

HUMBER

Et Cetera

HUMBER'S STUDENT NEWSPAPER

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Father of murdered student said his son was gifted, had no enemies



COURTESY OF FAMILY

Ernest "Kosi" Modekwe's father says he was a loving, gentle giant.

Elesha Nicholls

LIFE REPORTER

Okwii Modekwe moved to Canada because he believed it would be safe for his family. Now, he vows to be in court every day until his son's killers are caught.

Ernest "Kosi" Modekwe, 28, who was a Humber Advertising and Marketing Communications student, was gunned down during the long Canada Day weekend on Peter Street.

He was at Cube night club in downtown Toronto in the Entertainment District to celebrate a June 30 party. Unfortunately, this was his last night out. He was shot outside of the club in what police are calling "a brazen daylight shooting."

Jahvante Smart, 21, better known as Toronto rap star Smoke Dawg, also died in the shooting. A woman was wounded during the shooting.

Okwii said he left Nigeria to flee violence and raise his family in

a peaceful environment, only for his son to later become a victim of Toronto's gun violence. He is asking those responsible for his son's death to turn themselves in to authorities.

Toronto Police issued first-degree murder arrest warrants for two people, a 16-year-old male and Abdulkadir Handule, 22, in connection to the slayings.

"When they are arrested, I will be in the court for everyday of that proceeding and that is when I will address my issue with them because we cannot live our lives in fear," Okwii said.

"People in Toronto right now are living their lives in fear and we can't continue that way."

To the Toronto hip-hop community, Ernest was better known as Koba Prime, a music brand manager who was part of the collective called "Prime," which brought music and fashion together. The collective is also credited for coining the phrase "The 6ix."

Ernest was a graduate from the

University of Toronto where he studied criminology and political science.

He then went on to attend Humber Lakeshore, where he took marketing to help further his career.

"Ernest was very skillful in whatever he did, from a young age we were told by teachers that he was gifted. By high school he was tutoring his peers," Okwii said.

He grew up in the shadow of Lakeshore campus, attending Seventh Street Junior School, and then Second Street Middle School. He was captain of the basketball team at Father John Redmond Catholic Secondary School and Regional Arts Centre.

Ernest was set to launch his own clothing line on July 10, but was slain just days before.

"My son was very caring and loving, and helpful," Okwii said.

"He loved his other siblings and took care of everyone. People called him the gentle giant, he had no enemies."

New five-year sustainability plan highlights economic performance

Christina Roxborough

LIFE REPORTER

Sustainability is one of Humber College's core values and it's planning now to become greener in the future.

Humber has implemented a five-year sustainability plan, which guides the college's actions. Their three key areas include environmental stewardship, social equity, and economic performance.

From transportation to curriculum, Humber is planning to grow a more sustainable future.

The previous 2014-2019 sustainability plan comes to an end in December and the new five-year plan begins in January 2019.

As the new year approaches, Humber is still in the development process of the new plan.

"We aren't sure what is going to be in the new plan, how it is going to change as it is entirely shaped by idea, contributions, and desires of our community," said Devon Fernandes, Sustainability Specialist at Humber.

"We highly encourage all members of the Humber Community to have their voice heard and share

what they'd like to see done in regards to sustainability at Humber," he said.

The five-year plan is getting shaped from feedback Humber has collected from college stakeholders, including students, staff and faculty, who can add their contributions online.

Over the last years, the previous five-year plan helped to accomplish some of the set goals, such as reducing energy and water consumption on campus and constructing buildings that are more efficient.

Continuing renovations from the previous plan was also part of the new plan.

"You can have a value and put it in a document. But if you don't have a plan on how you're actually going to accomplish it, then it kind of means nothing," said Lindsay Walker, manager of the Office of Sustainability at Humber.

"Without a plan, we don't know where we are going," she said.

The community around Humber plays a huge part when making the new plan, Fernandes said.

"They'll engage and figure out how to do it with us, rather than it just being our office who manages that kind of thing," he said.

What is your vision for sustainability at Humber?
What would success look like...

Click on your team #
Brainstorm
Please capture all your ideas

HUMBER



CHRISTINA ROXBOROUGH

Erik Lockhart, facilitator, spoke to guests who attended about Humber's new five-year sustainability plan.



CHRISTINA ROXBOROUGH

Students at the sustainability plan event brainstorm the issues they would like to see improved on campus.

"We're in a bit of a state of affairs where things need to change and they need to change fast," Fer-

Fernandes said.

"We want to build our new Sustainability Plan for the next five

years and we need students, staff, faculty and the wider community's help," he said.

HUMBER
Et Cetera

Humber Et Cetera is the Humber College journalism program laboratory newspaper. 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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205 Humber College Blvd.,
Etobicoke, Ont., M9W 5L7

Editors

O'Niel B. Blair
M. Umair Farooq Khan
Kit Kolbegger
Ross Lopes
Justice A. McCormack
Gulled Omar
Michelle Rowe-Jardine
Kelvin Tran

Faculty Adviser

Rob Lamberti

Creative Adviser

Marlee Greig

@humberetc
etc.humber@gmail.com
humberetc.ca

Cover image

Paige McGowan

Back cover image

M. Umair Farooq
Khan



GALVIN ZALDIVAR

Students and staff pause and remember fallen soldiers at the Remembrance Day service in Guelph-Humbers atrium on Friday, Nov. 9.

100 years since WWI ceasefire

Galvin Zaldivar
NEWS REPORTER

A hundred years ago, the guns fell silent. A century later, Humber remembers.

This Remembrance Day marked 100 years since the armistice that ended the First World War.

Humber College held services across the campus on Friday, Nov. 9, to allow students and staff to remember the sacrifices of those who have served.

During the memorial at the University of Guelph-Humber, Dalton Beseau, a third-year Justice Studies student, said it's important to remember and commemorate the sacrifices of veterans and those still serving.

"I feel like it's really important to get out and say a couple words, it doesn't take very long," Beseau said.

Luke Ettinger, a first-year Media Studies student, read "In Flanders Fields" during the service. Ettinger said he wanted to take part because he couldn't attend local ceremonies back home.

"Remembrance Day has always been a tradition for my family ... we would always go to the local legion," the Nova Scotia native said.

Ettinger's great-grandfather served in the Construction Battalion.

During Guelph-Humber's service, as the final notes of the "Last Post" gave way to silence, the only noise was the sound of water trickling down the wall of plants in the atrium. At North Campus, the

mood was equally sombre as Carey French, a Humber Journalism professor, spoke again this year during the service.

He said Remembrance Day helps put the past in perspective for the future.

"I'm always heartened by the fact that when I look around and talk to the audience, it's a cross section of Canadians, it's people who've been here for generations, people who have been here for months," French said.

He said the emotional connection endures although there are no longer any living veterans who served during the First World War.

"It's just important to know that people like you and I made those sacrifices," French said.

During the service, he high-

lighted the untold story of those who suffered from Post-Traumatic Stress Disorder.

"We now know, that veterans, particularly young men under 24, are two-and-half-times more likely to take their lives than their counterparts in civilian life," said French, concluding the same could be said of earlier conflicts, up to and including the First World War.

French said naming Anita Cenerini as this year's National Silver Cross Mother closes the circle on bringing these hidden casualties to light. Cenerini's son, Pte. Thomas Welch, took his own life about three months after returning from front-line service in Afghanistan in 2004.

"I am proud to say that we honour them today," French said.

Suicide prevention training builds skills to save lives

Clement Goh
SENIOR REPORTER

At 9 a.m. on Saturday, Nov. 3, Humber held a suicide prevention workshop. The Applied Suicide Intervention Skills Training (ASIST) teaches participants steps to support people in crisis. Its main goal is bringing them to safety.

Suicide prevention instructor Brad Hutchinson started his lesson at Lakeshore that Saturday, and spoke to a class of 14 trainees interested in saving lives.

"You don't need any special skills," said Hutchinson. "You already have what it takes by being in the room, and being willing to spend a weekend to learn how to better help somebody with thoughts of suicide."

The workshop ran for two days and involved case studies and role-playing to help trainees who attended get out of their comfort zone.

By creating this tension, it simulates a real-life experience, which support workers face daily. Its most intense exercise involves giving somebody a reason to live in under five minutes.

Trainees paired up for the activity during the workshop, with one person attempting to help another

who is contemplating suicide.

"That's the biggest part - is getting past that first fear," said Hutchinson. He said he believes the role-playing exercises help people remember the challenge of convincing someone to live.

"Everybody did them — everybody was uncomfortable doing them. When you present that uncomfortable feeling, that gives them more courage and strength to an intervention," he said.

ASIST also puts the safety of helpers first. During Hutchinson's discussion, he laid out the importance of focusing on being able to help yourself before others.

Co-instructor and ASIST coordinator Paula Cordeiro said reinforcing support helps trainees remember they can also use their own mental health resources.

"And within the ASIST two-day process, we find that it's a balance between challenge and safety," said Cordeiro.

"It's so important, it's critical and it teaches and offers these life-saving skills and tools and it's very strength-spaced and capacity-focused," she said. "And it focuses on people's needs and that's why it's so applicable to any situation around the notion of suicide."



CLEMENT GOH

Trainees graduate from the weekend-long ASIST workshop at Lakeshore.

Hutchinson and Cordeiro are former Humber students who graduated from the Police Foundations Program.

Now, they continue supporting individuals in crisis at The Gatehouse, a safe space providing therapy and crisis support within walking distance from Lakeshore.

"There's a certain optimism within the Humber environment, that people are setting off in their journey," said Hutchinson.

"They really feel like they can do

something good in the world and I really felt that with this group. That they really feel that they can help," he said.

For anyone experiencing thoughts of suicide or in need of support, one can call Humber Lakeshore Student Services at (416)-675-6622 x3331 and The Lifeline at (416) 408-4357.

One can also visit The Gatehouse near the Lakeshore campus itself at 3101 Lakeshore Blvd. W., or call them for guidance at (416)-255-5900 x222.

Lockdown drills vital for student safety on campus, security says

Hamza Khan
LIFE REPORTER

Humber is conducting lockdown tests at its campuses to prepare for the worst.

Lakeshore campus had its lockdown exercise on Nov. 12 while Orangeville campus has its trial set for Nov. 20. The lockdown drill at North campus — which includes the University of Guelph-Humber — was cancelled and rescheduled for next term. Rob Kilfoyle, director of Public Safety and Emergency Management, said lockdowns are an important — although troubling — facet of modern life.

"Unfortunately in this day and age, an active shooter threat is real," Kilfoyle said.

He pointed out the recent shooting in the nightclub at Thousand Oaks, Calif.

"Look at the shooting the other night at the club in California. These things can happen, and Canada isn't immune," Kilfoyle said.

The possibility of a threat will always be there, he said.

"While we think the risk is low, the possibility is it could still happen. It's important that we have procedures, and that we drill them and educate people on what to do," Kilfoyle said.

He said the goal for these practice lockdowns is to maximize participation.

"Ultimately we hope that people will participate fully and learn something from it. Not everyone has first-hand knowledge on what to do," Kilfoyle said. "We hope people who haven't had the experience know what to do and know that the college has procedures to deal with it."

"The number one concern usually is that students in particular don't take it seriously. We try our best to concern folks to participate, it's 10 minutes out of their day," he said.

"We've made adjustments through facilities to have that looked at," Kilfoyle said.

During preparations, information is sent out to faculty and staff, he said.

"I'd like to think they have the opportunity to be informed. We train them and send out information to all faculty and staff to remind them of what their responsibilities are during a lockdown, so I'm hopeful they have a good understanding of it," Kilfoyle said.

Professor tackles miscommunication in celebrity culture, science

Kaitlyn Kack

SPORTS REPORTER

Timothy Caulfield, a Canada Research Chair in Health Law and Policy, said the influence celebrities have on society can result in damage on those who look up to them.

He told a Humber audience on Nov. 4 that misconceptions were being spread about health, dieting and even personal hygiene. He said it was part of a clash between celebrity culture and science.

Caulfield, who is also a Professor in the Faculty of Law and School of Public Health at the University of Alberta, devoted his studies to the ethical issues of medical research and pseudoscience.

"I think you can make an argument [that] never have we seen so much misinformation being spread," he said. "It really speaks to the need for more critical thinkers."

In Caulfield's lecture, he continuously brought up celebrities who preach medical procedures, both ancient and modern, that have been scientifically proven to be either ineffective or more hazardous than healthy.

"I hear it every day on my Twitter feed, it's ancient, it's been around forever, and therefore it works, which is not necessarily the case. This may be a reason to investigate it more but it doesn't prove its effectiveness," he said.

Caulfield covered an ancient medical procedure known as the phenomenon of cupping, where

special cups are applied to the skin to create suction and is said to help with pain, inflammation, blood flow, relaxation and well-being as a type of deep-tissue massage.

This is a therapy many celebrities and athletes have preached about working for them, from Prime Minister Justin Trudeau to Olympic swimmer Michael Phelps. Caulfield said there is no scientific evidence that shows cupping works.

"Just because something has been around for a long time, does not necessarily mean it's efficacious," he said.

Caulfield also credited one celebrity in particular for helping him with his studies and writing a national bestseller.

"Thank you, Gwyneth," said Caulfield, after joking that Gwyneth Paltrow, an actress and socialite, is the reason his book became so successful.

In his award-winning book, *Is Gwyneth Paltrow Wrong About Everything?* Caulfield tried out celebrity-recommended beauty routines and debunked them, giving the scientific side to each procedure.

Paltrow owns a Goop, a website that has wellness newsletters and also collaborates with high-end fashion brands to sell merchandise.

"On this website, she gives a whole bunch of ridiculous bits of health advice," said Caulfield about Paltrow's website. "I go on it every day. I know what she's up to. It's always something wacky."

Paltrow has faced criticism for

promoting and selling products and treatments that have no scientific basis and are recognized by medical establishments as harmful or misleading.

Caulfield said many of these misconceptions could be avoided if people just thought critically before going through with these treatments.

Nathan Radke, professor of Cultural Theory, emceed the event and said he teaches the same ideas of critical thinking that Caulfield spoke about.

"This lecture is so important because it teaches the dangers and the effects that pop culture have on society," he said. "I've been covering the importance of critical thinking in my conspiracy theories course, it's crucial."

Caulfield also spoke about celebrity culture and vaccinations. With celebrities like actress Jenny McCarthy claiming vaccines cause autism in children, vaccination rates have significantly dropped.

According to a study published last year by PLOS Currents, a health research website, about 27 per cent of Canadian parents have some degree of vaccination hesitancy that is tied to the autism myth.

Caulfield said, however, vaccines have helped more than they harmed.

"I think you can make a very strong claim that vaccines are the single greatest achievement of biomedicine. They save millions of lives every single year," he said.



KAITLYN KACK

Prof. Timothy Caulfield tells a Humber audience about the importance of critical thinking during his lecture about anti-vaxxers at Humber College.

Caulfield said the World Health Organization announced an outbreak of measles in the United States and Europe. He said this was due to the misinformation that celebrity anti-vaxxers offer the public.

Kathy Blain, a second-year student in Humber's paralegal program who is also a mother, said vaccinating her children just seemed

like the obvious thing to do.

"I had all my vaccinations done so it felt like the right thing to do in getting my kids vaccinated," she said.

"Not just because they have to be vaccinated for school or extra-curricular activities, it's mainly and most importantly about their health. That's what really matters here."

Romeo, wherefore art thou, Romeo, the non-venomous blood python?

Denissa Palmer

LIFE REPORTER

A menagerie of animals — from a python to things presumably cuter — are being shown at Lakeshore campus to help students destress.

The final showing at the campus is scheduled for Nov. 27 between 10 a.m. and 2 p.m. in A170.

During the past month, IGNITE brought the city zoo to students during the mid-term season this semester.

One animal that received much attention during the event was Romeo, a 13-year-old non-venomous blood python. Other animals shown included Cramer and Beans who are both guinea pigs. Cramer, however, is a rare hairless guinea pig with a little gold beard.

There were also Boris rabbits named Smokey and Pearl, who are married, and finally an active red-footed tortoise named Poppy.

"She's [Poppy] really excited and very active," said Rachel Madina, volunteer at Pawsitively Pets for the last three years. "I'm happy to see her finally like this because the first time she came, she was really quiet and sat in a corner for most of the day."

Pawsitively Pets is a hands-on animal education program located in East York. Humber had teamed up with them to bring this event to students.

Their animal team is filled with different breeds that have been rescued from places all over the world.

Dundi, a leaf-tailed gecko, for example, came from Madagascar. Now he spends his afternoons hanging off the finger tips of Humber students and Pawsitively volunteers like Madina.

James Pryce, final-year graphic design student, said he makes it his duty to come by and visit these animal friends.

"School is hectic. Life is too, honestly," he said.

"My parents have always been against having pets in the house, so this is my chance to get spend time with them," Pryce said.

He said he usually has classes until at least 6 p.m., and that is followed by his part-time job at Best Buy.

"Honestly, some days I really do feel like just sitting at home and just not coming back, but I've already done most of it and my parents wouldn't be the happiest," he said.



DENISSA PALMER

Romeo, the non-venomous python, enjoys some sunlight and backrubs from students at Humber College. Beans, the guinea pig, and Poppy, the red-footed tortoise also made an appearance.



ZAINAB ZAMAN

Asian countries including China, Japan and South Korea have warned citizens about smoking weed in Canada even though it is now legal.

Some international students warned against cannabis use

Zainab Zaman
NEWS REPORTER

International students who smoke legal weed in Canada can possibly face charges in their home countries.

Marijuana users in Canada celebrate the legalization of the green plant, but many foreign governments are not as excited.

Countries like China, Japan and South Korea are reminding their citizens to avoid lighting up when overseas.

The South Korean embassy in Canada released a statement on Twitter a day before the legalization of marijuana, advising its citizens not to smoke weed while visiting Canada.



As an international student living abroad I still have to respect my home country rules, but if I really want to smoke weed in Canada I would.”

AHRANG KIM
INTERNATIONAL STUDENT

“Even if you are in a legal cannabis area, you will be penalized for committing a criminal offence,” they said.

The Canadian Bureau for International Education released a 2017 infographic that showed 24,726 Koreans with student visas are living in Canada.

“As an international student living abroad, I still have to respect my home country’s rules, but if I really

want to smoke weed in Canada, I would,” said Ahrang Kim, a media studies international student from South Korea.

The Chinese consulate in Toronto released a statement reminding Chinese students “to avoid contact with and use of marijuana for the sake of ensuring your own physical and mental health.”

The Korean police are planning a meeting in Canada with Korean students and residents to talk about the dangers of smoking marijuana.

The use of cannabis for personal and recreational use is now legal in Canada. However, with that comes new rules and regulations, surrounding impaired driving.

The new rules mean penalties that could lead to the deportation of international students and tourists from Canada or up to 14 years in jail.

Surprisingly, Humber students have been following the rules of not smoking cannabis on campus.

“We haven’t noticed any notable difference in the use of cannabis on campus, people are being more respectful and alert,” said Rob Kilfoyle, the director of Public Safety and Emergency Management.

Humber will be going smoke-free in January however, with the banning of cigarettes, e-cigarettes, and cannabis.

“[If] students comply with the rules, we get any trouble,” Kilfoyle said.

“Being impaired by marijuana is against the law, we advise people to not come to class high because it impairs their ability to do their best,” Kilfoyle said. “Follow the rules when you’re here in Canada at least.”

Jamming with rock band from B.C.

Kehinde Akanbi
NEWS REPORTER

British Columbia-based indie-rock band Towers and Trees performed live at Humber College North’s Café LinX and students are hoping they will see more of them in the future.

The Nov. 8 event was hosted by Radio Humber at the Café LinX. Towers and Trees first gained recognition in 2013 after making waves in the Victoria indie scene, which won them Band of the Month on the Zone 91-3, a Vancouver Island radio station. They then participated as a top 20 finalist in the Peak Performance Project which was the largest artist development program in Canada at the time.

Their second album, *The West Coast*, was released in 2015 during their first Canadian tour. Jesse Boland, the band’s drummer, said they know they aren’t the most popular band, especially in a big city like Toronto. He said they are going to do everything they can to make sure that people have a great time.

“Making sure that people don’t regret coming to our shows and events has always been our first priority every time we perform,” he said after the show. “We hope everyone who came to the show had a great time and we hope Humber College will have us again.”

Performing in a big school can be intimidating sometimes, but lead guitarist Dave Zellinsky said there



KEHINDE AKANBI

B.C. band Towers and Trees performs at North’s Café LinX on Nov. 8.

is no pressure at all. The band just wants to make sure people have fun and make great memories, he said.

Melissa Johnson, a first-year photography student, said this was her first time seeing Towers and Trees live. She’s heard about them through her friends, and hopes they can keep coming back to Humber.

Even students from the University of Guelph-Humber came to see the band.

“I’m one of the biggest fans of Towers and Trees,” said Ashley Clark, a first-year nursing student at the UGH. “I’ve only ever seen them live once so I was really excited when one of my friends who goes to school here told me that they will

be performing live here.”

“I really hope that we our get a chance to see them at our school,” she said.

LinX is frequented by students to relax and have fun with their friends. It’s filled with board games, a ping pong table, pool tables, and it sells a variety of beverages and delicious snacks.

“I love coming to the Café LinX, I come here almost everyday after am done with my classes to have fun and sometimes just to relax,” said David Thompson, a second-year business administration student at Humber College. “I also come here for the poutine which by the way I think you would love if you try it.”

Lit reading connects author with fans

Comfort Adefowora
LIFE REPORTER

The English Department at Humber College recently put together a Literary Reading event for students, which tookplace at Lakeshore Oct. 31.

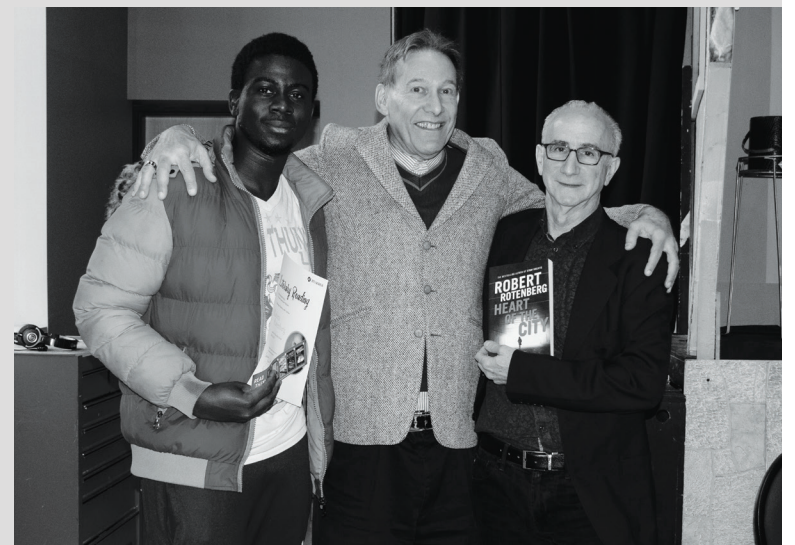
Robert Rotenberg, the author of the book *Heart of the City and Old City Hall*, is also one of the top criminal lawyers in Toronto. The alumnus of Humber’s writing course returned Oct. 31 to introduce his books to the students and writers who attended the event.

A reading session is an opportunity for the author to not only introduce and read the book, but also to get to meet their audience.

The significance of these sessions, according to Rotenberg, is getting to know the people who truly enjoy the work that was put into writing the book.

The readers and writers also gain some learning experience during the event since they get to watch an author explore the process of writing a book.

Rotenberg said students can learn and see what they can become through hard work.



COMFORT ADEFOWORA

From left, Jason Oduro, Art Foundation student, Robert Rotenberg, author of *Heart of the City*, and Ben Labovitch, Humber English professor.

“I’ve got four other books and that’s my fifth book, they are all the same characters,” said Rotenberg. He compared his books to a Netflix series, and said readers can follow up on the developing characters through his novels.

Jason Oduro, an Art Foundation student, said he loves to write and since he read Rotenberg’s books, he couldn’t wait to meet the man.

“My professor informed us about the event, but for me it was

deeper than that because I write on the side, and I never thought I would be able to meet an author,” Oduro said. “This has been a great opportunity for me.”

Oduro said he intended to make connections with the author. Rotenberg said he saw the fire that drives Oduro passions and didn’t hesitate to offer him an opportunity for an internship.

Successful writers are a result of good readers, Rotenberg said.

Giant whale sculpture makes a splash by the lake

Clement Goh

SENIOR REPORTER

Spyro the whale — a sculpture of a whale's tail burdened with the message about plastic pollution in oceans — has moved. Over the summer, Spyro was found around North campus, but now it resides at the Lakeshore Grounds Interpretive Centre.

Inside the sculpture are hundreds of water bottles. The tail represents the overwhelming waste found on Humber's campuses.

Spyro was created by the Office of Sustainability and is part of its "Take Back the Tap" campaign.

The initiative promotes alternative sources of water. The 360-degree exhibit encourages students to stop using single-use plastic bottles.

"It's a bit of a lifestyle change, and so it takes some time, some practice and commitment," said Jennifer Bazar, Curator of Lakeshore's Interpretive Centre.

She said the whale is part of Humber's move to ban disposable water bottles by 2022. In the months leading up to the new semester, both campuses asked students to recycle their bottles.

A lot of the recycled bottles created Spyro.

"All the plastic water bottles that are inside Spyro — they've all been used here at Humber College," said Bazar.

"They were collected, and are only a fraction of what we collect on an annual basis."

Eryn Fletcher, a third-year student in the International Development program, said she recognized the large whale from its earlier debut at North campus.

"It's pretty intimidating. It has a big message of conserving water



A heap of discarded water plastic bottles fills the wooden tail of Spyro.

bottles and different things, so it has a big impact and it can speak to students that way," said Fletcher.

Fletcher said she connects with Spyro's goals to clean up the environment, one reusable container at a time.

"It has more motivation for me to do my part in conserving the plastics that I use, and reducing them in my daily life," she said.

A recent study by statistics company GlobalData said more than 50 per cent of consumers are motivated to buy reusable products.

Bianca Scotland, the Lakeshore principal's assistant, said her long

shifts on campus are fueled by keeping a water bottle within arm's reach.

"A lot of the time if you're at the desk in your office pretty much from nine-to-five, I think it's important to have good access to water and that means keeping yourself hydrated," she said.

Scotland said people needed to be mindful of what kind of container they kept that water in.

"Are you using a reusable glass, or a disposable cup? That might kind of be a point of reflection that we all need to think about being as sustainable as possible," she said.



SYDNEE WALCOTT

Gloves, mittens, scarves and more were among lost items sold for charity.

Lost and found sale funds fundraiser for United Way

Sydnee Walcott

LIFE REPORTER

Items that were lost will now have a new place to call home.

During the semester, students sometimes lose items — which can range from pencil cases, water bottles, USBs, keychains, jackets and even chargers for electrical devices.

Instead of throwing them out, Humber decided to give these items a second chance and sell them at their third annual White Elephant Sale.

The sale was held at the Lakeshore Campus on Oct. 31.

The White Elephant Sale is a collection of used items being sold, often as a fundraiser for a cause. Items that weren't sold during the sale will be given to the United Way as part of the United Way fundraising campaign.

The term "white elephant" is

based on the legend of the King of Siam, who gifted rare albino elephants to courtiers who had displeased him.

The white elephant was an extravagant, but burdensome gift that could not be easily disposed of though the owner might be ruined by upkeep costs.

"It's really sustainable because we're re-using things that we already have," said Seeret Samra, the event coordinator and the community liaison at Humber College.

Samra said the items will be sold to students on a pay-what-they-can basis. Small items such as pencil cases and water bottles, were sold for a dollar or two, while items such as chargers were sold for up to \$20.

The White Elephant sale takes place twice a year, once per semester and usually raises around \$250 to \$300.

Tour shows visitors nature and development at Lakeshore campus

Madi Raye

NEWS REPORTER

It's not your typical walk in the park as participants are guided through the historical features of the Humber Lakeshore Campus.

The Humber College Interpretive centre gathered curious visitors for a tour of the Colonel Samuel Smith Park at the Lakeshore campus on Nov. 8.

The monthly tours are offered by Jennifer Bazar, the curator of the Lakeshore Grounds Interpretive Centre. Bazar shared her extensive historical knowledge with the group, providing insight into the past.

Nadine Finlay, a tour guide and part-time worker at the centre, led the group with Bazar through the park, briefing them on the history of the area.

Finlay and Bazar began by sharing the history of the Power House.

"The Powerhouse was built by the male patients of the psychiatric hospital in 1937. The red brick cottages were built in 1888 and are original to the Lakeshore Psychiatric Hospital," Bazar said.

The hospital was divided by gender, where men and women slept in different areas while staying in gender specified gazebos.

"They liked to segregate the male and females for the entire history of the hospital, up until 1974," Finlay said.

The women's gazebo is no longer standing; the only piece remaining is the octagonal concrete base, but the men's gazebo is still in good condition.

Drifting down the path away from Humber, the history becomes man-made, newer and more recently developed. Finlay, standing in open field, told the group the area used to be a wasteland and is now a nature conservation area that

is home to several types of birds.

Friends of Smith park, a local community of residents and park users dedicated to helping the park, made and donated several birdhouses to the area.

"It's a special kind of place, and you don't want to stand up close to the boxes and peer in because your invading their habitat at that point," Bazar said.

Down by the lake lies the Lakeshore Yacht Club, which opened in 1991.

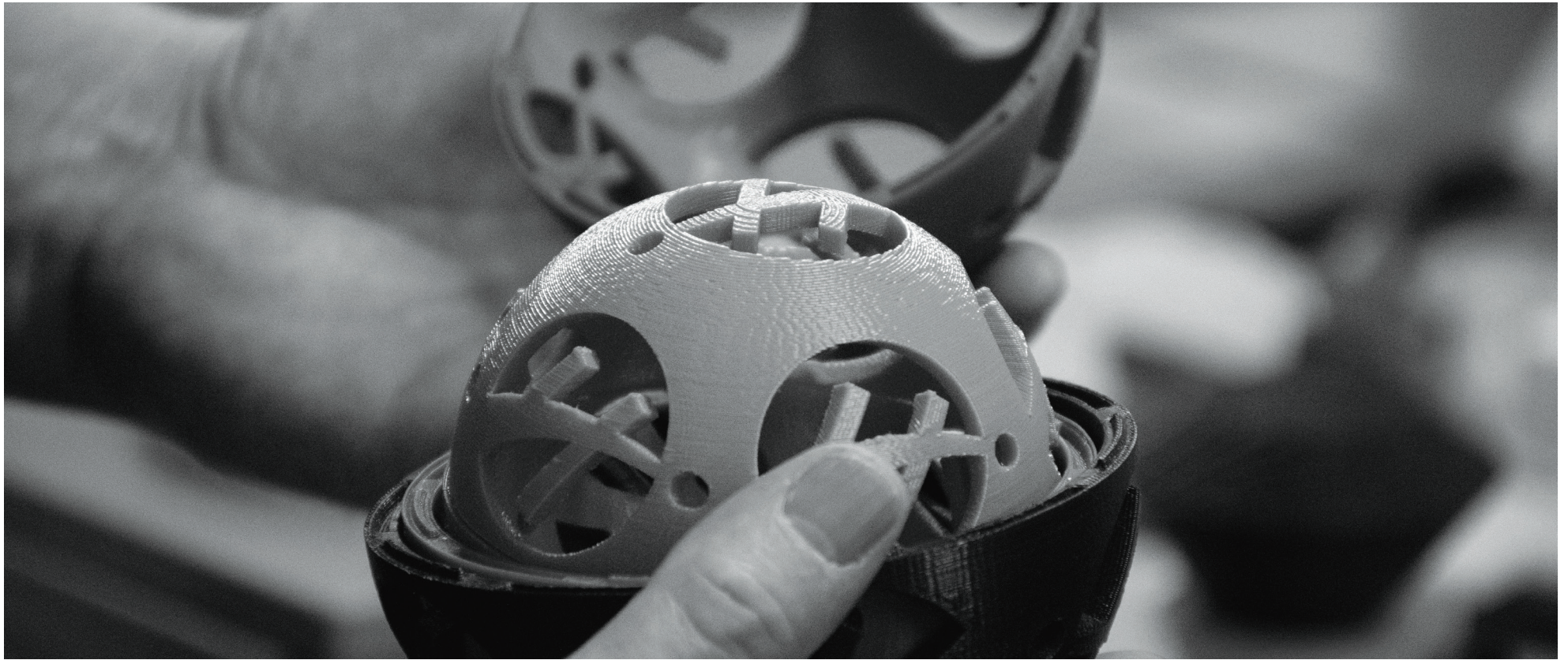
"I was pleasantly surprised, I've always lived in Etobicoke and I've been down to the skating rink and to the others parks, but no I didn't really know anything about here," said Anne Ginou, a visitor to the park and a guest on the tour.

Bazar and Finlay told the group that the people who lived during the time of Colonel Samuel Smith and the psychiatric hospital helped contribute to the park's history.



MADI RAYE

People in the group pause to observe nature in Samuel Smith Park.



JEREMY YUDIN

Humber Lab technician Anthony Nyman holding a 3D printed layered plastic ball which can be taken apart and reassembled. This was made by students in the N basement labs.

Humber agrees to print in 3D in new partnership

Jeremy Yudin

BIZTECH REPORTER

Humber College and Cimatrix Solutions, a manufacturer of 3D design and printing technology, agreed to a five-year partnership focusing on training students to operate advanced industrial 3D-printing equipment.

Along with an initial donation of \$300,000 towards equipment, Cimatrix will be Humber's top partner in additive manufacturing, which is technology for developing 3D objects. Cimatrix will work closely with college students and other additive manufacturing companies at the new Barrett Centre for Technology Innovation (Barrett CTI).

Farzad Rayegani, the Dean of the school of Applied Technology at Humber, said additive manufacturing is a new technology and is different than traditional manufacturing.

Additive manufacturing is the process of joining materials to create objects from 3D model data. Regular manufacturing uses physical building materials, like plastic, metal or even human tissue.

"We are learning from each other from an industry perspective to see how we can use additive manufacturing to teach all the students when they go out in the industry to have that skill and competency in 3D-printing," Rayegani said.

Technology will be shipped to the Barrett CTI throughout the duration of the five-year partnership.

He was the former chair on the additive manufacturing committee of the American Society of Mechanical Engineers (ASME). ASME is the biggest engineering society globally. Rayegani's role was to lead 3D-printing challenges for students

around the world, he said.

Rayegani said he is trying to implement revolutionary technology into the curriculum of several programs including mechanical engineering, the electronics program, and industrial design. Theoretically, the technology can be used for any program that involves the process of developing a part or product, Ravegani said. For example, health sciences can use 3D-printing for developing biotechnology.

The partnership between Rayegani and Cimatrix Solutions goes further back than just this partnership. The two were partners in 2012 and the relationship has grown into what it is today.

"When I came to Humber, I brought Cimatrix here to contribute to the Humber community," Rayegani said.

To encourage the use of the technology, Cimatrix will work with Humber to assign students 3D-printing projects, and will award scholarships. The contest is supposed to give students a reason to learn the skills of additive manufacturing, Rayegani said.

An estimated donation of \$50,000 will offer \$10,000 to each winner of the contest over the next five years.

Students will be using the Barrett CTI as a platform for their work. Expected to be completed by January, the building will integrate new learning pathways and opportunities for students, faculty, and industry experts to work together, and use the latest technology to solve real-world business challenges.

Kirsten Janeteas, education director at Cimatrix, said the new centre will strengthen the company's relationship with Humber.

"What the Barrett CTI enables

is for the applications knowledge that's required both by students and industry to be demonstrated in real world projects," Janeteas said.

Her role is to work with academic institutions across Canada to understand the abilities of additive manufacturing and to bridge the gap between industry needs and student preparedness.

Janeteas said she believes the partnership will be very important to students.

"You know, [the partnership is]

not for the importance for Cimatrix, it's for the importance of Humber students and to the companies that engage with the Barrett CTI," Janeteas said.

Anthony Nyman, a lab technician at Humber, said he can see the benefits of this partnership for students.

"Any time Humber makes partnerships like this with companies, if it results in new equipment and students being exposed to new technologies, that can only be good,"

Nyman said.

Several other technicians including Nyman look after the labs to make sure the equipment is running and occasionally build machinery during the summer.

He said he is satisfied with the deal but still has dreams of bringing more tools to Humber.

"I've heard discussion that at some point it would be nice to have metal 3D-printing but that's very costly so I don't know if that's a possibility or not," Nyman said.

A date with Data 2.0

Pirasanth Gunasekaram

BIZTECH REPORTER

Canada's most prolific investigative reporters, developers, coders and data advocates are participating in a data journalism symposium hosted by Humber college.

Data Driven 2.0 held Nov. 16 at Google headquarters on Richmond Street in downtown Toronto is the second annual symposium for the event.

Nooreen Hussain, the research project coordinator for the School of Media Studies at Humber, said there will be a variety of segments during the event like a conference, guest speakers and interactions with other journalists.

She said data has become very important to journalism.

"We have a [session] called the Data Driven Show and Tell which will bring in some of the best data journalists and breakdown what their favorite data projects in

2018 were," Hussain said. She said data is often the starting point in story research.

Another segment includes Carolyn Thompson, a freelance journalist, who will be there to talk about challenges of pursuing data in countries such as South Sudan and in Kenya.

CBC's Valerie Ouellet, a senior data journalist, and William Wolfe-Wylie, a senior developer, will also be there to talk about their undercover investigation of how Ticketmaster was helping scalpers sell tickets.

There will be other segments in the event such as the Data Driven Startup where there will be the opportunity to talk to journalists about data.

David Weisz, a journalism professor and one of the organizers for the event, said Google Toronto is letting Humber use its building for the event because of him.

"I've personally known the people at Google Canada and Google

News Lab for several years," Weisz said "I asked them if they were willing to let us have it [at their offices] and they said yes."

Andrew Ainsworth, the School of Media Studies and information Technology Associate Dean, said data is important to journalism because it is a part of today's culture.

"With the availability of large data sets from public or private organisations or through actual data gathering we [are] able to analyze data and tell [stories] with the information we have that we weren't able to do before," Ainsworth said.

Weisz said finding data is another way to understand the world.

"Journalists have to keep up in order to report on what is basically becoming the digitization of everyday life," Weisz said.

This one-day data journalism symposium will take place from 9 a.m. to 6 p.m. on Friday, Nov. 16, 2018.

Art installation marks history of Indigenous land



Kit Kolbegger
SENIOR REPORTER

A new series of art installations at Humber College's Lakeshore campus are designed to remind students and faculty of the long history of the land it sits on.

Pictured left is Gabekanaang-ziibi "mouth of the river", part of the Courtyard Trail.

Another part of the trail is Adoobiigok "place of the alders". A statement on the exhibit's website explains Adoobiigok was what the Mississauga Ojibwe called the Etobicoke River. The name was eventually anglicized to Etobicoke.

Anishinaabe architects Ryan Gorrie and David Thomas are design co-leads for the project.

Indigenous Cultural Markers at Humber are part of Gorrie's participation in UNCEDED: Voices of the Land, a North American architectural showcase of Indigenous work.

Other art is featured around the Lakeshore campus. A piece called Anishinaabeyaadiziwin Miikana will be on display in the Barrett Centre for Technology Innovation at North Campus when it opens next year.

CLEMENT GOH

Fashion and sustainability partner for Eco Closet clothing sale

Druv Sareen
NEWS REPORTER

Humber is helping students dress for success and teaching them about sustainability with its upcoming Eco Closet event.

Students, staff and faculty will be able to visit the Learning Resource Commons on Nov. 21 from 10 a.m. to 2 p.m. and purchase gently used business attire at a discounted rate. All proceeds from the event will go to the charity Youth Without Shelter, an Etobicoke-based emergency shelter and referral service for youths.

For those that already have business attire, clothing donation bins for the event can be found at the Office of Sustainability and in the Fashion Resource Room until Nov. 16. Event organizers say they are currently looking for more blazers and business pants in a wider array of sizes.

Humber fashion students will also be on hand at the event to offer style tips. Attendees will be able to build a business-appropriate wardrobe without breaking their budget.

Second year fashion student Tenae Atkinson said she knows about the cost-related stress of dressing for interviews.

"We are all going into the working world after this, you know internships and actual jobs and most people don't even know where to start," Atkinson said. "You know it's really expensive to go out and buy a suit."

Anke Föller-Carroll, a professor

in the School of Hospitality, Recreation and Tourism, said feeling comfortable and dressing appropriately is an important part of any interview.

"It's paramount. Not only showing up and looking a certain way, but not worrying about the way you look makes you perform so much better," Föller-Carroll said.

The Eco Closet event is being organized by students from the Fashion Arts and Business program with collaboration from the Office of Sustainability and other departments across Humber.

Clothing waste is a growing area of concern in the fashion industry. Rachel Leblanc, a second-year fashion student, said sustainability is important to her and her classmates.

"You don't realize how much waste actually goes into the process of the fashion industry. With that being said it's something near and dear to our whole program ... and definitely something we need to work on in the future," Leblanc said.

Devon Fernandes, Humber's sustainability specialist, said he's glad to work with passionate students.

"I've talked to quite a few students in that program and it's something that's important to them. So, it's kind of a natural collaboration with our departments," he said.

"The Office of Sustainability is always looking to collaborate because sustainability just doesn't look at the environmental impact, it also looks at how we can engage people to talk about issues," Fernandes said.



DRUV SAREEN

Second-year Fashion Arts and Business students sort clothing donations for the Eco Closet event they will run. The Recycling Council of Ontario says that the average Canadian throws out about 37 kg of textiles every year.



DRUV SAREEN

The World Wildlife Fund says it can take 2,700 litres of water to make a cotton T-shirt, or around 5,400 bottles.

Men's, women's basketball teams dominate Bruins



Humber Hawks point guard Leticia Lopez receives an outlet pass and searches for an open teammate as the Sheridan Bruins' Courtni Martin races towards her in their game on Nov. 7.



The Hawks women push the ball past centre court to make a fast break.



Hawks varsity guard Zach Marcelline drives down the middle for a layup.



Hawks' Micqueel Martin soars over the Bruins' defence for an easy bucket. The Hawks won 81-78 in a game.

ALL PHOTOS BY PAIGE MCGOWAN

For more photos and the story, see page 13

EDITORIAL

Government opens for business, shuts out workers

Premier Doug Ford's introduction of Bill 47, the Making Ontario Open for Business Act, shows that his catchphrase, "for the people" comes with a caveat.

The Premier is "for the people," alright, but only for the select few standing on the greener side of an ever-widening income gap.

Bill 47 passed its first reading Oct. 23, and will allegedly allow businesses to prosper while being free from pesky things like employment standards and fair wages.

Under the former Liberal government of Ontario, minimum wage was poised to hit \$15 on Jan. 1, 2019, as

part of Bill 148, the Fair Workplaces, Better Jobs Act.

But Ford's introduction of Bill 47 includes freezing wages at \$14 until 2020.

Ford is delivering on the first of many promises he made during his campaign to help businesses — the ostensible underdogs in Ontario.

He lent his voice to a chorus of doom-sayers making predictions of job losses and declining investments last year just before the minimum wage was increased to \$14.

The Ontario Chamber of Commerce also predicted nearly 200,000 jobs would be lost and businesses would suffer about \$23 billion in

losses.

Data showed these catastrophic estimates were largely unfounded just six months after the minimum wage was increased.

The unemployment rate in Ontario dropped to 5.4 per cent in July, the lowest it had been since 2000, according to Statistics Canada.

The Ford government however, continues to press on with this narrative that it's the businesses that are being oppressed and taken advantage of.

The "regulatory burden[s] on businesses must be reduced to pave the way for job creation and new invest-

ment," Minister of Finance, Vic Fedeli said in a press release.

The proposed amendments to Bill 148 are showing that not all of these supposed new jobs will be created equal.

In addition to freezing the minimum wage, the Ontario government has also decided to roll back several of the previous government's advancements in employment standards, including those designed to alleviate stress on industries that have been plagued by precarious work and exploitative working conditions.

These include equal pay for equal

work, which guarantees the same wages will be paid to employees performing the same job regardless of employment status.

Ford is also trying to cancel two weeks of vacation for part-time workers and revoke the two paid sick days the previous government implemented.

Businesses can't have part-timers taking time off. They're too valuable as cheap labour.

Between stagnating wages and no paid time off, Ontario will be open for business because the employees can no longer afford not to show up for work.

OPINION

The marvelous Stan Lee: the genius that made a world of difference for multiple generations



Clement Goh
SENIOR REPORTER

I was six when I first saw the original Spider-Man movie in theatres.

By then, I had already enjoyed staring at him in comics. Drawing him on paper was a fantasy, but until the movie, he was always frozen in red and blue crayon.

The coincidental timing of the 2002 film broke that limit of my imagination.

Because it was live-action, I believed the pictures I created turned into real-life figures saving the world. By some measure, my own storytelling efforts were answered by Spidey co-creator Stan "The Man" Lee.

Maybe it was true for him too when in 1939 as a teenager he walked into office that housed what was then Timely Comics — the precursor to Marvel — owned by his cousin Martin Goodman. Surrounded by artistic talents like Captain America creators Joe Simon and Jack "King" Kirby, maybe his magical world also unfolded in a similar way.

Figuratively, Lee was my first editor — showing me how to polish a crude drawing into a character that works and, as the catchy song says, catches thieves just like flies.

Lee's untimely passing at 95 made me time travel, taking me back to that moment I started believing my stories mattered.

He had a talent of making his

heroes believable. Magic hammers and superhuman strength are fictional, but their personal struggles imitated life itself.

Iron Man's suit could be the multi-million-dollar stuff of tech dreams. But Tony Stark's history of alcoholism (Iron Man, Demon in a Bottle, issues 120 to 129, 1979) hits the right notes of showing human struggles outside an invincible facade. Stark puts aside his ego, teaching readers to drop the act and turning to people close to them for help.

A powerful recurring theme gives children the value of loss. For young readers growing up with Spider-Man, they also dealt with Uncle Ben's tragic death (Amazing Fantasy #15, 1962). The 2002 movie revisits this — in full detail kids like myself still remember.

The tragedy comes when Peter Parker, using his powers for personal wealth, lets a burglar escape. It's not his issue, he argued. But that same burglar would later kill his beloved uncle. With great power — Lee scribbled into the last panel of the origin story drawn by Steve Ditko — comes great responsibility. A brilliant parable reserved for both people and nations.

Subtle lessons hidden in these stories carry influence. A more visual reminder comes in Lee's cameos. No matter where I went with Mar-

vel, Stan Lee was always there.

When I was finally old enough to remember my favourite one, he appears next to Peter Parker in the 2007 film Spider-Man 3, imparting an important piece of wisdom.

"I guess one person can make a difference," Lee said to a star struck Tobey Maguire and millions of teary-eyed fans.

Lee's self-awareness to fans meant everything to him. The Marvel No-Prize shows his best fan service (Fantastic Four #22, 1964), sending editor notes to anyone spotting plot holes in comics.

In messages to fans encapsulated in Marvel Bullpen Bulletins, and within that his monthly Stan's Soapbox editorials, he kept his wacky spirits high and our morals clear: be good, do good, and reach for the stars. His signature "Excelsior!" came after repeating his lifelong value of "Doing what you want to do."

It never gets old.

Stan Lee's presence in my early years were also important in leaving a hero's attitude.

He leaves this plane of existence with Marvel's last No-Prize awarded to himself — for giving me (and billions of others) the courage — nay ye mortals, the drive — to be extraordinary.

"Nuff said," and rest in peace.



REUTERS/MARIO ANZUONI

Flowers and mementos are pictured on the star of late Marvel Comics co-creator Stan Lee on the Hollywood Walk of Fame in Los Angeles.



Justice A. T. McCormack
OP-ED EDITOR

Why does mental health continue to be so underappreciated in today's society?

So much research and study has been conducted, proving that mental health is quickly becoming an epidemic.

According to a report by the Canadian Mental Health Association (CMHA), in one year alone, nearly seven million Canadians struggle with mental illnesses.

Mental health issues are quite unbiased and can easily affect any and every one.

Why does physical health still take precedence over mental health?

If someone has the flu, they aren't typically told "to take a breather and shake it off" or that "they are just being dramatic." Yet, this is quite often the case with someone who

suffers from anxiety, depression, or any other mental illness.

The mind and the body are not one and the same. As such, they cannot be treated the same.

It is common misconception mental health conditions like anxiety and depression can be cured with prescribed medication. However, this is merely a temporary solution for an ongoing problem.

As Canadians, we pride ourselves on having a free "universal" health care. But would universal not include the coverage of both physical and mental health care plans?

The amount of government funded mental health care plans pales in comparison to the physical health care plans currently in place.

The CMHA reports that each year there are nearly two million Canadians whose mental health care needs aren't being met.

As far as I am concerned, anything more than zero is far too many.

Everything is not what it seems. It may appear as though everything is okay, when it truly is not.

The majority of people who struggle with mental health, suffer in silence, while the world around them completely unaware of the incessant battles they are fighting in their mind.

It is high time for their silence to be broken — and for this generation to change its view on mental health.



FLICKR

Mental illness comes in all forms, and is often hard to detect. Nearly two million Canadians suffer from mental illness without proper care.

Old talent lights the way for new stars to shine



Ross Lopes
LIFE EDITOR

Elvis Presley: everyone knows him as The King during his time in the '50s.

John Lennon: co-founder of The Beatles, the most popular band for pop and rock music in the '60s.

David Bowie: who brought colour, class and stardust to rock in the '70s.

Michael Jackson: crowned by the audience as the King of Pop during his reign in the '80s.

These artists, and many more, have made a legacy for themselves all thanks to their passion, dedication, and hard-work. It comes to no surprise that music has had an everlasting impact on society.

It's because of these artists that we have an abundance of music-genres that are full with talent, raw emotions, and thoughtful lyrics. It's

important to acknowledge past artists and their work as it has paved the road for current artists today and shows what they have done for the music industry in general.

Most recently, The Spice Girls have announced they are doing a reunion tour. However, Victoria Beckham — known as Posh Spice — will not be joining since she is focusing on her family and fashion career. So why is it so important that a girl band is reuniting after 20 years? Because of their impact they had with their music.

What was most notable about The Spice Girls was "girl power." According to MuchMusic, "the Spice Girls established themselves as iconic symbols of female empowerment, reinvigorating feminism and making 'girl power' mainstream in the late '90s."

ABBA is another trademark band in the music industry that paved the way for pop music and also announced they are regrouping. Unlike The Spice Girls who's statement was empowering a female audience, ABBA was known for bringing something new to pop.

In an article written for the BBC Why are Abba so popular? by Andrew Harrison, he said the "key to ABBA's success was studio engineer Michael Tretow, who created a form of double-tracking which duplicated the instruments and

made the band sound enormous. ABBA didn't just have better songs. They sounded like nothing we'd heard before."

Their songs not only had catchy beats, and sing-a-long lyrics, but they also had a powerful instrumental tune in their songs. It's what makes the audience know they are listening to an ABBA song, even before the lyrics start.

One band I believe follows this is the British pop-rock band The 1975. Their pop-electric tunes and grungier, underground alternative sound can be recognized anywhere. Similar to ABBA, they transformed their music into something so different from modern day that they stand out.

Even though The 1975 lead singer Matt Healy — during an interview with Teen Vogue in 2013— said his influence comes from Michael Jackson and Otis Redding, the band shares that same "never before heard" music that ABBA offered.

It might not have even been intentional, but ABBA paved a road for the next generation of musicians to follow in their footsteps.

Music is always evolving and growing. But without the history of past artists, there would never be an incline or demand for the art. We must take a moment to appreciate the work of these artists as they have forever changed the game for musicians to come.



CREATIVE COMMONS

From left: Elvis Presley, David Bowie as Ziggy Stardust and John Lennon.

Game companies compete in a race to the bottom



Kelvin Tran
NEWS EDITOR

The year is 1983. Atari just released E.T., a video game based on the classic movie of an alien, a boy, and a bicycle.

E.T. was horribly made even for the standards of the industry at the

time, with a rushed development of only six weeks.

The video game industry crashed shortly after, resulting in massive financial losses forcing many game studios to shut down. Some factors in the crash included the oversaturation of bad video games and too many consoles on the market, meaning E.T. was just the big cherry on top.

It seems we are on the road to another crash, as more triple-A games are being developed, loaded to the brim with microtransactions and bugs. Many major video game companies are starting to follow this trend.

Why is this happening? To make money. And it's a competition to get more than everyone else.

The problem with this is more and more money needs to be made

each year to keep these companies on top, which will lead to games becoming worse in order to create a market to wring as much cash possible from consumers.

So as the rate of games being issued increases, the quality of the games arguably decreases.

Cosmetic items, extra levels, experience boosts, money boosts, season passes, battle passes, remasters, different editions, perks, and bonuses — anything they can think of to entice people to pay more for their games. You're already paying full price for the game itself, plus more for additional content to fill out the holes.

I predict that sooner or later it's going to reach the point where games are so expensive no one can afford them.

Even the parents of gamers are

The opioid epidemic takes a toll



M. Umair Farooq Khan
SPORTS EDITOR

Imagine visiting your home country for a vacation and relaxing on a Sunday evening, watching your favourite TV show, enjoying a can of Bud Light. That's what I was doing when my phone started to ring.

It was my best friend Ali's mother calling me.

I answered the phone but before I could say anything she started sobbing uncontrollably. I immediately knew something terrible had happened. I asked her what the matter was but she kept crying.

It must've been really hard for her to tell me that Ali, her son, my best friend, was dead.

Ali and I had been friends since the third grade. Even when I moved to Canada we stayed in touch. Every time I would go to Pakistan to visit, we would be sure to meet. Ali was a great guy who fell victim to drugs at a young age. He started smoking weed around the age of 17 and gradually moved on to harder substances. I would always tell him that weed was fine but anything else could ruin him.

Over the years, Ali continued to do drugs like cocaine and ecstasy until finally moving on to heroin. He didn't tell me that he was using heroin because he knew I would either stop him or tell his parents.

I was sometimes a little suspi-

cious and asked him if he was using hard drugs. He would always say no. I didn't think too much of it until I went to his house and found him nodding out on his bed.

I was truly heartbroken to see him like that, and I knew something had to be done.

One day, I woke him up and threatened to tell his parents if he didn't stop using drugs. He told me he was addicted and had been using heroin for over three months now. As soon as he said that, I took a good look at him. I saw his dirty hair, the bags under his eyes and the hazy look. I told him this needed to stop and he agreed with me.

He told me he wanted to stop as well but he needed help. I promised him I'd help him with whatever he needed help with if he promised me to quit using.

We agreed and came up with a daily routine for him to keep him busy. I would check up on him regularly after that and he looked cleaner and more content. I would even check his drawers and closets sometimes to ensure that there wasn't any heroin laying around. I truly thought he had stopped using and I was happy.

I guess he hid it so well, I could never find it.

Canada has an ongoing opioid epidemic. More than 4,000 people died last year. That adds up to more than all the military conflicts after the Second World War combined. Fentanyl is only making the problem more lethal.

If you know someone who is using drugs that might contain fentanyl, please ensure they get the help they need. Consult a professional and get them proper treatment.

I could've saved my best friend's life if I had told his parents and got him admitted into rehab. He might still be here in this world today as my best friend.

going to start wondering why their children are spending so much on these games.

"Jimmy, why did you spend \$300 on my credit card for this Fortnite game?" a concerned father could ask his gamer child. "I thought it was free to play?"

"But Dad, I just had to buy these cool outfits to dress up my character," the gamer child would insist.

Most of the gamers who are older are already aware of what's going on and once the parents start figuring it out, it's only downhill from there.

Blizzard Entertainment recently released trailers for its new mobile game, Diablo Immortal, and the backlash has been swift and sure. Fans were desperately hoping for Diablo 4 or at least a Diablo 2 remaster, but were betrayed. Users on YouTube claim Blizzard

is removing dislikes and negative comments on their Diablo Immortal videos.

It's a claim that appears to be true, according to the Social Blade website, which tracks video statistics across multiple social media outlets.

Blizzard appears to be trying to control the conversation among their customers, which sets a dangerous precedent for the industry.

Are gamers not being allowed a voice?

Black Ops 4, which was released a month ago, added microtransactions about a week ago. Is anyone surprised at this point?

In fact, I don't think the video game industry is going to crash, I think it's going to explode, right in everyone's faces.

QUOTED

DO YOU BELIEVE CHILDREN SHOULD BE VACCINATED?

Yes, I think children should be vaccinated, to help out those who are immunocompromised, the elderly, and other people who can't get vaccinated.



CAITLIN PENMAN
PRACTICAL NURSING, 1ST YEAR

Whether or not people think vaccinations cause autism, it's going to affect a lot more of the population if they don't get vaccinated and cause the diseases to spread.



ROCKY SANSONE
BUSINESS MANAGEMENT, 2ND YEAR

They should be vaccinated of course. If they're immunized from [an] early age, then they don't have to worry about getting ill or other problems in life.



ISHITA SHAH
PHARMACY TECHNICIAN, 2ND YEAR

PHOTO OF THE WEEK

HUMBER STUDENTS GET HUNG UP ON POSTERS AT ANNUAL SALE

The Imagus Poster Sale returned to Humber College last week, offering students art to decorate their walls. Imagus has been doing campus poster sales since 1975. The three-day sale had posters beginning at \$7.

ANDY JN. BAPTISTE



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!

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TYLER BIGGS

The Humber Hawks hockey team practises for the first of four extramural tournaments they will compete in this season. The first is at Westwood Arena at Humber North from Nov. 15-16.

Hawks hockey prepare for upcoming tournaments

Tyler Biggs
NEWS REPORTER

Clear the white board and put away the practice jerseys, the Hawks' men's hockey season is about to kick off.

The Hawks will be playing in its first of four hockey tournaments this year on Thursday and Friday.

The tournament will be held at the Hawks' practice facility at Westwood arena, just north of Humber College on Humber College Boulevard. The Hawks will host colleges such as the

Seneca Sting, the Fleming Knights and the Laurier Golden Hawks for the first championship title.

The Hawks say they're itching with excitement for their first game together after nearly two months of try-outs and practicing.

Recreational coordinator Jennifer O'Reilly says it can sometimes be difficult to build chemistry with the yearly team turnover.

"Our teams don't roll over from season to season," O'Reilly said. "It could be a completely new or different team from year to year or tour-

namment to tournament."

Of the 23-man roster, the Hawks have seven returning players of the 18 allowed to dress for any given game. Most of them played in junior levels of hockey growing up.

However, even with the turnover, Brett McCully, the team's head coach and former Humber Recreation and Leisure graduate, does not seem to be worried about team chemistry.

McCully is counting on his systematic and aggressive practices as the best way to emulate real game

tempo but knows the game itself will display the team's chemistry.

"Lot of flow drills and create a lot of mini games," he said. "We don't have that many games so we have to create them to get game ready."

This year the Hawks have a range of players, the youngest aged 18 to the eldest, Bill Lochhead, 26. A gritty right winger, Lochhead has been playing Junior A hockey since he was 16 years old. He says he knows chemistry can take time, but he loves the coach's style and is getting to know his new line mates thanks

to mutual teamwork and respect from the younger players.

"They listen and they actually ask for advice too," said Lochhead, a General Arts and Science student after graduating from Sports Management. "This one kid just turned 18, he always asks and says, 'tell me what I'm doing wrong so I can improve.'"

The team will also be playing in tournaments at Seneca College on Jan. 18, at Wilfred Laurier University Brantford on Feb. 1 and at Peterborough's Fleming College on Feb. 15.

Nothing but net for basketball teams in Sheridan rivalry match

Paige McGowan
SPORTS REPORTER

Hawks women's basketball assistant coach Aycha Hamaoui sees a lot of potential in this year's team.

After starting the year with a few injuries, dropping their first game and losing the athleticism of last year's Hall of Famers Ceejay Nofuente and Aleena Domingo, things seem to be looking up for the Hawks.

Last Wednesday, the unranked women bested their GTA rivals Sheridan Bruins, 10th overall in the country, 71-56. The athletic centre was at capacity for these teams' 120th meeting and it was a night of celebration for both the men's and women's teams as they both came out victorious.

"This team is only getting better every day," Hamaoui said of the women's squad. "Every day in practice we see improvements."

"Right now we went in unranked and we just took down the number 10 in the country," she said after the game. "There's tonnes of potential on this team."

"The girls are fighting, they believe, we believe, I think we are going to do great things," Hamaoui said.

To her point, the women are now enjoying a four-game win streak, beating Mohawk Mountaineers 80-

64 on Saturday.

Last week's win definitely showcased the defending provincial champions resilience.

The women's game was a see-saw contest through the first three quarters and with strong defence, but in the fourth the Hawks managed to hold Sheridan to its worst offensive frame of the year, allowing only eight points in the quarter.

"We been practicing our defence a lot in practice," said women's coach Ajay Sharma. "Being at the right spots and not gambling too much. The girls did a good job in executing tonight."

Top scorer Micia Campbell-Johnson finished the game with a double-double, a high of 20 points and 14 rebounds.

Leticia Lopez also played an impressive game with 14 points, six assists and six steals.

"We're happy about the win overall, we do feel that we could have done a better job throughout the game. We played well in the last four minutes," Hamaoui said.

The fans were hungry for more. The atmosphere in the gym gave off the essence of a playoff game. The men's team provided winning a hard-fought battle with a final score of 81-78.

Continuing the hot start to their 2018-19 season, the eighth ranked Hawks saw their record improve to

5-0 with this win.

The men's Sheridan Bruins fell to a 3-2 record.

The high levels of intensity and athleticism between these two rivals is the reason this match-up is a must-see each year.

"I woke up pretty excited today," said team captain DeQuon Cascart prior to the game. "Everyone knows that Humber versus Sheridan is a big game. The guys are excited, the coaches are excited, and it's going to be fun out there."

The men's team dominated in the first quarter with a 22-12 lead.

Things heated up in the second quarter after a hard foul by Cascart resulted in a technical foul allowing the Bruins to bring the gap in score down to single digits.

Shortly after, rookie guard Kevin Otoo had a breakaway that ended in a monstrous two-handed slam dunk that got the Humber crowd cheering and on their feet.

Anticipation in the gym was high as the Hawks went into halftime with a 37-34 lead.

The Bruins made an impressive comeback after halftime and took the lead.

Their lead was short-lived as Otoo made a clutch three-pointer to tie the game at 60, and the fans responded, erupting with a cheer.

"This game is a really big deal because it brings out a lot of fans and a



PAIGE MCGOWAN

Bruins' Nick Campbell tries to block Hawks' Jordon Francis at the net.

lot of alumni," said fan Dylan Walters. "The rivalry is very historic."

The last minutes of the game were intense, both teams played extremely well, but only one can claim the win.

Humber had three players reach double digits this game.

Top scorer was second-year point guard Fowzi Mohamoud finished the game with 19 points and just points behind was fourth-

year forward Jaylan Morgan with 18 and fifth-year guard Curwin Elvis with 17.

"There was a lot of team basketball and it was just a good game overall," said Zach Marcelline, a third-year guard.

"You have to make free throws and big shots in big games, especially down the stretch," said Sheridan men's coach Jim Flack. "We didn't, they did."

Hawks curling team gets a new home



JACOB PHILLIPS

The Humber Hawks curling team tests out the ice at their new rink at the Dixie Curling Club in Mississauga.

Jacob Phillips
SPORTS REPORTER

The same game, same equipment, and the same dedication but a different venue. The Hawks' curling teams have changed their home arena. After spending years at the Weston Golf and Country club in Toronto, the teams moved to the Dixie Curling Club in the Dixie Road and Dundas Street area of Mississauga.

The transition from one venue to another has been a smooth one.

Fifth-year curling team member and skipper Cassandra Paccanaro said the ice and rocks are slightly different in both locations.

"The ice here is really good and consistent," she said. "The ice was very good at Weston, also. They're

both similar but the rocks they have here are very new compared to what they have at Weston, so it makes playing a bit better."

"Since the rocks are so new, they move more faster when we're throwing which makes them easier to play with," Paccanaro said.

The try-outs looked busy as many male players showed up to play. However, only a handful of players came out.

"The women's tryout didn't have a lot of players signing up. For the past couple of years, it's been like that," Paccanaro said.

"This year we had six female players come and try out, last we had five and we're at the bare minimum to make a team."

The longest tenured male player, skipper third-year Sean Armstrong

said the number of male players attending is always pleasing.

"Every year there's been like 12 dozen guys trying out and this is our fourth practice so far this year," he said.

Armstrong said the female try-outs and the low turnout only depends on whether the students at Humber are interested in curling.

"It's just a chance of people going to Humber who want to play curling and so far, the men have gotten more people wanting to sign up," Armstrong said.

Co-head coach Sean Turriff said he was pleased with the outcome of the try-outs and believes he has a strong team. "We have a few new players who are pretty talented. Let's see how they perform on the ice," he said.



JACOB PHILLIPS

The Humber Hawks will be in their first bonspiel on Jan. 11 and 12.

Men's soccer take seventh CCAA title

M. Umair Farooq-Khan
SENIOR REPORTER

Humber is number one at being number one.

With the men's soccer team winning the gold over Ahuntsic College at the Nationals on Saturday, Nov. 14, Humber College now has a staggering total of 50 national titles.

The newest addition to the trophy case means that Humber has won the most CCAA championships of any school across the country, setting a new bar for excellence.

Hawks defender Riley Ferrazzo scored in the 27th minute and that was all that was needed to secure a 1-0 victory over Ahuntsic. The title is the fifth in men's soccer in seven years.

Ray Chateau, the director of athletics at Humber College, said the players showed tremendous resilience both on and off the field — and that they weren't the only ones.

"I want to acknowledge Mike

Aquino, the head coach who won his fifth national championship in five attempts, that's five national championships in seven years which is an incredible accomplishment," said Ray Chateau, the director of athletics at Humber.

Both teams battled for the gold in poor weather conditions at the Terry Fox Sport Complex in Cornwall, P.E.I.

Michael Aquino, the coach of the team, said the win is a testament to the hard work the players have put in.

"I'm really proud of the boys and the way they played. It was a tough game but they came out on top," said. "It really shows their dedication and the amount of work they've put in."

That work seems to have paid off. Midfielder and defender Stavros Badunas was named player of the match.

"Probably the best part is [that] there was this tremendous team win given there was significant adversary the entire season in terms of health and some tough calls,"



HUMBER ATHLETICS

The men's soccer team took their seventh gold — and fifth in last seven years — in the championships in P.E.I.

Aquino said.

Aquino also said that while the team is celebrating, they now have

to focus on the next season.

"We hope to win the Nationals again next year and if the boys

keeps working hard like this, then I'm confident we'll bring it home again next year too," he said.



UMAIR FAROOQ-KHAN

Humber Hawks rugby 7's team dominated the Algonquin Thunder 14-5 at Sheridan College on Nov. 3 in the last game of the 2018 OCAA season.

Rugby 7's tries for OCAA gold and wins

M. Umair Farooq-Khan
SENIOR REPORTER

Christina Branch knew there was no way Humber's rugby 7's could lose their second game against Algonquin.

That's because OCAA gold was on the line in the Nov. 3 final game at Sheridan Trafalgar campus in Oakville. The Hawks lost to Algonquin 10-7 on Oct. 14 and it

was time to set the balance sheet straight this time.

"We were unbeatable all season and the only loss we had was against Algonquin," said Branch, a fourth year back. "We knew we had to stick to their players and get the gold."

The Hawks got what they came for, defeating the Thunder 14-5 despite the game being played on a rival's home ground in chilly temperatures, drizzle and with constant cheering for

the Thunder by Bruins fans.

Cheyenne De Luca, a fourth-year back and the championship game's MVP, said even though they played on the Bruins' field, their fans weren't a psychological threat.

"We weren't afraid of facing the Bruins. They're a good team but they didn't score on us all season. Maybe that's why they were rooting for Algonquin in the final match," De Luca said.

The Hawks and the Thunder started the match aggressively with powerful tackles from both teams. The Hawks' offence showed dominance despite facing the top defence in the province.

But a good defence doesn't guarantee a good offence. The Hawks rarely allowed the Thunder to cross midfield, managing to grind the ball deep into the Thunder's defensive zone. Eventually, Renee Bowen grounded the first try for the Hawks while Tatiana Fitzgerald secured the conversion before going into the second half.

Algonquin responded with a try in the second half but was unable to secure the conversion. The Hawks were leading only by two points when the Thunder almost scored once again. Humber back Hayley O'Donoghue made an impeccable diving tackle, denying Algonquin any points.

"I just kept running. I was scared but there was no way I was going to let them score," O'Donoghue said.

Humber's De Luca was successful in grounding another try while Fitzgerald made another conversion in the last minutes of the game securing Hawks' victory.

O'Donoghue was named player of the match while fourth-year back Tatiana Fitzgerald and Branch were named to the championship all-tournament team.

Head coach Dale Essue, who improved the Hawks 5-1 in all-time post-season play, said he and his team felt confident facing the Thunder.

"We lost to Algonquin last time and the players really wanted to set the record straight this team and that's exactly what they did," he said. "I'm really proud of them."



UMAIR FAROOQ-KHAN

Humber's Christina Branch, a fourth-year back, tackles Deleshia Dixon as she approaches the Hawks goal line.

Athletes helping athletes to improve health and game play

Jacob Phillips
SPORTS REPORTER

They are Humber athletics' unsung heroes, the people behind the scenes who ply their expertise to manipulate.

While Humber has a history of athletic greatness, the Hawks' varsity teams wouldn't be where they are now without Humber's athletic therapy clinic and its therapists.

Women's Rugby 7's Cheyenne DeLuca still remembers how Humber's athletic therapists took care of her after an ankle injury she suffered last year.

"I've been to the therapy centre when I got an ankle injury last year during a varsity rugby game," DeLuca said. "It took quite a while to heal but my assigned physiotherapist helped me through it."

DeLuca said her therapists were extremely caring and dedicated.

"He visited every day for two weeks to make sure I was prepared for our final game," she said.

Hawks' women's basketball point guard Brittney English said Humber's athletic therapists help make sure their bodies are in peak condition.

English said Humber's physiotherapists know how to tackle injuries such as Achilles tendinitis but they take even the smallest of injuries seriously.

"They give you advice on how to deal with the injury and how to avoid it in the future," she said.

Head Humber athletic physiotherapist Melanie Evens said she was an athlete herself and faced injuries frequently.

"I was a competitive figure skater when I was younger and I sustained a lot of injuries," she said.

Evens said she would see an athletic therapist for treatment and he inspired her to become one and continue on in sports.

She said pre-rehabilitation is a crucial process that athletes have to go through before surgeries so the physical rehab afterwards is much easier to deal with.

"It's very important to have the muscles around their joints nice and strong to help increase the success of the rehab," she said.

Evens said they help gain back the athletes' range of motion, decrease the pain and swelling, and then restore the body part's full functionality.

Evens said mental stress is equally as important as physical stress.

"We help them by having a positive outlook on their situation and we do our best to make the environment positive," she said.

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HAWKS SILENCE THE THUNDER

WOMEN'S RUGBY 7'S TAKE REVENGE ON
THE ONLY TEAM THAT BEAT THEM

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