



PHOTO BY KATE MCCULLOUGH
Along with over 123,000 first-year students now at Ontario's 24 colleges, there has been a 40 per cent rise since 1995 in the number of university grads attending college, says Colleges Ontario.

First-year college enrolment hits new high

JOSHUA SHERMAN
News Reporter

A record number of students in Ontario chose college this year as first-year enrolment levels have reached an all time high.

According to Colleges Ontario, first-year enrolment at the province's 24 colleges is up 4.9 per cent over last year. The total number of first-year students in the province now sits at over 123,000

up from 117,314 in 2011.

"I think students are getting more and more concerned about job prospects -- particularly in a challenging job market -- and they're starting to appreciate the value of a college diploma," said Linda Franklin, president and CEO of Colleges Ontario.

Franklin said one of the reasons more students are considering a college education is because of the workplace experience it provides.

"It helps us that all of our curriculum is in-

formed by industry advisory committees," said Franklin, adding, "we are always working at the grassroots level to make sure that our courses and curriculum are relevant."

Franklin cited 40 per cent growth in the number of university graduates attending college between 1995-2012 as another positive trend for Ontario colleges.

The number of students from other countries choosing Ontario colleges is also on the rise, said

Colleges Ontario, noting international enrollment increased by 17.4 per cent this year.

At Humber College, overall international enrolment has increased by about 11 per cent this year, while first-year international enrolment is up about 19 per cent from 2011, said Andrew Leopold, a spokesperson for the college.

ENROLMENT continued PG 2

TTC gives PRESTO card the green light

GLYN BOWERMAN
Transit Reporter

The City of Toronto and the government of Ontario are working together to bring PRESTO to all TTC riders by 2016, after the signing of agreements between transit agencies on Nov. 28.

PRESTO is a single fare, re-loadable payment card available on many transit systems across Ontario, and at certain TTC subway stations.

Transportation Minister Bob Chiarelli

told reporters the agreements were "two important milestones."

"When I was first sworn in as minister of transportation, the province and the TTC were not entirely on the same page," Chiarelli said.

The minister said the TTC was still looking for alternatives to PRESTO last fall, which would have necessitated using multiple fare cards to travel between two transit systems.

PRESTO continued PG 2



PHOTO BY GLYN BOWERMAN
From left to right, bottom to top, Bruce McCuaig, Bob Chiarelli, Karen Stintz, Andy Byford and Joe Pennachetti sign the TTC-Metrolinx PRESTO card agreement on Nov. 28.

IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 Human Rights Day Celebrates the day in 1948 that the United Nations adopted the Universal Declaration of Human Rights.	11 International Mountain Day The 10th annual day celebrating mountains and those who dwell on them aims to improve the quality of life in mountain communities.	12 12-12-12 Concert The 12-12-12 concert is a charity concert raising money for the victims of hurricane Sandy. The event will be live-streamed online and in theatres.	13 Saint Lucia's Day This holiday, dedicated to the Christian Saint, Lucy, is observed across Scandinavia.	14 Monkey Day This day, dedicated to mankind's simian cousins, is intended to raise awareness for animal rights issues.	15 Bill of Rights Day This National holiday in the United States commemorates the signing of the Bill of Rights in 1791.	16 Final Day of Hanukkah The Jewish holiday wraps up on its eighth and final day.

International student numbers are increasing

ENROLMENT from PG 1

Humber registrar Sharon Kinasz said the college has made an effort to attract students from the international community.

"We've had aggressive recruitment in a number of other countries across the world," she said.

According to Kinasz, international students find the wide range of programs at Humber appealing, particularly the two-year post-graduate certificates.

Abigail Stilianessis, 22, a first-year international student from Vermont who is attending Humber for 3D animation, said she chose college

over university because it was "more hands on" and "direct to the point."

Stilianessis said her program was providing her with workplace experience through the use of industry standard software. Instead of tests, she said the program focuses on practical assignments like in-class labs that relate directly to the industry.

"Everything we do, we learn it in class and then we do an assignment on it," said Stilianessis.

First-year and overall enrolment at Humber have both increased by about seven per cent this year, said Leopold.



PHOTO BY GLYN BOWERMAN
(From left to right) Bob Chiarelli, Bruce McCuaig, Karen Stintz, Andy Byford and Joe Pennachetti signed an agreement on Nov. 28 to bring PRESTO to TTC.

TTC brings PRESTO to passengers

Concerns new system cannot support all payment types

PRESTO from PG 1

"Canada's busiest transit hub will now have a fully integrated fare payment method from Hamilton, to Barrie, to Peterborough," Chiarelli said.

TTC Chair, councilor Karen Stintz said that alongside a new version of PRESTO, the card readers will also be able to scan credit and debit.

But there are some concerns that Metrolinx lacks the technology to be able to provide the open-payment system the TTC has pressured them to include in PRESTO.

"PRESTO has long admitted that it does not have the technology," said Newmarket-Aurora MPP Frank Klees, transportation critic for the Progressive Conservatives.

Klees said that there are better options than PRESTO already available in the private sector and doesn't see why Metrolinx and the provincial government are pushing the cards.

"Why force the PRESTO agreement onto the TTC?" said Klees.

For Humber Students' Federation president Bhalinder Bedi, 30, a single fare system across multiple transit systems is a good idea, "as long as it doesn't make a burden on my wallet."

Bedi is concerned that PRESTO will be more expensive than the unlimited Metropasses the TTC currently uses.

His concerns aren't allayed by the promise of loyalty rewards for frequent PRESTO users.

"I don't need you to incentivize me taking something that's a necessity,"

said Bedi.

Bedi would also like to see the TTC allow payment via smart phone using Near Field Communication technology.

The TTC-Metrolinx PRESTO card agreement was signed alongside the LRT master agreement.

The latter, forged between Metrolinx and the TTC over the construction and operation of four new LRT lines, was officially signed Nov. 28, after the agreement received City Council approval Nov. 1.

The understanding outlines the roles and responsibilities shared between the two transit agencies in bringing rapid transit to under-served areas, including Humber North.



PHOTO BY BRANDON HUMBER
Finishing touches are done on Lakeshore's L building in October, 2011. The Knowledge Infrastructure Program gave \$35 million to the project.

KIP sets foundation for higher education

REBECCA VETTESE
News Reporter

Humber students at the Lakeshore campus are better educated due to the Knowledge Infrastructure Program (KIP), though few of them know what it is.

Erin Cudmore, a 2011 graduate of Humber's public relations program, witnessed impressive changes on campus last year, but she didn't realize that KIP was responsible for them. She said people were rebuilding the facade of the multi-purpose L Building, as well as laying grass and putting in new computers.

"My PR section of class, we did the opening of the L Building," Cudmore said. "I didn't realize it had anything to do with another program or funding."

KIP is a \$2-billion economic stimulus plan funded by the federal and provincial governments. Money is awarded to post-secondary institutions to modernize facilities and place them at the industry standard.

Humber received \$35 million to finish the Centre for Justice Leadership, repurpose the building used by the School of Creative and Performing Arts and the School of Media Studies and Information Technology and replace the L Building. Construction began in 2009 and concluded in 2011.

"We have grown at Lakeshore considerably over the last number of years as a result of the new programs we've been implementing," said Rani Dhaliwal, vice-president of finance and administrative services at Humber.

These include new degree programs that have resulted in a 53 per cent increase in enrolment since 2005, Dhaliwal said. She proposed the long range strategic planning that determined which projects could be developed with the KIP initiative to accommodate the rising number of students.

"There's a need for space, and the right kind of spaces," Dhaliwal said.

Undergraduates weren't the only students suffering from a lack of resources. Cudmore said that even in a postgraduate certificate program, a range of options for workspace and facilities did not exist before the reconstruction of the L building.

"I don't know what we would've used had that not been there," Cudmore said.

According to Andrew Leopold, associate director of Humber's marketing and communications department, the Lakeshore revitalization has been invaluable to students.

"It's really enhanced their education. It's allowed Humber to deliver that quality of education in industry-standard environments," said Leopold.

The revitalization gives students the chance to learn with a hands-on approach in realistic simulations. The crime scene simulation and the forensics labs are among several new facilities that help students be "job-ready," according to Leopold.

"My program as a whole put on events in that building, so having the upgraded space was nice for holding events and doing work," Cudmore said.

CORRECTIONS

In last week's Dec. 3 issue, the man depicted in the photograph accompanying, "Cell service going underground," should be identified as Selwayne Mentore.

In a page 10 Arts & Entertainment story last week, the Humber radio station call number should be identified as 96.9 FM.

ADVERTISING

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Food banks see unprecedented use

ALEX LAMBERT
Senior Reporter

A report from the Ontario Association of Food Banks has found that food bank use in Ontario has reached record levels.

The study states that in March of this year more than 412,000 Ontarians accessed food banks, up from 2008 recession levels, which saw 374,000 monthly food bank users.

It also notes that in Ontario, nearly 160,000 children now use food banks each month, and that this year, more than 17,000 households will have to use food banks for the first time.

The largest growing food bank users outlined in the report include single parent homes, the working poor, post-secondary students, recent graduates and senior citizens.

Bill Laidlaw, the Ontario Association of Food Banks' executive director, said it's disappointing to see so many students having to access food banks.

"These are kids that are going to

school and they're paying for tuition and room and board and also in some cases their parents are helping pay, the government's paying, and they're still using food banks," Laidlaw said.

What's more, the study has found that 19 per cent of food banks in On-

"I think we're getting pretty close to about 200 clients..."

DAVID LEWIS
Rexdale Alliance Church

tario have inadequate supplies of food to meet growing demand.

Laidlaw said this is mainly an issue for food banks in rural and remote areas of Ontario, with northern Ontario being particularly difficult.

This is because they're typically not close to many food processors, grocery

stores, or other organizations who usually help with donations, he said, and the great distances food has to travel make it very expensive.

"In many of the areas in Ontario, there's just nothing there, and there's not an element of prosperity either."

The Ontario Association of Food Banks is promoting a number of recommendations to help curb poverty and improve food banks in Ontario.

These include giving tax credits to farmers and manufacturers for donating food, improving social programs, having more focus on affordable housing, providing a housing allowance for people who are spending the bulk of their income on rent, and encouraging people to donate more money and nutritious, higher quality food.

Humber College's food bank has also seen increased demand this year, said Teresa Silva, HSF's VP Administration for the North campus.

She said last year, Humber's food bank serviced more than 100 students, and that number has already been sur-

passed during this year's fall semester.

"We've already served past that number for this semester alone and we are still in the process of doing more interviews, meaning more clients will still be approved," Silva said.

David Lewis, assistant outreach pastor for the Rexdale Alliance Church, said the church's food bank has seen a similar increase in demand, estimating last year the church served fewer than 150 regular bank users, and said this number is increasing.

"I think we're getting pretty close to about 200 clients who are coming through and using this. I think probably at least a 25 per cent increase."

Lewis said that people end up throwing out good food because they don't understand best before and expiry date labeling and people are buying too much food in general.

"If the stuff that is being thrown out could be diverted to where the need is, I don't think there would be a situation with hunger at all," Lewis said. "The waste is just -- it's just obscene."

Sex assault near North campus

Toronto Police are investigating a sexual assault that happened near Humber College North campus on Wed., Dec. 5.

Police say a 21-year-old woman was walking near Humber College Boulevard and John Garland Boulevard around 8:15 p.m. when she was allegedly grabbed from behind, shoved into a hedge and sexually assaulted.

The woman said she screamed and fought off the attacker, who fled on foot, heading eastbound on John Garland Boulevard.

The suspect is described as a male, slim, 17 to 19, 5'6", brown complexion, wearing a grey hoodie, black jeans and white basketball shoes.

Anyone with information is asked to contact the police at 416-808-7474 or call Crime Stoppers at 416-222-TIPS (8477).



PHOTO BY KATE McCULLOUGH
A recent report shows more and more Canadians are choosing wine over beer when choosing libations.

Canadians drinking more wine than ever

JOSHUA SHERMAN
News Reporter

An increasing number of Canadians are likely to choose a bottle of Bordeaux over a can of Coors, according to a recent report by the Bank of Montreal that highlights a growing wine industry and the changing tastes of consumers.

"What has driven this industry over the past 20 years of very strong growth has been consumers and consumer preferences," said Aaron Goertzen, the report's author and BMO economist.

Based on the sales of provincial liquor authorities, wine accounted for 30 per cent of the alcohol consumed in Canada in 2011, up from 18 per cent in 1995, the report found.

During the same 16-year period, beer sales fell to 45 per cent from 53 per cent, and spirits were reduced to a 25 per cent share of the market from 29 per cent, the report said.

The report also found that between 1995 and 2004, the Canadian wine industry grew by an average of more than 11 per cent annually.

"That is exceptional," said Goert-

zen of the burgeoning industry's development. "It's very uncommon. It reflects a pretty considerable shift in Canadians' taste toward wine."

Since 2005, the wine industry has seen average annual increases of 3.1 per cent, which was outpacing the overall Canadian economy by 1.4 per cent as of October, said Goertzen.

According to the report, one third of all wine consumed in the country in 2010 was Canadian.

Debie Pratt, a spokesperson for Inniskillin, a Niagara Region winery, said the vintner's sales have increased over the past few years and that part of the reason is a younger demographic buying more wine. She also cited wine's changing image as a factor.

"It's become more accessible and not as intimidating," said Pratt.

At least one college is seeing a shift toward the fermented grape-based beverage at their campus pub.

"Our wine segment, as small as it is, is actually growing," said Daniela Trozzolo, assistant manager at Humber's LinX Lounge. "The increase is notable," she said.

Curb binge drinking by upping price: study

KELLY KHIZAKIA
News Reporter

A Canadian Centre on Substance Abuse report suggests higher alcohol prices could curb alcoholism.

The report written by Gerald Thomas, the CCSA's senior researcher and policy analyst, said if the cost of alcohol was increased, alcohol-related harm could potentially be decreased.

"Cheap, high-strength alcohol is often favoured by heavy drinkers and young adults," Thomas said in a Nov. 27 press release. "Establishing minimum pricing will deter risky drinking. Light to moderate drinkers will be less affected, particularly those who choose low- to regular-strength alcohol products."

The study showed that setting a higher minimum price for alcohol

could reduce alcohol consumption and subsequent injuries, violence and crime, cancers and death.

Alcohol costs the Canadian economy about \$14.6 billion annually in health care and other indirect social costs, according to the Centre for Addiction and Mental Health.

The CCSA report is the last of three reports in the Alcohol Price Policy Series, examining the trends of alcohol intake in Canada between 2002 and 2012.

The CCSA recommends implementing a minimum price for alcohol across the country.

In Saskatchewan, a minimum price on alcohol was established in 2010.

"All of the alcohol changes reduced consumption by eight million servings," Thomas said. "This was very significant because up until that point, Saskatchewan had the second fastest

rate of consumption next to Labrador."

The pricing change in Saskatchewan was 75 cents per serving.

Thomas said bars and pubs would not be affected by the minimum pricing on alcohol, because their prices are already above an increased price.

"The interesting thing about pricing is that retailers are not affected at all because they are the ones that make the most money," Thomas said.

Monika Batko, a bartender at a Mississauga bar, said this wouldn't affect her social life but has the potential to affect her work life.

"People will be more cautious about how much alcohol they buy but hopefully it would help society and those at risk of diseases caused by alcohol consumption," she said.

"I think it would affect those who have a lower income since they'd watch how much they'd drink so they wouldn't be spending that much," she said.

Laura Bobadilla, 18, a first-year media studies student at University of Guelph-Humber, she would still drink but maybe not as much if the price of alcohol went up.

"It would be really annoying but I'd probably still buy it," she said, "I would just be more conscious of how much I'd be buying."

Bobadilla said she disagrees with the way of awareness CCSA is bringing forth for alcoholism.

"I think there'd be more of a decrease in sales for people who occasionally drink and don't depend on it," she said.

She also said alcohol will still be purchased, because addicts cannot be kept away from their addiction over a minor price change.



PHOTO BY KELLY KHIZAKIA
Alcohol use costs the Canadian economy about \$14.6-billion in health care and indirect social costs.

Rexdale cop wins crime prevention award

COREY WEIR
News Reporter

Const. Ryan Willmer of 23 Division, which includes North campus, has been awarded the Crime Prevention Association of Toronto's President's Award.

Willmer, who is the only crime prevention officer for the division, was awarded last week for his contribution to the safety of the community. He was selected by the public through a nation-wide online contest.

In addition to the award, 23 Division received a flat-screen television for its headquarters.

The Crime Prevention Association

of Toronto has delivered programs across the city for more than 30 years, including Neighbourhood Watch, which operates in over 400 neighbourhoods and has thousands of volunteers.

Kim Scanlan, staff sergeant at 23 Division, said Willmer deserves the award and is very good at what he does.

"Ryan is our only crime prevention officer, so whenever we need things done, it all normally goes on him," said Scanlan.

Willmer is really good at taking initiative and getting projects started, she said.

"Something that really stood out to

me about Ryan is a bullying presentation he did at Humber," Scanlan said. "The presentation was so well done, very powerful, very dramatic and it really hit home, to the point where there were a couple young women sitting behind me and they were in tears by the end of it."

Willmer said it's an honour to win the award and his victory has been well-received.

"Everyone has been really nice about it, all the guys in the office have been coming up to me and saying how proud they are of me, so it's been really nice," said Willmer.

When asked about how he is going

to top this year, Willmer said, "Other than doing a couple more programs in the community, I don't think I'm going to change much, obviously I did something right."

"In all honesty though, it's a really great honour and it's really nice to be recognized for the hard work," said Willmer.

Janet Sherbanowski, executive director for the Crime Prevention Association of Toronto, said the voting turnout was great and came from all over Canada.

"We were very surprised to see that PC Willmer received a vote from as far away as British Columbia," said

Sherbanowski. "There were many different kinds of voters, media people, business people, just people from all spectrums of inside and outside of the Toronto area."

"The candidates were recognized for their work in the community, things like programs with the youth or seniors," said Sherbanowski. "This is the first time we did this award and candidates had to do their own outreach to win, so a good social media profile helped both to win. But it went to show how good they were at social media and in getting out the word of programs in that way."

Convenience trumps price in student food choices

TAYLOR PARSONS
News Reporter

According to a poll conducted by a reporting and research class at Humber, 55 per cent of students at North campus buy food more than three times a week, while less than seven per cent of students don't spend any money at all.

The unscientific poll taken between Nov. 19 and 25 found 38 per cent of the college's students spend more than \$20 a week on food.

"I'm not surprised people would find it a struggle to bring lunch," said Kimberly McColl, a dietitian for Toronto Public Health, after hearing the poll results.

McColl said she understands why students may not have time to pack a full lunch, but they should at least try to bring part of it to balance fast foods that are high in sodium and fat.

"Try to make sure when you're eating out that you are including fruit and vegetables. If you're not packing a lunch, bring some snack items,"

McColl said. "Bring some fruit from home. You're less likely to buy a full meal."

"A lot of the 'meal deals' are higher in carbs, fat and sodium," she said.

"I'm not surprised people would find it a struggle to bring lunch"

KIMBERLY McCOLL
Dietitian

"Try to be aware of that. There is an opportunity to substitute salad for your fries."

She said students' choices are often influenced by friends' choices, not by cost or for health reasons.

"It wasn't even about the food," she said. "If their friends wanted it, they got it, too."

But Matthew Hillis, 17, a first-year

hospitality management student, said buying a lunch doesn't save him time. He often chooses to bring a lunch rather than buy one.

"I bring a lunch every day because it saves the line up everywhere," he said. "I also don't spend as much because I don't work. I spend between \$10 to \$30 (per week). Sometimes I'm under 10 bucks."

Bethany Inch, a resident attendant at Humber, said she uses her meal plan every day to buy food.

"When you apply for residence it is mandatory that you decide whether or not you want a small, medium or large meal plan," she said. But even a small meal plan costs \$2,350 per year.

"The cafeteria, as you know, is lacking," Inch said.

North campus cafeteria options include Mr. Sub, Pizza Pizza, Tim Hortons and a hot dog vendor.

"I think it would be better if I paid less for a smaller meal plan and then had groceries at the same time," Inch said. "It's healthier and fresher."



PHOTO BY KATE McCULLOUGH
Lynne Bentley, director of Humber Libraries, said she feels "so upset" with the lack of quiet study space available for students.

Library lacking quiet study spots

THOMAS ROHNER
Special to the Et Cetera

Quiet study space is at a premium this time of year and there is a severe shortage at North campus.

"Right now a lot of assignments are due and...there's a chronic shortage of places for students to work within the library," said Lynne Bentley, director of Humber Libraries.

"Two weeks before exam period, this place is packed out. Often we have people sitting on the floor. It's just such a mess. I feel so upset in seeing that," Bentley said.

Damian Eno, 21, a student of the one year funeral services program, tries to find quiet study space at school, but often fails.

"I find you only really get any quiet if you find an empty classroom, and normally that only happens after 5 p.m. I find students hiding in classrooms all over the place because obviously there's not enough space to actually study quietly," Eno said.

Humber's library facilities were built in 1989, but enrolment has more than doubled since then, Bentley said.

"We have this existing footprint that was designed for, really, half the student population we currently have," Bentley said. "I can't add more space."

Bentley said more space will be available when the Learning Resource Commons building opens by 2016. The building will house expanded library

with two floors of silent study space.

"We're going to make sure that we really focus in on that silent study space, because that is one thing students look for from the library," Bentley said. "There's a lot of student services going into the new building, but it will be a huge improvement on the library facility we have now."

Lukas Steip, 23, a paramedic student, has had a frustrating experience trying to find quiet study space on campus.

"When you try to find somewhere to study, the library is often very full, so we try to find empty classrooms. But Humber makes very good use of its classrooms and it's very rare that there is actually free classroom space," Steip said. "Even if a classroom is open for use, you can hang out there maybe an hour, then there's a class so you have to move and try to find another classroom. It's a nomadic study style."

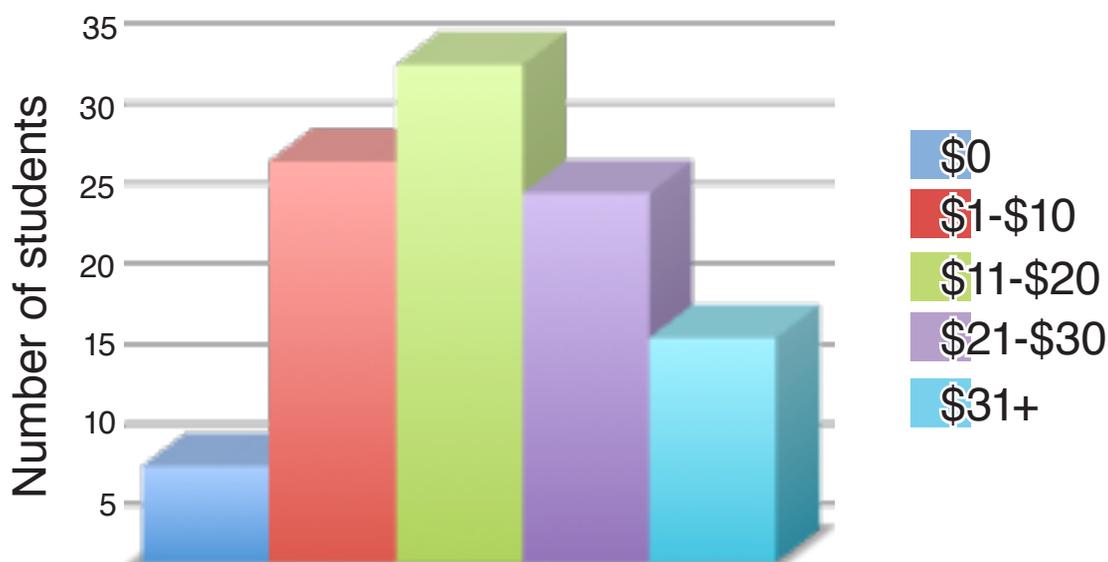
To help students find quiet work-space, the library launched an online study space locator two years ago, Bentley said.

"It's a way of letting students know about alternate work spaces within the college," Bentley said.

The locator specifies the type of space available. "It includes photos so students have an idea what the space looks like, if it's a more lounge-like space, or study carrels," Bentley said.

The library is open for extended hours during exam period, until 3 a.m., Bentley said.

Amount students spend on food on campus weekly



GRAPH BY HEATHER VANANDEL
Data from Humber research and reporting students.



COURTESY OF INTERAXON
The InteraXon team put the Muse to use, pouring a beer simply by focusing on the specially designed tap.

Toronto company is reading minds

JARED CLINTON
Biz/Tech Reporter

Toronto-based computing company InteraXon has come up with some thought provoking technology – a headband that lets users control interfaces with their brainwaves.

The device is called Muse and works by detecting the brain's electrical frequencies through four electroencephalography (EEG) sensors.

Though the technology has been available since the 1920s, according to InteraXon, only recently has it been feasible to adapt it to a mobile device.

"We've been working with brain waves for a long time," said InteraXon chief product officer Trevor Coleman. "My two business partners Ariel (Garten) and Chris (Aimone) started working with the technology in the lab of Dr. Steve Mann at University of Toronto back in 2003."

"EEG is a method of detecting brain activity," said Alice Kim, a PhD student at the Rotman Research Institute of Baycrest Centre for Geriatric Care. "When you process any kind of information, the electrical current in the neurons that are in our brain, they change directions."

The idea of creating a commercialized brain-wave experience – which turned into Muse – came about through integrating the technology into events Coleman was promoting.

Coleman said the company devel-

oped technology for the Vancouver Olympics that let people control the colour of the lights on the CN Tower, Parliament Hill and Niagara falls from across the country.

As for future applications, Coleman said he sees it as a tool to aid in focus, to help those afflicted with ADD or ADHD, for example. Or to provide a way for users to learn to control, maintain, and recognize their concentration. Coleman said it could also be used to aid in studying.

"I think we all have the experience of reaching the point where our focus is starting to drop, the work is starting to suffer, but you keep going," said Coleman. "I think it'd be really helpful to have something there that would tell you it's time to take a break and refocus your energy, then come back and really crank it out."

Iyan Abdi, 18, a Guelph-Humber business student, said, "it's new technology that sounds interesting. I always want to be trying out the newest technology, and this sounds pretty cool."

Though the product won't see a wide public release until at least June 2013, Coleman said he is encouraged by the amount of connection his company seen with the online community.

Their fundraising efforts through IndieGoGo, a service where individuals can financially back independent projects, has already earned them well over their goal of \$150,000.

New Year to bring higher tax-free savings limits

SHAAN MOHAMED
Biz/Tech Reporter

Starting Jan. 1, Canadians will be allowed to put an additional \$500 into their Tax-Free Savings Account.

The account, which was introduced by the Conservative government in 2009, will now let customers deposit up to \$5,500 annually, the federal finance department said in a press release last month.

"Tax-free savings accounts were introduced by the government to help clients save for retirement," said Joan Bridgkumar, manager of RBC's Dixie and Meyerside branch in Brampton.

"These accounts benefit clients because the money in a tax-free savings account does not have to be reported on income tax reports, so that's how it becomes tax-free," she said.

"The \$500 increase will encourage clients to save more for the long term, since they will have more money to invest and withdraw. This is very important to long-term financial stability."

Before clients start opening tax-free savings accounts, they should remember that there are still rules and guidelines they need to follow, said Dean Neu, an accounting professor at York University's Schulich Business School.

"I like the idea of these accounts but there is more to it than merely investing a few dollars here and there," he said. "There are strict guidelines customers have to follow, one example being if you withdraw money from the account, you can't put that sum of money back into the tax free account until the next calendar year. It's a strict \$5,000 limit per year that does not allow you to invest a penny more than \$5,000."

Even though there is a strict \$5,000

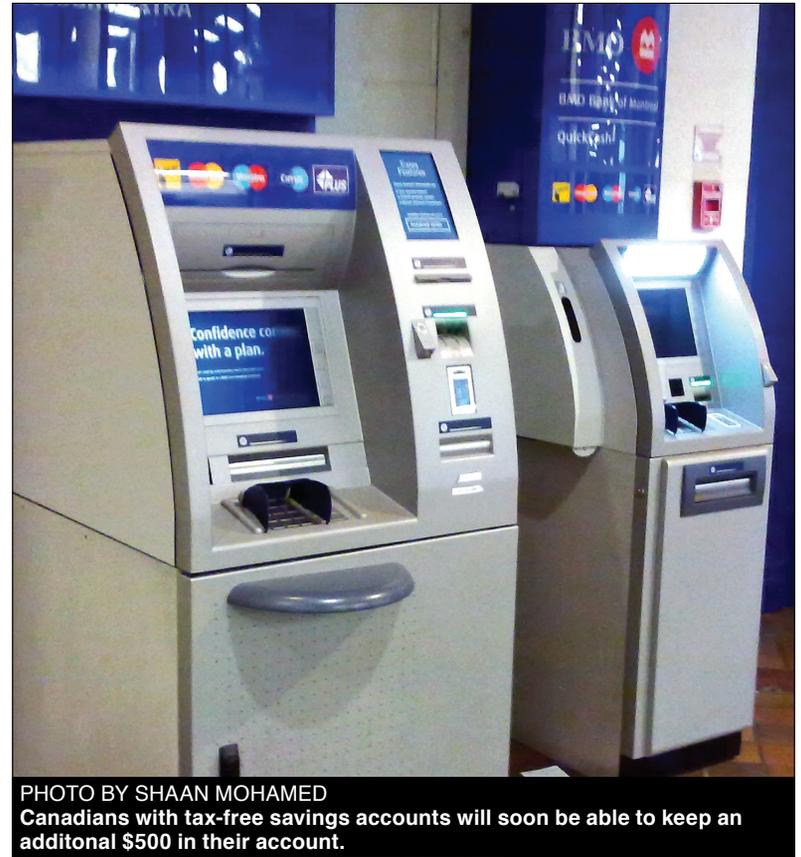


PHOTO BY SHAAN MOHAMED
Canadians with tax-free savings accounts will soon be able to keep an additional \$500 in their account.

investment policy per year, there are still ways to invest more than the limit if a client wants to, said Bridgkumar.

"There's a carryover from year to year, that allows you to increase your investment limit as the years go on," she said. "So if you don't put the full \$5,000 in your account for one year, whatever difference you have left over can be carried over towards the next year's investment."

Tax-free savings accounts appeal to

people looking to save small amounts of money over time rather than in large lump sums of money, said Nolan Daniel, 23, a second-year business management student at Humber.

"I am happy tax free savings accounts exist because they've helped me a lot with my plan to pay off OSAP at the end of my program here at Humber. I wouldn't recommend it for everyone, but it does come in handy for anyone in college or university."

End of November sees record high in online sales

Consumers spend a record \$1.46 billion on Cyber Monday

CAMERON DA SILVA
Biz/Tech Reporter

The last week of November saw three individual days surpass \$1 billion in online spending led by Cyber Monday, which became the heaviest online spending day on record at US\$1.46 billion in the United States, according to a news release from ComScore.com.

The two other days to surpass \$1 billion were Nov. 27, which reached \$1.26 billion, and Nov. 28, which reached \$1.11 billion. ComScore is a leading Internet technology company that measures what people do as they navigate the digital world.

Canada also saw an overall increase of 22 per cent in spending on Cyber Monday from a year ago, according to

a Moneris Solutions news release. Moneris, Canada's largest debit and credit card processor, said apparel led the way in spending growth, with a 76.88 per cent increase in dollars spent compared to the same day last year.

"Black Friday and Cyber Monday have been popular shopping days with our neighbours south of the border for years. Thanks to the unprecedented number of Canadian merchants and consumers who embraced them this year, these two shopping days are becoming a mainstay in Canada," said Malcolm Fowler, marketing vice-president.

Moneris noted in the news release, "While there have been concerns that overall spending may decrease this holiday season, Black Friday and Cyber Monday spending are encouraging for Cana-

dian retailers going into December."

The term 'Cyber Monday' was coined by Shop.org in 2005 to refer to the significant jump in e-commerce spending that occurred following the Thanksgiving holiday weekend as consumers got back to sitting in front of computer screens at work.

"The company's sales on Black Friday were record-breaking - an increase of 16 per cent from its all-time highest day," said Ryan Kallday, a representative from MLTD.com, an online clothing store.

"On Cyber Monday, sales were up 46 per cent from that previous Friday. It was an incredible day to experience, as a retailer. We look forward to the remainder of the Holiday shopping season."

APP OF THE WEEK

Lapse It Pro
Price: \$1.99
Take time lapse footage has never been easier. Make the mundane interesting with this creative application.

Features:

- Choose frame interval
- Up to 1080p resolution
- Automatic scheduler
- Can save your routes
- Multiple encoders



Gift cards don't evoke holiday cheer

Christmas gifts should come from the heart, with thought, good will and charity

As Dr. Seuss wrote, "Christmas can't be bought from a store... Maybe Christmas means a little bit more." This has never been truer.

A Consumer Reports' survey suggests that six out of 10 shoppers will give gift cards this year.

Christmas is supposed to be thoughtful and pleasant time of year, one of charity and good will --but shifting consumer tendencies are showing otherwise.

A First Data survey reveals a trend that people prefer gift cards than actual gifts. Ninety-two percent of the respondents said they would rather receive a gift card worth \$20 than receive a gift of the same value.

The numbers are much the same when a \$30 gift is proposed; 87 per cent of the people would still prefer a gift card than an actual present.

The numbers seem to even out as the dollar value grows; at \$45, 52 per cent of the respondents would still prefer a gift card -- this is changing the face of Christmas.

Gone are the golden days of Christmas charity and good will. It used to be about family, friends and sharing of joy and good times and when it came to gift giving, it was the thought that mattered and gifts reflected your own kindness.

Now the concern seems to be more

about receiving than giving.

The abandonment of thought going into gift giving has reached all an all-time high.

Statistics Canada estimates Canadians spend upwards of \$6 billion a year on gift cards. Christmas has lost its original appeal.

Statistics Canada first studied gift cards at Christmas in 2003; they reported that 53 per cent of retail stores offered a gift card. Two years later that number nearly doubled to 83 per cent.

Why does somebody give a gift card? Does the donor not know anything about the receiver? Perhaps, the buyer can't take the frantic pace of the holiday shopping season. A gift card seems to be an easy way of skipping out on the hustle and bustle and throngs of people lined up at the check out counter.

For idle shoppers, gift cards are an easy and thoughtless way out. For the recipient they can be pain in the neck. Gift cards can have expiry dates and hidden activation fees. They often get lost or forgotten about, and sometimes stores go bankrupt. In the long run the real gift can go to the store and not the recipient.

According to the Canadian Consumers Association, one in four gift cards are not even redeemed.

Now banks, airports, gas stations,



PHOTOCOURTESY OF CREATIVE COMMONS VIA 401 (K) 2012
Assortment of gift cards, now a common Christmas gift.

hotels, theme parks, gyms, spas, and nightclubs... the list could go on-- all offer their own gift cards. There are mall-wide gift cards, barely distinguishable from handing over cash.

Nothing evokes love and lasting memories quite like a personalized gift card for the socks store right? Gifts like these barely strike a chord with the recipient and on top of that giving gift cards to youngsters creates bad

consumer habits. Children learn first hand, how to blow a hole in their wallet, with an impulse purchase.

Gift cards are convenient but they are a no brainer. So where is the thought in all of this and where is the Christmas spirit?

The perfect Christmas gift is one that comes from the heart. What is a card but really just something that can be done better with an envelope of cash?

QUOTED

What is the worst holiday present you have ever received?

Matthew Goowacki, 22
Health & Fitness, 2nd



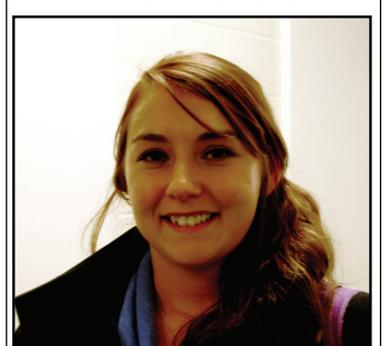
"A pair of socks"

Gabrielle Kanis, 18
Culinary Mngmt., 1st



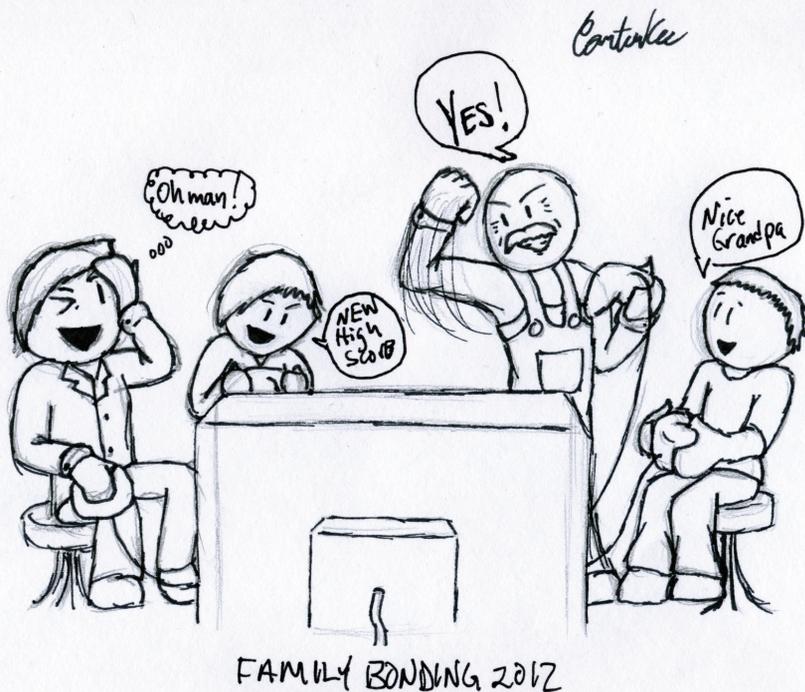
"I had one year where all my presents were hidden in the Christmas tree so I didn't think I got anything, which was frightening."

Allisha Peeper, 22
Creative photography, 1st



"Coal, I actually got coal for Christmas one year. That's what my stocking was."

EDITORIAL CARTOON



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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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Parents should join kids on video games



ROYEL EDWARDS
Online Editor

The holidays are the perfect time to catch up on any games you haven't gotten a chance to get your hands on because you were too busy with school. Bear with me on this one, but why not try to get your parents in on the fun as well?

The best way to learn about your child's passion regardless of age is to take an active part in it and show interest or else they may take it the wrong way and feel like you just don't care. And when they think you don't care, they won't bother to talk to you when they feel like they can't share anything related to you.

It may be more of a challenge for young adults with their parents nagging them to focus their time on something that could get them somewhere in life rather than dwelling in a basement indulging themselves in various fantasies and memorable experiences that can come from video games.

It's no surprise that most gamers play games by themselves, but according to a survey from the Entertainment Software Association, only 45 per cent of parents actively play games with their child and that's way too low.

A lot of parents think games are a waste of time and would rather their children spend their time wisely for anything else such as reading a book or getting out the house. But the truth is, if you want to make your parents understand how gaming is crucial, you need to get your parents to play with you. It's the easiest way for them to get inside your head to understand why it takes up a chunk of your life.

This is not to say you should pick up a shooter like Halo to build a relationship with your parents – well, you can, but baby steps, right? It's easier to use a game that's more directed to the casual audience and doesn't have too steep a learning curve so it's easier for them to play and not get frustrated by telling them you need to know what 14 buttons do.

Still, the question resonates in the mind of a gamer: "why won't my parents play games with me?"

Out of everyone in my family, I can calmly say that I'm the only one out of my entire family who is knowledgeable in video games and I'm the go-to guy for advice. But no matter what family members may ask me about games, they never seem to want to play with me and it sucks.

Their inclusion in my favourite hobby is absent; the last time I recall my parents actually around me when I was playing video games was when we

got a new 55" TV so I started playing Uncharted 3 where they just watched. I told myself that's probably as far as they go as the shocking reality is that

“Out of everyone in my family, I can calmly say that I'm the only one who is knowledgeable.”

some parents just don't really give a duck about games whether you think they're amazing or not.

There is, however, one company that strives to make most of their games family-friendly and that's Nintendo, with their signature product, the Wii.

Simple games like Wii Tennis or Wii bowling are a great place to start (if you even care about that system and the endless wagging) for adults who are out of the loop in the current generation. I'm sure a lot of people know the rules of bowling, tennis, and baseball so telling someone all they have to do is swing their hand to play makes it as simple as possible.

When your family members come over for the holidays, why not try to get everyone in the living room to play games? It's about baby steps. Show them a game with different experiences related to their life. Show them something they have personal interest in as it may be easier to hook them on Cooking Mama when they like to cook or Just Dance, if you know, they like to dance.

Just don't play Call of Duty with your parents. No one's a winner when you join your folks in butchering people with automatic weapons.

Feminism is not a bad word in 2012



SHANNON O'REILLY
Opinion Editor

Suzanne Venker needs to think before she writes. Two weeks ago, she wrote an article for FoxNews.com titled "The War on Men," in which she calls the women of our generation angry and defensive. She says our job is not to compete with men, and that the decrease in the marriage rate is due to empowered feminists.

Well Ms. Venker, I am angry. Actually, I'm pissed. At you.

As the 23rd anniversary of the Polytechnique massacre rolled around last Thursday, I couldn't help but feel immense sadness, but also pride. Pride, because this terrible event also sparked a radicalization of feminism. And the "F" word, is not a bad word.

I am not ashamed to say I believe that myself and other women deserve the same treatment as men. I believe that it is not okay for a gunman to walk into a school, dominated by men, and start strategically separating the females from the males before open firing with a semi-automatic rifle.

So yes Ms. Venker, I am defensive, especially when YOU call out women and tell them not to compete with men, and that feminism is a bad thing.

Marc Lepine, the shooter who gunned down 14 women, left a suicide note saying: "Would you note that if I commit suicide today it is

not for economic reasons ... but for political reasons," it read. "Because I have decided to send the feminists, who have always ruined my life, to their Maker ... I have decided to put an end to those viragos." By pinning the shortcomings of men on women, you are essentially doing the same as Marc Lepine. You are saying that women are the problem, and not that the individual, be it a man, is inadequate or insufficient.

After the massacre, women felt responsible for the shootings, often questioning if fighting for equal rights was worth it. Francine Pelletier, feminist and journalist at Montreal's *La Presse* newspaper put it best when speaking to The Guardian newspaper: "I always felt those women died in my name. Some of them probably weren't even feminist," she says, "they just had the nerve to believe they were peers, not subordinates of their male classmates."

And that is were you lost the argument, Ms. Venker. You had the right to go to Boston University, didn't you? And you have the right to voice your opinion, don't you? And you have the right to compete with other journalists in the industry, be they men or women, don't you? You don't believe your work is less notable than a man's, do you?

Those 14 women who were murdered because they were female trying to get an education just wanted the same things you have.

After the massacre, women galvanized around the globe and campaigns to end male violence were prominent. It sparked a deep rumbling inside the feminism movement. But despite our progress, the fight isn't over. We still need to fight the same old abortion debate, and fight for equal pay.

So Ms. Venker, I will please ask you to refrain from giving feminism a bad name, and asking women to revert back to their subordinate days. Tough if men feel like their masculinity is threatened. I won't have my femininity used as a weapon against me – I choose to embrace it with all my womanly wiles.

Online shopping easy but lacks simple joys

Going store to store for that special something is better



MEAGAN MALLOCH
Life Editor

Due to the growing retail industry, a lot of companies have taken to promoting and selling their products online, and with the growth of Canada's e-commerce it only goes to show that more and more people are doing their shopping through the Internet.

With the Christmas season in full swing things like "Cyber Monday" allow shoppers to enjoy the deals at their favourite stores from the comfort of their homes. It's simple, go you to your favourite online store, choose your items, click "check out," fill out a little payment information, and voilà! Your purchase will arrive within the next seven to 10 business days. It's perfect, no? What people fail to realize is the facade that is pulled over the rising popularity of online shopping.

Sure, there are plenty of upsides to shopping online: no long lines, you don't have to leave your home, and in just one quick click that cute, chic dress you've been dying to have will be yours in a matter of days.

According to Statistics Canada, the last e-commerce survey completed in 2009, about 39 per cent of Canadians, ages 16 and over, used the Internet to purchase over 95 million orders, and those numbers went up from the previous survey done in 2007 that showed only 32 per cent of shoppers used the Internet to place 70 million orders.

Now, those numbers are good, and we can only assume they have increased over the past three years with the constant shift in the economy.

However, what those numbers don't show are the simple joys. The simple joys of spending an afternoon out in the city going from store to store and finding that CD you've been searching for or those jeans that fit just right.

Online shopping I think it great for the little things, but it takes away from the allure of a real shopping experience.

Now, I'm not going to be hypocritical and say "oh, online shopping sucks," because truthfully I am an online shopper, an avid one in fact, but what I quickly came to realize was how much it takes away from the real shop-

“Leave your home to shop physically rather than virtually.”

ping experience and, from my wallet.

I found that I had to search longer and harder for the things I was looking for when I was shopping online compared to when I went to the mall. Also, my money seemed to disappear quicker when I was shopping online. Eventually I started to realize that online shopping was not as realistic as going to the mall, and I found I was able to manage my money better when I wasn't shopping online.

That's what I feel is deceiving about online shopping. Not only does your money seem to disappear but also you seem to almost lose the real feel and joy of shopping.

Ditching online shopping and actually going to the mall leaves you with the visual proof that actually bought a lot of things.

When you are walking through the mall or down the street you have the opportunity to look down and see all your shopping bags and say, "okay clearly I have run my shopping course." You might not have actually spent \$300, but at least the shopping bags show how much stuff you've actually bought. Online shopping doesn't allow that opportunity.

One thing I have always been so cautious of is buying clothing or shoes online. Finding a really nice blouse or dress online isn't hard, if you know the good websites to browse. Unfortunately, there is no "online shopping fitting room."

Suppose you find a dress, you know your size so you fill out all the necessary information and a few days later it arrives. But, uh-oh—it doesn't fit. The bust is too small, the waist is too big, the zipper won't zip. Now, you're stuck having to go through the whole process of contacting the seller and returning your purchase.

Leaving your home, going to the mall, and shopping "physically" instead of "virtually" leaves you with the option of trying on clothes before you put down \$60 for a dress that doesn't fit.

The survey done by Statistics Canada in 2009 showed that 52 per cent of Canadians went online to "window shop," that is, to browse or research products they wish to purchase. So maybe that is all online shopping is good for, I think. Although there are many plus sides to shopping online, its definitely a deceiving aspect of the shopping experience.

A Year in Review: 2012

January

Mohammad Shafia, his wife Tooba Yahya and son Hamed are sentenced to life in prison for killing their three daughters and Mohammad's ex-wife.

February

11 people including ten migrant workers from Peru are killed in a vehicle accident near Stratford.

March

Finance Minister, Jim Flaherty, announces that over 19,000 federal jobs will be cut over the next three years, coinciding with cuts to the CBC.

April

Feds announce the Kingston Penitentiary, which has housed some of Canada's most notorious criminals, will be closed.

May

Michael Rafferty is sentenced to life in prison for the kidnapping, sexual assault and murder of eight-year-old Victoria Stafford.

June

A shooting at Toronto's Eaton Centre leaves two people dead and six injured. It is the first of several gun violence incidents to follow in the summer.

July

Two people are killed and 19 injured during a shooting at block party on Danzig St. in Scarborough. It is Toronto's worst-ever mass shooting.

August

A human head and foot are discovered near the Credit River in Mississauga, which are later identified as belonging to Guang Hua Liu.

September

The NHL Lockout officially begins as the previous collective bargaining agreement between the player's union and team owners expires.

October

Ontario's Premier of nine years, Dalton McGuinty, makes a surprise announcement that he will resign from his position and prorogue the legislature.

November

The 100th Grey Cup is held in Toronto, with the Argonauts beating the Calgary Stampeders 35-22.

December

Recently deposed mayor, Rob Ford, is granted a stay, allowing him to continue on as mayor during his appeal, which will be heard on Jan. 7, 2013.



Top 10 Ridiculous Studies

1. Sex toys sales increased due to NHL lockout
2. Cat feces possibly linked to mental illness
3. Man claims to be able to predict what hour you will die
4. PMS may be a myth
5. Treating gum disease may fix erection trouble
6. Increased sugar decreases brainpower
7. Oxytocin keeps attached men away from other women
8. HPV vaccine does not cause promiscuity in young women
9. Bald men more powerful than men with hair
10. Does the color green boost exercises affects?



Top 10 Christmas Movies

1. Elf
2. Scrooged
3. National Lampoon's Christmas
4. It's a Wonderful Life
5. A Christmas Story
6. Rudolph the Red-Nosed Reindeer
7. A Charlie Brown Christmas
8. How the Grinch Stole Christmas
9. One Magic Christmas
10. A Black Christmas (1974)

Top 10 Technical Gifts

1. iPhone 5
2. Wii U
3. iPad Mini
4. Samsung Galaxy S3
5. PS Vita
6. iPad 4
7. Nexus 7 Tablet
8. Lytro Camera
9. The Kindle Fire
10. Nintendo Wii Mini



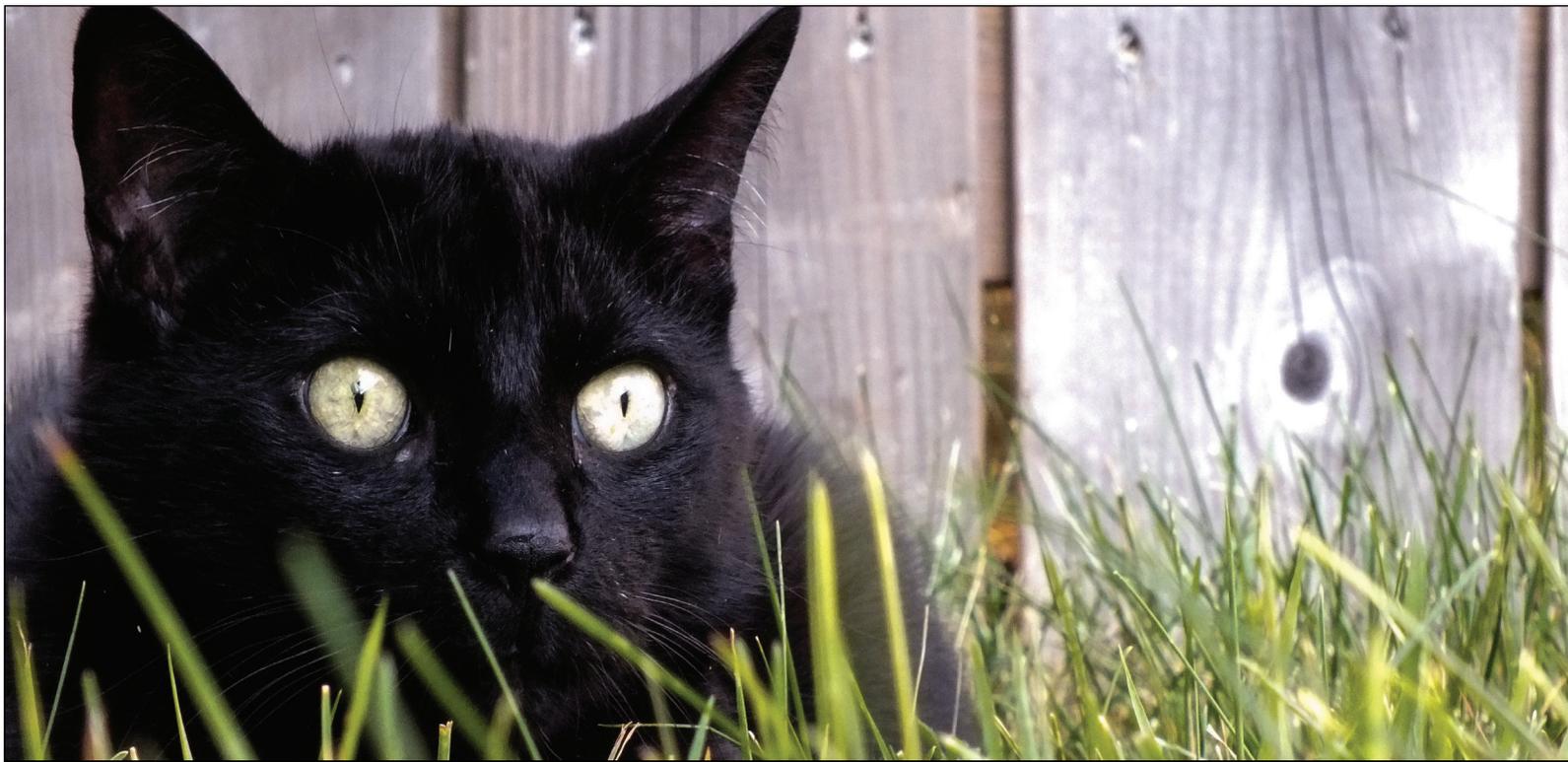


PHOTO BY ALEX COOP

The threat of a new infectious disease spreading from pets to their owners is the focus of a new study released by the Centers for Disease Control.

Pet-to-human disease studied

ALEX COOP
Sports Reporter

A study has been released by the U.S. Centers for Disease Control and Prevention, detailing the possible threat of infectious diseases spreading from pets to humans.

The study found that cats and dogs are slipping under the radar when it comes to monitoring zoonotic diseases – those spread from animal to human – and a better surveillance system should be implemented.

“The risk of zoonotic disease in pets is there, but if there was a real problem, a large outcry for regulations would occur,” said Dr. Richard Zbarsky, owner of the Etobicoke Veterinary Hospital. “Even if we were to obtain something like ringworms from a pet, it would only cause mild flu-like symptoms.”

He added most humane societies

have a good connection with a vet, who helps to maintain up-to-date vaccinations for the animals. Zbarsky said the only time people could run into problems when buying a new pet is when pet stores keep puppies and kittens together in one area. This way they’re left to run around to potentially pick up a zoonotic infection, such as worms or parasites, from each other’s feces.

“It would make sense to enforce

A toddler could eat a pet cat’s poop off the floor.

Dr. Richard Zbarsky
Etobicoke Veterinary
Hospital

stricter regulations if you lived in a state where winter doesn’t kill parasites outside, or if no poop and scoop laws existed,” Zbarsky said. “Babies are probably at the greatest risk, a toddler could eat a pet cat’s poop off the floor, but that’s a rare scenario.”

He said that regulations do exist in Ontario regarding serious infections like rabies, for which both pets and owners are supposed to get periodic vaccinations.

No other laws exist under the Health Protection and Promotion Act, however, when it comes to mandatory vaccinations for other zoonotic conditions.

Pamela Adams, a Humber health and science professor, said pet insurance can help avoid one big bill from the vet, and household pets with a microchip implanted in their fur can make a big difference, especially when

the chip contains their health history.

“It really helps people know exactly what kind of treatment those pets need, in order to manage a possible illness,” she said.

Daniel Magee, 26, an electronics engineering student and former dog owner, said he bought a one-year-old short-haired dachshund from a breeder in Southern Ontario, and was unaware of any dangers the dog could pose.

“He was immunized before we bought him,” Magee said. “The breeder kept him healthy.”

Magee said once the dog was purchased, he continued to take the dog to the vet to keep him up-to-date on his vaccinations, and aside from an ear infection, which he said is common among floppy-eared dogs, he said there was never any worry about infectious diseases spreading.

Facebook users stress over photos

CHARLOTTE HILLYARD
Life Reporter

Social media such as Facebook and Twitter have been known as sources employers use to find out if a person is a good candidate for hiring.

A recent survey from the Edinburgh Business School in Britain shows that Facebook users applying for work get stressed because they think the posts on their profiles can affect them getting the job.

The study also showed that 55 per cent of parents follow their children on Facebook, and more than half of employers said to have not hired someone based on the content on their Facebook page.

“The employers are going to go there, it’s a public place, so my suggestion would be take away any photos or images that depict something that is extremely negative,” said Karen Fast, Manager of Humber College’s Career Centre.

“It could be alcohol, it could be the way you dress, otherwise, I think it’s a benefit. It’s a great way for an employer to see you in a more social setting.”

According to thestar.com, people on Facebook are likely to be stressed out because of what is posted on their profile. Having parents and employers on Facebook can create anxiety because young people don’t want their bosses, or parents to see photos that consist of the person at a party, plastered, with a drink in their hand.

“Facebook should be a benefit to you as long as you have positive information on it,” said Fast. “The employers want to see a personality, they want to see the personal side of you. There is nothing wrong with having some personal stuff, especially if it highlights hobbies or activities or interests.”

Most companies have a zero tolerance for Facebook use during work hours. Shipping firm Day & Ross oper-

ations manager, Javeeda Visciano said that the company has a strict no tolerance policy for signing onto Facebook while at work.

“We have a policy of no tolerance for Facebook, but since there are people who are using it and nothing is happening to them, what I would do is I would remind everybody about the policy and that it’s inappropriate to use it at work and why,” said Visciano.

“To me, Facebook is a personal thing. I don’t think that anyone should be reprimanded for what they put on Facebook. If you are smart, then you should know that you can block those photos and only have people who you want to see, see them,” said Visciano.

As beneficial as Facebook may appear, some people think that it is still a personal site and employers should not go there to determine if someone is a good employee. “I think it is an issue. It’s our private life and when an em-

ployer sees it it gives us a bad impression because they see photos from a party, or from us going out and having fun,” said 18-year-old first-year media studies student at Guelph Humber, Jessica Fong.



COURTESY CRISTINA MANN
People are worried the content on their Facebook page could affect employment standing.

Sports clash with studies for student athletes

NATALIE STOBERMAN
Special to the Et Cetera

Behind the swag, travelling and playing for a top-notch school, it’s not easy being a Humber Hawk student-athlete.

Most teams practice three to four times a week plus at least one game or meet during the week. But, where does school fit in?

Freshman rugby player Mitchell Harris, 18, a first-year business student, said it’s a huge change from high school.

“It’s a lot harder to manage your time,” Harris said. “We practice almost every day and you have to keep your grades up in order to keep playing.”

OCAA fastball all-star Shawna Niskanen, 21, a first-year business student and leisure services student, has been through the same time management struggles as well.

“When you’re in season you definitely sacrifice other aspects of your life, like sleep, eating and social life. I’ve stayed up late, missed meals and I don’t really see my friends unless they’re at school,” Niskanen said.

Juggling school and sport can be difficult, which is why Humber has ensured a great support system for athletes to make sure they succeed in the juggling act.

Monique Haan, varsity academic co-ordinator, said varsity sports are essentially a part time job considering the amount of time put in by the athletes.

“Three main problems that student-athletes face are time management, getting assignments proofread and just asking for help and tutoring,” said Haan.

“We set up the varsity academic centre for study hall, that way there is a space just for studies. I personally check through grades to make sure all the athletes are still on track or if they need some extra help like tutoring or counseling,” she said.

Being a student-athlete can be demanding, but it does have its perks.

“We have no-hassle access to the gym, separate workout rooms, our own change rooms, free uniforms and meal money for away games. Even hotels and trips are paid for,” said Niskanen.

Darren Mancini, 20, a third-year sports management student, said he wouldn’t change being a Humber Hawk for the world.

“Sports give second meaning to going to school and it gives you the opportunity to give pride to your school... It’s a family kind of thing here and I love it,” Mancini said.

Autism examined as numbers rise

New study suggests proximity to freeways and car pollution can increase likelihood of affliction

SAUDIA MOHAMED
Life Reporter

Autism is receiving more and more attention as we move further into the 21st century.

A new study published last week in the *Science Daily* suggested that children who had the highest exposure to traffic pollution are more likely to develop autism.

"I have noticed an increase in the amount of children with autism than before," said Danielle Bisnauth, 19, a second-year practical nursing student at Humber, who works at the Hospital for Sick Kids in Toronto at the Autism center.

Autism Ontario defines autism as a complex developmental disability that normally appears during the first three years of life. It is a neurological disorder that affects brain functions and impacts the development of social and communication skills in the areas of the brain.

The recent report, published as part of the larger Childhood Autism Risks from Genetics and the Environment study, said that babies of mothers that live within 309 meters of a freeway "appear to be twice as likely to develop autism."

Heather Volk, Ph.D. professor of preventive medicine at the Keck School of Medicine in Los Angeles worked to

publish the study, which notes that "while little is known about the role of environmental pollutants on autism, air pollution exposure during pregnancy has been seen to have physical and developmental effects on the fetus in other studies."

The study also showed that pollution consisting of nitrogen dioxide and small particles is also associated with autism, even if the mother lives nowhere near a busy road.

"Autism is a physical condition linked to abnormal biology and chemistry in the brain. The exact causes of these abnormalities remain unknown, but this is a very active area of research. There are probably combinations of factors that lead to autism," said Rehana J. Mohamed, 28, a medical student in Las Vegas, Nevada.

Mohamed added that genetic factors are important; similarly, language abnormalities are more common in relatives of autistic children.

Autism Speaks is the world's leading autism science and advocacy organization and is dedicated to funding research into the causes, prevention, treatments and a cure for autism, said that "autism now affects one in 88 children and one in 54 boys and boys for five times more likely to develop autism than girls."

Mohamed notes that diagnosis and



PHOTO BY SAUDIA MOHAMED
Living near highways or areas with a lot of traffic can contribute to children developing autism.

reporting of the condition may be responsible for some of the increase.

"Autism is becoming more recognized now than before. Doctors are able to know autism when they see it. Autism could have been the same as before, it's just now getting more

awareness," said Mohamed.

Twenty-five year old Ryan Roman runs an after school tutoring program for children with autism at his home, a business he started five years ago.

"I love the challenge of helping someone be happy, gain confidence,

and make progress. To me, it's a privilege and honor to work with children autism and help them reach their full potential," said Ryan Romano, 25, tutors and plays fun activities with children who have autism at his home where he started five years ago.

Lack of fall reading week talking point at Humber

KERRISA WILSON
Special to Et Cetera

If Humber students want to see a reading week during the fall semester they need to speak up, said Humber Students' Federation president, Bhalinder Bedi.

A fall reading week is not a hot topic HSF is primarily pursuing because there is not enough conversation about it from students, said Bedi.

"If more students were to tell me their concerns about this I am willing to make it a topic of discussion at the board meetings," said Bedi.

Other colleges in Ontario have implemented a fall reading week for their students, including at all Sheridan College campuses in Mississauga, Brampton and Oakville.

Evelin Ptak, 25, a first-year, post-graduate human resources student at Sheridan has a fall reading week and said she loves the extra time off.

"I think it helps that you don't feel drained out, it gives you a good break," says Ptak.

Humber vice-president of student and corporate services, John Mason said if Humber were to have a fall reading week in the future it might create challenges for programs to condense their agendas into a shorter class schedule.

"I'm not sure it would be beneficial for students. There's a lot of learning students need to do in 15 weeks," said Mason. "When you shorten time for the content it might make it difficult

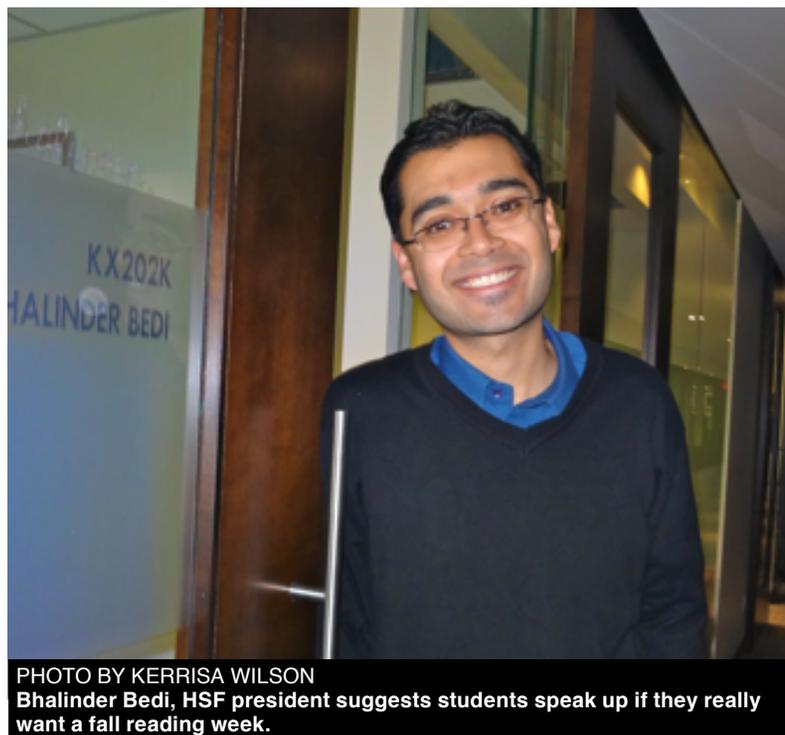


PHOTO BY KERRISA WILSON
Bhalinder Bedi, HSF president suggests students speak up if they really want a fall reading week.

for students."

Brandon Kowlessar, 18, a second-year industrial design student at Humber, said extra time to work on studies or relax would be helpful.

"For a student any amount of holiday would be a blessing," said Kowlessar.

Chantelle Barnaby, 18, a first-year Humber media student, said a break during the fall would be good for her

health.

"I lost sleep this semester. Even though good grades are worth it, I need a reading week to get a break," said Barnaby.

If the word gets out there that Humber students want this extra break in the fall then it will be considered, said Bedi.

to the NINES

Where do you normally like to shop?

I work at Dynamite, so I get 50 per cent off. So for the last three years, I've only shopped there.

Who are some of your fashion influences?

I don't really have any. Whatever looks good, I'll wear.

What are some necessities for winter fashion?

High boots, Canada Goose jackets

Allyia Anderson, 18

Media Studies, 1st

THIS WEEK IN ENTERTAINMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>10 Drawing From The Model</p> <p>TIME: 6:30 p.m. - 9 p.m. Life drawing sessions with a live model inside the Ralph Thornton Centre, 765 Queen East. 416-392-6810.</p>	<p>11 HSF Spa Day @Student Centre, North</p> <p>TIME: 11 a.m. Release some exam stress with complimentary massages, manicures and cosmetic makeovers for all.</p>	<p>12 Humber College Documentary Screening</p> <p>TIME: 6 p.m. Student-made docs at the Bloor Hot Docs Cinema. Free for students and alumni, \$5 for general public.</p>	<p>13 Free Concert Series @Canadian Opera Co.</p> <p>TIME: 12 p.m. Korean drum and dance performance feat. Jeng Yi and zither player Joo Hyung Kim. Free on a first come basis.</p>	<p>14 Skeena Reece: 'like a boss'</p> <p>TIME: 8 p.m. @ Power Plant Contemporary Art Gallery, a tribute to Marlon Brando for his support of First Nations.</p>	<p>15 Holiday Cruise Dinner @Mariposa Cruises</p> <p>TIME: 6:30 p.m. Enjoy a night of dinner, dance, music, the Toronto waterfront and the city skyline. \$72.95.</p>	<p>16 Fiddler on The Roof @Randolph Theatre</p> <p>TIME: 1:30 p.m. The historically rooted musical story of a Russian Jewish family. 736 Bathurst St. Tickets \$30.00 for adults, \$15 for students.</p>



PHOTO COURTESY 1LOVE T.O.
Humber alumnus and co-founder of 1LOVE T.O., Bryan Brock.

1LOVE T.O. brings our city together

DERICK DEONARAIN
A&E Reporter

The Toronto cultural and community brand of 1LOVE T.O. celebrates the city and its people, thanks to co-creator Humber alumnus Bryan Brock.

Brock, a graduate of Humber's advertising and graphic design program, teamed up with his friend and business partner Tyrone Edwards, host of MuchMusic's Rap City, to start 1 LOVE T.O. back in 2007.

"From music, art, fashion and food to community and cultural events, we promote everything Toronto," said Brock, 32.

Brock is also a professor in Humber's advertising and graphic design program.

According to Brock, 1 LOVE T.O. is a movement and brand that embraces and celebrates the unique differences that make Toronto a great city.

Although the brand has had its hands in a lot of different things, Brock notes that 1 LOVE T.O. specializes in three main areas: blogging, events and apparel.

"In the past two years I've seen it grow from a blog and t-shirts to events, collaborations with artists, to its own store," Joseph explained.

"It's crazy to see where 1LOVE T.O. has gone so far and where they could

go," said Rohan Marsh, 20, a first-year business management student at Humber and brand supporter.

Brock said he wants to leave a legacy that he can be proud of and know

My lifestyle, my career, my skill set all go hand-in-hand.

BRYAN BROCK
Advertising & Graphic Design Professor/Entrepreneur

that he was able to help people become better, no matter the title. "Everything I do is relatable to what I teach at Humber. My lifestyle, my career, my skill set all go hand-in-hand," said Brock.

Brock is also dean of the Academy of Creative Arts at The Remix Project, a non-profit cultural organization that helps develop skills in youth living in Toronto's priority neighbourhoods. He credits his work there as something relatable to his job as a Humber instructor.

He said the best advice that he can give to students is to believe in themselves.

Elite trumpet player shares Humber stage

National pride Kevin Turcotte joined Humber Vocal Jazz Ensemble for an evening that included improvisation, fun

JENNIFER ALVAREZ
A&E Editor

Students in Humber's bachelor of music degree program shared the stage with one of Canada's most accomplished jazz musicians last Wednesday at the Lakeshore campus auditorium.

Kevin Turcotte, a professional horn player with an almost 20-year career, took the stage with the Humber Vocal Jazz Ensemble.

The ensemble, led by Humber's voice department head, Lisa Martinelli, included a four-piece rhythm section and 10 vocalists.

The night's performance featured both adapted and original compositions.

Two of the original compositions were composed by Humber students Wes Allen and Bruno Marques.

Turcotte said the songs were a delight to play and he truly enjoyed the music.

"I loved it... a lot of times you play

just another jazz tune. Both tunes, I thought were great. Very original, creative, beautiful tunes and beautiful melodies," said Turcotte.

Turcotte also said the preparedness and flexibility of the ensemble allowed room for improvisation and fun, funky jazz music and that the flexibility of the choir added to the jazz aesthetic.

"The choir is a very well rehearsed choir," said Turcotte.

Mjaa Danielson, a second-year bachelor of music student, said the program's detailed jazz component prepares a musical valuable musical foundation for students.

"Jazz theory and harmony is really, really, in depth and so I think that's kind of the theory behind learning it in the first two years. So, if you can play jazz, you can play anything," said Danielson.

Dani Garcia, 19, second-year music student, adds that the music program focuses on more than just jazz which creates a strong opportunity to broaden students' performance experience.

"For me, it's not solely a jazz program, it's contemporary music. The first two years are based on jazz and the rest of it kind of opens the doors to production or whatever else you want to do. I wouldn't consider myself a 'jazz', but it's really cool that we get to study this as well," added Garcia.

"We were really happy with the support," said Garcia about the performance.



PHOTO BY JENIFER ALVAREZ
Jazz trumpeter and flugelhornist Kevin Turcotte at the Humber Vocal Jazz Ensemble performance Dec. 5.



PHOTO BY JENIFER ALVAREZ
Humber music students make up the Vocal Jazz Ensemble who performed Dec. 5.

Humber docs get prestige screening at Bloor Cinema

MEGAN RACH
A&E Reporter

Humber film and television students are gearing up for their upcoming documentary screenings at the renowned Bloor Cinema.

Donna O'Brien-Sokic, Humber's film and television professor said this is the first year student documentaries will be screened outside of Humber.

The documentaries will be screened on Dec. 12 for one evening only.

Through a relationship with Bloor Cinema and "a series of fortuitous events," student documentaries will be screened at the newly renovated cinema, O'Brien-Sokic said.

"To say that the students are over the moon would be putting it mildly," said O'Brien-Sokic. "It's almost as good as winning the lottery. It's that good – it's a premier cinema, it's got an amazing screen, with amazing projec-

tion and a state of the art sound system. It just doesn't get any better in the city of Toronto."

One of the documentaries to be screened is *Chemical Valley*, a film about Sarnia, Ont. Voted to have the worst quality in Canada, Sarnia air has been rumoured to cause illnesses and deaths within the city.

Chemical Valley picture editor, Rachel Vinkas, 19, looks forward to seeing all of the crew's hard work pay off on the big screen.

Vinkas said that since the Bloor Cinema is a bigger venue, there's more work required to put the film together technically to make it look right for the big screen.

Most students were immediately on board with the Bloor Cinema screenings, with only a few being hesitant said Jennifer Robbins, 20, director of *Chemical Valley*.

According to Robbins, it was good

morale within the group of film students, and the only ones who were dubious were so because their family, friends or interviewees might not be able to make the trip to Bloor Cinema.

Industry leaders, such as representatives from Hot Docs International Film Festival, will also be in attendance to view screenings, according to O'Brien-Sokic.

Although screenings are generally considered private, the Bloor Cinema will allow for the invitation of friends, family, other film and television students, as well as alumni to the event on Dec. 12, O'Brien-Sokic added.

"To have all of this hard work end on such a positive note, to be able to sit there with your family and your friends and your documentary subjects, and for them to be able to experience your work this way is really what we live for as filmmakers," said O'Brien-Sokic.



PHOTO COURTESY RACHEL VINKAS
The production crew for *Chemical Valley* takes instruction from director Jenn Robbins on location in Sarnia, Ont.



PHOTO COURTESY TRACEY MACISAAC PHOTOGRAPHY
Parker & Seville and Vest of Friends will be performing their collaborative comedy show this week.

Comedy troupes unite with Christmas cheer

ALYSSA CAPISTRANO
A&E Reporter

Humber comedy alumni will be collaborating in a series of shows called *Marc, Reid, Dave, Matt, Morgan, Tim and Evan Build a Snowman*.

Two comedy troupes, Parker & Seville and Vest of Friends, will perform Christmas-themed sketch acts from December 11-16 at Unit 102, an artist-run theatre studio located at 376 Dufferin St.

Dave Barclay, 32, and Matt Kowall, 30, 2005 Humber comedy program graduates, form Parker & Seville.

"It was originally my idea to collaborate," said Barclay.

"Parker & Seville haven't done a show in a long time and we weren't too sure if we could get people to come out solely just for us. So we thought who we'd like to collaborate with, and Vest of Friends was the first people who came to mind,

just because we had so much fun working with them before," he said.

Morgan George, 22, Evan Richardson, 22, Reid Brackenbury, 22 and Marc Hallworth, 25, 2009 Humber comedy graduates.

The four-piece group produce and host a monthly show at Toronto's Comedy Bar called, "The Vest Show in Town." The group was nominated for the coveted Tim Sims Encouragement Fund in 2011.

Hallworth, a member of Vest of Friends, said the Christmas collaboration is different from your typical sketch comedy show.

"In a normal sketch show you'd see one troupe in a row, whereas this particular show we're taking two troupes and mixing their sketches together," said Hallworth. "You'll see five minutes of one troupe and the narrative will continue on to the next troupe,

and eventually all seven of us will end up on stage."

Well known in the comedy, burlesque and circus scenes in Toronto, Parker & Seville will be accompanied by frequent collaborator and friend, Tim Gilbert, 28, who often appears as "Mr. McGudgeon" in the pair's sketches.

George, another member of Vest of Friends, said the best part of doing these shows is doing what he loves most.

"My favourite part is making people laugh," said George. "It's so much fun, you meet the best people and everyone's so funny you just laugh all the time. Laughing is the best way to spend life in my opinion."

Show times are scheduled from Dec. 11 to 15 at 8 p.m. and Dec. 16 at 2 p.m. Tickets are \$10, and \$5 for students at the door, or you can purchase them online at www.brownpapertickets.com



PHOTO COURTESY MARADAY PARK
Maraday Park (L-R) Jordan Migliazza, Matt Migliazza, Sam Migliazza, Matt Simko and AJ Astle.

Maraday Park keeps family rocking

NICOLE CAMPEA
A&E Reporter

A Humber music student is keeping his family close with rock-band Maraday Park.

Frontman Sam Migliazza, 21, a third-year student, sings alongside cousins Matt and Jordan Migliazza in the six-piece band.

Matt, 23, plays guitar, while Jordan, 21, plays keyboard.

AJ Astle, 21, bassist and first-year Humber music student, Kevin Enstrom, 21, guitar/vocals, and Matt Simko, 23, drums, round out the band.

Sam Migliazza said that after posting an online musician want ad he got a serious inquiry from Simko.

"We met all together for the first time at Simko's house and by the end of it, we came out with two new songs, 'Flirting with Disaster' and 'Slam dance Lover,'" Sam said.

Since then, Maraday Park have been settled in with their six permanent

members, and have played many shows in their hometown Thunder Bay area.

Jordan Migliazza hopes for an album. "A new album will be a ways away but hopefully in the near future," he said. "Since half the band is out of town most of the year for school, it's hard to come up with new material."

According to Sam, the band looks for inspiration through iconic bands like The Beatles, Queen, Red Hot Chili Peppers, The Black Keys, Maroon 5, Fall Out Boy and many more.

"The inspirations for our band are fairly broad but each musician in our lives has somewhat consciously or subconsciously played a part in crafting our songwriting and harmonic and melodic structure," he said.

"That is what Maraday Park likes to do, stretch the limits of rock music and infuse popular elements of the current musical generation."

Second-year Humber architecture student, Anthony D'Onofrio, loves the rock genre and says Maraday Park can definitely catch the attention of other rock fans.

"Their sound is very modern rock, and is very catchy," D'Onofrio says. "I can see their music being played on the radio one day, and the public loving it."

Maraday Park has numerous upcoming shows throughout December, in Thunder Bay.

"We have most of our songs available on MySpace and Facebook. Not iTunes, yet," Jordan said.

Photo of the week



Luke Vermeer, 22
Journalism, 3rd year

Final Tiger-Cats game in Hamilton's Ivor Wynne Stadium on Oct. 27

MEME of the week

YOU'LL SEE, PHILIP, ONCE THE
BABY IS BORN



ALL THE COLONIES WILL
COME CRAWLING BACK



HOROSCOPES



AQUARIUS
Jan. 21 - Feb. 18
Every snowflake is unique.



PISCES
Feb. 19 - Mar. 20
There will be horses in the sky.



ARIES
Mar. 21 - Apr. 20
Plan retirement under a volcano.



TAURUS
Apr. 21 - May 21
Watch the movie: Beyond the Black Rainbow.



GEMINI
May 22 - June 21
Follow the star.



CANCER
June 22 - July 23
Novelty is a hollow dream.



LEO
July 24 - Aug. 23
Don't get a giant toberone for Christmas.



VIRGO
Aug. 24 - Sept. 22
Harbour your happiness.



LIBRA
Sept. 23 - Oct. 23
Try bacon flavoured marmalade.



SCORPIO
Oct. 24. - Nov 22.
Choose your 2013 calendar wisely.



SAGITTARIUS
Nov. 23 - Dec. 21
Beware falling asleep beneath a willow tree.



CAPRICORN
Dec. 22 - Jan. 20
Two words: apple brandy.

Women's rugby is named co-champions after appeal

ASHLEY MILLS
Sports Reporter

Almost three weeks after the controversial OCAA women's rugby championship game between Algonquin and Humber, a winner has finally been chosen.

Make that winners.

Both teams will share the title as co-champions.

According to Humber, the appeal process bounced back and forth, with appeals facing counter-appeals issued by both sides.

"Eventually they just stated it as an error to the referee not following the OCAA protocol," said Humber's assistant coach Andrew Pettrica.

"It's good that the girls got recognized for being champions," said Pettrica. "I would have liked to see a definitive winner but at least the girls get

recognized for the hard work they put in this season so I'm happy with that."

Both teams seemed to be on the same page with the outcome, but a single winner would have been the preference.

"In sport, there are winners and there are losers, period," said Algonquin head coach Jennifer Boyd. "Championships cannot be shared."

Initially, Algonquin was named champion with a 16-13 triple overtime win.

On Nov. 17, the Thunder and the Hawks faced off in the OCAA championships in a very memorable game. The game started with a tally by Algonquin and then one by Humber. The point scoring went back and forth with each team scoring eight points during regulation time.

After that, game officials decided to have two 10-minute overtime periods.

Humber took the lead in the first overtime scoring a single try. In the second overtime, Algonquin tied the game, scoring a try.

The two teams then went into a third overtime in which, with only seconds remaining, Algonquin scored a conversion.

Following deliberation, the OCAA decided the final score would only reflect the actual game play. All the points scored during overtime were stricken from the record and the final score of the game will show 8-8.

"Both teams played phenomenally in that game and both teams deserve to be a champion but without going by the rules there's not much we can do," said Pettrica.

"Every single player on that field gave everything they had for two hours which is incredible for the amount of time they had to be on the field," she said.



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PHOTO BY ALEX COOP
Humber's Ryan Ejim takes a jump shot at home against Sheridan Dec. 1.

Hawks winning streak snapped

ALEX COOP
Sports Reporter

The men's varsity basketball team's six-game winning streak came to an end on Dec. 1, as the visiting Sheridan Bruins extended their own streak to seven, with a 75-62 victory over the Hawks.

"Humber's better than they played today," said Jim Flack, head coach of the Bruins. "Normally they would knock down shots they missed this game."

Humber head coach Shawn Collins said he would have liked to see a higher sense of urgency from his players, especially when they were on the receiving end of multiple scoring runs.

"We let Sheridan dictate the tempo," he said. "We have some work to do in the second half of the season, but we'll use this as a learning curve."

It was clear from the start of the game the long-time rivalry between the two hadn't died out, and that the game was going to be physical. Both teams forced several turnovers in the opening minutes, and made repeated trips to the free throw line. Sheridan had nine team fouls going into half-time, but the Hawks still trailed 35-26.

The Hawks collapsed in the fourth, but not until after a massive dunk by Ryan Ejim over the Sheridan defense. Ejim scored 16 points, and his strong play of late off the bench has given Humber another solid presence underneath the basket.

"He's a hard working guy who's

young and slowly getting better," Collins said. "I thought our young guys competed well tonight. I don't think we got enough from the other guys."

Jahmal McQueen, 23, a general arts and science student from Sheridan who finished with 12 points, said the Bruins own roster has come together quickly since the Dawson tournament in October, and expected a physical game against Humber.

"People didn't think we could be where we are now as a team at this point in the season," said McQueen.

"We let Sheridan dictate the tempo."

SHAWN COLLINS
Humber basketball coach

"Sheridan versus Humber, there's a long history there so everyone's going to go hard on each other."

Flack said the rivalry between the two teams isn't the same as it was 20 years ago.

"It's a different league now," he said. "The OCAA West is so deep we can't dwell on this win for long, because we always have to be ready to face someone just as tough next game."

The Hawks now have a break in their schedule, while they prepare for the Ryerson Tournament on Dec. 28.

Physical activity push at Humber

DARRYN O'MALLEY
Sports Reporter

The Fitness Olympics at North campus provide an opportunity to promote physical activity while having fun, said Debra Basch, a fitness and health instructor at Humber.

Third-semester fitness and health promotion students ran the fourth annual event on Nov. 29 as part of their special event planning course at Humber.

Fitness related activities, including hockey skills competitions and basketball shootouts, were set up in the gymnasium for the hundreds of participating students.

"Physical activity is important, especially for students," Basch said. "Students are the next generation. Obesity is on the rise and type 2 diabetes is on the rise."

According to Statistics Canada, in 2011, over 18 per cent of adults aged 18 or older recorded a height and weight that classified them as obese.

"If you're not active and fit, you don't give your body a chance to protect itself against these diseases," Basch said.

All Humber students were welcome



PHOTO BY DARRYN O'MALLEY
Fitness and health promotion students who participated in Humber's Fitness Olympics Nov. 29 on North campus.

to compete in the Fitness Olympics, and the only cost to enter was a non-perishable food item that will be donated to the Humber Students' Federation food bank.

"I think we should have more events like this," said Rico Perea, 22, a second-semester fitness student. "I'm excited to plan the event next semester."

Perea and his team completed the plank race, a core competition in which participants race in a push-up plank position, with the day's record time, 23 seconds.

"Fitness is my whole lifestyle," Perea said. "That's why I chose the fitness and health promotion program, because I want to help other people get

fit as well."

According to the World Health Organization, physical activity is an essential element of overall wellbeing and provides health benefits, such as healthier body mass and lower rates of certain diseases and cancers.

PowerBar, Shopper's Drug Mart, Fortinos, eMbody Fitness and Beast Squad Athletics were among the sponsors for the Fitness Olympics.

Jack Talla, owner of Beast Squad Athletics, a sporting wear company, said hard work and exercise go hand-in-hand.

"Whatever work out you do, it's about pushing past your limits," Talla said. "That's what we stand for."

Superstitions in sport explored

GEORGE HALIM
Sports Reporter

Doing the same thing over and over again gets boring.

But for Humber varsity athletes, superstitions are necessary.

"One of my rugby teammates wears the same maroon Spandex for every game," said Jason Chuck, 24, captain of the men's rugby team. "Like myself, I wear the same Canada spandex for every game."

The reasons are seldom similar, and for Chuck, a first-year business management student, it's more than just a superstition.

"For every Humber game I wear yellow tape around my wrist with my grandpa's name on it," he said. "He passed a few years ago, so I feel like I play better when I have it on."

For Laura Bye, 23, the women's volleyball team has had superstitions dating back five years.

"When I got here I was told we weren't allowed to drink blue Gatorade or Powerade," said Bye, a fifth-year sports management student. "The year before I got to Humber, our team lost in the OCAA championships, and ever since then, we haven't been allowed to have blue Gatorade or Powerade on the bench."

Although it might sound absurd, it must be working, as the women have won their last five OCAA banners and are undefeated so far this season.

When the team was officially sponsored by Powerade at the start of the season, the Humber Athletics website featured blue Gatorade as the banner, much to the displeasure of the players and coaches of the women's team.

"Our coach was not happy at all," said Bye. "He got so mad, walked into the office and before you knew it, the banner on the site had already come down."

In many cases, players and coaches are lighthearted about superstitions, but not in this case.

"To be honest, for the players it was pretty funny," Bye said. "But for coach, he was completely serious about it."

Some superstitions have deeper meaning to them, while others might simply be for good luck, but for women's basketball player Courtney Boyes, it was about getting better.

"I had to sink three foul shots before I practiced or played a game," said Boyes, 21, a third-year business administration student. "I just felt like I needed to have some sort of consistency and I had to do it before I felt like I could play my best."

For Boyes, it was a matter of feeling able to do something prior to the game that lead her to feel comfortable under pressure.

"I did it every time until I got the hang of it," Boyes said. "Now it comes natural to me, so I don't do it as often. But at the time, I absolutely had to do it."

Profile

Soccer standout Galle helped Humber win its national title

TYRRELL MEERTINS
Sports Reporter

It's been a good year for Humber midfielder Roberto Galle as he's become a national champion and a member of Toronto FC's senior academy.

Toronto FC academy coach Danny Dichio spotted Galle, 22, a second-year recreation and leisure student, while playing in the Canadian Soccer League with Toronto Croatia.

Galle joined the TFC's senior academy in June and has been training and playing with them ever since.

Galle had a busy summer on the field with Toronto, and believes the training has helped develop his game a lot.

"Joining the senior academy team improved my conditioning, and training every day allowed me to work on things such as my first touch, moving the ball quicker and making better decisions," Galle said.

In his five months with the club, Galle has been called up to three reserve MLS matches and a friendly against Premier League side Liverpool Football Club. These games gave Galle experience at the highest level and he was hon-

oured to play his first professional game in front of his friends and family.

"Playing against Liverpool in front of 30,000 fans, with family and friends watching, was the best experience I've had in my soccer career," said Galle. "I still can't believe I played in that game."

Galle brought the experience gained this summer to the Humber men's varsity soccer team. Galle's transition into a right fullback brought a new dimension to the Hawks' shape. He provided the width Humber needed to break down organized defenses.

Although Galle enjoys life as a member of the senior academy, he'll always cherish the gold medal Humber won at nationals this year.

"The feeling of winning a national championship was unbelievable, and to know that you're the best college team in Canada is amazing," Galle said. "The best part about it was winning with not only my teammates, but also some of my good friends."

Hawks assistant coach Mike Aquino feels Galle's transition from a right midfielder to a right fullback hasn't been an issue.

"Roberto's work ethic is second to

none and his ability to get from box to box as a full back is incredible," Aquino said. "He offers us an attacking minded right back with his surging runs and

"I still can't believe I played in that game."

ROBERTO GALLE
Men's soccer player

overlaps, which cause problems for our opponents. He is a good defender with plenty of attacking options."

Hawks captain Marcelo Capozzolo believes Galle benefitted from his experience gained from the academy.

"Roberto has always been a good player, from rookie year till now. The difference is that he is playing with confidence now," Capozzolo said.

"He made my job easier, he was probably our most consistent player all year and he played a big role in our road to nationals."



COURTESY HUMBER ATHLETICS
Humber midfielder Roberto Galle, 22.

STANDINGS

MEN'S RUGBY

GOLD : Humber
SILVER : Trent
BRONZE : Seneca

WOMEN'S RUGBY

GOLD : Algonquin and Humber
BRONZE: Seneca

MEN'S SOCCER

GOLD: Humber
SILVER: Vancouver Island
BRONZE: FX Garneau

WOMEN'S SOCCER

GOLD: Ahuntsic College
SILVER: Concordia
BRONZE: NAIT

MEN'S BASKETBALL

1. Fanshawe 18Pts.
2. Sheridan 18Pts.
3. Mohawk 16Pts.
4. Fanshawe 12Pts.

WOMEN'S BASKETBALL

1. Algoma 16Pts.
2. Fanshawe 14Pts.
3. Humber 12Pts.
4. Algoma 10 Pts.

MEN'S VOLLEYBALL

1. Nipissing 16 Pts.
2. Redeemer 14 Pts.
3. Humber 12 Pts.
4. Niagara 12 Pts.

WOMEN'S VOLLEYBALL

1. Humber 18 Pts.
2. Fanshawe 16 Pts.
3. Nipissing 14 Pts.
4. Mohawk 10 Pts.

Hawks back to winning ways

PAOLO SERPE
Sports Reporter

The Humber Hawks women's basketball team quickly returned to winning ways by destroying the Redeemer Royals 91-38 on Nov. 28, followed by a 68-48 victory over Sheridan College on Dec. 1.

Humber was hungry for a win after going 0-and-2 on a road trip to Windsor. Then after going into Ancaster and dismantling Redeemer, the Hawks returned home to take care of business against Sheridan.

The opening quarter had no rhythm and both teams were scrambling to get going.

Humber came out in the second half looking like a totally different team; they turned it on and simply dominated. Redeemer had no answer for the Hawks' fast breaks or smothering defence.

Guards Maria and Kayla Suriani controlled the game. The sisters did much of the scoring while power forward Casea Fuller worked the glass and also had seven assists. Centre Chioma Oriuwa had a double-double in just 11 minutes of action.

Humber outscored the Royals 31-5 in the second quarter and 45-23 in the second half. Their largest lead was by 56 points.

Kayla, 21, a third-year Psychology student, said it was an important win.

"Going into the Sheridan game we really needed this, we really needed a big win."

For Redeemer coach Greg Best, it's a matter of forgetting the loss and moving on.

"When you lose by 60, there's nothing good to take out of it," said Best. "The stage we're at in our growth, it's all about getting better. Our goal this year is really to improve."

Hawks coach Ajay Sharma wanted the team to keep its focus against rival Sheridan and maintain a high level of play. "We should be in control most of the way, we just have to make smart de-



PHOTO PAOLO SERPE
Humber power forward Casea Fuller (left) wrestles for a ball against Sheridan.

isions," said Sharma.

Humber overcame its customary slow start and fought through Sheridan's aggressive defence to take an eight-point lead into the half. Humber's main weapon was the three-ball, hitting six including two each from guards Marie Maranan and Jordanna Mazzei.

Sheridan's Haeven Durrant went down late in the second quarter after appearing to twist her knee. Durrant knee's were iced and heavily bandaged on the bench as she did not return.

The Hawks seemed to be playing off adrenaline from the huge Redeemer

win, as they were disjointed and lacked their usual offensive flow. They kept scoring though. Fuller had a huge game, recording a double-double, with 15 points and 14 rebounds, including eight on the offensive end. Humber scored 26 second-chance points and at times had Sheridan pinned in their own half.

After the Bruins cut the lead to 10 with three minutes remaining in the game, Fuller sunk the dagger three-pointer to move the result beyond Sheridan's reach.

Maria Suriani said it was a great way to end the first half of the season even

though it wasn't a classic performance.

"We didn't reach our potential with this win, so we're definitely looking forward to working harder and playing better," said Suriani.

Sheridan coach Willie Delas accepted that his team weren't good enough on the day. "We were slow and sluggish today, we just didn't compete," Delas said. "After the holidays we're going to run our butts off and get back in shape."

Humber's season resumes Jan. 12 in Sault St. Marie against the West-leading Algoma Thunderbirds.

Women's volleyball perfect so far



COURTESY HUMBER ATHLETICS
Humber volleyball captain Kelly Nyhof, left, goes up for a kill.

NATALIE HANNIMAN
Sports Reporter

The Humber women's volleyball team is finishing the semester in first place in the OCAA and second place in the CCAA.

After playing three games in five days, the Hawks managed to stay undefeated this semester, going 9-0.

Head coach Chris Wilkins said he is happy with how the team has been playing, but the break will be helpful.

"I think we've been working hard for the past three months, and I think it's time to shut down for a week or two and then regroup for a strong second half," said Wilkins.

Team captain Kelly Nyhof, 21, a fourth-year child and youth student said she thinks the team needs the holiday break to relax.

"There are still some things we need to work on," Nyhof said. "The break will be good for us though. With three games in less than a week plus exams, a break will be good for us."

They started off with a home game

against the Redeemer Royals where they won in straight sets, 25-14, 25-17, 25-23.

Player of the game went to rookie Hayli Moore who had four kills and five aces.

The Hawks travelled to Hamilton to continue the winning streak on Nov. 30, defeating the Mohawk Mountaineers in straight sets, 25-8, 25-19, 25-10.

The final game of the semester was at home versus St. Clair College on Dec. 2.

The Hawks blanked the Saints in three, winning 25-14, 25-22, 25-3.

Players of the game went to Alley Newman and Brooke Kinnaird, the latter scoring nine service aces in a 16-point streak.

Assistant coach Dean Wylie said the team is right where they need to be for this point in the season.

"There are still some things we need to work on," said Wylie. "But we're in a good place going into the break."

The team returns next semester on Jan. 10 at 6 p.m. with a home game against Fanshawe College.