.

Students can work individually or in teams and have until November to develop a written app proposal.

Osler, located across Humber North campus, will then select the top five ideas and from December to January the selected teams or student will move forward into design, development and testing.

In March, the students will present a fully functioning app to a review panel of Osler staff and community members.

The individual or team that designs the winning app will win a \$10,000 prize.

Cara Francis, public relations and digital communications for William Osler Health System, said Osler is committed to going beyond traditional health care approaches to deliver the best in patient care.

"This means that we also want to harness the potential that technology has to make an impact on our patients. So many people own smartphone or tablets, it only makes sense to expand our services into that area."

Osler sees potential to unleash creative ideas from students who aren't holding preconceived notions of what health care should be like.

"It's the first time we've hosted a contest like this and we've received a lot of interest from colleges and universities across Canada," she added.

Jeremy Brooks, program coordinator of Humber's computer engineering program said this is a great opportunity for students from the computer programmer analyst program to participate.

"These students have the background skills in android programming that would be applicable to this situation," he said.

When asked if this could be just the beginning for transformative care in health with the use of innovative technology, Brooks said, "...smartphone devices are moving away from entertainment purposes and becoming more sensory, like the new thumbprint (biometrics) application. Soon smartphone apps will be able to pick up heartbeats and read blood pressure."

In fact, students at Humber College from different programs have already made contributions to health care institutions.

Patrick Burke, program coordinator of Humber's industrial design program, said one of his graduate students from last year, Jennie Cousins, created a system in resuscitating and monitoring an injured or collapsed individual in public spaces for her thesis project.

The AIOD (Association of Chartered Industrial designers of Ontario) website states that, Cousins' system was designed for initiative usage of the device allowing for life saving response times between the time the 911 call is made and the arrival of EMS.

Leon King, software project, system analysis and unix internet instructor from Humber said he is certainly in favour of this idea, but thinks there is a big overhead in terms of getting students to cooperate.

"I teach a course in designing apps and if I had known about this app contest in May, I would have possibly integrated this across two courses I teach," he said.

Contest details:

- You can work individually or with a maximum of four members
- All apps must be developed for the iOS platform

Watch video online at humberetc.com/2013/10/11/hospital-app-contest-to-help-sick



Courtesy Ed Yourdon, Flickr

As cities like New York move to public Wi-Fi, concerns about safety, health may arise.

Public Wi-Fi expands, Humber ups service

Brendan Quinn
BIZ/TECH REPORTER

New York's Mayor Bloomberg has announced plans to extend free public Wi-Fi to all five boroughs by the end of the year.

The plan is designed to help assist the growth of commercial districts in Manhattan, Queens, Brooklyn, Staten Island and the Bronx.

New York's program will be launched in conjunction with WiredNYC, a new system that will rate office buildings based on their con-

nectivity and broadband infrastructure. This new system will allow potential tenants to explore the potential of a property before purchasing.

Companies will be rewarded with a score of Platinum, Gold, Silver, and Connected, and the information will be available on WiredScore.com

"We're also measuring how connected our city's buildings are and sharing that information, so that entrepreneurs are empowered to make the best decisions about where to open a business," said Mayor Bloomberg in a published

statement.

Many other cities are implementing similar programs, with more expected in 2014.

Humber College was one of the first campuses in Ontario to offer free Wi-Fi to its students and faculty.

Ryan Burton, director of IT, planning and client services at Humber, was present during the initial set up 8 years ago.

"We originally used a coverage philosophy, and tried to place the hotspots in locations that ensured no matter where you were on the cam-

pus, you would have access," said Burton.

"Recently we've changed to looking at the problem of density. Eight to 10 years ago you would maybe see a student with a laptop. These days, every student has one, two, maybe three devices they use to access the Internet and we're constantly working to improve our ability to handle that kind of traffic."

This summer, workers installed 100 new access points in the new commons building at Lakeshore campus, bringing the total number of access points to 200.

There has been quite an improvement even over the last couple of years, students say. Humber graduate Kassie Whitteker, 23, remembers barely being able to get connected most of the time.

"When I was living in residence in 2009-2010, it was pretty rare to get a good connection. It was better in the school but still pretty hit and miss," said Whitteker. "I hated having to sign in every time, especially when the signal would fade in and out so often."

Large-scale events have also underlined the growing importance of maintaining a solid infrastructure in a world that requires a constant connection to the web. Burton cites how hard it was for residents of New York during Hurricane Sandy.

"I think Sandy showed just how important having a solid, city wide broadband infrastructure is," he said. "People were absolutely lost without their devices, their whole lives are on there. Not being able to call for help because you don't have a land line, and even then not knowing Grandma's number because you have your contact list saved on your smartphone."

"More and more people are offering it, and more and more people are expecting it to be there. They need to feel connected."

AppSeed speeds design

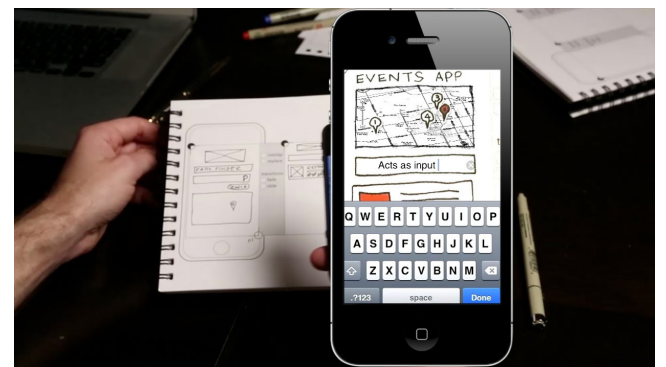
continued from page 1

"We do a lot of sketching within my program at Humber, it's simply the fastest way to test ideas and visually brainstorm...but when it came to apps, it was a challenge to get a sense of the experience," said Goralski.

He said the app was designed to provide a faster more effective means of conceptualizing for the designer. "We want to solve the limitations of sketches, making the

phone do the grunt work of digitizing the sketch and let the designer focus on their design process."

When asked what separates AppSeed from other design software, Goralski said, in a nutshell, computer vision, which is basically the field of retrieving and understanding information from images. "By isolating what you draw, we have much more control over how the prototype works and speeds up the process of making the prototype," he said.



Courtesy of AppSeed

The app will allow users to turn hand drawn sketches digital.

AppSeed reached its goal with Kickstarter, a crowd funding website that allows users to raise money for, proj-

ects, on Oct. 9 with 1,915 backers and \$44,946 in user funding; \$14,000 over their pledge amount of \$30,000.

Prison space affects everyone, not just prisoners

On Sept. 30, Kingston Penitentiary, Canada's oldest and most famous prison, shut its doors displacing almost 500 prisoners to other jail facilities nationwide.

The closure is another setback in Ontario's prison system, coming at a time when the province is struggling to find places to house its inmates.

Millhaven Institution, a maximum-security prison 30-minutes from Kingston Pen, is double-bunking in prison cells as a result of the closure. One of the countries most infamous convicts, Paul Bernardo, has been transferred there and his father Ken recently spoke out on the issue to Sun Media.

"I don't know why they closed the Kingston Pen," said Ken Bernardo, in an exclusive interview with QMI Agency. "They have a lot of inmates double-bunking at Millhaven now."

Statistics from the Ministry of Community Safety and Corrections show that Ontario jails are at 98.5 per cent capacity. Last year, 14

of the province's 29 jails held more prisoners than they were designed for. Currently, Toronto's Don Jail is at 117 per cent capacity; Windsor jail is at 111 per cent and London's at 105 per cent.

So, why are we closing prisons when our existing ones are full?

Toronto South Detention Centre will be opening later this year, housing 1,650 full-time inmates. The state of the art facility will be the largest in the province and would boast well for the struggling prison system. On the other hand, two other jails, including Don Jail, are closing in its place. This will leave Ontario only 500 more beds than it started with.

With Don Jail and 13 others over capacity in this province, these 500 beds will surely be filled by the time inmates move in later this year.

The same situation is happening in Windsor with the new South West Detention Centre. The jail, opening in January, will house more inmates but they will be coming from two closing fa-

cilities in Windsor and Chatham. Initial plans to close the Sarnia jail would've put the new jail over capacity before it even opened.

The 315-bed facility in Windsor is assumed to have approximately 100 vacant beds by the time it opens in 2014, but who knows how many will *actually* be vacant by then.

Do we really care how many beds are available for them? Why should we care about how we house criminals? For one thing, the issue of prison overcrowding affects more than just those incarcerated.

A report by the Union of Canadian Correctional Services Officers discussed the effects double-bunking in prisons has on those working in them. "The ratio of inmate-to-staff and the number of inmates relative to a facility's capacity begin to shift in favour of the inmate in both instances," the report suggests.

The report also indicates that overcrowding overwhelms prison guards and leads to more frequent incidents of serious violence among inmates.

"An increase of one inmate in an institution's inmate-to-custody-staff ratio increases the prison's annual serious assault rate by approximately 4.5 per 5,000 inmates," the report says. "The results demonstrate through sound empirical research that there is a direct, statistically significant relationship between resources (bed space and staffing) and institution safety."

While we may tend not to care much about the well-being of criminals, the prison system needs to accommodate the demand for more space. The number of inmates in prisons isn't dropping. According to Statistics Canada, between March 2010 and March 2012, the federal prison population increased by almost 1,000 inmates or 6.8 per cent. That's equivalent to the capacity of two Kingston Pens.

The only solution to the problem of overcapacity is to keep our jails open. Otherwise we'll just have to politely ask people to please stop committing crimes because we have nowhere to put them.

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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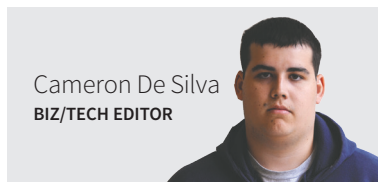
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Drake is the best choice for Raptors' ambassador



Cameron De Silva
BIZ/TECH EDITOR

Grammy Award-winning and multi-platinum music artist Drake has been signed on as the global ambassador for the Toronto Raptors. The move is part of a larger attempt to rebrand the Raptors, including new team colours, possibly a new logo, and merchandise that will be influenced by Drake himself. Appointing one of the most notable faces of modern music and a worldwide celebrity like Drake can ultimately boost the popularity of the team.

He'll have his hands full, considering the team has missed the playoffs for the past five years and has gone through constant player and executive shuffling.

"I travel the world performing, and everywhere I go, I preach the gospel that is Toronto. I love this city with all my heart," said Drake at a press conference announcing his new position. Besides the unveiling of the new global ambassador, it was announced that Toronto would be hosting the 2016 NBA all-star game, which the new president and CEO of Maple Leaf Sports and Entertainment (MLSE), Tim Leiweke, fought hard for and insisted was crucial to commemorate the franchise's 20th anniversary.

The club went in a different direction this summer, parting ways with president and general Manager Bryan Colangelo, who had been with the team since 2006. It also traded away former number one pick Andrea Bargnani to the New York Knicks. The Raptors haven't made

the playoffs since they lost Chris Bosh, now two-time NBA champion, to the Miami Heat.

MLSE, the owner of the Toronto Raptors, may be following the same winning formula of the Brooklyn Nets. A team that called New Jersey its home for more than 25 years has since moved back to Brooklyn. The Nets' outspoken co-owner, rapper, and friend of Drake's, Jay-Z, is credited as the catalyst of the move and can often be seen sitting courtside at games, conversing with players.

The reason why Drake is such a great asset for the Toronto Raptors is the diversity of his fan base. The former Degrassi star with over 12 million Twitter followers has fans of all ages and ethnicities; he is himself both African-Canadian and Jewish. While promoting his new album *Nothing Was The Same*, he graced the cover of *GQ* and appeared on *Ellen*; two places you won't normally find rappers. Drake is considered the most successful Canadian rapper of all time given his popularity and success both in Canada and internationally.

Although the Raptors have been a strong basketball team in season's past, they were always considered "that team from Canada." Every successful team in the NBA has something unique about its city that attracts players. The New York Knicks has its players doing their work at the legendary Madison Square Gardens, and the Los Angeles Lakers play with the company of film and television celebrities.

The bigger problem the Raptors face is competing with the larger fan base of the Toronto Maple Leafs. Both teams play through their seasons at the same time, and with tickets being as expensive as they are, most casual fans would rather



Wikimedia Commons

spend money on the historic Maple Leafs franchise instead of the underachieving Raptors.

Drake, who is friends with many NBA superstars including LeBron James and Kevin Durant, has a universal appeal that could be used as a recruiting tool to influence free agents to sign with the Raptors. Being approached personally by Drake could mean the difference between a signing and the team having to look elsewhere for NBA players. The appeal of representing a country, as the Raptors are Canada's only NBA franchise, instead of a city could also affect a player's decision.

But Drake's success as ambas-

sador is tied to his fame as an artist. Having just released his third number one album, *Nothing Was the Same*, Drake currently holds the crown as the king of rap, selling millions of records and touring the world in sold out stadiums. If his popularity declines, he may not be able to attract the star players.

Drake's own popularity matters, and he must maintain his relevancy to continue to attract new talent for the Raptors.

Drake's new association with the organization has created a buzz and sense of optimism that hasn't been seen in a while. With all eyes on Toronto, it's now up to the team itself to perform to win.

Unpaid internships hurt journalism

Kat Shermack
EDITOR



As a journalism student, I always knew an unpaid internship would be in my future. Internships have become increasingly common in all fields, but in journalism they seem to be a rite of passage.

When I began my studies, I didn't see this as much of an issue—it was just something I'd have to get through. But now that I am halfway through my own unpaid internship, I've realized they're creating a big problem for journalism.

I won't deny that internships can be beneficial. So long as the intern's main duties don't involve fetching coffee, an internship can be a great way to gain experience in the industry. There are things you just can't learn in a classroom, no matter how

many anecdotes your professor tells you about what it was like "in his day."

While internships certainly have value, current economic times have allowed employers to take advantage of the institution. According to the Government of Ontario, the employer should derive "little, if any, benefit from the activity of the intern." The purpose of an internship is for the intern to gain practical experience, and not for the employer to gain free labour.

Some interns have decided to fight back. Two former Bell interns filed complaints with the government, saying their internships were no different from entry-level positions. That is, aside from the fact that they weren't paid, of course.

This was part of a current backlash against internships, as people are finally starting to realize that working without getting paid should be illegal.

Despite the backlash, it doesn't seem like change is coming to the

media industry any time soon. The senior editors and writers where I intern look back fondly on their own time as interns. They see internships as a rite of passage, and one I'm lucky to have landed. This perception is a big problem.

Serious journalists play an important role in our society. We are supposed to ask the tough questions and do whatever we can to seek out answers. We hold our leaders accountable, and we bring issues to light that need to be discussed. This is an important job that can't be left to bloggers, online commenters and political pundits. If we can agree that journalism plays such a vastly important role, then it should be obvious that unpaid internships pose a risk to the important job we're doing.

Most journalism interns are paid in school credit at best, and experience at worst. These internships are usually full time, and last for at least a few months, leaving little room for these students to earn an actual

income. Therefore, the only people who can afford to be interns are people who can afford to not work for six weeks, three months, or a year.

Of course, an internship does not guarantee a job, but successful interns undoubtedly have a leg up, having made contacts that are otherwise inaccessible to an outsider. The scary result of this is that people tasked with something so important are increasingly wealthy and decreasingly diverse. These voices, intended to represent an entire society, are becoming more and more homogenous.

This is not to say unpaid interns make bad reporters. But how can we expect such a small group of people to represent a city as diverse as Toronto, or a country as diverse as Canada? How can journalists ask the tough questions when they don't even know what questions need to be asked?

It's not hard to see why journalism is taking advantage of unpaid interns. Journalism is still in a state of flux, and is probably the only industry still reeling from the invention of the Internet. A few years ago, newspapers were folding at an alarming rate as

consumers started to find their news elsewhere. Craigslist made classified ads completely obsolete, and as readers jumped ship, advertisers leapt along with them.

At a time like this, it's easy to understand why publishers would make use of people willing to work for free.

But if we want people to continue to take journalism seriously, and value it as an industry, how can we ask people to work without pay? Accuracy and accountability are the cornerstones of any journalistic organization, but when fact checkers aren't paid, it makes those commitments to accuracy harder to believe.

I'm not writing this so I can earn pay from my internship. Relying on unpaid internships is making the tailspin this industry is currently in even worse. If we want our readers to take us seriously, and if we want to accurately represent the citizens we represent, we can't rely on volunteers.

Newspapers and magazines need to find the money to pay the people who are foolish enough to try to make it in this business. If they don't, this business might not be around for much longer.

Post-secondary arts programs should not be brushed aside

Olivia Roger
MANAGING EDITOR



The Canadian Centre for Policy Alternatives recently released a startling report that Ontario youth between the ages of 15 and 24 have an unemployment rate of 16 to 17.1 per cent.

The current situation is more than enough to warrant our frustrations and anxieties over gaining full-time employment after graduation.

Yet according to some misinformed baby boomers, we need not worry; there are plenty of jobs in

engineering, physics, medicine, and neuroscience. And these are all realistic avenues that we should all strive to pursue – except that only a fraction of the population will be suited to such professions.

Post-secondary education should involve more than just job training. The learning experience transcends the classroom. It's how we develop as individuals. How can we grow if we're confined to a field of study we can't stand for the sake of financial security? Should we abandon our childhood dreams and creative ambitions for a price tag?

The arts—encompassing the humanities, social sciences, design and creative arts—have for centuries been

the foundation of knowledge. But we are living in a time where obtaining an education in the arts is heavily discouraged, even frowned upon.

When did a bachelor of arts, become the doormat of academia? Moreover, when did society become so condescending with regard to the post-secondary education of others?

The arts are slowly fading away before our eyes, in both high schools and universities alike. They are often undervalued and insufficiently funded, and seemingly unimportant to a school's agenda.

While I was a timid and shy freshman studying arts in my university undergrad, this perspective became very clear to me within the first week.

The engineering program endlessly berated our tightknit humanities faculty, chiding us that our degree would only go as far as serving them French fries at the nearest McDonalds in years to come. Whether it's playful or not, this reflects a growing social sentiment that the arts are ultimately worthless.

Majoring in the arts can cover a wide range of study, making it one of the most versatile diplomas out there—or so it should be. Specialized areas of study like psychology, anthropology, literature, art history, should be celebrated, given the unique skill set required to excel. Unfortunately many will disagree with this view, believing that such education is a waste

of our valuable time and money.

Government, business and even educators have repeatedly emphasized the importance of math and science-based subjects in high schools, with some Canadian schools looking to increase enrolment in these fields. A report by the Let's Talk Science Organization, as reported in the *Toronto Star*, found that less than half of high school graduates have taken senior level science, technology, engineering and math courses and that 70 per cent of Canada's top jobs require these as prerequisites.

It would be foolish to argue with math majors over such statistics. The jobs are there for some of those with such educational backgrounds, with an income potentially reaching six figures, but that doesn't mean we should all jump ship.

Humans are complex individuals who learn and think in varying ways. I'm sure if everyone were given the opportunity to earn a high-paying salary, many would follow suit, but it is ignorant to assume that everyone can become a mathematician. Most children at some point aspire to become astronauts, but few can follow through with the years of rigorous scientific training needed.

Intelligence should not be measured by a mastery in mathematics or even by booksmarts. It should be measured by a well-rounded sense of knowledge and human experience. An involvement in the arts is associated with critical thinking and cognitive ability. What came first: math, or language?

There will always be a place for filmmakers, graphic designers, social workers and historians and it is our job as the voice of this generation to pique interest in the arts and uphold their relevance within the future job market.

QUOTED: Is local or international news more important to you?

I'm an international student, so I care more about international news. I like to analyze what's going on in the world to better understand why I'm here.



Gabriella Carrasco, 20
FASHION ARTS, 1ST YEAR

I'd rather hear locally. I think we need to hear what's going on here first.



Alyssa Rossi, 18
HOSPITALITY, 1ST YEAR

Internationally. It has more interesting topics. I like to learn about other cultures. Not many news feeds focus on full international coverage.



Kyle Agnew, 24
FUNERAL SERVICES, 1ST YEAR

The Printing Press

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

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

Paul Rocca, *Opinion Editor*

Nairobi massacre: What news do we value?

Kelly Townsend
ARTS EDITOR



It has been over three weeks since the mass shooting in a Nairobi mall that spanned over three days and left 72 people dead. Somali militants, purposely targeting non-Muslims in retaliation for the Kenyan military joining forces with the Somali military in 2011, were behind the attack.

Among the victims were foreign diplomats, including Canadian diplomat Annemarie Desloges, and other prominent political and social figures, such as Kenyan President Uhuru Kenyatta's cousin.

The attack made international headlines and was declared the worst terrorist attack on Kenyan soil since

1998 when the US embassy was bombed in an attack by al-Qaeda.

On Sept. 21, the first day of the attack, the CTV evening news' first report was on a car crash on highway 401 that left two drivers dead. The second: An interview with the widow of the Ottawa bus driver who crashed his bus into a train on Sept. 18.

In fact, the attack in Nairobi Westgate mall was the fifth news story of the broadcast, following a report of a house fire in Toronto and an update on the weather.

The decision to mention the mall attack so late in the telecast struck me as an odd choice. However, as a journalism student, I understood the logic in what those producers decided when organizing the lineup of reports.

One of the first things we

learn in the journalism program here at Humber is news value. News values determine what the hierarchy of the evening news broadcasts or the morning newspaper will be. That decision is based on things like locality, shock value and timeliness.

In the case of this particular news report, producers had a choice – do they stick with the local stories first, or begin with the most shocking news of the day? It's a hard choice to make, but the most important thing to realize is that it is a choice.

Every news story you see or hear, be it on television, on a newspaper, over the radio, or on a computer screen, has a value attributed to it. Journalists may say that the reasoning behind those values is based on logic and professional formula, but there's more to it than that. No two news

broadcasts are the same. If you watched every single one of tonight's local news broadcasts on different networks, each one would be extremely different.

For instance, CTV may have an exclusive breaking story, or Global may have reported CBC's top story as their third. Those inconsistencies are there because each news report has a different producer with different ideas of what makes a good news broadcast and what their viewers want to see.

The same goes for our local newspapers. Unless there is a very clear top story of the day, each paper will have a different cover story.

Some of this reasoning has to do with newsroom politics and an understanding of readers. *The Globe and Mail* markets itself as a serious

newspaper for business-oriented readers, while the *Toronto Star* is the city's notoriously liberal newspaper.

The first thing to understand about news values is that there is nothing inherently bad about them. Until we develop technology where we are all fed each daily news story simultaneously into our brains, humans still have to process each breaking story one at a time. That is why we need news values in order to determine the order in which people are told the news.

However, it is important for people to realize the arbitrary nature of a news broadcast lineup. Not everyone will agree with the choices. As I watched the 6 o'clock news on Sept. 21, I felt outraged seeing a report on local car accidents while I knew that dozens of people had been killed and that dozens more were still suffering as hostages in Westgate Mall in Kenya.

Among the news stories not included in that night's report was a suicide bomber attack at a funeral service in Baghdad, where an estimated 72 people had been killed—the worst attack in a recent string of bombings in Iraq's capital.

There are solutions for people who feel they can't rely on broadcast news. Finding the right news sources via Twitter or RSS feeds is always useful. The BBC News twitter account is always up-to-date on international news, if you like to keep updated on information about issues in the Middle-East or North Africa. Reuters is a great resource for business news.

Anyone can apply value to the news. It's about finding the news that you value most and getting access to it. As journalists we're trained to find news most valuable to the general audience, but that doesn't mean the stories that aren't reported don't have value.

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Breastfeeding gets help line

Ontario puts \$2.5-million toward support for new moms who often need such information

Dilara Kurtaran
LIFE REPORTER

The Ontario government is investing more than \$2.5 million to help breastfeeding moms.

A portion of the money will support a 24-hour help-line to provide expert advice, tools, and training for hospital staff and institutions. The hotline follows the guide of the World Health Organization's Baby-Friendly Initiative (BFI), which set the standards in hospitals for improving maternity services.

"It's a worthwhile investment," said Theresa Pitman, Guelph leader of the La Leche League, which supports maternal breast feeding. "The BFI created 10 criteria for institution or hospital to follow

including showing mothers how to breastfeed and maintain lactation and recommending local breast feeding support groups."

Some of these steps include staff being trained, having mothers not take free baby formula offered as samples by manufacturers, and connecting mothers to community support like La Leche League, said Pitman.

According to publichealth.gc.ca, breast feeding is the optimal method of providing nutrients to a baby including antibodies that helps the baby's immune system and protection against diseases.

Nelson Wiseman, a Canadian government and politics professor at University of Toronto, said the decision would save the government

money in the long run.

"The government's object is to reduce healthcare cost," Wiseman said. "It's a lot more expensive."



"It can save the environment. We're not spending money to create bottle, rubber nipple, paper labels for the processed baby food."

Tony Tran
NURSING STUDENT

Breast feeding is beneficial to mothers as it establishes a special bond with mother and child.

Tony Tran, 20, a second-year bachelor of nursing student, said that breast feeding has many other benefits

besides the health of a baby.

"It can save the environment," Tran said. "We're not spending money to create bottle, rubber nipple, paper labels for the processed baby food."

Raisa Deber, a healthcare home and community care professor at University of Toronto, said many new parents don't realize they can get advice from their local hospitals.

"People used to stay longer at the hospital after having a baby and learned how to take care of it, but now people deliver and leave the hospital quickly," Deber said.

"They're focusing on the information, which is what mothers need," said Deber about the 24-hour telephone line for expert advice on breastfeeding."



COURTESY SALIM FADHLEY VIA FLICKR

Breast feeding provides nutrients that can help newborns develop their immune system.

TO THE NINES

Marc Anthony Reyes, 20

JUSTICE STUDIES, SECOND YEAR

What is one fashion item you can't live without?

Button up shirts, they are really versatile.

What or who inspires you in fashion sense?

Modern hip-hop.

What colour dominates your closet?

Black

Describe your style in one word.

Bold



By Dilara Kurtaran



COURTESY JESSICA RICHARD

Some students think that the drink deals offered at LinX can encourage some to overdo it.

Hurrying drinks at happy hour

LinX Lounge manager insists staff is trained to prevent binge consumption

Jessica Richard
LIFE REPORTER

Happy hour is between 8:30 p.m. and 10:30 p.m. at the LinX Lounge during the week, but students and management have different views on how that time frame could affect the customers.

Deals throughout the week include four domestic bottles of beer for \$16 on Mondays, bar rail shots for \$4 each on Tuesdays, and domestic-beer pitchers for \$16.50 on Wednesdays.

Charline Broderick, 19, a

culinary management student said that the short time period will promote binge drinking.

"Students want to drink as much as they can at the cheaper price," said Broderick. "I'm a student, I'm broke, and I'd rather pay less."

Christopher Shimoji, the operations manager for LinX Lounge said his bartenders can enforce prevention of overindulgence.

"It doesn't matter what the price is necessarily, because we are only going to give you what you are capable of handling," said Shimoji. "It won't affect binge drinking at all."

Shimoji said the reason the specials are only for two hours is because as much as they want to help students save some money, having

specials all day would cause the bar to go broke. The time frame of the specials is when the bar has the least amount of people, so it is a way to bring in clientele.

Jeffrey Rector, 22, a heating and air conditioning student, said LinX should change the times of the specials.

"Start around 1 p.m. and finish at 5 p.m., there are more people at the pub during the day versus at night," said Rector. He also said the prices at LinX are too high as of right now.

Shimoji said LinX has many rules and standards set in place to decrease the chances of students binge drinking and said that his entire bar staff is highly trained and smart-serve certified.

SPECIAL LIFE FEATURE

O Canada: Is it sexist?

Chantilly Post
LIFE REPORTER

The national Canadian song we've all been singing at the beginning of every class is under fire from women groups for not containing more gender-neutral lyrics.

Novelist Margaret Atwood is among prominent Canadian women pushing for Ottawa to change the National Anthem Act to address the 133 year old song which refers to, "true patriot love in all thy sons command."

The initiative was brought to the current federal government where

the matter was dropped.

"It's very interesting to see a drive to make this change," said Chris Irwin, a politics professor at Humber College. "The national anthem is a fundamental way that Canadians express themselves."

Irwin also said the fact that people have to question the anthem shows they have more to think about in relation to gender roles present in our society.

"There is a difference between sexism and gender-neutral," said Megan Traversy, 19, a cosmetic management student.

"I don't think the anthem is trying to portray men being more valuable in society. The anthem is a part of history, we need to understand when it was written," she said.

"I don't personally think it will change anything," said Willow Reisig, 19, a first-year cosmetic management student. "Canada is already pretty good with gender roles."

In 1913 the Canadian national anthem was changed from "true patriot love in us command" to "sons command" for no documented reason.



SOURCE: CHRISOPHER POLICARP VIA FLICKR

Join the discussion online at humberetc.com/2013/10/11/call-for-canadian-anthem-lyric-change-sparks-debate/



PhotoSensitiv exhibit on social change showcases Humber alums

Vanessa Marciano
A&E REPORTER

Two former Humber photography students are currently showcasing their best work in PhotoSensitiv's new four-month art exhibit, Picture Change, in Toronto.

Picture Change launched in July at the Royal Bank Plaza, where over 100 Canadian photographers were able to highlight and share a photo that demonstrated positive change in the world.

Since then, the exhibit has been viewed around Toronto's downtown core.

"I think it's a good idea when people's work can demonstrate a certain point of view. That's what photo journalism is really all about," said former Humber student Irvin Mintz.

After being on their PhotoSensitiv's mailing list, Mintz was notified about Picture Change and had the opportunity to send in his own submission.

PhotoSensitiv was created by former *Toronto Star* photographer, Andrew Stawicki and has been around for over 20 years. The non-profit group is self-described as a collective of photographers who come together to promote social justice using their photography.

Brynn Campbell, project coordinator of Picture Change, said the exhibit has already gained a lot of positive feedback and interest from not only photographers, but the public.

"All of our projects have our photos in black (and white) and so the viewers can focus on the image and concept itself, rather than being distracted by the colour," Campbell said.

Mintz submitted a photo of a woman taking part in a wheelchair-dancing program after being diagnosed with multiple sclerosis, showing her love of dance.

"It was different, it was a person getting the chance to do something that was not their usual daily stuff, so I thought it might be relevant to the theme of the exhibition," he said.

Chris Schwarz, who also studied photography at Humber, has a photo of his own included in Picture Change that was part of a previous child poverty project.

Anita Crawford, 21, studied creative photography at Humber and said that she enjoyed the hands-on experience, shooting in the studio with professional equipment.

"I love all the shenanigans and places you can get into when you have a camera," she said, "You'd be surprised at the power you possess."

Picture Change is on display at 200 Wellington St. West through Oct. 28, and then shifts to 123 Front St. West until Nov. 11.

HUMBER STUDENTS HAVE THEIR SAY



"I think it's better how [the anthem] is, but change wouldn't be bad. It will make everyone equal in Canada."

Sameet Dhilwal
WEB DESIGN AND INTERACTIVE MEDIA, SECOND-YEAR

Megan Traversy
COSMETIC MANAGEMENT, SECOND-YEAR

"I don't really think it's going to enhance society to make it gender neutral."



Hannah Davison
CREATIVE PHOTOGRAPHY, FIRST-YEAR

"Should definitely be changed. [The anthem is] sexist in the same way our language is sexist. As society changes, our language should reflect our society."

Rachel Demers
NURSING, SECOND-YEAR

"No one will learn the new lyrics, it's tradition."



Hayli Moore
PHOTOGRAPHY, SECOND-YEAR

"I don't think it should be changed. [I] don't think they are purposely excluding women."



"Doesn't need to be changed."

Eric Hebert
MECHANICAL ENGINEERING, FOURTH-YEAR



"It would support other people's values, (create a) stepping stone in achieving."

Gaitri Swindra
EARLY CHILDHOOD EDUCATION, FIRST-YEAR



"I think it would be appropriate, not sure how strongly it will affect society."

Noah Henerson
FILM AND TELEVISION, FIRST-YEAR

– TORONTO EVENTS THIS WEEK –

MONDAY 14	TODAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	SATURDAY 19	SUNDAY 20
Murder at the ROM The ROM is hosting a team-based scavenger hunt. Find clues, answer questions and solve a murder mystery.	Tarragon Theatre's Extraspace Tarragon Theatre presents a screening of <i>The Double</i> , a film based on a Dostoevsky novel.	RIFF Reel Indie Film Festival kicks off at the Royal Cinema at the same time as indieWEEK.	After Dark Film Fest The annual Toronto After Dark Film Festival will be showcasing horror, sci-fi, action and cult films at the Scotiabank Theatre.	The Superstars of Comedy Comedy Bar is hosting some of the best comedians in Toronto. Tickets will be \$10 to \$12 at the door.	Janelle Monae The R&B and soul musician is performing at the Kool Haus on Queens Quay East. Doors open at 8 p.m.	Art Galleria Expo Live bands, fashion shows and gallery displays over a glass of wine are starting at 6 p.m. at Product Nightclub.

JUICE set to make a splash at indieWEEK

Tiara Samosir
A&E REPORTER

JUICE, a Toronto band composed of Humber music graduates, will be performing live at indieWEEK Canada 2013 on Thursday as part of the music and film festival.

JUICE promotes their sound as being influenced by classical soul, R&B and hip-hop as well as indie rock.

Band members Tom Hanley (guitar/vocals), Kyle Woodard (saxophone), Max Stanutz (trumpet), Claudio Santaluce (drums), Andrew Wright (bass), and Craig Clemens (keys/vocals) are the third best-selling band on Bandcamp, a music downloading site, with their album *Hit the Ground Running*.

"Through *Hit the Ground Running*, we're trying to say, 'keep trying because nothing happens overnight, work hard and don't give up,' said Hanley. "We graduated from school and focus on growing, that's what the album's based on."

Hit The Ground Running is JUICE's first-full length album, which was released in July. The album's lead single is titled "Wake Me Up."

Hanley said the band experi-



COURTESY JUICE

JUICE is performing at The Supermarket Oct. 17. Their debut album, *Hit the Ground Running*, is meant to be an inspiration for their listeners.

mented with technical music using what they have learned at Humber.

"In school we started to focus on songwriting and where the music wants to go, not where the musicians want to go," said Hanley.

As an independent band, JUICE makes just as well-produced songs as bands in label, says Mutiarani Taufieq, 18, Humber business-marketing student and the runner of Toronto

indie music blog, *tdotindiegigs*.

"They have their own technicality. They have their own unique melodies, unique lyrics too," she said. "They're exploring music in a broad way."

Taufieq said indie bands are not trying to reach all crowds of people.

"Their fans are those who understand and speak the same music as they do, and they want to create music for that particular fan."

JUICE is scheduled to perform at The Supermarket, a bar in Kensington Market, and Hanley says he prefers such settings to outdoor venues.

"It has good sound, good size for the crowd to fit," said Hanley. "Close to the audience too, so they can feel the same energy, the same vibes, it's the best feelings."

Greg Botrell, co-owner of The

Supermarket, says it's important to participate in festivals such as indieWEEK, "because it's a good opportunity to take indie bands to another level."

"We like to promote bands that are independent," he said.

JUICE performs at Oct. 17, at 10:45 p.m. Tickets can be purchased at indieWEEK Canada's official website for \$10.

Vitale represents Canada at hip-hop contest in Denmark



Marielle Torre Franca

Vitale placed third at this year's Humber's Got Talent competition.

Marielle Torre Franca
A&E REPORTER

Humber student Julian Vitale will represent Canada at the International Dance Organization's world hip-hop championships in Denmark this week.

The Oct. 16 to 20 championships will hold solo, duo and group competitions in break dance, electric boogie, hip-hop and hip-hop battle categories. Vitale will be performing two routines, one in a big formation of 13 dancers and one in a small group of five male dancers.

"It's overwhelming," said Vitale, 18, a first year fitness and health promotion student who will be competing as part of the Canadian

hip-hop team. "I hope we do our country well."

"I expect a very high quality... from all the dancers," said IDO executive secretary Kirsten Dan Jensen. "We have dancers from 31 countries and hip-hop is the biggest dance competition in IDO."

The Canadian hip-hop team consists of approximately a dozen members. The team has been rehearsing about eight to 10 hours every week.

"Now we're cleaning up the dance routine and changing a couple things to make it look better," said Vitale.

Vitale auditioned in front of team choreographer and dancer Nick Tull back in May as part of an extremely selective process.

"I auditioned 206 dancers and

picked 30," said Tull, who has danced for artists such as Shawn Desman, Ludacris and Busta Rhymes. "Right away, I was like, 'Yep, he's going to be one of the guys on the team for sure.'"

Vitale started dancing when he was eight and took part in hip-hop and acro programs for one year.

He stopped dancing after his peers started making fun of him and made inappropriate marks.

"I thought, maybe this isn't for me," said Vitale. "Maybe I'll just stick to soccer and basketball, the more manly sports."

Vitale gave dance a second chance at 15 when the Dance Like Me studio opened in his hometown of Woodbridge. He continued with that studio for three years.

The stigma of dance not being considered a manly sport is not new but Tull notes it's absurd.

"I worked harder in a ballet class than I ever did in a football game," said Tull, who both danced and played sports. "Having to lift a girl over your head and not drop her, do eight pirouettes and land perfectly, all while smiling, is the hardest thing I've ever done in my life."

Vitale said he hopes to complete his Humber fitness program and take the bridging course into the University of Guelph-Humber's kinesiology program.

As for his future in dance, he said he wants to tour with R&B and hip-hop artists such as Chris Brown and Justin Bieber.

HOROSCOPES by Lady F Is For Nasty & Oracle T

Get a Job Edition



LIBRA
SEPT. 22 - OCT. 22
You like spending time with yourself. Consider being an astronaut, space offers a lot of "me" time.



SCORPIO
OCT. 23 - NOV. 21
People around you are starting to think you're a pest. Ease the tension, think about pest control.



SAGITTARIUS
NOV. 22 - DEC. 20
You like being the centre of attention. Consider a career as a professional athlete or a circus master.



CAPRICORN
DEC. 21 - JAN. 19
You're a lazy idealist. Consider being a professional student.



AQUARIUS
JAN. 20 - FEB. 19
You like to argue but don't care if you're right. Consider being a lawyer.



PISCES
FEB. 20 - MAR. 20
You like being around beautiful people. Enter a child's beauty pageant.



ARIES
MAR. 21 - APR. 20
You think the sky is falling. So become a flight attendant.



TAURUS
APR. 21 - MAY 20
The fun police is hiring and you're the perfect person for the job.



GEMINI
MAY 21 - JUN. 20
Escape your problems by listening to others. You'll make a great therapist.



CANCER
JUN. 21 - JUL. 21
You're always fishing for compliments. Grab a rod and head to the sea.



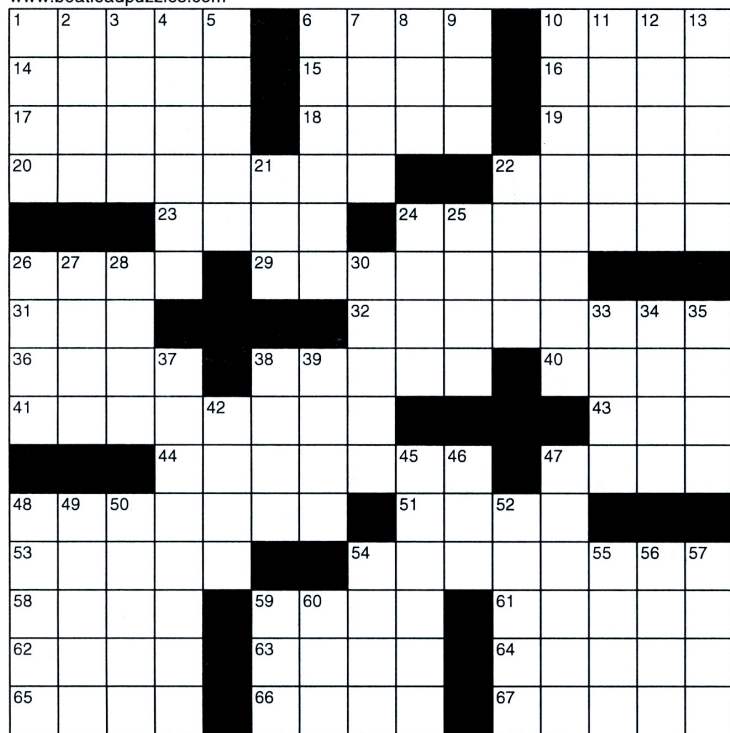
LEO
JUL. 23 - AUG. 22
You're always looking for X and coming up with Y. Stay away from algebra.



VIRGO
AUG. 23 - SEPT. 21
You paint a sad picture this week. Grab a brush but don't cut off your ear.

CROSSWORD BY BOATLOADPUZZLES.COM

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DOWN

1. Stretch across
2. Acapulco coin
3. Completely absorbed
4. Cold era (2 wds.)
5. Category
6. Brawls
7. Yes votes
8. Guys
9. Increase
10. Hair ornament
11. Normal
12. Wash lightly
13. Spud
21. A Gershwin
22. Snakelike fish
24. Large boat
25. Browns in the sun
26. Hardens
27. Rock's ____ Clapton
28. Space agency (abbr.)
30. Irritating ones
33. Reverberate
34. Modern Persia
35. Bare
37. Took into custody
38. Permits
39. News bit
42. Oahu wreaths
45. Squeal
46. Bring to court
47. Give to charity
48. Peaks
49. Fabled dwarf
50. Actress ____ Berry
52. Lock of hair
54. Window part
55. Smooth
56. Grain
57. Chef's measures (abbr.)
59. Miscalculate
60. Barnyard sound

ACROSS

1. Bit of parsley
6. Papa's mate
10. Actor ____ Reynolds
14. Freedom from war
15. Ogled
16. Japan's continent
17. Type of poplar
18. Give temporarily
19. Litter's littlest
20. Official witnesses
22. Wipe out
23. Actor Richard ____
24. Pittsburgh footballer
26. Dancer ____ Kelly
29. Paving material
31. Period of note
32. Physicist Albert ____
36. ____ Marie Presley
38. Speech defects
40. Light tan
41. Actress ____ Johansson
43. Possessed
44. Quizzes again
47. Completed
48. Belief in no god
51. Detroit product
53. Insensitive
54. Most severe
58. Lose feathers
59. Send out
61. Roof overhangs
62. She, in Bordeaux
63. Rock's partner
64. Make tea
65. Snow coaster
66. Part
67. Transmits

ANSWERS

Previous issue

CLAM	TOTEM	SPIN
HALE	INANE	ALOE
EDIT	CONTAGIOUS	
SLEET	ANALYST	
TENOR	EMITS	
	REPEAL	EERIE
PAT	ELLS	ISLAND
ASAP	OSCAR	MICE
RESIST	AMID	DAN
TAKEN	PRESET	
	ASIAN	NASAL
ONETIME		SINCE
DECELERATE		LAMA
EARN	ARIES	ORES
STUD	RELET	REST

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

Find the answers to this week's puzzles in the next issue or visit humberetc.com/games or scan the QR code!



SUDOKU BY SUDOKU.NAME

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

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www.sudoku.name

Hawks ease into first place finish

Jamie-lyn Baggs
SPORTS REPORTER

The Humber Hawks women's soccer team secured first place in the OCAA West division on the last game of the season, Oct. 5.

Needing only a tie to clinch a spot in the crossover playoff game Oct. 19, Humber did just that, drawing 1-1 at home with the Conestoga Condors. A loss would have forced them to play a qualifier to get into the playoffs.

The Hawks started the game flat. They weren't creating any chances and couldn't seem to connect their passes. Humber was getting frustrated with the slow start and it cost them in the 18th minute.

Conestoga forward Jennifer Farquhar beat the last defender and finished with a well-placed shot into the top corner. The Condors ended the half on top and Humber knew they needed to respond.

"During the first half we played with a sense of panic," said Justine Robb, 22, a



Humber Athletics

Humber was in no rush to find a winner against Conestoga. They played out a 1-1 result to seal the top seed for the playoffs.

second-year public relations student. "After our half-time talk, we calmed down and started to gain our composure."

The second half was all Humber. The women cre-

ated multiple chances and looked like a completely different team than in the first half. Conestoga had no scoring opportunities as the majority of the half was played in their end.

The Hawks finally found the back of the net in the 64th minute when rookie forward Keyanna Jackson scored to tie the game at 1-1. This woke the home crowd up, which had about 150 young

soccer players from the local Rexdale soccer club.

Humber kept up the tempo and comfortably let the game come to a close.

"The team stayed composed and didn't self destruct

even though they were down 1-0 early on," said assistant coach and former Hawks player Keyla Moreno. "They refocused at half and came out and played a solid 45 minutes in the second half."

Moreno said the team needs to improve its intensity going into the playoffs. Starting strong in an elimination game is crucial to moving on and Humber will have to remain focused throughout the 90 minutes.

Ashley Osorio, 22, second-year personal support worker, said communication on the field needs to improve as well.

"We need to work hard together and move as a unit on the field," said Osorio. "If we can do that in the playoffs I think we will be successful and bring home gold"

The Hawks finished their season with a 5-1-2 record and will play the winner of Cambrian and Durham's qualifier on Oct. 19. A win would advance Humber to the OCAA Championship, hosted by Sheridan College Oct. 24-26.

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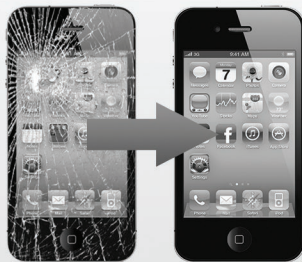
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Humber ready to battle for OCAA title with top seeds

Men's baseball team heads into provincial finals in excellent form

Ryan Porier
SPORTS REPORTER

The Hawks' men's baseball team is heading into the playoffs full of confidence on the back of a four-game winning streak.

In the final game of the regular season, Humber comfortably defeated Seneca College 14-3, finishing with an 11-5 record.

The Hawks will have a short rest before getting back on the field Thursday for the OCAA championships in Windsor.

The toughest tests Humber will face are Durham College and St. Clair College, the two teams who finished ahead of the Hawks in the standings. Humber was 2-2 against Durham and 1-3 against St. Clair.

The championship format will see four teams competing in a double-knockout elimination bracket.

The outcome for Seneca was a much different story. The school hit the field this season with their first base-

ball team in over 30 years. In 16 games, the Sting managed just one win, going 1-15.

Despite the tough season and the difficulties Seneca had, head coach Brian Bates said the players still found a way to give it 100 per cent.

“When it comes to good pitching, you've got to have scrappy hitting.”

Leonard Wood
FIREFIGHTING STUDENT

“They were trounced most of the time but they never gave up,” Bates said, following the game against Humber.

“They were just thrown together as a brand new group. They wanted to improve themselves a little bit and that's all we can ask for,” Bates said.

For assistant coach James DePoe, the post-season is a fresh start for Humber.

“We have to put the ball in play and put pressure on the

defence. If we play clean, we'll be able to beat those teams,” said DePoe.

Perhaps the toughest thing both St. Clair and Durham bring is their exceptional pitching and fielding, which they've displayed throughout the season.

In their 14 games this season, St. Clair has given up just 24 runs and 14 errors, while the Lords have given up just 41 runs and 18 errors.

“When it comes to good pitching, you've got to have scrappy hitting,” said Leonard Wood, 25, firefighting student. “You need to make those guys work and get them out of the game as soon as possible.”

Wood finished the season atop the OCAA batting chart with an outstanding .486 average. He's more focused on the team's success though.

“It's obviously a nice feeling but I'm just glad we're playing well as a team right now,” said Wood. “Going into the final weekend (before OCAA playoffs), it feels pretty good.”

- STANDINGS -

MEN'S BASEBALL		WOMEN'S FASTBALL		MEN'S SOCCER WEST		WOMEN'S SOCCER WEST		MEN'S RUGBY WEST		WOMEN'S RUGBY WEST	
1. St. Clair	24 pts	1. St. Clair	28 pts	1. Humber	19 pts	1. Humber	17 pts	1. Humber	20 pts	1. Humber	20 pts
2. Humber	22 pts	2. Humber	24 pts	2. Fanshawe	19 pts	2. Fanshawe	17 pts	1. Georgian	14 pts	2. Seneca	14 pts
3. Durham	20 pts	3. Durham	14 pts	2. Sheridan	19 pts	3. Sheridan	16 pts	2. Conestoga	5 pts	3. Conestoga	9 pts
4. George Brown	8 pts	4. Conestoga	14 pts	4. St. Clair	14 pts	4. Conestoga	15 pts	4. Sheridan	4 pts	4. Sheridan	5 pts

Women's alumni outlast Hawks

Humber's grads were 'due for a win' in the annual exhibition match with current squad

Jordan Finkelstein
SPORTS REPORTER

The Humber Hawks women's volleyball team was defeated 3-2 by the Humber Alumni on Oct. 3 in a game that was close right up until the final moments.

"I think we're headed in the right direction," Hawks head coach Chris Wilkins said about the team. "There is still a lot of work to be done, though."

The Hawks won the first two sets 25-20 and 25-18. The alumni showed their durability as fatigue noticeably set in, winning set three 25-17 and set four 25-17. Tied up heading into the final set, the alumni took a slight lead after going on a three-point streak, eventually going on to win the set 15-11, along with this year's bragging rights.

Alumni player Michelle Overzet was awarded player of the game honours. Hawks left side Taylor Hutchinson finished the game with 11 digs and five kills and Kelly Nyhof notched 10 kills for the Hawks, four of which came in the first set. Also playing well for the Hawks was Thalia Hanniman,

who finished the game with two kills and nine digs, and Brooke Kinnaird, who added six kills and three digs.

After the game, Wilkins said his team could have played better.

"This is a very talented team," said Wilkins. "It's a team that has won championships, so they should play accordingly." A lack of team chemistry and simple transition mistakes caused fundamental errors in the loss.

Humber beat their alumni in last year's exhibition match-up. Dean Wylie, the Hawks assistant coach, was noticeably frustrated during the game. He said the team made, "way too many technical errors."

"I'm still seeing a poor transition game," said Wylie. "We need to have a lot more consistency in our serving."

After the game, Wilkins agreed with Wylie, and said there were many chances to get back into the game that the Hawks passed up. However, Wilkins said the exhibition game was still a positive experience because it prepared the Hawks for the regular season.

"The team gains a lot of



Jordan Finkelstein

Humber's Alumni team won three straight sets and sent a wake-up call to the Hawks as the season opener draws nearer.

experience from the alumni when they play," said Wilkins.

Nyhof, 22, Humber co-captain and a first-year law firm profile student, said the game was more important than most exhibition games because the team got to play against Humber volleyball legends.

"It's great to learn from Humber alumni," said Nyhof. "This game is something we

take pretty seriously, but there is always a friendly feeling when we play them every year."

The game was a homecoming for many Hawks alumni, like Alison Legenza, 30, class of 2005. Legenza said she was looking forward to playing this game all year.

"It's a fantastic weekend to catch up with past friends and coaches," said Legenza. "We fell short in past years playing

against the Hawks, but this year we were due for a win."

Legenza said all of the alumni players still play volleyball competitively.

"We try to play together whenever we can," she said. "A lot of us don't get to see each other very often. Humber does a great job hosting this event."

Last season, the women's volleyball team earned an undefeated regular season record

of 18-0 and won the OCAA west regional championship.

They will try to build on that success this season, starting well with a semi-final appearance while hosting the Humber Cup tournament on Oct. 5-6, followed by an exhibition game against Seneca today.

The regular season opens with a home game against Mohawk on Oct. 23.

Golf teams look to bring home national championships

Jordan Burton
SPORTS REPORTER

Humber's men's and women's golf teams are looking to continue their dominance at the Ping CCAA National Championships.

After finishing the season ranked first in the country yet again, Humber's men enter the tournament as the odds on favourite. The 2013 OCAA champions have won eight consecutive provincial titles and now look to add their seventh national title in that span.

"We went over to Scotland for nine days and played at Sterling University to gel as a team," said Nick Trichi-

lo, Humber's first-year head coach. "Over there we played in some of the toughest conditions you can play in and it's helped all season long."

Humber is coming off an OCAA championship that saw all five team members finish in the top seven.

"Each one of us has the ability to play at a high level," said Christian McCullough, 24, a second-year business administration student.

McCullough will lead the men's squad into this week's tournament after shooting six-under par and winning OCAA gold at the provincial championships in Brantford last week.

"I'm approaching it the same way I did the OCAAs," said McCullough. "I just need to take it one shot at a time and stay positive no matter what happens. Confidence is key."

Accompanying him will be teammates Alex Dumais (2013 OCAA silver medalist), Scott Benzoni, Cole Kent and Ben McFaul.

"National titles are always the big goal for us," said Alex Dumais, 23, a cabinet-making student. "We have a good squad and I have a lot of confidence in us."

On the women's side, Humber ranked fourth in the nation after winning their first OCAA gold medal in

four years. The Hawks now have their eyes set on bringing home a national championship, something they haven't done since 2008-09.

The Hawks will be led by 2013 OCAA gold medalist, Adrienne D'Alessio, who blew out her competition at the provincial championships, winning by 15 strokes.

Fellow Hawk, Candice Campbell, will team up with D'Alessio for the team portion, looking to upset the field in a repeat of the OCAA championships.

Both the men's and women's teams will face tough competition from out-of-conference schools, such as Hol-

land College in Prince Edward Island, a member of the Atlantic Collegiate Athletic Association and Fraser Valley University in British Columbia, a member of the Pacific Western Athletic Association.

The 2013 CCAA Ping National Championship takes place at Champlain Regional College's St Lawrence Campus in Quebec City, at the Royal Quebec Golf Club from Oct. 15 to 18.

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