



**Former Humber student  
DJs at Toronto clubs,  
page 12**

**Do flu spray vaccines  
trump needles?  
Find out on page 4**



# Humber Et Cetera

Thursday, November 11, 2010

www.humberetc.com

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## Canoe ceremony opens Aboriginal Education Month on North campus

Stories and photos  
pages 3, 16



Russel Noganosh dancing during the opening ceremony.

Kate Foster

## A day to honour the fallen

**KRYSTLE NANCOO  
LIFE REPORTER**

Remembrance Day is a day for the young to remember the old.

Every year, on the 11th day of the 11th month at the 11th hour, the world stops to remember lives lost to war many years ago. Humber College will once again be participating in the national moment of silence.

For as long as anyone can remember, Humber has held a Remembrance Day ceremony. This year's will start at 10:50 a.m. in the North campus concourse with Alister Mathieson, dean of hospitality recreation and tourism, leading the group on the bagpipes.

Mathieson has organized the ceremony for the last two years, since Dorris Tallon died.

Mathieson says Remembrance Day is important to him because of his own associations with the Second World War.

"I had family who had fought in the war," he said. "I had an uncle who was killed in the Second World War and I was named after him."

As part of the ceremony, children from the daycare centre will sing the national anthem with Don Foster, a veteran and former faculty member.

Mathieson says it is important for children to learn the meaning of Remembrance Day.

"Some of their relatives could be in peace-keeping missions around the world," said Mathieson. "It's important for young people to know the significance of Remembrance Day."

Carey French, journalism print and broadcast program co-ordinator, has been the MC for the ceremony for five years. To him, Remembrance Day means many things.

"It means a variety of things, it means family, friends," said French. "I do believe that these people who have gone and taken the sharp end of the sword, have played a role in who we are and what we are and what we will become."

In past years the ceremony has been run through the president's office. Val Hewson, executive assistant to the president, says that these ceremonies are important for younger generations.

"It is a tradition that should be kept going, no matter what happens. It's important for young people to know how they have the freedoms they do."

During the ceremony, HSF president Brian Tran will read *In Flanders Fields*. There will also be a music student playing both parts of the *Last Post* to signal the beginning and the end of the minute of silence.

A similar ceremony is taking place at the Lakeshore campus.

# Scholarship may be in works to honour retired liquor maker

**RYAN BRISTLON**  
NEWS REPORTER

Wine and liquor producer Lifford-Schiralli Agencies has begun preliminary talks with Humber College to create a new scholarship following the retirement of company owner Saverio Schiralli.

The scholarship would be offered to students in the wine and spirits courses at the School of Hospitality, Recreation and Tourism: international wine education guild (IWEG) certificate program.

"They've just announced it this afternoon, so you're the first ones to know," April Duda, Schiralli Agencies sales consultant, said at the Whisky Live 2010 event in Toronto on Oct. 22.

Duda said the scholarship is in honour of Saverio Schiralli, who is retiring at the age of 96.

She also said new owner Steven

Campbell has been talking to Humber about the scholarship.

"I have had an initial discussion with a wine distributor on this but it's only preliminary," said Alister Mathieson, dean of the School of Hospitality, Recreation and Tourism.

Mathieson said he thought it was premature to comment, as these preliminary discussions have only occurred via telephone.

Denise Salmon of Lifford-Schiralli Agencies said much the same.

"There's nothing more than just a verbal commitment to look into it," she said.

Salmon did say that Humber is the only school being considered for the deal, but she doesn't anticipate any further details becoming available until January, once the criteria and amounts have been established.

She had not said why Humber was chosen for the scholarship.



Ryan Bristlon

**Lifford-Schiralli, which produces Bowmore scotch, are in talks with the college about establishing a new scholarship.**



Andrew Ardizzi

**Michael Hatton, VP of academics, said high quality faculty will be recruited for new programs.**

## Two new degrees get approval

Supply chain management, finances added to business school

**ANDREW ARDIZZI**  
SENIOR NEWS REPORTER

Humber College has approved two new bachelor of commerce degrees, in supply chain management and finances, for its Business School.

"The two degrees that recently went through the board are two new degrees that will sit on The Business School's two-year platform," said Michael Hatton, Humber's vice-president, academic. "They will be two new options for students to take when they enter third year."

Bachelor of commerce students take common courses for the first two years, choosing a specialization for the final two years, Hatton said.

A paid, 14-week full-time work placement between the third and fourth years is a component of the program, said Rick Embree, associate vice-president for planning and development.

Both programs will be installed at the Lakeshore Campus, he said.

The motion sheets for each program noted a need in the labour market for trained workers in both supply chain management and finance fields with a large retirement bloc expected in the near future.

"It's a growing business area, it's

important," said Eli Lewin, a Business School co-ordinator and point man in developing the supply chain management proposal. "There are no other business communication degrees in Ontario that offer supply chain management."

The industry employs 745,000 workers, but faces annual vacancies in the neighbourhood of 80,000, the college said.

The work placement will be an inte-

We design programs in order to maximize the opportunities to get good paying jobs.

**Michael Hatton**  
Vice-president, academics

gral part of the program, said Lewin.

"It will help students find jobs with companies and help them establish contacts with industries."

The program has received support from various companies, including Home Depot and the Logistics Institute, said Lewin.

There's a growing demand for people with skills, said Paul Griffin, a Humber business professor and fi-

nance program project lead.

"It's going to help students be job ready upon graduation," he said. "(It'll) raise the competency of the industry as a whole."

The college said 85.5 per cent of employers rate the job market as good to excellent, while 75 per cent maintain a degree is mandatory.

"We design programs in order to maximize the opportunities to get good paying jobs," said Hatton. "We do that by combining strong theoretical foundations with applied learning."

Hatton said he was positive the college would get the right people to teach the program.

"I do believe that Humber is in a strong position to recruit high quality faculty," said Hatton.

Assuring faculty is in place is part of the lengthy approval process, said Embree.

"We have a lot of time to find the right people, so we can start looking immediately," he said.

New faculty will teach in the diploma program, moving to the degree program once it begins, he said.

The programs will begin in September 2012, with degrees in fine arts to follow, while a journalism degree awaits final ministry approval.

## world news

### Conan beats Leno, Letterman

Late night host Conan O'Brien returned to TV Monday, drawing 4.2 million viewers. Despite not going head to head with other late night hosts directly, O'Brien outdrew both David Letterman and Jay Leno by roughly a million viewers.

Toronto Star

### U.S. unsure over missile launch

The U.S. Defence Department is trying to determine if a missile was launched Monday off the coast of southern California. A CBS video showed an object propelling upward, leaving behind a large contrail.

The Globe and Mail

### Canada mulls Afghan extension

The government is being pressured to not withdraw its 3,000 combat troops amidst international pressures. Canada may leave non-combat troops to support a NATO training mission for Afghan police and military units.

CBC

### George W. Bush book hits shelves

Former U.S. president George W. Bush released Decision Point, where he reveals his thoughts on the Katrina disaster, the Iraq war, and nearly removing Dick Cheney from the ticket as vice-president before his re-election bid

CBC

## Corrections

In the story 'Distance learning offers pros and cons' on page 7 of the Oct. 28 issue of the *Et Cetera*, Amulya Gurtu, Humber College business instructor, was referred to as a she but is a male.

*Et Cetera* apologizes for the error.

# Wi-Fi a health risk, says advocacy group

**SARAH SAVAGE**  
NEWS REPORTER

A parliamentary standing committee held a private meeting to discuss the safety of wireless network internet connections in schools but no decisions have been made on the topic.

Wi-Fi, which is available at all of Humber's campuses, has recently been reported to cause illness by advocacy groups.

"College Students are at great risk, a very serious risk, and the final results

of that risk might not be known for several years and that's the real danger of this," said Martin Weatherall, co-director of the Canadian Initiative to Stop Wireless, Electric, and Electromagnetic Pollution.

Weatherall said he has never seen a document that said Wi-Fi is safe, and that Health Canada's safety code is not protecting anyone.

"Wi-Fi works at 2.4 GHz," said Humber wireless telecommunications professor Kevin Ramdas. "That's the same frequency that you

use to heat your food in a microwave. It's possible people are thinking since it's the same frequency, it's possible to heat yourself."

But according to the school's health and safety department, Humber monitors the reports in case they need to ratify any of their policies.

"We keep an eye on the studies and the data to see if we need to review and revise anything but basically we're in compliance with Health Canada guidelines," said Margaret Fung, Humber health and safety manager.

Ashley Lemire, a spokesperson for Health Canada, directed all questions to a media release last updated Aug. 31.

According to the Health Canada release there is no evidence to suggest that Wi-Fi is dangerous.

"Based on scientific evidence, Health Canada has determined that exposure to low-level radiofrequency energy, such as that from Wi-Fi equipment, is not dangerous to the public," the release said.

Dr. Magda Havas, an associate professor at Trent University whose re-

search looks at the health effects of electromagnetic radiation, said she receives phone calls from students around the country who are electrically sensitive and want to know what they can do so that they can continue their studies without being exposed.

"Unfortunately the answer is very little right now because so few people believe this is harmful," said Havas.

The committee will report their proposed recommendations by Nov. 12, according to the minutes of the standing committee on health.



Kate Foster

Raven Noganosh dancing during the opening ceremony as VP Academic Michael Hatton canoes in the pond.

## Aboriginal Education Month to engage and celebrate students

**KATE FOSTER**  
NEWS REPORTER

Aboriginal Education Month was launched with a canoe-birthing ceremony that featured prayer, song and dance this week. It will wrap up with Humber College's third annual Powwow on Nov. 30.

"What I think it does in large part is really show the aboriginal community that exists at Humber to the college, and really highlight it, and give people an opportunity to feel connected," said Jason Hunter, Humber's dean of students.

Michael Hatton, vice-president,

academic, birthed a canoe by taking it into the water for the first time.

Canoe birthing celebrates water, creation and safe travel for the canoe, built by master canoe maker Dan Sarasin, Chief of White Eagle, Algonquin, Golden Lake, Ontario, according to a Humber news release.

A teepee built with 13 poles, one to represent every moon of the year, was also erected in the arboretum for the ceremony, said Jimmy Dick, one of the teepee makers.

"One of the most positive ways to get a community involved and participating at all levels is to have a celebration social," said Shelley Charles,

Humber's aboriginal elder. "In this case it's more of a demonstration where students can become engaged, and then also it's an opportunity for them to ask any questions that they may have.

"The intent of it is to celebrate aboriginal contribution to the community and to celebrate aboriginal students," Charles said.

She said the new student lounge in the E building will have the newly-birthing canoes as well as aboriginal artwork on display.

"We will be also creating a giant dream catcher installation for the new students' centre, and then it all

culminates at the end of the month with the Powwow," Charles said.

Jonathon Araujo, Humber's aboriginal community liaison, said they're expecting a turnout of about 200 students for the upcoming Powwow.

Wikwemikong First Nation artist Jay Redbird and Neskantaga artist Joseph Sagaj are a couple of artists who will have their work on display, and Iron Horse singers and dancers will be performing at the closing event, Araujo said.

The Powwow will take place in the North campus student centre on Nov. 30 from 11 a.m. to 3 p.m. It is free for all to attend.

## Alliance to honour student leaders

**COREY BULLOCK**  
NEWS REPORTER

Scholarships will be presented to 17 Ontario college students next May in recognition of their enthusiasm in leadership rolls within the college system.

The College Student Alliance (CSA) is offering a \$1,000 scholarship to student leaders and volunteers in Ontario, said Melissa Mendes, HSF's vice president for campus life at North Campus.

"Far too many people work really hard, only to go unrecognized," said Mendes, who is also the central director for the CSA at Humber. "Those students who are not part of a student government and show remarkable leadership at their schools are eligible."

The CSA advocates for 17 of the 26 colleges in Ontario, and one student from each member college will receive the scholarship, said Justin Fox, president of CSA.

"Last year the CSA came up with the idea because we wanted to give back to our student leaders and recognize their efforts," said Fox.

The CSA is a member-driven student organization, representing 70 per cent of Ontario students, said Jim Robertson, director of advocacy for the CSA.

"We are a voice that provides attainable solutions for students," said Robertson.

Fox also said that students can apply by going into their student association office, in Humber's case the HSF, and filling out an application.

"Bryan Tran, HSF's president, and myself will review the applications and choose three student leaders, who will then be reviewed by the board of directors," said Mendes. "The students' information will stay totally confidential."

Applicants must write an essay explaining their leadership roles and experience and bring two letters of reference and their academic records to their student association office by Dec. 17.

# Colleges should focus on their strengths: report

ARTHUR GALLANT  
NEWS REPORTER

The education experience for Ontario students would greatly improve if colleges and universities focused on their strengths, said a report from the Higher Quality Education Council of Ontario (HEQCO).

"Students would see higher quality education in Ontario," said Harvey Weingarten, CEO of HEQCO and author of the report.

The provincial government asked the HEQCO to explore the issue of post-secondary institutions specifically focusing on core programs and expertise.

Many other countries have already implemented such a system and the government was interested in what it

could mean to Ontario students.

For example, if the report were to be implemented, institutions would have to focus on specific areas such as business, health or media, to name a few.

However, vice-president Michael Hatton said the college already does that.

"We don't offer programs outside our strengths or expertise," he said.

Joel Duff, spokesperson for the Canadian Federation of Students-Ontario, said students can currently access similar programs at Ontario's 24 community colleges and if the report would be implemented students may have to look outside their community to access the program they want to enroll in.

"This report recommends the wrong direction for post-secondary

education," said Duff.

But Weingarten said that this is already the case, as not all programs are offered in every institution.

In addition, students would be able to easily pinpoint what programs are offered and in which community, said Weingarten.

Duff said he's concerned institutions may have to adopt flagship programs they may not already be experts in.

Hatton said there is no sign that the government wants institutions to have a focus and Humber is in the process of expanding.

The report has been sent to the Ministry of Training, Colleges and Universities for review but there is no indication whether they plan to adopt it or not.

date

**Nov. 15 & 16**

place

**Student Centre  
Rexdale Campus**

hours

**9 - 8**

last day

**9 - 5**

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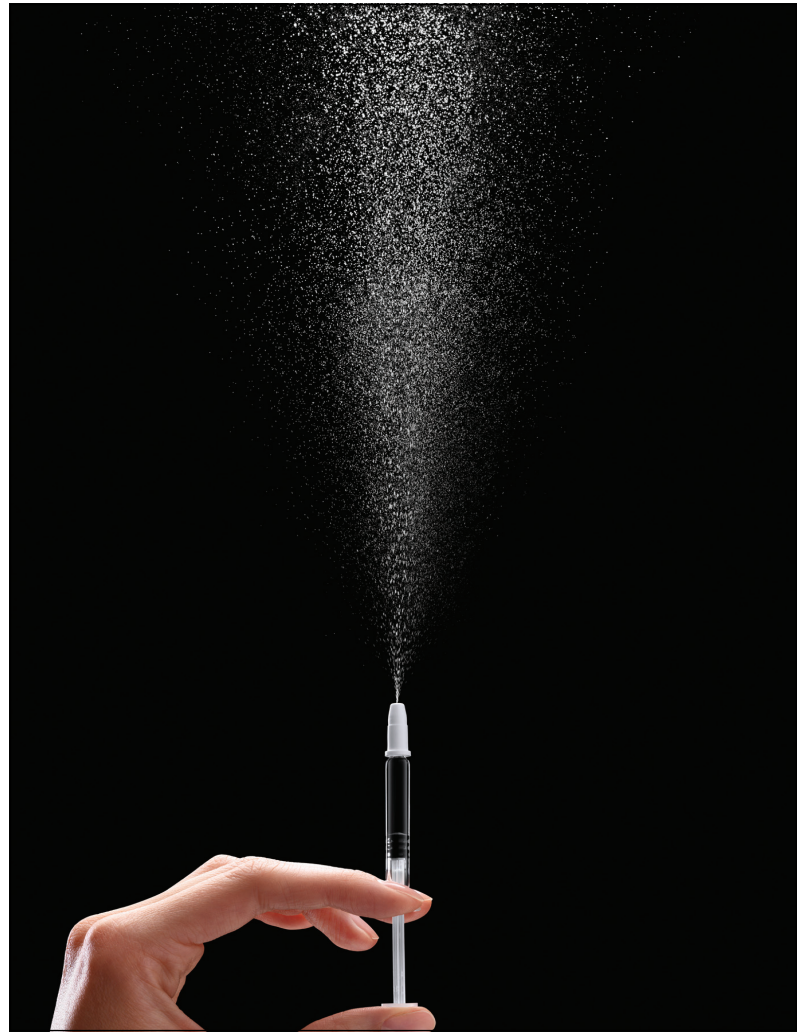


Photo courtesy AstraZeneca Canada Inc.

The new Flumist vaccine is administered through a nasal spray.

## Spray flu vaccine won't be coming to health centre

RICHARD FRANKEL  
NEWS REPORTER

A needle-free flu vaccine has arrived in Canada just in time for flu season but students will not have access to it at Humber's health centre.

"The Toronto public health department supplies us with flu vaccines for our flu clinics, so we are mandated to use the vaccine they give us and our liability insurance doesn't cover us for Flumist in our flu clinics," health centre manager Carole Gionet said in an e-mail to the *Et Cetera*.

Flumist, which is administered as a nasal spray, was unveiled in Canada this October.

A public document from the Ministry of Health and Long Term Care reports Flumist is not available through Ontario's universal influenza immunization program.

Students will be able to access the vaccine from their local pharmacy, said Daniela Cohen, spokesperson for AstraZeneca, the manufacturer of Flumist.

"All flu vaccines in Canada are available without a prescription," said Cohen. "In the vaccine market it is common for a patient to pick up the product and in turn have it administered by a health care professional such as a physician, nurse or certified pharmacist.

"The vaccine is stored behind the counter and thus the patient would need to have a conversation with the pharmacist about why the product needs to be administered by a health care professional."

Eileen Brown, an employee of the EGH Centre Pharmacy on Humber College Boulevard said she expects to have the vaccine in stock this week at \$33 per dose.

Some Humber students said they are receptive to the idea of the new flu vaccine.

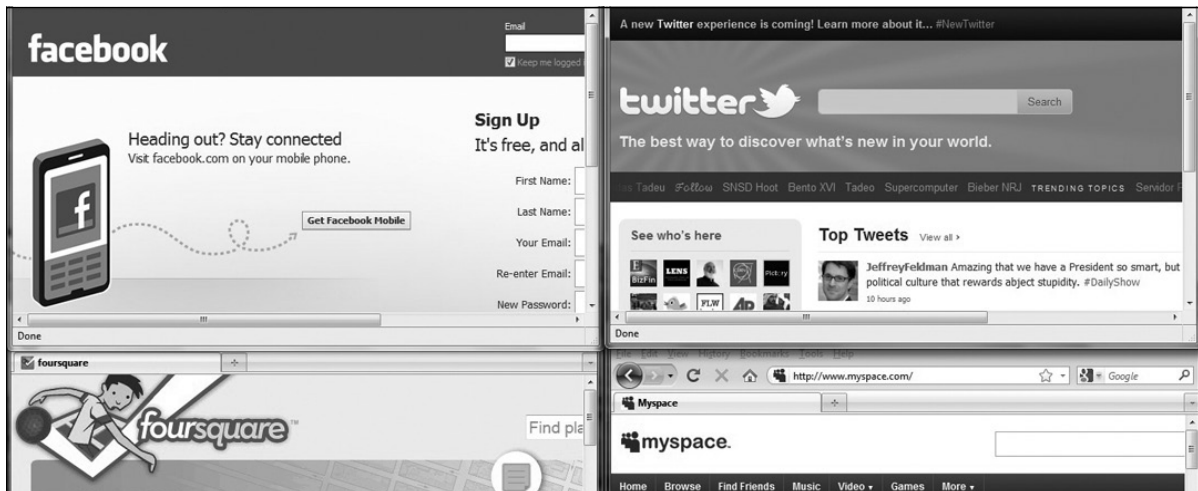
"I would personally prefer the spray and I think a lot of other people would," said Patrick Younger, 19, a second-year media communications student. "It's a lot easier. It doesn't scare as many people as the needles would."

Arbella Mammo, 19, a second-year interior decorating student, said she would rather use a nasal spray because she already takes four needles for diabetes.

"It would be one less needle for me," she said.

Stefanie Santorsola, a part-time nursing instructor at Humber, said in an e-mail to the *Et Cetera* that third-year nursing students will be administering the flu vaccine to students through injection this year.

Flu vaccinations will be available at Lakeshore Campus on Nov. 16 and at North Campus on Nov. 17.



Jeremy Cohn

Sites such as Facebook, Twitter, MySpace and Foursquare have settings to help users stay safe.

# Safety key when using social media, experts say

**JEREMY COHN**  
NEWS REPORTER

Maintaining a small online footprint and thinking before posting are crucial to your personal safety and home security, said social media experts.

"It's easy to use social media to come up with an entire profile of everything you do, places you go and things you eat," said Tiffany Strobel, digital facilitator at OSL Marketing.

Strobel handles social media pages for companies that outsource their public relations departments.

"If you post your class schedule, online criminals would know when you aren't home and your house could be a break-and-enter target," she said.

When considering whether you should post any info to a social media platform, ask yourself if you would want that info on the front page of a

newspaper or on your company's billboard, said Strobel.

"Social media sites have changed almost every social interaction you can think of," she said.

Nothing you provide online is completely private and anything you post will be on the internet forever, Strobel said.

Restricting your viewable content online is a good way to stay safe, said Andrea Tavchar, public relations professor at Humber.

She said sometimes you should not add co-workers or family to your Facebook, and instead use it as a "friends only" app.

"It's like closing your bedroom door and saying that this is my private space," Tavchar said. "Don't tell people you aren't feeling well and then check in at a club on Foursquare. It can create awkward explaining later," said Strobel.

She also reminds social media users

to never post their address whether they think they know their contacts or not – often people forget how many Facebook friends they have.

Toronto Police Const. Tony Vella said you likely wouldn't give your address to a stranger on the street and it shouldn't be any different with online social media.

"If you talk to a person online, verify who you are talking to and make sure you feel comfortable with that person," he said.

Strobel and Vella said the key to a safe social media life is to be smart and never let your guard down.

Websites like Facebook and Twitter have extensive privacy settings that allow users to restrict content.

"When posting on any social media site stop and think for a second. Be aware of the consequences before you post something," Vella said. "It's much easier than having to deal with the negative aftermath."

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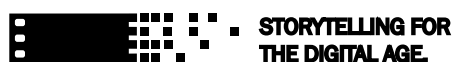
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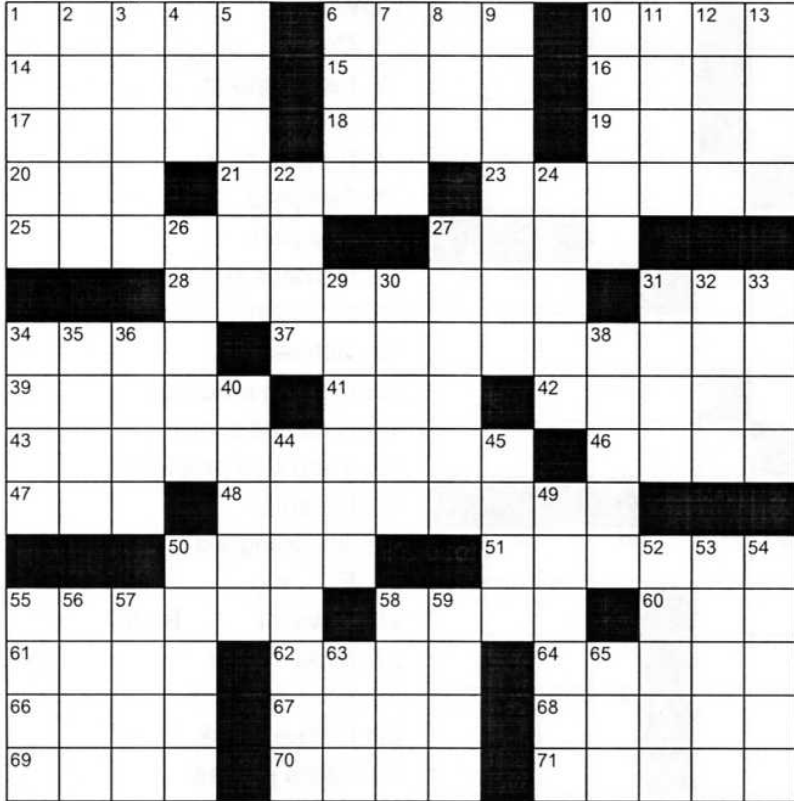
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[humber.ca/action](http://humber.ca/action)



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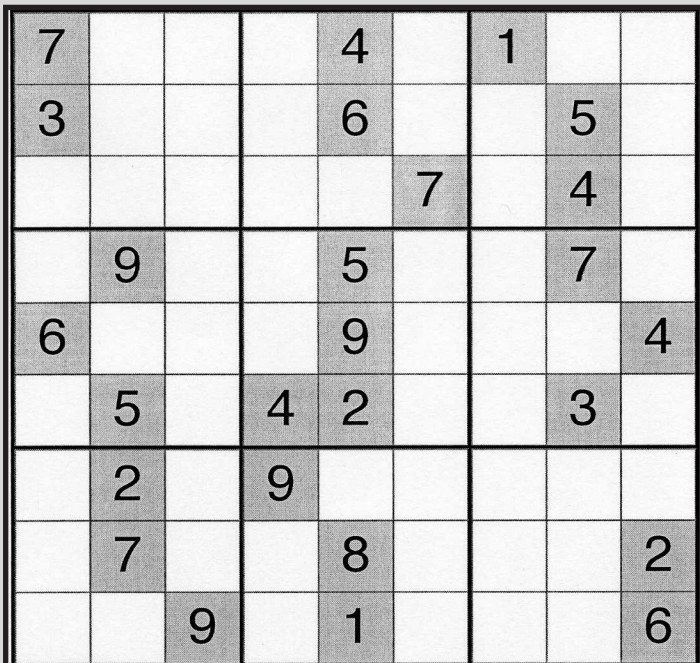
**ACROSS**

- 1. Sees socially
- 6. Pedro's house
- 10. Firecracker sound
- 14. Rub out
- 15. Stench
- 16. Healing plant
- 17. \_\_\_ Pan
- 18. Breathe quickly
- 19. Psychic
- 20. Uno
- 21. News bit
- 23. Winter eave hanger
- 25. Deposit on teeth
- 27. Farm measure
- 28. Qualified
- 31. School group (abbr.)
- 34. Makes a hole
- 37. Ownership
- 39. Rewrites
- 41. Beerlike brew

- 42. Doctrine
- 43. Tenacious
- 46. Scottish loch
- 47. Companion
- 48. Great conductors
- 50. Warsaw native
- 51. Relaxed (2 wds.)
- 55. Mountaineer's climb
- 58. Saved
- 60. Jazz instrument, for short
- 61. Keats or Tennyson
- 62. Cake decorator
- 64. Upper crust
- 66. She, in Madrid
- 67. Not ever, in verse
- 68. Speed checker
- 69. Valley
- 70. Slippery creatures
- 71. Used money

**DOWN**

- 1. Railroad station
- 2. Sports locale
- 3. Spud
- 4. WNW's opposite
- 5. Continuing story
- 6. Deal (with)
- 7. Eden resident
- 8. Daughter's brother
- 9. Magazine item
- 10. Count \_\_\_ of jazz
- 11. Baldwin or Guinness
- 12. Yule song
- 13. Richard \_\_\_ of "Chicago"
- 22. Stumble
- 24. Wave top
- 26. Exams
- 27. Not present
- 29. Pointed beard
- 30. The British \_\_\_
- 31. Evergreen tree
- 32. Little piggies
- 33. Colony insects
- 34. Johnny \_\_\_ of "Finding Neverland"
- 35. Conception
- 36. Female
- 38. \_\_\_ of humor
- 40. \_\_\_ Says
- 44. Soup cracker
- 45. Mouse catcher
- 49. Furry swimmers
- 50. Flower feature
- 52. Stage remark
- 53. The Devil
- 54. Put forth
- 55. Mimicked
- 56. Foot bottom
- 57. Jail room
- 58. Ship's bottom
- 59. Goofs
- 63. So-so grade
- 65. Drink like a dog



#5201 www.sudoku.name

Digits 1 through 9 will appear once in each zone. One zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle.

Do not enter a digit into a box if it already appears elsewhere in the same zone, row or column

**HOW GOOD ARE YOU?**

Under 13 min.....Genius  
13-17 min.....Scholar  
17-21 min.....Smart  
21-25 min.....No bad  
25+ min...Keep practicing

# Mittens' Predictions



**Aquarius**  
Jan. 21 - Feb. 18  
Worlds collide this week as your love of hard drugs and rough loving leaves you visually impaired.



**Pisces**  
Feb. 19 - March 20  
A night of hard drinking will leave you vomiting at Bathurst and Bloor in broad daylight. Hilarious.



**Aries**  
March 21 - April 20  
I don't know what's sadder: your cat or your love life. At least one of them has a little bit of ...



**Taurus**  
April 21 - May 21  
Do they still make the Ford Taurus? You should totally get one!



**Gemini**  
May 22 - June 21  
Your love of scratch cards is foolish. You'll never win, so next time spend your money on beer.



**Cancer**  
June 22 - July 22  
A nagging back injury and the general incompetence of everybody around you makes this the week from hell. Sorry dude.



**Leo**  
July 23 - Aug. 23  
A sexy young lady will get Leo-fever. Sadly it's because she just watched *Titanic*.



**Virgo**  
Aug. 24 - Sept. 22  
Nas wrote a song about you. Listen and learn.



**Libra**  
Sept. 23 - Oct. 23  
You are supposedly compatible with Aquarius, but judging by their prediction, that's probably not a good thing this week.



**Scorpio**  
Oct. 24 - Nov. 22  
Try not getting strangled by the police on your next night out, or at least let your friends record it.



**Sagittarius**  
Nov. 23 - Dec. 21  
Mittens had a rotten week and blames the two ex-girlfriends who were Sags and ruined his life.



**Capricorn**  
Dec. 22 - Jan. 20  
Sounds like candy corn ... all right, Mittens has got nothing. All tapped out. Time to hit the catnip.

# Humber student takes home ICE award for ad

Third-year advertising student Yvonne Noseworth's award-winning ad, *Muffle the Message*, targets youth's high-tech cyber bullying

**SAM HALABY**  
BIZ/TECH REPORTER

Third-year creative advertising student Yvonne Noseworthy won the Young Creatives Competition at this year's ICE Awards for an anti-cyber-bullying campaign she created in under 24 hours for the Halifax Regional Police.

ICE Awards co-chair Tyler MacLeod said Noseworthy and her partner's winning ad, part of their six-piece "Muffle the Message" online and print campaign, instantly clicked with the judges.

"It used a school bathroom mirror which they turned into a Facebook page, but where the picture would go, leaving the mirror blank," MacLeod said. "You saw yourself in that picture and seeing the comments below, the types of hurtful things someone might say and seeing your face there."

"Some little kids that I know have been targets of cyber-bullying," the 22-year-old Noseworthy added. "It's a real issue now, but I had no idea about it beforehand."

Noseworthy said Humber's diverse, technology based creative advertising program made a significant contribution to her winning the competition.

"The bullying happens through text messages, over cellphone calls, and



Courtesy Yvonne Noseworthy

social media like Facebook," Noseworthy said. "So it really helped me get a strong understanding of how to use these new types of media to talk to people."

Michael Rosen, co-ordinator for the creative advertising program, said the ad was a reflection of many public service ads the students work on throughout the school year.

"The first projects they work on, the clients are always public service," he said. "We always have them work-

ing on social causes. Two months before the earthquake, we had students working on a Haitian relief project."

Noseworthy said in addition to the academic experience of working for a cause, having a passion for the issue makes a big difference.

"Your work will be so much better than if it was something you didn't really care about or have a connection.

"If you already have that passion about a certain cause, you should definitely go for it," she said.



Courtesy Yvonne Noseworthy

One of 6 ads in Noseworthy's Muffle the Message campaign.

## Students earn dual credits

**SAJAE ELDER**  
BIZ/TECH REPORTER

A Humber program aiming to help high school students take the steps towards post-secondary education is expanding, just as two recent studies reveal the importance of a college education in Ontario's job market.

One study released by the Higher Education Quality Council of Ontario revealed that high school graduates earn 25 per cent less than graduates of Ontario's colleges and universities.

Humber College's Dual Credit Program offers a chance for students to take a college-level course that will be counted as a secondary school as well as a post-secondary credit. Initially focused on three West Toronto high schools, the initiative has now expanded to include dozens of schools in the Toronto and Peel Region boards.

Career Services Manager Karen Fast notes the program has been running for approximately three years.

"It introduces them to a little bit of college life, they get a chance to talk to a faculty member," she said. "It's an amazing program."

The other study, released by the Ontario Workforce Shortage Coalition earlier this year, shows that approximately 65 per cent to 75 per cent of jobs will soon require some form of post-secondary education.

"Many of those intermediate jobs that were lucrative for high school graduates are no longer here in our economy," said Humber College President John Davies.

Eight courses are offered at all Humber campuses at no cost to eligible Grade 12 students, including Criminal Justice, Social Psychology and Design Drafting.

The dual-credit program's co-ordinator, Carol Ray, said its importance is that it gets students thinking about going to college.

"They get access to all the same resources that Humber students do – counsellors, the writing centre, all of these things," she added.

Ray said programs such as these can prove beneficial, as new students may become discouraged after entering a program that wasn't what they anticipated. "Our program helps because sometimes they have an idea of what they want to do, and they may come here and find out that a course isn't for them," she said.

## Sports clothing company brings in Humber talent

Humber students design Figjam website

**JR BAILEY**  
BIZ/TECH REPORTER

Figjam Apparel, a skate and snowboard clothing company is set to launch an interactive website that was built by three recent Humber grads.

The website was built to help Figjam connect directly with their customers as opposed to having their products sold through other outlets. The site will also feature a blog, Facebook and other forms of social media, as well as a collection of videos and images that show their clothing being worn by skateboarders and snowboarders.

International student Nidhi Agrawal, one of the team members, said, "it was my first hands on experience with the industry in Canada."

Agrawal said she used the experience she gained working with Figjam to help land her current job working for Toronto-based Trior Inc. as a web designer and developer.

When web development program co-ordinator Bernie Monette was approached by Figjam to find students to work on the website, he said he was skeptical, knowing businesses often work with Humber for the free student

labor. While Figjam did not have to pay for the work on their website, Monette described the process as a collaboration that provided the students with a say in the creative process.

Monette said this was in part because Figjam Apparel's director, Justin Hannah, was a former Humber student who started the clothing company in 2007.

When Figjam needed to build a website for their business, Hanna said his familiarity with the co-op programs at Humber made it an easy decision.

Mike Berg, research co-ordinator and industry liaison officer at Humber, said that the Applied Research Office tries to do about 10 to 15 of these projects each year, and with the right combination of factors it can be a "win-win situation" for the students and the industry partner.

"It's not uncommon for students to work with a client and they really impress them so much it leads to a job or a great reference," Berg said.

**Figjam's website logo**

# Hartman Loop helps save cooling costs

Humber's new air conditioning system saves on energy costs, wins cash award

**MATTHEW LOPES**  
SENIOR BIZ/TECH REPORTER

A key energy saving upgrade to Humber's air-conditioning plant was recognized with a \$157,000 reward that is being reinvested into the college's sustainability efforts.

The incentive cheque was awarded by Toronto's Better Building's partnership in recognition of the college's effort to save energy with The Hartman Loop, a computer control box that optimizes the energy usage of the air conditioning plant.

Spencer Wood, manager of maintenance and operations said, "we calculated that were spending about \$150,000 a year in air conditioning, so we took the approach to make a change to a state of the art system which is what we got."

Wood said with the Hartman Loop installed the college saves about 60 per cent in air conditioning cost.

"When it was all said and done, we went from 150 grand to less than 50."

The city of Toronto's better building partnership, which rewards institutions for making energy saving upgrades to their buildings, took notice of the Hartman Loop in 2009.

"We applied for that and we got this incentive money for this program ... so we have reinvested that money in

other energy efficiency projects," said Wood.

With the incentive cheque, and money saved annually from lower cooling costs, Humber has recently upgraded the drives for fans across the campus to reduce their speed and save energy, but Wood said there is still more to be done. "Next up I

“  
When it was all said and done we went from 150 grand to less than 50

**Spencer Wood**  
Manager of Maintenance

think, will be improving the lighting in the gym for efficiency," he said.

Wood also added that he wants to put variable speed drives on the fans over the big stoves in the kitchen so they are not always running at full speed, and is looking to improve the rooftop cooling units at the Carrier Drive campus. "So there is still a lot to do. But this (the Hartman Loop) was a great start."

Tom Hartman, the inventor of the Hartman Loop, said he



Matthew Lopes

The Hartman Loop cuts 60 percent of air conditioning costs.

likes to refer to his invention as "his brainchild." Hartman said part of the bigger picture behind the design was to eliminate the need for additional power plants.

"The peak load on the electrical grid occurs in the summer and a large part

of that is cooling systems. It reduces energy when the grid is most heavily stressed, so the wide spread of this optimization technology for cooling systems can reduce the need for power plants in the future," he said.

Steven Lane, communications man-

ager for Armstrong Limited, which licenses the Hartman Loop, said when compared to other similar technologies, "it's a winner by not just a nose but a substantial margin, and it's financially feasible for an institution such as Humber."

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# Apple patents anti-sexting technology

Software blocks sexual language, but isn't capable of preventing explicit photo texts

**ROYEL EDWARDS**  
BIZ/TECH REPORTER

Students may soon have to keep their iPhone conversations PG-13, as new software Apple has patented disables text messages containing sexts.

Sexting, a term used among young adults referring to the sending of lewd messages and photos via Short Message Service or texting, has led to harassment or even bullying if the recipient of the message spreads information about the sender to people they don't know or trust.

"You can be exposed if you send messages to someone you don't know," said Jessica O'Reilly, a Toronto-based sexologist. "People need to be responsible for their actions if they choose to sext."

A recent research poll conducted by the National Campaign to Support Teen and Unplanned Pregnancy found that 33 per cent of young adults have participated in the act of sexting over a cellphone with someone they knew.

Described in the software's patent documentation as removing the objectionable content from the message prior to transmission or as part of the receiving process, the software does not yet prevent explicit picture messages or images from being transmitted between users.

"It may not be too easy," said social media expert Tom Vassos. "It would bring interesting legal standards for a company like Rogers if they started offering the service."

But he said the software could give cellphone carriers that offered it a competitive advantage over firms that didn't.

Despite offering a lucrative enticement for businesses and users seeking a family-friendly cellphone, not everybody is keen on Apple's new technology.

"If things like sexting causes disturbances in professional settings, the individual is to blame, no one else," said Justin Schnare, Media Studies student at Guelph Humber.

“People need to be responsible for their actions if they choose to sext.”

**Jessica O'Reilly**  
Sexologist



Royel Edwards

Apple's technology aims to block users from sending and receiving vulgar language via text.

## New menu caters to wallet and waistline

Student requests for food services overhaul leads to new 'Under 3' menu featuring cheaper and healthier food choices

**KRISTYN TSAMPIRAS**  
BIZ/TECH REPORTER

In an effort to offer affordable, healthier choices to students, Humber food services is introducing a new "Under 3" menu that features 300-calorie food options for under \$3.

The new menu will consist of options such as granola and yogurt, fresh sandwiches and salads, and to help students keep their food costs down a value menu is being provided with a deal-of-the-day item.

"It is important for students to get more value for their dollar," said director of campus services Terry Kyritsis.

Manager of food services John Thompson said food services up-

grades like the Under 3 menu have generally come from student feedback. "We continually improve with our focus on the students," he said.

Dietary concerns are among Humber students' chief concerns, next to cheaper food, Kyritsis added. "Our

business is not just about making money, it's about meeting the needs of the students," he said.

First year culinary arts student, Angelo Sicilia, 19, said he felt Humber's food options were due for an overhaul, but that students should have more involvement in the college's food services. "Yeah, there's a lot of places to eat but that doesn't mean there's a large variety."

"I think Culinary students should open up another food stand but in the food emporium," he said.

“It is important for students to get more value for their dollar.”

**Terry Kyritsis**  
Food Services Manager



Dan Blackwell

Cheaper, healthier food options will include fruit, sandwiches.

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## Remembrance day

# No excuse to forget our other veterans

When many of us think about Remembrance Day, our memories shoot back to the Second World War, when Canada and its allies stormed the beaches of Normandy to crush the Axis powers threatening Europe and the world.

It's been over 65 years since the last "great war" came to an end. And that was probably the last time Canadians had a war they could rally around. This was a war the soldiers could ostensibly be proud to fight against an enemy so over-the-top it wouldn't be out of place in the pulpiest of comics.

Thankfully, we haven't had a war like the Second World War since 1945. But that is no reason for Canadians to forget about our veterans and the support they need.

Canada suffered over 1,500 casualties in the Korean War. From the end of the Korean War until the war in Afghanistan, we became primarily a peacekeeping nation. But, though our soldiers were peacekeeping, they're still in war zones and still in danger. Since 1969, we've lost 116 Canadian peacekeepers.

There are more than 2,800 Canadian military personnel in Afghanistan and we've been fighting there since 2001. Even if you don't support the war, it's important to show your support for Canadians who are fighting over there.

Seven days a week, wounded Canadians are flown in C-17 cargo carriers from Afghanistan to Landstuhl, Germany, for treatment before they come home.

For the estimated 1,500 soldiers who've taken the flight to Germany, the battle isn't over. There are months, if not years of rehabilitation to contend with, and a new life to adapt to. Many can no longer be soldiers due to injuries sustained in battle, but for many, being a soldier is all they know.

Ex-veteran ombudsman Pat Strogan said the Conservative government has raised the burden of proof for veterans' disability payments, making it hard for wounded soldiers to survive once they've left the battlefield. When these soldiers get home, they shouldn't also have to fight with their own government for benefits.

Today, the youngest Second World War veterans are around 81 years old – these vets aren't going to be around forever, and there will come a time when we will have only our records to remember that war.

Now more than ever, it's crucial for Canadians to honour war veterans. Not just the ones we get misty-eyed about and remember in sepia tones, but the ones that are fighting now.

## quoted

### How do you feel about Canadian troops staying in Afghanistan past 2011?

**Megan Santos, 20,**  
media studies

If they say they're going to bring them home, they should.

**Alexander Leach, 27,**  
journalism

I think it's expected. The whole operation has been plagued with problems.

**Rory Rennie, 20,**  
civil engineering

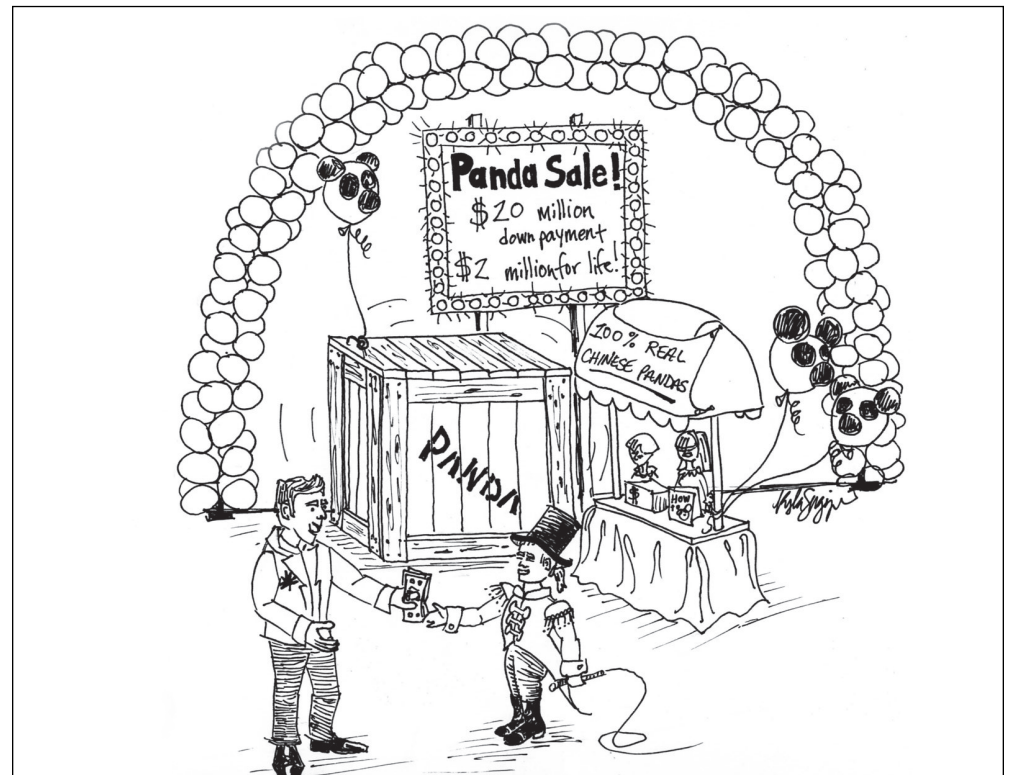
Harper said he'd pull them out a year ago. Not good; it's distasteful.

**Keaton Robbins, 19,**  
journalism

It's an excuse to have their eye on the country.



## cartoon



## The medium is message

**VALERIE BENNETT**  
LIFE EDITOR



Music transcends consciousness. It allows people to bond, despite the distance in between. When I listen to music, I look for the song's meaning – it draws me in, allowing me to connect to it.

Artists have a voice they can use to get across thoughts and opinions on topics they choose – whether they be mundane, superficial beliefs or social, political and environmental issues. They also have the means to reach a wide audience which can have both positive and negative impacts.

The capacity to reach vast numbers of people may not always prove to be positive. By becoming mainstream, the potential influence a song has may lose its meaning. Consider the ever-popular song *Wavin' Flag* by the Somali-Canadian singer K'naan.

When I first heard it, I appreciated a Canadian artist singing about the harsh realities of the living conditions in war-torn countries in an honest yet recognizable manner. However, it's since lost its meaning to me due to its overexposure.

Since its original release on K'naan's fourth album, *Troubadour*, there've been many versions of *Wavin' Flag*. The first recast was the charity single with the Young Artists for Haiti, re-recorded with over 50 Canadian artists involved in the project. Next was Coca-Cola's *Wavin' Flag (The Celebration Mix)*, which used it as the promotional vehicle for the 2010 FIFA World Cup. The Celebration Mix launched a litany of bilingual, country-specific adaptations, causing the song to blow up internationally.

I recognize sponsorship by a leading beverage provider to the world is a big deal, and also why K'naan didn't necessarily decline. However, I feel he sold out. He actually had to re-write verses in his original song because they were deemed "dark" and didn't fit the campaign's uplifting and celebratory themes.

My feelings toward *Wavin' Flag* are not against K'naan personally. I love his material and his music because he has something intelligent and honest to say.

Yet rewriting his song takes away the harsh realities to convey a more ideal and uplifting version takes away its authenticity. I can only hope that as the wind behind the flags dwindles, K'naan can revert back his *Dusty Foot Philosopher* ways and ground himself.

Please, if you have something to say, don't lose the meaning in the message by commercializing it and selling out.

### Et Cetera wants to know what you think

We greatly appreciate letters or emails expressing your opinion on issues covered in the paper. Reporting the news is not a one-way street. Hearing from our readers is important to us and debate will bring more depth to the news we report. Think we're missing out on the real issues at Humber? Have we not told the whole story? Let us know!

Send us an email at [etc.humber@gmail.com](mailto:etc.humber@gmail.com)

## Humber Et Cetera

The Et Cetera will engage, challenge, and inform the Humber College community with progressive and contemporary content reflecting the diversity of its readership.

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# Leafs fans don't live in hockey town

ANGELO MAZZIOTTI  
PHOTO EDITOR



I am a hockey fan who just happens to reside in Toronto. Since I was old enough to remember I have heard that Toronto is, first and foremost, a "hockey town."

This is just simply not true. Growing up in this area, I have

come to know a few sports truths.

The first is that Toronto is a only a "Leafs town." The second, and more important, is other than the blind followers who comprise the so-called "Leafs Nation," Toronto is a city chock-full of fair-weather fans.

The Leafs are and always have been an anomaly. They continued to draw sell-out crowds all last season despite posting the worst record in the Eastern Conference.

Since the Air Canada Centre opened, Leafs fans have always had a problem with the corporate seats, which are a little less than raucous but

a quick jaunt west down Lakeshore from the Air Canada Centre sits The Ricoh Coliseum, home to the Leafs' AHL affiliate, the Toronto Marlies.

A quick call to the Toronto Marlies box office revealed the maximum capacity for Marlies games is 7,851.

The first home win for the underachieving Marlies club drew an announced attendance of just 2,046. The Marlies are dressing some big names this season including former London Knights standout and current Maple Leafs top prospect Nazem Kadri.

This is not only a disgraceful

attendance but it should be setting off alarms high up in the boardrooms of Maple Leafs brass. Former Marlie John Mitchell was quoted on thetorontomarlies.blogspot.com saying he wished more people would show up.

"We have our booster club, the faithful fans who always come out, and we're thankful for that," Mitchell said. "But some nights you can almost count every face and know a lot of the people in the stands."

This is no doubt a sentiment shared by the faithful but few Toronto Marlies fan base.

Don't blame it on a lack of trying on the Marlies' part.

The Marlies recently revved up a brand-new ad campaign with closer ties to the Maple Leafs and GM Brian Burke. We've all seen the commercials with Burke telling us, "every game is a tryout." I wish someone would have listened to him.

So wave your Leafs flags high, Toronto sports fans, but it wouldn't hurt to sometimes remember there are other teams in this city as well.

A few of them even play hockey!

# Just because it's organic, doesn't mean it's healthy

BRAD LEMAIRE  
ONLINE/OP-ED  
EDITOR



We exist in a world of processed and compromised food that undermines the health of all Canadians.

The large concentration of food manufacturers has led to food recalls over the years, most notably the Maple Leaf listeria outbreak in 2008.

The virus killed 22 people.

Food factories can churn out twice the amount of livestock as traditional farms. Unfortunately there's a downside to this efficiency – food safety. The fact that workers at Maple Leaf farms were aware of the presence of listeria at the Toronto plant one year prior to the outbreak and failed to address it shows industry isn't capable of regulating itself.

The listeria contagion could've been prevented.

Although Maple Leaf has dealt with the listeria outbreak with new procedures and oversight, it may

happen again if standards slide through the cracks somewhere else in our vast food industry.

We need to take more responsibility to safeguard ourselves from the large concentration of food manufacturers. But our food supply is being compromised in other ways too. The trouble with processed foods is they're abundant in supply, made for an elongated shelf life and grossly deficient in nutrients.

To combat against processed foods, consumers are slowly turning to organic foods to forego the hundreds of chemicals and food additives laced in

produce, snacks and ready-to-go meals.

Organic food is big business in Canada, with sales growing at 20 per cent a year, according to Organic Agriculture of Canada.

Pesticides are so pervasive in the air and in our environment that no crop is bullet proof. Also, some pesticides are permitted to manage pest problems.

A study by researchers at the London School of Hygiene and Tropical Medicine concluded while there are small nutritional benefits to organic foods, the results weren't big enough to be relevant.

From cookies, to chips to candy all manner of organic junk food can be found lined on local supermarket shelves. To date, Canada requires food manufactures to have 95 per cent of organic ingredients in order for a product to be labelled as organic.

This is a sneaky way for food manufactures to market their product as organic. Organic doesn't always mean healthy or safe, just as processed doesn't always mean bad or unethical.

Our post-industrial society has complicated and compromised the once simple process of growing crops and livestock practiced centuries ago.

# Khadr case violates human rights in Canada

*Government neglects its responsibilities as defender of human rights and international law*

MICHAEL RAINE  
NEWS EDITOR



When convicted terrorist, child soldier and Canadian citizen Omar Khadr returns to Canadian society in eight years or less, he will return to a country who's population and government condemned him without knowing the facts of his case and failed to defend his basic human rights.

Contrary to public assumption, the evidence that Khadr, at age 15, threw a grenade killing U.S. Sgt. Christopher Speer would not hold up in a Canadian or American civilian court with a standard burden of proof.

As the *Toronto Star* reported on Mar. 14, 2008 – but has received scant attention in the media over the last month during Khadr's de-facto trial – the American on-scene commander altered official documents recounting what happened on July 27, 2002, the

day Sgt. Speer died.

The first document, dated July 28, 2002, said the person who threw the fatal grenade died. By this account it couldn't have been Khadr.

However in an identical report written two months later and also dated July 28, the commander changed one line to say the grenade thrower had not died.

Of these two texts, one was written a day after the event and the other written two months later. Which is more likely to be an accurate picture of events?

This, of course, doesn't change the plea deal Khadr signed, but it does modify the reliability of such a confession.

As Dennis Edney, Khadr's lawyer, said in a recent *Macleans* article, the agreed statement of facts is "fiction," Khadr only signed because he knew it was his only hope of getting out of Guantanamo Bay prison.

"If they had asked him to plead to the shooting of John F. Kennedy, we would have agreed to that, too," Edney told *Macleans*.

However, even if we believe Khadr is 100 per cent responsible for Speer's death, it does not change the fact he was a child soldier and has been denied the rights granted to him under international law.

Shelley Whitman, deputy director of the Child Soldier Initiative, told me in a recent interview, "if you look at the definition of a child soldier in the Paris principles and the optional protocol to the Commission on the Rights of the Child, which looks at the banning of children used in armed conflicts, he fits all the criteria under there."

The Canadian government has gone against the country's traditional stance on human rights and the rights of children and gone out of its way to neglect its obligations under international law.

By ignoring crucial evidence for purposes of neglecting a Canadian child soldier and denying him his rights, the Canadian government and a disconnected public have smeared this country's once stellar reputation as defender of human rights and justice.

## pass fail

To Conan O'Brien for finally getting a show back on late-night television, albeit on a budgeted basic cable channel.

To Canadian Angela James and American Cammi Granato for being the first women in the Hockey Hall of Fame.

To the Asian man who clearly watched too many secret agent movies and attempted to sneak into Canada in disguise.

To Michael Jackson for continuing the tradition of dead artists releasing music. At least he proved he can sing as a zombie.

To Conan O'Brien for sticking to the same tired talk show format that got him fired, and still whining about that termination.

To the Hockey Hall of Fame for overlooking Doug Gilmour again this year and only inducting one NHL player, Dino Ciccarelli.

To that same man for taking off the disguise mid-flight, not realizing that Benjamin Button wasn't a true story.

To Sony for releasing "Breaking News" which Jackson's nephews have denounced because they said it's an impersonator singing.

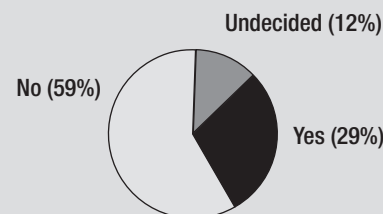
## Et Cetera poll

**Do you think that City Hall should pay \$20-million to bring two giant pandas to the Toronto Zoo?**

vote online at [humberetc.com](http://humberetc.com)

Last week's question and result:

**Do you think Omar Khadr ought to serve his remaining eight-year prison sentence in Canada?**



# Local DJ makes dollars and musical sense spinning vinyl in Toronto bars and clubs

REEM JAZAR  
A&E REPORTER

A former Humber College student is making a name for herself in Toronto's club scene.

Sara Simms was only one semester into the Humber College jazz performance program when she decided to drop out and pursue a career as a DJ.

In 2005, Simms decided to leave school so she could devote more time to being a DJ.

Simms said a Humber professor gave her one piece of advice that stuck with her.

"Always make musical sense," she said.

"It's so simple but I think it's something that is very important for all musicians," said Simms.

Performing under the name DJ YChuck, Simms toured Germany in 2008.

In Toronto she's played shows at clubs like The Drake Hotel, Flow Lounge and The Rivoli.

Simms said she was always fascinated by the rave scene and by DJ's spinning at those types of events.

"I told my dad I wanted to be a DJ and we went out to buy a turntable that day," Simms said.

Mentors, friends and fans helped her get started and playing shows

helped hone her skills as a DJ.

Kimberly Rakovalis, a Toronto club-goer, said she's seen Simms perform on numerous occasions.

"The clubs I went to were promoting her a lot," said Rakovalis. "I wasn't sure if I was going to attend the first event but I found her on Facebook and messaged her to ask about the set and she replied and that's what made me go out."

Simms said social networking is a big part of how she markets herself.

Marlan Vanzyl, a percussionist who graduated from Humber, has collaborated with Simms numerous times.

Vanzyl said Humber is a good place for students to pursue their musical talents.

"I learned a lot in my three years at Humber," said Vanzyl.

"You learn to focus and build relationships with other musicians who you may not have met otherwise. To this day, I am still in contact with people I met at Humber," she said.

Simms said while she did not continue to pursue her studies, there is value in musicians attending school.

"College provides a way for students to meet great mentors and great teachers who work within the industry. I loved studying music," said Simms.

I told my dad I wanted to be a DJ and we went out to buy a turntable that day.

Sara Simms  
DJ



Reem Jazar

Sara Simms, also known as DJ YChuck, poses at Scratch Lab in downtown Toronto.



Arda Zakarian

Cara Ricketts, graduate of the theatre performance program, will be back for a third season at Stratford in April 2011.

## Grad finds success on Stratford Festival stage

ARDA ZAKARIAN  
A&E REPORTER

One graduate of the theatre performance program will continue to embody the spirit of Shakespeare on stage for the foreseeable future.

Cara Ricketts just finished playing Celia in *As You Like It* and Perdita in *A Winter's Tale* at the Stratford Shakespeare Festival.

"The greatest thing about Stratford is that I'm learning more about myself there," said Ricketts.

Ricketts, who graduated from the program in 2005, got a major boost while in school when a professional director noticed her in a class play.

"He looked at her and said, 'That one's special,'" said Diana Belshaw, director of the theatre performance program. "Then he asked if it would be okay to cast her in a play that summer – so she ended up doing Shakespeare."

The Festival at Stratford is known around the world and is considered the pinnacle for theatre performance in Canada, Belshaw said.

Ricketts is working with top-tier talent including artistic director Des McAnuff and actors Ben Carlson, from *Grey Gardens*, and Colm Feore,

from the stage play of *MacBeth* and the film *The Chronicles of Riddick*.

"It was really hard to find my feet there and not be so starry-eyed at who I was working with," she said. "At the same time, I still feel like I was making choices instead of performing in front of my castmates."

Tatiana Jennings, Humber faculty at the School of Creative and Performing Arts, taught acting to Ricketts during her time at Humber and said she remembers her fondly.

"Cara was always very talented, very emotionally available," said Jennings. "She has a lot of presence and worked really hard."

Ricketts will be starring in Art of Time Ensemble's *Shakespeare: If Music Be* at the Enwave Theatre at Harbourfront Centre from Dec. 9-11.

When she returns to Stratford for her third season in April, Ricketts will be playing Ruth in Harold Pinter's *The Homecoming* and Maria in Shakespeare's *Twelfth Night*.

"I don't know what talent is to be quite honest, but I do appreciate hard work," said Ricketts. "I like to research everything I do before I do it and just give it my absolute best."

# Rap hopeful has steady success in music industry



Dylan MacKenzie

**Khiry "TroNic" Cummings raps off the top of his head at Euphonic Studio.**

**DYLAN MACKENZIE**  
A&E REPORTER

In the post-Soulja Boy age of hip-hop, you could say all it takes is a keyboard and an Internet connection to send a song to the masses.

While cyberspace is booming with rap hopefuls, Humber radio alumni Khiry Cummings has found a career in rapping and producing.

"It's inspiring," said fellow rapper Ray "Chadwick" Chad. "He's still young, he's got so much energy and so much knowledge on the hip hop game."

Khiry "TroNic" Cummings said returning home to Jamaica when he was 11 years old sparked his love for music.

"When I started living there, a lot of people were deeply into music. People aren't fans of reggae music in Jamaica, people feel like artists

are their family," Cummings said.

At 13, Cummings started rapping, freestyling and battling other schoolboys on the playground.

"We use to just freestyle randomly in the schoolyard," he said. "I was always the person that was, like, 'c'mon guys, somebody start freestyling, somebody start beating on the table, let's go, let's go.'"

Shortly thereafter, Cummings bought a home recording studio to start producing beats.

Through a connection at Jamaican recording studio Gambling House Productions, Cummings had the opportunity to produce for Jamaican superstars Vybz Kartel and Mavado.

Back in Toronto at 18 years old, Cummings used this knowledge to produce and make connections with local artists.

Today he is busy pressing his EP, *The Unfinished Robot*.

"I'm not complete yet. I haven't told my whole story. I haven't given my whole emotion. This is half what a robot can do. I can't be fully perfect."

There are hints of inspiration from Jay-Z and fellow Canadian rapper Drake, but Cummings masters his own style with electronic sounds and "robotic" noises.

"With TroNic, it's not just music. It's his image. It's everything he's doing," said Shawn Daley of Euphonic Studio, where Cummings' EP was recorded.

"As far as I've been working with him for the past year, I see it every time he comes in here," Daley said.

Cumming's EP will drop Mid-November. For show dates, visit [www.atroniclife.com](http://www.atroniclife.com).



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Rebecca Sadler

The cast of *Rent* sings "La Vie Bohème" while rehearsing a scene from the Jonathan Larson musical that's based on Puccini's *La Bohème*.

## Role in musical helps grad pay the Rent

REBECCA SADLER  
A&E REPORTER

From Broadway to Toronto, the popular musical *Rent* is capturing audiences around the world, and one Humber College graduate will take the stage in Toronto on Nov. 18 in T3 Production's *Rent*.

Chelsea Larkin graduated from the post-graduate comedy writing and performing program in 2006.

"It exposed me to a lot of people who have already done what I wanted to do," Larkin said.

T3 Productions (the name stands for triple threat) was created to give opportunities to both up-and-coming artists and seasoned actors.

This is the first time Larkin has worked with T3 Productions.

She found out about the production company through an internet search and grabbed the chance to audition

for *Rent*.

The musical is based on Giacomo Puccini's opera *La Bohème* and follows the life of young artists living in New York City dealing with difficult circumstances in their lives.

As part of the featured ensemble, Larkin doesn't play just one role in the production – she plays four.

Up for the challenge, Larkin said she's very excited to be part of the production

"*Rent* is my absolute favourite musical," she said.

Fellow actor Joseph O'Toole is one of the seasoned actors returning to T3 Productions to work on *Rent*.

"It's been really fun to dive into the world of *Rent*," said O'Toole.

Playing the part of Angel, O'Toole said he is excited for opening day but a little nervous too.

"It's one of the hardest shows to do," because the majority of the musical is

singing and dancing, said Jaime Wagg, director of the production.

Since auditions, *Rent* has taken a little over two months to create, and the company is currently rehearsing for opening day, said Wagg.

*Rent* is running from Nov. 18 to 27 at the Papermill Theatre in Toronto.

Tickets are currently available online for \$25 at <http://www.t3productions.ca/currentshow.htm>.

## Posters mislead students to LinX for Jager night

Despite deal on Jager shots, LinX Jager Jam on Nov. 18 is apparently not sponsored by the liquor company

MARLEE GREIG  
A&E REPORTER

LinX's Jager Jam poster for the Nov. 18 pub night might just prove to be another example of how branding, especially of liquor, affects students.

"I would definitely assume that they would serve [Jagermeister] at the event, and I would also assume that is a part of brand marketing. I would think it is a cool brand because LinX is promoting it," said Humber sociology professor Danita Kagan.

The in-house Linx event will offer a discount on Jager shots.

While the event is apparently not affiliated with Jagermeister or Jager-Music Canada, the flier clearly displays the Jagermeister font, along with a picture of the iconic green bottle and its label.

Kagan said she didn't notice the LinX banner at the top of the ad, just the bottle and the typeface.

"I keep coming back to it. It's so focal, it's so central; it's the font and the bottle itself that are magnified," she said.

The branding of the flier with the Jagermeister logo is "what is getting people to go. It is directly saying what is going to be there, this is what you're

getting," said Jonathon Trejos, a second-year business student.

He said the design elements used in the flier are the ones that give Jagermeister its brand identity.

The use of the image and the font invokes a familiarization with the product for students.

Alcohol and Gaming Commission of Ontario (AGCO) spokeswoman Lisa Murray told *Et Cetera* via email that licensed venues can host branded pub nights as long as no inducements such as money, rebates or discounted products are offered by the manufacturer to the establishment.

Murray referred *Et Cetera* to the AGCO's liquor advertising guidelines which state establishments "may advertise or promote liquor or the availability of liquor only if the advertising ... promotes a general brand or type of liquor and not the consumption of liquor in general."

AGCO also states ads must depict reasonable consumption or service of liquor and cannot promote or depict excessive drinking.

They no longer do pre-approvals of advertisements.

Kagan said the flyer may point to a bigger issues on college and univer-

sity campuses.

"I think a lot of the alcohol consumption done in a college or university context is binge alcohol drinking," she said.

Christopher Shimoji, LinX general manager, said he is in talks with Jagermeister to make the event official.

"Then the members from Jager come out, the Jagermeister girls," he said, referring to the Jagerettes, who make appearances at officially sponsored events to promote the product.

For now, "there will be a special deal on Jager, that's it," Shimoji said.

### the radar: Remembrance Day

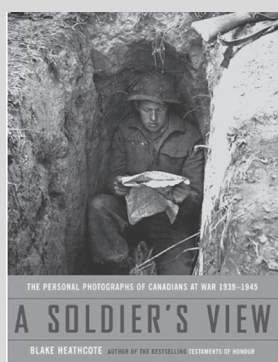
#### Jay Malinowski - *Bright Lights and Bruises*



By Matthew Ingram

Probably best known as the lead singer for Bedouin Soundclash, Malinowski steps forward with his solo debut featuring a baker's dozen of catchy tracks. Standout tracks include *There's a Light*, *Santa Monica*, and the appropriately titled *Remembrance Day*.

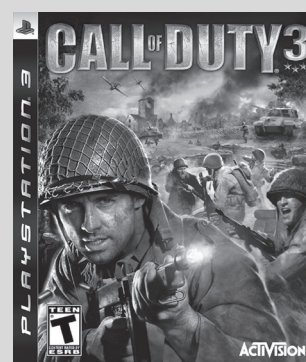
#### Blake Heathcote - *A Soldier's View*



By Dan Illika

We will never know what it was like fighting for our country during the Second World War, and while the media will never do it justice, this book contains the personal photographs of Canadian soldiers to illustrate what life was like through their eyes.

#### *Call of Duty 3*



By Dan Blackwell

You get to play as the Fourth Canadian Division soldiers kicking Nazi ass in the Second World War, just like my Grandpa.

# Music teacher produces soul on new EP

Michael Dunston released *My Love* Sept. 28

**KELLY GABEL**  
A&E REPORTER

It is said R&B cannot be complete without soul.

Michael Dunston's EP, *My Love*, would not be the same without Andrew Scott, Humber College music professor.

"The ideas and values in the music that I first identified with when I was a kid, I feel like those are the things that I'm still trying to be conscious about when writing or composing or playing," Scott said.

He said he's been influenced by music since childhood.

Scott said his mother, who he said is one of his greatest influences, is a pianist at Toronto's Royal York Hotel.

Other influences include artists from the 1960s and '70s such as The Beatles, James Taylor and Stevie Wonder, he said.

Scott said he has always been drawn to jazz, soul and blues.

Attending Humber College's music program also helped Scott to further his knowledge.

While performing in the '90s at cof-

fee bars in downtown Toronto, he was introduced to R&B/soul vocalist, Michael Dunston.

In the summer of 2009 the pair collaborated on the three-song EP, *My Love*.

"It is real, honest-to-goodness soul music. No rap music, no R&B music, just soul music sung by a soul singer," said Dunston.

The EP can only be described as a modern take on contemporary soul, with a capital "S" on soul, he said.

Released in September, the album has garnered nominations for the 2010 Wave Awards, the annual Canadian Smooth Jazz Awards.

The song *Soul Revolution* is up for best song of the year and Dunston is nominated for best male vocalist of the year.

"Andrew is an amazingly versatile musician and he's a fantastic jazz player," said Ted Quinlan, head of the guitar program at Humber College and one of Scott's professors while he attended the school.

The *My Love* EP is available for purchase on iTunes.



Humber music professor Andrew Scott working in the studio.

Courtesy Andrew Scott

## Humber spins for United Way

Minimum donation of \$250 required for teams to participate

**DENEE HALL**  
A&E REPORTER

Faculty and students are joining together to raise funds for Humber's first Spinathon on Nov. 26.

The event, being held in the North Campus gym, is hosted by the hospitality, recreation and tourism program and all proceeds will be donated to the United Way.

"I think doing good deeds makes you feel warm and fuzzy inside," said Crystal Pole-Langdon, third-year Guelph-Humber kinesiology student and certified spin instructor.

The program has set a campaign

goal of \$50,000 through all of their fundraising events.

Students interested in the fundraiser are required to select a four-member team as well as a team captain.

Each team will have to cycle on stationary exercise bikes for five 15-minute segments.

"Yes, you're going to get sweaty, but overall I want people to walk away and be like, 'That was great,'" said Debra Basch, fitness and health promotion instructor.

Students said the idea of spinning for charity gets them motivated.

"I need to pump my stamina because I'd probably quit in 10 minutes.

But I'd do it because it's for a good cause," said Sarah Gaspar, 19, first-year business management student.

"If you don't have a lot of physical or cardio endurance you can still participate," said Basch. "Forget about the fact that there's free food and prizes, you're going to be out there with other people, achieving something."

The deadline to register for the Spinathon Fundraiser is Nov. 19.

The minimum donation to participate is \$250 per team and donations over \$20 will receive a tax receipt.

## Humber renews show sponsorship

**KATIE BROWN**  
A&E REPORTER

Humber College's comedy program has signed on for another three months sponsorship for the L.A.-based radio show *The Sound of Young America*.

"They are supporting the show financially, specifically supporting coverage of comedy," said Jesse Thorn, 29, the host and producer of the show.

Thorn, nicknamed America's Radio Sweetheart, started the show at 19 during his college days at the University of California Santa Cruz.

Thorn's show is broadcast on 25 stations in 13 states as well as on XM public radio and through podcasts on iTunes.

The show covers the world of arts and entertainment and includes interviews with a wide range of celebrities from Michael Cera to Daryl Hall of Hall and Oates.

Sponsoring *The Sound of Young America* benefits Humber's comedy program by reaching such a large demographic of people, said Andrew Clark, director of the comedy program.

"We found that putting ads in weekly papers doesn't work," Clark said. "That wasn't our market."

"The people who are interested in *The Sound of Young America* and the people who are listening to the podcasts online aren't just interested in comedy but also in music and popular culture," said Clark.

"It's exactly the demographic of people that are coming to Humber," he said.

"We are on board as a brand partner. It comes out of our promotion budget," Clark said, though he is unable to discuss final arrangements.

Paul Lewelt, a student in the comedy program, said the show will "get more people that are serious about the art into the program. It will filter out the people that think they are just coming for an easy ride."

*The Sound of Young America* has been honoured by the iTunes editorial staff as a "Classic" best.

Upcoming interviews include comedy producer Judd Apatow, and students can subscribe to the show at no cost on iTunes under youth radio.

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# Aboriginal culture embraced at ceremony

*Commitment to celebrating aboriginal people a positive step, says sociology prof*

**SHAUNA BLAKE**  
LIFE REPORTER

Humber has begun celebrations for its first Aboriginal Education Month, which began with a canoe birthing ceremony held Nov. 2 at the Arboretum, said Shelley Charles, an aboriginal elder at Humber.

Charles said 2010 is the first year Humber is marking Aboriginal Education Month.

"The opening ceremony was not only to honour the month, but also honour the new artwork and arts that we have purchased for the college,"

said Charles.

The two canoes on display at the opening ceremony will be part of the native art displayed in the new student lounge at North Campus. Charles said she expects the lounge to be completed this month.

Many Humber students, faculty and staff seemed to be caught up in the celebration of Aboriginal Education Month as they came out for the opening ceremony. Children from the Humber daycare were also brought down to the Arboretum to part take in the festivities.

"It does so much for my heart to see a real commitment to aboriginal people at Humber," sociology professor John Steckley said. "I have been here almost 30 years and this is the most positive thing I've seen concerning aboriginal life."

Steckley said he was especially impressed by the Jingle dress dance performed by the aboriginal dancers, who were more than happy to participate in the ceremony.

Raven Sage Ireland-Noganosh, a Grade 12 student from Park Street Secondary School is one of dancers who performed. She has been performing aboriginal dance all her life and found it to be a great honor to take part in Humber's celebration of her culture.

"This is a part of my life," said Noganosh. "I live it. I breathe it. When these events take place, it's a very special moment."

Charles said that Humber students will be informed of other events that will take place over the course of this month.

The celebrations will end with Humber's annual Pow-Wow, to take place at the Arboretum Nov. on 30.



Shauna Blake

Teepee on display at the Arb.



Shauna Blake

Performers come out to celebrate Aboriginal Education Month at Humber's Arboretum.

## Connecting youth in crisis impacts lives

Role-play workshop a crucial learning experience for child and youth worker students, says C2Y founder

**KHRISTOPHER REARDON**  
LIFE REPORTER

Connect to Youth (C2Y) aims to bridge gaps in understanding between youths and the people who want to help them.

For Wolfgang Vachon, the founder of C2Y and a child and youth worker faculty member from Humber, one story came to mind.

He brought in youths to role-play with parents who've had trouble understanding issues that affect younger generations. When they left, one parent spoke up: "It's really easy if you get these really nice kids in here to do these role-plays – but this isn't the reality."

Vachon said he wanted to explain the kind of background each of the participants was coming from.

"One has gun charges and was gang-involved and also grew up in a

housing project. And that one, well, her mother died when she was a child and her father had sexually abused her and she's been in children's aid for the past 15 years," he said.

C2Y is a workshop experience where trainers put students into situations they may encounter in the field through role-play. Vachon takes the personal experiences of youths who've been in difficult situations while dealing with social workers. He hopes to take the mystery out of critical youth issues.

"The people these students in the child and youth worker program are going to be working with are the exact people that we hire to do this program," said Vachon. "The desire to share their experiences and their desire to change what is wrong in their experiences as a youth in assistance is such a powerful thing."

Vachon holds casting calls and rehearsals within shelters to identify youth that have a lot to say.

Trainers for C2Y often come from shelters within Toronto.

**“**I take a lot of joy in helping to fix the system which has let me down in so many ways.

**Kai'enne Tymerik**  
C2Y trainer

"Something happened to me at one point in my life," said Kai'enne Tymerik, a transgendered youth and trainer for C2Y. "And it was all downhill from there. It led to drug addiction, it led to lack of caring. I was already suffering from severe depression for many years.

I wound up addicted to drugs and was being evicted because I couldn't make rent, so I gave away everything that I owned except for what I could put in a backpack and I came to Toronto with 20 bucks."

Tymerik faced hardships through shelters in Toronto, facing homophobia and fearing for personal safety among threats and harassment.

"Having lived through a lot of marginalization, having lived through homelessness, having lived through a lot of really shitty experiences, I take a lot of joy in helping to fix the system which has let me down in so many ways. That alone is enough for me to want to be a part of the project," said Tymerik.

Tymerik is especially pleased after finding out a previous acquaintance is now a worker for Covenant House, Canada's largest youth shelter.

"It works and it's working. And we have assurance that it's working, we can see that it's working," said Tymerik.

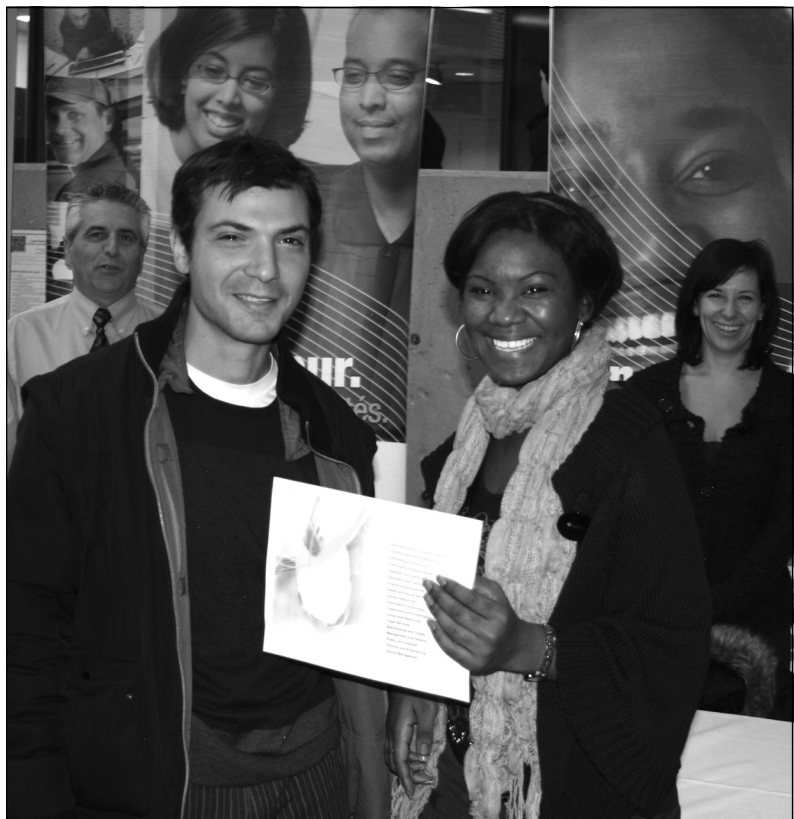
Katherine Conway, second-year child and youth worker student, said C2Y helps to prepare students.

"The emotions the trainers had were very real for me so being able to watch those in the moment was just phenomenal," said Conway. "I felt like I could go in the field and know some of the stuff that we would see and be ready for it."

Though Vachon created the group to help people understand youth issues, it's also working the other way around.

"The desire to share their experiences and their desire to change what is wrong in their experiences as a youth in assistance is such a powerful thing for me because I'm in this field because I care about young people," said Vachon.





Samantha Emann

Students explored employment opportunities at the Fair.

## Industry Fair draws in students and highlights job opportunities

**SAMANTHA EMANN**  
LIFE REPORTER

According to representatives from Humber's Industry Fair, there are plenty of job opportunities for Humber students and grads.

The Industry Fair took place at Humber's North Campus last week and many students attended, feeling out the job market in their chosen field.

One popular booth was the government of Ontario Ambassador Program. Ambassadors from a few of the ministries were there to tell students about jobs in the government.

Rob Chiarelli, senior manager in the corporate security branch of the Ministry of Government Services, said they come to Humber because there will be a demand for more government workers very soon.

"The baby boomers are retiring, so we are going to be hiring in a lot of positions in all 27 ministries. We are looking for enthusiastic people who want to be able to do many different jobs and learn different skills under the same employer."

Lyudnyla Hindra, second-year accounting student, said she would ideally like to work in the government.

"I think the quality of life is better when you work in the government, also the benefits and pension plan. I like auditing, but I have learned a lot in my program and Humber has prepared me very well for getting a job."

Also at the fair was Pathways To Education, a program based out of the Rexdale Community Centre. It's a volunteer tutoring/mentoring program for high school students in high risk neighbourhoods during the school

year.

Pathways to Education representative Roxanne Wright said this program is a great opportunity for students at Humber.

"We really encourage college students to come because it's a great opportunity for students who want to work with children or youth. You get to be a role model and mentor.

Wright also said that tutors and mentors for at risk high school students are in high demand right now."

Job Skills Canada representative Lorenzo Filipe said grads might lack job experience once they graduate.

"A trend going on with employers right now is they want grads who can hit the ground running when they get hired. College students, sometimes, have all the skills but lack real job experience outside of school."

## Job applicants can be screened through social media

Career centre encourages students to watch what they post online and maintain professionalism

**JASON SPENCER**  
LIFE REPORTER

The Humber Career Centre advises students to be wary when using social media, because an online profile may work against them when applying for a job in the future.

"Employers can and will go through your online profile," said Linda MacDonald, Humber employment advisor at Lakeshore Campus.

She said social networking sites are becoming a big issue because students may not be thinking about the long-term consequences of posting

something online. She said she urges students to manage their online presence carefully.

"Your professional presence is so important online," said Karen Fast, manager of the Humber Career Centre.

Fast said she has talked to employers who acknowledged checking the Facebook, Myspace or LinkedIn account of a job candidate because it's a fast, easy and efficient way to find both positive and negative information about an applicant.

"Some employers will use social media to narrow the short list," said Graeme Simpson, co-ordinator of the

Humber post-graduate human resources program.

Simpson said employers have no legal requirement to tell an applicant why they didn't get the job. He said if the candidate isn't hired for a discriminatory reason because of something an employer saw online, the applicant could challenge it, but they would have no way of knowing.

"Employers will associate the Facebook you with the real you," said MacDonald.

Anne-Marie Hayden, director of communications for the Privacy Commissioner of Canada, said once

information is made public online, even if it's canceled, photos or documents still could've been copied or shared before they were deleted. She said it is the individual's responsibility to protect themselves and understand what they put online could be there for good.

"Make as little as possible public," said Simpson.

MacDonald said even if your privacy settings are high, employers can find another route to you through your online friends list. She advises students to control the number of friends they have, to hide the friends

list and to update their privacy settings frequently.

Fast suggests students have both a personal and professional presence online. She said students should offer online samples to employers and make sure your LinkedIn account is updated regularly and filled out completely.

Hayden said students should go to: [www.youthprivacy.org](http://www.youthprivacy.org) for more information about Internet privacy from the Privacy Commissioner of Canada.

"Everybody thinks Facebook is harmless, but it's only harmless if you make it harmless," said MacDonald.

## Buffet of choices for campus eats and treats

**SHUMU HAQUE**  
LIFE REPORTER

Despite having a wide variety of food choices on campus, Humber students are still eating out as authentic ethnic food choices and reasonable prices at some neighbouring food joints are attracting them.

"We get a lot of Humber students who come to our Albion Road and Islington Avenue location looking for inexpensive, traditional Indian snacks. We get a lot of students both during the week, as well as on the weekends," said Manisha Sanger, the owner and manager of Bangali Sweets and Restaurant.

Aside from a menu of snacks, they also serve vegetarian combos called thali including rice, naan and salad, as well as four main dishes from the hot table, all under \$7.

Humber students also like to frequent Lena's Roti and Doubles on Albion road, just west of Islington, according to the owners Kish and Lena Ramlal.

"We have a lot of students who come and hangout for their favourite

doubles and rotis. I think they come here for the good price and the taste of good home-cooked food," said Lena Ramlal.

Golden Asian Cuisine on the corner of Rexdale Blvd. and Kipling Ave. is another inexpensive dining spot for students. Their lunch combos are under \$6 and can be student-friendly in terms of the value for their money, said owner Michael Jiang.

Food Services at Humber tries to take students' opinions into consideration when they prepare the menu for campus cafeterias. They have introduced various options into the menus including halal, vegetarian and even ethnic food to make the on-campus eating experience as diverse as possible.

"The campus has a diverse population and it's not possible to satisfy everyone, as food is a very personal thing. We were concerned about the diverse demographic of the student population and that's why we introduced the various options. However, it is an ongoing process. I certainly think that outside food places are



Shumu Haque

Sweets and Pastries at the Bangali Sweets and Restaurant.

competition to food services, although I wouldn't be too concerned about it," said Terry Kyritsis, director of campus services.

Kyritsis also said that food prices at some on campus vendors might be a little higher than outside vendors

because of the higher cost of maintenance.

"Ultimately, the most important thing is for students to eat something that will satisfy them, whether they find it on campus or off campus," said Kyritsis.

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# Discount admissions attract students

Toronto's museums and galleries offer lower admission prices and free nights to appeal to student visitors

**ASHLEY GREENE**  
AE REPORTER

The Art Gallery of Ontario, CityPASS and other major Toronto attractions are offering specialty promotions and prices that are affordable for students.

"I think it's great to encourage students to experience Toronto," said Nick Farnell, Humber's co-ordinator of student life. Farnell said the idea of these attractions trying to accommodate to the student lifestyle makes the city more accessible to students.

Humber students Anthony Accardi, 18, and Jason Moraes, 18, said they knew that some attractions offered student discounts, and would be willing to take advantage of special events designed for students.

"It is something I would be interested in," said Accardi, a first-year Humber accounting student. "I would go once in a while and I'm open-minded, as long as it is easy to get to."

Some attractions offer free nights, like the AGO, which offers free admission to the permanent collection to visitors from 6 p.m. to 8 p.m. This fall and winter from Nov. 20 to April 3, the AGO will offer free admission

for anyone under 25 to the Maharaja Exhibition.

"It is really about opening up all the gallery for youth," said the AGO's Antonietta Mirabelli. "It's a free opportunity for youth since we do recognize that there is sometimes financial challenges as a student."

Students also have the opportunity to get a special price on all major Toronto attractions by buying a discounted pass.

Deborah Wakefield of CityPASS, a company that offers half-price admission tickets in major cities, said getting a discounted pass allows new or international students to see the city affordably.

"You have the opportunity to see some of the most important parts of Toronto over a nine-day period," said Wakefield, director of communications at CityPASS.

In addition to the AGO and CityPASS, the Bata Shoe Museum and the Textile Museum offer "pay-what-you-can" days, while the Royal Ontario Museum offers half-price admission on Fridays after 4:30 p.m.

Farnell said Humber students can also participate in events on-campus.

"A big part of school is to meet other people," he said.

I think it's great to encourage students to experience Toronto.

**Nick Farnell**  
Co-ordinator of student life



Courtesy Sean Weaver © Art Gallery of Ontario 2010

Visitors wait outside the newly designed Art Gallery of Ontario building.

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**Next start date: September 2011**

 **HUMBER**  
School of Media Studies & Information Technology

**To The Nines**

By Melesa Narain

Jenn Saliga, 23,  
first-year fashion arts

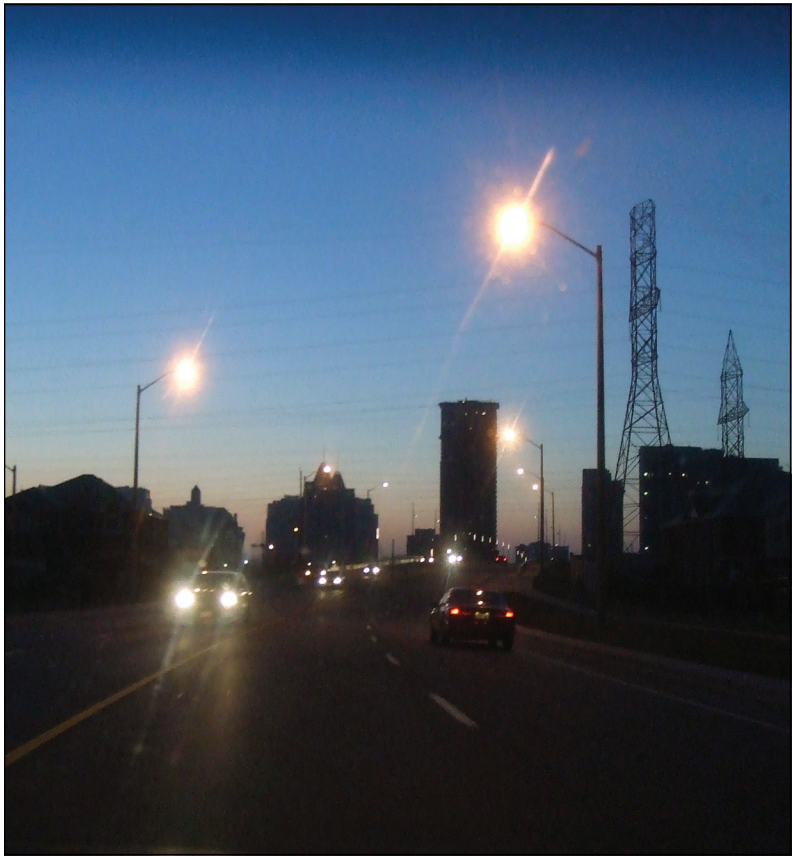
How would you describe your style?

"It's a mixture of vintage meets new and good basics with cool accessories."

Where do you buy your clothing?

"The majority of the clothes I buy are from thrift shops, an edgy store in Yorkville, called Serpentine and H&M."





Brandon Geobey

The clocks turned back one hour at 2 a.m. last Sunday.

# End of daylight savings time may do more harm than good

**BRANDON GEOBEY**  
LIFE REPORTER

Sunday's end to daylight savings time brought an extra hour of sleep, but won't necessarily benefit students and faculty in the long run.

While the focus seems to be on the extra hour we gain sleeping in on that single day, what is most important is the hour of daylight we lose in our afternoons, said psychologist Dan Blair. "Adjusting the clock tends to disrupt sleep and reduce its efficiency," said Blair.

"This change can affect people in all sorts of ways, especially outdoor activities in the evening. Decreased activity levels leading to a more sedentary lifestyle can have dire consequences including weight gain, sleep disorders, and can manifest itself into other behavioural changes."

Students seem to enjoy outdoor ac-

tivities more while it's light out and less so when it gets dark.

Andrew Bracanov, second-year heating, refrigeration and air conditioning technician student at Humber, loves the extra hour of sleep but said it takes away from his after-school routine. "I know it is going to take a bit of getting used to as it always does, but I enjoy getting out and enjoying my day after school and work. Now that it's getting darker and colder, I'd rather stay inside."

Historically, daylight savings was a means to reduce lighting requirements in the evening during the spring and summer seasons by realigning the workday one hour earlier as daylight was available, said Blair.

In fall and winter we return to Standard Time to reconcile the workday to the hours of daylight available. The result of this rollback is that students and faculty may leave for school in the dark

and come home in the dark, leaving no time for daylight leisure activities.

"Unfortunately, there are health issues that exist when it comes to changing the clocks, but studies have shown that the time change in the fall isn't as hazardous as the spring," said Margaret Fung, manager of health and safety at Humber.

Fung said even just a single hour change could be detrimental. "People tend to stay up later and it causes lack of sleep. There are also more accidents on the road because people are not used to driving in the dark." She said this won't last for long, and "within a couple of days people start getting used to it."

The official change occurred at 2 a.m. Sunday morning. During Standard Time, clocks are turned backward an hour, effectively moving an hour of daylight from evening to morning. Daylight savings time will return on March 13, 2011, in the U.S. and Canada.

## Wellness fair promotes healthy lifestyle choices

Booths at fair offer activities and advice

**DENEEN HALL**  
A&E REPORTER

Humber College students gain more interest in staying healthy as more continue to visit the college's Health and Wellness Fair.

Two hundred people attended when Humber fitness and health promotion students started the event in 2002.

"The event is always successful. Now we have 400 to 500 students in attendance," said program co-ordinator Matt Koller.

The Health and Wellness Fair will take place on Nov. 30 from noon to 2 p.m. and event planners are hoping to have the same success as past years.

"We're trying to bring awareness, get people involved and give them more knowledge about eating healthy," said marketing organizer Bianca Compagnoni.

Compagnoni, a fourth-year health and fitness promotions student, said college students usually have a lack of energy with exams and work, and not everyone is eating properly.

Students, such as first-year business management student Mike Pineda, find events like the Health and Wellness Fair useful.

"I think it's important for students,"

said Pineda, "Healthy living is a part of life."

The Health and Wellness Fair will have a number of booths run by community and industry partners as well as students. Activities from the program will also be at the fair.

Pineda said that the fair should be able to help with his diet plan and how to stay committed in physical health.

"The fair promotes various ideas about health and wellness and it's a vehicle to distribute information into the Humber community," said program co-ordinator Matt Koller.

This year's event will include sponsors such as Extreme Fitness, Powerbar, Z103, and Humber's own HSF, who will all have promotional giveaways on hand. Door prizes will also be given away at the fair.

The Health and Wellness fair has not only helped students stay fit, but it helps the students who are putting together the event.

"I learned a lot from the companies that attended in the previous years," said Compagnoni. "Students get to see and experience their program and network with companies."

Students are encouraged to visit the fair to get involved, gain more knowledge and separate the myths from the facts about healthy living.



Deneen Hall

Health and fitness promotion students.

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# Returning Hawk forward hasn't lost golden touch

STEPHANIE LIPPA  
SPORTS REPORTER

After being off for one year due to a knee injury, Hawks forward Connie Tamburello has returned to the varsity women's soccer team, leading the Hawks to a provincial title while being named an all-Canadian.

Tamburello tore her anterior collateral ligament in January 2009 during the indoor women's soccer season and was held back from playing until this season of outdoor play.

"I was devastated knowing that I was going to be held back. But I also wanted to be on the safe side too and be 100 per cent to play. Everything happens for a reason and now that I am back, we are OCAA champions and going to the nationals," said Tamburello, 24, a third-year kinesiology student at the University of Guelph-Humber.

Tamburello scored six goals in seven regular season games and added two more in the Hawks' provincial

title victory over Fanshawe.

She has earned a number of accolades during the 2010-11 season, including being named an OCAA all-star, the CCAA player of the month for October as well as an all-Canadian.

"I was shocked and excited. It took me five years to get it. I was overwhelmed and very flattered," she said.

Tamburello has netted a career total of 35 goals, second for Humber all-time and tied for third on the OCAA's career scoring list.

"I have been playing for the team for five years and I can honestly say that this is by far the best team that Humber has ever produced. 2008 was a great team, but this year is a better team," said Tamburello.

Co-head coach Vince Pileggi said the addition of Tamburello has been critical to the Hawks' success this season.

"There is no question that she is one of our best players and having her back this year has made such a difference from winning this year and

not last year," he said.

"It is very devastating losing one of your key players," said Pileggi. "You can't replace a player like Connie. She has unbelievable skills and a great sense of the game. She knows where to be on the field and when to step it up all because of her experience and determination."

Team captain Joanna Alexopoulos said Tamburello has brought great leadership and enthusiasm.

"She brings a different approach to the team. She cheers everyone on and keeps everyone focused and determined," she said.

"It's been great having her back. It was different not having her on the field last year, but she was always there on the sidelines cheering us on," said goalkeeper Rose Mary Ormeno. "Her spirit is always up and she is always pushing us to do better."

Tamburello and the Hawks are competing for the national title at NAIT in Edmonton, Nov. 10-13.



Ustad Khaira

Connie Tamburello led the Hawks with seven goals this season.

# A-head of the pack in treatment

Athletics department has advanced concussion management system in place

MIKE THOMAS  
SENIOR REPORTER

With head injuries being a topic of discussion in the NHL and NFL, Humber's sports teams are also concerned with the issue but are confident with the concussion management system they have in place.

"I would say that we're probably a pioneer of college sports in dealing with concussions," said athletic director Doug Fox. "Before they play a game for us, they will go through a screen test that tests your cognitive abilities, your visuals, memory and all that sort of stuff."

With recent injuries in professional sports, the topic is being widely discussed, but those at Humber have been dealing with new ways to treat this problem for years.

Since September there have been 16

concussions in Humber sports and all teams have been affected at some point.

For three years the school has used a computerized testing system on all athletes believed to have suffered head injuries.

The system uses a series of different tests involving colour schemes, matching patterns and other exercises that can lead to determining the extent of the injury.

"I think we're probably leading the pack with this. I don't think any other schools have this system," said Fox.

After an athlete passes the test, they go through a number of physical exercises to determine whether they are ready to compete.

"We really take concussions seriously and we really make sure that we're monitoring every athlete individually," said Jennifer Bell, head athletic therapist. "We need to keep

in mind that these are students first."

Although concussions occur in every sport, risk is more likely in open field sports involving contact.

"I think concussions are a big deal for rugby," said Humber rugby coach

I would say that we're probably a pioneer of college sports in dealing with concussions.

Doug Fox  
Athletic Director

Carey French. "It's also a big deal for soccer here as well."

Humber athletics has an athletic therapist at the sidelines of the games of each sport where concussions

might occur. Otherwise it can be very difficult for coaches to judge the severity of head injuries.

"We rely on our athletic therapists and we require them to be very assertive," said French. "I've been around the game for 40 years and I cannot tell you when a player has been concussed."

Mark Falkinson, an assistant coach with the Hawks' men's rugby team and a former rugby and extramural hockey player with the Hawks, has had a long history with concussions.

French recalled a severe concussion Falkinson had while playing rugby. "In the very first action of the game he was knocked out," said French. "He continued to play for the rest of the game."

Falkinson said he sees great improvement in terms of the way head injuries are being dealt with.

"For a while I was like the project case study for the whole school," said

Falkinson. "Now they actually do a computerized test where they track you at the beginning. If you're lacking in some areas, it'll show that your brain's obviously facing some trauma."

Although concussions are a big concern at Humber, the school currently does not have a varsity hockey or football program where there is much more of a risk for such injuries.

French said that several players with a football or hockey background decide to play rugby for Humber and need to learn a different and safer style of hitting.

He said that although the concussions that do occur are worrying, the lack of equipment worn by the players decreases the frequency of head injuries because the equipment isn't used as a weapon.

"I think we're so far ahead of the curb with this," said French.

## scoreboard

Women's rugby  
OCAA semi-final, Nov. 6

Fleming 12  
Humber 15

Men's rugby  
OCAA semi-final, Nov. 7

Seneca 0  
Humber 39

Men's basketball  
Nov. 9

Humber 87  
Redeemer 39

Women's basketball  
Nov. 9

Humber 74  
Redeemer 33

Men's volleyball  
Humber Cup, Nov. 5-6

Cambrian 0 Georgian 0  
Humber 2 Humber 2

Durham 0 Loyalist 0  
Humber 2 Humber 2

Women's volleyball  
Humber Cup, Nov. 5-6

Georgian 0 Durham 0 Fanshawe 1  
Humber 2 Humber 2 Humber 2

Cambrian 0 Loyalist 0 Mohawk 0  
Humber 2 Humber 2 Humber 2

Statistics provided by Humber Athletics and OCAA

For more scores and standings log on to [humberetc.com](http://humberetc.com)

# Women seek elusive national title

Hawks look to become first Ontario women's soccer team to win a Canadian championship

**USTAD KHAIRA**  
SPORTS REPORTER

After winning gold over Fanshawe at the provincials, the Hawks are looking to become the first OCAA women's soccer team to win a CCAA title when they face the best Canada has to offer at the nationals in Edmonton.

"Defensively we've been very, very good all year long," said Doug Fox, athletic director. "We have great strikers; we've just had some bad breaks."

"If we can find a way to get the ball in the net early we'll be very tough because defensively we can shut down

other teams."

Humber heads into the tournament ranked second in Canada, after compiling a record of 10-0-1 while outscoring its opponents 42-3.

The Hawks have not given up a goal since Sep. 28, earning seven consecutive clean sheets.

Humber will play its first game against the host Northern Alberta Institute of Technology Ooks (NAIT), who lost on penalties to Concordia in Alberta's final.

NAIT is ranked the lowest of the six teams competing for the national title, finishing its regular season with

a 7-2-1 record, despite the Ooks scoring an astounding 56 goals in those 10 games. "We need to acclimatize ourselves to playing in Edmonton," said co-head coach Vince Pileggi.

"It's going to be very cold, the conditions are going to be a little different so we've got to adapt to that very quickly.

"Once we start playing and it becomes soccer, as long as our girls continue to play the ball on the ground, create their opportunities and get a few chances on net, I think we'll be very successful."

Star goalkeeper Rose Mary Ormeno is recovering from the injury that kept

her out of the gold-medal game against Fanshawe, but conceded Ormeno may not be 100 per cent for the beginning of the tournament, Pileggi said.

Humber's second game will be against the Kwantlen Eagles, the champions of British Columbia, on Nov. 12. Pileggi said he knows the challenges Kwantlen will pose for his team.

"They beat us on penalties last year after a scoreless draw, so we're pretty familiar with what their calibre is going to be next week," he said.

"When you play at a national championship they all have to step up, there

are no weak links on the field." Pileggi said. "If we're going to be successful, girls like Rose Mary Ormeno have got to be big in goal for us, our defence has to be solid, and Connie and Keyla have got to put the ball in the net."

Captain Joanna Alexopolous said she's trying to calm her nerves by not thinking too much about the tournament before it's underway and said the Hawks need to stick to basics to be successful.

"We just need to do what we did in the final, we just need to go and play soccer. Not over-think it, just go in, have fun, and play soccer," she said.



Dino Pasalic

Striker Aleks Janjic in quarter-final action against Cambrian.

## Men favoured to win CCAA gold

**DINO PASALIC**  
SPORTS REPORTER

The Hawks men's soccer team will kick off its campaign at the CCAA national championships in Edmonton as the nation's top ranked side.

"I think we have an excellent chance of doing something special at nationals. We definitely have the talent," said Jason Mesa, assistant coach.

"We got to use the next couple of training sessions to really focus, work on little things – just kind of tinker it a little bit more, make it better."

The Hawks will open the tournament as the only unbeaten team, with a record of nine wins and two draws.

"The only team that can beat us is us. And that's it," said Hawks' captain Andrew DaSilva on the team's chances at the nationals.

The tournament consists of two round-robin groups with three teams in each group. Every team plays one game against both opponents from their group, with three points awarded for a win and none for a loss.

The teams that top each group move on to the gold medal game, while those who finish second will

play for bronze.

Humber has been drawn in a group with the host Northern Alberta Institute of Technology (NAIT) and the University of New Brunswick, Saint John.

"We're going to train a little bit harder, maybe do a little more tactical work and mental work and we're going to take it from there. Hopefully we bring home national gold," said midfielder Nick Cisternino.

The Hawks met the NAIT Ooks for their first game on Nov. 10. Check [humberetc.com](http://humberetc.com) for game results.

The Ooks, the third-ranked team at the nationals, entered the game sporting a record of 10 wins and three losses after winning gold at the ACAC provincials last month.

Humber is then scheduled to battle the UNBSJ Seawolves on Nov. 11.

The New Brunswick outfit is representing the Atlantic Colleges Athletic Association after claiming gold against provincial rivals King's College.

The Seawolves are ranked fifth, entering the tournament with a regular season record of six wins, one tie, and three losses.

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# Volleyball teams sweep tourney on home court

**KAITLYN CAMPANELLA**  
SPORTS REPORTER

The Hawks men's and women's volleyball teams both took home gold at the annual Humber Cup tournament on Nov. 5-6.

"If you're hosting an event and you're having people come into your own house, you want to go out, put on your best show – your 'A' game," said women's team assistant coach Dean Wylie.

The women's team began the tournament with a strong start in their first game against Georgian. The Hawks dominated the court, winning the first set 25-21 and the second set 25-9. Humber continued on its winning streak and beat the Cambrian Golden Shield in two sets. They added wins over Durham and Loyalist before knocking off Fanshawe in the

semifinals and beating Mohawk in straight sets in the final.

Hawks outside player Laura Bye, named Humber Cup MVP, said the tournament offers a preview for the year. Bye said her favourite part of the tournament is "seeing a lot of the teams that we'll be seeing during our league, and sending them a message early on that we're still good or better."

Bye's teammates Landis Doyle and Michelle Overzet were named women's all-stars for the tournament.

Doyle credits the Hawks' success to their "depth, skill, experience and championship background," while Overzet said she enjoys "being able to play at home in front of friends and family."

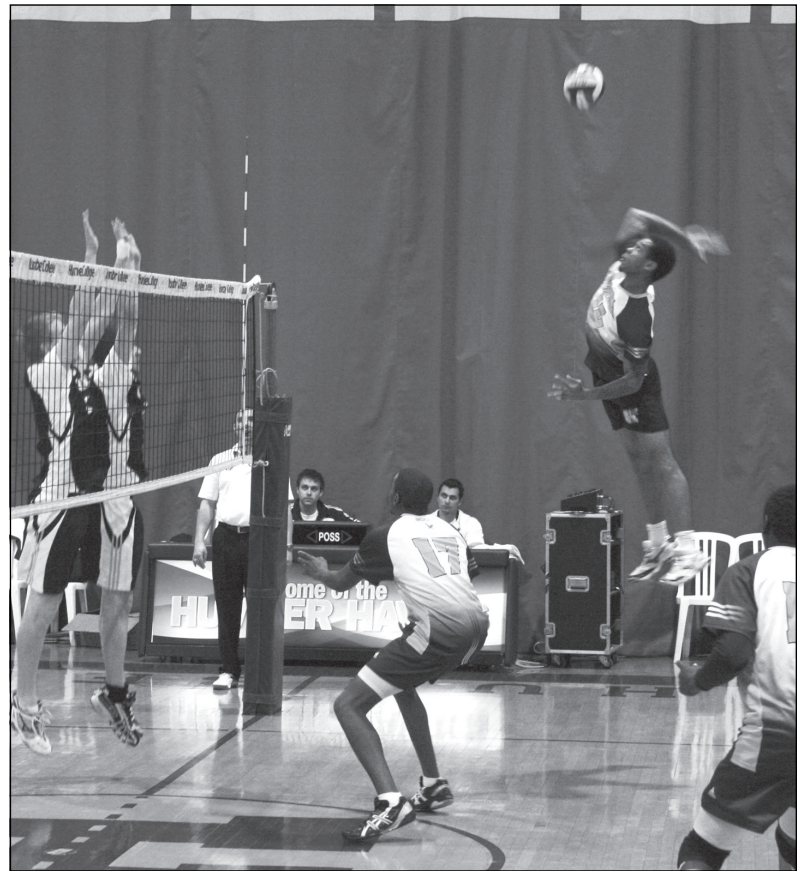
The men's team played hard from start to finish, not dropping a single set in their six matches. They defeated Cambrian 25-13 and 25-15 in

the first match of the tournament. The men went on to win their second match against Durham 25-17 and 25-21. They followed that up with victories over Georgian and Loyalist before eliminating Nipissing in the semifinals and triumphing over Fanshawe to win it all.

Terrel Bramwell was named MVP for the men's side. The two Humber teams combined for four tournament all-stars.

Tournament all-star Derek Quinn said the strongest part of Humber's team is its leadership from the top. "We have the best coaching staff any school could have, which makes us as successful as we are."

Both Humber teams will play three games in four days this week, with games on Nov. 11, 13 and 14.



Scott Dixon

Right side Terrel Bramwell elevates for a kill against Cambrian.

# Men dominate by 48 in season debut

Thrashing of Redeemer in Ancaster starts bid for third consecutive Ontario title on a winning note

**ADEY MULUGETA**  
SPORTS REPORTER

ANCASTER, Ont. - The Hawks men's basketball team trounced the Redeemer Royals 87-39 in its first game of the regular season, Nov. 9.

"Overall our shooting percentage from the outside was good, our quality of shots was good and I thought for our first game in league play, we played very well," said first-year head coach Shawn Collins.

The Hawks got a lot of good looks early on in the game, making six of 14 three-point attempts in the first half,

despite only making three of 10 in the second half.

The team finished the game with a solid 46.8 per cent overall field goal percentage, helping them to seal the victory.

Collins said the Hawks came out with greater intensity after making some adjustments at halftime, executing their defensive game plan a lot more efficiently.

"We executed a little better in the second half with what we wanted to achieve on the defensive end," said Collins. "Points against actually dropped, the shooting percentage

dropped and we dictated the possessions rather than allowing them open looks."

The stronger our bench is from one to 14, the better we can be and compete.

**Shawn Collins**  
Hawks Head Coach

Although Humber controlled the

tempo for the entire game, assistant coach Fred Grannum said a few slips on defence allowed Redeemer to get some easy baskets.

"It was okay but I think that we let too many points go on defence and we could have held them to a lesser scoring game," said Grannum.

The game in Ancaster was also an opportunity for players off the bench to get more time on the floor.

"Some of our guys got an opportunity to play that haven't had as many minutes and I thought that it brought them up to speed," said Collins.

"The stronger our bench is from

one to 14, the better we can be and compete."

"As we play more games, we'll become more comfortable with one another," said forward Ron Gabay. "Hopefully that'll translate in us winning more games."

Collins said the team won't be patting their backs just yet after last night's victory.

"We don't rely on what we did yesterday, we prepare for tomorrow," he said.

The Hawks will face Niagara Nov. 11 before they host Sheridan for the home opener, Nov. 16 at 8 p.m.

# Women lay Royal beating on Redeemer in opener

**ADEY MULUGETA**  
SPORTS REPORTER

ANCASTER, Ont. - The women's basketball team is off to a positive start after overpowering the Redeemer Royals 74-33 in the Hawks opening game of the regular season, Nov. 9.

"I thought we were more patient with the ball and trying to execute our offense so I think when we did that, we were much more effective," said Hawks head coach Denise Perrier.

The score was close only for the first few minutes of the game before the Hawks seized full control with man to man defense in the first half.

They set the pace with a series of steals leading to easy fast-break points. Humber's assistant coach Paul

Pearson said he was pleased with the team's defence.

"Our full-court man to man coverage was very effective in the first half and they looked good doing it," said Pearson.

Humber led in scoring for the majority of the game, outscoring its opponents with a comfortable lead of 29 points by the end of the first half, with a score of 40-11.

The big lead gave the Hawks an opportunity to run their zone defence and a chance to rotate more players off the bench coming back from injuries.

Forward Kaitlynn Paulley played just under 12 minutes in her debut on the floor after a long hiatus.

"It was a good start," said Paulley. "I feel good, I'm just trying to make it

come to me. I don't want to force my game."

Despite complete dominance displayed throughout the game, Perrier said there are still improvements to be made, both offensively and defensively, in preparation for tougher competition ahead.

"Our intensity has to pick up, not allowing to get the ball into the wing" said Perrier. "I'd like to see their toughness improve a bit, especially in the zone."

The team will head to Niagara College Nov. 11 for their second game of the season.

The Hawks will host Sheridan for the home opener Nov. 16.



Adey Mulugeta

Jordanna Mazzei battles for possession with a Redeemer player.

# Hockey captain eager to begin season

Creighton anxious to build on unbeaten year and rebound from disappointing playoff run

**JACOB GALLO**  
SPORTS REPORTER

Another extramural hockey season at Humber is here, and no one is more excited than Scott Creighton.

"I couldn't wait for the season to get started. It's so long of a wait," said Creighton, 24, a final-year business administration student and new captain of the men's extramural hockey team.

Creighton said his idol and favourite player growing up was Detroit Red Wing Steve Yzerman. Creighton and his coach believe he resembles Yzerman in his play.

"I'm not much of a goal scorer, I'm more of a playmaker," said Creighton. "I model everything after him (Yzerman.). I think nowadays I try to mimic Pavel Datsyuk because of what he can do, defensively and offensively."

"He's a hard-nosed player with soft hands," said extramural hockey head coach Brett McCully. "He plays with his heart on his sleeve."

Creighton, the Hawks' leading scorer last season, was named captain because of his overall team play and seniority on the team, said McCully.

"He always speaks positively," said McCully. "He's good in the dressing room and acts as another coach on the team."

The coach said he expects Creighton to lead the team in points this season and to take on a new leadership role, after being an assistant captain last year.

"I love the responsibility," said Creighton, of his new duties as captain. "It gives me more drive to play and block shots."

Creighton's teammates recognize his commitment to being a leader for the team.

"He has tremendous leadership qualities, which he brings to rink every day," said 22-year-old Matt Hughson, fourth-year industrial design student and teammate of Creighton's. "Whether it's motivating the guys in the dressing room or on the bench,

you know he means business."

"His work ethic and natural ability continue to raise the bar for the rest of the team," added Hughson.

The extramural hockey team was dominant during last year's regular season, earning a record of 12-0-1. Despite being the first seed in last year's challenge cup, the team lost its first match to the University of Toronto Scarborough and was eliminated from the playoffs.

Creighton said he and the rest of the team want to atone for last season's disappointing finish.

"My expectation for the year is to win every tournament and finish at the top. We have the talent," said Creighton. "When it comes to the playoffs we have to play with more endurance. We want to be better than last season."

The extramural hockey team will take part in a tournament hosted by Sheridan in Oakville, on Nov 11.



Heather McCully

Scott Creighton (right) will captain the extramural hockey team.



Tyler Hunt

Edward Donnelly (with ball) breaks through an attempted tackle during Humber's rout of Seneca.

## Hawks shut out Seneca, advance to OCAA finals

**TYLER HUNT**  
SPORTS REPORTER

The men's rugby team advanced to the OCAA championships with a dominant 39-0 semifinal victory over the Seneca Sting on Nov. 7.

"We worked hard all week and it paid off," said rookie scrum half Alex McCallion. "These guys beat us before and we weren't going to take them lightly like we did the first time. We had a hard week of training but we weren't looking past them, and we made sure we put in the effort we needed today."

The Hawks were ready from the beginning as an early attack gave them three good chances to score, though penalties would prevent them from doing so early on. Finally they broke through, as Nathan Le and Andrew Petricca scored tries for Humber.

Shortly after, Preston Boyce blocked

a Seneca kick attempt, recovering the ball for another try. Greg Giliauskas added one as well, and Humber was up by 20 points at halftime. The second half saw Seneca push back a little, but Humber's defence proved too strong as they forced turnovers and held the line. The Hawks' Edward Donnelly made his presence felt, as he scored his first of two tries on the day.

Humber was relentless throughout the semifinal, and it was evident that Seneca grew more and more frustrated as time went on. Paul Harding broke free for a late try and the Hawks bench erupted in cheers, then Phil Boone hit his second convert of the day to finish the game off for Humber. Harding said the win was well earned and took a team effort.

"We played our style of game," said Harding. "We cycled the ball really well, and we played good defence, even though we didn't have to play

too much of it. We played a solid game of Humber rugby."

The Hawks will now play Mohawk College in a rematch of last year's OCAA championship, which the Mountaineers stole from Humber in the last minute of the game.

The two teams met in October with Mohawk barely getting away with an 8-7 win, the toughest test of their undefeated season thus far.

Team manager Gaurav Sharma is looking forward to the rematch, and said he thinks the Hawks are ready.

"We just have to keep our focus and remember what we practised," said Sharma. "We're right where we wanted to be at this point in the season. A few mistakes are there, but we've made mistakes in the past so we just have to keep practising and we'll be in good shape for the final."

The Hawks meet Mohawk at Fletcher's Fields in Markham Nov. 14.

## Women move on to finals after a three-point win

**MIKE THOMAS**  
SENIOR REPORTER

The Humber Hawks' women's rugby team is headed to the OCAA championship game after edging out Fleming 15-12 on Nov. 6.

"The game started off great," said Humber head coach Brett McCully. "We tailed off near the end but fought through."

Scoring in the game for Humber were Brooklyn Craig, Ashley Elliot and captain Lindsey Bradbury, each chipping in with a try.

With a solid lead at half time Bradbury sat the second half out nursing an upper body injury that had kept her out of action in previous games. This didn't seem to affect Humber as much as other teams would have imagined.

"When Bradbury plays our team is a lot more confident," said assistant athletic director Jim Bialek. "Our team is proven with or without her."

Bradbury is expected to play Nov. 13 as Humber hosts the Seneca Sting for the first ever OCAA women's rugby championship.

The Hawks beat Seneca in each of their two meetings this year, including a preseason win and a 22-7 vic-

tory in the final game of the regular season.

Still, Humber views the Sting as strong competition.

"Seneca will be a tough challenge," said McCully. "They gave us a good challenge in exhibition and a hard fought battle when we played them during the season."

Seneca trounced St. Lawrence (Kingston) 36-7 to advance to the final.

I would tend to think that Humber is the team to beat. Hopefully I'll be wrapping the gold medals around the Humber squad.

**Jim Bialek**  
Assistant Athletic Director

"Their pack's a good pack, they can really run with the ball," said Ken Forsyth, Seneca's head coach.

"They're a formidable opponent and they have some strong backs."

The championship game will be played with 15

players on each side, instead of 10, which is what each team fielded the last time these squads faced one another.

Bialek said the Hawks should be seen as the favourites going into Saturday's match and expects Humber to capture gold.

"I would tend to think that Humber is the team to beat still. I'm pretty confident in that statement," said Bialek. "Hopefully I'll be wrapping the gold medals around the Humber squad."

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