



## Local band wins Cover Me Canada

Alexandra Gundy  
News Reporter

Toronto rock band Whosarmy catapulted from cover band obscurity and into the national spotlight when they won CBC's reality show *Cover Me Canada* this week.

The four-piece band took home \$100,000 and a recording contract with Universal Music after impressing the judges with their renditions of iconic Canadian songs in the finale. The show ran for nine weeks, and each week a band was eliminated through viewer voting.

Whosarmy credits their success on the show to their long history playing together, which started at Humber.

"We started playing together in the beginning of our second year," said drummer Max Trefler, who attended the music program with bassist Greg Markham. "Initially, we casually discussed taking a year off of school to take a stab at trying the band full time, and it just stuck."

That was in 2006, and the years since leaving Humber and before *Cover Me Canada* were not easy, said the band.

"Looking back, it was always frustrating," said vocalist Travis Wood. "We felt like we were at a standstill, but at the same time were making choices not to put ourselves out there, because we knew we weren't there yet."

The band struggled making money playing songs they'd written, so they turned to the Toronto



COURTESY JAG GUNDU OF CBC  
Last band standing Whosarmy celebrate their victory in front of hundreds of fans. Members (L-R) Greg Markham, Max Trefler, Travis Wood, and Cory Williams said they hope to release their first full album early next year.

cover circuit, where they made enough cash to independently finance a first record.

When they heard about the reality show based entirely around cover bands, the band said the decision to audition was unanimous.

"Eventually we really struck a chord with what our brand is about

and what our sound is," said Wood. "*Cover Me Canada* was like our big coming out party, we finally found a stage where we felt like we belonged."

The band quickly amassed a loyal fan base, and before long groups of young women in matching Whosarmy t-shirts began showing up at

the tapings to cheer them on.

"We have fans now, it's a new thing for us," said Wood. "Our next step is getting an album out there. We've got to get out and interact with these people."

Cory Williams, who plays keyboard and guitar, is the quietest of the four musicians – but he pipes

up when the discussion turns to whether their fans will like their original music.

"Our sound was well represented on the show, and it's going to be a smooth transition for people who liked what we did with the covers," he said. "We were Whosarmy throughout the whole thing."

## HPV danger real for sexually active men, women



Sarah Rea  
Life Reporter

A Humber student said he feared his sex life was over when he contracted human papilloma virus.

Michael Christopher, 24, a second-year student in film and television at Humber, said the HPV diagnosis was horrifying and that everyone should be aware of the risks of unprotected sex.

"I met a girl at a club and brought her home the same night," said Christopher. "It was the first

time I tried anal sex, but I went unprotected and got the biggest fright of my life."

"[The HPV] lasted for about a year and a half before it disappeared, but I'm definitely not doing that again," he said.

Christopher said the virus appeared as small, round, soft and shiny warts located on the base of his penis.

"When I first saw them I was like, 'Oh shit!' When I found out what I had, I was depressed. I thought it was permanent and was sure I wouldn't be having sex ever again."

"Lucky for me, they went away," Christopher said.

"About three quarters of sexually active Canadians will be affected by HPV sometime in their life," said Sukhaina

S., a registered nurse for Tele-Health Ontario.

"The two major forms of HPV are high and low risk," she said. "Some strains cause

**"IT WAS THE FIRST TIME I TRIED ANAL SEX"**  
- MICHAEL CHRISTOPHER

genital warts, while others are infections that, when present in the body for a long period of time, may progress into cancer.

"This includes cancer of the cervix, the penis, the anus, the vulva, the vagina and the throat," she said.

Samy Mak, Humber's pharmacist and owner of MedSpot

pharmacy recommended that every student – male and female – get the Gardasil vaccine while they're covered.

"The vaccine is originally \$170 for three sessions, but with Humber's student plan, you only pay 10 to 20 per cent of that, rounding to about \$30 per session," said Mak.

"With HPV most commonly affecting teenagers and young adults, I especially recommend both genders get the vaccine, not only to protect themselves, but to take advantage of what might not be available after graduating," he said.

For more information on HPV and its vaccination, contact your local pharmacist or visit Humber's health clinics at North and Lakeshore campuses.

PHOTO BY SARAH REA  
Michael Christopher, 24, a second-year student in film and television, suffered with genital warts from HPV for a year-and-a-half.

**THIS WEEK**

**THURS**  
**17**  
**What:**  
**Volunteer**  
**Recruitment**  
**Fair**

**@Humber**  
**Time: 9am-1pm**  
Students get an opportunity to apply for volunteer positions organizations.

**FRI**  
**18**  
**International**  
**Development**  
**Innovation**  
**Fair**

**@Humber**  
**Time: 10 a.m.-3p.m.**  
Get info on international development, sponsored by Save the Children Canada and World Vision.

**SAT**  
**19**  
**Arresting**  
**Posters**  
**Opening**  
**Reception**

**@Toronto**  
**Time: 7p.m.**  
Opening of art exhibition celebrating human rights.

**SUN**  
**20**  
**Santa Claus**  
**Parade**  
**@Toronto**

107th annual Santa Claus parade featuring, for the first time, Mrs. Claus takes place in downtown Toronto.

**MON**  
**21**  
**HSF Big**  
**Brother**  
**@North**  
**Campus**

**Time: all day**  
First day of an event students compete for 24 hours to win a trip to Panama City from Best Break.

**TUES**  
**22**  
**Turning the**  
**Tide of HIV**  
**and AIDS in**  
**Africa**

**@North Campus**  
**TIME: 12 p.m. - 1:30p.m.**  
Discussing what is needed to bring change to the AIDS epidemic in Africa.

**WED**  
**23**  
**Humber**  
**Annual**  
**Aboriginal**  
**Powwow**

**@North Campus**  
**Time: All day**  
The event will be in the Student Center and will showcase Aboriginal culture.

By: Jennifer Alvarez

# Mrs. Claus makes her parade debut

**Kaite Boivin**  
News Reporter

**Jonathan Zettel**  
News Reporter

A special guest will make her first appearance at the 107th annual Santa Claus Parade in Toronto.

"Guess what? Every year from here on in the Santa Claus Parade will have Mrs. Claus," Santa said from his secret workshop.

"If it wasn't for Mrs. Claus, Santa wouldn't be nearly as popular as he is," he said.

Also new this year: Santa Cams. Cameras will be mounted

on Santa's float to take pictures of children along the route. Pictures will be available for downloading on the parade's webpage.

The parade marks the unofficial kickoff to the Christmas season, and is a tradition for people of all ages across the GTA.

"We are the largest children parade in the world," said Peter Bersford, president of the Santa Claus Parade.

More than 3,000 volunteers will bring this year's parade to life, which will feature 26 floats, 22 bands and over 1,200 marchers.

"Every year Santa wants it bigger and better than the year before," said Ron Barbaro co-chairman of the parade.

Jeff Shymko is one of 11 full-time artists trusted to create magic on each float for the thousands of children who

attend the parade.

"I like it. I get a lot of creative input for things that we do," Skymko said.

Kermit the Frog will be hopping along in this year's parade aboard the Muppets float, one of the many new floats to dazzle this year's parade.

Second-year law clerk student Cheryl Labiris says she was actually in the parade as a child.

"It was awesome, I love Christmas," Labiris said.

Also at thesantaclausparade.com children can enter a colouring contest for a chance to ride on Santa's float.

"The Santa Claus Parade is all about children," Bersford said.

The parade will run from Christie Pits to St. Lawrence Market on Sunday Nov. 20, and starts at 12:30 p.m.



PHOTO BY DOREEN DAWANG  
Disability services officer and medal bearer Alessia Di Virgilio (seated) is surrounded by Humber President John Davies (far left) and her colleagues at the Rick Hansen 25th Anniversary Relay Event.

# Rick Hansen Relay arrives

Humber disabilities officer Alessia DiViriglio honoured as medal bearer for 25th anniversary of famous global tour

**Doreen Dawang**  
Student Services Reporter

Disability services officer Alessia Di Virgilio was chosen to be Humber's official medal bearer for Rick Hansen's 25th Anniversary Relay, which stopped by North campus last week.

Retracing the original route Hansen travelled on his Man in Motion tour 25 years ago, the Relay began on Aug. 24 in Cape Spear, N.L., and will conclude in Vancouver B.C. on May 22. By the time the Relay wraps up, about 7,000 people will have passed the Rick Hansen Medal from hand to hand across Canada.

Di Virgilio received a warm welcome from faculty and students as she rode in her power chair into the college's main entrance, followed by

seven other participants from the Etobicoke community.

"I'm glad to be representing Humber," Di Virgilio said. "I've been working here for two years, and we've come a long way in providing initiatives and barrier-free access for people with disabilities."

Di Virgilio's colleagues nominated her as a medal bearer for her contributions to the disabilities department, and initiatives at Humber.

"Alessia is a great contributor to the Humber community," said Humber's president John Davies.

Bryan Tran, the Humber Students' Federation president, and Davies presented a donation of \$1,000 to the Rick Hansen Foundation for spinal cord injury research. Davies said it was an honour for

Humber to be a part of this event.

Davies said Humber staff are proud of "making sure our college is accessible to those who face challenges every day."

"We always try our best to eliminate boundaries for the disabled."

Lisa Clement, the Relay's media specialist, said Hansen's vision for this tour is to empower the next generation with his story – people who were not alive during Hansen's first cross-Canada tour can be inspired to create change.

"It doesn't matter your adversity – you can make a difference in the world," Clement said.

"It's not just about me, who is a person with a visible disability," Di Virgilio said, "but recognizing that we have come a long way."

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# Students vital to transit

Stephen Donkers  
Transportation Reporter

It is essential for post-secondary students to eschew cars and rely on public transit to increase its efficiency, said local politicians and transit experts during a forum held at Toronto City Hall on Nov. 9.

“Do I agree with mobility management? How can you disagree with sliced bread?” said Mississauga Mayor Hazel McCallion during the Toronto Talks Mobility meeting.

The event featured a discussion on the future of transportation in the GTA.

“It’s important to get support from students,” said McCallion. “College and university students depend more on transit than anybody else.”

Speakers defined “mobility transit” as a seamless transport system that gives riders the best value for their money and emphasizes convenience over the use of private vehicles.

McCallion said integrating transit systems is vital for creating jobs in the transit sector.

“Mobility management is taking all modes of transportation and managing it together,” she said. “It’s mixing the many different works of modes of transportation. That’s the key.”

Panelists said there needs to be one amalgamated organization with oversight over all modes of transit and transportation throughout a region.

## Aboriginal Pow Wow features art, dancers

Christian Quequish  
Guelph Humber Reporter

Humber College will be hosting its annual Aboriginal Pow Wow in the Student Centre at North campus on Nov. 23.

There will be different categories of dancing, including men’s traditional dancing, men’s fancy dancing, women’s traditional dancing, and women’s jingle dancing.

Derrick Bresette, a drummer, will act as master of ceremonies for the Pow Wow, said Jonathon Araujo, community liaison for Aboriginal Student Services at Humber.

Araujo organizes the Pow Wow with Shelley Charles, Humber elder and manager of aboriginal services.

“We do them annually for each campus. We do a fall Pow Wow for North campus, and a spring Pow Wow for Lakeshore campus,” said Araujo.



PHOTO BY STEPHEN DONKERS  
(L-R) Panel members George Hazel, transit expert, Mississauga Mayor Hazel McCallion, Barrie Mayor Jeff Lehman, and Bob Stanley, transit expert, discuss mobility transit.

Barrie Mayor Jeff Lehman said it’s “absolutely critical” for students to support mobility management-transit.

“It’s important because one of the biggest trip generators is post-secondary intuitions,” said Lehman. “I think the high [ridership] among students is crucial because otherwise you’re missing a huge potential part of ridership.”

Lehman said if the transit system

services a college or university better, it would make it easier for students – like those who can’t afford a car – to get to and from school.

George Hazel, chairman of a city planning organization in Edinburgh, said the push for mobility transit from students and the general youth is essential.

He said in the United Kingdom and other overseas countries, many students and young people are “are

setting an example by not buying or owning a car” and one reason for that is social networking.

“These are the urban dwellers because the main things they’re interested in are social networking on things like smart phones and tablets,” Hazel said. “They can’t use them when driving a car but they can when using other ways of transit.”

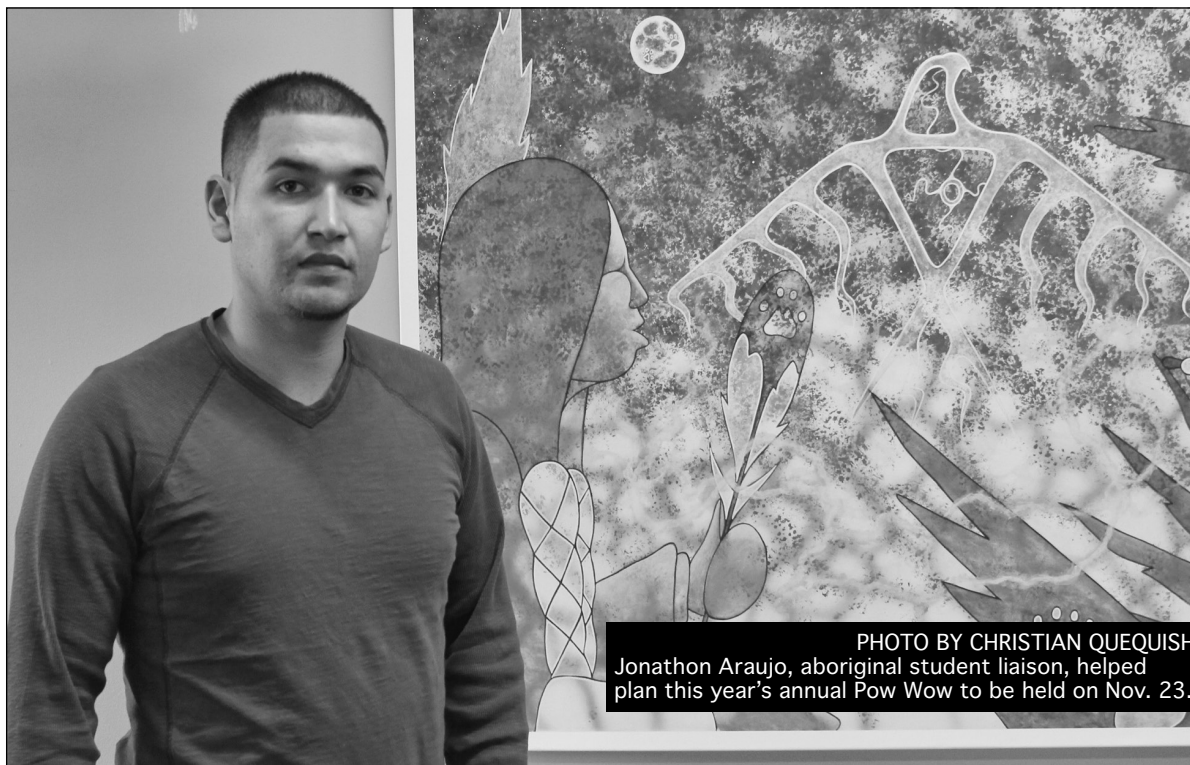


PHOTO BY CHRISTIAN QUEQUISH  
Jonathon Araujo, aboriginal student liaison, helped plan this year’s annual Pow Wow to be held on Nov. 23.

He said dancers, singers, and drummers from the GTA usually come to the Pow Wow to perform, but they also come from nearby native reserves such as Cape Croker.

He said Ojibwe artist Joseph Sagaj will have some of his art on display for the Pow Wow.

“There will be booths for hand-crafted moccasins, dream catchers, and other native crafts,” Araujo

added.

Charles said the Pow Wow started a few years ago as a way for students to gain awareness of aboriginal culture and history.

“When we have powwows, there is learning on multiple levels,” said Charles. “We needed a yearly event that would bring as many students and faculty together as possible.”

Charles said they hold the event

in November because it’s Aboriginal Education Month.

Loanna Harper will be dancing at this year’s Pow Wow, which she has been doing since its inception in 2008.

“The Pow Wow is great – having our connection to the drum shown to Humber,” said Harper. “It feels good to have recognition of our culture on campus.”

## Data based billing is a no-no; rules the CRTC

Philip Lam  
Biz + Tech Reporter

After some deliberation from the Canadian Radio-television and Telecommunications Commission, Internet users no longer have to worry they will be charged for the amount of data they use per month.

The CRTC reviewed mandating usage-based billing on Internet service providers (ISPs), forcing resellers to charge users for how much data they use over a billing period.

“Our aim is to foster a marketplace in which Canadians have as many options as possible for their Internet services,” said CRTC chairman Konrad von Finckenstein in a press release.

“Under the capacity-based model announced today, they will have to forecast their usage and plan accordingly.”

The CRTC said the ISPs proposal was not the right choice, and opted for capacity-based billing and the existing flat rate model for business-only use.

The plan would require independent ISPs to forecast their usage ahead of time and pay for extra bandwidth if needed.

“I absolutely believe it’s a very solid model and from that perspective it’s a step forward but I think the rates need to be revisited,” said Kate do Forno, a spokesperson for TekSavvy, an Ontario-based ISP.

She said TekSavvy, located in Chatham, is still calculating how the decision will affect current customers.

TekSavvy CEO Marc Gaudrault said the decision to adopt the new model makes competition for independent telecommunications companies difficult.

He affirmed that the company is satisfied with the structure the regulator has announced but the actual rates are too high.

OpenMedia.ca, a non-profit Internet user advocate organization, said the decision should allow independent ISPs to survive.

“We are hoping that this will stimulate competition and Canadians will start using their independent choices,” said OpenMedia spokesperson Lindsey Pinto.

“The model makes sense but the rates are still fairly high,” she said. “It is still a huge improvement on the decision that was originally laid down.”

# Airplane eye hospital comes to Toronto



COURTESY ORBIS  
ORBIS International's flying eye hospital is scheduled to land in Toronto's Pearson Airport today.

Jennifer Alvarez  
News Reporter

ORBIS International, a non-profit organization dedicated to fighting blindness, is going to hold a three-day fundraising event to raise awareness about their cause at Pearson International Airport starting today.

Christina Ip, donor relations and fundraiser co-ordinator at ORBIS Canada, said the organization has hired up to 100 volunteers for the event, which is to display the charity's airplane known as the Flying Eye Hospital.

"All of the volunteers will get an opportunity to tour the plane and meet some of our Flying Eye Hospital staff who will also be on the plane and giving the tours," Ip said.

ORBIS International is a New

York-based non-profit dedicated to saving sight worldwide since 1973.

"The plane is really special and it doesn't visit Canada very often so I think we'll get a chance to meet people who are interested in what we do," Ip said. "There will also be an opportunity for those who are new to ORBIS to learn a little bit more about our organization."

The Flying Eye Hospital is a fully equipped, state-of-the-art DC-10 jetliner with an operating room, recovery room, and 48-seat classroom.

Local optometrist Dr. Lorne Berman, whose practice is located at Rexdale near Humber North campus, said he thinks the ORBIS tour is a positive event that encourages good will in others.

"I think that certainly by doing that [touring], they're bringing at-

tention and awareness about eye care and the developing world... it encourages people to volunteer and helps them get funding as well," Berman said.

Humber nursing student Niall Tamayo, 21, says he thinks the ORBIS International Canadian Goodwill Tour is an opportunity for college students.

"To see the impact on people's lives as a result of the work of others, who are basically working for free, is just inspiring," said Tamayo.

The tour is open to the public and ORBIS is asking for a \$20 donation from patrons.

People interested in attending the event must pre-register in person at the ORBIS Canada office on 340 College St. or over the phone by calling 1-877-ORBIS-CA (672-4772).

## Industrial design prof helps to create new accessible streetcars

Alexandra Gundy  
City Hall Reporter

Ken Cummings was part of the four-person panel of experts that assisted with the creation of the Toronto Transit Commission's new streetcars.

Cummings, an industrial design instructor at Humber, said the new streetcars are intended to replace the current fleet of 248 streetcars over the next six years, and that the new light rail vehicles (LRV) are unlike any streetcar design Toronto has seen before.

"The streetcars have been updated before, but this is the first time the TTC has completely redesigned them," said Cummings.

The public was invited to attend a four-day event last week, where the new cars were unveiled in a life size mock-up.

The TTC consulted the panel

several times over the past two years as the design progressed.

"My focus was how easily can people use this streetcar and how can we make sure it functions more efficiently," said Cummings. "A streetcar is no good while it's standing still, so we lowered it to ground level. Without stairs, each passenger boards a little bit quicker."

Lowering the streetcars so they rest only a few inches off the ground, will allow people who use mobility devices and those who are pushing strollers to board easily.

"Our current streetcars are just not accessible," Danny Nicholson, director of TTC corporate communications. "These new LRVs will be low-floor streetcars, will come with a ramp that can be deployed for people in wheelchairs, and will have wheelchair seating."

The mock-up shows a completely enclosed driver area, as passen-

gers will no longer pay fares directly to the streetcar driver.

"People will be able to board from both the front and the back doors," said Nicholson. "Uniformed TTC officers will then approach people at random and ask to see their tickets. It is based off of London's rail system."

Celina Wong, who attended the opening with her son, said, "There isn't much standing room, and these aisles seem too narrow."

"People struggle with strollers as it is, and I don't see how that is going to be accommodated."

One younger rider who attended the unveiling approved of the new low-floor design.

"The old streetcars were really high, it was hard for me to get on. This will be easier for everyone," said 8-year old Bryan Arnold.



PHOTO BY ALEXANDRA GUNDY  
Bryan Arnold, 8, and his father Shawn Arnold, are regular riders on Toronto streetcars and excited about new features.



COURTESY GREENCHIP FINANCIAL  
Greenchip Financial predicts almost 5 per cent of Ontario's electricity use will come from green sources, such as wind turbines, by 2015.

## Renewable energy program under review

Kate McCullough  
Queen's Park Reporter

The Ontario Government is currently reviewing its Feed-in-Tariff (FIT) program, making producers of renewable energy nervous, a co-ordinator for Humber's sustainable energy and building technology program said.

The FIT program offers stable prices and long-term contracts to renewable energy producers using wind, solar, biomass, water power and other green sources.

"People who are contemplating it are most concerned about the price reduction," said Kerry Johnston, sustainability program co-ordinator at Humber.

He said new applicants to the FIT program are particularly concerned about the review, fearing that they

will lose the government's support.

The FIT program was introduced in 2009 to stimulate the production of renewable energy in Ontario by guaranteeing producers a minimal profit margin.

Energy Minister Chris Bentley said producers who applied to the microFIT program, which supports smaller energy projects, before Aug. 31 won't be affected by the review.

"If they're approved, they'll get the old price," he said.

Bentley said the government is hoping to streamline the application process so it can be approved more quickly.

John Cook, president of Greenchip Financial, an investment management firm focused on green energy, said the processing speed is an issue for those in the industry.

"A lot of producers are disgruntled that it's taking so long to get hooked up to the grid," he said.

Cook said the cost of energy will continue to rise – but little of that cost is due to green energy – Greenchip Financial predicts that renewable energy will be responsible for a five per cent increase to rate-payers' bills.

"It's going to be the smallest of price increasing," he said.

## Grad's new book hopes to redefine role of protagonist

Author writes dream character in first novel

**Bianca Bykhovsky**  
A&E Reporter

Sarah Lashbrook's first novel *Where the Stream and Creek Collide* features a paraplegic character who refuse to be define by her disability – surviving rape, violent attacks and terrible accidents to showcase her inner strength.

"It has been a dream of mine to have a protagonist who was disabled, but for the storyline to not be about their disability" said Lashbrook, a Humber graduate.

"You never hear 'I wheeled down

the hall' in the literary world without that being the main focus," she said.

Michael Kopinak, associate director of public safety, worked with Lashbrook when she was a research assistant at Humber.

Kopinak said he remembers her as being interested in creative writing and as an inspiration because, "She never let her disability hinder her in any way."

Lashbrook graduated from Humber's journalism program in 2002, and completed a post graduate certificate in writing, directing and producing for television in 2003.

She then went on to work at CityTV, Global and local newspapers.

Lashbrook said she wanted to do something different after finishing her studies in journalism, and decided to write a novel.

"I have always loved writing and when I was younger, I was able to have a dream through the Sunshine Foundation [which supports children with disabilities] and meet Roseanne Barr and go down to California for a bit," said Lashbrook, who admits the residence written about in the novel physically resembles the one she volunteered at dur-

ing her Humber years.

She said this is when she first realized her love for writing and media.

Sharon Bowes former CTV news anchor and current marketing manager, said *Where the Stream and Creek Collide* and Lashbrook initially met through a telethon, shortly after Lashbrook's car accident in which she lost both legs.

Bowes said, the novel "elicits an emotional response from the get-go. No one can hold her down, she has this inner strength that no one can break."

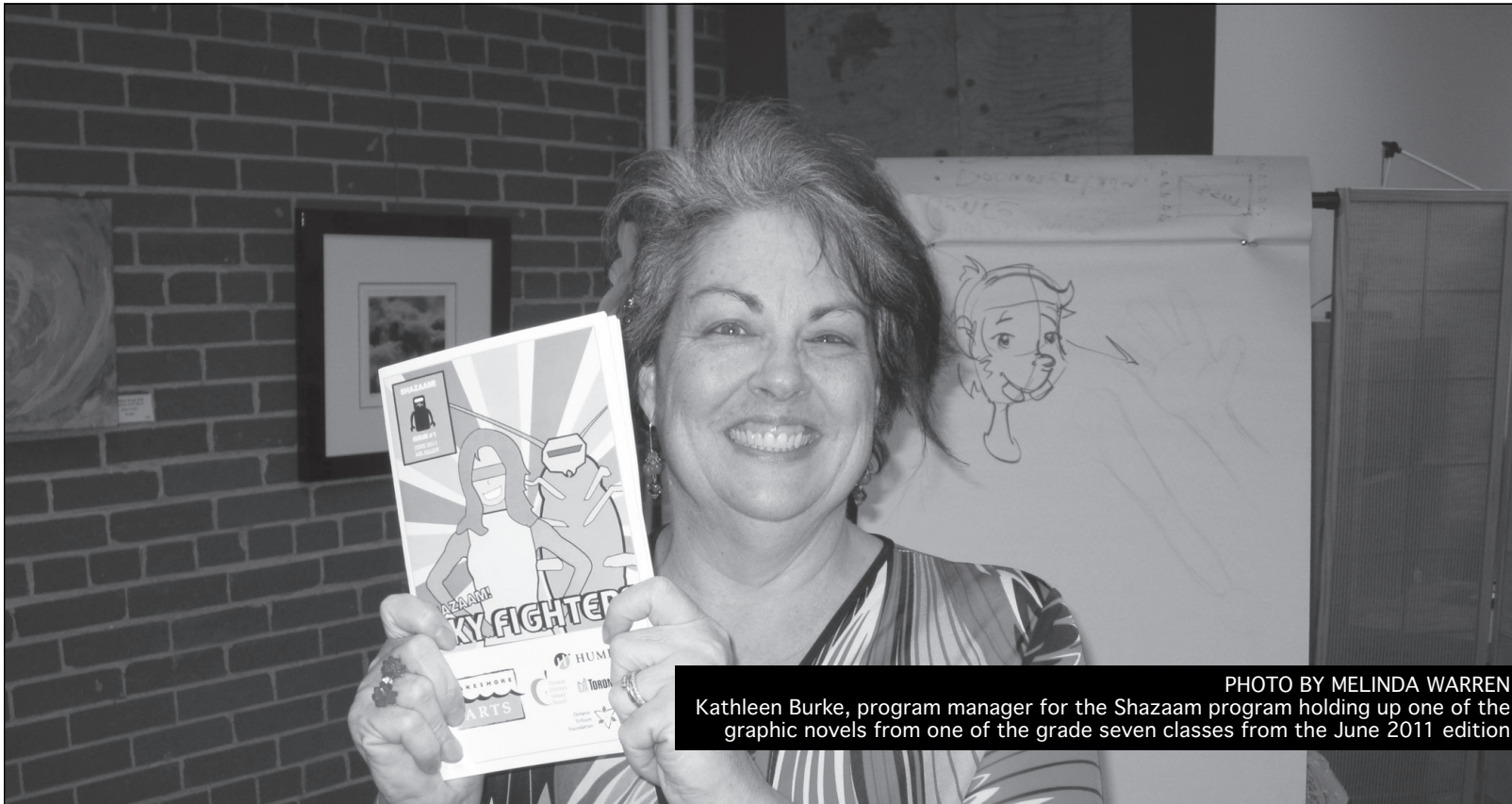


PHOTO BY MELINDA WARREN  
Kathleen Burke, program manager for the Shazaam program holding up one of the graphic novels from one of the grade seven classes from the June 2011 edition

## Humber design interns encourage seventh graders to create literary art

**Melinda Warren**  
A&E Reporter

Humber is helping seventh grade students create graphic novels with an interactive in-class workshop, geared towards enhancing graphic design and creative writing skills.

The Shazaam workshop, happening at Second Street Junior Middle School in south Etobicoke, is aimed at helping students discover their creative, literary, art and communication skills.

"When it started out it was very rudimentary. It was only for the grade sevens," said Kathleen Burke,

program manager for Shazaam.

The first graphic novel was published in 2008 by two seventh grade classes.

The program has changed since the beginning, as artists are now brought in to teach the kids fundamentals in drawing, Burke said.

"The students really become engaged within this context because they understand it," Burke said.

It's not about getting marks, it's not about being right or wrong, it's about them. It becomes more and more prolific as the classes progress," Burke said.

The school was chosen for this

program as they are a school in need and do not have an art teacher of their own, she said.

Humber has played an important role for Shazaam by sponsoring the program and by having two students from the graphic design program intern there, said David Barkworth, graphic design professor at Humber.

The interns digitally scan the comics the kids draw and design the cover of the graphic novel to end up with the finished product, he said.

"The main thing is giving the kids the opportunity to do something and see it in print. Seeing it reproduced, that's the big thing for them,"

Barkworth said, who also acts as a mentor to the interns.

"It is a good example for them to see how even though they think they are doing something that's arts-based, they are really doing something that's literacy based," said Cheryl Howe, principal of Second Street Junior Middle School.

Shazaam helps the students because it helps further develop their social, conflict resolution and self-assessment skills, Howe said.

"This is real life learning for the kids, it's not textbook learning."

### AUDIO FILES MUSIC REVIEWS



by Alex Fuller

**FOUR THE RECORD**  
MIRANDA LAMBERT  
NOV. 1/RCA

Miranda Lambert's fourth studio album is more mature than her previous album, *Revolution* but there are no real standout songs.

★★★★

**TAKE CARE**  
DRAKE  
NOV. 15/CASH MONEY

Drake truly makes it with "Take Care," a fine example of a newer kind of R&B. This ground-breaking album is every bit as much of a smash-hit as last year's "Thank Me Later".

★★★★★

**THE LOST CHILDREN**  
DISTURBED  
NOV. 8/REPRISE

This album is a compilation of B-side songs similar to previous album *Asylum*, and the flow is not perfect. Disturbed is maintaining much of the same sound and style, rather than evolving with each new album.

★★★

## Light and sound take on clothes

**Dona Boulos**  
A&E Reporter

Have you ever wanted your jacket to sing and light up when you're hugged?

The Toronto-based centre 401 Richmond is offering workshops on the LilyPad Microcontroller, a device that can make light and sound within fabric can make exactly that happen.

"One thing that's interesting is you can combine different kinds of art with technology. They get to play with tradition and then get to add something new," said Jennifer Hambleton, a teacher at the centre.

The students learn how to design their own original prints, which they sew into fabric. When the LilyPad is activated, the conductive yarn then lights up.

It's a good thing to be able to show," said Saskia Wassing-Shepherd, a teacher at 401 Richmond.

The LilyPad Microcontroller could help visual and digital artists in their desired area of visual arts in the future, said Wassing-Shepherd.

The tool "is basically a mini computer that you put in soft fabrics and is activated with conductive yarns," said Hambleton.

LilyPad creations could be used for a skirt, a bag or even drapes, said Rachel MacHenry, a teacher at the centre.

"We have a lot of people attending the workshops, some of which are professionals and a lot are students," said MacHenry.

"The workshops give people access to a range of skills and allow them to broaden their experience in art," she said.

Barbara Anderson-Huget, a visual and digital arts professor at Humber, said she has been bringing second-year students to 401 Richmond for six years.

"The very best place for students to start is by joining an artist-run centre because an artist-run centre is a group of like-minded people who've already broken into the field," said Anderson-Huget.

# Former journalism student tells of Ottoman Empire seige

**Brandon Humber**  
A&E Reporter

Marthese Fenech is an internationally published author, and she credits two Humber programs with giving her the skills she needed to hone her craft.

Fenech, whose first novel *Eight Pointed Cross* was published earlier this year, is a former journalism student and a 2004 alumna of the School for Writers.

Her book is historical fiction, retelling of the Ottoman Empire's first siege on the island of Malta in the 16th century.

"The story has been told in history books, but not in an entertaining sort of way," said Fenech, who is of Maltese descent.

Fenech said attending the School for Writers was one of the best decisions she made while writing the book, as she was paired with an established author as a mentor.

She said "the mentors are critical, which is good," Fenech said. "They don't sugar-coat anything, so you learn very early on what your weaknesses are...so you're able to work and improve them."

Fenech said that the journalism program also taught her skills that helped her in the writing process.

"It gave me the confidence to contact people and interview them, like historians," said Fenech, adding the program also helped her establish connections with successful writers at the school.

One such connection was Anta-

nas Sileika, now the director of the School for Writers, who Fenech kept in contact with and periodically showed her progress with the novel.

"She showed me pieces of the book...I thought it was great and sweeping," Sileika said. "It was interesting and fast and fun."

Another person privy to early drafts of the book was Carol Rassmussen, who assisted with editing.

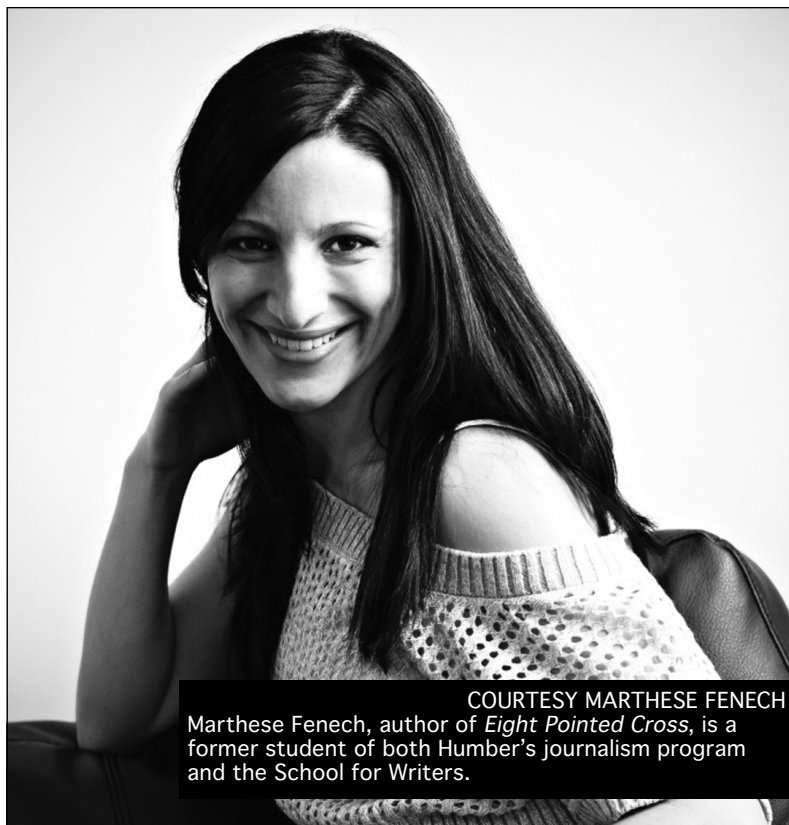
"When I first got the manuscript it was 1,100 pages long," Rassmussen

said. "She could have easily gone on and turned it into a trilogy."

"Part of the whole process has been trying to figure out what to do with this fabulous amount of writing," she said.

Eventually, the book was cut down to 640 pages, with Fenech planning to produce a sequel.

*Eight Pointed Cross* can be purchased through Fenech's website, [www.marthesefenech.com](http://www.marthesefenech.com)



COURTESY MARTHESE FENECH  
Marthese Fenech, author of *Eight Pointed Cross*, is a former student of both Humber's journalism program and the School for Writers.



PHOTO BY JENNIFER ALVAREZ  
Arden Dali, a Rexdale rapper known as Lamma, will be at LinX Lounge Nov. 24 for a performance during pub night.

## Rexdale rapper's strife fuels inspiration

**Jennifer Alvarez**  
A&E Reporter

Rexdale hip-hop artist Lamma will be performing at LinX Lounge next Thursday, and said he is excited to see how Humber students react to his music.

Arden "Lamma" Dali said his music is something that almost anyone, will enjoy.

"Anyone who comes out to a show can expect to hear a fun and fresh sound and lyrical content that is above average," said Lamma.

The MC has been rapping since he was eight years old and credits his love of the hip-hop genre to conscious rap and lyrical artists.

"Growing up, I was really into Rick James, Teena Marie, D'Angelo, Teedra Moses, Dennis Brown, Curtis Mayfield, reggae music and Method

Man," said Lamma.

Dali was born in the Jane Street and Dundas Street West area in a housing complex before moving to Rexdale in 1999 with his family. He said it's a place where he's always felt right at home.

"I never thought of Rexdale as a bad place, you know? The surroundings and the people are nice and, like anywhere, bad things sometimes happen," Lamma added.

Dali, said his music focuses on both his belief that knowledge is power and on his personal life experiences.

Lamma said he grew up in a single parent household and went through the struggles, as every single-parent child goes through, admitting that it wasn't easy growing up.

Despite the struggle, Dali remains upbeat and said he sees those experiences as something to give his music more dimension and depth.

Dwane Prawl, Dali's manager, said Lamma's performance next week will be something Humber won't soon forget.

"I think that Humber students should go to his performance on the 24th to see something that is not the norm. If you're into music that touches your heart and soul, Lamma is the perfect person to listen to."

# Breast Fest brings awareness

**Alex Fuller**  
A&E Reporter

The world's only breast cancer film festival begins in Toronto tomorrow.

Breast Fest will run through the weekend, beginning with the screening of the documentary *Baring It All* Friday at 8 p.m. at the Royal Ontario Museum, offering audiences a chance to explore breast cancer issues through films, a comedy show, luncheon and panel discussion.

Michelle Rothstein, Breast Fest's artistic director, said the decision to highlight breast cancer through film was made because film as a medium has a broad appeal and is easily relatable to a wider variety of people.

"We know what the medium can do," said Rothstein. "Film is a fantastic way of exposing people to new ideas."

Mississauga resident and breast cancer survivor Edna O'Dell said she almost missed that three-month window to treat her condition, and urges women to have physicals and mammograms done annually.

"If it brings awareness, then, yes,

it appeals to me," O'Dell said of the festival.

O'Dell said cancer drastically changed her outlook, as her radiation and chemotherapy treatments left her ill and exhausted on a regular basis. O'Dell also underwent a mastectomy operation.

"The big c-word scared me to death," she said. "It makes you realize that hey, you're not going to live forever."

"You don't know what to feel, you don't even know what to think," said former Humber student Rhys Law, who was diagnosed with acute lymphoblastic leukemia partway through his first year at the college.

Law and O'Dell both said cancer is something everyone can relate to, and Rothstein said one in nine women could potentially die from breast cancer.

A complete schedule for Breast Fest is available online at [breastfestfilmfest.com](http://breastfestfilmfest.com). Tickets to festival screenings are now on sale.

The first five students to e-mail [hello@breastfestfilmfest.com](mailto:hello@breastfestfilmfest.com) with "Humber ticket giveaway" in the subject line will gain free admis-

sion to the fourth annual Breast Fest Comedy and Cancer panel event, a discussion "about the zeitgeist of

using comedy and cancer together," said Rothstein.

The panel will take place this Sun-

day at 1:30 p.m. at the ROM, and will be moderated by film critic Richard Crouse.



PHOTO BY EDNA O'DELL  
Mississauga resident Edna O'Dell has twice survived breast cancer.



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# Students innovate for aid groups

**Victoria Brown**  
Biz + Tech Reporter

Technology to help decrease fraud in emergency relief situations will be featured at Humber's first International Development Innovation Fair tomorrow.

Last Mile Mobile, an ID card system by international charity World Vision, ensures families receive the resources they should based on

weight, personal needs and age, said Vito Scuderi, a member of World Vision's knowledge and innovation team.

"It reduces fraud," said Scuderi. "It reduces errors, and it increases the speed that allows us to reach more children and families."

The fair will allow World Vision to share this technology with other organizations to be more effective and help more families, Scuderi

said.

"They're doing the same work as us, but we're doing it much faster," Scuderi said. "We're duplicating the work if we don't share that technology."

The fair will take place at Lakeshore campus, and Humber is partnering with World Vision and Save the Children, which will attend the event looking at innovations from students, said Susan MacGregor,

co-ordinator of the fair and program co-ordinator for the international development program.

"The whole point is that they need new ideas and new eyes looking at things," said MacGregor. "In many cases people who have been working in the industry for 20 years lose track of what's new."

MacGregor said one of the fair's goals is to raise awareness for the UN's Universal Children's Day on

Sunday.

Ted Glenn, co-ordinator of the public administration program, said he has done eight development projects with Humber, and that he will be attending the fair.

"There's more of an opportunity to walk around, talk to a lot of people and look around at different booths," said Glenn.

## Crowd-sourced cartography from Google maps

**Ryan Saundercok**  
Biz + Tech Reporter

North campus may soon be a little easier to navigate with the assistance of Google Map Maker, a feature that allows anyone to edit and improve Google Maps.

The tool allows users to add roads, paths, rivers, businesses and other points of interest, said Google spokesperson Aaron Brindle.

"We're encouraging students to familiarize themselves with Map Maker," he said. "We want them to mark down their favourite routes across the campus, to make sure the library and gymnasium are in the right place, and that coffee place you might go to between classes."

Brindle said Google does not have the capacity to make maps accurate without this "hyper-local input."

"The kind of information that people are searching for these days is really localized and specific," he said. "There are no maps that ex-

ist that reflect that kind of intimate knowledge that our users have."

Rob Robson, co-ordinator of Humber's information technology programs, said it's very rare for people to deliberately input incorrect information with a system like Wikipedia or Map Maker.

"There are very few people out there who want to provide incorrect information," said Robson.

"People take it very seriously."

He added that fake or incorrect information is corrected quickly.

"This could very well be the way to enlist the help of literally thousands of volunteers to improve the quality of maps around the world," said Robson.

Meg Hastings, 20, a second-year film and television production student, said despite being used to it now, she found the campus confusing during her first year.

"Me and my friend found out about the Second Cup and the hotdog guy completely

by chance," said Hastings. "A map on Google Maps would be very helpful, it would make it easier to find what you need, especially for new students."

Changes to Google Maps will be reviewed by a team at Google and by other users before

being officially posted.

Developed by a team of Google engineers in India, Map Maker was first released in 2008 to Iceland, Pakistan, and Cyprus, and other countries before it became available in Canada in October.



COURTESY GOOGLE  
Google's new Map Maker tool allows users to edit and improve Google Maps.



PHOTO BY MARK MULLEN  
The Gibson Firebird X provides players with plenty of freedom to sculpt their sound, but the price and concerns about its reliability during performance are drawbacks.

## Computer-loaded guitar has many features, many critics

**Mark Mullen**  
Biz + Tech Reporter

Gibson has again divided musicians with its new computer-carrying, \$4,000 Firebird X guitar, as some think the innovation could be a big plus for musicians while others are still skeptical as to quality.

The famous instrument maker has made revolutionary and sometimes controversial changes to electric guitars over the decades.

"From what I know of Gibson products, I would have no doubt [the effects] would be very top of the line," said Andrew Scott, a Humber music instructor. "It would be great for a student to get to experiment with different sonic timbres and different musical styles that require those different effects – but without having to buy 12 individual [effects] pedals."

The Firebird X functions with an advanced multi-processor and switches to provide players with multiple built-in effects, over 2,000 pickup combinations and a robotic tuning system.

Kayle Goguen, audio engineer at Toronto-based Oak Studios, said the guitar could be useful in teach-

ing music composition, but not in an audio engineering setting.

"It's better to teach things that are more prominent in the industry," he said, "like how to get the effects in the Firebird using common equipment instead of using the guitar's shortcuts."

The built-in effects are convenient but lack sound quality, he added.

"In audio engineering you usually get the best effects out of single units that are just made to do that one effect," he said.

John Bradley, a guitar technician at retailer Long and McQuade, said the Firebird X is "too over the top" and the robotic tuners often need

repairing, citing Gibson's previous robotic tuning systems.

"Most of the time, the tuners go bad," he said, adding that replacing a tuning pot costs over \$90.

Aaron Marshall, a guitar sales rep at Steve's Music, said the purpose of the built-in effects is to reduce noise and latency in the guitar signal, but this could cause problems for on-stage performance.

He said if "something in the effects engine goes awry, then your whole instrument goes."

"When you're playing with a regular effects pedal, well, you can pull the broken one out of the chain and keep playing."

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COURTESY K. RAKER  
A study by the University of Colorado at Boulder says fatty acids in fed Burmese pythons increase the size of their hearts.

## Snake heart study helps humans

Amber Daugherty  
Biz + Tech Reporter

A study from the University of Colorado-Boulder involving pythons has shown that reptile heart growth could someday help curb human heart diseases.

The study, published in the Oct. 28 issue of the journal *Science*, found that one day after eating, the amount of fatty acids circulating in Burmese pythons' blood increased 50 times, which helped their hearts grow.

Researchers found the fat actually boosted the activity of a key enzyme that protects the heart.

Basic observation of python heart cells before and after feeding led to the discovery, said Cecilia Riquelme, a Colorado University postdoctoral researcher.

"That search was kind of like looking for a needle in a haystack because the [blood] plasma is so rich in different things – thousands of proteins, lipids, so it could be anything," Riquelme said.

She said the pythons' blood had so much fat in it that it looked milky, and the next step was to determine what specifically in the blood plasma was causing the growth.

Researchers eventually found it was the fatty acids known as triglycerides – the main components of natural fats and oils – that caused the growth.

Brooke Harrison, a Colorado University postdoctoral research associate, said the group injected plasma from pythons who had eaten into other pythons that had not eaten, and found that it caused their hearts to grow.

"That was my main role – putting the fatty acids into mice and showing that they trigger what seemed to be beneficial cardiac growth," he said.

The two researchers said they now want to test mice with human-related heart diseases including hypertension.

"We would obviously like to think that the fatty acids might have some ability to improve the cardiac function of mice if they had some heart disease," Harrison said.

Matt Mayer, a senior mission specialist at the Heart and Stroke Foundation, said the study was promising and could lead to the prevention of heart diseases.



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WEDNESDAY

December 7, 2011 at 12:15 pm  
Auditorium at Lakeshore Campus

## From Backpack to Briefcase: How to Thrive in the Hyperspeed Workforce Without Losing Your Mind.



Tod Maffin is one of North America's leading digital marketing experts, specializing in viral and ROI-based campaigns for sectors from human resources to real estate to education. Maffin, chief strategist at tMedia Strategies, is one of the country's go-to commentators on the impact of accelerated technological change and innovation on the business and economic environment and can speak to every aspect of technology and resulting implications for the world in which we live.

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### BEST OF TECH

Ever wondered about the connection between your parents' liquor cabinet and that iPod full of tunes? Drinkify.org is a website that connects the dots, recommending libations based on whichever band/artist typed into the search.

### WORST OF TECH

With the winter season almost here, there's an app that promises to warm you up. Pocket Heater gives the illusion coils are heating up as they begin to glow orange. Why wear gloves when you can pretend your phone is keeping your hands warm?



PHOTO BY NADINE MARTIN  
International students Jason Benlas (Jamaica) & Christie Milling (Guyana) are part of the diverse community.

## Humber broadens student diversity

Nadine Martin  
Life Reporter

Students from a record 99 countries enrolled at Humber this year – up from 84 last year – said Diane Simpson, director of the International Centre.

“It’s really a global trend for students to be looking elsewhere for education, especially [from] countries where the post-secondary education sector isn’t as strong as it is in Canada,” said Simpson.

Michael Hatton, vice-president of academic administration, said having 99 countries represented within the student body is remarkable.

“This makes us one of the most diverse post-secondary institutions found anywhere in the world, and we expect the number of countries from which students currently come to actually increase over the next couple of years,” said Hatton.

“Coming to Humber really was based on a reference from one of my

**“HUMBER HAS STUDENTS FROM 99 DIFFERENT COUNTRIES”**

**- MICHAEL HATTON, VP ACADEMIC**

Simpson said for many of these students, the post-secondary education opportunities in their home countries are just not there, so high numbers of students choose to study internationally.

“Many international students are not only looking for education, but they’re looking for the best opportunities they can find in terms of living and immigration,” said Simpson.

Simpson said Humber has earned a reputation around the world as being a college that has high employment rates after graduation.

“Facts like this offer strong pulls for students when they’re looking at post secondary education somewhere like Humber.

“Students who seek out an international experience at Humber can usually find information through local agent representatives within their country, which helps students find education opportunities abroad,” said Simpson.

professors named Anton Brown,” said Jason Benlas, 26, second-year student in tourism management travel industry services.

“[Brown] is an official representative in Jamaica of Humber College. He recruits students from Jamaica to Humber,” said Benlas.

Benlas said tourism in Jamaica is the main source of employment and he chose to come to Humber because, “it has a good reputation in the business community”.

Benlas said he wants to get into business once he finishes his internship in Banff, Alberta at Brewster Travel Canada.

The countries added to Humber’s roster, Simpson noted, include: Argentina, Aruba, Azerbaijan, Bolivia, Bosnia-Herzegovina, Bulgaria, Central African Republic, Chile, Equatorial Guinea, Fiji, Georgia, Honduras, Liberia, Malawi, Malaysia, Mali, Namibia, New Zealand, North Korea, St. Kitts and Nevis, and Switzerland.

# Being brand aware

A marketing expert talks ads and buying with Humber

Alex Consiglio  
Senior Reporter

Students and faculty were warned Monday that major corporations are manipulating their minds and stuffing their own pockets in turn.

Martin Lindstrom, marketing guru and author, presented to an invitation-only crowd of over 900 people, including students, professors, department heads and corporate partners of Humber at The Royal Conservatory in Toronto.

“I do feel sometimes companies can go too far,” said Lindstrom, the spotlight following him as he jumped off the stage to interact with the audience. “I’ve gone too far throughout my life.”

Lindstrom, procured by Humber over a year of negotiations and in time for the release of his book, *Brandwashed*, told the crowd brands are ingrained in their minds, even before birth, and it’s unavoidable.

“It’s very hard for the consumer to be aware,” he said. “Our self-esteem is going down and we compensate with brands and advertising, it’s not religion anymore. Religion is a dying phenomena.”

He drew parallels between spiritual belief and loyal faith in a brand,



COURTESY DAVID LUI  
Lindstrom on stage at the Royal Conservatory in Toronto.

detailing how advertisers influence the unconscious mind and make brand loyalty inevitable.

“If you’re aware you are affected by unconscious signals, they won’t be unconscious anymore,” he said. “Everything in the entire world can be branded.”

Michael Hatton, vice-president academic, said he timed Lindstrom’s appearance around the buzz of his book.

“He’s interested in a better world of marketing, with a strong ethical component,” said Hatton, adding it was a great eye-opener for students in the crowd.

The same goes for Humber’s corporate partners, he said, during a luncheon he hosted after the pre-

sentation.

“An opportunity for them to hear from a guy who’s a consultant for fortune 500 companies.”

Hatton said he managed to nab Lindstrom for the day, including another presentation at Humber later Monday night, but declined to say how much it cost the college.

“It’s a matter of negotiation,” he said. “When I start taking about things like that, I can’t negotiate with other people.”

Lindstrom’s last book, *Buy-ology*, was a New York Times Bestseller.

“I don’t want to call branding evil,” said Lindstrom. “My goal is to make people make up their own minds.”



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# Business ideas to offer opportunities

**Mamta Lulla**  
Life Reporter

Toronto Startup Weekend kicks off this week, where people of all ages can gather and pitch web based or mobile application business ideas, said the organizer.

"It helps grass root innovation and entrepreneurship for people if they want to leave what they are doing," said Chris Eben, a Startup Weekend Toronto organizer.

"It brings like-minded people together and allows to then network," said Eben.

Starting tomorrow, people will have 90 seconds to pitch their ideas, Eben said.

"It's about getting people together," said Eben.

"Everyone brings a different perspective and that's why this is great."

Eben expects students from different colleges, including Humber to bring energy and expectation that anything and everything is possible because young people have

## "EVERYONE BRINGS A DIFFERENT PERSPECTIVE THAT'S WHY THIS IS GREAT"

- CHRIS EBEN, STARTUP ORGANIZER

the attitude of possibility, he said.

He said they're looking for innovative, marketable ideas that have potential to solve real problems.

"At the end of the weekend we need to show judges, venture capitalists and business angels a mock

or a demonstration of the idea," Eben said.

Shanna Brown, 19, a first-year fashion arts student, said she thinks it's a good opportunity because some people don't get jobs immediately after they complete a program.

"Those who have ideas could pitch it to professionals and get a career out of it," said Brown.

Brown said it's a way for Humber students to seize opportunities, since most college students don't have the money to start a business.

"I think that there are a number of students who have entrepreneur-

ial spirit," said Kalene Morgan, program co-ordinator of the public relations post-graduate program.

She said this is a good opportunity for students to network, and be introduced to businesses that might help them later.

Morgan advises Humber students to watch CBC's *Dragon's Den* where new entrepreneurs appeal to established business leaders for support.

"Watching this show gives you a good idea of the preposition and funding," she said.



INTERNATIONAL DEVELOPMENT INSTITUTE

## INTERNATIONAL DEVELOPMENT INNOVATION FAIR



## FRESH IDEAS: CHILDREN AND YOUTH

### OPEN INVITATION

**DATE:** November 18th, 2011

**TIME:** 10:00 am - 3:00 pm

**LOCATION:** Humber College - Lakeshore Campus  
3199 Lakeshore Blvd West, Toronto  
Building L, 1017

**PARKING:** Pay lot available on campus  
(South on 23rd Street off Lakeshore)

**CONTACT:** Susan MacGregor  
416.675.6622 ext 3032  
susan.macgregor@humber.ca

Co-sponsored by:



### The Purpose:

Universal Child's Day is on November 20th. This event will serve as a way for the International Development Community, including both practitioners and academics to showcase the innovative projects that are currently being practiced with respect to children and youth.

### The Goals:

The fair will provide a place to share ideas, brainstorm solutions and benefit from the input of students, colleagues and those in complementary industries. The aspiration is that input from participants, particularly youth, will be a catalyst toward further innovations in the International Development industry and beyond.

### The Showcase Event:

The fair will allow participants to visualize the ideas of others, the breakout sessions will provide for in-depth discussion and the interactive components will provide a platform for the growth of new innovations.

## Students should seek jobs early for employment after graduation

**Tim Blake**  
Life Reporter

With jobs difficult to come by after the 2008 recession, it's wise to not have high standards when seeking employment, said Grant Wever, a graduate from Humber's culinary program.

"Be easy. You're working for them; they're not working for you," said Wever, 19, who graduated in May and now works at Bistro Riviera in Erin, Ont.

Wever said he knows other students who have been able to find work after graduation with little trouble, as long as they apply to more than one place.

Wever said internships through Humber are an integral part of finding work. While doing his internship at Ray's Bakery in Alton, Ont., Wever was offered a full-time position – but had to turn it down due to his job at the bistro, where he's been employed since he was 15.

Parul Maluiya, 26, a first-year project management student, said even though she's working part-time, it's still difficult to find full-time work because she is an international student.

Because of her status, Maluiya can only work a weekly maximum of 20 hours.

"In today's economy, we have more of a demand from students than we have supply," said John Davies, Humber's president.

Davies said unemployment among students is high, but Canada's unemployment rate in general is likely lower than anywhere else.

"This is a tougher time, no question about it," Davies said. "The next four to five years will be tight in the job market."

Karen Fast, manager of the Career Centre, said a problem with unemployment among graduates is that many students don't apply fast enough.

Students should apply for work as early as the December or January before graduation in May, Fast said.

"We're not seeing any progression [in the economy]," Fast said, "but I think students are in one of the better positions."

Fast said companies are looking for young people with fresh ideas who are able to keep up in a business world that's reliant on technology and social media like Facebook and Twitter.

# SS murder spurs journalism student

**Nicholas Camilleri**  
Life Reporter

A first-year journalism student has made an emotional discovery connecting him to a relative who was slain by the Nazi SS during the Second World War.

Michael Barry Dejonge's [last name has been changed from De Jong when the family immigrated to Canada] grandmother was researching her late husband's genealogy when she learned last week that her

grandson shared more than a name with his great grandfather's cousin.

Adrianus Michiel De Jong was a Dutch journalist, author and member of the Social Democratic Labor Party in the Netherlands.

"It wasn't a friendly place," said Mary Dejonge, Michael's grandmother.

Adrianus De Jong, who was an editor of several Dutch publications, had strong socialist values and was assassinated by two members of the Schutz Staffel (SS) in

Nazi-occupied Holland in 1943.

"I think it's an odd coincidence, seeing as I'm in school to become a journalist. I wanted to become an author since grade school and I also hold socialist ideals," said Dejonge who's in his first year in the print and broadcast journalism program.

"From what I've read in the biography, he obviously has sympathy for the poor. He wrote on issues he cared about, which I can relate to. It's kind of what inspired me to get into journalism," said Dejonge.

The Biographical Dictionary of Socialism and the Labor Movement (an online Dutch-language resource) mentions De Jong's involvement in participatory journalism, a style that Dejonge said reminds him of Hunter S. Thompson's "Gonzo" journalism.

"I think the idea of going undercover to get a story is really interesting and I dream of doing the same one day," he said. "He went undercover in the Amsterdam nightlife, so he must've had a fun life."

The biography said Adrianus De Jong wrote under the pseudonyms Frank van Waes and Herbert D. Ross.

The biography also said De Jong criticized Nazism and the western democracies' failure to intervene against its advancement in the late 1930's.

De Jong had planned to flee Holland when longtime friend, literary colleague and fellow social activist Dirk Coster warned him that his neighbour planned to expose his identity to the SS.

## Rogers gives Humber grad own health and fitness show

Abigail Santos combines fitness promotion and journalism

**Meagan Malloch**  
Life Reporter

After graduating from both the health and fitness promotion program and the journalism program, Abigail Santos has combined her passions into a 30-minute fitness show.

Broadcast to viewers in the Peel Region, *My Livingroom Fitness* is a combination of education about the body and exercising as well as a physical workout, Santos said.

"I do various types of exercises throughout the episodes. I change it up every time so it's never the same," she said.

"It still activates the same muscle groups but with different exercises, so it is still fun and exciting and there is something new every time."

While in the journalism program, Santos interned at Rogers TV. Roger Wardell, her producer at the time, helped Santos create the show, which now runs every Monday at 7 a.m., noon and midnight.

"She submitted her idea, we looked it over and it was approved," said Wardell.

"We looked at a number of different proposals that came in and her's had a lot of detail."

Santos said she wanted to send a message to help influence the public to be more attentive to health and educate people about it. She said she was amazed when she received the email from Wardell giving her the opportunity to start her own fitness show.

"I was so grateful and thankful. It was a dream come true for me," said Santos.

"As soon as I read that I just sat there in silence smiling and [thought] what a great opportunity to make a difference in a lot of peoples lives in the community I live in."

Matt Koller is the program coordinator for the health and fitness promotion program and said he was ecstatic to hear Santos started



PHOTO BY MEAGAN MALLOCH  
Abigail Santos integrates exercising techniques of body care into her show.

her own fitness show.

"She has a lot of energy which translates well on screen. I was glad

for her, it is always neat to see students accomplish things like this," said Koller.

## To THE 9s

Paige Eaton, 22,  
Second-year  
Media  
Communications

**How did you choose your outfit today?**

Normally I'm half asleep when I'm getting dressed, so I kind of just throw something together casual and comfortable.

**What is your favorite place to shop?**

I usually shop online. I also like going downtown or to Sherway Mall.

**What can't you leave your house without wearing?**

Underwear! No I'm joking, it's my watch, I wear it every day!

By Sarah Rea



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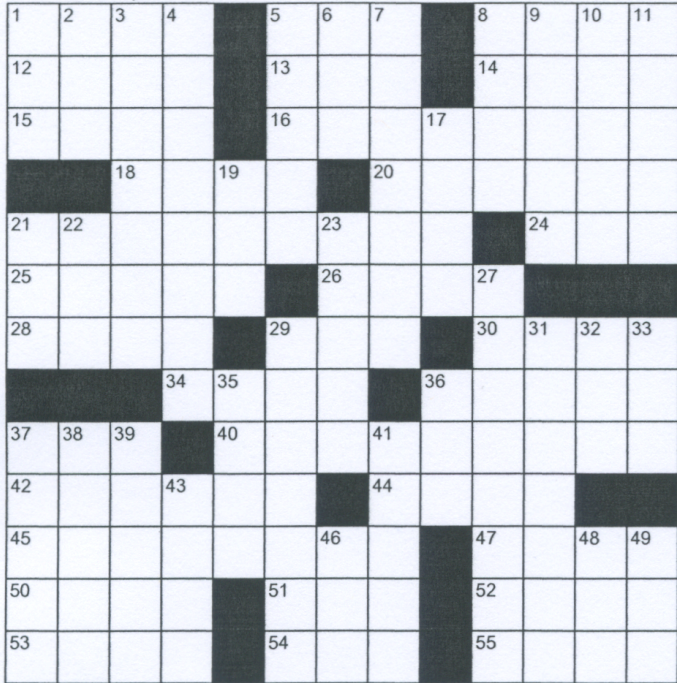
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# CROSSWORD

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# BEARD OF THE WEEK

www.boatloadpuzzles.com



**DOWN**

1. Radio spots
2. Anchorman \_\_\_\_\_ Rather
3. "Dirty room" for "dormitory", e.g.
4. Like a fridge decoration
5. Mr. Claus
6. Actress \_\_\_\_\_ Thurman
7. Actress \_\_\_\_\_ Dietrich
8. Deed
9. Performed
10. Picked
11. Rich cake
17. Seldom found
19. Had a snack
21. Rascal
22. Lincoln, informally
23. "M\*A\*S\*H" locale
27. Male vendor
29. Sports figure
31. Ancestry
32. Certain poem
33. Always, in poems
35. Operated
36. Health club
37. Settle a debt
38. Ridiculous
39. Spaghetti, e.g.
41. Gathers
43. Crush
46. Zero
48. Morning moisture
49. Detroit time zone (abbr.)

**ACROSS**

1. Eden man
5. Total
8. Reality
12. Comedian \_\_\_\_\_ Carvey
13. Doctors' gp.
14. Canyon effect
15. Obstacle
16. Storyteller
18. Pesky insect
20. Most recent
21. Custodian
24. Billy \_\_\_\_\_ Williams
25. Diminish
26. Small bills
28. \_\_\_\_\_ Moore of "Ghost"
29. How \_\_\_\_\_ you?
30. Balm
34. Attractive
36. Playground fixture
37. Shred
40. Knife user's tool
42. Tooth covering
44. Soothe
45. Rose Bowl city
47. Fashioned
50. Picnic visitors
51. Point
52. Eons
53. Informal assent
54. Raised railroads
55. Salamander

**Favourite famous beard?**

Bob Ross, host of *The Joy Of Painting*, which ran on PBS for 12 years.



**JAMIE EVEN, INTERNSHIP COORDINATOR  
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# SUDOKU

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

#5167

www.sudoku.name

FILL IN THE GRID SO THAT EVERY ROW, EVERY COLUMN AND EVERY 3X3 SQUARE CONTAINS THE NUMBERS 1-9.

# HOROSCOPES



**AQUARIUS**  
JAN. 21 - FEB. 18

This week, evict the person occupying your heart. And your lawn.



**PISCES**  
FEB.19- MAR. 20

This week you will finally step up, shed your old failures and regrets and make something of yourself, who are we kidding. You're still a failure.



**ARIES**  
MAR. 21-APR. 20

This week your secret shame will become public, when people find out you were a leash kid.



**TAURUS**  
APR. 21- MAY 21

This weekend you will realize that plastic wrap was not actually a suitable replacement for a condom. Congrats, it's a girl!



**GEMINI**  
MAY 22-JUNE 21

If I ever told you "I hope life treats you fair", I take it back.



**CANCER**  
JUNE 22- JULY. 23

Question your lineage this week when someone mentions "Uncle Grandpa" at a family reunion.



**LEO**  
JUL. 24-AUG. 23

The current climate of economic uncertainty will push you to start your own business - but sadly, no one wants to buy bacon statues.



**VIRGO**  
AUG. 24 -SEPT. 22

This week you should consider ditching the bowl-cut and graduating to some big boy underwear.



**LIBRA**  
SEPT. 23- OCT. 23

Question your lineage this week when someone mentions "Uncle Grandpa" at a family reunion.



**SCORPIO**  
OCT. 24-NOV. 22

This weekend you will build a bridge. Sadly, your bridge was poorly made and you will plunge into a river of hopelessness and despair.



**SAGITTARIUS**  
NOV. 23-DEC. 21

You're a cowboy - on a steel horse you ride. But be careful; you're wanted, dead or alive.



**CAPRICORN**  
DEC. 22 - JAN. 20

Trust no one. Not even us. Actually, especially us!

# A great city's price: taxes

HUMBER  
**EtCetera**

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

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Taxpayers, both in Toronto and most other Canadian cities, epitomize that old "having your cake and eating it too" adage better than most.

It seems most citizens hold dearly their libraries, their museums, their centres for cultural resonance and the arts. They require prompt garbage and recycling pick-up, as well as quick and frequent snow clearing. Subsidized daycare and childcare are deemed essential and at the forefront. Many feel as though the TTC needs more funding, as to make public transit more accessible and usable in an increasingly congested city, plagued by hordes of traffic.

All of these services are certainly worthwhile to many people in the

city – and may even be worthwhile in ways that people don't realize affect their everyday lives.

But there is one thing that certainly connects all these services: they cost money. A lot of it.

This is something the people of Toronto (and often people in general) don't want coming out of their pockets. It's a campaign promise almost incessantly: no new taxes. Tim Hudak's branding of Premier Dalton McGuinty as "the tax man" for months on end on the provincial campaign trail was proof enough of that.

Quite simply, this is just unrealistic. There is no way to keep all these services in an uncertain and in many

cases, plummeting and volatile economy. Something has to give.

This is not to say that services like childcare and snow clearing should vanish or diminish, nor should cultural programs or funding for the arts. Quite simply, they are a large part of what makes Toronto great. This city has a rich cultural history made better by the many and varied people that call it home. Arts programs and festivals like the Toronto International Film Festival are a big draw, and essential to the cultural heart of such a major centre.

But it is completely unrealistic for people to cry foul when they elect an extremely conservative mayor who rides in on a wave of support based upon cuts, and then starts to mention cuts in the same breath as these services. It was inevitable.

After not finding any of his oft-publicized gravy (a big surprise there), Rob Ford faces a huge deficit, and so turns his eye to services.

Ford wants to cut libraries? No, the public cries, this is inexcusable (and you should know Margret Atwood). Ford wants to cut child care in secret, back-room meetings? No, the public cries, not in our city (and stop holding these meetings in secret). Ford wants to close some museums? No, the public cries, these museums are integral to our cultural heritage (even though we've largely never stepped foot in them).

So what is the last resort for a city that is wallowing in deficit, but still needs all the services it currently en-

joys? A tax hike, clearly. It is the only real way to keep things flowing as they should, especially considering the volatile economy and inflation. But this is something that people cannot seem to accept, even though it is a reality.

Many cry that city officials should take a hit, citing over-inflated salaries. And while that may be the case in some instances, that would do little to help the roughly \$774 million plus deficit being projected for 2012.

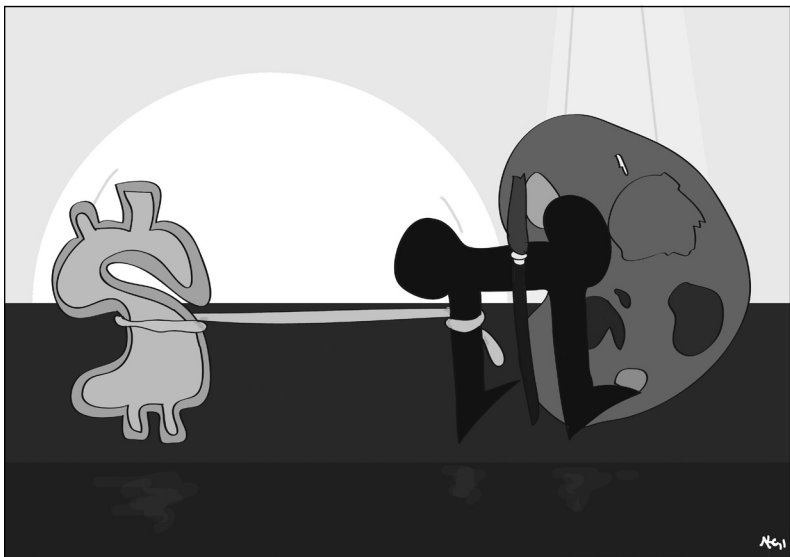
With the recent call for \$74.4 million of provincial funds to help Toronto's 2,000 daycare spaces, once more the answer lies in the pockets of the people, though they would much rather not admit it. Sure, the buck is passed from the municipal level to the provincial, but from where is that cash flowing?

It is time for citizens to make a choice – do we want to do things cheaply? If so, this is a possibility – but infrastructure will suffer, as will almost certainly the arts. People will save money, but miss out on a lot of what makes Toronto attractive. But if people want things to run as they have been and to even improve them, then they will have to reach into their own pockets to make it happen. It's not an altogether pleasant solution, but it is a realistic one – and something with which people must come to terms.

Quite simply: if you want stuff, you must pay for stuff.

Should you not pay for stuff, it disappears.

## Editorial Cartoon



## Honoured Leafs lift fans' spirits



Jeff Doner

As we approach the midpoint of the fifth decade without a Leafs Stanley Cup win, the Hockey Hall of Fame gave Torontonians a reason to be proud Monday night by inducting four familiar names into the illustrious hall, in what might be one of the best classes ever – for Toronto Maple Leafs fans at least.

Three of my favourite players of all-time, Joe Nieuwendyk, Doug "Killer" Gilmour, and Eddie "the

Eagle" Belfour, graciously and emotionally solidified their history in the game by accepting the honour.

All three had in their storied careers donned a Maple Leafs sweater, with Gilmour the most prominent.

As a 26 year-old avid hockey fan, and Leafs fan at that, I couldn't help but realize that all my hockey heroes from when I was a child are getting pretty long in the tooth.

It was nostalgic for this writer to

watch clips of Gilmour dominate in the playoffs on his way to a Stanley Cup with the Flames, and then almost single-handedly carry the 1993 Leafs to the Western Conference finals.

Same for recapping some of the stellar goaltending from the surly Ed Belfour on his way to a Stanley Cup with the Dallas Stars in 1999.

Continued next page

## QUOTED

**DO YOU THINK CURRENT WORLD ECONOMIC PROBLEMS WILL AFFECT YOU IN THE NEXT 10 YEARS?**



"Yes. It's still tampering with people here. The job opportunities are already less and it will increase if the system goes on at the same speed."

Siddarth Bhatia, 23  
First-year fitness and health



"No, I just feel even though there was that big recession, it didn't really affect me."

Robert Sharpe, 23  
Third-year film & television



"Yes. We are a generation of debt."

Jordan Silvera, 22  
Second-year business admin.

## Leafs Cont'd from pg. 14

Not to be forgotten was Belfour's memorable first season in Toronto, where he broke the franchise single season record for goalie wins with 37.

Joe Nieuwendyk, who happens to be my favourite hockey player, might have the most impressive resume of all the inductees.

He won three Stanley Cups, with three different teams (Calgary Flames, Dallas Stars, New Jersey Devils), in three different decades. He also won an Olympic gold medal in 2002 with team Canada. It is safe to say Nieuwendyk gathered a legion of fans over a 20-year career.

Even though he only spent one season in Toronto, most fans remember him for leading the Leafs over the

Patrick Lalime led Ottawa Senators in the 2003-2004 playoffs, where he scored six goals in nine games.

The fourth inductee, never a Leaf, Mark Howe retired from the league after the 1994-1995 season. Despite being the son of hockey great Gordie Howe, Mark's induction was based on a long, productive pro-hockey career.

As I look back on the careers of these four NHL athletes, I can definitely say it makes me reminisce about my childhood idols. If you were watching Monday night, I'm sure you could say the same thing.

In a town where fans haven't seen a playoff game since 2004, Monday's induction ceremony gave Leaf fans a reason to be proud. It reminded us of better times.

## Hypersexualizing women diverts us



Shumu Haque

While half the world's women are struggling for basic rights such as education, political participation or access to rudimentary health care, some of us are getting into the debate over which is the right shade of lipstick to wear or whether or not a certain style is in this season.

There is nothing wrong with loving fashion or being into make up. My fascination with clothes, fragrances, and accessories probably runs deeper than my desire to eat or drink. But I would have to say that it does not define me as a human being or as a woman – there are other aspects of life that keep me grounded.

Every time I turn on the television, except for a few news channels, every program is obsessed with a woman's image, as objects whose principal use is to sell products, and look beautiful for the benefit of men.

Not even pre-pubescent boys or girls are getting away from the assault of the hyper-sexualized agenda of the media and the fashion industry.

Think it's an overstatement? Try watching an episode of *Toddlers in Tiaras*.

As that reality show demonstrates, we live in a society where mothers take their pre-teen daughters to shop for padded bras, teens take part in fashion shows where they dress provocatively with heavy makeup and revealing clothes, and girls as young as four- or five-years-old dress in provocative costumes for Halloween.

This seems a world apart from the days when women would struggle for

the right to vote, or even when today they still fight to have a voice on their own reproductive life.

I think about the days of the women's suffrage movement to gain the vote and feel that at that point, at least the women had a distinct goal against a very identifiable enemy.

Today, women's enemies are hiding behind giant corporations that are trying to make profit out of our insecurities about our body images, or are trying to turn us into commodities under the guise of a fashion forward society.

If there is one thing that all this hyper-sexualization of women is succeeding in doing, it is diverting our attention away from the basic rights that are not only necessary to live our lives fully as women, but as human beings. And that is the catch.

We live in a society where young women don't have an issue with products being sold using women's scantily-clad bodies as a motivator, while some do have an issue with giving others a right to decide on their own reproductive life, a shocking example of which is the number of young women holding the placards at anti-abortion rallies.

Not knowing about our past or how hard our predecessors had to fight for each of our basic rights, often makes us take our rights to vote, go to school or to even wear anything we want as women for granted.

Maybe we should take a look at ourselves and think for a moment.

Is it for these images of womanhood that sprawl across billboards, that generations of women all over the world have given their sweat and blood?

Is it really that important for us to force ourselves to fall into the stereotypes of womanhood dictated by the fashion industry?

Or is it more important to become complete people, with an inner beauty that stems from education, intellect, knowledge and self-assurance, rather than superficial physical beauty alone?

# Bus etiquette missed



Ashley Greene

Keep your hands inside the bus. Don't block the aisle with your backpack. No standing while the bus is in motion.

These are just some of the rules that are taught to children who ride a school bus every day. If you rode a school bus, chances are you remember hearing these rules, too.

I could easily walk to my elementary school and never needed a bus. But when I took a summer teaching role at a camp that required us to ride a bus to different events and activities, I learned these rules for the first time.

And I thought to myself, these rules make sense on a school bus – so why not on public transit?

For anyone who takes public transit to Humber, whether it's the Mis-

sisauga 22, Brampton 11 or the very popular TTC 191, you'll know that following bus rules that school children learn is almost impossible.

How can you not stand on the bus when there is nowhere to sit down?

How can you not block the back door exit when six other people are pressing against you, as the driver tells the entire bus to move back?

And it isn't like MiWay Mississauga Transit or the TTC don't already have their own rules in place. In fact, both those transit systems have created safety guidelines for passengers and staff that can be seen on bus ads, in subway stations and even their websites.

Yet riding the bus for two hours a day, five days a week, for two-and-a-half years, I have never seen these guidelines actually be considered during peak times.

It's time for some bus etiquette.

First off, if you find yourself running down Humber's long stretch sidewalk to catch your bus, and the driver actually waits for you, do not just board the bus without saying thank you. Yes, I know we're all adults now, and none of us like the thought of saying two words to someone we don't talk to on a regular basis.

But being courteous or at least acknowledging the driver's presence is

respectful and will be beneficial – especially when you're running for the bus next time and it's the same driver.

If you happen to board the bus during a peak time (or any time if it's the 191) and you have to stand, consider height proportions.

A petite person -- I'm a dynamic five foot two inches -- should not be shoved into the middle, where no bars exist and the only handle is three feet above their head (vice-versa for taller individuals.) You should not be shoved into the tiny corners between the padding and bars.

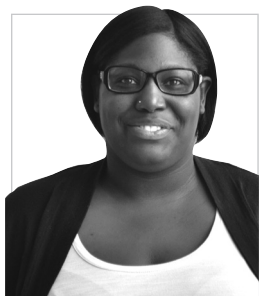
Another crucial part of bus etiquette that should be ingrained in our minds is the way we smell. I think this one speaks for itself, but if you just came from the gym, there is no reason that you need to still smell like the gym.

These are just some of the courtesies that need to be constant if we want a decent bus ride home.

We are young adults who can govern ourselves, and even though following a bunch of rules after a three-hour lecture is probably far from our minds, it would be helpful if we treated the bus like it was our own car.

After all, would you like it if someone did all these things in your vehicle? I didn't think so.

## When did children's films start having to please adults?



Kayona Lewis

I recently walked into my local HMV and while browsing through the many surprising and not-so surprising film titles, I stumbled upon a copy of *Heavy Weights*. I'm not sure how many people will remember this film, but it was one of my all time favourites when I was an impressionable pre-teen.

The film revolves around a kid who is sent to a high-class fat camp by his parents and as harsh as it may sound, hilarity ensued. This film got me thinking of many other underrated, classic kid films that you just do not see the likes of any more.

Films like *The Mighty Ducks*, *Camp Nowhere*, *Carpool* and *House Arrest*, just to name a few, were all made with the participation of Walt Disney Productions; they began with kids getting into mischief and ended with a moralistic lesson.

As I watched *Heavy Weights*, it

made me think, when did it all go wrong? When did children's films turn into films that were also supposed to please adults?

When did kids films stop being about the kids and start being more about the crudely inappropriate jokes that only the parents would get, and kids have to ask clarification for? I tracked it to 1999, when the films that were geared towards pre-teens and teenagers started becoming all about the cats fights and sexuality.

They were no longer fun films that revolved around kids who got themselves into some kind of mischief and had to figure their way out of it, with a little help along the way from child-like adults.

More and more jokes were being made that involved cutting off a character before they divulged a swear word like in *Finding Nemo*:

Gurgle: "Don't you people realize that we are swimming around in our own...."

Peaches: "Shhhh here he comes."

Or simulating drunk cartoon characters with or without acknowledging that they are drunk. For example, *Toy Story*, when Woody suggests that Buzz Lightyear be named Buzz Light-beer.

Live action films such as *It Runs in the Family*, *Confessions of a Teenage Drama Queen*, *The Lizzie McGuire Movie* and *Sleepover* all portray pre-teen kids doing unrealistic adult things.

This includes kids driving cars and purchasing alcohol, without any questioning from the authority figure that is selling it to them. While there usually ends up being a moral at the end of the story, it sometimes is clouded by the status of the celebrity in the film, or the glamour of how easy it was for that kid in the movie to do what they did, and so the moral goes unnoticed.

Will we ever get back to films that were funny just because they were light-hearted and semi-realistic? Films like *The Sandlot*, which focused on a bunch of friends spending their summer playing baseball and hiding from the creepy next-door neighbour.

Can we make another movie like *Rookie of the Year*, about on a kid who gets a chance at playing on a Major League Baseball team? (Granted that was unrealistic, but the concept was classic.)

With re-releases of landmark children's films like *The Lion King*, special edition box sets of films like *The Goonies* or *The Wizard*, at least there is still a chance for a younger generation to see a time when films didn't mainly revolve around pre-teens acting like short adults with no responsibilities.

There's still a chance for a younger generation to see films that are as fun and innocent as they are enjoyable.

If only Hollywood was giving them that chance more often.

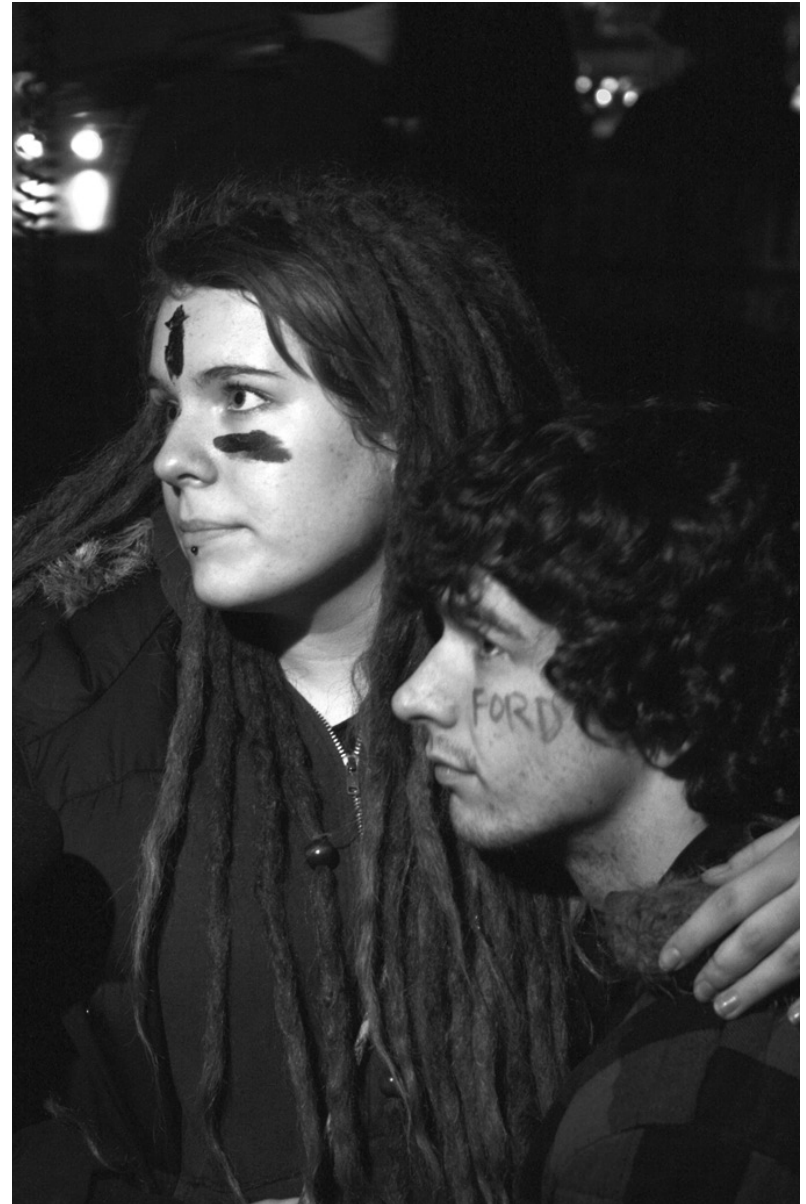
## Occupy Toronto 2011

PHOTOS BY GRAEME MCNAUGHTON

Clockwise: A response to the City's eviction notice is posted on the door to the Occupy Toronto library at St. James Park.

Protesters from Occupy Toronto make their way from St. James Park to Nathan Philips Square.

Meredith Lightfoot, daughter of singer-songwriter Gordon Lightfoot, and a friend wait at Queen's Park, where a small group of Occupy Toronto protesters convened after the results of the injunction were announced.



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# Cross country adds to medal haul

Humber women's team wins gold, captain Vicky Siemon captures individual silver in Kamloops, B.C.



PHOTO BY HUMBER ATHLETICS  
The women's cross country team celebrates following their team gold medal win at the CCAA's in Kamloops B.C. on Nov. 12.

**Tim Milne**  
Sports Reporter

The Humber women's cross country team soared into the Canadian Collegiate Athletic Association championships in Kamloops, B.C. on Saturday, capturing gold and silver medals after a solid team effort.

"Everyone performed to the best of their abilities," said Vicky Siemon, 22, a final-year accelerated journalism student. "We came in wanting to go for gold."

Siemon, captain of the women's team, was Humber's top runner and won a CCAA silver medal in the individual competition, finishing just three seconds back of Red

Deer College's Jodi Sanquin.

Siemon said Sanquin had a little more left in the tank for the final half kilometer. "I ran the best race I could. She ran a smarter race."

Becky Tindall, 23, a fourth-year kinesiology student said Siemon was a great leader for the team.

"She's a great role model, she's always pushing in training. She's been a great captain."

Tindall's finish, third best among Humber women, came in just two seconds behind teammate Aimee Walcott to help Humber secure team gold.

"Those girls really deserved it," said Hawks men's captain Jesse Bruce, 24, in his final year of kinesiology

at Guelph-Humber. "Practices are really brutal and they give every time right till the end."

Bruce captained the men to an eighth place finish, running the grueling 10-kilometer race with a stress fracture in his right leg.

Siemon's CCAA performance in Kamloops was her final appearance for Humber, as she will graduate this spring.

"It's a great way to leave Humber," said Siemon. "You put in so many hours, you look back and you're like, yeah, all that hard work was worth it."

"If everyone stays consistent and stays in shape, I think next year's team will be even stronger."

# Men's basketball team crushes Redeemer Royals

**Keaton Robbins**  
Sports Reporter

The Humber men's basketball team ended a chaotic week last Friday with an 84-45 victory over the Redeemer Royals.

The 39-point blowout against the Royals was much needed, as the Hawks lost two important games earlier in the week.

"We're coming off two tough losses at Fanshawe and Sheridan.

They've traditionally been tough places for us to play at," Hawk's head coach Shawn Collins said. "We're trying to share the ball better offensively and defensively were trying to rebound the ball better."

Collins said his Hawks did a good job of getting the ball to their forwards.

Hawk's forward Chris Thompson, 25, a final-year fitness and health student, led the Hawks in scoring with 12 points and exposed Redeemer's

lack of height down low.

"Redeemer usually isn't a challenge, and guys were saying 'we're going to beat these guys regardless of if we put in a lot of effort or not,'" said Thompson, a fifth-year forward. "But we're trying to get out of that sort of mindset."

Although the Hawks had the game locked up in the first half, leading 36-14, they still had a total of 19 turnovers.

"When you're playing a team

that's not so great, our focus tends to go down. We usually try to match our intensity with the other team," Thompson said.

Hawk's point guard Daviau Rodney, 24, a final-year fitness and health student, said the coaches were on players about every turnover, but it's something they haven't figured out yet.

"To come out here and just get to feel loose again is good for everybody's mentality," Rodney said. "We

haven't been running our offense properly. We haven't been listening to the coaches.

"They've been preaching a lot of team play, and we haven't really become a team yet."

The Hawks now have a full week of practice before they make the eight-hour trip to Sault Saint Marie to play Sault College on Saturday and Algoma University on Sunday.

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PHOTO BY KEATON ROBBINS  
Hawk's point guard Daviau Rodney shields the ball. The Hawks beat the Royals 84-45 on Nov. 11.

# Etobicoke hockey team of 'Mo' bros

Chanelle Seguin  
Sports Reporter

The Toronto Lakeshore Patriots, an Etobicoke-based junior A hockey team, are growing moustaches to raise awareness for prostate cancer.

"In the past the guys have kind of done things on their own, but this year we decided to do something as a team," said Patriots head coach Mike Tarantino.

The Patriots are only a few of the more than 200,000 registered participants on the Movember Canada website this year.

Pete Bombaci, national director for the Movember campaign, said

the moustache month is popular with sports teams.

"It builds camaraderie and energy amongst the players," said Bombaci.

This is Movember Canada's fifth year. Last year, the campaign raised just over \$22 million for prostate cancer.

The team has done well with raising awareness about the cause, but Kim Randall, the Patriots' vice-president of marketing and hockey operations, said the fundraising has been slow in the first two weeks.

"They are doing really well visually with the campaign, but unfortunately, they don't have the motivation to sign up and actually make



PHOTO BY CHANELLE SEGUIN  
Toronto Lakeshore Patriots with their moustaches (from left): Joseph Benvenuto, Alex D'Oliveira, Ryan Kinsella, Brandon Willett, Robbie Murden, Brody Heleno and Coach Mike Tarantino

some money so I'm working on ways to motivate them," said Randall.

Bombaci said although raising funds is important, awareness is their first priority.

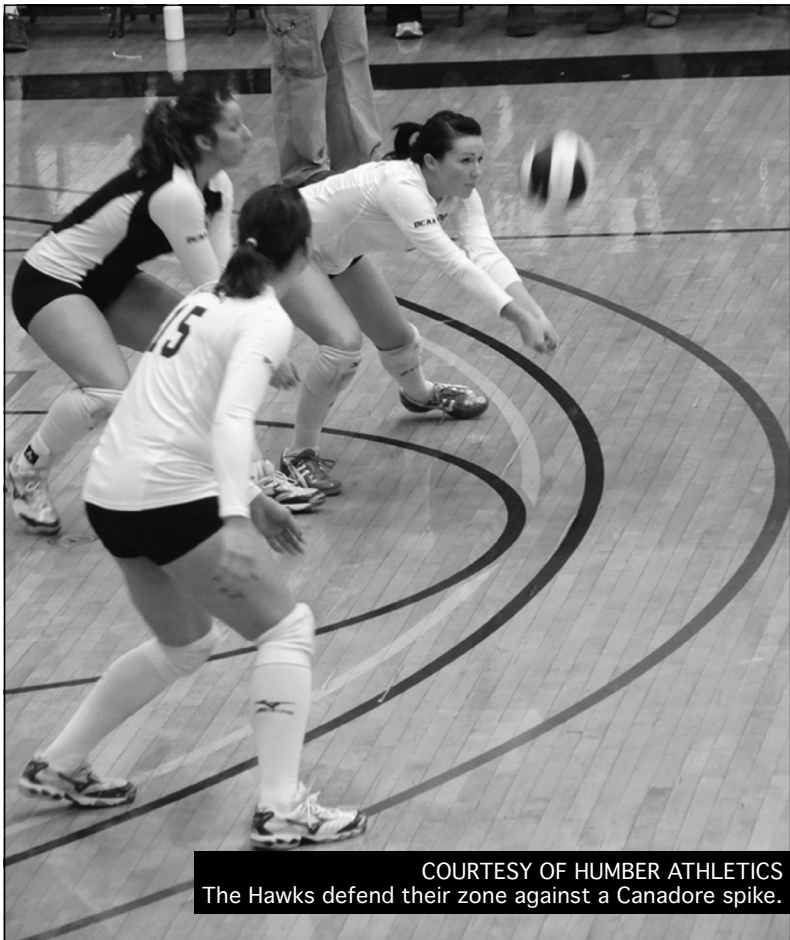
"There is nothing wrong with

[not raising funds] as long as the participant is willing to grow a moustache and promote men's health," said Bombaci.

Robbie Murden, 19, captain of the Patriots hockey team, said

working towards a common goal like this is far more rewarding than winning a hockey game.

"It's very special for us to rally together like this for a goal that will change the world," said Murden.



COURTESY OF HUMBER ATHLETICS  
The Hawks defend their zone against a Canadore spike.

# Four wins in a row for women's volleyball

Marco Di Meo  
Sports Reporter

The Hawks women's volleyball team extended their winning streak to four games last weekend to maintain a perfect season so far.

On Saturday, the Hawks beat Canadore College 3-1 and on Sunday, they beat the Nipissing Lakers in five sets, 3-2.

"We have a lot of things to work

on still and from here on we have to work harder," said Hawk Nina Carino, 21, a fourth-year early childhood education student.

Hawk Kris Dowling, 25, a fifth-year advanced studies in special needs student, said the game against the Lakers should have gone differently.

"We could have made it a completely different game had we been playing our best," she said. "We weren't playing as aggressive as we normally do and it was the wrong game to come out that way. I'm glad that we pulled through and got the win."

The Hawks said they are determined to make sure the good start doesn't make them complacent.

"It feels good to have such a strong start to the season, but we have to keep pushing ourselves hard at practice and not take any game we have lightly," said Hawk Michelle Overzet, a first-year food and beverage student.

# Redemption at last

Women's basketball team beats Redeemer Royals to claim first win of the season after losing three straight match-ups

Matt Smith  
Sports Reporter

The Hawks women's basketball team snapped a three game losing streak by beating the Redeemer

Royals 53-22 on Nov. 11 for their first regular season win.

Hawk centre Chioma Oriuwa scored 16 points and forward Courtney Boyes scored 10.

Oriuwa, 19, a first-year fitness

and health student, said her team played well for their first win.

"When we play together we're a good team," said Oriuwa. "Everyone on the team, especially Maria [Suriani], helps motivate us to win. Everyone is playing their role and we're doing what we have to do in order to win."

Robert Hooper, Redeemer's head coach, said his team turned the ball over a lot.

"In the first half we only took 14 shots while Humber took 45.

"If we're not shooting the ball, there's no place to go - especially since we didn't rebound enough," he said. "If we don't rebound and shoot, we don't win."

The Royals were missing several players, including their main shooter, due to injury.

"I played nine players [tonight] and eight of them are rookies," said Hooper. "The numbers and injuries were tough with us tonight."

Hawks coach Ajay Sharma said losing the first three games of the season helped motivate his team to win.

"I think these girls have been working really hard in practice and that showed for the win tonight," said Sharma. "We needed that kind of win to get the monkey off our backs so we could hopefully get on a winning streak."

Sharma said the team's starting to communicate a lot more in practice, pointing out mishaps, and correcting them.

"They can visually see better where there are errors and they're holding each other accountable.

"I'm starting to step away and not say as much so that's a great situation to be in."



PHOTO BY MATT SMITH  
Hawk Mary Asare pounces on an offensive rebound as the Hawks beat the Redeemer Royals 53-22.

# Men's rugby dominates Ontario

Hawks roll over Seneca Sting to secure second gold medal in a row

**Samantha Martin**  
Sports Reporter

The Humber men's rugby team captured the Ontario Colleges Athletic Association championship for the second year in a row, beating the Seneca Sting 43-13 in front

of a packed crowd at Seneca's Markham campus on Nov. 12.

The undefeated Sting, who entered the finals as the first place team, handed the Hawks their only loss of the season on Oct. 13.

Humber fly half Phil Boone, 20, who scored a try and four

converts, was later named the 2011 OCAA Division 1 scoring champion.

He said the team's key to success was playing as a single unit.

"I think we just all came out to play today and we were all on the same page," said Boone, a second-year marketing student. "We destroyed them. We shut them down everywhere and just capitalized on their gaps."

Seneca opened the scoring on a penalty kick, but struggled throughout the rest of the game to control the Hawks' attack.

"We just minimized the mistakes we made in the past," said Hawks captain Jason Chuck, 23, a fourth-semester fitness and health student. "We had a really good last two weeks of practice and just played a per-

fect game today."

Chuck said he credits head coach Fabian Rayne's coaching techniques in leading the team to its championship.

"Fabian is awesome," said Chuck. "He brought a great structure and a great system into the game. Everyone had to adapt to it and believe in it. Once we believed in it there was no looking back."

Rayne said the players went into the game wanting revenge on Seneca for beating them during the regular season, something the team used as motivation.

"I think the guys were more level-headed going into this game being beaten by Seneca in the past," said Rayne. "It kind of put them back to reality knowing that if we didn't bring our A-game, we could have been beat."



PHOTO BY SAMANTHA MARTIN  
Hawk Mike Muto fights off a tackle.



PHOTO BY SAMANTHA MARTIN  
The Hawks celebrate back-to-back OCAA championships.

# Undefeated women's rugby wins OCAA gold

**Geoff Buncombe**  
Sports Reporter

The undefeated Humber women's rugby team successfully defended their

Ontario Colleges Athletic Association title on Nov. 13 in a hard fought 24-19 victory over the Conestoga Condors.

"The girls from the beginning today said that losing was not an

option," said assistant coach Dale Essue. "We wanted a perfect season and we achieved our goal."

Conestoga came in looking to cement their giant-killer status fol-

lowing their semi-final win over previously undefeated St. Lawrence College.

The Hawks started the game with a strong push into the Conestoga end, capped off with a try by scrum half Lauren Mueller.

The team continued to pour on the offence with tries by Maire Balzan and Brooklyn Craig to bring the score to 17-0 as the whistle blew for halftime.

After forward Kelsey Bardy broke away from defenders to extend Humber's lead early in the second half, the Condors countered with 19 unanswered points to put the game within their reach going in to the final minutes.

"Conestoga played a fantastic game and they just ran out of time," said athletics director Doug Fox. "They were coming hard in the second half?"

With a comeback victory one try away, the Condors defense snuffed three strong attempts before stealing the ball for a last minute attack.

Hawks fullback Stephanie Draper made a critical open field tackle to end the threat and ensure victory for the Hawks.

Stephanie "played amazing," said head coach Brett McCully. "She



PHOTO BY GEOFF BUNCOMBE  
Hawk Sierra Butler escapes a defender in her first start this year.

stuck three key tackles and that's pretty much what gave her player of the match."

The Hawks have dominated their OCAA opponents since their inaugural game last season, posting a sterling 14-0 record. Despite losing some key players going into next year, coaches said that a gold medal three-peat is attainable.

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PHOTO BY GEOFF BUNCOMBE  
The Hawks are crowned 2011 OCAA champions.

## STANDINGS

## MEN'S BASKETBALL

1. Algoma 6 Pts.
2. Mohawk 6 Pts.
3. Niagara 6 Pts.
4. Sheridan 4 Pts.
6. Humber 4 Pts.

## WOMEN'S BASKETBALL

1. Algoma 8 Pts.
2. Fanshawe 8 Pts.
3. Mohawk 6 Pts.
4. Sheridan 4 Pts.
8. Humber 2 Pts.

## MEN'S VOLLEYBALL

1. Nipissing 8 Pts.
2. Humber 6 Pts.
3. Redeemer 4 Pts.
4. Canadore 4 Pts.
5. Fanshawe 4 Pts.

## WOMEN'S VOLLEYBALL

1. Humber 8 Pts.
2. Fanshawe 6 Pts.
3. Nipissing 6 Pts.
4. St. Clair 4 Pts.
5. Conestoga 2 Pts.

# Soccer team falters at nationals



PHOTO BY ADRIANO MANCINI  
Humber captain Marcelo Capozzolo (left) heads the ball versus Champlain in Quebec City last weekend.

Adriano Mancini  
Sports Reporter

The Hawks men's soccer team returned from last weekend's Canadian Collegiate Athletic Association national tournament in Quebec City with a disappointing fifth place finish.

The Hawks lost their first game of the CCAA tourney in penalty kicks against host team François-Xavier-Garneau.

This meant they had to win their second game by more than three goals to have a shot at the gold medal game.

Late in their second game, NAIT College scored a stunning goal to end Humber's national dream, then added another to win 2-0.

"It really depends on how you enter these [first] three days," said Humber head coach Germain Sanchez. "We had injuries so it was not a good start for us."

Humber played for fifth place against Champlain St-Lambert, in rough playing conditions with snow covering the field.

Hawk striker Yousuf Mohammad scored late in the game to secure the victory and guarantee a fifth place finish in the tournament.

"Our goal was initially to win provincials, which we did," said Mohammad, 25, a business administration student. "It's just disappointing because I think we are a team that should have placed in the top three at least."

His teammate, midfielder Yousif Yousif, 20, a second-year business administration student, said despite coming up short at nationals, the season was not a failure.

"We had a great season, we did very well at provincials, which was our main objective. We can be happy with that."

## Hawks women's soccer team winless at CCAA nationals

Losses to Ahuntsic Indiennes, NAIT Ooks and University of King's College Blue Devils keep Hawks from a medal finish

Luke Vermeer  
Sports Reporter

The Hawks women's soccer team saw a promising season come to a disappointing end at the Canadian Collegiate Athletic Association national tournament in Quebec City last weekend.

The team finished the CCAA's in sixth place, losing all three matches they played after going undefeated in the regular season and winning the provincial championship.

"We battled hard all week but at this level you have to capitalize on your chances – and we didn't," said Hawk's coach Vince Pileggi.

The Hawks were down 4-1 at halftime in their first game against the Ahuntsic Indiennes, but battled back to 4-3 before a late goal from Indiennes ended the game 5-3.

Humber defenders Rebecca Rauer and Jamie-Lyn Baggs both suffered injuries against the Indiennes

and missed the remainder of the tournament.

"We had a slow start. We hadn't played in a week and a half," said Pileggi. "We let in some soft goals early but we battled back."

The loss meant Humber faced a tough challenge against the reigning CCAA silver medalist Northern Alberta Institute of Technology Ooks, needing to score at least four goals against the Alberta champions to advance.

The Hawks allowed an early goal, and after a red card to midfielder Bianca Barbieri and injuries to captain Hayley Green and defender Christie MacDonald, the team was unable to fight back and lost 4-0.

Hawk goalkeeper Katerina Conde, 21, a first-year recreation and leisure student, said she was disappointed with the defeat.

"We just had nothing left."

The second loss sent the Hawks to the fifth place game against the

University of King's College Blue Devils.

Humber only mustered one goal and in the second half's stoppage time, the Blue Devils scored off a corner to send the game to penalty kicks where the Nova Scotia team won 5-4.

"I thought we played pretty well, obviously the teams are different than what we're used to," said Humber midfielder Brittany Szczerbakow, 22, a fourth-year sports management student. "It's too bad we weren't more prepared for them but I think we played well."

Humber midfielder Nicole Carvalho, 23, a first-year culinary arts student, was unhappy with the team's finish.

"Sixth is terrible, I really felt that we could have done a lot better," said Carvalho. "We got a lot of injuries early in the week that messed us up pretty bad but we did okay with what we had."



PHOTO BY LUKE VERMEER  
Humber striker Ashley Costa battles for the ball with UKC defender Miranda Spessot.