

HUMBER

Et Cetera

HUMBER'S STUDENT NEWSPAPER

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KYSHIA OSEI

Noted activist and former Black Panther, Angela Davis signs books and takes pictures with attendees after her keynote speech at the 40th Annual Toronto International Festival of Authors.

Former Black Panther speaks about the fight for equal rights

Kyshia Osei
NEWS REPORTER

Rebel with a cause Angela Davis is still calling for significant changes to end the injustices that continue to plague society.

Davis, the keynote speaker at the 40th anniversary of the Toronto International Festival of Authors and the sixth annual Humber Faculty of Liberal Arts and Sciences and Innovative Learning Academic Conference on Nov. 2, said the move to eradicate violence in the world can't be done through existing institutions.

The voice of one of the greatest activists of the '60s still resonates with her familiar urgency to change the institutions that systematically perpetuate racism, violence and injustice.

The speech by the renowned academic — who was a former Black Panther, a U.S. communist party member and once wanted by the FBI for crimes she didn't commit — was a wide-ranging discussion that included her views about gender and race violence, inequality and a brief history of American advocacy.

The Birmingham, Ala., born powerhouse has written 10 books. She is now a social justice educator at the University of California, Santa Cruz who fights for prison abolition.

"My life was shaped by many of the movements that had their roots in the 1960s," Davis said.

One of the watershed events was the 16th Street Baptist Church bombing of 1963 in Birmingham, Ala., that killed four young black girls, two who were Davis' neighbours.

It was one of these monumental moments that shaped Davis' life. But she said it assumed the most powerful movements happen out of nowhere. Instead she says most movements are born in the mix of various small acts decades earlier that created the wave for change.

Davis said moments like when Rosa Parks made the fateful decision Dec. 1, 1955, to remain seated at the front of the bus, refusing to go to the back. Parks was active in social justice advocacy for years but that one act did quickly evolve into what would become the Civil Rights Movement.

Davis said the movements in the South had been the inspiration for activists like herself to address these issues.

However, racism was not the only issue. There was also gender

violence, and the crimes against the LGBTQ+ community. The '60s counterculture included a long list of movements, including gay rights, feminism, gender violence and the anti-war sentiment.

"Is it not now time to rid the world of things like gender violence and toxic masculinity?" Davis asked. "Is it not now time for men to become part of the change?"

She said the making of blues music was mostly by women of colour, who expressed personal pains — often as domestic violence — through the medium.

Now with powerful movements like #MeToo that was created in 2006 by Tarana Burke, a black woman, has over time become predominantly white.

Davis noted Climate Change protests are being led a younger

generation but there is a deadline before irreparable harm is done to the environment. She said nothing exists without the environment.

"The youth are always for change, and it's up to us to follow their lead," she said.

Dr. Prasad Bidaye, head of Humber's English Department, said Davis has been directly involved in modern American movements.

"She worked with the black power movement, she worked in feminism. She was an activist, but also an academic," Bidaye said. "So she's really unique because she covers all these different areas, different terrains, and manages to bring it all together."

Bidaye said Davis' important work was not just based in the '60s, but was instilled in movements that helped create those of today.

TIFA celebrates its 40th anniversary at Harbourfront Centre

John Grant
SPORTS REPORTER

The Toronto International Festival of Authors (TIFA) held at the Harbourfront Centre showed the profound effect writing and books have in unifying people to discuss literature.

TIFA celebrated its 40th anniversary with more than 30 guest speakers throughout its 11-day festival, allowing attendees to listen to and learn from a wide selection of inspiring authors.

From Toronto-based author Emily Saso to American political activist Angela Davis, TIFA captivated the audience.

Award-winning writer Don Winslow appeared at the festival Oct. 24 to discuss his books in detail with Canadian writer Linwood Barclay.

Winslow penned 20 international bestsellers such as *The Power of the Dog*, and *The Cartel*. Moreover, one of his books, called *The Border*, has been sold to the FX network, which will air in 2020. Winslow said events like TIFA, which was held at

Toronto Harbourfront, are necessary for bringing people together for human interactions, something we don't do as much anymore.

"We don't get together and look at each other and talk as humans. We see each other's faces, hear each other's voices," he said. "Birds used to tweet, now we do."

This event brought people together and allowed them to get back to what they used to do, which is to engage, embrace and share. The authors and audiences showed books are not dying and that there are always individuals wanting to learn and obtain knowledge.

"It was wonderful for me to have an opportunity to ask one of my favourite writers here to be able to talk to him," said Barclay, a New York Times bestselling author and former newspaper writer. "So that for me was great. No, that was terrific."

Winslow offered some advice to college students who want to continue to learn, flourish, and improve in their writing.

"The only way to get better, the only way I get better, is to write," he



JOHN GRANT

Don Winslow (left) on stage talking about his book *The Cartel* with Linwood Barclay (right) at TIFA on Oct. 24.

said. "The secondary way, though, is read more. You know, it's almost like food, isn't it? You know, garbage in, garbage out. So, I would say write every day and read something good every day," Winslow said. Jennifer Marotta, a professor in the Faculty of Liberal Arts and Sciences and Innovative Learning, has been a part of the event for more than three years and has seen a multitude

of great writers such as Margaret Atwood, Lawrence Hill and Roddy Doyle on the TIFA stage.

The event seems to be growing every year despite the growth of technology, she said.

"Anecdotally, from my perspective, it seems to be growing every year," she said. "Technology also makes it easier to plan your visit with your phone or computer."

"The festival is very busy, and the Harbourfront Centre was crowded with participants this past weekend," Marotta said.

TIFA started in 1974 and has garnered well over 9,000 authors from more than 100 countries, reflecting popularity of the event.

The festival, the largest of its kind, is also the launchpad to showcase emerging writers to the world.

ARC honours and remembers Indigenous veterans with beaded poppies

Donna Akbari
NEWS REPORTER

Where some people see an event of relaxation and art, Gillian Maskell sees the annual Poppy Beading Workshop as a day to remember her veteran ancestors through her love of beading.

"Ever since I can remember, Remembrance Day has always been an important day for me," the first-year Funeral Services student said.

"Remembrance is a day of honour, reflection, a day to pay our respects to those who paid the ultimate sacrifice," Maskell said.

She said it's to remember the conflicts between the First World War up to Afghanistan and those who are still serving overseas.

"We remember the lives lost through we must keep in mind of those who came back physically or mentally changed forever," Maskell said.

Though she has dabbled in beading she never made her own poppy.

"This event means the world to me, I always wanted to bead my own poppy to wear on Remembrance Day to honour my ancestors



DONNA AKBARI

ARC invited Humber's community to make beaded poppies ahead of Indigenous Veterans Day on Nov. 8.

through their art," said Maskell, of the Atikameksheng Anishnawbe First Nation.

"My people fought in both world wars," where thousands volunteered and worked hand-in-hand with their comrades, Maskell said. "It's sad when I think of how Indigenous people were mistreated by the Canadian government, especially veteran soldiers who were sacrificed for their country."

"To be able to honour my ances-

tors with a beaded poppy only feels right," she said.

Maskell said she is grateful for both the Aboriginal Resource Centre and Humber College for supporting awareness about the issues about the ill-treatment of Indigenous peoples imposed upon by the Canadian government.

"For me, this is more than just a workshop, it's more than just art, in a way it gives me a sense of hope for the future," Maskell said.

Lorralene Whiteye, Indigenous Outreach Coordinator, said interactive environments helps draw attention to a number of issues.

"I enjoy what I do, it's an opportunity to share the art of beading and it makes me happy to see participants proudly wearing their beading poppies," she said.

She makes beaded poppies every year to honour her grandparents, both veterans of the Vietnam War.

"Our people sacrificed so much

in times of war," Whiteye said. "These poppies are made with the promise that we will continue to remember our ancestors and we will their stories alive."

She said she loves this event because it's an inclusive environment where Indigenous and non-Indigenous people come together and share stories of loss and remembrance.

"It's truly a heart-lifting workshop," Whiteye said.

Not all participants were Indigenous but also those with an interest and respect for the Indigenous arts and Indigenous culture.

"I found out about this event through one of my friends," said Shyanne Knox, a first-year Funeral Services student. "I decided to come because it's a way to remember those who are underrepresented in the community especially those who served our country."

Knox said she doesn't think her beading skills could do the art justice.

"Meeting like-minded people and sharing veteran stories while working with art," she said. "It's a beautiful way to remember those who have passed and those who have fought for Canada."

Electrician students hopeful to have VR in program

Nicholas Rahmon

BIZTECH REPORTER

Electrical Techniques faculty are deciding whether to implement Virtual Reality in their program by testing it at an open event held at Humber's Carrier Drive campus.

"We came to demo VR and the mobile app for any and all electrician students," said Dawn Marie Warren, the event organizer which ran from Monday to Wednesday. "Our purpose for this event is to draw some feedback.

"We need feedback from our students to see if they've valued this as a possible learning tool in their studies," she said.

Although the event is a perfect opportunity for electrical students, the turnout wasn't as expected.

Warren said their busiest times for the use of the VR headset was in the morning, where classes are coming down for the demonstration of fixing electrical equipment.

"The students wouldn't be able to learn this in an apprenticeship, so this is an opportunity to expose students in a safe environment where they can learn skill sets before applying it in the field," she said.

Carson Cerra, an Electrical Techniques student, is looking forward to the future of his program.

"It was a fun experience," he said.

Warren oversees a team called Extended Reality that works with industry experts consisting of three programming students and three 3D design students.

"I would love to see this team grow," she said. "I would also love

it if Humber, who've supported this effort since 2016, allow us to showcase this at other campuses since it's a great learning opportunity."

Samuel Bujold-Bouchard, a third-year Game Programming student and one of the programmers who helped showcase Humber's use of VR technology, said virtual reality is becoming more adaptable.

"The future is now," he said. "They're coming out with more consumer-friendly technology... and with the new headsets, they don't require a computer or base stations to detect movements, making it easier to use, something I'm looking for."

The VR and Mobile App event served its purpose and could likely see virtual reality being implemented in their learning studies.



NICHOLAS RAHMON

Dawn Marie Warren, the event organizer, got lots of positive feedback from students on VR and the mobile app.



NICHOLAS RAHMON

Carson Cerra, an Electrical Techniques student, wants VR in his program.

Police say everyone has a role to play in Crime Prevention Week

Francis Commey

NEWS REPORTER

Police say everyone has a role to play in public safety as Crime Prevention Week 2019 launched earlier this week.

While police make an effort to counteract crime in Ontario every single day, crime prevention doesn't lay on their shoulders alone. Everybody has a job when it comes to keeping communities safe, said Const. Jennifer Brzozowski of Toronto Police's 23 Division.

"Everybody has a job when it comes to keeping your community safe and protected," she said.

Rec and Leisure student Daniel Golding agreed.

"For someone who has lived in the GTA for my entire life, it's apparent that crimes have become more common, especially more severe crimes, for example gun violence," he said.

"I truly believe as a community, no matter where you live in the GTA, we should all be working towards creating some more positive outcomes for our cities as well as a safe environment," Golding said.

Between Nov. 3 and Nov. 9, various police services will be demonstrating how they are working together to prevent crime.

"I'm from Toronto and crime down here is more common than ever, it's not as safe as you think around Toronto and even Humber College but I know that many schools including my school are trying to tackle all the problems down to the ground through crime prevention programs," said Electrical Engineering student Romeo Osas Joshua.

Toronto Police and Humber collaborated on multiple projects, including the Neighborhood Community Officer program, which has been an important component in addressing crime around the Rexdale area.



WWW.OACP.ON.CA

The OCAP's slogan for Crime Prevention Week from Nov. 3 to 9 is "Preventing Crime, Protecting People."

CULTURAL SHOWCASE

Students at North celebrated their cultures during International Education Week



Clockwise from top; Alice Kao, a third-year Hospitality student, poses with a ceremonial dragon mask; (bottom right from left) First-year Culinary Management students Sheng Han Shiau, Hsuan Wei Chou and Chi Wei Chiu celebrating Taiwanese culture; (Bottom left) Chantelle Bailey, a Humber employee, begins braiding the hair of Reshma Patel, a first-year System Navigation student, the Nigerian booth; (middle left) Rita Pustamante, a 3D Modelling and Visual Effects Production student (left), and Maria Santander, a first-year Fitness and Health Promotion, celebrate Ecuadorian culture; (top left); Maria Putilova, a third-year Bachelors of Nursing student, poses with two Russian Matryoshka dolls.

PHOTOS BY HARMONY MULTANI

EDITORIAL

The effects of the cellphone ban in classrooms across Ontario

Newer generations of people tend to be looking down at their cellphone — a small screen they use to contact family and friends, and to check their social media feeds every day.

The Ontario Government re-introduced a three-month-old education law this week, which doesn't allow younger generations of students to use their cellphones during class time.

The issue is that students are always on their electronic devices when they're supposed to be paying attention to their teachers.

Some schools across the province tried to address a no electronic devices policy, however students weren't obeying these rules.

The Ministry of Education said the law would help students focus on their schoolwork instead of social media, and that the only exceptions are that students have to use them for educational and accommodation/special needs purposes.

The exceptions to this cellphone ban are good for the students from all over the province because they can see what other more academic capabilities that their phones have besides being that addictive social media hub.

There are academic features including voice recording apps, note taking apps, calendar apps, email and internet sites they can use to do research on.

If the government prevents the use of social media on cellphones while their teachers are conducting a lesson, students who don't already use their electronic devices for academics would have to actually start using that other side of the electronic devices.

However, this issue has stirred up conflicts between school administrations and the students who cause mischief regularly for so long.

Examples would be whenever they would call a student down to the office for cellphone usage during class, the student wouldn't listen to them and keep using their electronic devices.

Another good thing Doug Ford, the Premier of Ontario and his government are doing in contrast to OSAP and kindergarten is allowing students with special needs and accommodations to keep their phones with them in class.

It's a good thing because there are a lot of students with various types of special needs, who need their phones to do their homework.

Say for example, students with vision impairments who just transitioned from using large print textbooks to getting the same textbook in ebook format. They need their phones to be able to read the text to them, and sometimes record the class for them to listen to or else they aren't able to do their work.



FLICKR/DENNIS SYLVESTER HURD

Cellphones are banned across Ontario elementary and high schools due to the distraction it causes from learning.

It's not just them though, educational assistants working with students, who are prone to having seizures need phones to record how long these epileptic attacks last because if they go on for too long the

student needs to be rushed to hospital.

While most "typical" students have accepted this, the ban could bring the question, "why do they get to use their electronic devices,

and we don't?"

It's not certain what'll come out of the province's cellphone ban in schools, however, it's a good way to start getting students to respect their teachers as well.

OPINION

Meditation requires serious commitment but its worth every second



JEREMY YUDIN
EDITOR-IN-CHIEF

The start of 2019 marked the point where I've been the happiest I have ever been. I have meditation to thank for that. It was something that I needed and I don't know how I lived without it.

I couldn't stop feeling the pressures in the first three semesters of my six-semester Journalism program. I feel delirious just thinking about the amount of pressure I put on myself. The expectations of getting into strong journalistic habits, along with being diagnosed with ADHD, which made it harder to focus while a million distractions would be in my head at once, were too much for me to handle.

My world never had a moment to pause and I just couldn't take it

anymore.

I needed to ease the stress, so my social worker suggested listening to the meditation app called Headspace.

I remember what happened next to this very day. I was walking home from class on Feb. 1 on a Friday afternoon when I noticed a strong body high come over me.

I was in a great state of mind earlier in the day but this felt like the effect of a drug, kind of like a high but natural and controlled, lasting more than four hours. It was the greatest feeling in my life and that's when I knew I had to commit to meditation.

I had to see what else it could do for me.

Terrified of losing the feeling, I committed to meditating for ten minutes every day, three months straight.

It started improving all facets of my life. I overcame my social anxiety, I stopped procrastinating, I started thinking quicker, my writing improved, and it boosted my confidence. Every morning launched with a nice morning high and it set the tone for the rest of the day very nicely.

It became the main event for my nightly routine.

Once I close my eyes, I visualize all the pressure points of my body while lying on my bed. Visually scanning up and down my body is how I can let go of every thought.

I then visualize a warm and clear liquid that slowly seeps down my body. I identify and alleviate any stress as it slowly flows from the tip of my toes to the top of my head. This helps me focus and relax at the same time.

I convinced myself this process will always work and it proves to be effective every time. I committed and set my mind to this process.

"In order to feel happy, you have to do happy," said Ben C. Fletcher, a psychology professor at the University of Hertfordshire, in a Psychology Today article.

Meditation doesn't work on its own. I need to do my part, commit and believe in what I'm doing is the best thing for me.

QUOTED

DO YOU THINK PHONES SHOULD BE BANNED IN CLASSROOMS?

“It should be up to the students to decide because the students could always just put it in their backpack or not even bring it class.”



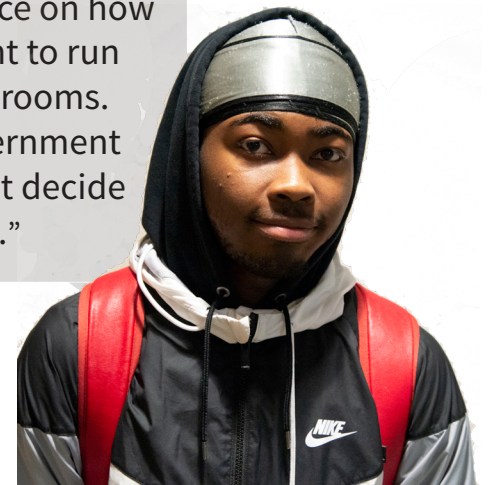
TIMOTHY KRAULIS
INDUSTRIAL DESIGN, 1ST YEAR

“No because I think we can use them in a resourceful way. Students shouldn’t be restricted to what they can do anyway.”



JAKE VENTRESCA
SPORTS MANAGEMENT, 1ST YEAR

“It should be the teachers’ preference on how they want to run the classrooms. The government shouldn’t decide for them.”



SHAMAR MOODIE
BUSINESS MANAGEMENT, 1ST YEAR

PHOTO OF THE WEEK

WEEKLY SOCIAL KNITTING CIRCLE GIVES TO THE HOMELESS

Gloria Bubban, a volunteer in the Weekly Social Knitting Circle program that runs every Wednesday this semester at Lakeshore, knits winter mittens, hats and socks for the “Out of the Cold Shelters” in Toronto. Bubban said knitting something special for someone she doesn’t know makes her feel connected to them.

HARMONY MULTANI



SEND YOUR BEST PHOTOS TO ETC.HUMBER@GMAIL.COM OR TWEET US AT @HUMBERETC FOR A CHANCE TO BE PUBLISHED IN NEXT WEEK’S ISSUE!

96⁺9 FM | **radio.humber.ca**

Men's rugby look to win Bronze in their first season in five years

Remi Drouin

SPORTS REPORTER

The dreams of the Hawks men's rugby team winning the championship after a four-year hiatus fell short against an undefeated Georgian Grizzlies at the OCAA semi-finals on Nov. 3.

They are instead going for the Bronze Nov. 9 against the Seneca Stings.

This was Humber's first rugby season since the 2015-16 season after being suspended for a hazing incident.

The Grizzlies are now going the finals in a home game at J.C. Massie Field against the Durham Lords on Nov. 10.

With the wind blowing and temperature dropping as low as 3 C, both fans and players were in for a grueling battle during the Hawks and Grizzlies game.

The Grizzlies got on the board first with a pair of tries. Humber responded with a try and long conver-

sion to cut Georgian's lead to three.

Both teams added a try each before the end of the first half vaulting the Grizzlies in front 15-12.

With 15 minutes left, Georgian extended their lead to make the game 22-12, but all eyes were on Humber to make something happen with their gold medal hopes on the line.

First-year wing Curtis Sandiford did just that when he ran downfield and punched in a try, and the Hawks converted to bring them within three.

However, that would be all that Humber got and Georgian took the game 22-19.

"The guys gutted it out until the end," Hawks head coach Fabian Rayne said. "They didn't give up and they played for each other."

Even with the loss, Rayne was proud of the team.

"I told them to keep their heads up, we have another game next week and although this one will hurt, we're a young team and we'll

learn from this," he said.

First-year lock Robert Tekse said anyone who thought Humber wouldn't have gone this deep is kidding themselves. The team has a long history of winning, including a nine-year streak of winning OCAA gold.

"People might think we shouldn't have made it as far, but we've put in a lot of work, even as a new team we're all really skilled players," he said. "Once we were able to come together and bond, it was bound to happen."

Rayne was happy with his team's performance but knows there's plenty of room for improvement.

"We need these guys to play more rugby," he said. "A lot of these guys like rugby, but they have to commit to it all summer and come in here ready so we're not teaching how to catch and pass."

Tekse said although the loss is disappointing, the progress this team has made is amazing.

"To get this far, in our first-year back, is just unreal," he said.



REMI DROUIN

First-year hooker Scott Kisiel bracing for a tackle during the Nov. 3 game.



REMI DROUIN

Humber Hawk first-year wing and Sport Management student, Curtis Sandiford, trying to hold on the ball against the Georgian defense during the OCAA semi-finals game on Nov. 3.

Struggling like it's 1978 for the winless men's basketball team

David Pastor

SPORTS REPORTER

Space Invaders were hot in 1978. Humber men's basketball, not so much, when they started 1-4 that year towards a 4-18 season.

They're off to a similar start when they dropped their fourth straight game — including the Nov. 6 home opener— to Fanshawe Falcons 94-88. The loss also marks Humber's men's basketball team first home game loss since Jan. 19, 2018, when they fell 103-97 to the Lambton Lions.

Last season Humber won all nine home games and had won 13 straight games at home dating back to the 2017-18 season.

Their overall record last season was 18-2.

"We can't put consistent 40-minute efforts together," Humber's head coach Samson Downey said after the Fanshawe game. "(We played a) great first half and then in the second half there was a huge drop-off especially in the fourth quarter."

The Hawks started off strong go-

ing into the third quarter up 64-61 before Fanshawe outscored Humber by nine points in the fourth.

Last year's Provincial finalists and National bronze medalists are off to a rough start after losing their first four games of the season to Redeemer 91-86, division rivals Sheridan 85-82 and Mohawk 82-80.

Downey said he isn't too concerned with the team's slow start and has faith that they can make a push late in the season.

"The losses haven't been huge loses, they've been close games and it's a long season," he said. "It's tough not winning games early on but we're playing towards March."

This year the team has been held back by injuries, which is what has been the Hawk's biggest concern to start the new season.

"Early on there was a rash of injuries that contributed to our slow start," Downey said. "We're slowly getting healthy and getting everyone integrated and we're playing a little catch-up."

Kevin Otoo, Humber's sec-

ond-year guard, went four-for-nine with 11 points, five rebounds and a steal in 20 minutes against the Falcons.

Otoo said the team needs to keep practicing, tighten up on defense in late minutes of the game and take it day-by-day.

"We're doing something wrong in the crunch [last minutes of the game], we're just making mental mistakes," he said. "We just need to clean those up and we'll be good to go."

For his career, Otoo is currently averaging 12 points, five rebounds, two assists and a steal per game.

"We need to stick together and remember our one goal is to win the national championship, so as long as we can stay together, we can do that," he said.

Humber's next game is against the Canadore Panthers on Saturday, Nov. 9, as the men's basketball team looks to avoid going 0-5 for the first time in the Ontario Colleges Athletic Association era.

The men's next game is on Nov. 9 against the Canadore Panthers.



DAVID PASTOR

Guard Kevin Otoo scored 11 points, five rebounds and one steal on Nov. 6

Women's basketball start the season winning the first four games

Pablo Balza

SPORTS REPORTER

Humber Hawks women's basketball team wasn't considered much of a threat at the start of this season.

But with the team's steamrolling start of 4-0 they jumped to 10th on the national rankings posted by the Canadian Collegiate Athletic Association from the 24th spot.

The shot up the rankings ladder comes after the Nov. 6 win against Fanshawe Falcons with a 86-81 win where point guard Felicia Velasquez recorded her first double-double of the season, with 13 points and 11 rebounds. That came with seven assists and steals each.

"It was a great performance by the girls," said coach Ajay Sharma, who warns the season is far from over although "we got a lot to work with and to improve."

The team kicked off the regular season Oct. 18 with an 98-69 blow out win against the Royals at Redeemer.

On Oct. 29, the Hawks beats the Bruins in a 72-70 overtime victory at Sheridan, and then dominated the Mountaineers with an 86-41 win on Nov. 2 at Mohawk.

At the Hawks and Bruins game,



PABLO BALZA

Guard Theresa Brown looking for a lay up despite Hawks guard Jahnae Gyles blocking Brown's shot on Oct. 29.

they started with an early lead during the first quarter a 12-2 run.

Humber's defence was outstanding making the Bruins unable to

score during the first five minutes.

Throughout the first half, the Hawks' offence was consistent, and the plays were well executed. The

first half ended with Humber leading 42-29.

Bruins' Theresa Brown went off on a third quarter spree scoring

11 points, narrowing the Hawks' lead to five points with 10 minutes remaining. She finished the game with a career high of 32 points.

The Bruins were down by three with two seconds left on the clock in the fourth quarter when Sheridan's forward Tanya Rowe forced overtime with a buzzer beating three-pointer to tie the game at 72.

Hawks guard Jahnae Gyles scored four points and shooting guard Amber Bechard made a crucial steal to assured them the win.

Hawk's guard Ivana Twumasi lead the team with 18 points and forward Miera Campbell-Johnson had 16 points.

Sharma said he was happy with the team's performance against the Bruins with the way they had carried out the defensive and offensive plays but, there is a lot to improve.

"There's still a lot of games down the line and we need to get in better shape," Sharma said. "I feel fatigue was a big issue tonight, we as a team have to get back in shape and build our bench better."

The women's next game is in Niagara against the Knights on Nov. 14. Humber is back at home on Nov. 23. when they face Lambton.



JAYVON MITCHUM

Humber Hawks women's volleyball head coach Chris Wilkins and his team before their home opener against the Niagara Knights. Wilkins has been at the helm for 19 seasons and counting.

Women's volleyball victorious in home opener but drop second game

Jayvon Mitchum

SPORTS REPORTER

The Humber Hawks women's volleyball team split its first two games of the season.

The Hawks won its home opener beating Niagara Knights 3-0 on Oct. 30, but dropped its second game 3-2 on Nov. 2 against the Mountaineers at Mohawk College.

Last year, they were third in the OCAA Western Division with a record of 14-4. They were behind last year's champs the Fanshawe Falcons (18-0) and the St. Clair Saints (15-3).

Humber also saw its winning streak of 155 matches over eight seasons snapped a year ago by St. Clair.

But for this season, Humber has bigger things in mind.

Head coach Chris Wilkins, in his 19th season at the helm, said "winning the provincial championship" and "competing in Nationals" are on the team's to-do list.

"I think we have a real strong team

this year, that's a good mix between experienced players and young players, so we're pretty excited," Wilkins said. Assistant Coach Mandi Doris said the Hawks are focused on their short-term and long-term goals.

"Our ultimate goal is winning the championships," Doris said. "Our small little goals that we have is winning each game up until that, in order to make the championships." She said the squad will be working to improve "from the ground up. All the experience that we got over the exhibition season we're going to use to get the win," Doris said.

Volleyball players and staff are optimistic and fans are excited.

Noel Honnigan, a Behavioural Sciences student, said that she's eager about what they could achieve this season.

He said he supports the team as much as he can by seeing their games,

"I want them to win, complete nationals and bring a championship home for Humber," Honnigan said.



HUMBER ATHLETICS

Hawks middle blocker Shiann Williams (left) returns the ball against Niagara. Humber won in three straight sets.

Rugby 7s captain named OCAA Player of the Year

Kyle Drinnan

SPORTS REPORTER

History was made when the captain of the Humber Hawks rugby 7s team became the first woman's rugby player from the college to win the Player of the Year Award.

The personal accolade for Christina Branch comes after a season that began with an eight-game winning streak, losing the semi-final match to Algonquin Thunder and then again in the bronze medal match against Seneca Sting.

"It didn't click at first but when they started describing me before

announcing the award my heart dropped," said Branch, who scored 163 points with 19 tries and 34 converts in 14 regular season matches.

The veteran was in her fifth and final year in the OCAA and for the rest of the team, the award was a long time coming.

"It was no surprise really," said head coach Dale Essue. "She is a coach's dream. She is intelligent, a natural leader, and well disciplined."

Essue said the award should have her name on it two years ago when she had her best season to date.

"She really should have got the award two years ago," he said. "She

was the top of her game and the best in the league."

Branch said she doesn't want the honour to be just about her.

"It will be a free-for-all. After me I think anyone can get it, but I don't think it should be a single goal for the team," Branch said.

She wasn't the only award winner at the Trenton, Ont., rugby 7s awards ceremony on Nov. 1. Chyenne De Luca, a fifth-year wing, is the OCAA League Scoring Champion. She scored a league-leading 31 tries, contributed to four converts and a penalty kick, the first in OCAA women's rugby 7s history.

Branch said she is confident that her teammates will be a strong force in the coming years but she'll be missed.

"She is unreplaceable, but she will succeed in what she does. She is the ideal athlete," Essue said.

She still has a long year ahead in her studies, but she knows she wants to remain in the sport in some way.

"I don't know what I will do after the season," she said. "I want to keep doing something with rugby whether it is playing or other ways. I played for Team Ontario and other select clubs.

"I may return to something like that," Branch said.



HUMBER ATHLETICS

Second-year player Christina Branch

Hawks drop Bronze qualifier despite opening round victory

John Grant
Jonathan Frasco
SPORTS REPORTERS

The Hawks have to console themselves with an at best fifth spot after losing the bronze medal qualifier in a 2-1 shootout to the Douglas Royals on Nov. 8.

The Hawks are defending back-to-back Provincial champs in 2018 and 2019.

Humber, who won the CCAA champs last year, will be fighting for the fifth spot when they face the Red Deer Kings on Nov. 9.

In a semi-final match versus the Vancouver Island University Mariners was met with cold weather and snow around the pitch, but those cold conditions wouldn't stop Humber from getting off to a hot start.

Hawks midfielder Nicholas Machado set up defender Julian DeSousa for the first goal of the match giving Humber a 1-0 lead.

VIU tied the game at the 64-minute mark with a goal from defender Cole Senchar.

Humber took six shots on net desperately trying to avoid a penalty shootout, but VIU held ground not letting Humber recover the lead.

Humber would have to overcome shootouts once again to return to the finals to defend their title but VIU wouldn't make it easy.

Defender Cody Green would bury Humber's first attempt but VIU's keeper would make the save on Humber's second attempt.

Both teams traded goals, but it was on Humber's final attempt that VIU's keeper would make a miraculous diving save sending the defending champions to the Bronze qualifier match on Nov. 8.

That save pushed the Mariners into the finals.

In a Nov. 6 game against Champlain Saint-Lambert Cavaliers, the Hawks came out on the winning side of a penalty shoot-out.

The Hawks started off the game playing very diligently, making the other team realize their prowess. Goals from Machado in the fourth minute and midfielder Max Ferrari gave the team a 2-0 lead early on in the first half.

However, Saint-Lambert did not falter and battled back, showing why they were competing in the quarter-finals. A goal in the 29th minute from Jared Leheta gave the team faith that they were still in the game.

The Hawks tried to hold onto

their 2-1 lead, but Saint-Lambert equalized in the 53 minute tying up the game.

The Hawks would later grab the lead, but Saint-Lambert showed resilience and tied the game, sending the game into a penalty shootout.

Both keepers would have to show their keeping abilities because the game would be decided with their keeping mastery.

Humber scored all their goals in the penalty shootout.

However, it was MVP of the game goal keeper Nicholas Frenati's save that won the shootout. He saved all but one shot.

Hawks head coach Michael Aquino said he was proud with the team's performance.

"I think the boys did very well came out with enthusiasm and energy," Aquino said.

A shattered Saint-Lambert team left the field, but their coach Mauro Di Ciocco had admiration for his team and how they battled back.

"They showed a lot of character all season," Di Ciocco said. "The game started off tough very early on, and they battled back, so I'm very proud of the boys."

However, he gave his praise to the Humber Hawks for being cool,



JONATHAN FRASCO

Michael Fayehun taking a penalty shot in match one of the quarter finals.

calm and collected while winning in the shootout.

"They got a lot of experience, talented players, a good group, and they are well-coached and organized, So I think they can definitely make a run for it again," Di Ciocco said Frenati,

who was named Man of the Match, showed precisely why the Hawks are a team to be respected.

"A lot of emotions in that penalty shootout and a lot of instinct," he said. "When you know where the first guy is going, it doesn't change."



JONATHAN FRASCO

Goal keeper Nicholas Frenati made the game-saving stop that advanced the Hawks to the semi-finals with a shootout win on Wednesday. The team then lost in the Bronze medal qualifier.

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