



REMEMBRANCE DAY 2014 PG. 8



JESS FOYE-SHANTZ

Chief Petty Officer First Class Tom Riefesel greets school children during Remembrance Day ceremonies held outside downtown Toronto's Eaton Centre on Nov. 11. This year's commemoration saw increased sale of poppies and expanded attendance at ceremonies across Canada in wake of shocking Quebec and Parliament Hill murders of Canadian servicemen in recent weeks.

Investigation of Rob Ford detailed

Reporters Doolittle, McArthur explain methods to students

Haley Falco
RESIDENCE REPORTER

Globe and Mail reporters Robyn Doolittle and Greg McArthur discussed the steps in writing an investigative story with a gathering of students in Humber's new Lakeshore campus newsroom on Nov. 11.

Doolittle worked as a Toron-

to Star police beat reporter for about two years, which helped her get to know how police service works, before moving her practice to city hall reporting, where she made her name as lead reporter on the unfolding Rob Ford scandals.

She told students about the steps she took when writing her book Crazy Town: The Rob Ford Story, which traces the turning points of Ford's political career and personal life.

Doolittle also talked about her March 26, 2013, article

"Rob Ford: 'Intoxicated' Toronto mayor asked to leave military ball," and how the story came together.

"It was about a year into Rob Ford's term that I started noticing he wasn't at work all the time... I started hearing reports that there was something more going on behind the scenes in the mayor's life," Doolittle said.

Multiple events occurred where Ford ran afoul of the law, some scenarios more bizarre than others. He had al-

legedly been snorting cocaine in the back of the downtown club called Bier Markt. (sic)

"We needed a catalyst for the story, like a news hook, and that came around a year after the Bier Markt, almost to the day, with the Garrison Ball," Doolittle said.

The Garrison Ball is an event that celebrates the Canadian armed forces, raising money for the Wounded Warriors charity.

See DOOLITTLE on page 4

INSIDE

How Yaraghi traded law school for her acting passion A&E PG 10



Military chaplains honoured in exhibit

Jacob Wilson-Hajdu
HUMBERNEWS.CA

The photograph shows the skull tattoo on the Chaplain's forearm.

It's a road sign from the life Padre Dwight Nelson has lived. He's seen good and he's seen evil.

"Just as we say there is God, there is evil," Nelson told Humber College photography teacher Erin Riley.

Nelson's arm, tattoo and words are part of Riley's photo documentary focusing on religion and faith in the Canadian Forces.

Riley had finished a project in the Arctic with the Canadian Forces Artist Program in 2011, when her curiosity focused specifically on the Chaplain's role in the military.

"Well, I had some interactions with chaplains in the past and I just started thinking about it and in my mind I couldn't make it fit together," Riley said. "Like, why would you be a priest and then join the army? It just doesn't make sense to me.

"That's what I do. If something is bugging then I start a project about it so I can work at it and unravel it to make sense," she said.

The project consists of many images of clergy praying and objects that reflect religion in the military. Riley also interviewed many of the clergy she shot.

They are Christian, Jewish and Muslim, and they live in a contradictory world, Riley recounted.

Padre Timothy Parker told Riley that military chaplains fight without weapons.

"Because chaplains don't bear arms, praise be to God, part of our function is to show people – the fighting men and women – what they are fighting for. And that is a world without arms. The world is in part what you make it," Parker said.

Each photograph is accompanied with either a Bible passage or personal reflection, each reflecting how religion is perceived and reflected on in the army.

"They know what it is like that to be ripped from their families for six months in Afghanistan," Riley said. "They know what it is like to be in a forward operating base in Afghanistan. So there is that connection.

"They know what it is to be a soldier and then they have this added layer of being there for them when they need them," she said.

Riley also spoke about her use of different photographic tools affected the outcome of her imagery. Instead of using her regular choice of a 35 mm digital camera, she used a medium-format film camera to slow down and capture the "stillness" of this documentary.

"Well I think using the medium-format camera, first of all it gives the images a different look. And it has its own unique aesthetic," she said.

"It also forced me to slow down and think about things. I couldn't just blow off a hundred frames. I had a roll of film that had 12 frames on it, so I had to consider everything," Riley said.

View her documentary at <http://bit.ly/1wXUq2n>.



COURTESY OF ERIN RILEY

Erin Riley's online photodocumentary pairs chaplains with religious and personal texts is a tribute to soldiers without arms.

Humber training Global Citizens

Online certificate program sends students abroad, helps them identify their role in broadly interconnected global community

Jalisa Massiah
NEWS REPORTER

Humber College has launched a new interdisciplinary program designed to help students become global citizens.

Last year, close to 400 students Humber students traveled all around the globe for various reasons.

The Global Citizenship Certificate program is a new initiative, launching this month, that's available to all Humber students in a diploma, advanced

diploma, degree or post-graduate program.

"The program is a four-course online certificate program that's designed to help students to reflect upon and to recognize their role as a global citizen within today's interconnected and globally-minded world," said Rebecca Fitzgerald, manager of International Mobility.

"As a result of completing the program, students will be better positioned to explain that to a potential employer

or grad school. Students will be able to apply those skills to their day-to-day lives and future careers," Fitzgerald said.

The course is offered through Blackboard online, where there are discussion boards, blogging tools, readings and YouTube videos to watch.

"The courses are first an introduction to global citizenship, which will help students to identify for themselves what they believe global citizenship means," Fitzgerald said. "It's a wonderful name, title to say, but what does it really mean in your day-to-day life and future career?"

She said each course is three modules in length and

is meant to complement current studies, not to take away from them or to be a burden.

Fitzgerald said the courses are taken in conjunction with a student's current studies.

The second course involves students volunteering 40 hours either on campus or in the local community, Fitzgerald said.

"The online component course will help students to reflect upon community development as well as the ideals of volunteerism," she said.

A third course allows students to travel overseas during their study.

"In the online component, students will have pre-de-

parture preparations by researching where they are going to go and creating goals for themselves during the placement," Fitzgerald said. "Students who choose not to go overseas but immerse themselves in different communities will also have the opportunity to complete the course.

"The final course will assist students in creating an e-portfolio that they will be able to export from the certificate and show to a potential employer or grad school, or have for themselves," she said.

Fitzgerald said the Global Citizenship program will be free for students who enroll. And in the 2014-2015 academic year, students are eligible to receive a \$500 bursary that can be applied to their

global experience in the third course.

Valerie Remizova, a second-year student in Hospitality and Tourism Management, said studying in Krems, Austria, made her more tolerant and understanding.

"You find out more about yourself. It's a great experience. You see how far you can go with social skills. It's very beneficial," Remizova said.

Matthew McDonald, an international student advisor, said he encourages students to give the certificate program a shot, to follow and explore it for additional opportunities they might not know about.

"It's a very structured way to help you develop your competencies and understand what you don't understand," he said.

THE EXCHANGERS



KELSEY COLES

L Space Gallery played host Nov. 12 to students from numerous programs and backgrounds for The Exchangers interprogram networking salon.

Exchangers break down program barriers

Kelsey Coles

RESIDENCE REPORTER

The Exchangers networking salon held at Humber College's Lakeshore campus L Space Gallery Nov. 12 encouraged students to think outside the box and collaborate with other students in programs entirely different from theirs.

The event showcased two students, Jesse Byiers and Marta Ryborz, and discussed how they stay inspired and creative while keeping focused on their work and studies.

Byiers is a co-artistic director and co-creator of Living Room Theatre and has produced a puppet show called "c u t." Byiers said that staying social and keeping in contact with people are the main elements that help keep him

focused. "Staying inspired, to me, is to be in contact with other people. My ideas only work because I have such interesting and talented friends."



Creativity is not just in your traditional arts and design program.

Tara Mazurk

L SPACE GALLERY CURATOR

Byiers said that broadening your focus is essential when trying to stay or become inspired. "Pull apart everything you can get your hands on," Byiers said. "Ideas don't just come, they come from talking to people or seeing things."

Ryborz, originally from Poland, is studying Global Business Management at Humber and has degrees in both African Studies and International Relations. Ryborz is an optimist and prefers to see the opportunities that are hidden away underneath challenges. "You might have so many amazing ideas and inspirations but what do you do with them?"

"I have this big gap between the idea and my inspiration and (planning an) action, how can I bridge this?" Ryborz said. Staying inspired to follow your goals can grow increasingly difficult as the exam season rapidly approaches but Ryborz said it's important stay focused on the project at hand.

L Space Gallery's curator Tara Mazurk hosted the event and encouraged students to

share with each other their projects and stories of inspiration in between speakers. The crowd mingled and then discussed what they learned about staying inspired as a group.

"For different programs, just because of the nature of the curriculum, (students are) silo-ed," Mazurk said. "There aren't a lot of opportunities for students to cross-connect."

Mazurk said that she was looking for effective ways to get students to connect and The Exchangers was the perfect place to start.

"We started The Exchangers event to keep students inspired and help them learn that creativity is not just in your traditional arts and design program.

"You hear of the Surrealists and the Impressionists. Their

movements were so successful because they would get together in cafes and sketch and share ideas. They built entire art history movements just out of talking to each other."

The Exchangers provides the opportunity for students to branch out and try new things. Mazurk said there's a large spectrum of students from different areas of the school who are taking advantage of this opportunity.

"I have people from the criminology program integrating with actors for an exhibition," she said. "I also have people from international development going outside and working with the world food program."

The next session of The Exchangers will be held in April 2015.

Research and Innovation Archive to store, share Humber work

Gabrielle Austin

BIZ/TECH REPORTER

HumberLaunch has just soft launched the Humber Research and Innovation Archive, a database of research projects completed by Humber faculty, staff and students.

HumberLaunch is an entrepreneur program that provides training and resources to students and alumni who have a potentially successful business idea.

The program helps to guide students in the right direction on how to get their business up and running.

Projects in the new archive range from surveys and polls to video game development and dream home models, with all materials to soon be available to the public.

"It's about sharing what we have done and what we are still doing here at Humber," said Humber Research coordinator Amanda Brown.

The idea for the archive originated from the Humber Research Ethics Board. It took six months to build.

"The archive was something that the office knew there was a need for," said Laura Keating, Humber Research facilitator.

The online development of the database was completed by Humber Web Development graduate Joanna Komala, while former Humber Research assistant George Tam completed the data entry.

HumberLaunch is currently revamping its website before it officially launches the Research and Innovation Archive.

Van Weert machine for sorting ore could impact mining industry

Serge Halytsky

INTERNATIONAL AFFAIRS REPORTER

A Humber College student is building an ore sorting machine that could potentially make the mining industry more efficient and minimize humanity's environmental footprint on earth.

Humber Electromechanical Engineering Technology student Mark Van Weert chose to design and build the ore sorter as his third-year project.

His team is going to make it from scratch.

"It actually started over coffee with my grandpa," Van Weert said. "He is aware of the problems in the mining industry with current ore sorting methods. My grandfather is a consultant and he's been in the mining industry for the large part of his career."

Van Weert spoke with program coordinator Neal Mohammed and they got Steiner, a German firm ranked the second-largest mining company in the world, involved as an industry sponsor involved.

"We met in Humber with all the parties involved last February" Van Weert said. "At the same time my grandfather wanted to put his back behind the project as well."

His grandfather's company, Oretome, became the second sponsor.

Together, the two sponsors contributed a total of \$20,000 to the \$110,000 Van Weert estimated will be needed for the first stage of the project. It will jump to \$210,000 for second stage, he said estimated.

"I will be applying for further funding to the Natural Sciences and Engineering Research Council of Canada, but (the \$20,000) should be plenty for now," Van Weert said.

Festo, another a German firm, also contributed to the project, donating a conveyor belt that will feed ore samples to a microwave tower, where the mined material will be heated in a microwave oven before being sorted. Festo also donated two more pieces of machinery for the project.

"We're still on the very thin wedge of the edge in terms of what we know and what the potential could be," Van Weert said. "It could be implemented very (widely). It could be 80 per cent of the market."

"This is an idea of mining smarter," said Van Weert's grandfather Dr. Gus Van Weert. "Dig the rock up in the open pit mine, crush it to sortable size, sort out the high grade rocks and only transport that rich portion for further processing to metal. This way of mining

would cut energy and tonnages in half.

"If it (works), man's footprint on the earth will become a little smaller and life can become a little better for all," Dr. Van Weert said.

Humber mechanical technologist Philip Kwan, a part of the project team, said he had never worked on anything like this project before, noting "first of all it is different because it is going to be done from scratch."

A prototype of the machine should be ready by April.

Doolittle work showed Ford was impaired

DOOLITTLE from page 1

The Garrison Ball is an event that celebrates the Canadian armed forces, raising money for the Wounded Warriors charity.

After speaking with sources involved in the organizing committee, Doolittle learned that Ford had shown up impaired and was asked to leave.

“The Garrison Ball story is the story that I am most proud of in my career... (It) was the combination of this one incident, but it was really about this investigation I’d been doing for a year into the mayor’s personal life,” she said.

Doolittle reviewed the difference between writing daily stories and a long-term investigative story.

“I think it’s always exciting to be able to spend time on a story. Often if you’re doing a daily beat, you have at the end of the day this ticking time bomb called a deadline that kind of prevents you from exploring certain areas more,” Doolittle said.

Adam Jönsson, a fourth-year Humber journalism student at the Lakeshore campus, said it was remarkable to hear about Doolittle’s work. He and his classmates attended the

event because McArthur, their Investigative Reporting teacher, promoted it to his students.

Johanna Tucker, a second-year Humber journalism student at Lakeshore, said Doolittle has interesting ways of getting information.

“She uses a lot of social media to get information and to get tips,” noted Tucker of Doolittle’s working methods.

“That’s something that I haven’t really thought that much about. She looks through twitter feeds and tries to find people’s information and tries to get phone numbers that way. It helps her get those little bits of information that will eventually lead to a bigger story,” she said.

Doolittle offered advice for aspiring journalists who want to succeed in the industry. She said that she was working 50-60 hours a week when she was in university.

“It sounds like a cliché and obvious but you have to work really hard, and once you have a job, just work really hard there,” Doolittle said.

Looking back, Doolittle wished she learned photography and French in university.

“You have to be able to do everything now. That is the modern news room,” she said.



HALEY FALCO

Robyn Doolittle spoke with Greg McArthur and Globe and Mail reporters, about the steps when creating an investigative story.

Climate change to bring mental health issues: study

As more major weather events are triggered, more stress, depression also on their way for sufferers of Seasonal Affective Disorder

Clare Jenkins

NEWS REPORTER

Climate change is linked to mental health in a recent study by Australian health researchers Helen Louise Berry and Kathryn Bowen and Swedish colleague Tord Kjellstrom.

Their study notes climate change will bring more intense, long-lasting weather such as frequent floods, hurricanes and other natural disasters, and that these events, in turn, will affect mental health.

Liz Sokol, Humber coordinator of counseling services, speaks to students who strug-

gle with stress, anxiety and depression on a daily basis.

“In a way, climate change could make it worse. If you think about weather getting worse, it wreaks havoc on people’s environment,” she said.

“Major weather such as having a drought can lead to poverty, anxiety, depression, despair,” Sokol added.

Even the theory that Earth will be four degrees hotter in 100 years, will have an effect.

“If we sustain long weather such as heat or drought, people get cranky. It gets dangerous and more car accidents occur during sustained hot weather.”

Blair Woolley, 21, a third-

year York University psychology student, said she believes sufferers of Seasonal Affective Disorder (SAD), could be negatively affected.

“SAD is a disorder that causes those who suffer from it to have a negative change in mood as the seasons change.

“For example, autumn can be therapeutic for SAD sufferers but when winter arrives the same person may feel gloomy, depressed and upset for no apparent reason.”

Woolley said she believes an extreme weather change could put SAD sufferers over the edge, as the disorder is very delicate and sufferers easily affected.

Brittany Choban, 20, a second-year Humber Broadcast Television student, first experienced SAD two years ago, causing her to take a year off

high school before college.

“October and November are the months it affects me most. The weather is normally rainy, cold, dark and dreary.

“I guess you could say the sun is what really does it for me. Without it, I’m sad, depressed, unmotivated, lazy and could cry at any point in the day for absolutely no reason at all,” Choban said.

Choban said with the lack of motivation caused by the change in weather, she struggles with sleeping and her social life diminishes.

“I’m not active, and don’t care to go to school,” she said.

Choban takes vitamins B12, C and D to help reach the serotonin levels she lacks during the cold weather. She also said spending time with her loved

ones and getting exercise helps her get through the tough months.

“My boyfriend helps to keep my mind off things and going to the gym every day is something to relieve stress.”

Luciana Reis, 19, is a second-year Humber travel and tourism student who is, like many of her peers, at a stressful period in her semester.

“Being a student is stressful in general. You’re trying to finish everything on time while having to work and pay for school. It isn’t easy.”

Reis believes weather changes affect college stress levels.

“I commute every day and waking up is difficult as it is, and it only gets worse when the weather changes. Then you have the stress of dangerous traffic that the weather affects

and not to mention the stress of never being certain you’re going to make it on time,” she said.

Kathleen Howard, 24, a graduate of the Environmental Studies program at York University, said climate change affects the mental health of children and the elderly because bad weather keeps them inside.

She added talk of climate change is itself causing people stress.

“As a society we’ve become accustomed to seeing terrible floods, disasters and the ‘impending doom of climate change’ thrown at us constantly on the news and we have to deal with that being a part of our lives,” she said. “I think it scares people and concerns them as to how much longer we will get by on this planet and what our hopes for the future are.”

Social reward large for Volunteer Crew

Nick Westoll
NEWS REPORTER

The Humber Students' Federation (HSF) hosts several events throughout the year, and a dedicated team of volunteers help the student government bring many of those events to life.

The HSF Volunteer Crew is a program that runs at Humber College, focusing on charitable, green and HSF-sponsored events and initiatives.

The Volunteer Crew recently assisted Humber participants at the United Way CN Tower climb, said Odin Von Doom, HSF vice president of student affairs at North campus.

Another big event for the Volunteer Crew is attending Toronto Maple Leafs and Toronto Raptors games to sell 50/50 tickets in support of Best Buddies, a community organization that works youth.

In addition to working with community organizations, there is a mandate to assist with green initiatives. The volunteers will be doing a North campus clean up in the near future and Earth Week activities in April.

Von Doom said that he volunteered during orientation through the Volunteer Crew as a means of giving back because of the way he was originally welcomed by volunteers.

For some volunteers, the HSF Volunteer Crew is a social opportunity.

"(HSF Volunteer Crew) is interacting with people, communicating and finding new friends," said Vitalii Starov, 17, a first-year Sport Management student.

Olga Kham, 18, a first-year Multimedia Design and Development student, and also an international student from Russia, has also been an active participant in the program.

"I've met new people and I've kind of got used to Canadian life because I'm an international student and they've made me feel at home," Kham said.

The organization offers incentives for its volunteers. In addition to a year-end appreciation dinner, volunteers can earn points as they assist with different events. Each event is worth one or two points and the incentives range from reference letters to gift cards at places such as the Humber Bookstore.

While some people might consider the incentive system a form of payment, Von Doom said it would require a lot of work to get the top incentives.

"That means that they have to do at least 10 off-campus initiatives and you know what, if that's the trade off, if that's their driving factor, that's fine because we're still providing the support, we're still helping out."

Starov said that he values the career skills and experience he has gained more than the incentives.



NICK WESTOLL

Vitalii Starov (L) and Olga Kham (R) are just two of many students gaining experience and exposure with HSF's Volunteer Crew.

Guelph-Humber societies giving students out-of-class experience

Groups centered on each of university's academic programs

Natalia Vega
HSF REPORTER

University of Guelph-Humber's motto is "Get Involved! Be Informed!" and one way to do this is through joining one of the GH societies.

Brenley Devlin, Student Life and Alumni coordinator of Non-Business Societies, said the difference between clubs and societies are that clubs run by Humber Students' Federation are for Humber College and Guelph-Humber students, while societies funded under Student Life are primarily for Guelph-Humber students, centering around the programs the university offers.

However, GH students are not limited in joining societies

that are based on the program they are enrolled in. For example, a Media Studies student can join the Psych Society.

"All of our societies are run by Guelph-Humber students," Devlin said. "Every year we run an application process so students can apply for those executive roles."

Devlin said students involved in societies gain many skills such as event planning, communication, team building, scheduling and taking initiative.

She said there is a plan in place that should start in the near future that will record the enrolment in clubs and societies on an official transcript.

"One thing that Humber College and the University of Guelph-Humber are working on is called a co-curricular record and basically that's a transcript of all the activities that a student is involved with

outside of the classroom," Devlin said. "It's kind of a bridging tool for student to be able to articulate, 'I was a part of this club or this society, and these are the skills I gained from it.'"



It's really a great opportunity for students to take what they're learning in class and apply it in another area.

Liana Acri
STUDENT LIFE COORDINATOR

Devlin said the societies usually run about two to six events each semester and each society is required to submit an activity plan to Student Life before the semester starts.

Liana Acri, Student Life coordinator and society advisor for Business Societies, said nine societies are based on business programs and six are based on non-business programs.

Acri said the events hosted by the business societies range from conferences and debates to alumni networking events. She said there are two societies involved with outside organizations.

"DECA, (formally known as Distributive Education Clubs of America) which is our business case competition group is a chapter organization so they're part of a larger part of DECA U Ontario. There's different chapters set up at different colleges and universities across the province," Acri said.

"The non-business society, Alpha Phi Sigma, is a chapter organization and it's an honour society so there's a certain academic level you need to maintain to be in that society and that's within our Justice Studies program," she said.

Acri said depending on the society, there are usually three to six executive positions avail-

able to a student. By taking on executive roles, students learn skills involving communication, event planning, taking initiative and scheduling.

"It's really a great opportunity for students to take what they're learning in class and apply it in another area and get involved beyond the classroom," she said.

Acri said their goal was to have a society for each program and now that they do they're not accepting applications to start more societies.

Fourth-year Business Administration student Ashish Mohan is the president of the International Business Association.

He said the society raises awareness on what international business is and prepares students interested in business for future internships or careers.

"We try to maintain an outlook where the society is not just for business students," Mohan said. "People who are interested in travelling abroad and doing an internships there, we can help in whatever way possible."

Mohan said the society doesn't have a strict list of

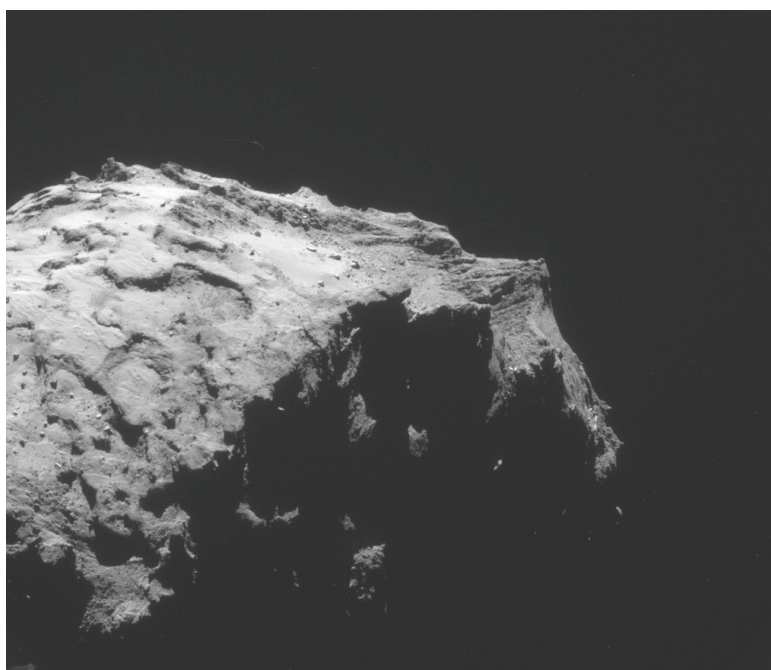
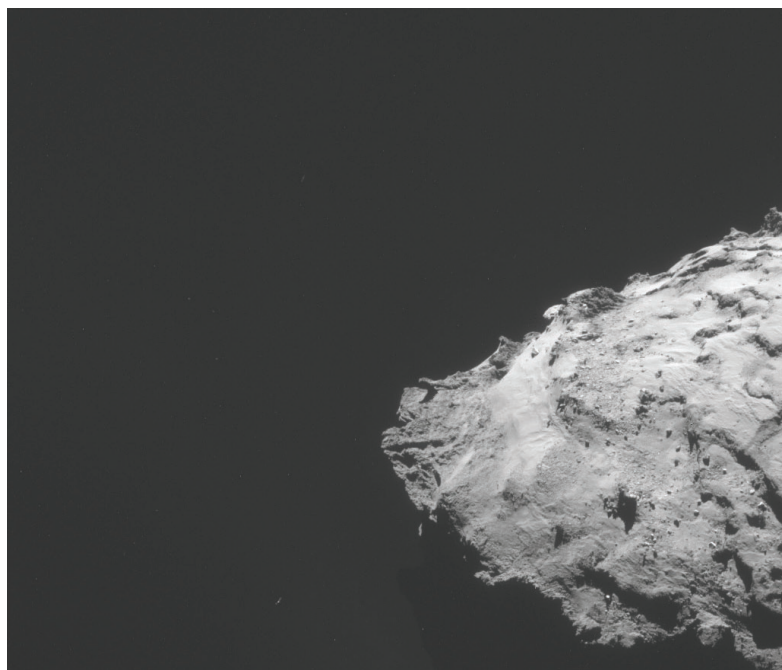
members. There are four executives and about six students who will usually attend events.

He said being a part of this society not only helps with applying for future jobs but also to learn more about the career path he would like to pursue.

Fourth-year psychology student, Saloni Kalia, 21, is the vice-president of activities for the Psych Society. She is in charge of setting up events for the year. Events include raising awareness among students about mental illness.

"Psych Society really tries hard to be very accessible and easy for others to get involved. For the first time we have a really big volunteer base," said Kalia. "One of our volunteers suggested an event for November which is why we really got her on board and she actually lead the campaign for that."

Kalia said being in this society will help her gain skills needed for her future career. She has been part of the Psych society for two years. Additionally, last year she was a third-year rep at GH for her program.



EUROPEAN SPACE AGENCY VIA FLICKR

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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Kim's bum overshadows comet landing

Rosetta and Kim, two beautiful and influential women. Sounds about right doesn't it?

Except for the fact that one of them is actually a space mission named after a hunk of volcanic rock found near the Egyptian town of Rosetta in 1799, and the other is an insta-star with a questionably gigantic derriere.

The publishing of Kim Kardashian's full-frontal and back nudity in the winter 2014 edition of *Paper* magazine overlapped with the historic landing of European robot probe Philae on Comet 67P.

When the Rosetta mission was approved as part of the European Space Agency's (ESA) first long-term science program, Kardashian was at the tender age of 13, far before her sex tape and selfie days.

Philae, a robotic lander, made a giant step for human civilization and scientific research. Kardashian got lubed up, showed off her butt-balancing skills, posing for the camera, all with a smile on her face. It doesn't seem like they deserve

equal attention.

The Philae lander's journey took 10 years to travel 6.4 billion km to reach the comet.

To clarify, a manmade object, landed on a four billion-year-old comet, hurtling 18 km per second through space, but #CometLanding seem to be outshone by Kim Kardashian, #BreakTheInternet and #FixTheInternet (a backlash hashtag).

The comet landing brings us one step closer to understanding the origin and evolution of the solar system; 67P is literally the remnants of a giant prehistoric cloud that gave birth to the sun and all the planets in our solar system. Kim Kardashian's attempt to break the Internet brings us one step closer to figuring out if she's made of plastic or not.

Understandably, pictures of Kardashian's tanned, supple and expertly oiled butt popping up on Google are more eye-catching than grayscale images of a space rock.

But can't we see past that?

Judging by social media, more people are interested in Kimmy's

behind (and all the swirling questions that surround it), than ESA's accomplishments. According to TIME magazine, in the context of viral media content, "breaking the Internet" means creating one story to dominate social media at the cost of actual news.

This goal seems counterproductive for our society. The Internet is the world's greatest tool to learn and spread information, yet it is purposely plugged up by titillation.

And for what? Whether it's money or for sheer popularity, it's a disturbing trend.

On Tuesday Nov. 11, Kim tweeted "and they say I didn't have a talent...try balancing a champagne glass on your ass LOL." Admittedly, quite a feat. But to become a bigger deal (in the eyes of the Internet) than the accomplishments of the Rosetta mission is just plain wrong.

Eighty-nine per cent of Internet users aged 18 to 29 use social networking sites, according to a 2014 Pew research project. That's the age of people who are set to inherit



WIKIPEDIA

Internet star Kim Kardashian

the problems left by the previous generation.

They need weapons by their side. Weapons of knowledge, awareness and critical thinking. Not a generation of souls bogged down by racy images that induce useless conversation, that burrow inside impressionable minds creating an extremely self-conscious and uninformed civilization.

It took two soldiers to remember thousands more



Nick Jean
 MANAGING EDITOR

It was a record-setting Remembrance Day this Tuesday last. The Royal Canadian Legion sold a record 19 million poppies this year, a million more than last year, thus raising more money than ever before.

Massive crowds gathered at services hosted across the country. When covering our own ceremony in the Humber North campus concourse, I couldn't have been more impressed by the number of my fellow Humberites who turned out.

I just wish it didn't take the deaths of two of our own on home soil to get them to care.

The deaths of Warrant Officer Patrice Vincent and Corporal Nathan Cirillo are horrible, tragic events and I am in no way downplaying them here.

But why do the 158 who died in Afghanistan, 516 from Korea and the more than 100,000 Canadians from World War I and II not have the same draw?

Our men and women finally got out of the Afghani boondoggle earlier this year. The fact the country is barely better off now than when we arrived doesn't make those 158 lives any less significant.

Although a longer time has passed since the death of the other

100,000-plus Canadians over the previous century doesn't make their sacrifice any less important.

Three simple words – Lest We Forget – taken from the poem *Recessional* by Rudyard Kipling, were written to remind Britons of the sacrifice Christ made for humanity. The oath has since lost all religious connotation and been reimagined as a plea not to forget any sacrifice.

Yet so many of us seemed to have forgotten.

Have we forgotten those who died in the fields of Passchendaele and on the ridge at Vimy, the survivors now all passed on, blessedly, of natural causes? We should be remembering the end of The Great War that ended 100 years ago but we're not.

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Istanbul protests highlighted issues of police brutality

Dilara Kurtaran

ASSISTANT NEWS
EDITOR



In the summer of 2013, I went to Turkey to visit my family. It was around the time when Istanbul street protests had started. It was also when I got my first lesson in police brutality and how it just makes everything worse.

The protests started because the government of Recep Tayyip Erdogan wanted to remove Gezi Park, which is one of the few remaining public spaces on the European side of Istanbul. People didn't want the government to demolish the one green park they had left, so they started a peaceful protest by camping out at the park. The police then proceeded to use tear gas against the protesters and burnt their tents in order to let the demolishing continue.

I didn't know how serious it got in Taksim Square until I saw it with my own eyes.

The first day was fine. Around 9 p.m. everyone, and I mean everyone, would go to the windows and balconies to bang metal cookware to create noise. Istanbul has a dense population, so the combination of pots and pans created a huge commotion. At the same time, people who were driving would start honking for three to five minutes straight. People would blast the national anthem from their homes and their cars, and last but not least they would get ready to go out and

protest on the streets.

It all started out seemingly innocently, with the protesters just walking around and yelling out slogans. Shops would offer them free drinks and snacks. I noticed the protesters had brought face masks and extra clothing, the purpose of which was to protect against police tear gas and high-pressure water spray, I was told.

Then it happened. I heard the sirens go off.

My friends took me aside because they knew I was on vacation and they didn't want me to get hurt. I saw the police brutally attack the protesters with tear gas and water tanks. I saw people get hurt and get beaten up. Shop windows were smashed.

This was the first time I saw police brutality with my own eyes rather than on television. I realized that the government censored what was actually going on in Turkey. The TV stations weren't allowed to report on it. While the whole world was watching and seeing what was going on in Istanbul, the Turkish people couldn't. Television stations and newspapers were fined for trying to report the truth. People communicated with each other using social media like Twitter and Facebook to tell each other locations to avoid because the police were attacking.

Is this how the police, who are supposed to serve and protect, do their job?

There was no reason for them to go burning down the tents of peaceful protesters or use tear gas – they took it too far. This is exactly why



WIKIPEDIA

Many women attend Taksim Square protests in 2013 which began peacefully but drew violent police responses.

the protests grew bigger. Eventually 10,000 people gathered at Taksim Square to protest, and once again the police tried to stop them with excessive use of tear gas.

A protester named Ethem Sarisuluk, who was protesting in the capital city Ankara, was shot by a riot police officer and died 14 days later.

In a televised interview, Prime Minister Erdogan described the protesters as “a few looters,” and called social media a “menace” and an “extreme version of lying.”

There is much controversy about Turkish police. Video evidence of police wrongdoing is sprawled across the Internet. For example, a video that gained a lot of attention on Facebook saw a police officer walking down the street to get rid of protesters when he broke a random apartment's window and threw tear gas into the house for no reason. This was recorded by someone from his own house, and in the video you can hear the people in the house yelling and crying because of what

they witnessed.

Turkey isn't the only country that has gained attention for police brutality. Recently, there have been protests going on in Hong Kong. Just like Turkey, the police in Hong Kong used tear gas and methods of brutality to stop protests.

Why is there a need to use extreme force against peaceful protesters? It causes a snowball effect and turns peaceful protests into full-out urban wars.

Police brutality exists and it needs to be controlled.

World should know about Canadian culture - and so should we

Christina Romualdo

GUEST COLUMNIST



Raise your hand if you know what the Giller Prize is.

Now, put your hand down if you only know the Giller Prize as, “that event that Jian Ghomeshi was supposed to host before Ghomeshi-gate took over our newsfeeds.” I'm going to guess that only a handful of hands are still up.

For those of you unfamiliar with it, the Scotiabank Giller Prize was awarded earlier this week. It is a juried award given to a Canadian author for a fictionalized work published within the last year.

Established in 1994, past winners have included Rohinton Mistry's *A Fine Balance*, Vincent Lam's *Bloodletting and Miraculous Cures*, and the now-infamous *Hellgoing* by Lynn Coady.

This year, first-time novelist

Sean Michaels was recognized for his book *Us Conductors*, a fictionalized account of theremin-inventor (an early electronic musical instrument) Leon Termen's life.

This year, the monetary prize doubled to \$100,000, making the Giller one of the most lucrative literary awards in the English-speaking world.

And yet, how many Canadians know about it? What's worse, how many of us even care?

Canadian literature seems to be one of those things that we just do not seem to notice. It's there, but not necessarily something that we need to devote too much of our time to.

I'm sure that if anyone asks, most Canadians will be able to harken back to their high school days and pull up the names of Can-lit icons like Margaret Atwood and Lucy Maud Montgomery. But once we leave high school, does anyone keep up with the Canadian literary and culture scene? Maybe the more important question is, should we be doing so?

My answer is yes, and here's why.

In 2012, one of the Best Picture contenders for both the Academy Awards and Golden Globes was based on a Canadian novel. The film was widely recognised, earning over \$600 million worldwide and winning countless accolades. That movie was *Life of Pi*, based on the book by Canadian author Yann Martel.

In 2013, the winner of the Nobel Prize in Literature was highly-acclaimed Canadian author Alice Munro, who was recognised for being a “master of the contemporary short story.” Munro also won the Man Booker Prize in 2009 and is the only author to have had a short story collection on the shortlist.

Safe to say, Canadian literature is making some pretty big waves. But that's not the only reason we should be paying attention.

Particularly in the realm of arts and culture, the world seems content to forget that Canadians exist.

Case in point: remember when

Argo, the Hollywood film about a fake movie crew in Iran seeking to help American hostages came out and there was all that fuss about how the film had neglected to adequately recognize Canada's role in the mission? Even worse, remember how director Ben Affleck thought that an end card mention would appropriately address the situation?



Canadian literature is making some pretty big waves. But that's not the only reason we should be paying attention... the world seems content to forget Canadians exist.

In a more recent example, Jon Stewart's *Rosewater* makes a singular offhand mention that its subject, Iranian-born journalist Maziar Bahari, holds Canadian citizenship. Even CNN veter-

an Christiane Amanpour, who interviewed Bahari and Stewart for the movie, incorrectly called the subject British-Iranian and never bothered to correct herself.

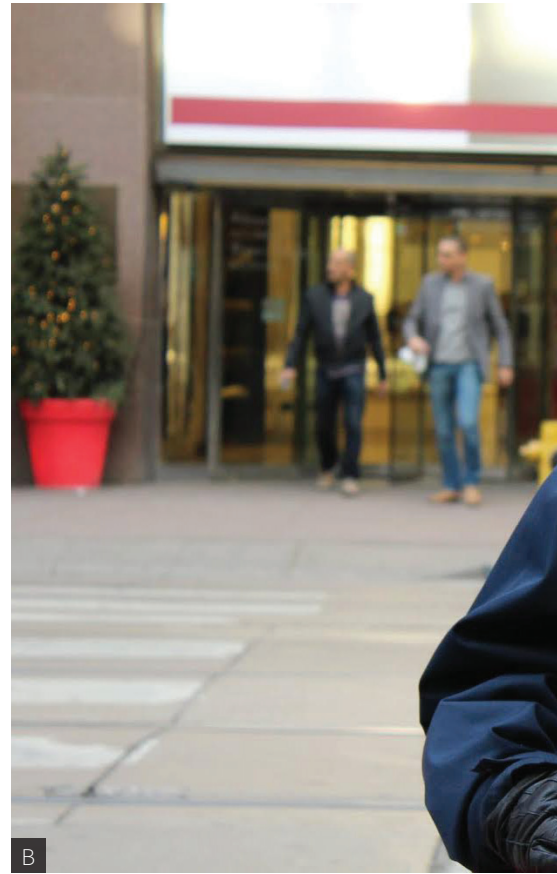
Maybe I'm making a bigger deal out of this than I should be.

I'm just tired of the world seeing us as that place that produced Rob Ford and Jian Ghomeshi. I'm tired of hearing stories of people abroad saying, “You're from Toronto? Yeah, I've heard about your mayor...”

I'm tired of people treating us as that country above the United States with maple syrup and that says “eh?” a lot, but doesn't have much else going for it.

We have a wealth of Canadian cultural treasures that document who we are. We have a rich tapestry of experiences that define our existence. We have an incredible narrative and fascinating stories to tell.

Given all that we have to offer, isn't it time that the world knew about us? Or closer still, isn't it time that we knew?



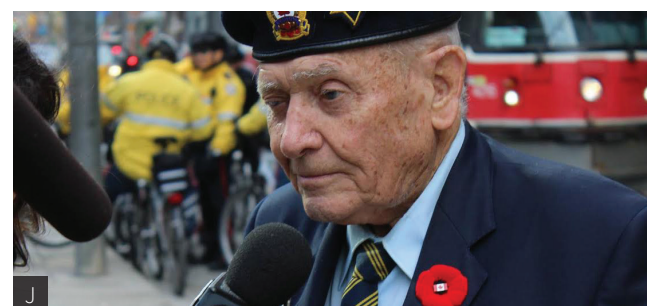
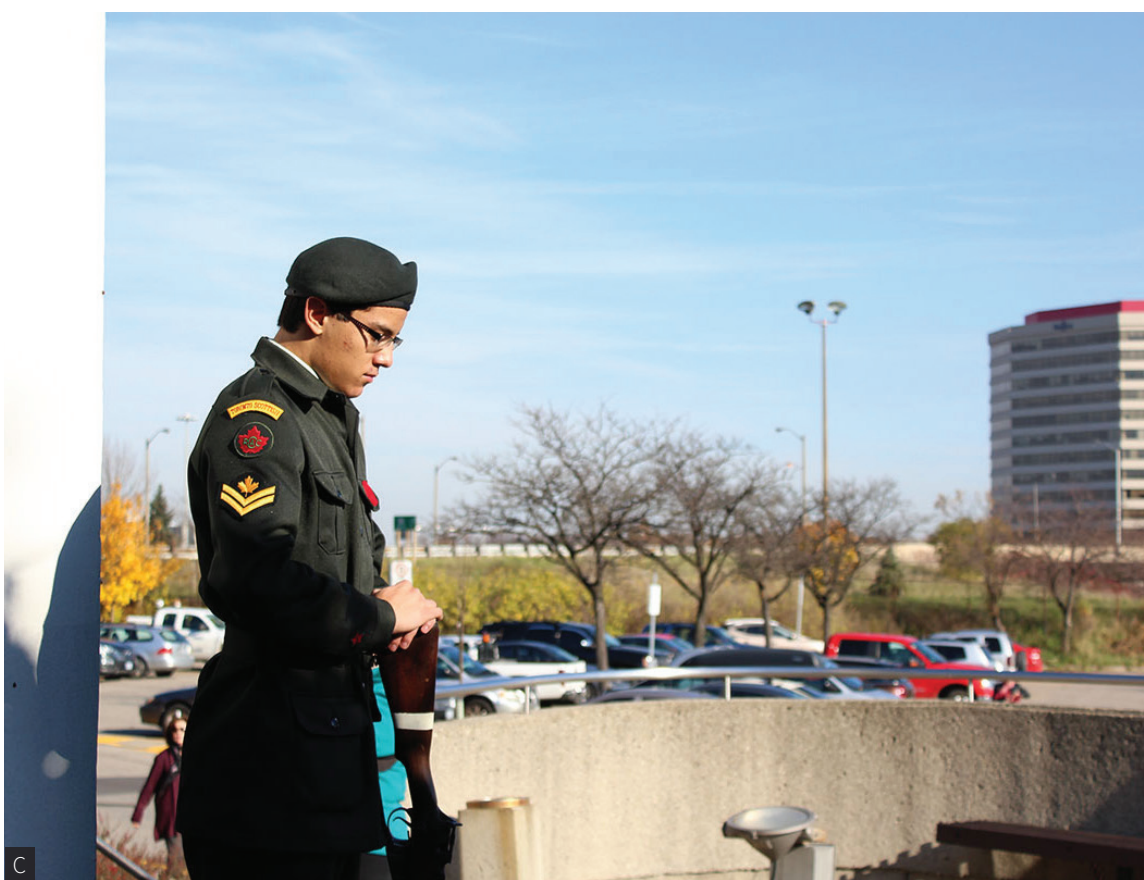
LEST WE FORGET

First-year Humber College journalism students fanned out across Toronto on Remembrance Day to capture the city honouring the memory of Canada's veterans and serving soldiers.

Here is a small sample of what they saw.



- (A): A progression of members of the Knights of Columbus en route to the Etobicoke cenotaph. (Ken Kellar)
- (B): Gordon Lennon is one of many veterans left homeless after returning home from overseas, seen outside the Toronto Eaton Centre on Nov 11, 2014. (Jess Foye)
- (C): A member of the honour guard stands vigil at the Etobicoke cenotaph. (Ken Kellar)
- (D): A member of the Salvation Army offers a salute to the cenotaph after laying a wreath on behalf of the Salvation Army. (Ken Kellar)
- (E): The trumpet is played alongside the band at Old City Hall for the crowd and in remembrance of those fallen soldiers and veterans for Remembrance Day. (Kylie Vaillancourt)
- (F): Poppies are placed along the ground memory of fallen soldiers on at Old City Hall. (Kylie Vaillancourt)
- (G): Small crafts are placed at the war memorial at Old City hall. (Jess Foye)
- (H): Large crowd gathers at Old City Hall to pay respect to the veterans and soldiers who have helped shape the country we live in today. (Kylie Vaillancourt)
- (I): Members of the Royal Canadian Legion lower their flag and salute the cenotaph during the moment of silence. (Ken Kellar)
- (J): A veteran takes a moment to speak to the media after the Old City Hall services. (Jess Foye)



ALUMNI SUCCESS



ACTORS REPERTORY COMPANY

Iranian-born Bahareh Yaraghi (second from left) is currently in Actors Repertory Company's *The Moment* at SideMart Theatrical Grocery until Nov. 22.



DAN HASHEMI

In 2011, Yaraghi was nominated for two Dora Awards for Best Actor and Best Ensemble.

Christopher Stanton, director of *The Moment*, said he has seen Yaraghi's previous works and describes her ability as "remarkable."

"She is very committed to getting at the fundamental honesty in her characters, and she is better every time I see her," Stanton said.

"She's also fearless. She will literally throw herself into the part, physically and emotionally," he said. "Not only that but she works from the heart. She's willing to put her own ego on the back burner for the good of the overall piece, which I think is crucial in creating theatre."

Yaraghi didn't audition for the roles. She has been a part of The Actors Repertory Company since 2012, which cast the show internally. Stanton said it was he who decided to double-bill her and that he knew she would make an "excellent Ruth."

"I made the dramaturgical choice to double her as Hilary because it made thematic sense in a play about not being able to outrun the ghosts that haunt us," he said.

Andre Sills, Yaraghi's co-star in the show and also a friend, said she is a very generous acting partner.

"She is a hard worker and cares deeply about this profession," Sills said. "She is always there for you as a scene partner, and always looking for ways to make her work and the work as a whole better."

Sills said the roles were destined for Yaraghi.

"She was a perfect fit with her history of movement and dance, she even choreographed the basement dance. With that and the natural beauty that is Ruth, she really brings those two characters to life," Sills said.

"Bahareh is a brilliant source of light in any room," Stanton said.

For upcoming actors, Yaraghi has some advice.

"Keep auditioning, keep learning, and keep taking classes. You will be a lifelong student in this craft. And that's so very exciting," said Yaraghi.

For those interested, ticket information is at <http://arcstage.wordpress.com>, but be quick as there is a limit of 30 people in the audience per night.

Torontonians can see Yaraghi next in Nightwood Theatre's *Her2* in January and Modern Times Stage Company's *Blood Wedding* in March.

Yaraghi turns passion to career

Humber theatre grad Bahareh Yaraghi was prepping for her LSAT when she decided acting was her everything

Ashley Jagpal

A&E REPORTER

From Iran to Vancouver to finally Toronto, Bahareh Yaraghi has come a long way.

A graduate of Humber College's Theatre Performance program in 2010, she has since been nominated for two Dora Awards for Best Actor and Best Ensemble and the Equity Emerging Theatre Artist Award in 2011.

She was also featured in *NOW Magazine's* Top 10 "Artists to Watch" in 2013.

"A performer since she was a kid," Yaraghi always knew that acting held a piece of her heart.

"Since childhood, I've always been fascinated by human behavior," Yaraghi said.

So why did she choose acting?

"I just simply love it. It's always been my passion in life," Yaraghi said. "I love digging into stories and finding the true essence of what's really being told and sharing stories that come from different parts of the world that you find yourself so drawn to."

Her epiphany, when she decided to turn to acting, came while she was studying to take her LSAT for law school after finishing her An-

thropology undergraduate degree at McGill University with a double minor in French and Sociology.

"That's when I decided, 'I need to try this.' It's been my number one love since childhood, so I just need to try going into theatre," she said.

Telling her parents was not as hard as one might have thought.

"I'm lucky that my parents have been quite supportive since the start," Yaraghi said. "They've always emphasized that no matter what I chose to do, to make sure that I'm passionate about it and that I have a drive for it."

She moved from Vancouver to Toronto in the summer of 2006 because there are more opportunities and started at Humber's theatre school in 2007.

"I have to say, after eight years of being in this city, it's now home. I love Toronto," Yaraghi said.

Thinking back to her time in Humber, Yaraghi said she does not regret a second of choosing to study here.

"Humber truly gave me skills I never thought were possible," she said.

"Physical theatre and collective creation are emphasized at Humber, and I simply love it. It teaches you how to use your body to tell the story, along with the text, and with collective creation you learn how

to hone your own personal artistic voice, which is so crucial."

She keeps in touch with her Humber classmates.

"We were a family when we studied together," Yaraghi said. "And many of us are still quite close"

She has starred in more than 10 productions. In her third year she starred in Modern Times Stage Company's *Hallaj*.



They've always emphasized that no matter what I chose to do, to make sure that I'm passionate about it and that I have a drive for it.

Bahareh Yaraghi

As soon as she ended her studies she was cast in two Shakespearean plays, eventually signing with Edna Talent Management.

In the beginning, booking roles was not as hard for her because she auditioned for everything she could.

She currently stars in *The Moment* playing at SideMart Theatrical Grocery on 1362 Queen St. E. until Nov. 22, which is based on a play by Deirdre Kinahan.

She first heard about this Irish

drama when she was reading plays at the Toronto Reference Library.

It is about how a family is trying to deal with a horrible act of violence committed by one of its members, coping after seeing their son and brother return after many years, with his wife Ruth, played by Yaraghi.

During the two-hour play, the on-stage talent captivated the audience, some moved to tears and crying when the actors did.

Yaraghi also plays another character, Hilary, who was one of the sister's best childhood friends.

Yaraghi has her own thought as to why the play is called *The Moment*.

"One moment in someone's life can change so much for that particular individual and can ripple down to so many other people around them. One moment – that's all it takes," she said.

Memorizing lines is tricky for actors but Yaraghi has her own method. "Lots and lots of rehearsing. On my own and with my cast mates," she said.

Paul DeJong, program coordinator for Humber's Theater Performance Program, said he was thrilled to hear about her getting this opportunity.

"I am delighted to see the impact she has had on this company," he said. "It says a lot about the theatre program's dedication to training actor and creators, especially artists who move out into the world to shape the theatre of tomorrow."

Landsberg: Depression is not weakness

Sportscaster opens up about his mental illness

Amanda Tuzi

A&E REPORTER

Michael Landsberg has been a leading Canadian broadcaster discussing everything and anything about sports since 1997.

"Broadcasting gave me a chance to get closer to the game and in a small way be part of the game," said the host and producer of TSN's *Off the Record*.

But while on screen Landsberg is known for his bold personality, strong lines of questioning and conducting serious interviews, off screen he is more vulnerable.

"Depression is the illness that destroys your ability to feel joy," Landsberg said.

Given his own experience, Landsberg has started a campaign called Sick Not Weak, intended for people who suffer from depression or know someone who does, to come together to diffuse the stigma around the condition. As of now, people can connect over Twitter through #sicknotweak and the campaign website will be launched shortly.

"I'm dispelling this myth that mental illness is caused by weakness," says Landsberg. "That's some-

thing that we believe, that's the stigma, at the heart of the stigma is that mental illness is perceived as a weakness not an illness."

Landsberg is among several guest speakers at a Humber Students' Federation Real Talks event held at the Lakeshore Campus on Nov. 19, and will present from 10:50 to 11:30 a.m.

In 2009, Landsberg started giving inspirational speeches to encourage others suffering from depression to acknowledge their illness and ask for help.

The mental health activist says the biggest step in confronting the illness is acknowledging that there has been a change in the sufferer.

"I gotta realize that I'm a different person. Who I was is gone, who I am I don't want to be and that's a huge part of getting healthy again. It's the acknowledgement that you have changed and that who you were, you want to be," said Landsberg. "Then you have to embark on the trip to get back to that person."

Landsberg made the decision to go on medication and although he says the anti-depressants help him, there are many other options to try first such as therapy, exercise, or self-help strategies. In order for anti-depressants to reach their potency, it requires some time and there is a large possibility of experiencing side effects.

"While I believe there are many ways to treat depression and that we should be open minded, depression medication should certainly not be a first resort or the first thing you think of or do," said Landsberg. "So I'm not endorsing it, but for me it changed my life and saved my life and it continues to and I'll probably have to be on it the rest of my life."

Twelve days into taking the medication, Landsberg recalls the exact moment when the cloud began to lift, which he describes as one of the highlights of his life internally.

Landsberg has advice to those battling depression. "Share. Learn about your illness and find a way to embrace the concept that you are sick and you are not weak. Three words, 'sick not weak,' and if you can do that, if you can make that part of you, then you have a far better chance of getting help."

Landsberg's role in the public eye, connected to an area of endeavour, sports, associated with toughness, has lent impact to his mission.

"A lot of young people that are fans of sports will know him or recognize him so it's good that a person of his status will speak about these issues that those people may not be aware about themselves, their friends or family," said Sandro Tullo, 22, a part-time liberal arts student.

Becky Harper, 20, a second-year



COURTESY OF MICHAEL LANDSBERG

Michael Landsberg, studied radio and television at Ryerson. He has been the host of TSN's *Off the Record* since 1997 and is now producer as well.

paramedic student, said, "I think it's a really big deal because he is a big name in sports and I think his cause is even better to raise awareness about depression and telling people it's okay to have depression and to speak out about it because there is a big stigma about it."

On a scale of one to ten Landsberg's difficulty with sharing his deepest feelings about depression with a crowd is a zero, he said. He admitted he has no hesitation, and it's the easiest thing in the world.

"I look at it like you're able to

save a life without swimming out to a lake and risking anything. I feel like the more I see the benefit of simply talking, as I will at Humber, the more I feel obligated to do, because if you're not doing it and you know that people are out there that you could help, then shame on you because it doesn't really take much.

"My degree is in speaking the language of mental illness. If you don't speak the language you'll never be able to communicate fully with someone who's sick. Someone like me who suffers from it will always be perceived as someone who has credibility with others," Landsberg said.

During the talk at Humber, Landsberg will open on his past and struggles. He will fully expose his illness and what it does to him in hopes to encourage those who are struggling to seek help and to know that someone else has been on the same path and found a way to endure the battle.

"It gives me value that I would never get from anything else. It gives me the sense of doing something good for humanity that I would never get from just my job," said Landsberg.

"Does it help me with my struggle? Does it lessen the illness for me? Not a bit, but it gives me a way in my life to attribute something good to something really bad."

Comedy grad Sousa named host of Super Channel show

Amanda Tuzi

A&E REPORTER

Canada's top comedy talent talks about topics such as sex and religion with no limits on a new television series airing late this week.

Humber College graduate Norm Sousa is the host and moderator for the half-hour comedic show *Too Much Information*.

"It's a no-holds-barred comedy panel show that will leave you asking 'what?'" said Sousa, the founder of the sketch comedy duo punch-DRYSDALE, alumni of the Canadian award-winning sketch comedy troupe The Sketchersons and co-host of *Never Ever Do This At Home*.

The Super Channel series, produced by Lone Eagle Entertainment, features two three-person panels who battle against each other on different themes such as fitness, ghosts, family and social media.

Sousa will moderate the conversation between the teams, asking questions and deciding which team won each round.

The panelists will compete with one another by telling personal stories and sharing their stylistic jokes on the given topic. More than twenty-five comedians will swap in and

out from episode to episode.

"There's a big mix of panelists," Sousa said. "We have Sitara Hewitt, who's an actress from *Little Mosque on the Prairie*. And we have Bryn McAuley who was the voice of Calliou. We have Justin Landry who's an actor. Lauren Ash and Marty Adams are improvisers. Then we have myself and Pat Thornton who are sketch people."

The comedians have free range to speak about the topics however they think will keep the audience amused and captivated.

"Boomer, Lauren Ash, Justin Landry. Some of their stories you just can't believe were coming out of their mouths, and also like what would compel someone to say these horrific stories on television? But that's the fun of the show and I think that's why a lot of people will tune in," Sousa said.

Series producer Greg Lawrence, along with Pat Thornton, Kathleen Phillips and Norm Sousa, compiled many of the scripts and helped rewrite last minute while on set.

The cast of *Too Much Information* filmed 36 episodes in 10 days on the former set of *George Stroumboulopoulos Tonight* show.

"It was a rush. It felt like a sprint from the start to finish. Norm was a



COURTESY OF HOLMES PR

Humber comedy program graduate Norm Sousa is host of new television show, *Too Much Information* which debuts Nov. 18 at 11 p.m on Super Channel, a comedy panel program based on popular British shows.

freaking storm trooper. I don't even know how he did it. He was just in ninja mode, which all of us were, and we just did it and I think that's where some of the magic comes from," Humber grad Nicole Arbour, one of the panellists, said.

Too Much Information is the first comedy panel show in Canada and is based on the popular British shows, *Never Mind the Buzzcocks* and *8 Out of 10 Cats*.

"I think, because this is the first one in Canada, they're shooting it

with a wider net. A lot of the British shows, because there's so many of them, tend to be a little more specific in their topics like *8 Out of 10 Cats*, it's all statistics, (while) *Too Much Information* has a broader range of topics," Thornton said.



EVAN MILLAR

The 519 Church Street Community Centre has dedicated itself for 35 years to LGBTQ community and continues to assist today.

The 519: supporting our gay village

Evan Miller
LIFE REPORTER

The 519 Church Street Community Centre, located in the ‘Village’ around Church and Wellesley streets in downtown Toronto, has provided progressive facilities to Torontonians since opening its doors in 1976.

For Emma Pratt, a student in University of Guelph-Humber’s Family Community and Social Services program, working as an intern in the centre’s fundraising and development department has been satisfying on a personal level.

“I went to (a) Catholic high school growing up, so I saw a lot of negativity towards the

LGBTQ community. For me to be able to work with them and give back in a way feels really rewarding.”

Programs offered at the centre focus on topics like anti-violence and anti-poverty, as well as family services, including queer and transgender parenting.

There’s a group for LGBTQ individuals aged 50 and over. The centre is home to over 80 community-led programs, a feature Pratt said that she is particularly enthusiastic about.

“A lot of the people that volunteer with the centre at one point or another used services that they provided,” she said. “I think it’s awesome to see people giving back to something that helped them.”

Increasing awareness of off-campus resources is an important job for Maureen Carnegie, Co-Chair of Humber’s Gender and Sexual Diversity Committee, who recently organized a field trip to the 519 for Humber’s LGBTQ student group.

“It is a hub for the LGBTQ community in Toronto, with quality and responsive programming,” Carnegie said. “It’s a very welcoming and interesting place.”

Chris Coletta, 19, a student in the University of Guelph-Humber’s Media Studies program, had a different stance.

“I don’t like to make a big deal out of being gay,” he said. “As much as I respect the

support and all that it has to offer, I personally distance myself from these organizations due to the fact that I don’t like to exploit me being a part of the LGBTQ community.”

Yet Coletta is still ultimately appreciative of the work being done toward promoting acceptance and approval.

“It’s a reminder that not everyone has negative opinions,” he said.

And for Pratt, her work supporting the community was validated after spotting recent mayoral candidate Olivia Chow at the centre’s recent annual gala.

“Seeing a political figure so involved in what we do is really nice to see,” she said.

SEXUAL DIVERSITY

LGBTQ+ safe haven created for students

Humber group for queer-identified has information, support

Britnei Bilhete
LIFE REPORTER

Being queer or questioning can be difficult for LGBTQ students, but support is available at Humber College.

Each week, students and allies of the community are invited to attend LGBTQ+ @ Humber group meetings, an initiative by Humber Counseling Services, led by queer identified facilitators at North and Lakeshore campuses.

Co-chair of the Gender and Sexual Diversity Committee, Maureen Carnegie is a Humber mental health first aid project counselor and leader of student discussions.

“The group is a safe, supportive and confidential place where LGBTQ+ students can be themselves, find community, learn and grow,” said Carnegie.



Now it seems clear that there’s a body of students coming out who need a place to discuss their issues

Thomas Silicox-Child
SEXUAL DIVERSITY COMMITTEE

Sylvia Bresson (not her name), is a regular attendee and agreed that coming to the meetings each week has helped her become more confident.

“I felt that I was... wrong,”

said the 20-year-old architect student. “Going to group changed that completely.”

Prior to the discussion sessions, she had never spoken openly about her sexuality.

“You just need someone to listen to you,” she said.

Media Studies student Taylor Clysdale, 20, is open about his sexuality with family and friends and enjoys the meetings.

“It’s informative and supportive,” said Clysdale. “This group is super good for learning materials.” Forms and pamphlets on sexual health, support groups and advice for those who are ‘in and out of the closet’ are provided.

Bresson said her reality was different from happy stories of parental acceptance.

“It hurts but when you see people like Taylor, you know [that] the world isn’t all bad... love conquers all.”

Weekly topics cover a spectrum of subjects such as religion and spirituality within the LGBTQ community to creating and sustaining healthy relationships.

Humber’s Gender and Sexual Diversity Committee sponsors the group. Co-chair Thomas Silicox-Child said he initially didn’t know what kind of reception students would get, but that has changed.

“Now it seems clear that there’s a body of students coming out who need a place to discuss their issues,” he said “and that’s the main thing.”

The group’s next meet, Being LGBTQ+ in our Families, will be on Nov. 18 at North (room GH 101) and Nov. 19 at Lakeshore (room A116A) 11:45 a.m. to 12:35 p.m.

Outrunning threats of depression

Fitness lifestyle can help in preventing leading disability

Jessenia Feijo
LIFE REPORTER

A jog a day keeps the therapist away.

Studies show exercise can prevent or decrease depression.

University of Toronto PhD candidate George Mammen, with professor of Kinesiology and Physical Education (also U of T) Guy Faulkner reviewed 30 studies in which 25 found

physical activity could prevent the onset of depression.

“Depression is, according to the World Health Organization, the leading cause of disability worldwide,” said Mammen.

“Going into treatment with drugs and therapy that can all cost a lot, but physical activity is one strategy that could be a cheap thing and anyone can do it,” he said.

How one deals with stress is important and exercise is even more important, said professor of Psychology at University of Guelph-Humber Dr. Dan Andreae.

“Exercise increases blood flow to the brain. That makes you feel sharper which in the long run of things makes you feel better,” said Andreae.

You don’t need a lot of exercise, he said.

“People say half an hour to an hour of going hard at the gym is what we need but no, not necessarily,” said Andreae.

Basic exercises that are done two to three times a day in 10-minute sessions can be effective, Andreae said.

“Going for a walk can be helpful, so anybody can do it. Definitely (it) is part of a package.” The package also

includes nutrition and getting the right amount of sleep.

“Based on the findings and based on what I know, students who are physically active are less likely to develop depression and less likely to experience depression symptoms,” said Mammen.

“Working out for me, even if it is taking the long way home, is important to me because it makes me feel better,” said Jennifer Amaya, 20, second-year Humber Early Childhood Education student.

“When I nap, I wake up and feel like doing nothing. When I am active, I am in a good mood and continue to be productive all day. Whenever I’m feeling down, I work

out to end the day feeling good,” said Amaya.

“Exercise, in our study, is any aerobic exercise,” said Mammen, adding that this can include walking, jogging, sprinting, playing soccer and any other activity.

“The lowest form of activity was gardening, which was considered helpful in the prevention of depression. So it doesn’t have to be a full-on workout like people associate (with) going to the gym, it could be as simple as taking a walk,” said Mammen.

Sergio Mazzaferro, a third-year Media Studies student at Guelph-Humber, said little things can make a difference. “Instead of taking eleva-

tors, take stairs. Instead of driving to the store close to your house – walk,” said Mazzaferro.

Motivation is the biggest challenge, Mammen said. “The advice I would give would be to try and find or do exercises with friends or with family so that way you have someone doing it with you.” It helps a lot to tackle the challenge with someone else rather than solo, because it is already very difficult being alone when you’re depressed, he noted.

“Exercise with someone else. That way you’re getting outside, you’re being with someone and talking to someone,” said Mammen.

HOROSCOPES by SHOYNEAR MORRISON



JAN. 20 - FEB. 19
Step away from any negative thoughts. Free your mind with positive thinking.



FEB. 20 - MAR. 20
Forgiveness can be hard but it is necessary to avoid bitterness. Open up and let yourself be vulnerable.



MAR. 21 - APR. 20
Be patient, Aries when, seeking love. There's someone special out there for everyone.



APR. 21 - MAY 20
Never give up on your dreams. Your hard work will pay off sooner than you think!



MAY 21 - JUN. 20
The concept of weakness is just that - a concept. True strength comes from within.



JUN. 21 - JUL. 22
You're going to receive the opportunity for a potential business venture. Proceed with caution.



JUL. 23 - AUG. 22
When feeling depressed, try going for a run. Physical exercise is a great way to clear the mind.



AUG. 23 - SEPT. 21
Find strength in your defeats and grace within your triumphs.



SEPT. 22 - OCT. 22
Learn how to embrace your inner shine by truly loving yourself.



OCT. 23 - NOV. 21
Sometime those around you need to learn on their own. Do not take offence when loved ones choose not to listen.



NOV. 22 - DEC. 20
It's time to mature financially, Sagittarius! Remember, it's not about how much money you make, it's about how much you save.



DEC. 21 - JAN. 19
The love of your life will be found in a place you least expect.

QUOTED: How are you planning to Winterize?

"Layering."

"A lot of coffee, coffee keeps you warm"

"Sitting by the fireplace"



Jenny-lyn Casugay, 20
Accounting,
1st YEAR



Tristan Stanczak-Daley, 22
Canadian Criminal Justice,
1st YEAR, Dual Credit



Amanda Fouguet, 19
Cosmetic Management,
1st YEAR, Dual Credit

SCHOOL DAZE

BY JORDAN BIORDI



TO THE NINES

Tristian Clarke
18
Media Studies
1st Year

Shirt: Southpole
Flannel: Ralph Lauren
Shoes: Converse
Beanie: New Era
Watch: Gifted

Tristian draws inspiration from "Kanye, Pharrell, and then whatever [he] finds on the internet." Usually something that's clean, classy but then also kind of street



PHOTO BY ALEJANDRA FRETES

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HUMBER AT PANAM-PARAPAN GAMES



Humber College North hosted one of four community tour events, by Pan Am 2015, to promote the upcoming games. The opening ceremony will be on Friday, July 10 in downtown Toronto. ALL PHOTOS BY ALEJANDRA FRETES



Valley Field important to Humber

City of Toronto lets college book space for soccer, Frisbee

Jessica Dempsey
SPORTS REPORTER

Valley Field may appear to be Humber College property, but it really is owned by the City of Toronto.

It takes three to tango for the field to work. There is a

partnership between Humber College, the City of Toronto and the Conservation Authority of Toronto.

Humber books all its permits through the City of Toronto, said Dean Wylie, facility manager and athletics co-ordinator.

“We do our long-term planning. For all the outdoor sports, we book the field, two to three times a week from 3:00 p.m. to 6:00 p.m.,” said

Wylie.

Humber looks to reserve the fields each year a long time in advance.

“In May, we have our league meetings, we find out what our schedule is going to be. We try to book our rugby games right off the bat, and then you build your practice schedule ahead of that with our soccer and rugby games. That is the first priority, the men’s and women’s soccer

and rugby,” said James DePoe, Humber’s varsity coordinator.

But it is not just varsity sports that Humber books the field for. Campus recreation programs such as extramural Frisbee also book the field. Provincial and national events have been hosted on Valley Field as well, such as the Canadian Collegiate Athletic Association (CCAA) cross-country nationals, said Matthew Ferreira, Humber’s athletic events and tournament co-ordinator.

Humber Athletics is at the field almost every day, said DePoe. They use the rectangle and oval fields, and try to be as creative with the space as they can be, he said.

Valley Field is not considered an A level field, however; it is designated a B level field according to the Toronto city website. An A level field is lit, regulated and adult sized while B level is adult sized but not lit or regulated.

With this in mind, there aren’t many home games scheduled on this field.

“The only home games that we play down there right now is rugby. Everything else is offsite, baseball and soccer are offsite,” said Wylie.

The question about Humber getting their own field hasn’t slipped the mind of athletes.

“We are hoping somewhere in our long-term future, we would love to have our own facility. Whether it’s down there in some sort of agreement with the city of Toronto, or if we could find something, we would love our own field,” said DePoe.

Humber hope to defend Challenge Cup

Men's extramural hockey team looks to next week's home-rink tournament for a repeat

Aaron D'Andrea

SPORTS REPORTER

It was a season that will be etched in the history books for the Humber College North men's extramural hockey team.

The Ontario College Committee on Campus Recreation (OCCCR) year-end Challenge Cup tournament last year saw Humber North mount comeback victories in all of their games, including the final. They scored the tying goal with a minute left in the third period, then grabbed the game-winning goal with 10 seconds left, securing the title.

"We just peaked at the right time," said head coach Mark Wright.

But can they do it all over again for 2014-15?

Only 10 players from last year's team returned to the 23-player squad this year, but Wright said the new additions make the team well rounded.

"I think the guys we've added to our roster make us stronger than we were last year," he said.

Julian Luongo, 17, a culinary management student,

is one of the rookies on the team, and said the mixture of returning players and new players is working out well.

"We bond pretty good as a team," Luongo said. "Hopefully we do good this season."

Unlike varsity sports where teams play regular season games, extramural ice hockey teams play a series of tournaments, and depending on their success and power rating, receive a spot in the OCCCR Challenge Cup.

"Anything can happen in a tournament style format," Wright said.

"You can have one unlucky bounce and you're out of it."

Humber North has five tournaments this season, including the Challenge Cup, and although there is a risk of early elimination, Wright remains confident in the team.

"There is always that chance to repeat the championship win, and I know we're going to be successful and we're going to win tournaments but it's just the matter of clicking at the right time and winning at the right time," he said.

The tournaments don't occur every week. The breaks



AARON D'ANDREA

Extramural men's team practices once a week for tournaments at Westwood Arena located near Albion Road and Highway 27.

in between tournaments can span from two weeks to a month, so game sharpness is a concern.

"We tell them throughout the summer and in between tournaments that conditioning is a lot on their own," Wright said.

Humber North only practices once a week, and Wright stresses to his players "if they want to be successful and they want to be competitors, than they got to take that extra step outside of practice."

Wright describes Humber North as a fast team with a lot

of skill and scoring ability. He also said that the team lacks size, but that is not a concern since the OCCCR ice hockey league is non-contact.

Patrick Reay, 21, was a member of last year's Challenge Cup team, and believes that they can repeat.

"We had a big season last year winning it all, so if we keep practicing hard, I think we can do it," said the sport management student.

Humber North will play in their second tournament at their home rink, Westwood Arena, on Nov. 20 and Nov. 21.

PARAPAN 2015

Tucker transcends pain with smile

Humber student who lost a leg saw 'it's all eventually up to you'

Ashleigh Darrach

SPORTS REPORTER

Being a part of the 2015 Pan Am and Parapan Am games is the last place second-year Humber College Recreation and Leisure student Andrew Tucker saw himself a few years ago.

Two years ago, Tucker faced one of the hardest times in his life. He got very sick resulting in the loss of his right leg from the knee down.

Doctors confirmed that he had a rare blood disease that attacked his kidneys causing them to stop functioning, ultimately leaving him unable to recover from an ankle infection.

Tucker attended Sheridan College in 2011 and made the varsity volleyball team. Unfortunately, in September

of that year, he started feeling very fatigued and fell behind in school, eventually leading to him to drop out.

"Night after night, I kept having nightmares and I couldn't explain why. It was at night that I'd develop a fever," said Tucker.

After being in and out of the hospital, in February of 2012, Tucker was admitted to hospital in a medicated coma right before April when he found out he had to have the leg amputated. "When I was in Brampton I was just thinking, damn, I really want to get better because I just want to go home," said Tucker.

Despite the sudden shock, Tucker remained relatively optimistic about the entire situation, keeping a great outlook on the fact that he is here now, and that he is thankful for that.

Tucker had met some of the sitting men's volleyball team in his past (bumping into one of them during his

time in rehab) but didn't feel the timing was right, and didn't know the opportunity at hand.

Tucker is a well known smiling face that has bigger picture ideas for himself.

It was the push by a friend who met the same member of the sitting team while volunteering for Pan Am who urged Tucker to head out to practice.

"We worked together for S.A.A. (Student Athletic Association) at Humber. The main reason we got closer though, was talking about our injuries," said Maja Jocson, third-year Kinesiology student at Guelph-Humber.

"Although mine was not nearly as drastic as his, he always made me feel tough. He was always supportive of me at my games, so when I met up with Jason from the men's team, I thought of Tuck right away. I knew he had the skills, and so I thought, it's his turn now."



ASHLEIGH DARRACH

Tucker started playing sitting volleyball after it was suggested by a friend who was in contact with a current member.

What started with practicing with a few men from Toronto led to his attendance at the training camp over Thanksgiving weekend and

eventually getting an offer for a position on the national team.

"When I started off playing I didn't think I was that great,

it was kind of difficult moving around. But, I played volleyball before so I had good hands and forearm passing," said Tucker.

Being involved with the Games and Para Sport Ontario, Tucker said that one of his aspirations is to be involved with the organization. He agrees with their mission and what the program is about. He would love to promote paralympians and promote the sport and get as much awareness as possible for his passion.

Now, Tucker is looking into a wider range of sports than just sitting volleyball. He is starting training with cross-country and has hopes of playing wheelchair basketball.

"He's a very young, talented individual with a good head on his shoulder," said Jesse Buckingham, a teammate on the national sitting volleyball team.

As for advice Tucker has, "what I can say is that, if you want to make a change, it's all on you. People can only inspire you so much, it's all eventually up to you."