



MATTHEW OWZCARZ

Humber's Mack Iannarilli, Katie Kovacs and Jamie Brackpool dressed as Luigi, Princess Peach and Mario for an alcohol awareness event at LinX Lounge.

## Alcohol use needs maturity, awareness

**Matt Owzcarz**

NEWS REPORTER

More than alerting students to the widely known dangers of alcohol, Humber's 2016 alcohol awareness event aimed to promote safe, careful consumption and to educate LinX bar-goers about the slippery slope of being intoxicated.

The Tuesday daytime event took on a Nintendo Super Mario Bros.-type theme with a "Don't Get Super Smashed, Bro" slogan in hopes to appeal to students. LinX Lounge manager Daniela Trozzolo regularly makes sure her staff keep a close eye on how much alcohol its North campus customers consume and to cut off anyone who has had too much to drink.

"It takes a level of self-awareness and maturity to know your limits," she said. "Students who may not have any experience drinking tend to not always make the best choices, and events like these encourage students to think about their choices."

Representatives from different organizations and companies, including the LCBO, Mothers Against Drunk Driving and Molson-Coors, were present at booths handing out pamphlets, promotional merchandise and treats.

Overall, 13 booths were set up for participants to visit from 11 a.m. to 1:30 p.m.

The representatives at the booths educated passersby with positive advice on responsible drinking while also breaking myths about overconsumption and impaired driving. They also spoke about long-term drinking habits which are just as important and lesser known than acute episodes of drunkenness.

"At colleges, binge drinking is really popular but we are trying to get the message across that that's not okay for students and their long-term health," said Beth Baker, a nurse from Toronto Public Health. "The number of drinks that you drink in a week does matter. Males

should only have 15 drinks a week, no more than three most days and for females its 10 drinks a week and no more than two most days."

Participants were given passports and collected stamps from each vendor at the different booths. Once they collected all 13 of the stamps they were able to join in on the fun activities.

Entertainment for the day consisted of free food and drinks, a video-game themed playlist by DJ Nash, and a photo booth for people to take pictures in with hats and accessories.

"We want people to come in and learn about responsible drinking," said Jordan Chevalier, event chair, "It's not about saying 'don't drink, never drink' but about getting people to come out to learn, educate and have some fun."

A popular attraction was the gaming truck from Rolling Video Games parked outside the college pub that was constantly packed with people.

"Going around talking to everybody here I learned quite a few things and got some prizes," said

electrical engineering student Raj Basant. "I felt educated being told what to do and what not to do when you're impaired."

The culminating attraction was the silent auction which allowed the guests to bid on unique gift baskets filled with various board games, clothing, and other merchandise.

The winners of the auction were announced as the event wrapped up and all the proceeds went to support the United Way.

President and CEO of Humber Chris Whitaker stopped by to show his support and to bid on a few items at the auction.

"The Alcohol Awareness event this time of year is really good because we are an educational institution and we have to continue to educate, re-educate students who are our future leaders in society to be aware that (the issue with) alcohol is that has to be consumed responsibly," he said. "It is the season of celebration but we always have to behave responsibly."

## Food truck menu competition draws culinary students' best

**Christina Mulherin and Daniel Caudle**

NEWS REPORTERS

Savory smells filled the noses of University of Guelph Humber and Humber College students on Thursday, attracting dozens of students to find where the scent was coming from.

The aroma from the popcorn chicken grilling, and the sweet and salty smell of pastries rising from the deep fryer enticed students toward the E concourse at North campus. Three culinary art students dressed in their crisp white uniforms stood nervously behind tabletops covered in tools and ingredients.

The competitors went head to head in Nestlé Professional Minor's & Maggi Food Truck Challenge for a chance to win \$1000 and have their recipe featured at the Humber Food Truck.

Students tested out new recipes and sent their best to the people at Nestle, who chose the three most innovative ones.

Of all the submissions, two Baking and Pastry Arts Management students, Kaytie Kramer and Sarah Elkington, and one Culinary Management student, Kris Wray, found themselves competing for the crown.

First year Pastry Arts Management student Quinn Taylor was there to encourage her classmates. She says they were given free range to decide what they wanted to make, with one exception; they had to include in their dish certain ingredients from the soups and seasoning firm Maggi, a competition sponsor, in their dish – similar to the rules of popular cooking show *Chopped*.

Each competitor had roughly 15 minutes to cook and add the final touches to their dish. As a way to save time for the guest judges, contestants were allowed time to prepare some of components of their recipes. Based on a point system, each judge ranked the dish based on certain criteria.

Part-time consulting professor and event judge chef Eric Deletroz says above taste and freshness, he and fellow judges gave points for overall presentation and consistency.

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## Public Relations post-grads organize Christmas party

**Sanzana Syed**  
NEWS REPORTER

It's not every day you can bring children to a staff party.

Humber College's staff Christmas party was hosted at Lakeshore campus last Saturday morning. It was equipped with a winter carnival for staff and children including many kid-friendly activities such as a bouncy castle and loads of pictures to colour.

The annual party is hosted by Public Relations post-grad students and it is one of their final assignments. Marvin Alyas, party chair, is the chief organizer of the event, along with vice-chair Toni Akinwumi.

"The process of organizing the event was filled with obstacles," Alyas said. "The main thing is to have faith in your team. My team was my classmates and I believed in them every step of the way."

Wanda Boute, the principal at Lakeshore campus, said the task gave

students a hands-on experience of how to organize such an occasion.

"It helps teach students what they need to learn when hosting big events," she said. "The students organized the entire event, from tickets, to catering, decorations, renting games and more."

Kavelle Deonanan, event coordinator and community liaison at Lakeshore campus, said Lakeshore campus is the best place to host events.

"[The Lakeshore event room] can hold 600 to 700 people and its (attendance) increasing each year," Deonanan said.

Deonanan said nearby Lake Ontario is beautiful and the large space at Lakeshore is great for hosting events.

"We had a lot of positive feedback from faculty," Alyas said. "Some went as far as to say, it was the best holiday party they have ever attended. This made everything that we worked on for three months worth it."



TYLER HEHN

From left, Black Students Association founders Jahnelle Simpson, Santasia Barrett, Keysha Watson.

## Black Students Association kicks off

**O'Niel Barrington Blair**

NEWS REPORTER

A Black Students Association formed this year welcomed inclusivity during its first formal event at LinX where food, drink and fun were had.

While similar groups have been formed in previous years at Humber, it's difficult to maintain such a club because of students constantly moving on from college but Jahnelle Simpson, BSA president, said she and a team of close friends, share the ongoing goal to empower African heritage students.

LinX Lounge, the bar on Humber's North campus, held a musi-

cal open mic night for the BSA on Monday night. Simpson said the event was meant to bring friendly competition to the club.

"It's a way to make the club known around campus and to have some fun," Simpson said.

"Before this there hasn't been a place for us African-American students to be represented," Simpson said, adding, all students are welcome to join.

Christen Dadebc, a BSA member, said Simpson made the goal a reality, making her feel more comfortable at Humber.

"I feel the BSA is really empowering for black youth," Dadebc said.

Amanda Vil, another BSA member agrees, adding it helps her make connections within the community.

"It's a family that makes you feel liberated," Vil said.

Suzanne Brooks with the Graduate School of Education and Human Development in Washington, DC, reported in a 2013 study that students in college should join clubs.

She found campus clubs are a great place for people to make friends and get to know peers with shared interests, including camaraderie, networking and activism.

"Clubs and organizations are a big part of college life," Brooks stated. The group meets on Mondays



CHRISTINA MULHERIN

Competition winner Kris Wray's winning dish of steamed buns with chicken skin and veggies will be featured at Humber Food Truck.

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"When I looked at each one of the dishes, I asked myself, 'Based on how this looks, would I want to purchase a second one?'" Deletroz says.

Kramer made a delicious-looking beignet that was the only pastry dish being served to the judges and came in third. Elkington made the popcorn chicken, with a unique twist. She used crushed caramelized popcorn to bread her chicken, calling it "literal popcorn chicken", earning her second place. The last dish, which took home the grand prize, were Wray's steamed buns filled with pickled vegetables, seasoned chicken skins, mixed greens

and topped off with a curry sauce.

Wray, who works with the Humber food truck each week, says the ingredients he was to work with inspired his dish choice.

"I always wanted to make steamed buns and this was the perfect opportunity to do so," he says. He tried the recipe for the first time only a week before the competition.

Third place took home \$500, second place \$750, and the winner was awarded \$1000. The race was a very close one as third place scored 110 points, second had 110.5 points, and the winning dish earned 126 points.

Wray's dish will be available in the Humber Food Truck next semester.

## GO Transit expands Twitter accounts

**Wrence Trinidad**

NEWS REPORTER

Commuting to Humber College can be difficult, especially for students living outside of the GTA.

Metrolinx, Ontario's primary transportation agency in the region, wants to lessen the burden by expanding its online media presence through Twitter.

Metrolinx launched additional Twitter accounts to send real time updates for its Lakeshore East, Lakeshore West, Barrie, Milton, Stouffville, Kitchener and Richmond Hill GO Transit train lines.

The new accounts come after months of constant requests from its riders.

"We know it has been long overdue," said Vanessa Barassa, a spokesperson for Metrolinx. "[The Twitter accounts] are here now and will provide any (notification of) delays or information regarding their respective line. The main account will continue to cover the GTA as well as the Hamilton area."

Metrolinx was convinced to make

the subsequent Twitter accounts after its main account, @GOtransit, was bombarded with personal messages from riders urging the transportation agency to make separate Twitter feeds for all its train lines.

The seven sub accounts launched Nov. 28 and have already amassed a significant following, with Lakeshore West leading the pack at nearly 1,000 followers.

"We're not too concerned with the numbers, not when [the accounts are] days old," Barassa said. "Our main [Twitter] accounts don't have a lot of [followers] either but they relay urgent messages that are crucial to our company, so whether they're high or low it doesn't matter."

Although Metrolinx's main Twitter account @GOtransit has been operating since 2009, a handful of Humber students believe it focuses primarily on the Lakeshore West and East train lines, overshadowing the other five lines.

The added Twitter accounts have since abolished that problem, allowing GO Transit riders to properly be updated with their corresponding

train lines without "having to look at the rest."

"All I would see on the [GO Transit] page were status reports on the Lakeshore lines," said Ricky Victorian, a Marketing Management student at Humber's Lakeshore campus. "I shouldn't have to scroll through dozens of tweets just to see if [my train line] is there."

Victorian has been commuting from his hometown of Acton, a city between the Georgetown and Guelph stations, for the past two semesters using the GO's Kitchener train line, and was relieved when he heard about the additional Twitter accounts.

"Yes, it's going to save me a lot of time. Delays suck but hopefully I'll know ahead of time now. The first thing I'm going to do is unfollow the [main GO Transit account]," he said. "My timeline is full enough already."

Metrolinx has also introduced Twitter accounts for Its PRESTO division, and plans on creating another one for its GO Transit bus systems.

# Fake news on Facebook incites angry backlash

Murissa Barrington

BIZ/TECH REPORTER

Fake news has been in the spotlight following President-elect Donald Trump's upset victory over Democratic candidate Hillary Clinton in the U.S. presidential election.

University of Guelph-Humber justice studies student Cristina Paonessa has noticed an increase of fake stories on Facebook.

"For the person who is the subject of the fake story, it might actually upset them and it might end up destroying their career," Paonessa said.

Facebook has been facing major backlash over the possibility that fake news on the site influenced American voters in the presidential election. Examples included a false account of the Pope endorsing Donald Trump, an invented tale of someone who was going to testify against Hillary Clinton being killed and completely made-up quotes ascribed to both candidates.

On Nov. 18, Facebook CEO Mark Zuckerberg addressed the backlash in a post on the site, stating that the company has been looking into the situation for some time and takes misinformation seriously. It was a turnabout for Zuckerberg as a week prior he denied Facebook had any influence on the U.S. elections, calling the idea "crazy."

In the post, Zuckerberg also laid out some of Facebook's plans to tackle the number of fake articles. Employing third-party verification of articles was one of the ideas, along with putting warning labels on news with potentially false information.

Zuckerberg also said the site will



REUTERS/MARIANA BAZO/FILE PHOTO

**Mark Zuckerberg addresses audience during a meeting of APEC (Asia-Pacific Economic Cooperation) CEO Summit in Lima, Peru, Nov. 19. Initially rejecting reports of Facebook influencing U.S. election, he's now paying attention.**

make it easier for users to flag posts that contain fake stories but also asserted that they will need to be careful not to discourage sharing opinions or "mistakenly restrict accurate content."

Humber College web development professor Bernie Monette says solutions like the ones Zuckerberg provided will be extremely difficult to pull off.

"The one thing I like is users being able to flag false news. The problem, of course, is, what if it is not false?" Monette asked. "While I appreciate that Facebook wants to get in front of this, I think their efforts would be more valuable if they sponsored lessons on teaching people how behave safely online, or figured out a way of punishing false news providers."

"Even then, we start getting into censorship, which is also problematic," he said.

Monette says it's hard to say whether the recent criticism of Facebook is deserved, pointing out Facebook currently provides a ser-

vice to millions of people.

He said the individual is responsible for making sense of the messages they receive online.

Writers from news outlets like The New York Times and The Toronto Star have published Op-Eds about whether the increase of fake news could negatively impact the future of real journalism.

CBC news reporter Stephanie Matteis said seeing the growth of fake news as a journalist is upsetting.

"One of the principles of journalism is truth and we journalists build our reputations and credibility on that," Matteis said. "So the fact that there have been these fake news stories perpetuated and shared and have changed the course of history is upsetting."

Matteis, who is also a Guelph-Humber journalism professor, said there is some truth to the idea fake stories influenced voters in the U.S. presidential election. She points out though, that

the same could be said about Facebook as a whole.

"We know that statistically about 40 per cent of people get their news from Facebook. So is there some truth to the fact that it would have had an influence over the American people during the election? For sure," Matteis said.

"But so would any other conversation that they would be having on social media about the election...so not necessarily just the news articles but everything," Matteis said. "Facebook in general is a huge influencer."

She said fake news stories being shared isn't journalism and shouldn't be confused as such. If a person wants to make sure they're reading legitimate news, people should find a credible source, Matteis said.

"If you still go to credible news sources for your news, you should be able to trust that you're getting good journalism," she said.

## Implications of growing up with technology are still unknown

Children are having phones and tablets placed in their hands at increasingly younger ages, leaving some to wonder if kids are being forced to grow up too fast

Sulaiman Akbari

BIZ/TECH REPORTER

The simple toy cars and dolls that all children once wanted are now out of style. In a constant cycle of out with the old and in with the new, tech toys and gadgets have taken over.

Most toys in the current generation have been equipped with some sort of technology.

Take toys such as the high-tech Barbie Dreamhouse smart house. Rather than just being a plain dollhouse, the Dreamhouse has floor sensors to detect where Barbie is, speech recognition, and stairs that can switch into a slide.

Second-year Humber College computer engineering technology student Bojan Lazic, 19, admits to a sense of surprise.

"I don't know much about toys these days but I am amazed that the Barbie Dreamhouse has so many functions," Lazic said. "You don't expect kids to grow up with toys with this much technology in them."

Gadgets such as phones and tablets are being put into the hands of kids at an early age. Lazic said he is surprised kids have these devices, but he isn't against kids playing with them.

"I think it's the new generation of entertaining kids," he said. "It's better for kids to play with these gadgets because it helps kids develop technology skills."

Getting kids acquainted with technology at an early age, in such views, could just be preparing them for a world where digital literacy is becoming as important as reading and writing.

But second-year Humber College civil engineering technology student Shaquille Dennie, 21, feels kids should play with simpler toys.

"I feel like it's overwhelming for the kids," Dennie said. "We don't know what kind of effects it has on them at eight or nine years old."

A 2014 report done by MediaSmarts showed more than one quarter of Canadian students in Grade 4 own a cell phone.

This number surprised Dennie.

"I don't know how kids are given phones at such an early age and how toys already have smart-tech implemented in them," he said. "I didn't get my first phone until I was 17-years-old, nor did smart-tech toys exist when I was young."

# Canadian food prices see first drop since 2000

Sulaiman Akbari

BIZ/TECH REPORTER

A year ago, food prices in Canada were at record highs.

But now, some of those prices are slowly beginning to decline. According to Statistics Canada, food prices in October fell by 0.7 per cent, marking the first year-over-year drop since 2000.

Fruits, vegetables, and meat products are now more affordable, meaning low-income consumers don't have to avoid staple food items because they are too expensive.

Second-year University of Guelph-Humber Justice Studies student Ekjot Sandhu, 19, said he and his family were very aware of rising food costs.

"I remember last year we avoided buying strawberries, cauliflower, lettuce, apples, and beef products because of the high prices," Sandhu said. "We usually bought those foods before the prices went up."

Canada was going through a crisis when it came to fruits and vegetables last winter. A head of cauliflower – earning the nickname 'white gold'



HAILEY DEWITT WILLIAMS

**Decrease of 0.7 per cent in food prices follows two years of sharp rises.**

- was going for \$8, a head of lettuce was going for \$5, and a pound of strawberries was going for \$5.

Sandhu said he and his family never experienced food prices that high.

"It was weird because we often bought all those foods without having to look at the price tag," he said.

The main reasons for the high costs were a low Canadian dollar and weather and climate issues.

The Canadian dollar was pegged at \$0.69 U.S., a year ago, according to the Bank of Canada, in part because of the free-falling value of a barrel of oil. The Canadian dollar is now hov-

ering around the \$0.72 U.S. level.

At the same time, California was going through a severe drought, causing many of its crops to fail, and produce prices increased as demand stripped supply.

Sandhu and his family have gone back to buying their regular foods, but are now watching their bill.

Third-year Humber College business administration student Romar Mahabier, 28, said he shops at local open stalls.

"Whenever I need to do grocery shopping, I go to farmer markets," Mahabier said. "Kensington Market is one of my go-to's for grocery shopping."

Mahabier enjoys the interaction he has in meeting the producers directly.

"I value the relationship I have with the employees and owners because I am not there (only) to shop but I am also there to talk about their well-doing, their business, and other things," he said.

Mahabier said he wasn't affected as much by last year's food prices spike because the markets offer a bargain that other grocery stores don't do.

## Krista Foss essay extols carrying on past our pain

**Brett McGarry**  
ARTS AND ENTERTAINMENT REPORTER

Hamilton author Krista Foss took a fall off her bike while her daughter was in the back seat.

She saw life lessons in the fall and pulled herself together, in part by explaining what she felt was a humiliating tumble, in her essay *Falling; Fallen*. It was selected to be included in the 2016-2017 edition of the *Best Canadian Essays* anthology.

The essay first saw publication in the *Humber Literary Review* in their Spring and Summer 2015 issue.

It examines fallen women in literature while exploring the trials and hardships of single motherhood in the modern age and the injuries sustained in life that must be shaken off in order to carry on.

“Krista’s essay impressed me as a great example of a personal essay, one where she used a moment out of her own life and spooled it out to consider the idea of ‘fallen’ women in literature,” said longtime series editor of the *Best Canadian Essays* anthology Chris Doda.

Inspired by her daughter Fehn, Foss began writing while going through a tough time in life. She began learning how to cycle with her feet clipped into the pedals and suffered a hard fall with her then young daughter.

“I found the experience deeply humiliating but after that I began to explore the notion and idea of falling. It was an organic process and it wasn’t before long that I was documenting



BRETT MCGARRY

**Krista Foss, at Imperial Pub in Toronto, had essay chosen for anthology.**

every fall I had taken,” Foss said.

Foss submitted her manuscript as a submission on whim right before going on a vacation to Nepal. Sarah Armenia, then editor at the *Humber Literary Review*, contacted Foss while she was staying in a part of Nepal that had heavily reduced amounts of electricity by Canadian standards.

“It was definitely a unique experience,” Foss said. “With the reduced electricity I could only work on the essay during certain hours of the day and I was caught off guard at least once and lost all my progress when the power was cut.”

Armenia said it took a mere two

weeks of collaboration with Foss to polish the essay into the final product.

“Krista was great during the editing process. She made herself available in Internet cafes and the like and worked very hard to make things go smoothly,” Armenia said.

The essay itself is a stark reminder that no matter the humility suffered in a fall, literally or figuratively, it is these very experiences that deepen our understanding of the human experience and show us what it takes to carry on through the pain.

Foss also published the novel *Smoke River* in 2014 through McClelland & Stewart.

## Unemployment woes of Gen Y documented in film of five lives

**Daniela Gitto**  
ARTS AND ENTERTAINMENT REPORTER

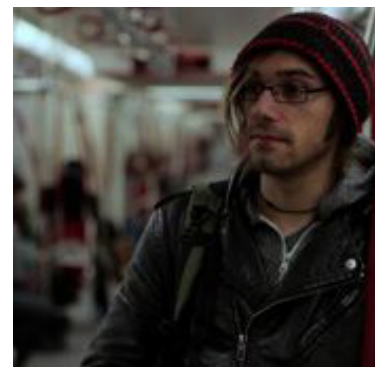
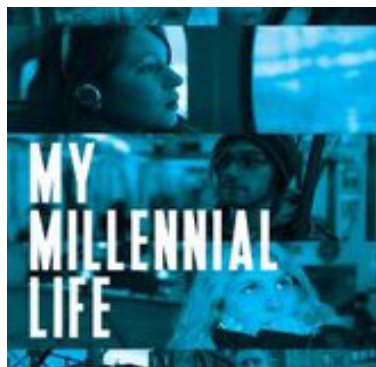
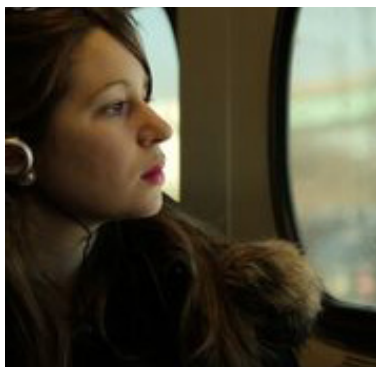
Everyone’s heard the campfire horror stories that keep children awake at night, hiding their plastic baseball bat under their beds, just in case.

As time passed, those scary stories were replaced with new, realistic tales that can give any millennial goosebumps.

This story is only one sentence; the unemployment rate for millennials after graduating college or university. The difference is, this scary story is true, and *S’mores* will not be of comfort.

The documentary called *My Millennial Life*, directed and produced by Maureen Judge focuses on the lives of five 20-somethings fighting today’s economy in the pursuit of their dream career.

Judge, who is also a former Humber faculty member, is an award-winning documentary filmmaker known for producing, writing, and directing *Living Dolls*,



COURTESY MY MILLENNIAL LIFE

**My Millennial Life** director Maureen Judge (right) admits her generation may have misled Generation Y, including Hope (left) and Tim (centre-right), with promise that education and hard-work would lead them to great lives. Documentary profiles struggles of five young people.

*Mom’s Home*, and many other films.

The documentary, which came out in May, publicizes the unfortunate circumstances millennials face with employment through the eyes of five subjects.

Each story features love (or lack thereof), meandering careers, independence, reliance, and financial instability.

“I wanted people’s lives, including their love, because the situation of underemployment affects all aspects,” Judge said.

Judge said she chose to make this documentary because she is the mother of two millennials and believes people need to see more than just statistics about their lives.

A study done in 2015 by the Fed-

eral Reserve Bank of New York concluded that 44 per cent of recent college graduates are underemployed and working dead end jobs.

“As boomers, we tell them to get educated and your life will unfold in a great way, but there weren’t the jobs we said there would be,” Judge said.

Although each subject in the film endured stressful situations, whether rejection from their dream job or financial struggles, they always persevered.

One of the subjects, Hope, is defined by her name. After graduating from Temple University, she had five internships, but was confined to her telemarketing job.

Her story features love, moving

## Good2Talk helpline for students shows letting it out reduces stress

**Julie Arounlasy**  
LIFE REPORTER

From living away from home for the first time to overwhelming schedules, college and university can be stressful, but Good2Talk is there for students no matter what struggles they’re facing.

Good2Talk is a free, confidential helpline for post-secondary students. funded by Ontario’s Ministry of Training, Colleges and Universities. Callers are provided with professional counselling and referrals for mental health issues and addictions.

Until April 2017, Good2Talk is campaigning to promote help-seeking among students on 37 Ontario post-secondary campuses.

Good2Talk outreach coordinator Megan Van Massenhoven said the campaign is spreading the message that students don’t have to hide their problems away; it seeks to help end the stigma that comes along with talking about mental health issues.

“Any issue, big or small, we’re always there 24/7. We talk to students about all sorts of things like roommate issues or paying bills to even more severe crisis. Going through those things can be very stressful so we want students to know they can call us anytime,” she said.

Up to 20,000 post-secondary students contact Good2Talk each year.

The Good2Talk Evaluation Summary found 95 per cent of callers had a better plan for how to handle their concern after calling for information or a referral and 87 per cent of callers said they felt less distressed.

Second year University of

Guelph-Humber psychology student Nicole Jardine said the stress of a new school, new city and making new friends takes a toll on every first year student.

“The mix of all these factors can add up (to) making people question what is happening in their life and unfortunately, stemming into other serious things like depression, hopelessness, and suicide,” she said.

Van Massenhoven said students can also find counselling at their campus’ Health and Wellness Centre.

Humber College’s Student Wellness and Accessibility Centre offers a free, confidential 12 week program called *From Intention to Action*. The program helps students who are feeling overwhelmed develop better strategies for balancing school and their well-being.

The Canadian Mental Health Association found 70 per cent of people start noticing mental health issues in their late high school to early college years.

Third year Guelph-Humber early childhood education student Elsie Yu said a child’s mental health can influence their future and she thinks that is what causes people to notice their mental health issues at an older age.

“If you don’t talk about mental health, then you don’t really know about it until it worsens. Usually by the time you’re in high school or post-secondary, that’s when the pressure is pretty intense,” she said.

“I think it’s important to teach children and college students the importance of mental health and how a young person can start experiencing the effects of a mental illness.”

out, parental disapproval and big city dreams.

“I wanted to help people because I knew I wasn’t the only one in this situation,” Hope said. “I found it a way to get my story out there so other people could relate to it.”

In each unique story, the various circumstances can compel viewers to sympathize and relate, which Judge hopes will trigger viewers to discuss this topic.

“I want people to know they shouldn’t give up because there is a light at the end of the tunnel,” Hope said.

Hope is newly married and working as an editor-in-chief at *Renderocity* magazine, an online digital arts publica-

tion, and freelance writing on the side.

*My Millennial Life* also features an online interactive series which allows users to narrow in on each different subject and read into specific aspects about their lives. The series also features two additional subjects, one being an indigenous teacher who lost her job and the other being a homosexual bartender trying to find a job in advertising.

“A lot of the stuff out there isn’t true (and) these people aren’t lazy,” Judge said. “I wanted to show that we have a motivated, talented group of young people who keep hitting their head against the wall but that doesn’t stop them.”

## Young men's volleyball team loses to Mohawk

Elliott Williams  
SPORTS REPORTER

The young Humber Hawks got taught a valuable lesson Thursday night.

Humber men's volleyball team lost to the Mohawks Mountaineers in straight sets 3-0, in a game that saw the Hawks come close, but ultimately be unable to take and hold the lead.

"Our team is composed of a number of first year guys, the reality is, we're not ready yet," said head coach Wayne Wilkins. "We're still immature, we make too many mistakes, and unfortunately I felt as though tonight the other team came in and intimidated us, which in our house shouldn't happen."

The Hawks came close to taking the lead in all three sets, but the Mountaineers' offense was just too much to overcome for the Hawks.

"The Mohawk volleyball team is a very solid team," said player Adam Kinoshita. "In practices with Wayne we built a system to try and counter a lot of their offense. Unfortunately it just wasn't in the cards for us tonight."

The Hawks lost each set by a wider margin each time, losing 25-21, 25-20, and 25-18.

"I think we had small mistakes, a



(LEFT) Alex Gibbs (9) spikes the ball into Mohawk's defenders. (RIGHT) Clayton Blanchette blasts a spike towards ever-present Mountaineers defence.



ELLIOTT WILLIAMS

few small little hiccups, that didn't go our way," said middle blocker Collin Skanes.

In a game that had few positives for the Hawks, Wilkins was impressed with one player on the court Thursday.

"It's a tough call, to be honest, I don't think anyone played overly well," Wilkins said. "Maybe one of our new guys, Andrew Blakey. I

thought he played up to his potential plus some, I thought he did okay for his first match."

Blakey had five points on the night, his first points of the season.

The Hawks next game is against St. Clair on Sunday, but the team will have an intense practice beforehand.

"We gotta get back to the gym, gotta work hard," said Wilkins. "I

wasn't happy with the effort level, I wasn't happy with our motivation, and we gotta get back to the gym, get ready for Sunday."

Kinoshita expects to have a tough practice, but is still optimistic for the Hawks season.

"Wayne Wilkins really believes in a high intensity practice, a lot of effort, and that's definitely something

that we really have to take to heart, push towards," said Kinoshita. "It doesn't mean we're out at all, we've got a great squad, a lot of first year players but they're definitely stepping up. We're gonna be right back at it tomorrow in the evening at practice to get ready for our game on Sunday against St. Clair."

## Women's volleyball keeps up 116 game winning streak

Eugenio Garro  
SPORTS REPORTER

It took three sets for the Humber Hawks women's volleyball team to dismiss the fourth place Mohawk Mountaineers and continue their domination of Ontario.

The Mountaineers trotted into the Humber Athletics Centre on a hot streak, winning their past four games. The Hawks, however, were on a tear of their own, winning the past 116 OCAA matches in a row, a streak which has carried over for six years. Humber has also had Mohawk's number for the previous eight games winning 24 of 25 sets.

The final scores in the sets were 25-18, 25-11, and 25-16. The largest deficit the Hawks faced was when they were down 5-1 in the third and final set, before turning it around and taking the match.

"I felt like tonight was a slow start but strong finish, so we have to fix that and make sure we play a more consistent game," said assistant coach Dean Wylie, "We know as a team if we want to get to the provincial final again we have to work harder and smarter."

As a team, Humber had a hitting



COURTESY: JAKE BOWEN/HUMBER ATHLETICS

Alexandra Newman powers a spike past a hapless Mountaineers wall.

percentage of .356, while holding their opponents to .060.

Second-year outside hitter and CCAA Player of the Week Devan O'Connor of Milton, led the Hawks with 15 points (10 kills, three aces, two blocks) tying her season high.

"We've been working really hard and as a team we are coming together," said O'Connor. "We've seen a lot of

first years grow and come into their own and just find roles on the team, and it's helped make us successful."

O'Connor had some help from first-year outside hitter from Breanna Golding who continued her great play. She finished the game with 13 points (seven kills, four aces, two blocks). The Pickering native has been quite the acquisition, fitting

into the starting line-up and wreaking havoc on opponents whether she's going up for a kill or a serve.

On the defensive side of things, Alley Newman, fifth-year middle from Kitchener had five blocks. It was one shy of career-high six, which she set in a game against Conestoga in November 2014.

"Believe it or not we have been strug-

gling a little bit and I felt that tonight was a step in the right direction," said Wilkins. "Our experience and depth was the difference tonight for sure."

The Hawks will now get ready for this Sunday's match when they host the St. Clair Saints at 1 p.m.

(An earlier version of this story in on the Humber Athletics website)

## QUOTED Do you think students drink responsibly?

People will say [they're only going to drink] two beers and that turns into more, so I don't think so... people are drinking and driving, just pay for an Uber, man, it's like 10 bucks.



**Guillermo Fuentes**  
CIVIL ENGINEERING,  
3RD YEAR

You hear of more road incidents of people drinking and driving, mostly around our age. It endangers other people's lives.



**John Brooks**  
MARKETING, 2ND YEAR

I don't drink, but I know that the students drink a lot. Drinking is a normal thing, but [if you] drink a lot, you become helpless. They overdrink.



**Gabriel Attairu**  
WEB DESIGN AND INTERACTIVE MEDIA,  
2ND YEAR

## TO THE NINES



**Rosie Ruffolo, 19**  
Fashion Arts  
1st Year

Coat, jeans & boots:  
TopShop  
Top: Brandy Melville  
"I'm inspired by street style, mainly by celebrities like Rihanna, Kardashians and the 'Queen Street' image. I like walking down Queen street and taking notes."

## HOROSCOPES



JAN. 20 - FEB. 19

Today is a great day to be with family. You will come into some money this week. I'm not telling you how much, though.



JUL. 23 - AUG. 22

I'm serious as cancer when I say rhythm is a dancer.



FEB. 20 - MAR. 20

Your partner will make you mad today. If you don't have a partner, you will find one and they will make you angry. Try to stay calm.



AUG. 23 - SEPT. 22

Don't promise anybody a thing if you can't follow through. Your relationships may be at risk.



MAR. 21 - APR. 20

Today is a bad day to wear red, for you. If you're adventurous enough, you'll find out why.



SEPT. 23 - OCT. 22

If you're uncertain about some of your feelings, keep them to yourself. It can only lead to a bigger headache.



APR. 21 - MAY 20

Today is full of surprises. You may be writing horoscopes at some point, today.



OCT. 23 - NOV. 21

The Boys Are Back in Town - Thin Lizzie



MAY 21 - JUN. 20

Don't listen to everything you hear. If something seems too good to be true, it is.



NOV. 22 - DEC. 20

Don't be too bossy. People may have had enough of your crap.



JUN. 21 - JUL. 22

Your ferocity may get you into trouble. Try and remain calm in situations that go awry.



DEC. 21 - JAN. 19

Don't be afraid to try new things, this weekend. You may make some new friendships. Wear a jacket if you go out this weekend.

EDITORIAL

# What you say can and will be used against you

There is a time and place to be politically correct, and that is behind a podium while addressing large crowds publically. Aside from that, and short of infringing upon the freedoms of another person, the ability to speak with any preference is a freedom in Canada everybody should have access to.

The current debate on ‘free speech’ is represented by two contrasting perspectives. It may seem as if one side intentionally disrespectful, and the other hypersensitive and stubborn, but there is an over-arching theme to it all – acceptance.

There are two key points to consider.

The first is that all speech is a

double-edged sword. The same words that anybody is able to use are also the words they will be judged for using. No matter what identifying terms are used in reference to another person or whether the terms used are labelled as intolerant are both things that principally reflect the individual who speaks or writes them, more than the individual they are aimed at.

The second point is that times change. Society is never stagnant and vocabularies change. Words and phrases that were once acceptable can lose their appeal over time. This is something that has already been happening, and now occurs on a daily basis (on small, insignificant

scales).

Words that shouldn’t be used are becoming increasingly obvious, and when unintentionally used incorrectly should be corrected. The double-edged rule applies to those who use such terms obnoxiously. Controversial opinions, however, should not be corrected so long as they are stated as intended. A good example of this is in a *Daily Show* episode with Trevor Noah and special guest Tomi Lahren.

Noah is known to be very left-wing and Lahren is known to be a staunch right-winger, but they came together and discussed opposing viewpoints in a semi-civilized matter. After the show the celebrities took to Twitter to emphasize the

focus of their argument – their ideas, and not their character. Noah made reference to destroying ‘bubbles’ and not each other.

Best efforts may not be good enough to defend against offending somebody, but the offender will usually take the bigger hit.

There is an adage that goes: “When you point a finger at someone, three point back at you.” This is truly a fascinating and relevant observation. It may be out of sight, wrapped up inside of a palm, but three fingers lie behind the one outstretched one. Both sides point with closed fists. So why don’t we gesture with open hands, for they fit perfectly in the form of a handshake.



*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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# Why I’m spending zero dollars on Christmas this year



Jessenia Feijo  
LIFE EDITOR

can finally be productive in getting everyone’s gifts. You begin to make a list so you know exactly what to get. Suddenly, when you check the balance on your debit card, you’re broke.

Now, when I’m in this situation, and I have been ever since starting college, I give myself two options.

One, I buy the gifts and accept the fact that I’ll be paying off my credit card for my whole existence. Two, I don’t buy anyone anything and just disappear off the face of the Earth for a while.

Usually, because of the type of person I am, I would have gone with option one. But now, realizing this past year has been a real struggle financially, mentally, and emotionally, it looks like I’ll be picking option two.

An article published by Canadian Living notes CPA Canada, the

chartered professional accountants’ trade association, conducted a random phone survey of 1,004 adult Canadians.

Some of the results may surprise you.

The survey showed the average Canadian adult planned to spend \$766 on holiday gifts in 2015. That’s a huge chunk of change. About 27 per cent will spend over \$800, while 23 per cent will spend \$200 or less.

This year, about 39 per cent of Canadians saved throughout the year in anticipation of holiday shopping. For 2016, only 29 per cent will be budgeting for next Christmas. Instead, 61 per cent plan to pay down debt, 61 per cent plan to set a spending budget, and 52 per cent want to save for retirement.

Nicole Diaz, a full time psychology student who has two jobs, is also heading in the direction of option

two. Not buying anything, and disappearing for a while.

“Just because I have two jobs, it doesn’t mean I’m making good money. Being in university is crazy expensive and I’m paying for it myself. I don’t have OSAP. I’m working so hard to remain in school, and still I’m so broke. The holidays doesn’t make the situation any better.

“I’m letting everyone know that they can be expecting their gifts sometime in March when I’m done school and paying off my Visa,” Diaz adds.

Honestly, that’s exactly what I’m telling my family and close friends. I don’t want to be paying off my credit card forever. I already have my school tuition on there, I don’t need to add to it.

I know Christmas is a time of giving, and I’m sure I’ll find other little things to do for my loved ones. But as for going all out, I’ll need to put that on hold.

It’s that time of year again. You know, near the end of November, when you start thinking maybe you should tackle your Christmas shopping. The glorious day arrives, you don’t have school or work and

# ’Tis the season for drinking, driving and Nickleback



Jimmy Kakish  
NEWS EDITOR

be safe while driving intoxicated?

Despite the many anti-drunk driving campaigns headed by Mothers Against Drunk Driving and the Canadian government, a report issued by Statistics Canada says that police services across Canada reported 90,277 impaired driving incidents in 2011 alone. A stat from MADD said that in 2014 over 400,000 males and only 130,000 females were arrested for drunk driving. Boys – get it together!

As if going to jail, getting fined or most importantly, killing yourself or somebody else with stupidity and ignorance wasn’t enough, the police in Kensington, P.E.I. (a province that in 2011 had the highest rate of impaired drivers) are upping the punishment. Just in time for the holidays, The Nickleback Clause. Chad Kroeger, AKA the

easiest target in the music industry, will assault the ears of the inebriated upon discovery from behind the wheel of a motor vehicle. Kroeger is the ramen noodle-haired, front man of a Canadian band-that’s-the-musical-equivalent-of-Nicholas-Cage’s acting, Nickleback.

Earlier this week the Kensington police took to their Twitter page to announce that they’d be playing Nickelback’s 2001 album *Silver Side Up* in the cruiser while taking impaired drivers to the police station.

Which, at first seems excessive but actually might be a little counterintuitive. The type of people that get into the driver’s seat after crushing ten beers and hitting the road are the same type of people to bump “Photograph” on repeat the whole ride home while cruising their ex-girlfriend Tammy-Lee. This type

of person would probably love the trip to the drunk tank in the back of a cruiser in P.E.I.

Me? I don’t drive an ’82 Firebird, so naturally, I have a different opinion.

I would rather:

- Slip in the shower
- Brush Steve Buscemi’s teeth
- Read Gawker (R.I.P)
- Smoke PCP
- Snort gutter water
- Listen to Melania Trump talk
- Vape
- Vape while wearing a fedora
- Intern for Pauly Shore
- Watch all 33 chapters of R. Kelly’s Trapped In The Closet (that would be pretty tight actually)

• Watch any of Rob Schneider’s movies

- Put my right foot in
- Take my right foot out

- Put my right foot in
  - Shake it all about
  - Report for Fox News
  - Park at Queen’s Plate
  - Attend a country ho-down
  - Not shower for six months
  - Pretend that the Red Hot Chili Peppers were ever a good band
  - Get stuck in a Tempur-Pedic mattress
  - Drink craft beer
  - Bury my cat in the Pet Cemetery (seriously, Louis, what were you thinking?)
  - Drown
- than listen to Nickelback. Ever. In my life.

I would also rather do all of those things than drink and drive, and I think anybody with common sense should be thinking that way, too. Smarten up, you jamokes.

If you drink and drive, your IQ must be in the single digits. Seriously, driving is dangerous enough sober. So, what crosses the mind of people that think they can