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Humber Et Cetera

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Students must get in line for flu shot

College plays waiting game for H1N1 vaccine

MALORIE GILBERT
NEWS REPORTER

As the college waits to find out if it will get H1N1 vaccines to administer to students, a health educator says students are not part of the high risk group.

"The post-secondary school population won't necessarily fit into the first priority group the clinics across Ontario are targeting right now. It's anticipated that the vaccine will be available for that group in the weeks to come," said Jennifer Mitchell, a health educator at York Region Public Health Services.

The shots were reserved for high-risk groups – pregnant women, children under five years of age, people with chronic illnesses and the elderly.

People lined up at the clinics for hours to get their shot.

Various health clinics across the city

– including Humber's – have been requesting the vaccine to administer it in their offices.

Tentative dates have been set, but officials say they have not yet confirmed whether they will have the vaccine in time.

"We are setting some dates, with the hope and expectation that we actually will have the vaccine to give the shots," said Jason Hunter, dean of student services.

The dates for all campuses are scheduled for mid-November. The dates are subject to change according to when and if the shots are made available by Toronto Public Health.

"Like every agency and every institution, we are at the mercy of when we get delivery," said Sylvia Kowal, director of marketing and communications at North campus. "So even the regional public health units are not sure when they'll get delivery of the quantities. We're all suffering through the same thing."

Toronto Public Health opened clinics on Oct. 29 around the city for people to be vaccinated against the H1N1 flu.

A representative from Toronto Pub-



Malorie Gilbert

Asthma sufferer Angela Golabek talks to public health worker Xavier Debrah-Grant before her flu shot.

lic Health said they were not taking media requests.

Though Humber hopes to get the vaccine, Kowal said the school is focusing on prevention at this time.

"The idea is to prevent it from taking hold here," she said. "The other message that we would like to get out there very strongly is if you're sick, stay home, because that will allow

you to get better quickly and it will prevent other people from becoming infected."

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Honouring past and present sacrifices

Lest we forget on Remembrance Day

KHRISTOPHER REARDON
NEWS REPORTER

Students and faculty will give pause on Nov. 11 to honour fallen soldiers.

"I think it's important for us to remember the kind of commitment and sacrifices that those folks are making currently," said Pamela Hanft, associate vice-president and academic principal of the Lakeshore campus.

Ceremonies on both campuses are scheduled to begin at 11 a.m. on Nov. 11, the same hour and date when the First World War ended in 1918.

Hanft said it's not just about veterans of past generations, it's also about celebrating heroes in current missions over seas.

"I think it's looking back, looking at the present and looking forward to how those conflicts are being resolved," said Hanft.

"No one likes war, supports war, I



Khristopher Reardon

Red poppies symbolize those who died fighting for Canada.

don't think that's the question. I think it's a question of realizing that sometimes those conflicts are inevitable, and that we have to respect the people who have been willing to make the sacrifice," she said.

Hanft said Lakeshore is having a brief ceremony, including a speech from Tom Browne, veteran and for-

The least we can do is show them our appreciation.

Capt. Hooman Shirazi
Air Force Pilot

mer Humber faculty. A reading of *In Flanders Fields* performed by Bryan Tran, vice-president of campus life for Lakeshore, will follow. Music will accompany the reading.

A similar ceremony is being held in the North campus concourse, organized by Alistair Mathieson, dean of the school of hospitality, recreation and tourism.

This will be the first time Mathieson has organized the event. He's taken over the role from the recently deceased Doris Tallon, who was the executive assistant to Humber's first and second presidents and organized the event in past years.

There will be a keynote address by Carey French, journalism print and broadcast co-ordinator. Afterwards, a student will play the bugle, followed by a reading of *In Flanders Fields* presented by HSF President Shugufa Kaker and a hymn delivered by school of creative and performing arts teacher Lisa Martinelli. Then Mathieson will play *Lament* on the bagpipes.

"It's the one time of the year in

which we remember the soldiers who've died for Canada," said Mathieson. "You know they lost their lives."

Capt. Hooman Shirazi, an air force pilot of 12 years, said he thinks of the veterans from the First World War during Remembrance Day.

Shirazi said over 600,000 Canadians joined the war effort, nearly a tenth of our population at the time, and over 66,000 of those soldiers died in the conflict.

"The least we can do is remember them," said Shirazi.

He said he also honours all of his brothers and sisters in uniform, adding that because of their sacrifices we are able to have a privileged life in Canada.

It's not just for those in service though, Shirazi said. During this day we also honour the families who have given so much to Canada.

"The families also give up a lot: sons and daughters," said Shirazi. "The least we can do is show them our appreciation."

Mixed views on gender specific schools

Toronto District School Board plan would separate boys from the girls to boost learning

JUAN ANTONIO SISON
NEWS REPORTER

The proposal for an all-boys school by the Toronto District School Board brought mixed reactions in the Humber community.

"Right on up to the university level boys are not doing as well as girls, girls are outperforming boys," said Rena Borovilos, psychology program head at Guelph-Humber. "This might be an answer."

Borovilos said boys' needs in an academic environment aren't being met.

"The way they're being taught is from a very female perspective," said Borovilos. "The curriculum is delivered from a very female perspective with attention on focus, on staying still for long periods of time without physical movement."

Marsha Barrett, early childhood education professor at Humber, said there's no solid evidence that having an all-boys school has a positive effect



Illustration by Miguel Agawin

Some believe the current elementary school curriculum has a strong female perspective.

on learning.

"Just to divide the gender doesn't address the real issue of how to make programs inclusive and meet everyone's needs."

But she said girls perform better

when they are segregated in school.

"When we remove boys, girls feel freer. They don't have to worry about looking like a sexual object. No one's looking at them. No one's judging them. They can be more assertive,

maybe take some more risks," said Barrett.

High school teacher Kevin Kilinskas is not against the idea of a single sex school, but worries about the lack of gender mixing.

"The working world is not just an all-guys environment or all-girls environment. It's mixed right? So in doing that you're setting your kids back socially."

Kilinskas teaches construction at St. Thomas Aquinas Secondary School in Brampton. He said the class is predominantly male and the small amount of females enrolled in his class usually gets the highest grades.

"It helps the guys out a little bit," said Kilinskas. "A girl showing them up in certain types of trades keeps them on their toes and keeps them motivated. I like having girls in the class."

For parents afraid of the lack of gender socialization in single-sex schools, Borovilos suggests extracurricular activities outside of school.

"Make sure they get mixed activity elsewhere in their lives, you can have them join groups," said Borovilos, "with both males and females involved."

Civilian watchdog looks at Ontario police behaviour

KYLE GENNINGS
NEWS REPORTER

With the creation of a new civilian oversight group, Humber's police foundations program may need to make changes to their curriculum, its co-ordinator says.

"At first we weren't aware of the change, but I attended a conference about it on Monday, but it's too soon to know what will change," said Henri Berube, police foundations co-ordinator.

The switch from old to new may mean major overhauls in the police system, all the way to its starting point: college-run police foundations programs, like those at Humber's Lakeshore and Orangeville campuses.

The Office of the Independent Review Director was created on Oct. 19

by the province after more than three years. The issue first came to light in 2005 when Chief Justice Patrick LeSage wrote a report criticizing the police complaints system in Ontario.

The new civilian oversight was designed to ensure police behaviour is held accountable by the province.

"We oversee, we screen and sometimes investigate complaints made against police in Ontario," said Allison Hawkins, communications manager for the OIRD. "Our goal is to create a system that is accountable and that is transparent, we're hoping to build on a good relationship between police and the community."

However, any complaints made before the OIRD was created will be processed through the old system.

That is a system Toronto Police Const. Tony Vella knows well.



Kyle Gennings

Civilian oversight established Oct. 19 will try to keep Ontario police accountable for their actions.

"Any normal police complaints would have been dealt with by the Toronto police, so long as they were

on a professional conduct level."

"If the complaints regarded more serious allegations, like assault, sexual

assault or death, it would be dealt with internally by the SIU (Special Investigations Unit)," said Vella.

COBET TO COBET

Flames skip flu vaccine line up

The province of Alberta is investigating why some Calgary Flames players and their families received the H1N1 vaccine before the dosage shortage took effect in the province.

cbc.ca

Montreal mayor re-elected

Montreal mayor Gérald Tremblay won his third term as mayor on Nov. 1. He was elected with 37.5 per cent of the popular vote. Activists are questioning his legitimacy to run the city unless he forges an alliance with the opposition.

cbc.ca

Opel not for sale

General Motors has decided to keep its European carmaker. The move has dashed one of Canada's leading manufacturers, Magna, from purchasing the division.

Globe and Mail

Three found dead in North Dakota

Three women attending a North Dakota college were pulled from a pond after they went missing Nov. 1. Twenty-one-year-old Ashley Neufeld of Brandon, Man., was one of the three varsity baseball players found dead.

cbc.ca

CORRECTION

On page 13 of the Oct. 29 issue of the *Et Cetera* in a story called Hallway hosts club's creative dance moves, Simon Fraser's name was misspelled.

Et Cetera apologizes for the error.



Jennifer Conley

The multiple alarms could be a malfunction or a surge in electrical current, says manager of fire and emergency services.

Electrical problems cause multiple alarms

BRENT TENNANT
NEWS REPORTER

With an increase in the number of false alarms at North campus, Humber's new alert system has been quite active.

During the week of Oct. 20 more than four alarms went off.

Alarms have gone off due to problems in two electrical rooms, one in J building and one in LX. The transformer in one room had an electrical short, while dust entering the detectors in the ceiling, set off the alarm, said Gary Jaynes, director of public safety.

"We know exactly which device has been activated, instead of us having to search for it," said Jaynes.

The new system allows for security and emergency services to communicate with students and faculty in the area.

"This allows us to better communicate with the community in the event of a fire," Jaynes said.

Chris Flewelling, 23, a heating, refrigeration and air conditioning technology student, was around for an alarm on Wednesday, Oct. 21.

"I was in my lab, working on a furnace, and an alarm went off, and we all just moseyed on outside," Flewelling said. Students waited outside for 20 to 30 minutes before security let them back in, he said.

A number of different things could set off an alarm, said Ian Sim, manager of fire and emergency services at Humber.

"It could be a combination of all kinds of things. It could be malfunction in the system, it could be electrical failure, or a surge in electrical current," said Sim. "A fluctuation in water pressure, either higher increase or lower."

The system responds differently depending on the area, Sim said. Detectors will be wired differently in the library than they are in the kitchens, for example.

GRAHAM STEELE
NEWS REPORTER

GO trains are about to go even greener for commuters travelling to Humber.

A week after Metrolinx approved a study into the electrification of the entire GO train rail system, Metrolinx, the governing body for the GTA public transportation system announced all GO trains will be rebuilt with state-of-the-art engines.

Metrolinx said all train engines that run along the seven GO lines will be rebuilt, beginning in 2017, with Tier 4 clean diesel technology to meet new emission standards set by the U.S. Environmental Protection Agency (EPA) for new trains built after 2015.

The seven lines allow students from as far as Hamilton and Oshawa to come to Humber as they all meet at Union Station where buses run to North and Lakeshore campus.

"They've agreed to follow the same EPA standards," said Mike Cyr, director of rail services at GO Transit. "The standards bring the technology of lowering emissions that are set out for locomotives."

"The technology to do that primarily looks at the ability to refine the emissions of a locomotive engine and the diesel matters that are coming out of it."

An engine's tier ranking depends on the amount of greenhouse gases it produces. The higher the tier number, the less emissions it produces. Currently, all GO trains use Tier 2 engines, which comply with current EPA standards.

Though new EPA standards do more to reduce emission levels in trains by 2015, not everyone is convinced enough is being done.

"Our opinion is that diesel is not that clean," said Keith Brooks, spokesperson for the Clean Train Coalition. "The cleanest solution is electric trains because there are no emissions."

Tier 4 levels are lower emission levels that an engine can produce under that requirement

Mike Cyr
Director of rail services for GO

On Oct. 20, Metrolinx announced that they had begun conducting a one-year study into electrifying the entire GO system, which could po-

tentially phase out diesel technology.

The study will look at the whole rail system to see if change for every GO line is needed, or if certain lines can be operated differently, said Karen Pitre, project director of the Metrolinx electrification study.

"It's not just an engineering study. We want to understand if there's alternative technology that might be coming up in the next five to ten years that we should be aware of," said Pitre. "Everybody keeps talking about Tier 4 - what does that mean and what are the sort of emissions with Tier 4 diesel? It's really an in-depth review so that we can compare apples to apples."

Though electric trains sound good in theory, it comes down to what type of energy source the electricity is run from in the end, a Humber professor said.

"Electrical energy for trains sounds great, as long as we're talking about the source of the electricity being from a clean source," said Kerry Johnston, program coordinator for Humber's sustainable energy and building technology program. "Sure, electricity is the better source operationally, as long as we're not generating that electricity to run that green train with coal."

Designers turn demolition site into art house

The Leona Drive project turned six homes into modern art from the gallery environment to normal public space

ANGELO ELIA
SENIOR REPORTER

A group of artists taking part in the Leona Drive project are turning six unlivable homes set for destruction into an artistic site, while promoting that bigger is not always better.

"They designed very small, little houses that were very modest and on large lots because the assumption was that it gives lots of room for kids to play, for people to enjoy nature," said Janine Marchessault, the curator of the project.

She said the Yonge and Sheppard homes, built in 1948, were for returning soldiers after the Second World War, and are in such bad shape they can't be saved, but they should be models for future homes.

"I think that in the future it would be very interesting for developers to come up with another model than big space inside the house, have big space outside the house."

Tony Fiore, an industrial design technician at Humber, agreed. "If you're gonna build a bigger house at least have it fit the style of the neighborhood, rather than make it a big



Angelo Elia

Honda Civic smashed into the living room window of lot 17 on Leona Drive, designed by Jennifer Marman and Daniel Borins, inspired by the fact that the home was actually crashed into twice.

grotesque thing that stands out."

Fiore said the small homes are a historic site but since they're unlivable they should be torn down.

Visual and digital arts professor and co-ordinator Noni Kaur said artists are giving a new light to the

old homes and one of the artists, Oliver Husain, is a good friend of hers. "When he told me about the project I got really excited because it's almost like you're refurbishing and trying to give new light to this amazing old space that has so much character."

Kaur said she wants more artists to participate in events like the Leona Drive project.

"It's bringing contemporary art from the gallery environment to a normal public space and I think that's crucial," she said. "I wish a lot of art-

ists would take that initiative."

She said every artifact is important, even a book or a brush. Even though it takes a lot to maintain old homes, she would rather they not be torn down because that destroys history.

"Being in a concrete jungle everything starts looking alike. This is something we want to break away from," she said.

One of the houses that stands out the most is lot 17, the design of Jennifer Marman and Daniel Borins, with a Honda Civic smashed into the living room window. "The artist brought a crane in and they actually lifted the car up and slammed it right into the window," said Marchessault. She said the design was influenced by the fact that the home was crashed into twice.

Artist Daniel Borins said he filmed the area with a tripod from his car, projecting the film on every window of an old Chevrolet.

"The suburbs have always been a place of fascination for me. Thinking about the suburbs is thinking about driving and being inside of a car.

Marchessault said she is not sure yet when the homes will be demolished.

Strike looming at T.O. libraries

JASON RAUCH
NEWS REPORTER

The Toronto Public Library Workers Union (TPLWU) has voted 86 per cent in favour of striking, which could close libraries on Nov. 9.

The union has been working without a contract since Dec. 31, 2008.

Negotiations between the 2,400 member union and management have been going on since the last week of April.

"We are continuing to meet," said Maureen O'Reilly, spokesperson for TPLWU, adding a strike is definitely possible. "We're hoping to achieve a settlement, but obviously we haven't come to a resolution yet."

Toronto Public Library management refused to comment beyond saying in a news release that negotiations are ongoing in an attempt to avoid a strike.

"That's what we're saying for now," said Ana-Maria Critchley, marketing and communications manager for the Toronto Public Library.

The union's biggest concern during the negotiations has been job security and benefits for its part-time mem-

bers, O'Reilly said.

"Half of our workforce is part-time, with no benefits, and we believe we need to develop more full-time jobs within Toronto public libraries that give more opportunities for workers in the library," O'Reilly said.

O'Reilly added that management is trying to reduce full-time workers and create a "warehouse-like" atmosphere in libraries across the city. The union believes the new self-check-out machines may replace workers.

"The library is predicting that the self-check-out machines will do 70 to 90 per cent of circulation," O'Reilly said.

She said the union is not fully opposed to the machines. "If they're brought in to be another choice for patrons coming in and to support the staff already in place, no problem."

Lynne Bentley, director of Humber Libraries, said Humber students could be hurt by a strike.

"A lot of our students, if they live close to a public library, will go there to study," said Bentley. "Suddenly, the building is shut down – they're stuck, they can't go there anymore, and that's a big loss."



Jason Rauch

Toronto's public libraries may be closing their doors on Nov. 9.



Daniel Filipe

The summit will be held at the Royal Ontario Museum on Nov. 12 and 13. Tickets cost \$250 each.

Summit tries to 'kick start' national reading initiative

DANIEL FILIPE
NEWS REPORTER

Humber college is sponsoring a national reading summit on Nov. 12 and 13 at the Royal Ontario Museum that aims to help Canada kick start a national reading strategy.

Rick Wilks, director of Annick Press, is co-chairing the event. He said the purpose of this summit is to bring people together to discuss how to get a national reading initiative running.

The summit will host international experts from countries where reading strategies have been implemented. These include many Latin American and European countries.

"It's not just publishers. It's librarians, it's government people, it's business, it's academics – it's a broadly based initiative," said Wilks.

"There are examples from around

the world that have been really successful, very little of which we are embracing in Canada," said Wilks. "We're going to look at Canadian models and international models to get this started."

Wilks said he hopes three years from now there will be literacy programs in place at all levels of government, involving all Canadians.

He said he hopes "First Nations groups, new immigrants, people in every province will be part of a national program to promote reading."

Wilks said technology like the internet has had an impact on what people are reading.

"What we do know for sure is what people are reading has changed profoundly," Wilks said. "Moving away from all the good things a book can do. They are not as informed."

Wilks said the benefits of having a

reading culture are enormous for all constituencies.

Cynthia Good, program co-ordinator for creative book publishing, said as part of the publishing industry she has noticed a gap in the love of reading and desire to read in a certain amount of the population.

"Learning to read is only the first step. Continual love of reading and education needs to be fostered in a civilized country," said Good.

"At a certain age a lot of people lose their desire to read.

"They may have read when they were very young, but then they only think about it as a chore or something that's done in school, but not something they continue to do beyond schooling," she said.

Good said Humber is supportive of any policy or steps that encourage a love of reading.

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College VP of finance and admin named fellow of prestigious accountants group

KYLE GENNINGS
NEWS REPORTER

Humber's vice-president of financial and administrative services has been named a fellow of the Certified Management Accountants (CMA) of Canada.

Despite the recognition, Rani K. Dhaliwal said she doesn't feel it's a confirmation of her life's work.

"I don't do the things I do for validation," said Dhaliwal, "but it was a bit of a surprise."

Dhaliwal was recognized on Oct. 22, along with 13 of her peers, for her achievements as a member of the CMA.

The CMA said it puts nominated candidates through a rigorous selection process to ensure that those representing the association are the best of the best.

"We saw designation in her day to day life. She has fostered student

success and devoted herself to charity," said Angie Brennand, director of public affairs for the CMA.

"It's been a pleasure to work with Rani and see her bestowed this honour. It's wonderful to have her as a fellow of the CMA," said Brennand.

"It's a designation that is designed to show that you understand the methods to make good management decisions," said Deepak Sharma, an accounting lab technician at Humber. "It's an honour," he added.

Dhaliwal has been with Humber for two years but spent the majority of her career working in the private sector for a Swedish-based chemical company. She is a graduate of York University.

"I love the mix here because from a business perspective, the product is education and training of the mind. You can really relate to what you're actually doing," Dhaliwal said.



Kyle Gennings

Rani K. Dhaliwal has been at Humber College for two years.

Humber to overhaul college computing

Multimillion-dollar system upgrade will streamline tasks and be easier to use, says chief information officer



Tai Duong

The upgrade will integrate computing for student applications, human resources and finances.

TAI DUONG
NEWS REPORTER

An upgrade to Humber's computing system will allow students to pay their bills, access the library, Blackboard and SRS with one simple login, says Scott Briggs, chief information officer.

The new system will streamline communications from three different departments – the student applications, human resources and finances, said William Hanna, media studies and information technology dean.

Right now the systems that run all of these functions are separated, which is the reason why logging in to Blackboard is different from the SRS, Hanna said.

The upgrading process will take about three to five years, and is needed because the current systems are becoming outdated, Hanna said.

The current system "is going to become extinct," said Humber's registrar Sharon Kinasz.

Hanna said the system will even allow for mobile applications specially designed to help Humber students, such as a map of the school.

"We've negotiated what we want in a package and asked what are the most important ones for students,"

he said.

The new system can provide a communications hub for student elections, said Ercole Perrone, HSF executive director.

Perrone said other things that may be implemented include a customizable website that will have something like an HSF panel of events on the left side with upcoming events, and another panel with assignments due.

Perrone said a focus group of more than 10 students was created to get a fair idea of what students wanted from the new system. Student representatives were selected from various backgrounds to participate.

The upgrade is backed by \$10 million in reserve funds which are still being accumulated, Briggs said. The school has also requested funds from the Ontario Ministry of Training, Colleges and Universities and is still awaiting a response.

Briggs said Humber is looking to contract either Sunguard for the product and related services or a combination of Oracle for product and Deloitte for services.

The school has looked at demonstrations and viewed systems already in place at Sheridan College, Mohawk College and Ryerson University.

Throttling bandwidth a breach of rights, networking prof says

TAI DUONG
NEWS REPORTER

A Canadian Radio-Television Telecommunications Commission (CRTC) ruling allows Bell, Rogers and Telus to limit their customers' Internet speed, says Humber networking professor Allan Bradstreet.

The decision allows the internet service providers to "throttle" bandwidth and limit the activities of excessive users so they won't slow down the network for everyone else, said James Cullin, multimedia design production technician program co-ordinator.

"The obvious culprit being streaming video or large download files," Cullin said.

"I think it's a rights issue involved here," Bradstreet said.

"Do they have the right to determine how I use a resource that they're billing me for? I don't think anybody should be denied the right to utilize the system."

Bradstreet said depending on how they apply traffic shaping, a technique used to prioritize data, Bell, Telus or Rogers can use this to pri-



Tai Duong

Internet service providers can clamp your connection.

oritize the speed of the video stream on their websites to make them seem faster than their competitors.

"They are in total control, so when you see it, complain," said Bradstreet.

Cullin said the CRTC decision is fair.

"What this ruling allows is for them to monitor their network traffic and if they identify a specific source of bottlenecks on their network, because

people are downloading massive amounts of files, on a given day, that they could go in and throttle that activity in order that the rest of us can have a reasonable experience on our network," Cullin said.

Iqbal Rai, 23, a first-year accounting student, said, "The way that the CRTC is allowing them to do this, it gives them more of a monopoly. To be honest it's not fair for us. I mean, we've got to pay for this stuff."

Rai said his downloading has been limited a few times and he's had to pay extra on his monthly bill for downloading too much.

"When I'm downloading I don't actually use my Bell – like, I have my

laptop – I try to find whoever's on an unsecured network, I use their's so I won't go over my limit," Rai said.

Krishna Yasi, a second-year journalism student at Guelph-Humber said she's not going to be a happy customer.

"I'm not going to be happy my service speed is cut in half because of some Joe Schmo," she said.



Courtesy GlaxoSmithKline (GSK)

The H1N1 vaccine is being shipped to clinics across Canada.

School expects H1N1 vaccine by mid Nov.

■ continued from page one

Gloria Mukoro, a nursing student at Humber's North campus, said she has been researching the H1N1 vaccine.

"What I am concerned about with the H1N1 flu is that we don't know what is going to happen in the future as a result of it," she said. "It's the first time we are experiencing something like this."

Still, Muroko said she would get the

shot.

"Since it protects my client and myself, I'd take it," she said.

For students like Mukoro who plan to get the vaccine, health card and student ID will be required. The injection is free, but students with underlying health conditions may be excluded from being vaccinated.

At this point, it's still a waiting game for Humber.

unions

Public all struck out

Six months later and no bargain in sight, the Toronto Public Library Workers' Union and its board will meet the ministry-imposed deadline for a strike next week.

The Ontario Ministry of Labour no-board report sets a legal strike or lock-out deadline of Nov. 9 – the earliest date library workers can now legally strike. But with the summer's garbage strikes in Windsor and Toronto still fresh in our minds, and the DriveTest strike ongoing, have public unions lost the support of the people?

During the sweltering summer strike, Strategic Counsel, a Toronto survey firm, reported that just 13 per cent of the public supported union workers. When a Windsor striker was caught on tape scolding a family picking up litter in a park, the union image was further damaged. And now this week, the *Globe and Mail* reported the York University local union for contract faculty is facing accusations of failed accounting practices.

While the *Et Cetera* supports the broader benefits of unions – such as setting up the five-day work week and paid holidays – the service cutbacks, deregulation and privatization of the 90s are behind us. We feel the discussion of accumulated sick days and benefits for part-time workers that have now taken centre stage should reach beyond unions alone.

Maureen O'Reilly, bargaining committee chairwoman for Local 4948 of the Canadian Union of Public Employees (representing 2,400 library staff), told the *Globe and Mail* in an Oct. 10 article that the self-checkout technology the

library is exploring will come at the expense of workers. She said wages are not the issue, rather a dispute over a short-term disability plan over accumulated sick days.

The union insists that winning in these bargaining stages will also benefit the public. But the load of truckers rallying against the DriveTest strike at Queen's Park this week tells a different story. They say their jobs are threatened by being unable to renew their driver's licenses and the privatized government agency is hindering others from working in not accepting a deal.

This is not to say that the TPL (recently granted \$3 million in federal stimulus funding) should not protect their workers, just keep them in perspective.

The Oct. 17 issue of *The Economist* revealed that where 71 per cent of the public sector is unionized, only 16 per cent of the private sector is. Because Canada's unions are run by workplace and not across industry – factories, plants and government see higher rates of unionization.

Unions have historically set a standard for workers rights. But in times of economic uncertainty, the public has become increasingly frustrated with having to accommodate for them – while facing their own loss of jobs and savings, for which they have no direct course of action. Unions need to admit to their own self-interest, and look to incorporate the public to gain more widespread support. Otherwise, the division between us and them will lower the standard for us all.

disaster relief

Vaughan not relieved

On Aug. 20, a tornado touched down in the city of Vaughan. In the aftermath that followed, Mayor Linda Jackson declared a state of emergency. But last week, the Ontario Disaster Relief Assistance Program failed its function in denying Vaughan's request for provincial funding in the affected areas.

Vaughan apparently didn't meet the criteria, though according to an Oct. 23 *Globe and Mail* article, the city is puzzled as to why. The ODRAP website says the needs of the area must outweigh the financial capacity of the individuals, municipality and community involved, but gives no scale for assessing that capacity. According to the city of Vaughan's website, it received a letter from Jim Watson, Minister of Municipal Affairs and Housing, commending the city's timely and efficient responses to community needs, but denying the city's request for \$400,000. Hamilton received a similar letter on Sept. 25 in response to their request for flood relief after a July storm caused nearly \$30 million in uninsured damages.

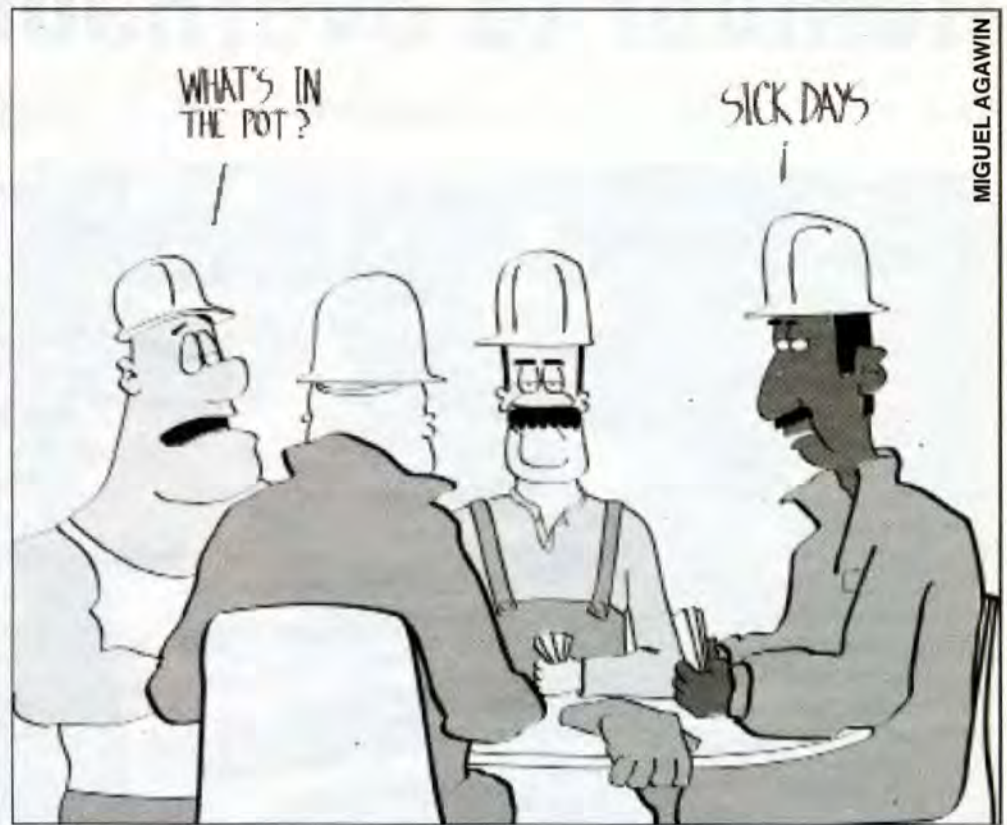
Though ODRAP is not a replacement for private insurance – which the government urges

everybody should have – it claims to assist in restoring public infrastructure and private property to its pre-disaster condition in the event of an emergency. And as residents waited for decisions about funding to come in, the damages from the tornado continued to rise as unfixed houses developed mould issues.

The tornado damaged 600 homes, and left around 45 buildings and houses unsafe, meaning people in those buildings were forced to evacuate. Now residents of Vaughan are asking what ODRAP's definition of a disaster is. The application and criteria lists posted on its website don't sufficiently articulate the model used for measuring damages an area has sustained. There are no publicly available figures, which the government uses to assess a claim. The province needs to set out parameters for areas struck by disasters to fit within. Right now, communities like Vaughan are being left in the lurch without knowing why.

Vaughan is urging the province to reconsider the application's structure and clarity, so cities like it have a better idea of what needs will or won't be met with ODRAP's help.

cartoon



MIGUEL AGAWIN

quoted

How do you feel about public services going on strike?

Lavdeep Nandha, 17
1st year
business
administration

"They're bad for people who rely on the service. I use the transit and if it went on strike, I'd have to arrange for rides, maybe even call a taxi."

Brandon Thomas, 17
1st year 3-D animation

"I don't really care that much. If it's something like the TTC, then it would be an issue for me, but that's what I really care about."

Jay Yom, 22
1st year hospitality

"Obviously I wouldn't like it. Like the garbage strike, the streets got really dirty and even affected the TTC by blocking the streets."

Harpreet Toor, 19
1st health and fitness promotion

"It would affect everyone. I mean, if no one picks up garbage, it's a serious issue. I mean, the smell was bad enough."



The 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

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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public transit

Finch line won't wait

JENNIFER CONLEY
PHOTO EDITOR



"Please move back for customer convenience."

This is the sound of an over-crowded bus. This is what rings through my mind as I watch the TTC driver cram more people onto an already full bus. I dread the commute to school because I know I have to deal with the Finch bus route.

Even though there are four buses on this route (36A through D) only one, the 36B, goes to Humber. Other routes like Wilson have six buses, with all but two that go to Humber. Finch is a major bus route for students, yet it continues to be plagued by delays and inadequate frequency. Despite claiming an overhaul of the

recession

current system, the TTC has failed to address ridership concerns now and is only focusing on improving the system long term.

TTC Chairman Adam Giambrone was unavailable to comment, but according to TTC service planner Scott Haskill, Finch West is a busy route that is vulnerable to delays because a sinkhole on Finch this past summer led to buses being diverted, causing heavy traffic. Haskill said the TTC has in fact increased service on the route in response to increasing ridership and overcrowding, but this Humber student has yet to see a difference.

What Haskin is saying doesn't add up. How is the TTC increasing service if only one Finch bus goes to Humber? If anything, buses being diverted due to construction and a sinkhole should mean more buses on the route to accommodate customers.

According to its website, the TTC reached a record of 470.8 million riders from March 2008 to March 2009. While

I do understand that ridership is up and the budget is stretched too thinly already, the TTC is supposed to offer a better, affordable option for Torontonians.

According to Haskill, the Light Rail Plan will improve service for customers. Construction may begin next year, but still wouldn't be complete for another four years after that. The TTC looking into better options for the future is a positive step forward, but Humber students will still have to wait.

HSF President Shugufa Kaker's election campaign was all about improving transit to the school. But in an interview, Kaker said she is content with what the light rail is going to bring in the future, despite not being able to help students immediately. She too is ignoring the current issues at hand.

The positive progress of the Toronto's Light Rail Plan will benefit students, but should not allow the TTC and our elected representatives to ignore the pressing demands riders will face daily, for years to come.

U.S. status threatened

JUSTIN MILLERSON
SPORTS REPORTER



The recent declaration by World Bank President Robert Zoellick that the U.S. dollar may lose its currency status to the euro has shown just how much the recession has diminished America's status. Capitalism is at fault, and the United States need to learn from others and apply a set of socialist ideals to its health care and credit system to survive.

The average American consumer has been negatively affected by the recession. The math is simple: a poor society leads to a poor economy. Private sectors have left the average citizen in enormous debt and now the U.S. government is relying on the rich to invest and the poor to continue spending instead of fixing its economics.

A government that regulates the credit system allows citizens to spend what they don't have. Economist Marilyn Lewis wrote on MSN Money that one in seven Americans resort to using 10 or more credit cards. The result is massive citizen debt that has reached \$1 trillion,

according to the U.S. Federal Reserve.

The current debate in America over universal health care shows the divide between right and left ideals still runs strong. Capitalist ideals call for a privatization of health, whereas socialist ones would provide it for free. A combination of the two could see the U.S. begin to emerge from old habits that have led to its current economic state. Regulating workplace coverage, for instance, could see the current capitalist system incorporate more socialist methods, without completely overhauling the system. But the government still needs to take care of those left behind.

Building on lessons learnt from the recession means regulation not only on Wall Street, but in the government itself. U.S. President Barack Obama has been painted as too socialist in his aims for health care, but politics should not enter the government's protection of the basic rights of its citizens.

When public services can provide for such essentials as medical bills and education, people have more money to offer to the economy – or in the United States' case, more money to pay off their debt. Taxes would climb, but citizens would find it easier to budget for those taxes, rather than face bankruptcy in case of an emer-

gency. The solution is putting money back in the pockets of Americans.

The problem is those citizens are not required by their government to be disciplined in their spending. Instead, citizens can easily resort to multiple credit cards and bank loans. NBC recently reported 40 million people lived below the poverty line in the U.S. last year. Americans need help from their government and not from their Visa.

European countries have proven the success of a hybrid economy – using both capitalist and socialist values. The consumer still serves a crucial role in the economy, while the government offers more public services. In France, education is free as well as health care – two major private sectors in the United States. The French economy continues to climb, with a 10.5 per cent rise in GDP this year, according to the International Monetary Fund. While the States' jump in GDP this quarter of 3.5 per cent is its first in more than a year, unemployment still plagues the nation, climbing to 9.8 per cent in September, according to the U.S. Department of Labor.

Capitalism is no longer the answer for a successful America. It must learn from its own mistakes and the success of European countries to adopt socialist values which consider long-term goals.

pass fail

To the Canadian Olympic Committee, for including the daughter of Native Haida artist Bill Reid in the carrying of the torch

To the Canadian Olympic Committee, for allowing CTV journalists reporting on the Games the privilege of carrying the torch

To the UN, for finally dragging former Bosnian Serb leader Radovan Karadzic to trial for war crimes committed more than a decade ago

To Radovan Karadzic, for boycotting the start of his trial by claiming his rights were violated when the judge began without him

To U.S. President Barack Obama, for remaining dedicated to his campaign promise to introduce universal health care

To Barack Obama, for losing two crucial governor races to the Republicans – that had previously been campaign victories for the Democrats

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Results from last week's poll:

A new express bus from downtown to Lakeshore campus requires double the fare to skip a number of stops. Would you use such a service?

Yes - 26% (7 votes) No - 63% (17 votes)
Don't know - 11% (3 votes)

entertainment

Kanye short tackles tarnished image

MELISSA SUNDARDAS
A&E EDITOR



The recent short film collaboration between *Where the Wild Things Are* director Spike Jonze and Kanye West is the hip hop artist's attempt to show the world a new and improved version of himself.

The artistic and peculiar 11-minute video called *We Were Once a Fairytale* appeared on West's official site on Oct. 18, but quickly disappeared the next morning, replaced by an apologetic message – the version of the film was an incomplete version, as was the YouTube leak that was later removed as well. The film's iTunes release is still pending.

The two have worked together previously: first on West's *Flashing Lights* music video from his 2007 *Graduation* album, and second in an interview between West and Jonze that acted as a narrative for "Glow in the Dark," the 300-page account of West's various exploits on the road.

The film opens at a club with a drunken, wobbly West in a white suit. A loud and obnoxious rant (which he's notorious for) is followed by West's song *See You in My Nightmares*. After a sexual encounter and a moment spent graphically vomiting what looks like rose petals in the bathroom, West pulls out a little green, furry creature from his stomach, which proceeds to stab itself in the stomach as West watches.

By remorsefully destroying the creature in the film, West is trying to show a part of himself he now wants

distance from. He is trying to let go of his notorious ego which so often has gotten him into trouble, and change his image in the process.

The drunk, obnoxious West we see in the beginning is the image the public is familiar with. The West we see in the end is sad and full of regret, but determined to take action to redeem himself in the eyes of public. West's recent interruption of Taylor Swift's acceptance speech at this year's MTV music video awards left many shocked by his impertinent behavior and made a revamping of his image all the more necessary.

The public has seen remodeled images before. Who remembers Britney Spears as the innocent Mouseketeer before she became the seductive performer of racy lyrics and centre of media frenzy we all recognize today?

Reviews from all over the Internet were a mix of confusion and admiration.

"You brought me to tears. Sometimes some things we love have to die in order to keep on living," posted a user on West's official site. MTV's website lauded the film for "... lampooning West's self-indulgent public persona, Jonze makes Kanye a more sympathetic character, on film at least, helping the rapper to rid himself of whatever demon is inside him in a cathartic, moving and powerful scene."

The film allows the audience to identify with a troubled man, trying to better himself by killing off a part of him that's been so negatively portrayed.

It successfully shows West as the egocentric celebrity who needs to stop being so caught up in himself and start having more respect for those around him.

letter to the editor

Alternatives to forced vaccines

I'm writing in reponse to the editorial 'Mandatory vaccine risk to rights' in the Oct. 29 edition of the *Humber Et Cetera*.

I applaud the *Et Cetera's* emphasis on the right to choose whether or not to receive the H1N1 vaccine. Health-care providers are in the spotlight with regards to H1N1 with the balance of patient safety and health-care provider rights a source of constant debate.

I would like to point out that vaccinations are not the only method of preventing transmission of H1N1 and seasonal flu. The Public Health Agency of Canada has launched a widespread disease prevention edu-

cation campaign focusing on hand-washing, sneezing and staying home when ill. Education on techniques is provided on its website. Humber College North campus also has a significant and visible flu prevention campaign. Individuals should be practising healthy hygiene!

Discussion of the H1N1 vaccine in prevention is important. However, since it is not yet available to all and some may not get it, discussion of alternative ways of staying well must occur.

ANDREA KAWANO
THIRD-YEAR NURSING STUDENT

Trades centre officially open

\$14 million Centre for Trades and Technology opens, gets thumbs up from Mike Holmes

GURPREET GHAG
NEWS REPORTER

Humber's new Centre for Trades and Technology officially opened this Nov. 2, fittingly on the launch of Skilled Trades and Technology week in Canada, with a ceremonial construction tape-cutting, featuring TV handyman Mike Holmes.

"I'm looking around and I'm seeing the right stuff," Holmes said upon entering and inspecting the plumbing classroom, where he watched students busily applying their knowledge on actual drain-systems.

Prior to the tape-cutting, Diane Finley, the federal Minister of Human Resources and Skills Development, said in a speech that she sensed a mood change in young people who are now seeking trades as a viable industry.

She thanked Skills Canada and its Skilled Trades and Technology Week for helping bring awareness to those young people and their parents who now also see trades as a good career option for their children.

Speaking after Finley was Jonathan Arbour, a former Humber student, who described his experiences in the 2009 Skills Competition in Calgary where he took home a gold medal in cabinet making – not only for the college, but for the country.

Following speeches from President John Davies, Shafiq Qaadri, MPP of Etobicoke North, and Skills Canada President Terry Cooke, the ribbon cutting marked the official opening of the building.

The \$14 million, 95,000 square-foot facility had actually already been in use since May and this just made it "official," said Denise Devin-Li, associate dean of applied technology.

Currently about 600 to 700 students

are in the building on any given day.

The centre hosts students studying and working towards apprenticeships in electrical work, plumbing, boiler making, construction or two-year post grad programs in renovations and woodworking, said Devin-Li, adding that enrolment is expected to increase.

After a small tour of the class with plumbing students, the majority of attendees – students, faculty and guest speakers – made their way to

the back of the building for refreshments and snacks catered by culinary students.

First-year boiler maker student Matt Hall said that the new facilities provide the much-needed room the old building otherwise could not have.

"There's a lot of room for us to do the things that we need to do now," he said. "I like it. It's a nice looking building."



Gurpreet Ghag

Opening the Centre for Trades and Technology, from left: Etobicoke North MPP Shafiq Qaadri, Board of Governors chair Dale Richmond, Ward 1 city councillor Suzan Hall, TV handyman Mike Holmes, cabinet making gold medalist Jaroslaw Wawrow, and Humber President John Davies.

This to me is state of the art and the kids are going to love working here.

Mike Holmes
TV Handyman

"This to me is state of the art," Holmes said about the new facility, "and the kids are going to love working here."



Gurpreet Ghag

Graduate Jonathan Arbour won gold for cabinet making.

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Gurpreet Ghag

Diane Finley, Minister of Human Resources and Skills Development, saws some lumber while Mike Holmes keeps watch.

Christian group fights fallout rate

KHRISTOPHER REARDON
NEWS REPORTER

The Embassy, a non-denominational church that meets in the student centre every second Monday, provides a place of worship for Christians in an effort to stop students from drifting away from religious obligations, says the church's pastor.

"My passion has been to bring the church to them," said Trevor Gingerich, 26, a missionary-turned-pastor for the group.

Gingerich, a Pentecostal missionary who holds sermons for the Embassy, said statistics put out by the church say 70 to 90 per cent of students fall out of their faith-based obligations when going from high school to a post-secondary school setting. This "youth fallout rate" affects most students between the ages of 18 to 26, a statistic spotted by Gingerich in the Chirstianpost.

"It's one of the main issues the church is facing today," said Gingerich. "Now we're finally doing something about it."

Gingerich said a part of the problem is most students aren't able to balance school while having to attend off-campus churches. He hopes to remedy the problem by bringing the church to the students.

The Embassy is hosted by Lifeline Christian Fellowship, a Christian club on campus that has been around since 1993, according to Nishant Das, former club president. The Embassy church first started on Oct. 6 of last year.

When Das was in charge of the Lifeline Christian Fellowship club he said he thought it was odd that no other prominent Christian-based clubs were on campus. He also noticed the current Christian club was very small compared to those on other college or university campuses.

Das said the devil has been working hard to hinder a Christian presence on campus.

"I think in general he doesn't want Christians to gather and worship. He



Christopher Reardon

Group concerned about spirituality on campus.

will do what he can to prevent that," said Das.

One year when the theme for frosh week was the seven deadly sins, his group spent one week repenting every sin for all of the students on campus. That time of prayer was a turning point for the club, after which about 30 people would show up for meetings every week added Das.

Das said this battle between good and evil exists on every campus.

"Humber just happens to be the battle ground we picked."

Alyssa De Ruiter, 21, a fourth-year family and social services student and current club president, agrees with Das.

"Satan wants to pull you away from God. He wants to make it so you no longer have faith in God and Jesus," said De Ruiter.

"We provide a place where they are able to come together and they are able to worship," she added.

Nicholas Rowland, a second-year 3-D animation student, said the sermons help a lot of people who go to them. He said he's been going since the Embassy started.

"It's helped me keep an open relationship with God," he said.

He added there is a lot of interference

around the college meant to distract Christians from maintaining their faith.

"Parties, drugs, alcohol, these basic things you see everywhere," said Rowland.

Len Thomas, Humber College's chaplain, said that students habits may change in the transition from high school to college, but he doesn't see anything sinister about it.

"I think there is a big change in life for people when they are away from family and home, and some people just tend to go overboard," said Thomas.

Thomas, who is well versed in dealing with religious students, said he understands the idea of Satan being on campus for the Lifeline Christian Fellowship.

"The idea is there is a spiritual struggle going on and there are different poles to that struggle," said Thomas.

"Christian people are aware of that struggle going on," he said.



Shane Kalicharan

For over two weeks this possum was a daily sight for Humber students driving on Highway 27.

Possum population on the rise, wildlife technician says

SHANE KALICHARAN
LIFE REPORTER

A dead possum in the middle of Highway 27 indicated a significant increase of the rodent, says owner of Specialized Wildlife Apprehension Technicians, (SWAT).

"Ninety-eight per cent of our possum jobs are in the Etobicoke and Mississauga area, the amount of jobs we've done has tripled," said Derick McChesney, owner of SWAT.

McChesney said he thinks the possum population has grown because the amount of shipping going on in the west-end of Toronto has increased.

"They hitch a ride from the U.S, they sleep on containers in America

and end up here."

However, Carlo Panacci, owner of Cain Pest Control, said bedbugs and raccoons are a much bigger issue.

"For every possum there's 500 raccoons," said Panacchi, who also said bedbugs are spreading like fire across Toronto.

Pannaci said he has personally only caught three possums for the year, which were released into the wild.

Nathalie Karvonen, executive director of Toronto Wildlife Rescue, said possum numbers are not monitored, so whether their numbers are increasing drastically is not known.

The centre takes in maybe 100 per year, added Karvonen.

During winter, Karvonen said adult possums are often brought in suffer-

ing from frostbite due to their furless ears and feet.

Barb Fox, co-ordinator of the Humber Arboretum, said possums aren't a native species so they don't last very long in the Canadian climate.

"Our winters are warmer but it's hard for them to survive, so they die off," said Fox.

Possums, according to Karvonen, are seen in urban areas because they are attracted to the garbage.

JulieLyn Anderson at Humber's arboretum said Humber is not having any possum trouble.

"There is a population of them around but they're not a problem," said Anderson.

Only two dead possum babies were found in the arboretum, she said.

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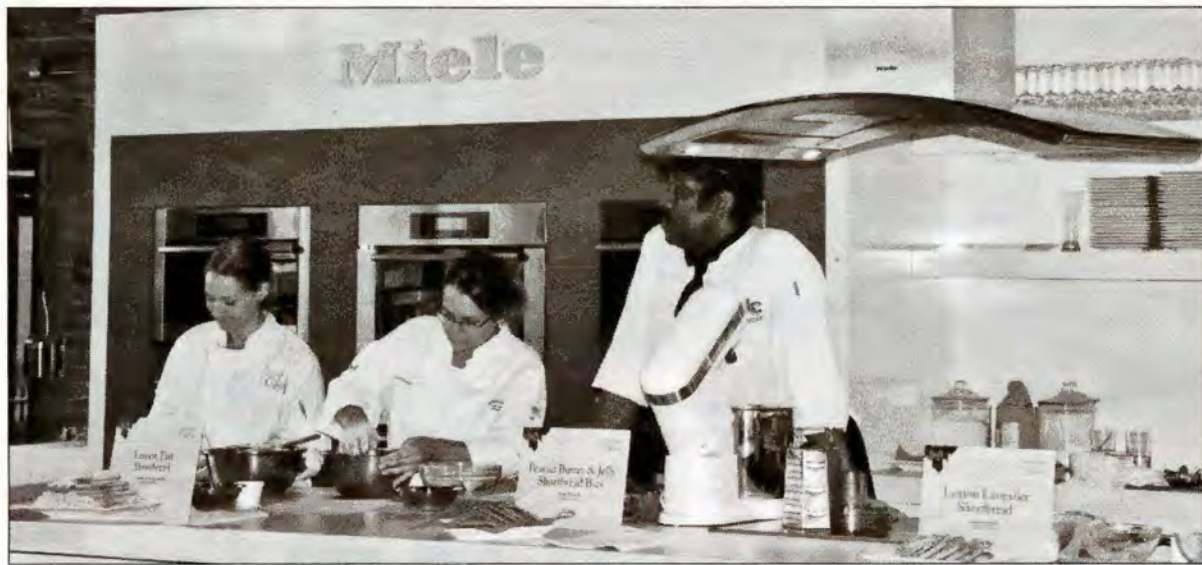
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Lindsay Belford

Andrea Schmidt (left), Alejandra Gonzalez (centre) and Robert Maxwell (right) represent their colleges through the creation of their unique shortbread recipes at the bake-off on Oct. 28.

Student second with shortbread

LINDSAY BELFORD
LIFE REPORTER

Humber took home second place at Gay Lea Foods' first ever Shortbread Inspiration Bake-Off.

The competition was held at the St. Lawrence Kitchen inside the St. Lawrence Market in downtown Toronto on Oct. 28.

"We thought it was a good way to introduce chefs to Gay Lea butter," said Janis Coburn, director of marketing for Gay Lea.

Two second-year culinary management students, Alejandra Gonzalez, 21, and Stephanie Lackie, 18, represented Humber College.

There were four competitors, including Humber's students. Liaison College was represented by Robert Maxwell and George Brown College was represented by Andrea Schmidt.

The top prize included \$1,000 and a Kitchen-Aid stand mixer and was awarded to Maxwell for his peanut butter and jam shortbread creation. Second place, taken home by Gonzalez, was \$500 and a stick of Gay Lea butter. Lackie tied for runner up with George Brown College's Schmidt for the \$250 prize.

Joe Kumar, a Humber baking and pastry professor, told the two girls about the bake-off when the program co-ordinator informed him of it.

"When the co-ordinator mentioned the competition these two girls were in my class and very eager and I said 'why not,'" explained Kumar.

"I want to get into pastry, that's my goal," said Lackie.

Lackie's recipe started out as a lemon mint shortbread and turned into a lemon lavender shortbread, which is the one she presented to the judges. "I thought it should be a little more complex, I took out the mint and added the lavender," she said.

Gonzalez said she loves shortbread and she created the lemon tart shortbread she presented to the judges because she loves lemon curd and anytime she can use it, she will.

Students find decor difficult

NATALIA BUIA
LIFE REPORTER

Restrictions on decorating rooms in residence may prohibit the amount of creativity a student can implement, said Mike Kopinak, student life manager.

Students are not allowed to repaint the walls in their dorm rooms but they can hang up posters and art as long as they are hung with sticky tack and not tape or nails which can damage walls, said Kopinak.

Interior design professor Susan Topping said dorm room aesthetics are important because they can boost a student's mood and productivity.

"Dark, plain bedding can make your bed look like a day bed," said Topping.

Adding bright-coloured pillow cases can make your bed look like a sofa, she added.

Topping said something as simple as a vase full of fake, colourful flowers

can personalize a room accompanied by pictures of friends and family to get rid of the anxiety that may come along with leaving home.

"Make a photo collage of family to feel your family is with you."

Something as simple as a mirror can reflect light and brighten the room, added Topping.

For first-year fashion arts student Brittany Ryan Adey, the transition from living on her own in a much bigger place to a dorm room has been somewhat challenging when it comes to fitting in all her belongings.

"I wanted to bring a big mural of Johnny Depp but it wouldn't fit, so I had to leave it behind," said Adey.

Her dorm room is neatly organized and has a white, silver and black colour scheme.

Adey said she disagrees with the no painting rule in residence and if given the opportunity she would paint the walls white and the ceiling black to make it look "never-ending."



Natalia Buia

Brittany Ryan Adey chose a black and white colour scheme.

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the extra

Feeling Creative? Interior Design prof Susan Topping offers items for the \$20 budget

1. A bed-in-a-bag can add to your bed's appeal and can be had at \$20.
2. Plastic or wicker storage bins for \$15 can help you store your stuff.
3. Personalize your room with a vase, plastic flowers and picture frames for about \$1.
4. An area rug or a bathmat gives your room extra comfort and are available from \$10.
5. A fluorescent desk lamp gives the room brighter lighting and is available for \$18.
6. A bowl storing candy or chips to share can serve as an icebreaker and can cost only \$1.

He's the cream of the crop

AMANDA GRAHAM
A&E REPORTER

A Humber graduate has taken home the Tim Sims award for the second year in a row.

Calvin Storoschuk took to the stage Monday night at the Second City venue in Toronto for the Cream of Comedy showcase. The gut-busting event was a showdown of five nominees, including fellow Humber grad Craig Fay. The grand prize was bragging rights and the \$5,000 prize.

"Thanks for everything guys," said the awestruck Storoschuk as he walked off the stage after accepting the award and the cheque.

The award is given every year to an up and coming performer or group in memory of Tim Sims, a noted Toronto performer, writer and philanthropist, who died of AIDS in 1995. The judges base the individual per-

formances on who most demonstrated traits Sims was known for, such as risk taking and originality.

Fay and Storoschuk were judged by last year's winners Josh Saltzman and Laura Cilevitz, both graduates of Humber's comedy writing and performance program.

Since graduating from the program in May, Fay and Storoschuk have been hard at work writing the perfect punch lines for their performance and attempting to create a name for themselves within the comedy scene in and around Toronto.

"Since graduating, I have been going out to various comedy rooms in the city and just testing and refining material. It's only been a few months and a lot of that has been getting ready for the Tim Sims award," said Fay of his transition from student to performer.

Growing up in Chatham, Ont. Fay

always hid his talent. "I was never really the class clown. I was quiet and paid attention in school," said Fay. "I am the guy that no one notices, no one recognizes, no one remembers: the invisible guy."

Unlike his fellow nominee, Storoschuk didn't complete his studies within the program, however he went on to win Bite TV's Stand Up and Bite Me competition. The Burlington native relies on his awkward stage presence. "My performance is mostly one liners, they just come to me randomly," said Storoschuk.

Although the grand prize is a great perk for the emerging comedian, the honour of being nominated is a prize in itself.

"Whether you win or not, the publicity is great. The exposure from this showcase is amazing," said Humber comedy and performance professor Eric Toth.



Courtesy

Former comedy writing and performance student Calvin Storoschuk is the third Humber grad to win the Tim Sims award.

Writer turned comedian wins big with Citytv

JILLIAN CECCHINI
A&E REPORTER

Humber creative writing grad Doug Stevenson is Citytv's official comedy correspondent after beating out 35 contestants in the channel's first on-line contest.

Stevenson first heard about the contest in late September from his girlfriend. Though he is still working full time, Stevenson said he has always wanted a job with a creative aspect.

"I thought it would be a great opportunity to be creative on a weekly basis," said Stevenson. "This is a really neat initiative."

The contest was launched after the premiere of Citytv's new fall season, which includes several new comedies. The contest was made to find a correspondent who could analyze these new shows.

"The online search for our first comedy correspondent began on Sept. 14 and ran until Oct. 9," said Veronica Logue, publicity supervisor of Rogers Media Television with Citytv.

The online casting call consisted of contestants uploading 60-second or less entry videos on YouTube, highlighting what the contestants thought were the most hilarious moments on two of Citytv's newest comedies, *The Jay Leno Show* and *Community*.

"My girlfriend filmed the video for me after I wrote my script," said Stevenson. "My original video was four minutes long, but I managed to cut it down to less than a minute."

Stevenson was announced as the winner of the contest on Oct. 19 and

was immediately put to work. He launches video monologues with a creative and witty perspective, explaining to Canadians what he enjoys most about the new line-up.

Jamie Kinch, a first-year business management student, watched Stevenson's winning video on the official Citytv website. "He had good use of facial expression and body language which matched what he was talking about, and a good use of editing techniques to keep the viewers engaged," said Kinch. "The humour was short but well rehearsed and the punch



Courtesy

Stevenson won the contest after making a 60-second video.

lines were pretty funny."

Stevenson also won an exclusive trip to a live taping of *The Jay Leno Show* in Los Angeles, California.

Citytv's new funnyman's winning video monologue can be viewed on Citytv's official website. His weekly monologues will also be posted on YouTube and Facebook.

What's in your headphones?



Nick Holness, 18
First-year, visual and digital arts

1. Rock N Roll - Drake feat. JD Era
2. Black Magic - JD Era feat. Drake
3. Do It Now - Drake
4. Juice - Drake
5. Clear - Kardinal Offishall
6. World Go Round - Busta Rhymes feat. Estelle
7. Renaissance Rap - Q-Tip
8. Teach Me How To Jerk - Audio Push
9. Cricketz - New Boyz
10. Cashmere - New Boyz

Nick thinks hip-hop is the number one choice for music because, "it's music you can relate to, it's universal."

Interviewed by Richard Hinkson

New book brings fan favourite back

Wayson Choy makes his triumphant return

RICHARD HINKSON
A&E REPORTER

Lakeshore students and local residents gathered at the Assembly Hall last Wednesday as acclaimed writer Wayson Choy made a special appearance to promote his latest book.

His latest novel, *Not Yet*, draws from two near-death experiences which caused him to retire from teaching full time.

"It was, in some ways, a very rewarding book to write but it was painful because it was terrible to watch people standing by me afraid that they would lose me," Choy said.

"I tell people that in a crisis like this, the patient experiences the illness but the people who love you have to live the illness."

The 70-year-old author, who spoke to a crowd of about 50 people near the Lakeshore campus, also talked about various aspects of his career and life, including how his short story, *The Jade Peony*, came to prominence during his time at the University of British Columbia in 1977.

Choy was reluctant but ended up submitting the story to a contest.

"And it won, it won the prize."

The Jade Peony evolved into a full-length novel which has been published over 20 times and will celebrate its 15th anniversary in 2010.

Afterwards, Choy signed autographs for those in attendance, including first-year police foundations student Peter Muscat.

"When I began to read *The Jade Peony*, I just assumed, 'Oh no, it's going to be another one of those stories that's not going to be interesting and boring,'" Muscat, 18, said.

"But I read this and I could relate this to my own life. It made so much sense and it just kept getting more and more interesting."

Local resident Despina Chabot saw Choy read for the second time this year. "I read a couple of his books and I liked them. I think he is a wonderful person and that's why I'm here. I wanted to see him again."

Ben Labovitch, a professor at Humber and event organizer, spoke about how Choy's message was presented: "He was telling them that 'you know what, don't worry about your identity. Just be happy with who you are and when you're okay, the world will be okay as well.'"

ALMOST FAMOUS

Know anyone who goes to Humber and is a musician, writer, artist, or film maker who has an upcoming CD, movie or show?

LET US KNOW!

Phone: 416-675-6622x4514
E-mail: etc.humber@gmail.com

Predictions from the Et Cetera Oracle

		1			5		3	
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	2		7			4		

www.sudoku.name

HOW GOOD ARE YOU?

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

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.

Under 13 min.....Genius
 13-17 min.....Scholar
 17-21 min.....Smart
 21-25 min.....Not bad
 25+ min.....Keep practicing

Aquarius
Jan. 21 - Feb.18

Your lack of Spanish will affect you today. Un perro le mordera.

Taurus
April 21 - May 21

Recall the fable of the tortoise and hare - though they were both eaten.

Leo
July 23 - Aug. 23

Today will be a day filled with laughing - that doesn't mean you will.

Scorpio
Oct. 24 - Nov. 22

Jealously lurks like a snake in the grass. Also lurking: a jealous snake.

Pisces
Feb. 19 - March 20

Every gold medal began with the first practice. And likely drugs.

Gemini
May 22 - June 21

A mentor will make a change in your life. So will a bloodthirsty wolverine.

Virgo
Aug. 24 - Sept. 22

The truth will hit you like a load of bricks. Then actual bricks will hit you.

Sagittarius
Nov. 23 - Dec. 21

You feel like a caged animal. Ironically, you'll be chased by an escaped bear.

Aries
March 21 - April 20

You can't tell what's hidden around you - like a puma.

Cancer
June 22 - July 22

Rumours can spread like fire, but are less destructive to nature.

Libra
Sept. 23 - Oct. 23

You're prepared for the trouble in store for you today. Sorry about tomorrow.

Capricorn
Dec. 22 - Jan. 20

Nothing will change for you today. Dinosaurs thought that too.

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1	2	3	4		5	6	7	8		9	10	11	12	13
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DOWN

1. Sheik's wives
2. Sports ring
3. More pleasant
4. Ike's initials
5. Obligation
6. Per person
7. Hangman's loop
8. Dancer ____ Miller
9. Christmas beverage
10. What a pity!
11. Pace
12. Jogging gait
13. That woman's
18. Self-respect
22. Sickness
24. Erase
26. Put down
28. Lubricated
30. Self-____
31. Benefit
32. Ceremonial act
33. Tavern drinks
34. Discard
35. Skirt length
36. Showy flower
37. Salad ____
41. Contended
46. Heidi's cousin
48. Chinese, e.g.
49. Mean
51. Colorado resort
53. Stage whisper
54. Fur wrap
55. More sensible
56. "Friends" character
57. Emanate
58. Peel
59. Attention-getting sound
61. Martial ____
64. Natural mineral
65. Soft metal

ACROSS

1. Farm worker
5. ____ Carvey of SNL
9. Dirt
14. Parched
15. "Once ____ a time..."
16. Blinding light
17. Party after a wedding
19. Croc's kin
20. Compass pt.
21. Bread grains
22. Map parts
23. ____ Gras (Fat Tuesday)
25. Violin's kin
27. Border
29. Branch of math
34. Happy one
37. Storage container
38. Dirt
39. Give a job to
42. Handbag
43. Rewrite
44. Telecast
45. Play parts
47. Ailment
49. ____ of Capri
50. Car style
52. Pile up
56. Gave back
60. Night twinkler
62. Train depot (abbr.)
63. ____ Beach (D-Day site)
64. Surgical procedure
66. Warning alarm
67. Lease
68. Not working
69. Pipe parts
70. Finales
71. Not ever, in verse

X-BOX 360 MADDEN MADDEN NFL 10 TOURNAMENT

When: November 10, 2009

Start Time: 8:30 am

Where: HSF Student Centre

Contact: MADDENTOURNEY@GMAIL.COM

Ticket Costs: \$10.00 (must be purchased before the event)



Brand NEW Playstation 3

The event is organized by a group of students in HRT Event Planning class. All funds raised at the tournament will go towards hosting a not-for profit event at Beechwood Place Retirement Community.

Having a safe sex life while living in residence

DAN ILIKA
IN FOCUS REPORTER

Of all the school supplies you pick up this year, condoms can be added to the list above books and pens.

According to Health Canada, teens and young adults are at the greatest risk of contracting a sexually transmitted infection, making condoms a must for students.

"You're playing Russian roulette if you don't use condoms," said Carole Gionet, manager of health services at Humber.

According to Gionet, condoms pro-

tect against the more common STIs like gonorrhoea and chlamydia, but other infections like herpes and genital warts are harder to prevent.

"If any of those sores are outside the penis, there's still the chance of infection, but it reduces the infection dramatically," continued Gionet.

When it comes to people having sex in residence, first-year general arts and science student, Connor Marchen, 19, said he has seen enough risky behaviour to be extra cautious.

"I say for the single students it's a really big thing," he said. "Especially for the kids living in the dorms who



Dan Ilika

Condoms are available on campus.

let loose and, for lack of a better term, sleep around."

When it comes to protecting himself, Marchen doesn't think twice.

"I think it's a hell of a good idea, especially if it's a one-night stand. Someone's not going to tell you their medical history before you hop into the sack with them."

Living situations like residence can lead to an increase in sexual activity, particularly in first-year residents, said Amanda Burt, a third-year culinary student who is in her second-year as a resident assistant.

"We're all given a box of condoms and we're told to tell students that we have them if they need them," she said.

Burt said a representative from the health centre comes to residence each year to talk to students about safe sex.

For students who are worried, or want to get tested, Humber's health centre offers the confidentiality of a clinic or doctor's office.

"Everything is private here," said Gionet. "We can't even acknowledge that you've been at the health centre."

Gionet said many students who come to the health centre are nervous to use the services, but getting tested is a wise decision if you're sexually active.

Staying healthy in flu season

Students share ways they stay strong during the winter months

NATASHIA FEARON
IN FOCUS REPORTER

The constant use of hand sanitizer isn't the only thing students will need to do in order to keep healthy this flu season.

Students also need to exercise regularly, eat properly, get enough sleep and reduce stress to help prevent illness and boost their immune system said Crystal Pole-Langdon, a personal trainer at Humber's fitness centre. She stressed that having routine checkups and vaccines are also necessary in helping you stay healthy.

"A healthy person is more than just someone who isn't sick. Healthy people try to take care of themselves from all angles," said Pole-Langdon. "By taking care of themselves on a regular basis, healthy people are ready to face life's hurdles for the most part."

Former Humber Hawks basketball player Patrick Wright, 22, said he considers himself healthy but finds

he's getting lazy. "I realized that the older you get, the harder it is to stay healthy."

The second-year recreation and leisure services student said students need to find something active that they love and stick to it.

"I play basketball and lift weights when I can," Wright said. "Basketball I can play for a long time because it has a competitive edge."

David Miguez, 19, a second-year fitness and health promotion student, said students should eat breakfast for energy throughout the day.

He said eating in moderation is essential. "Water is the best thing and you can't overdose on vegetables."

Miguez said students can use their body weight to do exercises if they can't get to the gym.

Maintaining good relationships with friends and family is also important, Pole-Langdon said. Good health is a combination of a nutritional, physical, emotional and psychological balance.

Seek help and guidance from a

personal trainer for fitness and nutrition advice and a counsellor for personal or career guidance, she said.

"We know not only what to do physically, but we know how to set your goals realistically," Pole-Langdon said.

Eating more fruits, vegetables and proteins like lean meats, poultry, fish and egg whites are better choices than junk food and caffeine. Pole-Langdon said healthy students benefit by gaining more energy.

"If you have an exam or a big assignment coming up, try not to drink coffee leading up to the day," said Pole-Langdon. "Lots of calories plus no nutrition value equals sugar and carb crash and no energy."

She said students can also prepare healthy meals to take for lunch, as well as walk, jog or bike in between classes.

"Take care of yourself now so that 10, 20, 30 years from now you'll still be going strong."

Reasons why you may be SAD

Lack of sunlight can be a factor in seasonal depression, says Health Canada

VALERIE BENNETT
IN FOCUS REPORTER

The winter blues, due to a lack of light in the long, cold winter months, can leave some people feeling SAD according to Health Canada.

Seasonal Affective Disorder (SAD) is a form of depression that affects an individual "at the same time every year, usually in the winter when there is less natural light," said Health Canada's website.

The difference between SAD and other depressions comes down to the pattern of symptoms an individual may experience, said Dr. Craig Livermore, a psychiatrist at the Mental Health Centre in Penetanguishine.

When diagnosing SAD, a doctor will look for the same symptoms as any other depression, though the difference is the onset of these symptoms are temporarily defined, explained Livermore.

"There's a time of year that there's an onset and a time of year where

there is basically a full resolution," he said.

According to Livermore, symptoms of the disorder include a lack of interest or pleasure in otherwise enjoyable activities, becoming easily agitated, difficulty concentrating, having low energy, feelings of worthlessness or guilt and suicidal thoughts.

Resident assistant and second-year recreation and leisure student, Victoria Deboer, 19, said she is trained to recognize changes in student behaviour that may be caused by issues related to mood. Through observation and interaction, she is better able to determine the problem and reach out to students in need - whether it be by speaking with the student directly or referring them to guidance on campus.

Livermore recommends anyone experiencing an obvious negative mood pattern as result of depression, to see a doctor and thoroughly explain the situation.

Treatment options for the disorder

vary between pharmacotherapy (treatment based on the use of medications) cognitive behaviour therapy (treatment focused on changing an individual's thoughts to change his or her behaviour), and bright light therapy, said Livermore. Treatment is based according to individual preferences and recommendations.

Untreated, any form of depression can be detrimental to one's health. Those who can't function properly as a result of depression may face social, economical and health consequences, which may lead to thoughts of suicide, said Livermore.

Angela Spineto, North residence life co-ordinator, encourages anyone who believes they may be suffering from SAD or major depression to take the initiative and seek help.

"Take the step to have a conversation with your RA or any other resident staff. We do have the ability to give you the support you need."



Amy Douglas

Canadian Lung Association says more students are lighting up.

Students find campus very smoker friendly

AMY DOUGLAS
IN FOCUS REPORTER

The Canadian Lung Association says student smoking is on the rise, due in part to smoke-friendly campuses.

Lucas Falaleef, 18, a first-year electrical mechanics engineering student, said he's been smoking for around three years.

Though Falaleef was smoking before he started college, he said he can understand why some students who didn't smoke before start.

He said Humber is a very smoker-friendly campus. "As opposed to in high school, you can smoke pretty much anywhere."

Kimberly Burnell, co-ordinator of curriculum and program development for the Canadian Lung Association, said the problem with college student smokers is how easy it is to light up on campus.

"Our post-secondary campuses aren't doing enough to support a non-smoking environment on campus," she said. Stronger anti-smoking policies, she added, would support smokers and non-smokers alike, protecting the non-smoker and making it easier on the smoker who wants to quit.

College campuses, which tend to also be alcohol-friendly, don't help smokers either. "Research shows that alcohol and tobacco go hand-in-hand and so when students get on campus,

it's a very alcohol-positive environment," said Burnell.

Smokers, she said, would be less tempted to have another cigarette by just walking from place to place on campus.

Burnell said Canadian students are unique when it comes to smoking.

"In Canada we're seeing that young adults have the highest smoking rates," Burnell said. "It doesn't compare to anywhere near where it used to be in adult and youth levels."

Burnell said students are very aware of the health affects of smoking, yet they still smoke.

Laura Webster, a third-year nursing student at the University of New Brunswick at Humber is a member of Leave the Pack Behind, an informational stop smoking program with a presence at Humber.

"It's a good way to reach out to the students," Webster said. "It's a common problem."

Webster sees the number of students smoking at Humber, but she said it's pretty representative of the number of young adults smoking in Ontario.

The major problem at Humber is the nine metre rule she said.

Smokers must smoke nine metres away from every door way. "That's not generally respected," Webster said, but added it's not really enforced either.

Fitness focus pays off

Students say proper diet and workout routine boosts confidence

LANCE HOLDFORTH
IN FOCUS REPORTER

Students at Humber's North campus are aiming for healthier lifestyles by taking a focused approach to workout routines and nutrition.

Students like Ali Khurshid feel a sense of accomplishment after they work out.

"I think it's just setting goals. It's getting through those goals and the satisfaction of achieving something and staying healthy," he said.

The 20-year-old broadcast television and videography student said he started weightlifting two years ago, and the results he noticed encouraged him to keep training, but the nutrition aspect became just as important.

"There are so many nutrients you need," he said. "Diet is a big part, sometimes — especially being a student — it's hard getting all your nutrients."

Khurshid said people who are interested in working out should pay attention to their bodies and do some research before going to a gym and possibly getting hurt.

"The best thing is to start off slow,

see how your diet is working with your workout and if you feel tired and hungry after, then you need more food," he said.

Tiago Dasilva, 20, is in his first-year of justice studies at Guelph-Humber and said working out is his approach to life.

"I like setting goals and breaking them," he said. "I'm trying to gain 10 to 15 pounds by the end of the year."

Dasilva said his diet is an important factor in his life and his workouts.

"Nutrition is really important, I don't usually eat fast food at all, and I eat a lot of protein," he said.

He said his advice to people who want to workout and eat right is to slowly make it a part of everything you do.

"The most important thing is to eat right and just workout once or twice a week until it becomes a routine. Then you will like working out, it will become a habit," said Dasilva. "Basically you'll always just go to the gym and you won't feel like it's anything that's pushing you down and you'll want to go to the gym."

Fitness co-ordinator Leanne Hen-

wood-Adam said the number of under-nourished people working out has increased over the last year.

"What we see here in the gym unfortunately is a lot of people that come to workout in the gym or the weight room who haven't eaten properly before hand," she said.

Henwood-Adam works at Humber's North campus and said when people work out while their blood sugar levels are low it can cause dizziness and unconsciousness.

"The food we put into our bodies is like fuel for our bodies," she said. "I think it's a lack of understanding of what's needed to fuel your body properly, and what is needed to function properly."

Henwood-Adam said people should talk to someone with a fitness background in order to research attainable goals.

"There are resources on campus. They could ask a personal trainer, they could ask myself, they could ask at the health centre," said Henwood-Adam. "I would say educate yourself and arm yourself with the information you need."



Lance Holdforth

Ali Khurshid doing an isolated bar bell curl at Humber's gym.

Chugging down the freedom of living alone for the first time

JOHNNA RUOCCO
IN FOCUS REPORTER

When students pack up and move into residence they are met with what some say can be an overwhelming sense of independence, causing many to turn to the bottle.

"When most students move away

from home, they have more opportunity to drink than if they were at home and their parents didn't let them drink," said Jessikah Osborne, 19, a first-year industrial woodwork-technician student.

"They're not at home, and they have no supervision," she said.

"I think the average student living in rez drinks large amounts," said Daniel John-Hardy, 19, a second-year fashion arts student who has lived in residence for two years.

John-Hardy said he does not drink a lot.

"Some people would drink every-day for the first two weeks of school," said John-Hardy. He said after a while most people began to leave drinking for the weekends.

"At school I like to focus," he said, "that's why we're here, to focus. Drinking takes away from that. You



Johnna Ruocco

12.6 per cent of students experience alcohol-related assaults.

don't need to do it all the time."

"When you drink you usually have a lack of sleep, you're not as focused on your work, you're hung-over the next morning, so you're usually sick, and then you're just lazy and you don't want to go to class and then your work suffers for that," said Osborne.

A 2004 study done by the Centre for Addiction and Mental Health shows 75 per cent of Ontario university students reported drinking in the past month. Thirty-three per

cent of students were drinking at hazardous or harmful levels.

Although some students may act irresponsibly, many are responsible when it counts, said Ross Ritchie, a primary response paramedic for the Region of Peel.

In his opinion "college kids stick around to help." He said since most college students are of legal drinking age, they are more likely to help someone in need. It isn't always the same for high-school students.

Ritchie said he's found teenagers passed out by themselves, without many clothes on in someone's backyard in the middle of winter.

"People think they're infallible," said Ritchie. "The more they drink and nothing bad happens, the more courage they get."

He said that is how people get hurt or killed.

People think they're infallible

Ross Ritchie
Peel Region Paramedic

Sleeping late or not at all

Coffee, partying or working late causes insomnia, study says

COLTON DE GOOYER
IN FOCUS REPORTER

Depending on who you ask, insomnia can be either a medical illness or a psychological problem.

"Insomnia can be classified as more of a psychological problem, not a disease," said Rana Naser, Humber pharmacist.

Naser said she experienced insomnia first-hand when she wrote her exams here at Humber.

According to The Canadian Pharmacists' Therapeutic Choices, there are many things that affect the ability to sleep. Coffee, alcohol, nicotine, depression, stress, lack of exercise and even having a TV in the bedroom all hinder the process of sleep. Reading before sleep, warm milk and the old cliché of counting sheep are all ways to re-acquaint you with your pillow.

The text said there are three different types of insomnia: transient, acute and chronic. The symptoms can range anywhere from days, to weeks, to years without sleep.

Pat Banks, 58, who experienced insomnia while working on an assembly line for American Motors in the 70s, said, "Well they say that working a midnight shift puts men at greater risk for prostate cancer and women at greater risk for breast cancer, that's done by medi-

cal researchers. Your regularity goes for a walk and your eating habits are thrown out of whack as well as sleeping, so you have a triple-headed monster really."

He said working a midnight shift makes it hard to fit into any kind of routine.

Judy Clarke, general arts and science coordinator at Humber said, "insomnia can have a dramatic ef-

fect on a person's life. For instance, it affects concentration and memory, so a person might not perform to his best ability at school or work. "It can also lead to depression. If a person isn't getting enough sleep, doesn't have the right chemical balance, they can get depressed, which can lead to all kinds of things — even as far as suicide."

Clarke said that partying too hard can result in an inability to slip back into a regular sleeping pattern, which can lead to insomnia.

Clarke said there are chemical reactions in the brain which affect sleep and can be altered by many factors, including the person's natural brain chemistry.

Clarke also noted that even if insomnia isn't classified as strongly as depression it can certainly affect someone's quality of life.



Colton De Gooyer

Insomniacs stay up late counting minutes.

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Battle of the titans

Mythical Gryphons not so magical in b-ball matchup against Hawks

MATTHEW INGRAM
SPORTS REPORTER

The Humber Hawks men's basketball team closed out its exhibition schedule by beating the Guelph Gryphons 74-63 on Oct. 28.

The Hawks led from start to finish in front of a home crowd of over 500 fans.

Jeremy Alleyne led the way for Humber scoring 18 points, while Chris Thompson, J.R. Bailey and Michael Acheampong also hit double-digits.

The Hawks shot 54 per cent from the field, while Guelph shot just 29.

Gryphon guard Dan McCarthy led his team with 17 points.

Hawks head coach Darrell Glenn said, "It's good to get the win, but there are improvements that need to be made. Free-throw shooting is still a concern for us."

The Hawks led by six after the first quarter and extended the lead to 18 by halftime, but poor free throw shooting and turnovers gave Guelph the opportunity to close the gap.

The Hawks were only 11 of 26 from the free throw line and the Gryphons managed to shoot 65 per cent.

"We let them back in the game," said Hawks forward Alleyne. "We were able to put them away at the end, but we still have work to do."

Alleyne also spoke about the upcoming season.

"It's a good group of guys. If we stay focused and achieve our goals, we'll be all right. The most important thing is taking it one game at a time," he said.

Hawks forward Jadwey Hemmings, who missed the last game due to hamstring issues but played against



Matthew Ingram

The Hawks Quinlan Veira (right) faces off against the Gryphons.

Guelph, offered a look ahead at the upcoming season.

"There are so many strong teams in the league," he said. "We just have to stay focused."

Bailey sealed the game with a thunderous dunk in the closing seconds, extending the lead to 10.

Bailey and Alleyne were selected as players of the game.

Adrian Tucker and Ron Gabay were among the players who did not suit up.

Glenn said Gabay is suffering from a knee ligament issue. He added, "It's too soon to know the status of the injured guys for the next game."

The Hawks open the regular season on Nov. 4 against the Redeemer Royals at Humber.

Bright lights, losing city

Toronto sports teams could learn a thing or two from the Hawks

JEFF BLAY
SPORTS REPORTER

While the Toronto Maple Leafs are off to a disappointing start this season, the Humber Hawks have flourished this year in many varsity sports.

"The Leafs have the same problem as many of the other Toronto teams. They set their expectations too high," said Doug Fox, Humber athletic director. "Toronto is a hard environment to play in, and the fans are often negative. They need to get the support of real diehard fans, and make games appealing to them."

Humber was ranked No. 1 in Canada in both men's and women's soccer during the regular season, and the Hawks continue to maintain impressive records in badminton, basketball, volleyball and rugby year after year.

"We've got a fairly consistent approach to success here at Humber," said Fox. "If our teams lose, we concentrate on development and work on our weaknesses for the following year."

The Leafs are off to the worst start in franchise history – and haven't won a cup since 1967. Their lack of success is comparable to the University of Toronto football team, who had a record setting 49-game losing streak that ended in 2008.

The Varsity Blues broke their losing streak last year with a new coaching staff, consisting of head coach Greg DeLaval and assistant coach John Engel. These coaches took a positive approach to tackling one of the most notorious losing streaks in Canadian sports.

DeLaval and his coaching staff suggest that confidence and the mental game is a huge part of winning in any sport.

"With a losing team you have to get back to the basics, combine work with fun and condition the team to develop mental toughness," said DeLaval.

Teams should never go into a match up expecting to lose, but should be prepared to handle a situation when the team is down, said Engel.

"When we started coaching, the team wouldn't say the word win, so we started talking about winning," said Engel. "You have to treat a losing team like any other team. Winning is an attitude. Expect to win but learn from losses."

How nationals were lost

From 'almost perfect' to 'also ran': inside the men's soccer team's disappointing finish

MATTHEW LOPES
SPORTS REPORTER

Being ranked No. 1 in both the country and the province, people are left wondering what went wrong for the Hawks after ending their previously undefeated season with a fourth place finish at provincials. Head coach Germain Sanchez said to blame the flu.

In the semifinal game against Seneca College, Sanchez said "several of our players played even though they were very sick." Players such as goaltender David Ragno, midfielder Mario Orestano and forward Steven Zorbas were all suffering from flu-like symptoms.

Through the wind, cold and heavy rain, Ragno and Orestano played the full 90 minutes but suffered as their symptoms kept them sidelined from the bronze medal game the next day.

Sanchez said Zorbas was bedridden for four days before the match against Seneca and after only a few minutes of play a substitution had to be made.

"The championship was very important to me and the team but I care more about the players' health," said Sanchez. "It would not be right to make them play in that weather."

The illness which plagued the team in the semi-finals was an even bigger factor in the bronze match.

Sanchez said Orestano could only play part of the game before he started feeling weak and needed to come off. Zorbas and Ragno couldn't even



Illustration Scott Martin/Background photo Matthew Lopes

The men's soccer team came in like a lion and out like a lamb with a dismal end to the season.

step onto the field because of their symptoms.

Assistant coach Jason Mesa said aside from illness, some key mistakes were made both defensively and offensively. "Offensively we didn't capitalize in goal scoring," said Mesa. "We played better than the other team but we missed those big chances."

Sanchez said the Hawks inability to convert chances into goals mentally affected the players. "I think we really

outplayed Seneca but after missing an open net and a penalty shot, I think it affected their psyche a little bit."

Assistant coach Michael Aquino said the damaged psyche Sanchez was talking about was an even bigger factor in the bronze game. "When your 11-0-1 and know you outplayed the other team but still lost I think they were a little deflated after that," said Aquino.

Even though the Hawks walked

away from provincials without a medal, they boasted the best record in the regular season, and sat atop the rankings as the best team in Canada going into the playoffs.

Coaches Sanchez and Mesa, along with many players from this year's team will have another chance to show they can play in the post season when varsity men's indoor soccer starts in January.

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Perfect season gets punted

Scrummers must regroup for playoffs after Mountaineers silence Hawks' offence



Keith Holland

The Hawks couldn't keep their eyes on the ball on Saturday.

KEITH HOLLAND
SPORTS REPORTER

The Humber Hawks woke up from their dream of a perfect season when they suffered their first loss, 17-1 against the Mohawk Mountaineers, in the final game of the regular season.

The last moments of Saturday's game saw Humber pound the opposition's goal line coming within inches on more than one occasion to tying the game in the final minute.

But the Mountaineers shut the door, winning 12-7, meaning Humber finishes the season 6-1.

Humber's lone try came from Dan Patrizi. Rob Lefler kicked one conversion for two points.

The Hawks beat Mohawk earlier this year in their home opener 12-10, Mohawk's only loss this season.

This is Humber's first loss of the season and also their first loss as a squad in 15 games, dating back to the first week of last season.

This is the squad's third loss in three full seasons, including playoffs.

Assistant coach Mark Falkinson anticipates playing them again in the post-season.

"We look forward to meeting them in playoffs again and winning."

The Hawks also had to battle treacherous weather. High winds made it difficult for either team to effectively move or kick the ball downfield.

"Weather was a factor," said head coach Carey French. "And they handled it better."

Assistant coach Rick Bot said he views this loss optimistically.

"This opened our eyes, we will come back strong," he said.

The Hawks were coming off a dominating 61-0 victory over the Conestoga Condors on Oct. 28 in a rematch of their season opener.

The Hawks got three tries from both Jordan Reid and Jason Costa in the victory. Other tries came from David Lambden, Dylan Bradley, Andrew Peschier and Rob Lefler.

Lefler also added four converts and one penalty kick.

The game featured a lot of Humber's second team players, as they elected to rest many of their starters for the showdown against Mohawk.

Humber's playoff season starts this Saturday, where the Hawks are away to the Trent Excelsior.

The Hawks are the defending back-to-back Ontario champions, and can become the first OCAA rugby program to win three straight titles since Seneca won five, from 2001 to 2005.

It's go-time for v-ball

Squad begins defence of last year's Ontario championship

THOMAS PARISI
SPORTS REPORTER

The women's volleyball team kicked off their season Nov. 5 against Niagara, and the new roster is coming together smoothly.

"I'm proud of them," said head coach Chris Wilkins. "It's not easy with so many new players to come together and play decent."

The Hawks are looking to repeat last season's success, when they went 20-0 in the regular season, and won the OCAA gold medal.

"We played great last year," said second year libero Laura Bye. "Hopefully I can help the new players get adjusted and provide some leadership."

Coach Chris Wilkins said he hopes the veteran players can help the rookies adjust to the intense college game.

"In a perfect world that would be great," said Wilkins. "But I know even our veterans might have some jitters and may forget to call for the ball or get frustrated, and that's not what I want."

Coach Wilkins said at the beginning of October he and the coaching staff were excited to get back to basics and do more coaching than managing. Wilkins said the team has been working with on new strategies and getting players accustomed to plays.

"We're trying some new things," said assistant coach Dean Wylie. "There are some plays we've scratched from the list but others we've excelled at."

Newly appointed assistant coach and Hawks alum Rachel Dumbledam said it can be nerve-racking in the beginning.

"I think they might start off nervous," said Dumbledam. "But by the end of the first set, they'll forget about it and just focus on volleyball."

While the coaches think the players are experiencing some nerves, the team is sounding calm and collected.

"I'm fine," said second-year setter Nina Carino. "I don't know about the rookies but I'm sure they're a little nervous."

But rookie Kelly Nyhof said she'll be just fine for the first round.

"Before the game I guarantee I'll be a little nervous," she said, "but once I get into it, I'll be just fine."

The Hawks will be next on the court against Sherdian in Oakville on Nov. 10.

Women's soccer wants to atone

Hawks get second chance after provincials' stumble when they welcome Canada's best

ANGELO MAZZIOTTI
SPORTS REPORTER

Humber is rolling out the red carpet on the soccer pitch for the women's national tournament, as the Hawks play host to the best teams in the nation.

Matches started Nov. 4, and Humber finished off the round-robin action Nov. 5 against No. 4-ranked Concordia.

Humber has watched its national ranking drop five spots from No. 1 after a disappointing third-place showing at provincials, and is looking for a little redemption.

Co-head coach Vince Pileggi says the expectations were a little too high for his squad at the provincials last weekend.

"We didn't necessarily play terrible at provincials, but we picked a really bad day to play a bad game," Pileggi said. "There is a lot of pressure that goes with a 12-0 record and a No. 1 ranking but we were definitely pleased with the way we rebounded to take home bronze. The girls are relaxed and ready to play for gold." While athletes can be a very super-

stitious bunch, especially before a big tournament, the coaching staff is down playing any team superstitions.

"We try not to get all caught up in that stuff, because in the end that doesn't help at all," said co-head coach Mauro Ongaro. "At this time of year it is vital that we stay focused, and we all have to make sure the girls remain motivated and stay healthy."

Humber plays the majority of its home games on the grass pitch at Humber Valley Field but the nationals will be played on an outdoor turf pitch. Ongaro thinks this will only help Humber's chances.

"I think playing on turf is actually an advantage to our style of play," Ongaro said. "At this time of year the grass pitches are usually a little choppy and cut up anyway. We like to attack and the turf is perfect for that."

Humber athletic director Doug Fox said it takes months and months of planning and countless hours from volunteers to plan a national tournament.

"We have been preparing for over a year now. Little things like booking hotels and flights take a lot of time," said Fox. "We want this to be a



Angelo Mazziotti

The Hawks hope practice pays off this week at the nationals.

memorable event for every player and coach," said Fox.

Fox also said all players will be treated to plenty of souvenirs and special events. "Every player who lands at Pearson is greeted with a scarf," said Fox. "It's very similar to a Hawaiian lei ceremony. We have customized Wheaties boxes with every player's

photo on them."

Fox also stressed the importance this event will have for the college.

"This event is also huge for us because it gives our team a chance to showcase our skills at home."

The tournament runs through Nov. 7, when the medals for the top three teams will be awarded.