



For Federal election results and coverage for Etobicoke North, Centre and Lakeshore ridings see ELECTION on page 2.

Women's rugby team returns, wins 67-0



TRAVIS KINGDON

Emilee Maclean, with ball, helped lead Hawks to a sweeping victory over Sheridan Bruins on Sunday. Five women on team have been suspended.

Five women on Hawks suspended for hazing in case police continue to investigate for alleged sex assault also involving Humber men's team

Mathew Hartley
SENIOR REPORTER

The Humber women's rugby team was savouring a return to the win column after a dominating performance on Tuesday against Sheridan.

Their return to the field came five days after an internal investigation into hazing allegations provoked a full team suspension by the Humber college.

The women's team was partially reinstated on Oct. 14 with individual suspensions being issued to players ranging from one-game to full season bans.

The blue-and-gold Hawks shut out the double-blue Bruins on Sunday with a statement performance, beating their rivals 67-0 at Sheridan's Trafalgar campus in Oakville.

Humber posted a limited roster of only 20 players, their smallest game sheet of the season so far.

Five players were absent from the roster.

The Hawks men's and women's rugby teams were suspended by the college on Oct. 2 for undisclosed reasons.

Toronto Police told Humber News that they were investigating an alleged sexual assault involving players from both teams.

The men's team remains suspended for the rest of the season following behaviour that the college said violates the Varsity Code of Expectations.

Humber denies any link between the suspension and the police investigation, saying the suspension was not related to any specific incident.

The Hawks elected to forfeit their women's rugby matchup against Conestoga Condors on Oct. 6, losing first place in the OCAA West division.

After Sunday's game, Humber and Conestoga remain tied, with the Condors holding the possible tiebreaker.

The defending OCAA champion Hawks still hold a playoff spot with one game remaining against fourth-place Seneca and have a chance to put the past few weeks behind them and defend their crown.

Clubs Fair struts stuff for 31 Humber campus groups

The Humber Students' Federation event time to encourage greater student involvement

Lindsay Newman
NEWS REPORTER

There was one for artists, another for film, another for good deeds and yet another for fitness buffs.

Humber club ambassadors filled the Student Centre at the North campus for the Humber Students' Federation's annual club fair on Thursday.

Humber students milled about to see all of the clubs North campus has to offer. Clubs there included the Good Deeds Club, the Sketching Club and the Film Screening Society, only to name a few.

There are a total of 18 clubs at North campus, a dozen more at Lakeshore

campus and one at Orangeville campus.

The different clubs had posters, videos and treats to entice new members and draw the attention of other students.

"You've got to have that 'Oh my god,' factor and plus the fair allows you talk to that experienced person," said Madison Williams, 20, a film and TV production student and member of the film screening society.

Williams said the club fair gives a chance for the 31 clubs to promote things in person rather than promoting things online.

The fair offered a strong social environment for the students and they could see their interests and find a club to join based on what they liked.

D.B. Payuo, 21, a fashion arts student and member of the Sketching Club said the fair allows for a social environment for students to expand their skills and interests.



LINDSAY NEWMAN

Students entering draws and receiving treats from featured clubs.

"It helps with our social skills and you can open up to a diverse range of activities and social events," said Payuo.

HSF puts on many events throughout the school year and the Clubs Fair is only one of them.

Shun Naito, 20, a hospitality tourism event planning student and a member of the Good Deeds Club, said the Clubs Fair is a way of connecting with HSF and it allows students to connect with other clubs.

"Students are more engaged at the school because any time you come by the cafeteria there is always something ongoing and they want to know what's going on," said Naito.

The Club Fair is not just for students who are looking to join a club but also for students who also want to start a club.

Students can contact HSF for more information on creating a new club.

Liberal wave covers Etobicoke-Lakeshore

Hunter Follon and Corey Brehaut

SENIOR REPORTERS

Liberal James Maloney took the Parliamentary seat for Etobicoke-Lakeshore.

In this election he faced off against Conservative incumbent MP Bernard Trotter, who hoped to hold onto his position, and New Democratic Party candidate Phil Trotter.

There was some concern over Trotter losing votes to Trotter due to their similar surnames.

“Maybe if I won by 50 votes,” Trotter had said in an earlier interview with Humber News. “Some have suggested I may have done it strategically, but that wasn’t my intention.”

The Toronto-area riding is heavily made up of immigrants, lower and middle-class families and college students. The riding has been primarily Liberal until a surprise upset in 2011, when it went to Trotter.

Nearly 40 per cent of eligible Etobicoke-Lakeshore voters list something other than English as their

first language, according to Statistics Canada’s 2011 Census.

In the same census, 15 per cent of Etobicoke-Lakeshore residents list a Slavic language, primarily Polish, Ukrainian, Russian, and Serbian as their native tongue.

Etobicoke-Lakeshore, which encompasses the Humber College Lakeshore campus, was the scene of defeat for Liberal Leader Michael Ignatieff when the Trotter overthrew him in the 2011 Canadian Federal Election which gained a majority for the Tories.

This time, in the Liberal red wave that swept Canada, Trotter lost to James Maloney, who was briefly appointed to Toronto City Council in 2014 to represent Ward 5, after the resignation of Peter Milczyn.

According to CBC, Maloney won with 34,641 votes, 54 per cent vote share over Trotter with 20,807 votes and 32 percent of the vote share.

WITH FILES FROM ALEX DROBIN, DOMENIC LOSCHIAVO AND CHELSEA ALPHONSO



ALEX DROBIN

Domenic Loschiavo interviews Liberal MP James Maloney before his victory.

Liberals voted safely back into Etobicoke North

Aresell Joseph and Ken Kellar

SENIOR REPORTERS

The Liberal Party has won Etobicoke North since 1988, and this week held the trend with Kirsty Duncan being elected.

Early forum polls predicted Duncan would maintain Liberal support in her riding, as has been the trend for the last three decades.

She reaffirmed the Liberal’s hold by winning an insurmountable 62 per cent of the riding with more than 26 thousand votes.

Duncan has been an MP since 2008, making this her third term in a row, and had said before Monday’s election she intended to build upon her accomplishments if re-elected.

In Ottawa, she has fought for better protection of the environment and women’s rights, and has sponsored more than 19 bills directed towards health and family issues.

Prior to the Liberal hold on the riding, which encompasses the Humber College North campus, the old Progressive Conservative party held it for one term from 1984 to 1988.

In this week’s election, Conservative challenger Toyin Dada was the former executive director of a non-profit and her platform said she would follow Prime Minister Stephen Harper’s political agenda if elected.

Dada’s campaign website said she would lobby in Ottawa for lower taxes, improving national security and balancing the budget.

The conservatives only received 24 per cent of votes while the New Democratic Party trailed third with 12 per cent support from voters.

NDP candidate Faisal Hassan had said he was committed to his party’s platform.

On his website, he declared a Mulcair-led government would focus on creating affordable childcare and jobs with a strong focus on the manufacturing sector and small businesses.

Hassan also said that alongside Mulcair, he would support the NDP’s plan to improve CPP and amend the Canada’s workplace pension plan.

Meanwhile, the Greens fielded a first-generation immigrant to Canada from Pakistan, Akhtar Ayub Khan, a mechanical engineer by trade.

He ran unsuccessfully against Etobicoke North Councillor Vincent Crisanti in the 2014 municipal election.

The riding of Etobicoke North is in the City of Toronto’s northwestern corner and is home to more than 111,000 residents, 60 per cent of which are immigrants, according to the 2011 census.

Wrzesnewskyj retakes Etobicoke Centre

Alex Martino and Sarah Trumbley

SENIOR REPORTERS

Etobicoke Centre was one of the most fierce battles of this election and Borys Wrzesnewskyj won it.

The riding gained national attention in the 2011 election when a vote recount went all the way to the Supreme Court of Canada.

The recount determined that just 26 votes separated Conservative Ted Opitz and then-incumbent Liberal MP Borys Wrzesnewskyj.

Until that election, the Liberals had held the riding for 18-years, winning elections with comfortable leads.

Prominent Liberal Allan Rock represented the riding until 2004 when he packed his bags after former Prime Minister Jean Chretien stepped down.

Local business owner Wrzesnewskyj of Future Bakery succeeded him and held the seat through three Liberal leaders.

The 2011 election brought in Ted Opitz, a telecom engineer turned businessman with military experience, who served in Bosnia as part of NATO forces.

This year’s election proved that the Conservatives had lost a significant following in the Etobicoke Centre riding.

Despite a forum poll holding both Wrzesnewskyj and Opitz in a dead heat last month, the end results reflected a much larger support for the Liberal party.

CBC reported Wrzesnewskyj lead the Etobicoke Centre polls with a comfortable 53 per cent of votes in their riding.



ALEXANDRA MARTINO

Liberal Candidate Borys Wrzesnewskyj (right) has won riding of Etobicoke Centre with 52.5 per cent of vote.

Incumbent Ted Opitz took just 37 per cent with just over 23 thousand votes compared to his riding rival who gained more than 32 thousand votes.

Running for the first time in this election was NDP candidate Tanya De Mello, the Equity and Diversity Officer at the University of Toronto Scarborough campus.

Her resume is filled with community building, peace efforts with the United Nations and experience fighting for labour rights.

The key to winning the riding depended in large part on the ability to reach the Eastern European community.

Both Wrzesnewskyj, a Ukrainian-Canadian, and Opitz, a Polish-Canadian, campaigned specifically on issues relating to both communities.

Much of their work in public service has been focused on Canada’s relations with Poland and Ukraine.

De Mello also did her part to

get out the Ukrainian-Canadian vote, publicizing her endorsement by singer Rosava on her campaign website.

However, her reputation and public support only gained 8 per cent of the votes with less than 5 thousand.

This election, Wrzesnewskyj was looking for redemption and he got it. As a community fixture in Etobicoke, the former MP found his grassroots connection to the area to return to the Parliament Hill.



CHRIS BESIK

Pedestrian control problem persists at bus loop

Chris Besik

CRIME AND SECURITY REPORTER

Yellow-jacketed Humber security guards blew whistles and shouted at oblivious students swarming around the new bus loop at North campus.

Commuting is a daily ritual for many students and Humber's new bus loop has raised eyebrows in both approval and concern.

It's more organized, but Humber's security is worried about bus patrons not obeying safety rules.

"The project has been in planning for many years with various transit agencies. The initial goal was to re-

duce the traffic on Humber College Boulevard," said the director of Public Safety and Emergency Services Rob Kilfoyle.

The loop benefits students who are commuting with the TTC, All Miway, Brampton Transit/Zum and VIVA buses.

"It was also designed in an effort to provide a safer and more convenient experience for students and drop them right off on campus as opposed to having them dropped off on the road, and having to cross Humber College Boulevard," said Kilfoyle.

Second-year general arts and sci-

ences student Nick Toale, 20, has mixed feelings about the loop.

"The bus loop is definitely more organized," he said. "I dislike the location, a lot of my classes are on the far side of the school, making it easier to be late for class."

There are various issues that the bus loop has introduced.

"Right now we are having trouble managing pedestrians," said Kilfoyle. "You'll notice there are a number of security guards posted around the bus loop and at crosswalks, directing pedestrians."

Security officers patrol the loop on a constant basis ensuring pedes-

trians are not getting in front of buses. "It's a bus loop, and people walk through it," said Saras Saras, a security officer who patrols the loop.

He believes the busy mornings also cause many pedestrians to disregard security officials.

The issue will be resolved within next month.

"We are in the process of adding new pedestrian control barriers at various points around the bus loop as well as adding new signage," said Kilfoyle. "We hope to have that mostly completed around the beginning of November, and hopefully that will resolve most of the issues."

Life on Mars?

Kylie Vaillancourt

NEWS REPORTER

The Red Planet named after the Roman god of war is a little wet behind the ears.

NASA confirmed late last month that there's liquid water on Mars and is now hunting for organisms.

"It's obviously an exciting discovery, because liquid water is the most universal requirement for life anywhere in the universe whether it's on Earth, Mars or anywhere else," said Tatiana Paulin, an Astronomy and Astrobiology professor at Humber College.

Paulin said the information was expected, but this time NASA actually confirmed it's water because of the percolate salts found in it. She compares percolate salts to anti-freeze because these salts that were found in the water allow the water to stay in a liquid state.

In order to consider putting life on the planet, the atmosphere needs to thicken, Paulin said. That involves increasing the greenhouse gasses to thicken the atmosphere, then having to remove the carbon dioxide and have oxygen to replace it. This is known as terraforming.

"Mars' atmosphere is about one per cent of Earth's atmosphere," she said.

"You would have to melt a lot of polar ice caps there. What we would want to do there is what we're doing here on Earth. It'd be good for Mars but not good for Earth," said Paulin.

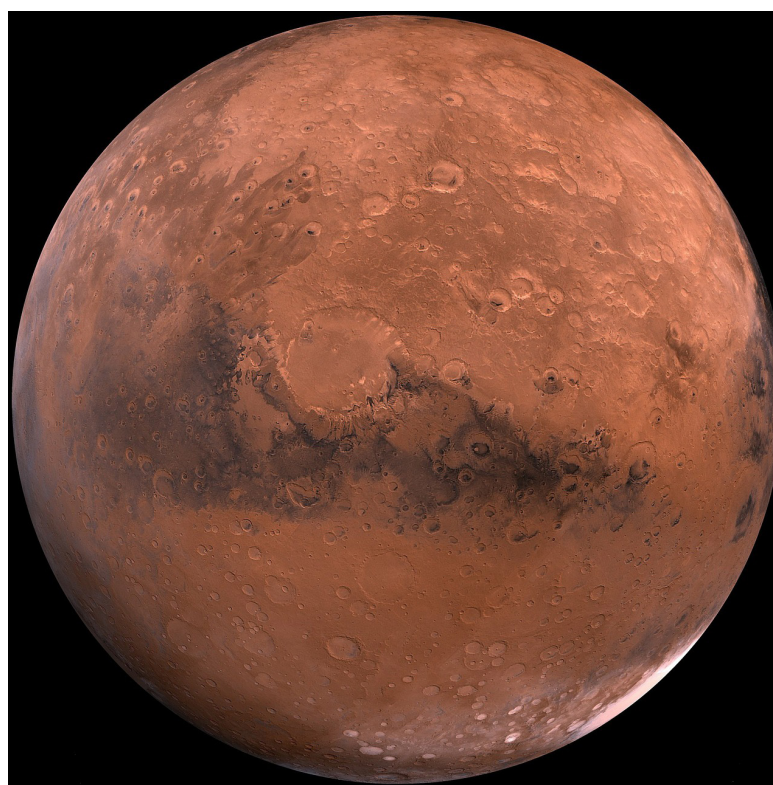
People wonder what it could mean for the future with new discoveries being found on Mars.

"I think it means the whole idea of putting an actual colony on there that might be sustainable, is actually a reasonable idea, no longer a pipe dream. So hopefully, this will allow for that," said Kaius Tomaini, a first year paramedic student.

"But I have no idea about life currently on the planet. I don't think the environment could sustain it. Yes, there's water which is great but I don't think the atmosphere is good enough to sustain life," said Tomaini.

Tomaini said humankind has the technology to convert carbon dioxide to oxygen.

"So there's nothing saying we can't put colonies there as we're attempting to do in 2025 to see if people will survive. So I think by then it could be a possibility," he said.



CREATIVE COMMONS

With NASA's recent discovery of water on Mars, evidenced by presence of percolate salts which allow water to remain in liquid state.

"We couldn't live on it as it is today," said Paulin.

"Humans have adapted to do a lot in different situations, so I'm guessing Mars is just another place for humans to live on because we're in the technological age. But I don't see

anyone living there for a long time, like hundreds and hundreds of years from now," said Ilhan Mohammed, a first year nursing student.

Mars still has a long way to come and many discoveries to be found.

Orangeville campus receives new services, upgrades at Humber satellite

Housed in community centre, campus still lacks counselling, social option

Ruth Escarlan

NEWS REPORTER

For students at Humber College in Orangeville, services and amenities are gradually expanding at the school's small satellite campus.

Joe Andrews, director of the Orangeville campus, housed in the Alder Street Recreation Complex, said Humber recently funded new facilities and more accessible services available for students studying there.

One of the amenities available for students is the athletic facility, which has been updated recently with two new ice rinks. There is a swimming pool and equipment available for student use and the community. The fitness program uses the space frequently.

The Orangeville campus has no nurse's office or dental office available on-site. However, "there are walk-in clinics in the community... [reference to which is] provided in the student guide," said Andrews. Full-time students also receive a Student Insurance Plan, which includes dental benefits through their student fees.

The library at Orangeville campus is available for students and the public. Andrews said there are reference media and computers are available

There is no student counsellor on campus which Liz Sokol, a counsellor at Humber North campus, said is due to illnesses.

"We can't get a person [to Orangeville], we're just very short staffed at the moment," said Sokol.

A student would book an appointment at the front desk in Orangeville with the secretary who would connect to the front desk at the North campus and put the appointment in a counsellor's calendar.

Then the student would come to the Orangeville office at the appointed time, and the secretary would connect that person with the counsellor in the North campus.

"Basically it's just like Skype except, it's WebEx... so we have a virtual appointment," said Sokol.

"It's helpful for students who need it. It's a great resource to have," said Pukky Famb a first year student at Humber.

Socially, students sometimes gather at nearby Hogeys Sports Bar on Adler Street.

Latin folk band Tayua blends past with present

Aron Anthonymuttu
NEWS REPORTER

Latin folk group Tayua takes inspiration from the past with a dash of the present as it creates for the future.

The members of the six-person band said they are influenced by what their parents listened to, their music reflecting a past generation while drawing influences from contemporary music.

What they've done is take a traditional sound in a new direction for a new generation and showcased it in their self-titled Spanish-language debut album released last May.

Humber Bachelor of Music graduates, Daniela Garcia, 22, and Arianna Rueda, 22, met in high school. Eventually they began covering folk songs found on YouTube. After a few performances at Thrive Café, they decided they needed a fuller sound.

Along with the Humber alums, the band has Bryden Chernoff, 23, on percussion and Michael Murray, 23, on guitar, as well as two current music-program students: multi-instrumentalist Nico Frangini, 26, and Marina López, 18, on back-up vocals and bass.

The band's Latin-inflected musical fusion reflects the mixture of different musical backgrounds of the band members themselves. Additionally, the music they make is drawn from past generations while also mixing current North American sounds.

"A lot of stuff that we're doing is



ARON ANTHONYMUUTTU

Left to right: Marina López, bassist, Arianna Rueda, vocalist, Bryden Chernoff, percussionist, Daniela Garcia, vocalist, Michael Murray, guitarist, and Nico Frangini, multi-instrumentalist, after rehearsal. Other than Chernoff and Murray, band members are Humber Music students or alumni.

pretty much a reflection of previous generation. In between there are certain elements that help the folklore movement," said Frangini, the band's multi-instrumentalist.

"It became an inter-Latin-American fusion thing."

"What we try and do is take it a step further and maybe add jazz, some North American stuff in it. African stuff as well to take it in a new direction as a new generation," Frangini continued.

Tayua fits into the folk scene in Toronto, but Frangini said no oth-

er band in their age group is doing what they're doing with it.

Rueda added that writing their songs in Spanish allows for deeper and more expressive lyrics.

"The language in Spanish, how you write, is more free. You can say many things that don't sound the same in English, and use many metaphors," she said.

"Especially, most of our songs are very influenced by imagery. It's almost like you're telling a story but it's very picturesque," Rueda continued.

Garcia said a lot of the writing of the album had to do with self-realization as young people with influences of magic realism.

Although the Internet and social media now play a major role for most musical acts, Tayua is still as focused on live shows. Since their time together, they have played all over Toronto and recently in Stratford, Ont., with each show a stepping-stone to new opportunities.

They were even approached by a team member of NDP candidate, Olivia Chow, to record a jingle in Span-

ish and English for Latin radio for her Toronto mayoral campaign in 2014.

Tayua's focus right now is to plan a tour for next summer.

"Our music keeps evolving," said Chernoff. "We keep writing more songs, growing with more influences. Ideally, we're trying to target not just Latin Americans but North Americans as well because our music is quite beautiful and could speak to all demographics."

Their debut album is now available for purchase on their website www.tayua.com.

CanCon #1 priority for Radio Humber

Brandon-Richard Austin
A&E REPORTER

What goes into a good Canadian radio station's catalogue? According to the CRTC, the federal broadcasting regulator, the ingredients must be 35 per cent Canadian.

But one campus station in Toronto's got a little carried away and is dumping the whole can into the mix. "At the end of the day, our goal is to shed light on new and upcoming Canadian artists," said Kylee Winn-Thurrott, promotions manager for 96.9 Radio Humber.

"We've broken a lot of great artists," she said. "We saw an example of that recently with The Glorious Sons.

"We were their first-ever interview and a year later they were nominated for a Juno and now they're huge," Winn-Thurrott said. "We've seen that happen with Alexisonfire, City & Colour, The Arkells.

"It's great to be a part of that and then bring it back home at the end of the day too."

Station manager Dean Sinclair said Toronto always has been a focal point for music in Canada.

"If you look at the artists back

into the '60s, especially in this market, Toronto is just a huge melting pot for great music and there's a lot of product that's not heard," said Sinclair.

He pointed to a Zoom R8 audio recorder sitting on a table and noted the tools to producing a great show and recording music are available to almost everyone.

"Everybody knows somebody that wants to record music and everybody's got a unit like that, that can produce a great show," Sinclair said.

"I think we're very approachable," he said. "We're not out to try and compete."

The station's program coordinator, herself a graduate of Humber's radio broadcasting program Shelia Walsh said 96.9 pushes the Canadian musical agenda.

"No matter what the genre of music is, we're real advocates for Canadian," said Walsh. "We believe in Canada and we believe in Canadian musicians."

Humber College's Radio Broadcasting program, founded in 1972, has a looming presence in the Canadian media industry at large with graduates including 680 News' en-



BRANDON-RICHARD AUSTIN

Humber radio broadcasting students use a newly renovated studio. Promoting Canadian musicians is a theme.

ertainment reporter Rudy Blair and Hockey Night in Canada's host George Stroumboulopoulos.

"It's a very small and intimate industry," said Walsh. "Plus, all the professors who are teaching here are either still active or recently active and we've all had experiences. The alumni represent a huge presence in

the industry."

Walsh also runs the Radio Humber Alumni Twitter page, which has more than 400 active followers.

"The best thing about doing the Junos is that you're sitting in a room with a bunch of Humber graduates," said Winn-Thurrott.

"We work with a lot of small PR

companies that have small artists - up and comers - that's how we get our band of the months," she said.

Radio Humber 96.9 FM broadcasts from a studio on Humber's North campus. The Radio Broadcasting program's open house will be held on campus on Nov. 7.

Students defend right to wear niqab



NATALIE DIXON

Humber student Sara Salman, above, says upcoming Canadian citizens should be allowed to wear the niqab during the swearing-in ceremony.

Natalie Dixon
LIFE REPORTER

“One’s beliefs can’t be a barrier to citizenship.”

Pradeep Mahendrarajah, 36, a second year business accounting Humber student said Canada advertises itself to the world as a place of freedom, and that includes religious freedom with their Canadian citizenship.

If that means a woman wants to wear a niqab during her citizenship swearing in, then so be it, he said.

It was an issue that at times superseded other issues in the federal election when the federal court dismissed the appeal over a woman’s right to wear her niqab during her swearing in ceremony.

Zunera Ishaq wanted to wear the Muslim face covering during her swearing in ceremony and was told she could not, based on the 2011 niqab policy introduced by the Conservative government.

Harper threw gasoline on the issue during the French-language leaders’ debate on Sept. 24 by making his stance on the niqab very clear – he wanted a ban during a citizenship ceremony.

The niqab may have had a role in the crushing defeat of the Conservatives in Monday’s election. The Liberals swept into power with a majority government.

“I wouldn’t say it is wrong to wear it. Every religion has certain

rules. She’s obeying her religion,” Mahendrarajah said.

Mahendrarajah is British and said when he became a citizen there religion wasn’t discussed, but rather he just had to write an exam and attend a ceremony.

He said the debate in Canada is more an issue of discrimination than an issue of securing identity and it discourages people from coming here.

Josh Alleyne, 20 and a third year accounting student, said prospective Canadian citizens should be allowed to wear the niqab because we are a multicultural nation.

“It’s not obviously offensive, it’s just in their culture,” Alleyne said.

Taha Ali, president of the Muslim Students Association of the Humber Students’ Federation, said the Charter of Rights and Freedoms is what Canada’s freedom is based on. Canada does a lot to protect a person’s rights, he says, but people need to be more informed on the issue.

“People are often afraid of the unknown,” Ali said. “And we cannot allow decisions to be made regarding fellow citizens based on fear or lack of education.”

He also said the debate is centered on what it means to be a Canadian rather than issues of discrimination or security. Ali said wearing a niqab is showing just what Canada stands for – freedom, independence, diversity and tolerance.

Students get spooked at Wonderland

Krystal Mohan
LIFE REPORTER

Canada’s Wonderland transforms into Halloween Haunt for 13 nights of horror in October.

From terrifying mazes to roller coasters at night, the 330-acre theme park is a popular place during fall.

According to the Canada’s Wonderland website, this year is expected to be more terrifying than ever with the addition of Spirit Manor and the Zombies 4D Ride.

Brittani Gardner, an Humber Students’ Federation board member at Lakeshore, describes the “monsters” working at the park.

“My experience [at Halloween Haunt] was quite good. The park came out with new mazes this year, and it’s always fun to go on rides at night,” she said.

“The staff costumes were amazing as usual, and despite trying to scare you, they always let you take photos.”

The park is open every Friday to Sunday from 7 p.m. to midnight until Halloween, allowing guests (recommended age 13 and up) to ride most of the popular rides under the moonlight.

The Behemoth, Leviathan, and Night Mares are among the rides remaining open during the event, adding entertainment for thrill-seeking visitors.

“I work at Wonderland and my main role at Halloween Haunt is to keep my section of the park as clean as possible, and assist guests,” said Sukhjinder Jal, a supervisor at the Vaughan park. “This is just my second year working during Halloween Haunt and so far this season, guests have really enjoyed the new mazes and other attractions.”

One of the most popular attractions at Haunt is the Zombies 4D Interactive Ride, which allows visitors to combat virtual zombies on Wonder Mountain.

“The one attraction I get asked most about is the Zombies 4D Ride. During the summer it’s called The Guardian and during Haunt it’s turned into Zombies 4D,” said Jal.

Single night tickets start at \$33.99, and an unlimited admission pass is available for \$49.99, if a person is planning to visit more than once. Like Canada’s Wonderland’s regular season hours, a “Fright Lane” pass is available to skip the dreadful lineups for an additional fee of \$45.

“Prices for admission are a bit high, but it’s something fun to do around Halloween,” said Emmanuel Boadu, a second year criminal justice student at Humber Lakeshore.

“Other than that, the vibe was nice, and the mazes were really cool. I wasn’t scared or anything, and the rides were more exhilarating at night.”

Sleep deprivation common in post-secondary students

Natalie Dixon
LIFE REPORTER

Ruby Molla says she only gets five hours of sleep a night and she says the reason is because she has to study.

“You can’t concentrate,” Molla, 24, said.

The first-year Humber College nursing student says time management is important if students want to get more sleep.

Molla has a 40-minute commute. While she lives close to North campus, traffic makes her journey longer, which is why she plans accordingly and wakes up earlier.

According to the Mental Health University Institute, one in every four Canadians experiences sleep deprivation. Approximately 60 to 70 per cent of Canadian students experience symptoms of sleepiness during their classes in the morning.

Catherine McKee, a registered nurse at Humber, said there are many studies that show how dangerous sleep deprivation can be. Without enough sleep a person will be drowsy and unable to concentrate.

McKee said the amount of sleep each student needs per night depends on many factors, including age. Most adults require seven or eight hours a night while others may be able to function with a few hours



NATALIE DIXON

Post-secondary students often struggle with deciding between a full night of sleep and completing their studies for next day. Humber nurse Catherine McKee says short naps before 3 p.m. can be beneficial for some people.

more or less.

She says naps can be beneficial if they are only 20 or 30 minutes long and before 3 p.m. She also suggests ensuring good hygiene where a person sleeps. Other factors such as removing electronics, not eating before bed and allowing for down time can all help in getting more sleep and not feeling tired.

Maasha Maheson, a second-year

computer engineering technician student, said she tends to over-sleep. Although she says she gets enough sleep, about eight or nine hours a night, she says she thinks sleep deprivation is a serious health issue.

“Especially if, let’s say, you’re driving, then that can get you into some serious trouble,” Maheson says of being drowsy.

Adequate sleep will benefit you

physically and mentally, experts say.

Conversely, they note irregular sleep patterns can have a negative effect on students’ studying.

Students tend to stay up later on weekends, resulting in their weekday sleep routines to be thrown off. Keeping your biological clock in time by sleeping regularly will improve mental and physical health,

Trudeau's budget boogie

HUMBER
Et Cetera

The economy is the lifeblood of the country and the government budget represents what is being done to keep this river flowing.

Economics is not a simple idea to understand however it can be simplified. When people are happy and feel safe financially they spend their money and the economy grows.

But for this to happen people need to have money to spend.

We want Canadians to understand that there is money in this country and we are capable of stimulating our economy with that money.

It is not immediately obvious that Canada is a rich country. There are many young people in the country who do not see their own personal wealth or potential wealth.

This wealth is real. Canadians have more potential to have a strong economy than most other people in the world. What is holding us back?

Canada is full of valuable, important resources like fresh water, oil and minerals.

There is some level of resistance to the use of these resources. Canadians are often proud of the natural state of their country and see it as a bountiful wilderness that should be preserved.

This should not be forgotten, however: in tough times we need

innovation to progress further into the future and allow ourselves to have the financial resources we need to survive and live comfortable lives.

Prime Minister-elect Justin Trudeau believes that the budget will balance itself. This sounds like a ridiculous idea but what he is talking about seems to us to be a statement on market forces and their ability to balance out different fiscal elements in a society with proper government oversight during tough times.

Let us talk about some of the cash cows that exist in Trudeau's political platform.

A big one is the scaling back of Canada's military role. This will save millions of dollars as well as many lives. It will also reestablish Canada as a peacekeeping nation in global politics. There is going to be a little bit of balancing as Canada spends more on foreign aid, which may remove some of the financial benefits of this military goal.

However, there is still plenty of room to save money.

There will be a balance made with the income tax changes being made by the Liberal government. As middle-class earners are taxed less government tax revenue goes down but higher-earners are taxed more and this may balance out the loss of revenue.

The Liberal government wants to invest in education and help more students enroll in post-secondary institutions. This will, once again, stimulate the economy as well as increase the amount of high-experience, technical employees in the country. This will pave the way for innovation and also profits that can be shared by the entire economy.

Disclosing MPs expenses will create an incentive for MPs to spend less taxpayer money. This will only increase the amount of money that remains in the government's hands to keep the budget balanced.

The legalization of marijuana will create a completely new legitimate market in Canada that is taxable and highly profitable. Also, humor aside, when people smoke weed they tend to want to spend money on things like food, drinks and movies. This could be a big unintended economic stimulus.

We want Canadians to understand that the economy is not always going to work the way they want it to. Sometimes it slows down as people lose faith and don't spend as much or realize they don't have as much money as they thought they did.

The Liberal government seems fundamentally committed to creating a situation where Canadians

have more money to spend. This is an important part of their campaign. They want the Canadian middle-class to thrive so they can spend and enjoy their lives and help keep the economy moving.

This is very important. We want Canadians and Humber students to understand that the economy requires movement for it to exist. If there is no spending, there is no economy.

If Canadians have more money to spend and we spend it, then we become very attractive for foreign investment, which will only allow our economy to grow further.

And, if they don't invest? They will be losing money. They are aware that Canada can thrive under a government that allows people to spend.

And when people spend, the market becomes more powerful. This is very attractive to business owners.

There are many reasons why the economy is not hopeless in Canada. The biggest one is the commitment of the Liberal government to provide Canadians with the freedom to spend their money.

When this happens, many things will change. People will feel better, businesses will thrive and the rest of the world will invest.

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

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Winter's coming: we must all do more for homeless



Haley Falco
ART DIRECTOR

Though Canadians are more aware of the issue than before, homelessness is still one of the biggest chronic social problems in this country.

According to the CBC, 30,000 Canadians are homeless every single night, sleeping on the pavement with an empty stomach. Homelessness is a term that describes people who do not have secure and regular housing. Various and inconsistent local initiatives have been taken to decrease our homeless population, but they have not been enough.

Until government-supported programs, whether local or provincial, can adequately tackle the challenge, each of us as can do our part.

The outgoing Harper government

endeavoured to change the discourse surrounding homelessness. Instead of "helping the homeless," they are "ending homelessness."

As the Canadian air again turns chill, simple compassion requires something be done about homelessness. Surviving the Canadian winter is the hardest thing a homeless person has to face. With this country's harsh climate, the homeless can face a daunting challenge just to stay alive. When the temperature falls below 0 degrees and schools shut down in snow storms because it's too much of a risk to travel, people usually stay indoors and warm up under a blanket with a hot tea.

Homeless people don't have that option.

According to Environment Canada, at least 80 people die each year from the cold weather, many of them out on the streets.

Assistance is not necessarily costly or difficult to provide. People who keep an extra bottle of water in their bag and a pair of warm mittens to give away can help a lot when dehydration becomes extreme for a homeless person and their fingertips are aching and numb.

Offering a homeless person something to eat not only feeds them a much-needed meal, but also inspires others in the community to do the same.



CREATIVE COMMONS, VIOREL RAILLEAN

Homelessness is a systemic condition afflicting many innocent Canadians.

Educating yourself about homelessness is the first step to understanding the issue in its entirety. People become homeless for many different reasons - unemployment, abuse, mental illness, poverty and more. In the blink of an eye, your own life could change for the worse. That should remind people that the less fortunate aren't as different from us as we might think.

Of course, help isn't just something we can give as individuals to individuals; there are good local services we can support with donations and volunteering.

Initiatives like Homeless Helpers, an organization created by two sisters wanting to make a positive change, or Heroes in Black, founded by Matte Black, former homeless man wanting to help homeless Torontonians, are exceptional services

for the homeless population in Toronto.

There are also food banks and local churches with free meals throughout the city, but many people in need don't know about them or lack reliable transportation.

By informing them where such aid is offered, the homeless can reach out to the services available to them.

The more of us who are aware of this issue, the easier it will be to help the homeless get back on their feet and experience a life with dignity. Every human has the right to food, shelter and clothing.

By understanding the causes of homelessness and educating ourselves on the resources available in our communities, homeless people will have a greater chance of getting the help they need.

No Canadian left behind: Liberals makes their promise



Jacob Wilson-Hajdu
SPORTS EDITOR

After meeting our newly elected Prime Minister this weekend, I knew our country was about to begin on a progressive path to creating real change.

Before Justin Trudeau even stepped onto the Thunder Bay Airport tarmac Sunday night, a hush fell over the crowd of 800. As he ran down the stairs of his 357, Trudeau first greeted my mother with a hug and then addressed the gathering on how they are about to change our country. A sea of red surrounded our soon-to-be Prime Minister-elect, who was visiting seven cities the day before the election. I closely watched as my mother, now the elected Liberal MP for Superior North riding, stood by his side and



TWITTER.COM/PATTYHAJDU

Sports Editor Jacob Wilson-Hajdu's mother, newly elected Superior North MP Patty Hajdu

helped create Canadian history. This is a moment I will never forget.

One attribute of the Liberal party is their ability to stay humble. I had the privilege of overhearing conference calls, which all candidates listened to the night before

the election and the most important message the party seemed to repeat was to stay humble, no matter what the following night's outcome may be. This is such an important value while looking at the character of our leaders of this country. It reminded

me of how Trudeau decided to always focus on our country, rather than his opponents' flaws throughout his whole campaign and how he created a platform that will strive to bring equality for every Canadian. This is the kind of Canada we need.

We need to be able to step back and look at ourselves and prepare to invest in all Canadians. We are about to watch a government humbly work for the middle class and regain the trust of Canadians that was so diminished during the 10 years of the Harper era.

To be a part of such an event was more than memorable. My mother has come from a realm of dealing with social policy to now being able to have a hand in carving it. She is the first female MP in our riding, representing the needs of our community by pushing for affordable housing, inquiring about missing indigenous and aboriginal women and promoting a sensible drug policy. Since we have a majority government, the Liberals have a pathway to forming real changes in Parliament and most importantly our country.

What is to come? Well first Trudeau has started to create his cabinet, which will be tightened, and announced Nov. 4th. From then on, it's only hard work. Speculations from the National Post say that Trudeau will first address issues such as the legalization of marijuana and the sale of F-35's.

These are just first steps. Within the next four years, we will start to see fast changes in the operation of our government that will improve the lives of all Canadians.

Playing the face game? Trudeau wins in style



Jennifer Berry
EXECUTIVE EDITOR

Tuesday morning, after Canada's federal election results were in and the Justin Trudeau-led Liberals swept into office, my social media newsfeeds were overrun with headlines about our new PM's perceived genetic gifts.

Kiss 92.5.com so eloquently wrote "Hi Daddy? Says World to Hot PM Justin Trudeau" while others retweeted those now-infamous celebrity boxing match photos of our shirtless fearless leader. Several UK websites mentioned the charming acronym PILE. I'll leave that to your imagination. Even news outlets like Globe and Mail and CBC ran stories about the global hoopla around his dashing good looks, with



CREATIVE COMMONS, LESTUDIO1.COM

Justin Trudeau slips on his boxing gloves and gets ready for impending battle against division and compromise.

CBC.ca's piece sporting the headline "The world meets Justin Trudeau and likes what it sees".

All this talk of Trudeau's looks has me wondering whether this is objectifying and wrong or something less nefarious? But, more importantly, if a female Prime Minister was elected into office and the world fixated on her looks calling her smoking hot and posting bikini photos, would I even be willing to entertain the defense that it wasn't sexist objectification? My kneejerk reaction is to say 'no' but more careful consideration tells me the answer isn't that cut and dry.

I, like many others, have to question whether calling out Trudeau's looks is in fact degrading, or worse, sexist. The debate is brewing, with self-identified feminists showing how differently they respond to whether the fixation on Trudeau's looks is a sexist issue or not. Writer Roxane Gay, who penned the book *Bad Feminist*, squared off with detractors on Twitter, saying that talking about Trudeau's looks isn't degrading him or sexist calling it a "false equivalence" based on context: "there is a cultural context around the historical objectification

and subjugation of women...and on and on I could go. I also don't think it's a problem to admit people of any gender are attractive."

"If we talk about their looks no one is assuming they are nothing more than their looks," she continued.

I also have to question whether we should be dismissive of this attention, even if it's coming largely in the form of superficiality. Alongside headlines about Trudeau's dashing good looks are almost as many about his lovely family, his devoted wife, and the hope for what he'll do in government. Elle US declared

that "Canada's New Hottie Prime Minister Also Has Stellar Feminist Record," pointing to his pledge for gender parity in his cabinet, promise to prioritize investigating missing and murdered indigenous women, and calling him "pro-choice as heck." Can men, like women, be at once hot and capable? This isn't a question of gender at all.

The flaw in focusing on any public figure's looks shouldn't be dissected as a gender issue but rather a reductionist one. Can Trudeau be handsome and intelligent just as Amal Clooney can be a brilliant human rights lawyer and gorgeous, stylish, and married to what's-his-name?

Here's something not up for debate: not since the first Trudeau government has the public taken such an interest in a new Canadian leader and his family. Quick! Name the last three PM's wives. Could you do it? I can't help but wonder if having what approximates a true "Canada's First Family" is such a bad thing for the world's perception of our country, the media scrutiny that Trudeau's every move will attract, and perhaps even his ability to form relationships with other world leaders.

At the very least, it might make him just the kind of leader Canada needs – a young, approachable, relatable, charming, and yes, attractive, human with a heartbeat instead of the alternative.

HOROSCOPES



JAN. 20 – FEB. 19
That promotion or top grade you're waiting for? Congratulations! It will go to your mortal nemesis this week. They won't even want it as much as you do. So that'll be fun.



MAY 21 – JUN. 20
Someone you voted for got the position they were vying for, but power will corrupt them and greed will consume them, leaving but a shell of a being behind. That's on you.



SEPT. 22 – OCT. 22
Why don't you call your parents more? They miss you. Not enough for you to drop in for another visit or move back in after graduation, but try and ensure they won't cut you off.



FEB. 20 – MAR. 20
You've been thinking about online dating, and that's great. You should really put yourself out there. But your ex - the one that got away? He/she's going to call this weekend. Good luck spiralling.



JUN. 21 – JUL. 22
It's been a hard few weeks with the search for internships or jobs after graduation, and you'll finally see your chance this week! But then you'll be paralyzed by insecurity and anxiety and lose it. Sorry.



OCT. 23 – NOV. 21
I would advise against wearing light coloured pants this week. Gravity is slightly more active because mercury is in retrograde, and any caffeine-laden beverages will have a tendency to spill.



MAR. 21 – APR. 20
You will think about picking up a new hobby this week, like knitting or collage-making. In the end, though, you'll spend your weekend getting sucked down a Wikipedia wormhole reading about serial killers.



JUL. 23 – AUG. 22
Your Instagram game is going to be so on point this week. At least until you realize that your perfect images are devoid of meaning; just shallow interpretations of reality. Don't delete your account.



NOV. 22 – DEC. 20
You're going to be trapped in a meeting so insipid this week, the word 'synergy' will start to make sense. Don't get distracted! They'll appoint you to a committee when you're least expecting it.



APR. 21 – MAY 20
The highlight of your week is going to be finding a half-full glass of wine in the kitchen. Your low point is going to be drinking it when no one else claims it a day later.



AUG. 23 – SEPT. 21
Your biggest mistake last week was putting everything in writing. Now you must spend the week erasing the paper trail. Save exacting revenge for next week: Mars will be in the 7th house.



DEC. 21 – JAN. 19
October is the month that will bring you closer to death. So is November. Actually, this applies to everyone, all the time. Good luck.

QUOTED: Are you hopeful about our new elected government?

"I am hopeful. We can definitely see change with someone who is new and young. I believe something positive will come out of this."



Alex Woodley, 19
SECOND-YEAR MARKETING

"I am hopeful. But they have a lot of promises they have to keep if they want to be reelected."



Victor Rondan, 25
SECOND-YEAR FILM AND TELEVISION

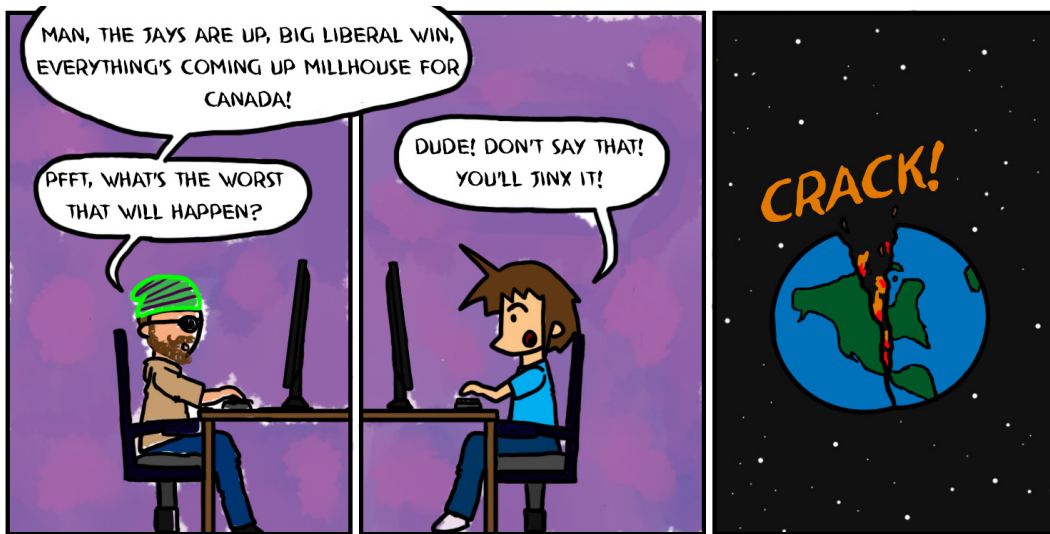
It's good to get new blood in there to hopefully not follow traditional ways of doing business. It's good to have a change.



Hala Ayoub, 28
SECOND-YEAR NURSING

SCHOOL DAZE

COMIC BY JORDAN BIORDI



Hawks defeat Sheridan, take division lead

Jesse Bonello
SPORTS REPORTER

Time was running out for the Hawks men's soccer team when they faced rival Sheridan Bruins.

But for rookie striker Luca Baldassarre, penalty time was when he turned it on in the match Oct. 17 at the Oakville campus. He scored two goals in the 90th minute to seal a 3-2 victory, and the top spot in the Central Division.

The weather during the game emphasized the cold and bitter rivalry that exists between the two squads.

The referee issued 11 yellow cards throughout the game.

Nevertheless, the Hawks were able to maintain their composure despite the physicality of the rivalry.

"It was nice to be able to go through a battle, and show that we can be that grinding team as well," said midfielder Jesse Assing.

The first half looked like a tennis match. The teams took turns moving the ball up and down the field, searching for the opening goal.

The Hawks were able to take the lead before the half thanks to rookie striker Sonan Askndar.

Head coach Michael Aquino tried to keep the Hawks focused on the end result during the half.

"It's always an intense game between the two teams," he said. "We reminded them to just settle down, keep your composure and it will come."

The Bruins came out determined to start the second half. Within the first 30 minutes of the second half



JESSE BONELLO

Tempers heat up on soccer pitch after Humber is issued a yellow card against Sheridan on Saturday, Oct. 17.

the Bruins scored two goals to take the lead, and the momentum.

There were some questionable calls against both sides near the end of the game, but the Hawks were persistent, knowing the division was on the line.

And then Baldassarre put his best foot forward, evening the score for Humber one minute into injury time.

Little time remained before the final whistle, but little did anyone know that Baldassarre wasn't done yet. A minute later the ball found

Baldassarre in the box, and once again he put it in the back of the net.

The Hawks were left with pure amazement, while the Bruins were left with sheer disappointment.

The questionable calls were at the centre of the Bruins disappointment. "You can't put in a tackle 'cause you're going to get a yellow," said Bruins defender Ivica Sunjka. "It's like playing with a red, it's like playing with a man down."

It's the second time the Hawks

defeated their top rivals and Humber won both games by one goal.

Humber scored less than their average 4.1 goals per game in both games against the Bruins. This victory gives Humber the most wins in OCAA men's soccer with eight.

The Hawks have one game remaining before they aim for the provincial championship.

Humber also took their season finale game on Oct. 20 against George Brown by a score of 5-nil.

Hawks women's soccer reaches top spot with win

Tyler Hehn
SPORTS REPORTER

The Humber women's soccer team is officially at the top spot in their division after their latest victory against the George Brown Huskies.

After three convincing wins in a row, scoring 14 goals and allowing only one. Humber thoroughly plucked the Eagles on Oct. 13, with a final score of 7-0.

The first half finished with Humber thoroughly outplaying its opponent but this strong level of play wasn't sustainable. The second half saw a few shots from UTM, including one corner kick just outside the box beautifully struck curving into the near post. This valiant attempt at the goal by the Eagles was handled well by first-year goaltender Amanda Olvera. The rookie was playing in her second straight game, earning her second straight shutout.

Following their win streak, the Hawks fell to the Sheridan Bruins 3-2.

The loss dropped them to the second spot momentarily, but their game against George Brown pushed them forward after beating the Huskies 4-0.

The weather was cold and wet but that didn't seem to faze striker Ashley Osorio, who scored two goals within a 5-minute stretch in the first half, after Stefany Santos scored the first goal.

Corinna Vanderschaaf made it 4-0 in the 82nd minute.

Anybody who has seen these Hawks play together can see that they have some good chemistry on the pitch.

"Over the years the teams have been close, but I think there is just a special bond with the girls (this year)," said Alexandra Giannone, a third-year defender on the squad.

"We know how good we are, we know the type of team we are, and we know that we can accomplish anything," said the veteran defender.

Humber is ranked in the top three of women's soccer teams in the province, but co-head coach Mauro Ongaro said that they shouldn't, and don't, focus on things like that.

"If you're ranked high, or low, it doesn't matter because if you don't win, you're not successful. On the field those rankings don't mean anything," Ongaro said.

The flattering stats do not dictate how they will play in the future. The Hawks know they will have to work hard to achieve their goals.

"It's the work that you put into the process, and then all those other things will take care of itself," said Ongaro.

The women's next game is an OCAA championship game, scheduled for Oct. 29. They will be playing against the winner of Game C on Saturday, Oct. 24.

Badminton Hawks run the table at Humber Cup, triple crown for Dong

Linda Hyuhn
SPORTS REPORTER

The Humber Hawks badminton team served up an impressive performance across the scoreboard at the Humber Cup tournament.

Players had complete control of the badminton court during the tournament last weekend, with the college's Adam Dong claiming a triple crown.

"It's the kick-off tournament of the OCAA," said Michael Kopinak, Associate Director of Athletics at Humber and badminton convener of the Ontario College Athletic Association.

"We put it to a fairly high standard, where there's lots of food, nice awards and lots of opportunity to play," Kopinak said.

The tournament began Friday afternoon and continued until Saturday evening. Colleges such as Seneca, George Brown and Fanshawe were present. The tournament was split into three different categories: singles, doubles and mixed doubles.

In particular, Dong, an international student from China and second-year badminton player, took

first place in all three categories to follow up his first place wins at last year's Humber Cup.

Olivia Lei won in the women's singles category, as Dong took the men's singles. The women's singles was a Hawk on Hawk match as Lei faced Boom Phuthita, a first-year Humber player.

Ryan Chow and Dong took the men's doubles and Lei and Phuthita won the women's doubles.

Another Hawk on Hawk faceoff appeared when Phuthita and Dong won the mixed doubles against Lei and Chow.

Being a part of the badminton community for six to seven years, Kopinak was hoping for a win from Humber in the three categories, and was impressed with the final result.

"I'm very happy, also proud that I can play for Humber. I hope I can bring more victory to our Hawks and win the OCAA again this season," said Dong.

Dong said the support from the team is irreplaceable, with coaches always pushing him to be better.

"This is all Humber's victory, not only me," he said.

The Humber Cup is the first



LINDA HYUHN

Humber Hawks take a water break during Humber Cup last weekend.

tournament the Hawks have competed in since tryouts in September. The regular season begins in December, and right now, the Hawks are competing in exhibition tournaments to narrow down the team to 10 players.

"These tournaments are to scope out the competition and make friends along the way," said Maria Nguyen, second-year badminton

player.

Nguyen, who didn't place first, said she still had fun playing the game she loves.

"The support is a lot better this year. We all work together and support everyone," she said.

Next up, the Hawks travel to Redeemer University College in Ancaster, Ont., next Friday to compete in another invitational tournament.