



NEWS PG 2

First Nations members gather at Lakeshore campus for powwow celebrating heritage.

PHOTO BY AMALIA DEL CID

Astronomer dispels 2012 doomsday

Dr. Phil Plait tells Humber audience Mayan apocalypse a misconception

CINDY MCKENNEY
News Reporter

If you were worried the Mayan doomsday prediction was going to come true on Dec 21, 2012, you can now breathe easy.

Astronomer, author, and television host Dr. Phil Plait was at Humber last week presenting "We're (Not) All Going to Die" to kick off this year's President's Lecture Series.

"This [Mayan doomsday] is a real phenomenon in that people are really being scared by it and that's one of the reasons I speak out about it," Plait told students and faculty who attended the lecture in the Seventh Semester Room on the North Campus.

Mixed with humor and scientific facts, Plait showed why the Mayan doomsday prediction simply is not going to come true. He said the 2012 scenario started because of people misinterpreting Mayan culture and Mayan math, but this is nothing new.

"Doomsday scenarios come up all the time. People should assess the information they get, especially on the internet. We need to think about

things like this carefully," he told reporters.

The President's Lecture Series is run by a faculty committee to host informative talks from a wide variety of academic disciplines.

"It's a lovely opportunity for people to get together and participate in public discourse," Melanie Chaparian, President's Lecture Series chair, said.

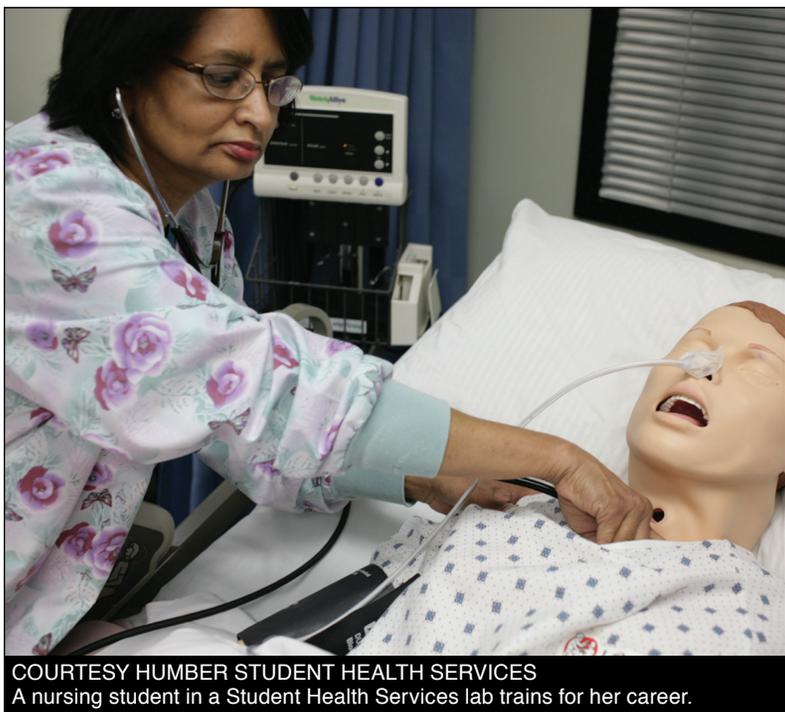
Chaparian said the talk was timely. "It's very topical because if anyone takes the notion that Dec 21 is the end of the world seriously, well we only have 11 weeks left," she said.

Tatiana Paulin teaches astronomy and astrobiology at Humber and recommended Plait as a guest speaker.

"I wanted to highlight the science part of the Liberal Arts and Sciences department. I've also seen Dr. Plait present before and I knew he'd be great for presenting both good science content and make it accessible to everyone," Paulin said.

The next lecture, "Mars and Venus, or Planet Earth: Women and Men in the New Millennium" presented by Dr. Michael Kimmel will take place on Oct. 31 in the Seventh Semester.

Public service job cuts, wage freeze on deck



COURTESY HUMBER STUDENT HEALTH SERVICES
A nursing student in a Student Health Services lab trains for her career.

Proposed provincial legislation could affect jobs for grads

LISA MAYER
City Hall/Queen's Park Reporter

Future Humber College grads entering the public service sector could be affected by more cutbacks in the upcoming months.

Provincial finance minister Dwight Duncan has announced proposed legislation on a wage freeze and various cutbacks in the public service sector, affecting nearly 500,000 jobs.

The declaration from the Liberal government came on Sept. 26.

Don Ford, Ontario Public Service Employees Union communications officer, said that the Ontario government is pushing questionable legislation that takes away the bargaining rights of public service workers.

"We're questioning the legality of the legislation," he said. "The finance minister is [wondering] whether or not this will pass a constitutional challenge...[it]

would stop the bargaining process."

Teresa Armstrong, NDP Critic for Ontario Colleges and Universities, said that the bill is not yet tabled and is already raising concern.

"The bill is just a draft at this point," Armstrong said. "The NDP is concerned that the current government will cause turmoil in areas like with [Bill 115]."

Ford said that the future of government jobs might be at stake.

"It seems any jobs in government appear to be the whipping post for cutbacks," Ford said.

Warren Thomas, OPSEU President, said the legislation should have to be approved in court before it moves forward.

"Every citizen in Ontario, whether they belong to a union or not, should be extremely fearful of a government that would try to pass a law that they themselves admit to be unconstitu-

tional," Thomas said in a press release.

While some are questioning the future of the public service sector, others think there is no risk for future job seekers.

Jason Powell, dean of Humber's school of health sciences, said that the services Canadians know would always be around.

"We've got to be realists here," Powell said. "When you go to the Emergency Room with a broken arm, there is going to be someone there to take care of you."

"Of course there will be cuts and things need to be examined, but the services will remain," he said.

Paramedic student at Humber Chris Smith said he is not concerned about the potential of getting a job.

"I came into this program knowing there will be competition for jobs," Smith said. "There will always be a need for emergency services."

IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 Canadian Thanksgiving All over Canada, people were celebrating Thanksgiving with families and friends. The tradition has been practiced for over 100 years.	9 IMF annual meeting The International Monetary Fund will begin its annual four-day meetings in Tokyo. With a year of riots, protests and austerity measures, this is one meeting to watch out for.	10 World Homeless Action Day In the London event, the activities will feature many popular English landmarks to help raise awareness over the global rise in homelessness.	11 Canada World Youth Leadership Awards The winners of these awards for sustainable development ideas will gather at the University of Ottawa.	12 007: Let's Bond October is Mental Health Awareness Month and with the upcoming release of the Bond film, <i>Skyfall</i> , an event is being held to raise money for Mental Health research.	13 The Great American Beer Festival The Denver-based event wraps up this day with competitions and public tastings.	14 Unpacking Atheism Taking place for the first time, Unpacking Atheism is a telecasted conference which will be shown in churches around the world discussing the new wave of atheism.

Humber College named among top employers for young Canadians



PHOTO BY ASHLEY COWELL
John Mason, vice president of student and corporate services.

ASHLEY COWELL
News Reporter

For the second year in a row, Humber has been listed as one of Canada's top employers for young people.

The list has been published each year since 2002 as part of MediaCorp Canada's Top 100 Employers project.

"Humber has a faculty mentoring program, which is rather unique," Kristina Leung, editor of Canada's Top Employers for Young People, said, noting Humber was the only post-second-

ary institution to receive the honor.

John Mason, vice president of student and corporate services at Humber, said the award shows age diversity, which is a good thing for any workplace to have.

"Every institution needs young people to share their energy, creativity and ideas," Mason said.

Humber hires young people for customer services jobs at the Registrar's Office, Student Recruitment and in the individual schools. The positions range from part-time to full-time and offer competitive salaries, benefits and skill advancement training.

"I have hired a couple people that have graduated from Humber and it works out well," said Nancey Adamson, manager of employee engagement at Humber, adding that the college has recently applied for the 2013 list.

Leung said it is important for young people to be aware of what their places of employment have to offer them.

"A lot of people straight out of school just focus on getting employed," Leung said. "They should look for a place where they can continue their career path."

Humber won similar awards to this one last year, including being one of the top 100 employers in the Greater Toronto Area and the top 100 employers for New Canadians.

Asked if Humber would ever make it onto the list of the top 100 employers in Canada, Mason said that it is a very competitive area, but he hopes to see the school accomplish that.



PHOTO BY AMALIA DEL CID
First Nations drummers performs at the Sept. 29 powwow, put on by Humber's Aboriginal Student Services.

Aboriginal tribute to warriors and the Earth

AMALIA DEL CID
Diversity Reporter

Humber College's Aboriginal Student Services hosted a powwow last week, celebrating the culture of Canada's First Nations.

At Lakeshore Campus Sept. 29, Humber students and special guests organized the ceremony of gratitude. Powwows are generally tributes to aboriginal warriors and their story, and also a celebration of Mother Earth.

Shelley Charles, the Aboriginal Elder at Humber, hosted the afternoon alongside Jimmy Dick, a guest that has often been involved in aboriginal events at Humber.

Performances included several songs by First Nation people of the Great Lakes Region and dances performed by people of all ages.

"It's about having the freedom to sing; for the earth to sing for the people and also for the water," said Charles.

Marie Gaudet, mother of one of the dancers at the event, said she believes it is important to maintain the Aboriginal culture through those gatherings.

"I was raised in this. It's more than just tradition, it's our way of life," said Gaudet.

Emily was the only one amongst the group that was trained and able to Hoop Dance, and created many different designs telling a story of a hunter

and his bow.

Both students from Humber, and families living in the community attended the event.

Performers encouraged the audience several times to dance and join the powwow.

"When we ask that you dance with us we really appreciate that because we're not just celebrating our own life but we're also celebrating the life that we share together here," said Charles.

Jason Hunter, Humber's dean of students, was in attendance for the event.

"It's a nice message to learn to support a community and when you come, you realize how open and welcoming the aboriginal community is."

Rwandan orphanage supported by Humber student

LAURA TEMPLETON
News Reporter

A Humber student is helping a Rwandan orphanage thrive through showcasing artistic talent at a downtown Toronto gallery.

La Shan Modeste, 23, a Humber liberal arts student, is the head gallery coordinator of the BAND Gallery, which showcases a series of artists from the black community.

As coordinator, Modeste is responsible for "making sure the show runs properly," she said. "I basically do everything that builds up to the event."

Bakunzi Jean-Bosco, is one of the artist's Modeste is helping. Jean-Bos-

co, who lived at the Gisimba Orphanage in Rwanda for two years, showcased and sold his paintings at the BAND Gallery on Sept. 27.

A portion of the sales went toward the orphanage, which was a refuge for over 600 people, including Jean-Bosco, during the 1994 Rwandan genocide.

"The money is going to go back into his homeland - something he's really close to as an artist," Modeste said.

It was Modeste's job to ensure that everyone involved in the fundraiser was organized.

Jean-Bosco flew to Toronto from Rwanda for the fundraiser.

"I started doing art because of the Gisimba Orphanage - just to remember where I came from and to give back to my community," he said.

Around 150 children currently live at the orphanage, and around 100 more are being assisted in the surrounding community, Jean-François Gisimba, a member of the memorial association said.

According to the association's website, the orphanage's mission is to provide the community with access to healthcare, security, and education.

Gisimba's grandfather started the idea of helping orphans in 1945, his father followed the lead: "My father started bringing children home at the

beginning of the 1980s."

"It was like I grew up in an orphanage," Gisimba said, who considered the orphans to be his brothers and sisters.

The orphanage's first building was built in 1990, he said. And the Rwandan genocide happened four years later.

Carl Wilkens, an American humanitarian, stayed during the genocide and went through bombs and bullets to deliver water and food to the orphanage, Gisimba said.

Babies were already dying of hunger, dysentery and dehydration on the day Wilkens arrived, he said.

Wilkens gave a speech at the fundraiser about his experience with the

orphanage during the genocide.

Churches and government buildings weren't refuges during the genocide but the orphanage was, he said.

"It wasn't the building that was a refuge, it was the people," Wilkens said.

Fearing he wouldn't see his family again, Wilkens began journaling on cassette tapes, which he later turned into the book, *I'm Not Leaving*.

According to the Wilkens, he and his family moved to Rwanda to do humanitarian work in 1990.

"These are not paintings of suffering and death, these are paintings of life," Wilkens said.

Pedestrian safety focus after campus near misses

New crossing points being added to reduce close encounters with vehicles

KELLY KHIZAKIA
News Reporter

With the death toll of pedestrians hitting 32 in Toronto as of Sept. 24, Humber is focusing on increasing road safety for pedestrians.

Pervez Ditta, the director of public safety and risk management at Humber College, says the college is adding more pedestrian crossings beginning next year.

Construction for the connection between the parking lot and bus stops on Humber College Boulevard is scheduled to start next year and be finished in 2015.

Future construction will include buses picking up and dropping off people in the North campus parking lots in hopes of decreasing the risk between vehicles and pedestrians.

"Humber strives to be student

friendly. Every initiative we adopt is to promote student success and development," Ditta says.

Emily Demedeiros, a first year media studies student at Guelph-Humber, said she had a near death experience last year when a car driving 50 kilometers over the speed limit skimmed her while walking at an intersection near her home.

"There were no cars in sight and I was the last of my friends to start walking. It was our turn to walk anyways," she says.

Shane D'Costa, a first year media studies student at Guelph-Humber, said he too was almost hit by a car last winter.

"It was night time and my friends and I decided to get coffee," he said. "As the light turned green for us to walk, a car sped turning right without stopping and if my friend didn't pull me by

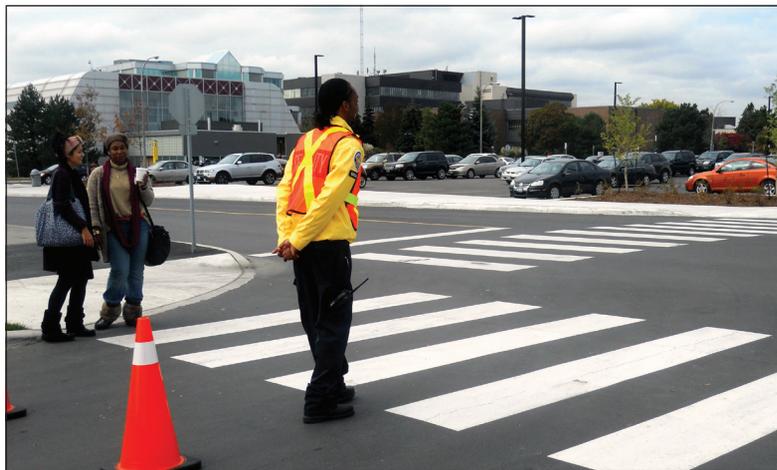


PHOTO BY KELLY KHIZAKIA
Traffic director, Jeremy Prescod, supervises vehicles as students wait to cross at Humber College North campus.

my jacket, I think I would've been hit."

D'Costa says he follows the traffic signals and obeyed them in order to be safe.

"I was so shocked. I literally sat on the floor of the street wondering, 'Did I almost get hit by a car?'" he says.

To ensure traffic safety on campus, Ditta said, "30 guards are out there right now and they're facilitating pedestrian traffic as it comes and leaves the buildings."

One guard, Jeremy Prescod, has been working as a traffic director at the

North campus' parking lot for more than a month now and said he prevents accidents almost every day.

He said one of his most recent incidents involved a pedestrian who wasn't paying attention and a driver that went against his directions.

"I used my quick judgement to tell the pedestrian to stop where he was," he says.

Ditta says students should be aware of their surroundings and should not be multitasking while on the road, whether they are walking or driving.

"We saw a lot of people texting and e-mailing. Their attention is on their BlackBerry's or iPhones when they really should be looking at the road," he says.

Both Ditta and Prescod urge students to report any type of dangerous activities to campus security guards so they can act upon it.

"I hope that students will give us feedback and work with us to make sure that Humber is a really safe environment to be in," Ditta says.

Area burglaries preventable: police

COREY WEIR
Crime and Security Reporter

With a string of recent break-ins in North Etobicoke, some residents living around North campus say crime is hitting too close to home.

"We had a break-in just down the street from us over the summer," said Brooke Verbeek, 18, a second-year Humber fashion arts student, living in the Briarwood area.

"It obviously makes you a little nervous but we make sure everything is locked."

Inspector Gerry Cashman of the Toronto Police Department's 22 Division has been investigating several break-and-enters in the area.

Despite the recent news of a rash of break-and-enters, burglary numbers are down in the area compared to a year ago, and even across Toronto, Cashman said.

Toronto Police 23 Division provides a service called Crime Prevention Through Environmental Design, where crime prevention officer Const. Ryan Willmer inspects homes and tells residents what they can change in or-

der to better prevent burglaries

"If you make it hard for thieves to break in, odds are they probably won't," said Willmer.

"Things like leaving a light on outside and inside your home, or even making sure your windows are closed when you leave can help considerably."

"Break-and-enters are mostly the product of opportunity," Cashman said.

"You can keep a phone beside your bed, so in the case of a break in, while you are asleep, you can grab the phone and call 9-1-1," Cashman said.

"Our system automatically gives the address of where the call is coming from, for a landline, cellular devices don't. So it would be smart to have a landline near."

If residents return home and suspect their home has been burglarized, they should not enter the house, Willmer said.

He recommends refraining from touching anything, in order to preserve evidence.

For more information, contact Division 23 at 1-416-808-2300.



PHOTO BY COLIN DEMPSEY
Lindsay Walker is Humber's first ever sustainability manager, and will work with the Sustainability Coordinating Committee.

Walker appointed Humber's first sustainability manager

COLIN DEMPSEY
News Reporter

Humber College has a new sustainability manager, and she's working to make the school more environmentally conscious.

Lindsay Walker is Humber's first appointment to the position and she, along with the rest of the Sustainability Coordinating Committee, are concerned with reducing Humber's use of resources.

The committee meets once a month to discuss how they can create a more sustainable ecological footprint at Humber College.

"Waste recycling is still the number one thing that needs to be addressed" says Walker. "Either people are confused, or they don't care where to put

things, but regardless it's still a major problem."

This issue isn't restricted to within the interior confines of the school.

"Waste and cigarette butts get thrown on the ground outside consistently" says Walker. "There are bins all over the place but for some reason, the waste doesn't get in there."

Hansel Menezes, 30, a third year Sustainable Energy and Building Technology student at Humber, is the only student member on the Sustainability Coordinating Committee. He said the problem is that students don't think about what they're doing.

"Flicking a light switch on and off, opening and closing the fridge, we do all these things without thinking and we take them for granted" said Menezes. "Students have to learn to become

more environmentally conscious."

Although Humber still has a lot to change in order to become more environmentally friendly, Walker said that the school is on the right track.

According to Walker, since 2005 Humber has reduced its energy per square foot use by 16.5 per cent, and the amount of water used has been reduced by 35 per cent, despite Humber's enrollment increasing by 20 per cent.

Amanda Bernard, 19, a second year Business student at Guelph Humber, likes the direction the school is heading in. "Even the little changes, can make a big difference."

Those interested in helping Humber College become more sustainable can contact Walker by emailing her at Lindsay.Walker@humber.ca.

Tips to protect your home

- Don't leave doors or windows open, when out.
- Leave lights on when away.
- If there is a bedroom in the house that faces the street, leave that light on.
- Purchase warning signs, such as Beware of Dog, or Under Video Surveillance.
- Get to know neighbours.
- Keep a record of valuables, including serial numbers.
- Invest in a safe that can be bolted down.
- Keep valuables out of sight.



PHOTO BY ALEX LAMBERT
Students at Guelph-Humber will find it much easier to transfer to different universities across Ontario.

Transferring credits easier

ALEX LAMBERT
Senior Reporter

University of Guelph-Humber students can now transfer credits to other Ontario universities more easily, thanks to the new University Credit Transfer Consortium.

Guelph-Humber is participating in the initiative along with seven other schools.

"It's a positive thing because it increases the flexibility for students and it just streamlines the process, it just makes it easier for them," said Cheryl Regehr, vice provost of academic programs for the University of Toronto.

Under the new system, undergraduates who can't take a certain course at the school they're enrolled at can take the course online or through classes at another institution, she said.

Regehr said the new system gives

students greater versatility in how they take courses and prevents them from having to redo similar courses because their transfer credit did not get accepted.

Students will know in advance if their course will be transferable, whereas under the old rules, each transfer had to be evaluated on a case-by-case basis, Regehr said.

According to Regehr, all first-year arts and sciences courses will be accepted for transfer. So will an additional 20 first-year courses.

Guelph-Humber only has seven programs and very specific courses within them, said Joe Varamo, manager of academic advising and registration at the school.

The 20 additional courses therefore might not be ones offered at Guelph-Humber, he said.

Varamo said the credit transfer pro-

gram is still a wonderful idea because it helps "students across the board in any institution get towards their final goal, which would be graduation."

According to the Ontario Undergraduate Student Alliance, however, the initiative doesn't go far enough.

The group represents students from four of the seven schools involved in the Credit Transfer Consortium.

"We'd like to see students at all Ontario universities benefiting from a credit transfer agreement, and we'd like to see it extend beyond first year, and beyond arts and sciences," said Rylan Kinnon, OUSA executive director.

"Students are much more mobile than they have been previously, but our post-secondary institutions have not changed to recognize the mobility of modern students," Kinnon said.

Government lays off employment standards officers

Higher-up officials to take on duties

JOSHUA SHERMAN
News Reporter

The announcement of the Ontario government's two-year, \$3 million investment in the Ministry of Labour on Sept. 17 was followed by word of 19 layoffs three days later.

Ontario's Labour Ministry said both staff layoffs and the funding injection are part of a plan to improve workplace standards enforcement across the province.

"The changes were necessary to refocus to a more proactive approach," said ministry spokesperson, Matt Brajer.

Exactly how the financial boost will be distributed isn't known, but Brajer said it would be invested in workplace education in an attempt to make sure employees and employers know their rights. Brajer said the ministry was trying to "stop the problems before they start."

Brajer said new staff would be hired, but that they would be of a different class than the Employment Standards Officers (ESOs) that were laid off.

"We are aligning resources to allow for more proactive enforcement of the ESA (Employment Standards Act) through the hiring of additional permanent ESO-2's," Brajer said.

The 19 employees laid off were first

level ESO's, meaning they carried out first response initial claim investigations. The ESO level two's which will be hired conduct full investigations on top of more activities.

Len Elliott, chair of the Ontario Public Service Employees Union, criticized the layoffs. "They totally cut the program that's supposed to stand up for workers and their rights."

Elliott warned layoffs would lead to longer wait times for employees seeking compensation from employers.

"They totally cut the program to stand up for workers."

LEN ELLIOTT
OPSEU

"It's going to slow down the very process of getting these people their money."

Cindy Newell, a human resources manager with Bell Media, said she thinks the

changes are a good idea as long as they include education coupled with inspection. Newell said current workplace standards enforcement was more like policing and that the new investment sounded like a smart idea.

"I think done in the right way, it's probably the right investment," said Newell, who also teaches a labour relations course at Humber.

Young people entering the workforce today want a better understanding of employment standards rather than just being told what's right or wrong, Newell said.

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Legal Aid Ontario stops free law help on campus

JOSHUA SHERMAN
Student Government Reporter

Legal Aid Ontario has stopped funding the Humber Students' Federation free legal advice service for the 2012-13 year.

Jeff Fortinsky the Legal Aid lawyer who ran the service last year told HSF in April that their clinic would end in May, said HSF services director, Sieu Moi Ly.

"It's a little out of our hands," Ly said.

According to Fortinsky, Legal Aid didn't tell him why the funding was pulled.

"All I know is, Legal Aid cancelled the service," Fortinsky said.

Feroneh Neil, a Legal Aid spokesperson, said funding for Humber's advice lawyer was cut as part of a shift towards offering services that would help larger numbers of people, as through Legal

Aid's redesigned website.

Neil said Humber students still have access to free legal advice through other avenues, such as the Rexdale Community Legal Clinic.

"The services are just being delivered differently," she said. "Instead of it just being available to students, it's available to everybody."

According to Ly, before funding was cut, students could book an appointment through HSF to have a 15-minute meeting with a lawyer. About eight students a week made appointments last school year.

Katelyn, 19, a second-year Humber general arts and sciences student who asked not to use her surname, said she wished the service was still available because she is involved in a legal dispute with her landlord.

"It would have been so helpful," Katelyn said.

It can be hard for students to find the time to deal with legal issues, she said.

Although she received advice from Legal Aid over the phone, Katelyn would have preferred meeting a lawyer on campus.

Alex Tzanis, 17, a first-year Humber business management student, said HSF should work toward revamping the legal advice service, with or without Legal Aid's assistance.

"I think they should do whatever they can. I mean, it's something that a lot of students could use and it would help a lot of students out," Tzanis said.

The HSF is considering ways to revive the service, Ly said. Working with a private law firm has been discussed, but cost is a concern.

CIBC study predicts 150,000 new small businesses

MICHAEL OESI
News Reporter

Members of the Humber Business School have voiced their opinions on a recent CIBC report anticipating a boom in Canadian businesses.

"A lot more opportunities are being created in small and medium enterprises and even more opportunities being created by students and others starting their own business," said Business Administration coordinator Mike Planche.

The CIBC report said that an estimated 150,000 businesses will be created in Canada within the next 10 years.

Planche says that people between the ages 45 and 55 that start businesses have advantages over students because they have experience that students don't have.

Koorosh Sadeghi, 39, second year Paralegal Studies, said he doesn't rely on CIBC reports but believes their prediction to be true.

"In Canada we see a lack of job se-

curity. People try to establish their own practice," Sadeghi said. He decided to return to school after spending 12 years in the work force.

"I chose the paralegal program intending to go out and start my own practice. The reason I did so is because I want more job security," Sadeghi said.

Saqib Mirza, 20, second year accounting student, said that CIBC predictions make him feel good and confident that his business will do well. He said he plans on opening a furniture

store after he graduates from his program at Humber.

"After making enough money I'd eventually sell it and open up a franchise restaurant," Mirza said.

Planche says that Humber vice-president academic Michael Hatton has a new venture seed project that has been running for a couple of years. Students from any program at Humber can submit their ideas for a business that they want to get started and the college will give some number of them seed money to start that

business.

Planche said the report really ties in with current trends and Humber students within the business school are in a great position to be a driving force in the business sector.

"There's a lot of students out there that have some really good ideas in terms of what kind of business they want to get started and this is a great opportunity for them to potentially get some seed money," Planche said.

Humber libraries get student advice

VICTORIA QUIROZ
Life Reporter

Humber libraries are taking action to ensure students get the most out of resources.

The Student Library Advisory Council [SLAC] is a new effort to integrate Humber student ideas into the library systems.

It was spearheaded by Aliya Dalfen and Denise Rooney, librarians at North Campus and Lakeshore, respectively.

SLAC will meet twice a semester to discuss everything from directory signs within the library to marketing.

The council's objective is getting more student input, Dalfen said.

"By getting a group together of people that like the library and are passionate in some way, it will give us great feedback and also give us great ideas for things we might want to pursue," she said.

Dalfen said that the council's place within the library will evolve as it begins to take shape.

The first meeting, which will happen in October, will be based on "gen-

eral ideas of what (the council) thinks the library should be," Dalfen said.

The council will be involved in the development of a new library website and is asking for student feedback about the site, Rooney said.

According to Rooney, students need to incorporate their own studies and interests into the library.

"We've got a lot of marketing students, they might have some ideas about how promote the library," she said.

Students like 20-year-old Shawn Clark are looking forward to changes the council might make.

Clark said he uses the library about twice a week and would like to see, "more study space, and more plugs for laptops."

Rooney and Dalfen both said council's goal is to improve library user experience.

"It's their library. We want to make sure it's meeting everyone's needs," said Dalfen. "It's important for them to know that there's somebody there that's trying to better the student experience."



ADHD drugs can be harmful for young

RAQUELLE COLLINS
News Reporter

According to a *Toronto Star* investigation, ADHD medication may not be as safe as we all think.

The *Star* recently learned from Health Canada there were reports of suicide, depression, hallucinations and heart problems as some of the many side effects ADHD drugs can cause.

Heidi Bernhardt, national director for the Centre for ADHD Awareness Canada, said people with ADHD could be pre-disposed to the medications' side effects.

"We know that teenagers and young adults have a higher suicide rate than then the general public," Bernhardt said.

"It gets into co-existing disorders of anxiety and depression, which can be hugely common with ADHD," she added. "When you have been heaped with negative feedback your entire life

you can see how anxiety and depression can very well occur," she said.

"We know that most people with ADHD have a much higher rate of co-existing disorders like anxiety, depression, substance abuse if ADHD isn't treated," Bernhardt said. "Other conditions like bipolar and autism frequently have ADHD with it."

"We know there all these complexities looking at these people," she said.

Angie Elsalkh, 19, a first year fashion arts student at Humber, said her sister, who takes ADHD medication, didn't show any adverse reactions.

"My sister was more focused and felt smarter and did much better in school because of the medication she took," Elsalkh said. "The only noticeable change was her weight loss because it caused her not to feel hungry."

Some students who are not diagnosed with ADHD take the medication as it helps them stay focused longer and prioritize. The general

consensus is it comes in handy around exam time, said Bernhardt.

"Some college and university students seem to be misinformed and think that if they take the ADHD medication it will help them perform better on their exams, which is untrue," Bernhardt said.

"They sometimes abuse the drugs by using them to pull all-nighters and study," she added. "They're much better off actually getting better study skills."

Pharmacist Samy Makrouna, owner of the Humber College's MedSpot Pharmacy, said it is illegal to use ADHD medication without a prescription.

"I don't prescribe ADHD medication, but I do dispense it," he says. "ADHD medication needs to be prescribed and a physician has to evaluate the case before they write (a prescription for) such kind of medication."



PHOTO BY RAQUELLE COLLINS
ADHD preprescription drugs like Adderall have been associated with potentially lethal side effects, according to a *Toronto Star* report.



PHOTO COURTESY LAUREN B. DAVIS
Humber alumnus and author Lauren B. Davis' book, *Our Daily Bread*, was nominated for the Scotiabank Giller Prize.

School for Writers grad makes Giller longlist

ALEX LAMBERT
Senior Reporter

Humber College School for Writers graduate and former instructor Lauren B. Davis has been longlisted for the 2012 Scotiabank Giller Prize.

Davis, who now resides in New Jersey, said she was surprised that her novel, *Our Daily Bread*, was nominated because it almost never got published.

"It was turned down by just about every publisher I can think of in Canada and the United States and sat in my desk drawer for probably five years," she said.

After getting it printed by a small publishing house in the US, Davis started getting good reviews and best book listings and Harper Collins ended up asking her to have another look at it and then ended up publishing it as well.

"It was really quite a fluke that it ever got published in Canada to begin with," she said.

The book was inspired in part by stories of the Goler family of Nova Scotia, a family in which many members were found guilty of incest and abuse



of their children.

She was shocked that stories about the Goler family were surfacing and that no one had tried to stop what was going on there, and this inspired her to write a book about what she calls, "what happens when we view our neighbours as those people."

"I created a fictional town in which there are a group of people who have been marginalized and some very bad things are happening there," Davis said.

Antanas Sileika, program director for Humber's school for writers, said it's always inspiring to see those associated with Humber's school for writers win awards, but it's also not surprising for him because many of the program's students, faculty and graduates have been nominated or have won awards for their work.

"The School for Writers keeps on reappearing on prize lists year in and year out," Sileika said.

He referred to Davis as "the most determined writer that I know. She's got true grit, she's a person who never gives up."

The Giller prizes are collectively worth \$70,000, with \$50,000 of that being given to the winning author.

To be eligible, books must be submitted by a publisher and must be first-edition full-length novels or collections of short stories that have been written by a Canadian citizen or permanent resident of Canada.

Student aims for mainstream with mixtape

JESSICA PAIVA
A&E Reporter

For an aspiring hip-hop artist and Humber student, the goal of breaking into the mainstream music scene is similar to being a "small fish in a huge ocean."

Jermaine "Jay-1Der" Salmon, 19, a first-year radio broadcast student, found his love for lyric writing in the ninth grade when he had daily freestyles with classmates.

"I am one artist out of many try-

ing to reach out to the audience," said Salmon. "Since I'm irrelevant to the industry, the only way to excel is to prove that I'm better through my writing."

Salmon said his rap lyrics define his originality through his choice of words and passion for his songs compared to other aspiring hip-hop artists.

"I write whatever happens to be going on in my life at the time," said Salmon. "I'd write about what my mom makes me (for lunch) tomorrow night and put it in a song somehow."

Salmon will be releasing his first mixtape, *Irrelevant*, in December.

It will have 12 original tracks and two covers of songs by Childish Gambino and Kendrick Lamar.

Irrelevant will feature rapper Ibukun "I.B Kredible" Akingbola, a first-year video production student at Humber, and has instrumentals produced by K Beatz and Qwest Beats.

"We made our first song together called 'Feeling Me' and the results were breathtaking," Akingbola said. "Jay and

I have a unique flow and way with words in which works well in this mixtape."

Salmon said it has been his goal for years to complete this mixtape.

"I was supposed to do a mixtape back when I was in high school but I didn't feel like I was ready," he said. "Since this is my first mixtape, first impressions count and I believe the material I have now is good."

"Upon seeing Jay-1Der at an event early this year, I believe him releasing a mixtape will provide him with

more exposure," said Paul Henriques, a technical service agent at Regional Insurance Services Inc. who has seen Salmon perform live at events promoting young talent.

"I also believe this will help him kick start his career at a higher level because he will have a way to eventually sell and advertise his product," Henriques added.

Irrelevant will be available online in Salmon's YouTube page at www.youtube.com/1DerTv101.

MUSIC

What are you listening to?



"Right now I find myself constantly listening to Road Tripping by Red Hot Chili Peppers. As soon as I plug in my headphones, it's the first thing I play. It's definitely my favourite song right now."

What's your preference?

"Rock is my favourite, and I don't see it ever changing. I've always listened to Rock music. I feel like it really sets my mood right. Sometimes I find myself listening to rap, but not all the time."

Andrew Farina, 19
Civil Engineering, year 1

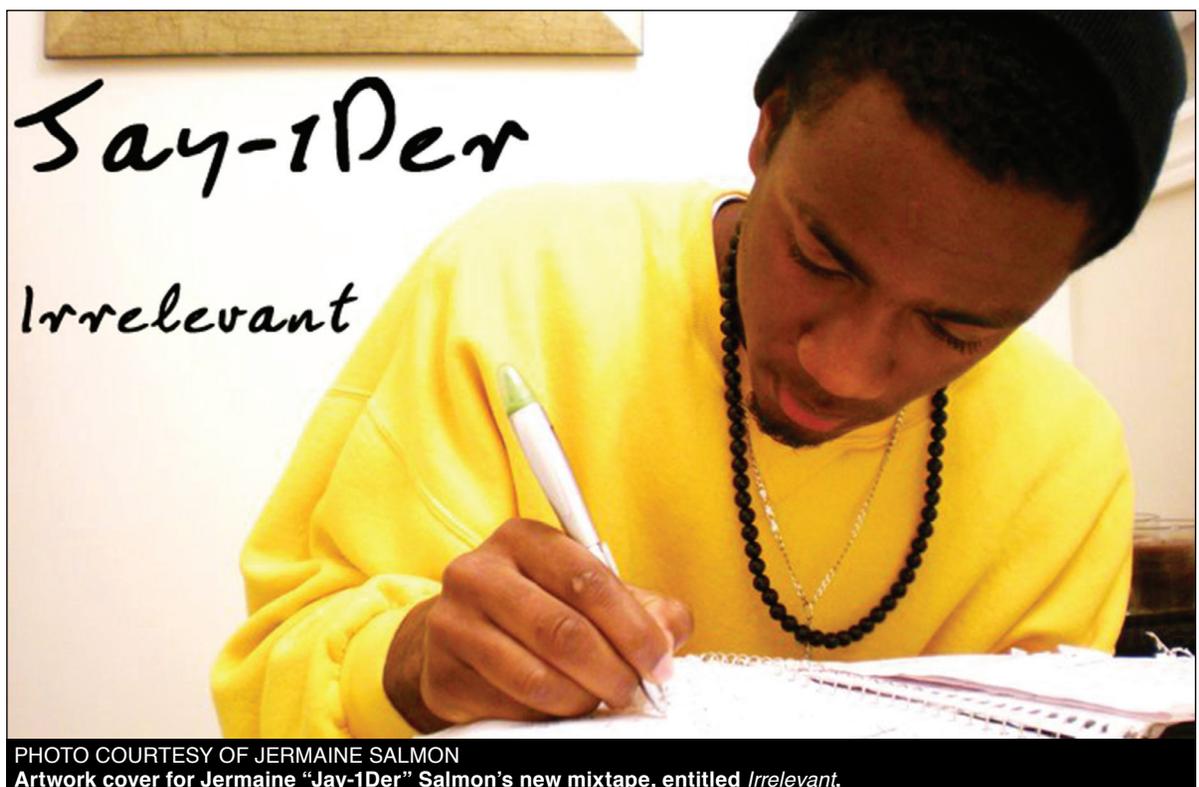


PHOTO COURTESY OF JERMAINE SALMON
Artwork cover for Jermaine "Jay-1Der" Salmon's new mixtape, entitled *Irrelevant*.

THIS WEEK IN ENTERTAINMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>10 THANKSGIVING MONDAY! Et Cetera wishes everyone a happy and safe Thanksgiving Monday!</p>	<p>11 Hip Hop Dance Class @Habeebas Dance Studio TIME: 8:30 p.m. \$20.00 drop in fee for the class. 179 Dundas St. East, southeast corner of Dundas and Jarvis, the upper level.</p>	<p>12 HSF iPod Battle @Lakeshore, L Building TIME: 12:00 p.m. Two students compete to see who has the best taste in music and playlist, with input from the audience.</p>	<p>13 Ryan Leslie LIVE @MOD Club, Toronto TIME: 8:00 p.m. Singer-songwriter, producer, and multi-instrumentalist performs. \$16.50, 19+ event. 722 College St., at Ossington and College.</p>	<p>14 Screemers Scream Park @Exhibition Place TIME: 7:00 p.m. Visit Canada's #1 haunted scream park for some Halloween scares and fun! Inside the Queen Elizabeth Building, entry \$20-\$29</p>	<p>15 T.O. Chocolate Festival @Roy Thompson Hall TIME: 11:00 a.m. Back for it's seventh year, the Toronto Chocolate Fest features chocolate in every way one could imagine. Entry \$21.</p>	<p>16 Ellie Goulding LIVE @Sound Academy TIME: 7:00 p.m. English singer-songwriter Ellie Goulding comes to Toronto to perform her best hits. Tickets \$29.50, 19+W event.</p>

Trick shot billiard artist returns to Humber

ALYSSA CAPISTRANO
A&E Reporter

Lakeshore and North Campus students were given a dose of the wow factor when Gerry "The Ghost" Watson performed his pool table tricks on Oct. 4.

The Cornwall Sports Hall-of-Famer and trick shot artist extraordinaire said he was excited to get the crowd going at both of his scheduled shows.

"I just want to give these students a little break from their busy individual lives," said Watson. "I want people to feel comfortable with me and just share a couple laughs."

As a pre-teen, Watson was a devoted hockey player who was once scouted for the Maple Leafs organization by team legends Dave Keon and Frank

Mahovlich.

Unfortunately, the young Watson suffered an injury that ended his hockey dreams.

The injury, however, launched a 12-year-old Watson into the fast and exciting life of billiards.

"I've travelled the world playing pool, and I've done over 5,000 shows in total. I've once performed 120 shows in 90 days," Watson said. "For the past 15 years I've been a regular at Humber."

Jessica Fong, 17, a first-year media studies student at Guelph-Humber said she's been to Watson's event before.

"The way he can get a crowd going is crazy, and the ways he can pull off those tricks are even crazier. It was a good show," said Fong.

Sieu Ly, Humber Students' Federa-

tion services director, said the event is something fun for students to observe.

"Students get entertainment, enjoyment, relaxation and dexterity skills. They may be able to pick up some tricks from Gerry himself and to challenge him and show him a few tricks of their own," said Ly.

The event featured Watson himself performing various pool tricks with just a cue and pool ball, while enlisting the help of student participants.

When asked about his favourite trick to show students, Watson made sure he didn't spill any hints.

"All the shots I display are my favourites. But, I guess my last shot is my favourite. It's a secret. You'll have to wait and see," he added.

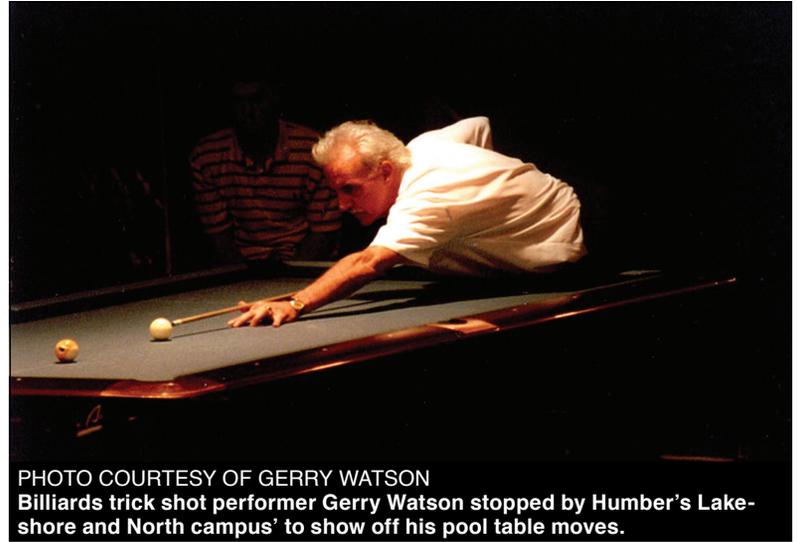


PHOTO COURTESY OF GERRY WATSON
Billiards trick shot performer Gerry Watson stopped by Humber's Lakeshore and North campus' to show off his pool table moves.



SCREEN GRAB OF CALL OF DUTY: BLACK OPS II / SOCCER 13
The popular and highly anticipated video game *Black Ops II* will be featured at the HSF We Got Game! event this week.



SCREEN GRAB OF CALL OF DUTY: BLACK OPS II / SOCCER 13
Soccer fans will be able to test out the new FIFA 13 video game this week and the HSF We Got Game! student event.

HSF video game event a hit with student body

JULIA GRABOWSKA
A&E Reporter

Humber students get a chance to indulge in a competitive break, as they try out newly released 2013 video games at the two-day We Got Games event.

The video gaming event is scheduled to take place today and tomorrow at the North campus Student Centre from mid-morning to mid-afternoon.

We Got Game! provides students with a friendly competition, and sneak peak into the latest games.

"There will be a lot of games: FIFA 13, NHL 13, Call of Duty, and Kinect games, which are movement type of games..." said Emily Genitti, Humber Students' Federation vice-president of campus life. "People love it! It's going to be really fun!"

Franck Fun, 22, a Humber travel and tourism student, said he is plan-

ning to participate in the event for the chance to play FIFA 13.

"I can't wait," Fun said.

Fun said he's an avid soccer player with the Glen Shields Futbol Club in Thornhill and had the opportunity of test running the game recently at a FIFA convention.

"It's expensive...but I'm going to trade in my old games for the new one," he said.

Teresa Silva, HSF vice-president of

administration, attended last year's We Got Game, and said it grabbed the student body's attention.

"There were over 100 people that attended, both participating or watching," she said.

Humber College also provides students with pool tables and ping-pong tables that are located in the student center. These game amenities are available all year round, and almost always buzzing with students. It is evident

that a video-gaming event like this one will attract even more attention from the student body.

Just as the previous year, the video-gaming competition will bring forth several gaming consoles, TV's, and even special gaming chairs with built in speakers. The set-up and equipment will be provided by We Got Game Entertainment.



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Submission deadline is
December 6th, 2012.

Find out more: Information Sessions will be held:

Thursday, October 11	9:00 - 10:30 am	B101, North Campus
Thursday, October 11	2:00 - 3:30 pm	B101, North Campus
Monday, October 15	10:30 am - 12:00 noon	L1017, Lakeshore Campus
Monday, October 15	3:30 - 5:00 pm	L1017, Lakeshore Campus

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

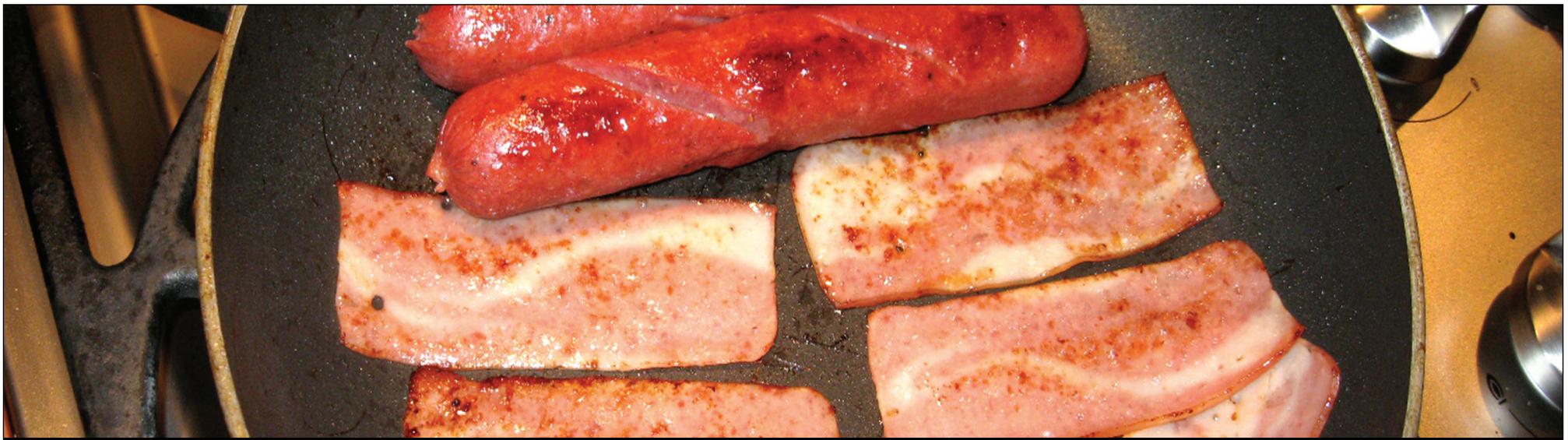


PHOTO BY SAUDIA MOHAMED

Savour the taste now, prices of bacon are set to rise and a shortage of the meat is increasing which could mean many will not have crispy pieces of bacon to accompany their eggs and omelettes.

Bacon shortage means price increase

SAUDIA MOHAMED
Life Reporter

Take it easy with those tasty chops, juicy, medium, well-done tenderloins, and other pork products because prices are ready to soar next summer.

People will not only see a shortage of the meat, but also an increase in price, due to the drought that had plagued the

United States this past summer, according to an article in the Toronto Sun.

Jackie Patel, 33, a third-year business student at Humber said the shortage will definitely have an effect on the world.

"This is definitely bad for the economy and really brings our GDP down," said Patel. "It is a financial hardship for farmers and for sure will cause many of them to cut production."

Some would prefer that consumers turn away from pork altogether. Toronto Pig Save, which began in 2010, promotes respect towards pigs.

"Pigs are treated badly and with Toronto Pig Save we promote saving the pigs, they are one of the friendliest animals and human perception perceives them as dirty animals," said co-founder of Toronto Pig Save, Anita Kranjnc.

Meanwhile, the costs for farmers to raise pigs are no longer affordable and the public has been warned that the consumer prices will be up by 10 per cent soon, according to an article in the Toronto Sun.

"This is really bad for our economy, and especially with my program it can play a huge impact on the students," said Jessie Saunderson, 22, a first-year

culinary student.

The vast majority of pig producers around the world are losing money on every pig they sell.

"I enjoy my bacon very much, this would be a major inconvenience if prices go up. I should start buying now and keeping storage to save on my bacon," said Xianzhug Li, 38, a second-year paralegal student.

to the NINES



How do you model your style?

Definitely rocker mod.

Where are some places you like to shop?

I really love the new top-shop stores. Also, H&M and Winners, really anything that is cheap.

Who is your style icon?

Chanel. I really like the suit look, and like prim and proper. I like how you can dress down during the day and go all out at night.

Bianca Rill, 21

Paralegal Studies, 2nd

Exercise alternatives prove just as effective

KARA MATTHEWS
Life Reporter

Students looking to stay fit but keep their wallets large are encouraged to find ways of exercising at home.

"There are a lot of inexpensive ways for students to work out on their own space when they can't make it to the gym," said Humber's fitness coordinator Leanne Henwood-Adam.

Henwood-Adam said workout videos are excellent because users can borrow them from libraries and they rarely require extra equipment.

If students are interested in working out at the school, Henwood-Adam said a wide variety of classes are offered at the Humber gym.

"There's everything from yoga and Pilates to dance, cycling and muscle classes," she said. "There's also a new warrior class that's a lot like boot camp, but more intense."

Second year health and fitness student Adrian Soun, 20, said the use of all athletic facilities come free with tuition. He added that students can pay for personal training sessions from students in his program.

"You can pay \$75 for 14 weeks of training, which is great considering you would pay that much for one session at a regular gym," he said.

Henwood-Adam said when students are at school they should take advantage of Humber's Arboretum.

"There are a lot of trails throughout the Arboretum, and students can walk or run around the ring road that

surrounds the school," said Henwood-Adam.

Second year photography student Jenna Moon, 19, was surprised to learn she could attend classes for free.

"I thought you had to pay extra for classes on top of membership fees, but

I would be really willing try a yoga class now," she said.

Soun's personal preference is getting his exercise playing team sports.

"It's the easiest way to stay fit and make friends at the same time," he said.



PHOTO BY KARA MATTHEWS

Students can find other effective ways of exercise besides the usual treadmill and stair climber.

Gay-centric high school proposed

Debates begin surrounding the idea of LGBTQ oriented secondary school in the Toronto area

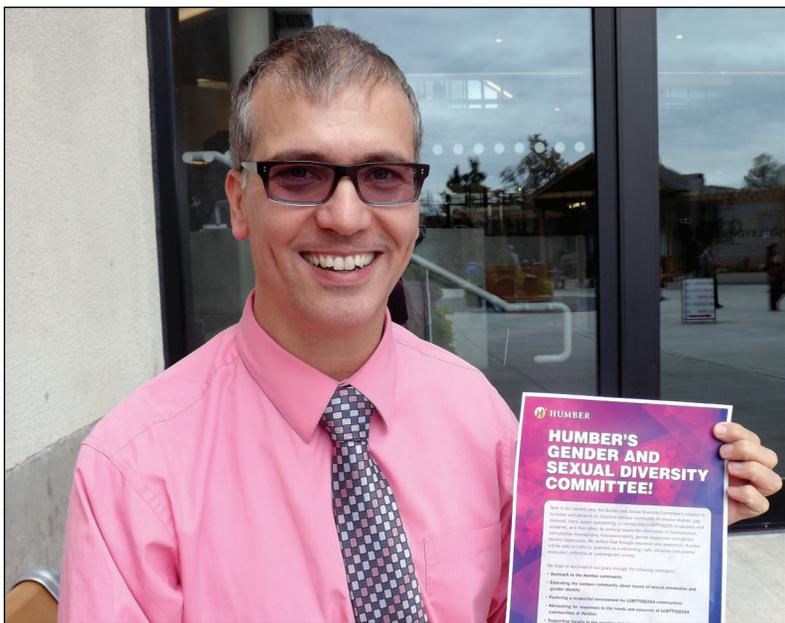


PHOTO BY TAYLOR PARSONS
Thomas Silcox-Childs, co-chair of Humber's Gender and Sexual Diversity.

TAYLOR PARSONS
News Reporter

Humber's LGBTQ teachers and support staffs are in favour of a proposed gay-centric high school in Toronto, but they have some reservations.

Twenty-year-old University of Toronto student Fan Wu proposed the Toronto District School Board create a school that was LGBTQ centric, where students both gay and straight could attend without fear of judgment.

Maureen Carnegie, Humber consultant at disabilities services, and co-chair of Humber's Gender and Sexual Diversity Committee, says the proposal is a great idea.

"I think that it's a really excellent initiative because we were looking at a group of students who are definitely at risk in terms of being targets of bullying, homophobic harassment and violence," says Carnegie.

She doesn't agree with the argument that a LGBTQ centric school

would segregate students from the 'real world.'

"The idea this shelters people from the real thing is nonsense," said Carnegie.

"A majority of the population identifies as straight, and being at the school wouldn't remove them from

"I think that it's a really great initiative.

Maureen Carnegie
Humber Disabilities
Consultant

interaction with straight people," she said

Andrew Tibbetts, Humber councillor, says while he supports the idea of the school, he doesn't want it to be

the only focus of efforts to ensure a safe school environment for LGBTQ youth.

"At the same time you're providing a safe space, you can't slack on the other half of things, which is doing everything you can to make every school a safe place," said Tibbetts.

"We can have this school for a group of students, while at the same time, work on improving things as a whole," said Tibbetts.

Thomas Silcox-Childs, a Human Resource analyst and co-chair of Humber's Gender and Sexual Diversity Committee, says he feels Humber should pay attention to the proposal.

"Where do people go to after high school? Places like here," Silcox-Childs said.

"We need to build that bridge for what may or may not happen with the idea of the gay centric school," he added. "We need to build a bridge to Humber and our great programs that they're going to get support here as well."

Teachers' protest hurts school sport

CHARLOTTE HILLYARD
Life Reporter

This year's high school seniors may have a hard time enrolling into college programs because their teachers are banned from striking.

Numerous high school teachers across Ontario are no longer dedicating their time to extracurricular activities, such as sports teams, clubs, and fundraising events in protest against provincial legislation.

The deduction of high school sporting events will affect students applying to college because scouts will have problems identifying athletes that are not on a competitive team.

Humber College's athletic director, Doug Fox said, "It will be difficult to recruit athletes to the team because without high school sports we cannot see the skills that the players have."

High school athletes that want to be on a college sports team will have to compete in club tournaments, and scouts are now looking for athletes to recruit through public sporting events.

"Students have to take initiative to join other teams that will allow them to get noticed," said Fox.

This might be harder for some students who don't have accessibility to join community sports teams.

Students who are serious about playing for a varsity team in college might have to make the initiative to approach college scouts.

Dean Wylie, facility and program co-ordinator for Humber Athletics said, "There are many resources available that can allow athletes to get themselves noticed."

Humber does offer athletic scholarships to high school students. Approximately a quarter of Humber athletes are offered scholarships every year.

Fox said, "Scholarships are offered to students that stand out in their sport. The students that have high skill levels in the sport they play."

Seneca College student, Shamal Siddiaratchchi, who participated in his high school soccer team doesn't think that what high school teachers are doing is fair for the students.

"If I were a high school student now and this happened to me, I would be pretty mad. If it were me, I would join a side team like a community team since the school isn't doing much about it," said Siddiaratchchi.



PHOTO BY CHARLOTTE HILLYARD
Secondary school teacher's strike ban places problems for high school seniors.



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PHOTO BY SARAH STINCHCOMBE
IUD alternative choice for students

Women who forget to take pill steered to using IUD

SARAH STINCHCOMBE
Life Reporter

Busy students who have trouble remembering to take their birth control pill should consider a different option such as an IUD.

Many female students say they find it challenging to remember to take their birth control on a daily basis.

An intrauterine device (IUD) is a form of permanent birth control that is inserted into the patient's uterus by a doctor.

Elizabeth Smith, a nurse practitioner for Thames Valley Stanley Health Team, feels IUD birth control is a good alternative to the pill. "For girls who have trouble remembering to take their pill, this is a great option," Smith said. "There are minimal side effects to the IUD, and less hormones than the pill."

The birth control pill is as effective as an IUD if the pill is taken on a daily basis as instructed. It is quite easy to miss a pill, and according to Smith, missing a day can make the birth control less effective.

With an IUD, however, users get the proper dose of hormones every day, according to Smith.

Alexandra Brown, 19, a second year child and youth worker program student feels IUD birth control should be promoted to the student body.

"I know a lot of people that don't take their pill consistently," Brown said.

Considering getting an IUD herself, Brown said she sees very little drawback to the birth control method.

"It's nice just having the security of knowing no matter what you are protected," said Brown.

Sieu Moi Ly, Humber Students' Federation services director, said IUD birth control is not currently covered under the student health plan, but it is possible it will be covered in the future.

"Our plan is always developing. At the end of the day, this is not our set coverage. If there is anything we can add to it, we will look into it," said Ly.



PHOTO BY CHARLOTTE ANKETELL
Chantal Joy, Director of Student Life at Humber's North campus presents a \$2,000 reward to Nadia Malcolm for her efforts during this year's orientation.

Student volunteer wins \$2000

CHARLOTTE ANKETELL
Life Reporter

Students who participated in this year's orientation at Humber were recognized Tuesday for their efforts.

Orientation is a day when new students can be introduced to a new school environment, providing things like campus tours, meeting faculty and staff, as well as free giveaways.

But for one of the volunteer students involved, it was a lot more than that.

When hearing her name called for the \$2,000 draw, Nadia Malcolm said she was in complete shock.

"I'm still processing it actually, but it's definitely a good feeling," said Malcolm, 19, a second year General Arts and Science student at Humber.

"I wanted to do something with myself that would give back to people so I wouldn't feel so selfish and hopeless," Nadia says. "At the end of the week, I felt so much better and my confidence was so big."

Already having her tuition paid for, Malcolm said her family could also benefit from the money.

"I think some will go to savings, and other to my family," Nadia said. "Of course there has to be a little bit left for me."

Chantal Joy, the director of student life at Humber's North campus was at the awards night to present the check to Malcolm.

"There's something really special about being able to put a first year (student) at ease," Joy says. "It's the very valuable skill of having to connect with someone you don't know at all, and really make a positive impression."

Piram Houth, coordinator, orientation and transition programs at the North campus said there is an initial self-reflection component where someone has to really recognize they want to be a volunteer.

"We look for someone who has mo-

tive. We're not looking at skill sets, you can always train a group, but we need the best people to volunteer," Houth said.

Once selected, volunteers had two days of intensive training focusing on diversity workshops, communication, problem solving and tours, Houth explained.

Andrew Petricca, orientation co-chair, said volunteering looks good on a resume and it shows a person is organized.

"It's an opportunity you will not get anywhere else. It's a good chance to meet people, and those people look up to you," Petricca says.

Second Career chance to retrain

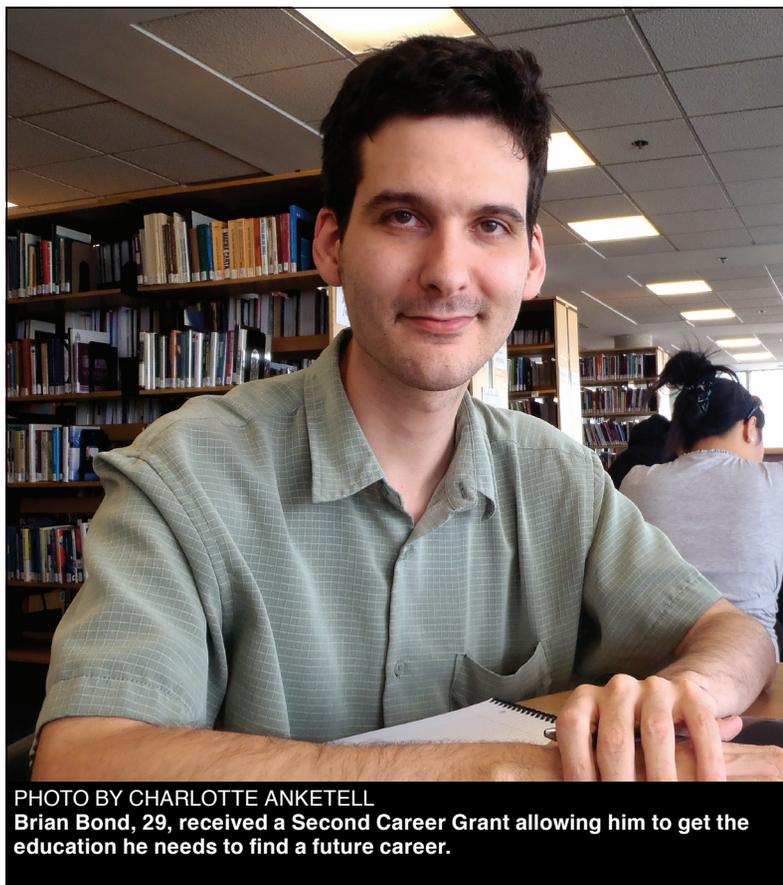


PHOTO BY CHARLOTTE ANKETELL
Brian Bond, 29, received a Second Career Grant allowing him to get the education he needs to find a future career.

CHARLOTTE ANKETELL
Life Reporter

Humber second year computer network support student Brian Bond, 29, was out of work for a year but now with a Second Career grant, he is getting the education he needs to land a stable job.

The Second Career grant is an Ontario government program that pays for the education or training needed to gain a job. The grant calculates a person's financial needs through an assessment of income and expenses, to decide how much and what kind of assistance is needed.

"The whole process is a way to prove you are employable," said Bond.

For all expenses, including tuition, books, rent and transportation, the maximum funding available is \$28,000 for the year of study.

Debbie Falconi, the associate registrar at Humber's office of the registrar said the college is only involved in the education side of the process. She says once a student is deemed eligible, they are assigned a caseworker outside Humber.

"There is definitely a criteria, it can't just be anyone who fancies going back to school," Falconi said. "That's why you start with your case manager."

Gyula Kovas, admissions representative for the Ontario Ministry of Training Colleges and Universities, said that students need to find jobs that have promising career prospects.

"The underlying goal of Second Career is to provide skills training that will lead to employment," Kovas said. "Therefore, it is important that the training taken by individuals reflect labour market demand."

Kovas said Second Career does not directly fund any educational facilities for these programs.

"The person is instrumental in deciding where they wish to attend their training program and they must apply to the training institutes that offer the required training," Kovas says.

Falconi said that students come to her office regularly saying they are interested in the Second Career program.

"We make it a point to say that this is actually a form of payment. I may be paying using OSAP, a friend using their own credit card, while you are using Second Career," said Falconi. "You're a student just like every other student, the only difference is to get your education, Second Career will only fund certain programs that are certain durations (and) that have certain outcomes."

ADHD often overdiagnosed in children

As childhood ADHD cases have ballooned in the last 20 years, prescriptions for drugs like Adderall and Ritalin have followed trend.

According to a University of Montreal study published in March, 43 per cent of children with ADHD were prescribed drug treatment in 2000. By 2007 that number had gone up to 59 per cent.

Approximately 270,000 Canadian children suffer from ADHD. In other words, well over 100,000 children are taking stimulants, or equivalent drugs, to perform in school.

These drugs have long been treated as a panacea by both physicians and harried educators.

Parents need to be aware however,

that they are not always the safest, or most effective, treatment available.

Common side effects of ADHD drugs are insomnia, nervousness and appetite loss.

In certain users they can be even more severe.

A *Toronto Star* investigation published in September found nearly 600 cases forwarded to Health Canada of children suffering "serious, sometimes fatal side effects suspected to have been caused by ADHD medications in the past 10 years."

These included heart problems, hallucination and suicide.

In response to the *Star* report Health Canada issued a statement saying that the report ignores the benefits

of ADHD drugs. The organization's role in approving drugs, it said, is to "weigh those benefits against the potential risks."

But neither the benefits, nor necessity, of ADHD drugs, are entirely clear-cut.

A University of British Columbia study published in May found that younger children in a class are diagnosed more often than older. Children born in December were over 30 per cent more likely to be diagnosed with ADHD than ones born in January.

It appears that lower maturity levels are often mistakenly diagnosed as a disorder.

Boys are about three times as likely to be diagnosed as girls, raising ques-

tions about how many diagnoses are cases of boys just being rambunctious and under-stimulated.

That doesn't mean ADHD isn't real or just the product of under-stimulating classrooms and over-stretched teachers.

Certain children undoubtedly do have such a severe problem focusing on schoolwork and interacting with peers that it warrants a solution beyond regular classroom discipline, or parental recourse.

In such cases, however, behavioral and educational alternatives to drugs are gaining ground.

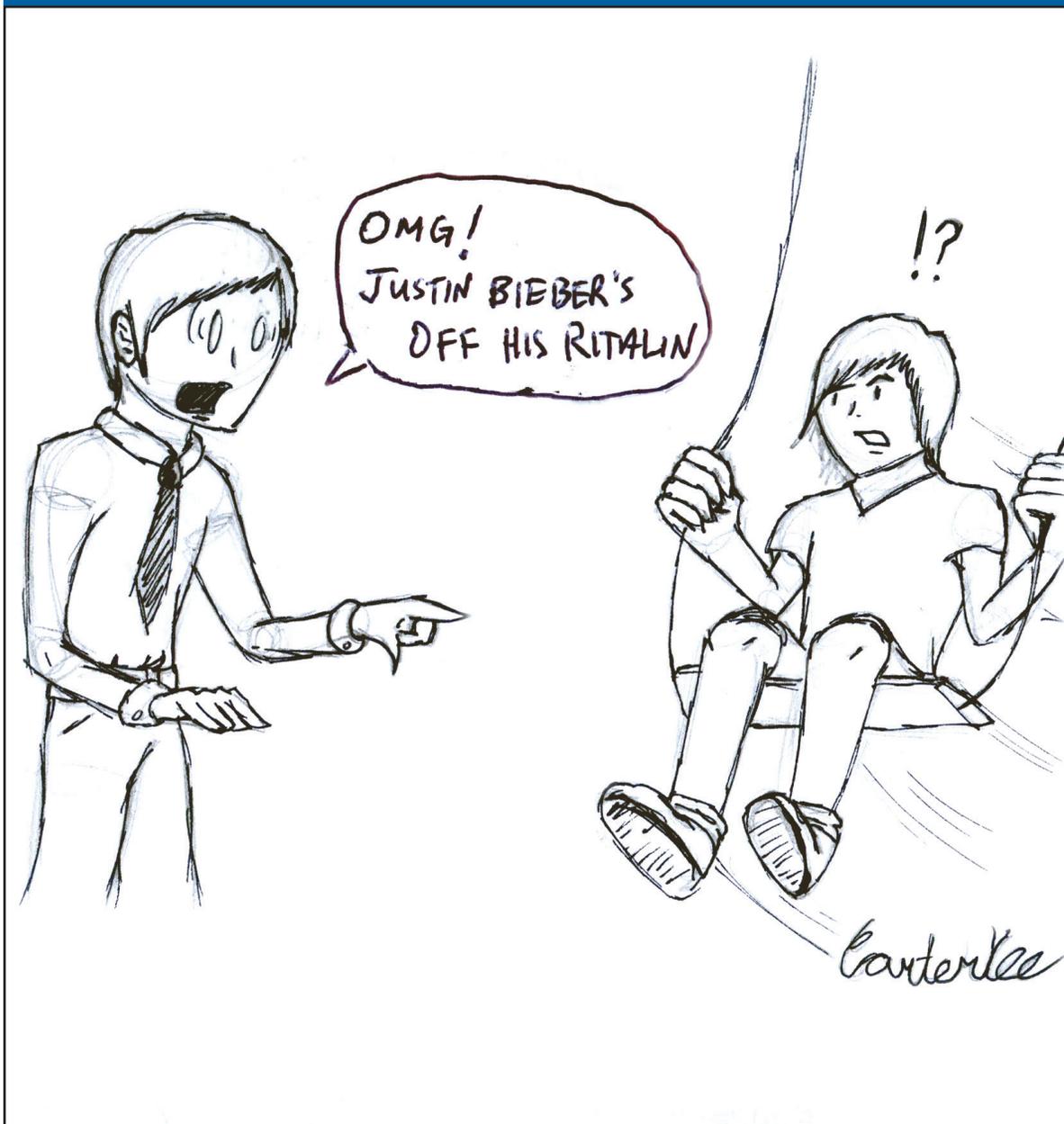
In May, *Scientific American* reported that a Louisiana State University study had found that good study habits

in ADHD-diagnosed children mitigate the affect that drugs have on grades. It has also been found that teaching parents behavior skills for coping with ADHD-diagnosed children decreases the exhibition of symptoms.

Unfortunately, therapy and better attention in the classroom consume a lot more time from parents and resources from teachers than filling a prescription. Accepting them also implies that behavioral problems are a social and environmental issue and not simply a genetic disposition.

Once that's acknowledged, how our children are raised and educated becomes a much more complicated issue than most people would like to deal with.

EDITORIAL CARTOON



QUOTED

What do you think about children being prescribed ADHD medication?



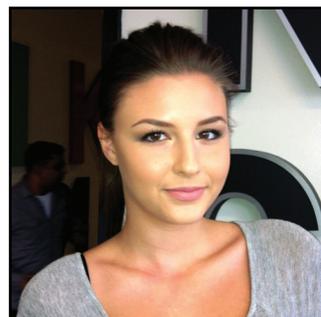
Harminber Signh, 21
Computer Support, 2nd

"If they are getting too hyper, it's okay. But every day is not good."



Saurab Ganger, 21
Computer Support, 2nd

"I don't think they [medication] are good every day."



Erika Vandermeulen, 18
Fashion Arts, 1st

"I think that's a good idea if it helps."

CONTACT US -- Send us your news tips!
Whether it is safety issues or upcoming events, we want to hear from you.
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Humber Et Cetera

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

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PHOTO BY JOSHUA SHERURCIJ, WIKICOMMONS
Protestors in Canada rally to bring home Toronto-born Omar Khadr from Guantanamo Bay detention camp.

Like it or not, Omar Khadr is our compatriot

Child soldier and convicted terrorist returns as Canadian citizen after decade in Guantanamo Bay



**NICOLAS
CAMILLERI**
News Editor

Early on the last Saturday of September, convicted terrorist Omar Khadr took his first steps back on home soil in well over a decade.

His arrival comes after the federal government finally cleared the transfer request from Washington to move Khadr back to Canada. He had spend the last 10 years jailed in the infamous Guantanamo Bay detention camp where, since the age of 15, he had been in U.S. custody.

There has been much dispute about Khadr's return, starting with whether he's ours, or theirs.

Can he be rehabilitated or not?

Will he remain an Islamic radical for the rest of his life or convert into a beer-chugging hockey hoser overnight?

Regardless of his beliefs, he's back on our soil – his native land. It's our

job as Canadians to ensure we give this situation the special attention it requires. This is a chance for Canada to set a moral precedent for other nations to follow as to how we deal with cases as sensitive as Khadr's.

Still, no matter how he is treated upon return to Canada, it's going to stir some people's coffee to hear he could be eligible for parole as early as next summer.

During his time in Afghanistan, Khadr was among a group of militants that took part in a four-hour firefight alongside American Special Forces. Unfortunately, this resulted in one of his grenades killing an American soldier, and his subsequent capture.

Whatever his actions might have been overseas, Khadr was born in Toronto.

He is a Canadian, and some would argue he is a victim of Islamic radicalization.

Keeping in mind he is a compatriot, it is important to remember our obligation to each other, regardless of our actions.

Just as we go out of our way through diplomatic means to ensure the safety of our innocent citizens who venture

abroad, we must apply the same standard when it comes to our criminals and their actions in other countries.

With Khadr back in Canada, the question isn't if he's ours. He is ours. The question now is, what do we do with him?

What do we do with someone who has pleaded guilty to a murder in violation of the law of war? And provided material support for terrorism? What do we do with someone who has spent almost half of his life in one of the most notorious detention facilities in the modern world?

Granted, he did kill someone. However, his circumstances are not typical of most 15-year-old Canadians charged with murder.

Is he different from the gang-bangers from our troubled neighbourhoods who also find themselves behind bars, sometimes for the murder of more than one person?

Khadr has built a mixed reputation internationally. In some circles he is known as a terrorist, while in others he is known as a former child soldier, forced into the ugly world of Islamic extremism.

It was in 2008 that Khadr's lawyer proposed a plan that would see him analyzed by a psychiatrist and treated at Toronto's Centre for Addiction and Mental Health – a suggestion that in my books is not the perfect answer, but the best. That is what this young man needs, examination, and not by an interrogator.

We aren't dealing with the 15-year-old Khadr fresh after he murdered that soldier; we're dealing with the 26-year-old Khadr who has spent more than a decade in a prison known for its less than legal torture techniques.

His lawyer's plan also included counseling from a local Imam, and an integration plan that would follow him closely for four years as he is injected back into society.

It is our responsibility to ensure that not only are his ambitions regarding Islamic extremism reduced, if not eliminated, but also to take into account the effect that 10 years in the Guantanamo facility have had on him.

I'm not asking for Canadians to open their arms and welcome Khadr back home. I'm not asking for Canadians to write letters to our politicians

in order to send him back. I'm asking Canadians to think about what it is we stand for, and to remember the value associated with equality in justice for everyone, regardless of their crime.

This issue isn't about the murder of an American soldier. That issue has been dealt with. It is an issue about administering proper judgment, with a certain level of punishment already delivered.

Evidently Khadr didn't come home to freedom and is still in a form of federal custody. However, plans for his future should be focused on the possibility of rehabilitation and mental stability, not more time spent in custody or being worked over by another interrogator.

The case of Khadr is an example of the extremism that exists in this world and the influence it has on individuals.

If we actually take in and analyze the story of Khadr instead of refusing to even attempt to understand it and just passing judgment, we may learn to deal with these situations better in the future.

And this just might give us insights that could lead to the prevention of events like this.

Tips to make TTC commute less painful



**JULIE
FISH**
Photo Editor

Last week the *Et Cetera* ran an editorial cartoon depicting an over-packed 191 bus with little figures climbing on the roof along with the caption "this is getting ridiculous." To be honest, I found the cartoon inaccurate. It's not *getting* ridiculous. It has been ridiculous for quite some time.

I have ridden the 191 to school from Kipling station for over a year now and holy moly, does it ever put a cramp in my normally laid back demeanor.

Terrified of driving (in general) and biking (in the city), I am an avid walker; a true blue pedestrian, I only take public transit when I absolutely have to.

Since I live in the lovely south annex neighbourhood of Toronto, I must take the subway for a solid 20 to 30 minutes, before hopping on the 191. Thankfully I'm going against the morning rush on the subway, but only to be met with a crowd in front of bus bay 7 at Kipling Station. Hardly a lucky 7 for anybody hoping to grab a seat for the half hour

ride to school.

Now, anybody who has not been living under a rock for the past two years knows the TTC's customers are becoming less and less complacent with the service on their four subway lines, 11 streetcar lines and more than 140 bus routes.

I could fill the entire paper about the incompetency of the TTC but I would hate to bore anyone. Just type 'TTC problems' into any search engine if you want your fix of negative energy directed towards the third most used urban transit system in North America.

Instead, I would like to use this forum to devise a few simple guidelines

to help keep your sanity while feeling like a sardine.

#1: Take off your backpack. Nobody enjoys being hit in the face by 30lbs of books encased in nylon. Put it on the floor in between your feet or somewhere else equally out of the way.

#2: Not everybody has the same great taste in music as you do. I know listening to your album-du-jour is comforting while on public transit, but not everybody has the luxury to do that. So please turn down the tunes to keep others around you from getting a headache from the half audible beats emitting from your headphones.

#3: Save the telephone conversation

for later when a few dozen innocents are not surrounding you.

Two years ago, researchers at Cornell University in New York determined why it's so irritating to overhear a cellphone conversation. It takes more effort for the human brain to understand half of a conversation than it does for a full exchange of the minds happening two feet away. So after a long day of post-secondary studies why make each other's already tired brains work any harder than they must?

And at the risk of sounding too preachy, above all, please treat others, as you would like to be treated.

We're all in this together guys.

Commuting: There's an app for that

GLYN BOWERMAN
Transportation Reporter

While Presto cards are still being introduced as fare integration for multiple transit systems in the GTA, technology already exists that could replace them.

Presto cards were designed to replace change, tokens, and paper transfers, making it easier for commuters to make connections between regional services, with a single transaction.

TTC Chair Karen Stintz has said the cards, which are only accepted at select subway stations, are expected to be fully introduced into the system by 2015.

But Toronto architect Richard Witt, unimpressed by the design and application of the card, said "all that is, is loading up the card with money, and then using the money."

Witt is design lead for the Shared Spaces exhibit – part of Move: the Transportation Expo – on now at the Evergreen Brick Works.

Witt said the technology being used today in Toronto is "so far behind it's embarrassing," pointing to systems used in other cities like London, England.

"There's a comprehensive system for payment which is based on zones, is based on where you're travelling, based on the time of day – all these kind of things – and here we have these little tokens," said Witt.

Tokyo, Japan has two separate cards, similar to Presto, linking private, as well as publicly owned lines, said Julien Pitre, a Canadian teaching English and living in the Waseda area of Tokyo.

Pitre has used both private company JR East's Suica card and public Tokyo Metro's Pasma card, since moving there in January, 2010.

"You have to decide what part of the network is covered by your pass, and then you get a price," Pitre said.

As with the Presto, Pitre said riders can load-up the Suica or Pasma cards with money, and their fares are deducted with each ride, but can also use the cards as petty cash, to make small purchases. Pitre also uses his mobile phone to plan his transit route.

Similarly, one of the features of Witt's exhibit was a concept for a mobile phone app, which would act as a route-planner, and loyalty program,

encouraging commuters to use available transit methods, and drive less.

Witt said app users would be awarded points as incentive, which could be redeemed for purchases like a cup of coffee.

The premise behind the app, said Witt, was that there is not enough funding for transit.

"There's a really high pressure and demand on the infrastructure, so how can we make the best of what we've got?"

But for some public transit users, even the Presto system represents a needed advance. Nathan Goulart, a first year business administration student at Humber, said he relies on Presto for his commute between Humber and Mississauga.

"I love Presto," said Goulart. "I love how you can just tap on. It's way quicker."

Goulart said, with Presto, he will spend \$1,000 on transit this school year, which is still a savings when compared to the separate fares he must pay where the cards aren't yet accepted – like some TTC stations, buses, and streetcars.



PHOTO BY GLYN BOWERMAN
With Presto cards, students can switch between TTC and Metrolinx transit lines, but a new smartphone app aims to provide the same service.

Help us celebrate!

It's our 10th Anniversary

10

UNIVERSITY OF GUELPH-HUMBER OPEN HOUSE
SATURDAY, OCTOBER 13, 2012 | 10AM - 4PM (RAIN OR SHINE!)

Please join us for a day of festivities to celebrate the University of Guelph-Humber community and achievements. Bring your family and enjoy an array of exhibits, food, and live entertainment!

For more information, visit celebrate.guelphhumber.ca/openhouse

UNIVERSITY OF
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10th YEAR
CELEBRATION

207 Humber College Blvd.
Toronto, ON, M9W 5L7

Creating a mobile game in 48 hours

PHILIP LAM
Biz/Tech Reporter

From empty pop cans to ripped bags of assorted chips, the area Humber sectioned off for the Great Canadian Appathon looked similar to an unkempt camping ground.

Peter LeBlanc, a third-year game programming Humber student, running on his cigarette and energy drink rations, wanted nothing but to aim for the \$35,000 grand prize.

LeBlanc and his team, A City Reality, started on Sept. 28 and worked through 48 hours to create a polished mobile game.

"We won last year. We won \$1,000," said LeBlanc. "This year we're doing a minigame collection. One of them is already about the length of the last game. So, I think our skills have greatly improved since last year."

LeBlanc said the theme this year was retro, so he decided to go "real retro" and create a game based on the 1920's silent film, *Hazards of Helen*. The protagonist will have to defeat various challenges to make his way to the train tracks where the elusive villain tied his beloved girlfriend to the rails.

Marco Paiva, a first-year game programming Humber student, only moved to the country three days before the start of classes, he decided to compete because he's been in similar competitions in his homeland of Brazil. He compared his first time at the Great Canadian Appathon to his first "Hackathon," Global Game Gen in Brazil.

"I participated in Global Game Gen which is kind of like this," said Paiva. "You have 48 hours (in which) you have to build a game but there's no prize."

Paiva said he came to Canada because there's only a strong mobile industry in Brazil, while web and gaming development are weak.

"There are no good professors that actually teach you how to do really good stuff," said Paiva.

Tekin Salimi, marketing & business manager at XMG Studio Inc., one of the hosts of the Appathon, said their intended goal was to put students under a high-pressure environment to see what they can do.

"The product is usually amazing despite the amount of pressure and time restraints because when you have all the stress that comes with that, it kind of intercepts a lot of creativity and condenses it into an amazing product," he said.

Tournament winners are to be announced Nov. 8, 2012.

Grad presents at Screens 2012

Tech conference sees game development grad pitch augmented reality ideas

PHILIP LAM
Biz/Tech Reporter

Fighting the urge to throw up, Kyle Halladay moved from the lounge to the podium where he would start his presentation about reality augmentation.

The dimly lit room was filled with a diverse crowd of young and old, all industry professionals, hanging on his every word and picking his brain for any edge they could find and later use in their own work.

Screens 2012 at the Metro Toronto Convention Centre on Sept. 27 and 28, served as a gateway for like-minded professionals to educate and bolster the mobile industry.

Halladay, 21, a Humber game development graduate, now working as a junior mobile and Unity developer at BNOTIONS Inc., is working at the mobile industry's frontlines.

In this industry, a specialized focus can land a niche role at a creative company regardless of age.

"I'm usually the youngest person in the room when I go to executive meetings," said Halladay. "What I was concerned about is whether or not augmented reality was interesting or if people were going to disagree with my viewpoints enough to get up and leave."

Augmented reality is a technology that enhances a user's experience by interacting real time with digital information. For example, live drawings on sports television replays to give viewers a better understanding of what's happening on the field.

"To come here and do a room of people that were a lot older than me,

presumably have more experience than me, and talk about it was terrifying," said Halladay. "Once it seemed that people were paying attention and weren't outright shaking their heads at me, it went really well."

Professionals agree Toronto is a hub of creative energy and potential.

"There is so much opportunity here and I think that's an important message to get across, especially to people graduating," said Briana Biancolin, director of business development at Vitamin T, an agency that connects ad agencies with suitable creative candidates.

"Development is such an important part of any strategy these days," Biancolin said. "It's something a lot of people are learning in school. They're getting their hands wet with various technologies and software that maybe weren't available five years ago. So, I think new grads have a bit of a cutting advantage from school with these new skills and can jump right in."

Biancolin said through her own experience it was easier to market someone who had apparent strengths rather than a jack-of-all-trades. She said Screens 2012 was very successful in finding people passionate about development and mobile technology.

George Paravantes, program coordinator at Humber's multimedia design and development, who worked on RIM's operating system BB10, agrees.

"If you pay attention to the entrepreneurship, there's a lot of activity going on," said Paravantes. "There's room to grow. There's demand in Toronto for mobile experiences."

Paravantes said while more people



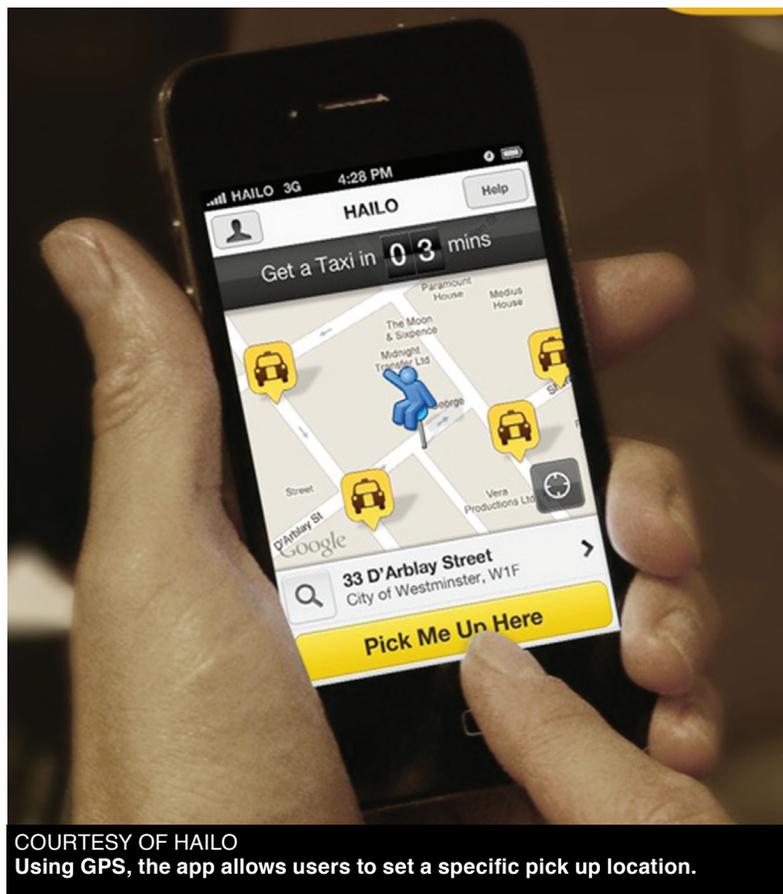
PHOTO BY PHILIP LAM
Humber game development graduate, Kyle Halladay, gives a presentation to industry professionals on augmented reality at Screens 2012.

are experiencing the web on a mobile device, many companies aren't coming up with effective solutions.

"Whether you're a developer or designer, there's huge opportunity in mobile, but there's still a lot of companies that don't know how a mobile site can

help their business," said Paravantes. "It's kind of a problem because there are companies out there just building apps that don't really solve a customer problem... They just want to do mobile because they know it's hot."

Hailo aims to simplify hailing a cab



COURTESY OF HAILO
Using GPS, the app allows users to set a specific pick up location.

App allows users a new, unique way to be located by taxis, make payments

JARED CLINTON
Biz/Tech Reporter

A British mobile app company is looking to change Toronto's cab marketplace in a big way.

Hailo's free app gives users a quick-use interface that implements a one-button push to hail a cab to the location of their choice via GPS.

President of Hailo in Toronto, Justin Raymond, said Hailo will not only increase the productivity of the drivers. It will also create a more efficient ride for passengers.

"It's a totally new experience - it's a new way to hail a taxi," said Raymond. "It's a lot more convenient for the passenger... they don't have to do anything but open up their app and, in two taps, they have virtually hailed a taxi cab."

Toronto becomes the first Canadian Hailo dispatch, joining London, Dublin, New York, Chicago and Boston.

"Toronto is a world-class city. It's a taxi cab market that has some significant opportunities for improvement," said

Raymond, adding that Hailo was excited about the operation in Ontario's capital.

Humber student Constance Lamothe, an 18-year-old first year Protection, Security and Investigation student, said that she occasionally takes cabs in downtown Toronto, and Hailo's service interests her.

"Sometimes hailing a cab can be kind of tedious," said Lamothe.

Stephanie Fusco, who used Hailo for the first time just two weeks ago, said her trip was excellent.

"It was really easy for me to pay at the end of the journey, and I had an automatic tip, so I didn't have to worry about figuring out the tip or having any cash on me," said Fusco.

Though some may feel using cashless transactions and having their credit card information saved to a mobile app is unsafe, Fusco said she felt entirely secure.

"Once you get over the initial hurdle, you're in a great situation where it becomes easy and convenient to use cashless payments," said Fusco.

TODAY'S APP

Xero
Price: Free!
A personal finance app that is also beautifully designed. Includes a variety of features.



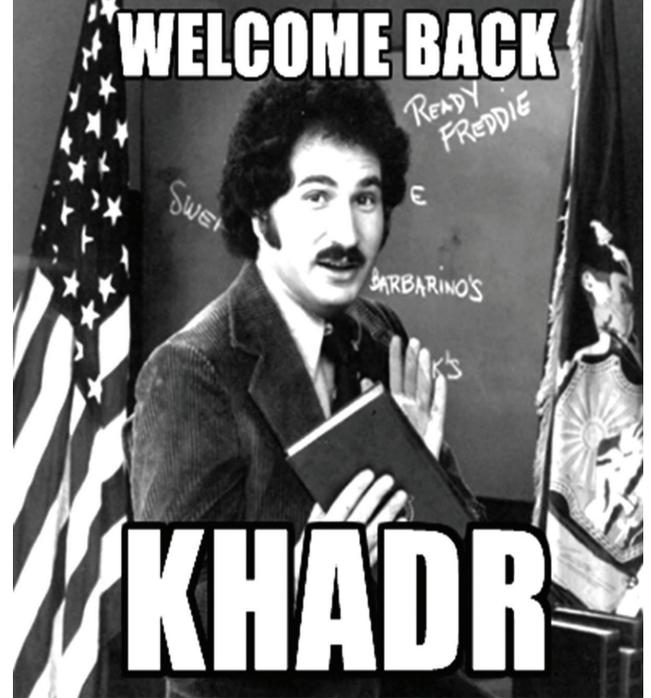
Photo of the week



PHOTO BY CHRISTIAN QUEQUISH, 22
Journalism, 3rd year

Nice weather, dancing, and a little culture were had at Humber's powwow during culture days at Humber's Lakeshore campus.

MEME of the week



Send us your photos for the chance to be showcased in Photo of the Week!

Email files to etc.humber@gmail.com by October 3rd
or
Contact us for further details at 416.675.6622 x 4514

HOROSCOPES



AQUARIUS
Jan. 21 - Feb. 18

Read Dante's *Inferno*. Beware your Beatrice. Gather your friends.



PISCES
Feb. 19 - Mar. 20

Read as much *Harry Potter* as you can. There is magic in the world: Seek it out with all your heart.



ARIES
Mar. 21 - Apr. 20

Read Oscar Wilde's *The Happy Prince and Other Tales*. Either you will love the Happy Prince or learn from the Selfish Giant.



TAURUS
Apr. 21 - May 21

Read Nikolai Gogol's *The Nose*. Hold onto your nose this week. Appreciate what you've got.



GEMINI
May 22 - June 21

Read *Pouliuli* by Albert Wendt. There is an entire lifetime of wisdom in this book: Lap it up.



CANCER
June 22 - July 23

Read Antoine de Saint-Exupery's *The Little Prince*. There must be more to life that what we experience everyday.



LEO
July 24 - Aug. 23

Read Homer's *Iliad*. Look upon this book as an opportunity to rise up above what has been given.



VIRGO
Aug. 24 - Sept. 22

Read Albert Camus' *The Plague*. He is the master of delivering messages that we all need to hear.



LIBRA
Sept. 23 - Oct. 23

Read Heinrich Boll's *Billiards at Half Past Nine* and accept the possible.



SCORPIO
Oct 24. - Nov 22.

Read James Hilton's *Lost Horizon*. Believe in this tale and let it take you on a well- deserved journey.



SAGITTARIUS
Nov. 23 - Dec. 21

Read Kurt Vonnegut's *Breakfast of Champions*. You could use a good, honest, laugh.



CAPRICORN
Dec. 22 - Jan. 20

Read Franklin W. Dixon's *The secret of the old mill*. It will bring recall better times.



PHOTO BY FRANK BOATENG
Against Niagara, the Hawks had a two-goal lead 13 minutes into the game and a five goal lead by half-time.

Women's soccer remains undefeated after huge win

FRANK BOATENG
Sports Reporter

Resting key players in Humber's women's soccer contest against Niagara didn't backfire as they won 7-0 to remain undefeated on the season.

"We played well. Sometimes it's difficult to get motivated when you see their record. They haven't been doing well; they're going through a tough time," said Humber coach Mauro Ongaro.

"But I thought the girls did what we needed to do. We got in a lot of girls, some girls got some experience and we were able to rest some girls and that was a positive."

With the limited play of veterans Keyla Moreno and Sonia Rocha, Ongaro was depending on his less experienced players to continue the great form for the Hawks.

First-year defender Alora Tia Walcott, and midfielder Jayde Wiklund-Roach opened up the scoring early to

give Humber a 2-0 lead after just 13 minutes.

"The great thing is you got these young players coming in who are doing a very good job and are very strong – it looks very good for the future of our program," said Ongaro. "They (Moreno and Rocha) need to rest. They will play big minutes in the future, so it's good when we can rest them."

Third-year midfielder Natasha Kroon added to her goal tally with two more midway through the half and veteran forward Brittany Szerbakow added another just before half-time to give Humber a 5-0 lead.

Niagara wasn't able to get a hold on the game, turning the ball over quickly whenever they had possession.

Niagara's coach Cathy Klein was frank to admit that Humber was the better side.

"Humber is a well-coached team. I think they're the best we've seen," said Klein. "I don't have a broad range

of experience to know what to expect when you play a perennial champion like this team. This was exactly what I thought it would be."

She went on to commend Humber's coaches for keeping key players on the bench in the second half after taking a 5-0 lead.

"I felt the coaches were respectful of the integrity of the game, and of the experience, so I was pleased. The reality is they are that much better than us and that's the truth."

Humber's defence has allowed only three goals this season, and have scored 30.

"Our defense is very key, Alora is a very strong player back there, she holds it down for us," said Hawks midfielder Sonia Rocha, 22, fifth year sports management student. "Nikki (Nicole Carvalho) is phenomenal."

The Hawks will close out their regular season schedule against Fanshawe tomorrow, with Humber taking its 7-0 record into the match.

Homecoming game big event

NATALIE HANNIMAN
Sports Reporter

The women's volleyball team has started the season with a strong win in the Alumni Homecoming game.

After a rocky start, the varsity team bounced back and won the series three sets to two.

"We made some pretty big mental mistakes but that's a real good team on the other side," said coach Chris Wilkins. "There's a lot of all-stars, there's a lot of all-Canadians and I'm pretty pleased. It was nice to see that we had some character and really fought when we needed to fight."

The Alumni weekend, which took place on September 28-29, is a popular event at Humber that has been going on for years.

"I love coming back," said Jolande Amoraal, 26, a Fashion Business graduate, who played her fourth alumni game. "Every time I come back there is more stuff, more peo-

ple, more gifts, more food, and more awesomeness."

Coach Wilkins said the alumni game is one of his favourite events of the year because he gets to see the players from previous years.

The alumni game is also important to see how the team is working together as it is one of the first times the team plays together before the season.

"I think it gives us an opportunity to see what was and what is," said Wilkins, "It's probably one of our most important events of the year."

Team captain Kelly Nyhof, 21, a child and youth work student is confident in the team after the exhibition matchup.

"I'm excited for this year, even though we're young, we have a lot of talent and our coach is amazing," said Nyhof. "I think we can do a lot of good things this year."

The volleyball season kicks off Nov. 1 with a home game against Conestoga College.



PHOTO BY NATALIE HANNIMAN
The alumni game has been a popular event at Humber for many years.

Basketball player finds solace on the court

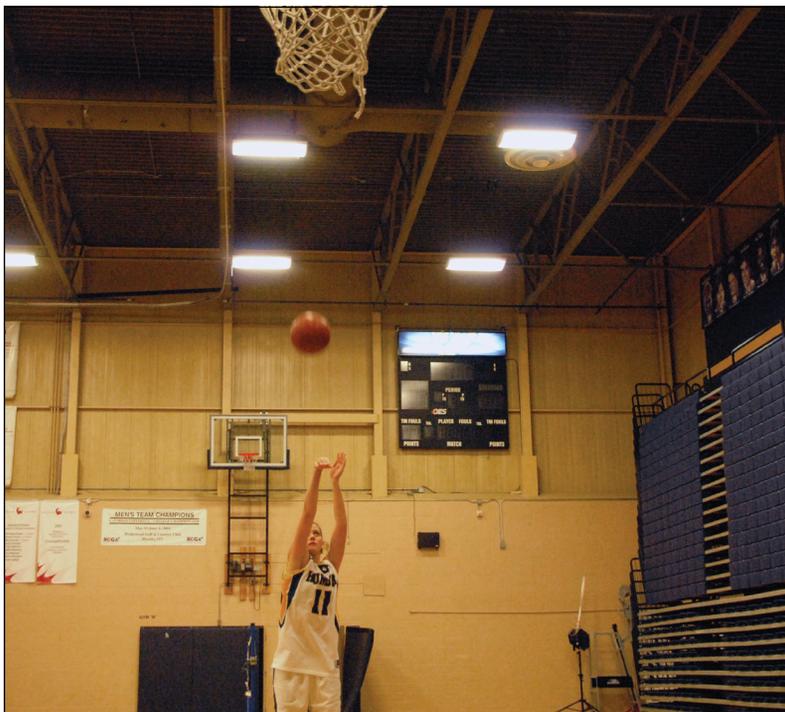


PHOTO BY PAOLO SERPE
Fuller previously played at McMaster University before coming to Humber.

PAOLO SERPE
Sports Reporter

Casea Fuller loves basketball, but she's driven by much greater things.

At 16 she lost her mother to cancer, and just before attending McMaster University her father was diagnosed with cancer, dying this summer.

She had options to play basketball at Ontario and U.S. universities but ultimately stayed close to home, choosing social sciences in Hamilton.

After her parents' passing, basketball became a way of coping, it was a place where she could clear her head.

"Basketball has been my emotional getaway, if you can say that," said Fuller. "It just keeps me grounded and is a great sport to be involved with."

Fuller realized social sciences wasn't for her, but considers the McMaster basketball team and coaching staff a great family, and the feelings are mutual.

"Her teammates loved her," said McMaster head coach Theresa Burns. "She's very hard on herself but she's a great teammate, very positive off the court and she'll do whatever it takes to win."

Fuller didn't get much playing time as a rookie, but her talent and desire were recognized. For much of her year, Fuller worked on positive focus, self talk and mental imagery because of how much she demands from herself.

"The ability to push yourself is absolutely necessary, you need to be self-motivated to be successful as an athlete," says Burns. "You can't dwell on mistakes though. You need to be in the now, not thinking of the last play."

Fuller spoke to her high school coach Paul Pearson, who is an assistant with the Humber women's basketball team, about transferring to Humber for child and youth care. She wanted to become a child life specialist and grief councillor because of everything she's gone through with her family.

"She kind of fell into our lap," says Humber women's basketball head coach Ajay Sharma.

He feels that Fuller's experience in a Canadian Interuniversity Sport program will be a huge asset for the team. Sharma says it's a higher level of play, as university has full-time coaches and mostly four-year programs, allowing

schools to really develop their team over time.

Sharma sees the same intensity and drive in Fuller that left a lasting impression at McMaster. He said she puts so much pressure on herself, that she's almost too competitive.

Sharma understands Fuller's mentality; she may feel like she has a lot to prove to her teammates but once she gets fully comfortable with her new surroundings, Sharma has no doubt she'll succeed.

Fuller is driven, she has a deep desire to win.

"Enjoy what you're doing, push yourself, work hard and smile on the court once in a while," is Burns' advice.

It's clear to those around her what is fuelling her desire to succeed, but at just 20-years-old she said she still has a lot to achieve.

"Moments just hit you, when I miss my parents, and obviously you can't control it," she said. "I feel like they're there, it just pushes me towards greatness, it really drives me to keep going."

For Fuller to grow and become stronger she says she's just got to keep living.

Men's volleyball loses five set thriller versus York Lions

Humber College team tested against university opposition

MARK MCKELVIE
Sports Reporter

Humber men's volleyball team squared off with the York University Lions at home, narrowly losing the exhibition match three sets to two.

The Hawks and York went back and forth in the first set before the Hawks finished it off 25-22.

York took the second set 25-23, narrowly holding off a late surge from the Hawks.

In the third set, Humber cycled through most of their bench and despite showing great fight and determination York took the set 26-24.

The crowd was into the match in the fourth set and following some very long and dramatic rallies as the Hawks

took the set 25-22 to force a fifth and deciding set.

Things didn't go the Hawks way in the final, as York snuck out a 15-11 win.

York head coach Wally Dyba had many positive things to say about the Hawks.

"They are a pretty big team and I know a number of the players, they are fairly experienced and well coached," Dyba says. "After the first set I thought, 'uh oh, we're in a little bit of trouble.'"

Hawks head coach Wayne Wilkins said the exhibition match taught him a lot about his squad.

"I think I learned a lot. You know small things, passing, serving, some things we made some mistakes on but the potential is through the roof," Wilkins said.

Humber's Andre Brown, usually slotted in the middle, was spotted at the right side for the match and Wilkins said once Brown gets all the pieces together at that position he will be "lights out".

Markus Poldma, 22, a second year of business management student, said the pre-season match was a good test.

"This is pre-season, work out your kinks and get in a groove. I think we were a bit tense coming in but we kind of calmed down and it was good," he said.

The Hawks will practice before a tournament at Seneca College Oct. 12 and 13, but despite the many positives Wilkins isn't completely comfortable yet.

"There is lots of work to do," he said.



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PHOTO BY ASHLEY MILLS
Team captain Alex Dumais won a bronze medal at the tournament.

Men's golf team wins seventh straight title

ASHLEY MILLS
Sports Reporter

The Humber men's golf team took home their seventh straight OCAA golf championships in Windsor and team captain Alex Dumais brought home the bronze medal.

Humber finished the three-day tournament with a total score of 874, three shots better than Georgian with 877 and Niagara in third with a score of 888.

"The big thing for us because they are relatively young and inexperienced team was just playing under this pressure, in the final round in the final few holes and coming through," said Humber head coach Ray Chateau. "Playing well and winning under that pressure of the final hole will really benefit them going into nationals".

Going into the final day of play, Humber only led the pack by three. "It was a bit of a different mindset after the first few days," said 22-year-old Alex Dumais, studying in the cabinet making program. "We were really close to Georgian so we had a bit of a different game plan."

This plan was to outscore the Georgian players. If they were able to do that the win would be guaranteed.

"The highlight of the tournament was walking off 18 and Ray coming up and shaking my hand telling me that we had won," said Christian McCullough, 23, second-year business management student.

Captain Dumais placed third over all, firing a 70-73-74 for a total of 217. Alex came behind Georgian's Colton Kalkanis in first at 213 and Seneca's Mitchel Kennedy at 215.

"Alex is going to go out there and get the job done," said Chateau. "He played solid all week and did his job as the captain. Which was to lead get the job done and go strong which he did."

"I'm extremely happy with the way Alex played. I'm very proud of him. It's pretty special to be named all Canadian," said teammate Christian McCullough, who tied for fifth with an overall score of 219.

Four out of the five men on the Humber team placed in the top ten.

"I was really happy with Christian's play. I thought he was outstanding. Playing as the new member of the team and to play as well as he did was a real bonus," said Chateau.

Kalynn Davis played as an individual female for the team. She placed eighth with an overall score of 284. Davis scored a 91 on both the first and last day, for her this was a tournament best.

The tournament took place at Roseland Golf and Curling club in Windsor Ontario.

There were seven teams competing from colleges across Ontario.

Humber's division one team will be playing at Canadian Colleges Athletic Associations championships from October 15th-19th in Oshawa Ontario. The CCAA's will be hosted by hosted by Durham College this year.

Men's soccer defeats Niagara by lone goal

TYRRELL MEERTINS
Sports Reporter

Blake Jones reached a milestone, scoring his first goal as a Humber Hawk, in a 1-0 win against the Niagara Knights.

"It felt very good to get my first goal of the season for Humber. It will definitely calm the nerves and hopefully I can get a few more before the season is over," said 18-year-old Jones, a first year sports management student.

"I felt like we had a very good first half, we came out a lot stronger than we had in recent games," said Jones.

Although Humber has struggled to create goals, their strength on defence has been key to their success this season.

"We had many chances to finish the game but we were unlucky not to convert more than one. Our defence and midfield defended very well, and we got all three points which is the important thing," he said.

Niagara head coach Frank DeChellis believes his side put in a fantastic performance against the reigning OCAA champions.

"Other than a result I'm not sure what more we could ask from our boys. They played hard, they defended hard and we only conceded one goal," said DeChellis.

DeChellis said he feels his team was in a position to win the game but poor finishing and the lack of shots cost them three points.

"Humber is a decent team, I don't think they're as dominating as they were in years past, but they beat a good team and should be proud of themselves," he said.

Humber dictated the tempo of the match for long periods, but were unable to add to their lead, wasting several opportunities.

"We have scored four goals a couple of times this year, it's just the field is working against us and I expect a different game when we go back to turf," said Humber coach Germain Sanchez.

"We played better than we did in our last home game and we should be clinching first or second place which is great," he said.

Humber travel to Fanshawe in the final game of the season today where they will fight for first place in the OCAA West division.



PHOTO BY GEORGE HALIM
Rugby players receive treatment on the pitch several times per game.

Concussions decimate rugby team

GEORGE HALIM
Sports Reporter

On Sept. 23, Conestoga's women's rugby team lost six players in a game versus Seneca due to concussion-like symptoms, forcing them to postpone their game later in the week with Humber.

"I suggested a 12 v 12 game or 10 v 10 game as an alternative, or that if we had to, we would have to forfeit the game," Conestoga's athletic director Marlene Ford said. "We realize rugby is a tough sport where injuries happen frequently, but to have six concussions in one game is extremely rare."

The game was ultimately postponed an extra week to tomorrow, but until then questions about their condition remain.

Doug Fox, Humber's athletic director, recalled a conversation he had with Ford following the injuries to their players.

"It's very uncharacteristic for six players to leave with the same injury," Fox said. "Our association (OCAA) prides itself on voting that doesn't put teams at a disadvantage. I'm not going to let anyone forfeit."

If the season was a little more extensive, Fox said that maybe there would have been more leeway to allow

Conestoga more recovery time. But in a six-game season between two undefeated teams, these games are critical.

"I let them pick the date [for the game]. Last year they were our toughest competition, so it's a no-brainer."

The long-term effects of concussions can be serious, and permanent. Regardless, athletes sometimes choose not to tell their trainers about the injury because of the potentially long recovery time.

"Once you get one concussion, you're susceptible to getting more a lot easier," 2008 Canadian Football League prospect Dave Gauer said. "I probably should've reported it when it

happened, but my coaches used to say 'you just got your bell rung', and I'd go back in there."

Gauer said the injury was affecting his life off the field.

"I used to feel it after the game. I never went out to party because I always felt tired, like I wanted to sleep. Even now, I still feel the symptoms."

The symptoms range from headaches, nausea, blurred vision to excessive fatigue. All of which he and many athletes play with during games.

A complete list of concussion symptoms and other information can be found at www.thinkfirst.ca.

Hawks alumni team victorious

Men's basketball veterans of years past defeat current Hawks squad by 80-71



PHOTO BY ALEX COOP
Brett Neumann takes a jump shot for Humber during the alumni game.

ALEX COOP
Sports Reporter

The tone at the Humber gym was a relaxed one, until the Humber Alumni men's basketball squad tipped-off against the Hawks, ultimately defeating this year's team 80-71.

"The intense defense against Humber set the tone of the game early on, and was a great test for the team," said head coach Shawn Collins.

"I don't think we'll see the same physicality from our opponents during the regular season, but it's a learning curve for us," he said.

The team of former Humber all-stars, which is selected based on availability of the players, took control of the game early on, capped by a buzzer beater at the end of the first quarter by Akeem Sween, which gave the Alumni an 11-point lead.

Sween finished with a game-high 20 points.

Humber struggled to match the defensive pressure their opponents brought after every basket, and as a result trailed 45-30 at halftime.

The third quarter was a completely different story, as the Hawks went on a 24 to 13 run, propelling them into the fourth quarter with momentum, trailing by four points.

However, a few turnovers and missed shots cost Humber in the fourth.

Sween, who played on the Humber team for two and a half years, said nerves might have been running high for the team, which was playing its first home game of the year. He added the game will provide valuable experience for Humber's young roster.

"There are a lot of rookies on the team, and this will be a stepping stone for them."

Power-forward Brett Neumann, who's studying Rec and Leisure and finished with a team-high 11 points, thinks they'll be ready for the start of the season.

"I think everyone on the team is very driven to succeed this year, we just have to mesh a little better."

Men's basketball begins the season with a home game against Fanshawe on Oct 30.



**FANSHAWE
FALCONS**
(5-0-1)

VS



**HUMBER
HAWKS**
(5-2-0)

OCTOBER 3, 2012
5:30 @HUMBER

STANDINGS

MEN'S RUGBY

1. Humber 15 Pts.
2. Georgian 12 Pts.
3. Conestoga 7 Pts.
4. Mohawk 0 Pts.

WOMEN'S RUGBY

1. Humber 10 Pts.
2. Conestoga 9 Pts.
3. Seneca 9 Pts.
4. Sheridan 6 Pts.

MEN'S SOCCER

1. Fanshawe 16 Pts.
2. Humber 16 Pts.
3. St. Clair 13 Pts.
4. Conestoga 13 Pts.

WOMEN'S SOCCER

1. Humber 21 Pts.
2. Fanshawe 18 Pts.
3. Sheridan 18 Pts.
4. Mohawk 8 Pts.

MEN'S BASEBALL

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

WOMEN'S FASTBALL

1. Humber 18 Pts.
2. St. Clair 18 Pts.
3. Durham 16 Pts.
4. Conestoga 8 Pts.

HUMBER BASKETBALL

SEASON BEGINS
OCTOBER 30, 2012

HUMBER VOLLEYBALL

SEASON BEGINS
NOVEMBER 1, 2012

Homophobia still an issue in sports

Varsity athlete shares her personal story of discrimination at the hands of fans

DARRYN O'MALLEY
Sports Reporter

Homophobia might be widely recognized in professional sports, but it is no less of an issue at the college level.

When Toronto Blue Jays shortstop, Yunel Escobar, stepped out onto the field donning a homophobic slur in his eye black on Sept. 15, sports fans everywhere were reminded of the often-disregarded problem of homophobic bullying amongst athletes.

According to Brian Kitts, co-founder of You Can Play, which is a program designed to change behaviour in locker rooms and in fan seating areas by "shifting focus away from sexuality and on to talent, skill and sport," homophobic slurs are uttered with unfortunate frequency in every level of athletics.

"Kids are taught at a very young age that you shouldn't discriminate based on religion or race, but it's still the norm to use homophobic language as a joke or as a slur," he said.

You Can Play, which has collaborated with a number of professional and college athletes, encourages the notion that "it really doesn't matter if you are straight or gay or transgender. What matters is your ability to score or be a great athlete or help your team win," Kitts said.

But the misery homophobia bears has been felt close to home.

Laura Bye, a 23-year-old sports management student and varsity volleyball player at Humber College, who is in a same-sex relationship, recalled a painful encounter with homophobic bullying.

Last year, during an away game up north, the opposing team's fans started a "Humber homo" chant.

"I didn't think it would get to me

as much as it did," Bye said. "I dealt with it on the court and I was fine, but I was so angry that nobody had done anything to stop them. No one took it seriously."

Bye said Humber is supportive of gay athletes, but homophobic remarks meant as jokes can be tossed around lightly in the world of varsity athletics.

According to Kitts, it is the casualness of such words that hinder progress in the battle against homophobia.

"Calling a kid a 'fag' in the locker room is what boys do. I think, just now, it is becoming unacceptable to do that," he said, adding "people need

to be aware that what they're saying or projecting as an attitude is hurtful."

Escobar was disciplined with a three-game suspension, in which his lost salary was donated to You Can Play and the Gay & Lesbian Alliance Against Defamation.

When Escobar faced the media during a Blue Jays press conference in New York on September 18, he said, "it's just a word." But small words carry big problems, some say.

"By using these words as a negative, you're telling somebody 'I think it's bad to be like you,'" said Aaron McQuade, director of news and field media at GLAAD, an anti-defamation

group. "However, by apologizing and by undertaking the education effort, you're now telling those same people, 'I made a mistake. I apologize. I stand with you.'"

Although homophobia among athletes remains a prevalent issue, McQuade said the public outrage sparked by the Escobar controversy is proof that it's becoming less tolerated.

"The fact that we are hearing about the issue more is evidence that it's getting better," he said. "A decade ago, nobody would have batted an eye if this guy [Escobar] went on the field like that. Nobody would've said anything."



PHOTO BY DARRYN O'MALLEY
Laura Bye was subjected to a homophobic chant during a Humber away game last season.

Men's rugby scores 100 points again

JIM ELLIOTT
Sports Reporter

The Humber Hawks men's rugby has team made it clear since game one against Sheridan that they are here to tyrannize the OCAA.

They continued that brutal conquest on Sept. 27, laying waste to their latest victims, the Conestoga Condors.

The Hawks gave a stellar performance for the home crowd, shutting out the Condors 109-0, breaking their own OCAA scoring record set just two weeks prior by five points.

"I thought this was our best game so far," said Hawks head coach Fabian Rayne after the game. "I thought the boys played well, they stuck to our pattern of play."

The Hawks made it look easy, scoring 65 points in the first half and barely letting Conestoga touch the ball.

The Hawks were two players short in the second half due to injuries but only slowed down a little, adding another 44 points to their lead.

Even with the Hawks two players short, Conestoga couldn't manage to break through the Hawk's defence,



PHOTO BY JIM ELLIOTT
Humber have outscored their opposition 433-10 in four games so far this season.

which delivered bone-crushing hits from start to finish.

The list of Hawks that scored is extensive. Ten players scored tries and seven of those ten scored more than one, but that wasn't what the coaches were talking about after the game.

"Our big change I think today as opposed to any other game was our

defence," said Hawks assistant coach Darryl Snider. "We played a better team, but with a better result than when we played a worse team."

The frustration was evident on the faces of Conestoga. One player was seen punching his goal post after a try from Humber. The ref also asked Conestoga to change captains mid way

through the first half.

The Conestoga coach declined comment after the game.

Hawks assistant coach Andre Rose-Green thought the score was a result of the Hawks being forced to play at a higher level. Conestoga is deemed a better team than Mohawk or Sheridan.

"We got a bit better competition today, which allowed us to do things we wanted to do better," he said.

Garrett Magee, 22-year-old fourth year criminal justice student, is a four-year veteran of the team and plays scrum half for the Hawks. He scored three tries and was awarded player of the game.

"It's not just me," he said. "If it wasn't for those guys passing me the ball, I wouldn't have looked as good as I did."

"It's not all about scoring tries," said Hawks manager Gaurav Sharma. "That's what people see on the score card but it's also about who made good plays that allowed other people to score."

The Hawks will look to continue laying their swath of destruction on October 20 against Mohawk.