



TYLER BLOOMFIELD

Mikki Decker (centre) speaks at the IGNITE rebrand info session on Oct 5th.

# IGNITE name change to get vote

Tyler Bloomfield, Ken Kellar,  
Erian Amor De Los Reyes  
*HUMBER NEWS REPORTER*

Humber students will have a chance to vote on the decision to change the legal name of the Humber Students' Federation to IGNITE at a special meeting on Wed. Oct. 19.

The meeting will be held at 11 a.m. at the Student Centre on the North campus and live streamed to the K building at Lakeshore campus to allow for greater participation.

In addition to a vote on the corporate name change, IGNITE is promising an update and categorized budget for its \$400,000 rebranding project, which has been criticized by some students as a waste of money and led to a lively information session on Oct. 5.

The upcoming meeting, known as a Special Meeting of the Members (SMOM) will include a motion to receive the audited financial state-

ments for 2015-2016 and to approve the minutes of the 4th Annual General Meeting held in March.

Last year's SMOM was a quick affair. It was over in 14 minutes and the year before that it only took seven minutes.

## Board of Directors Meeting

The IGNITE Board of Directors met on Wednesday Oct. 12 in advance of the SMOM to approve the audited financial statements that will be presented this week.

The meeting included a representative from the accounting and advisory firm, BDO Canada, offering explanations for some of the financial figures. Notable changes from 2015 to 2016 included what is listed as "cash" decreasing from \$3,049,920 to approximately \$698,000 and Advertising and Promotion almost doubling from \$63,166 to approxi-

mately \$128,000.

IGNITE president Ahmed Tahir and Executive Director Ercole Perrone participated in the meeting along with the other board members. Among the attendees who were asked to leave the meeting for an in-camera session was Vice President of Student Life Ammar Abdul-Raheem who had a moment to talk outside the boardroom.

Abdul-Raheem said IGNITE is not required by any law to open Board of Directors meetings and the Annual General Meeting (AGM) to students nor are they required to share certain financials, but they still do to show transparency and openness.

"Opening up board of director meetings is us going above and beyond what we have to to make it more open," he said.

## In-Camera Sessions

The in-camera session took place

near the end of the meeting and lasted more than 20 minutes.

According to all of the meeting minutes available on IGNITE'S website -- which range from May. 8, 2014 to July. 27, 2016 -- the Board of Directors has moved to go in-camera six times.

In 2016 there were five in-camera sessions between January and July. According to the information available more than 60% of the meetings went in-camera. By comparison, in 2014 and 2015 less than five per cent of Board of Directors meetings went in-camera.

A Toronto-based and nationally recognized Canadian law firm, Borden Ladner Gervais released a Not-for-Profit Law Update newsletter in 2011 that suggested Not-for-Profits should consider developing a policy that would outline when and how in-camera board meeting sessions will be held and the reasons for going in-camera for added transparency.

According to the Borden Ladner Gervais Not-For-Profit letter the most common reasons to go in-camera are as follows:

Board issues such as internal problems and factions

Board objectives and performance

Board and management succession planning

Reviewing the CEO's performance, compensation and employment status

Reviewing personnel and employment/labour matters

Discussing government policies and their implications for the organization

Discussing legal advice and litigation

It is unclear what was discussed in the IGNITE in-camera session.

WITH FILES FROM BRANDON RICHARD  
AUSTIN AND ALANA MACLEOD

# Pow-wow highlight of Culture Days

**Daniel Caudle**  
NEWS REPORTER

The drums began their rhythmic beating, the singers began their songs, and the dancers broke out into traditional dances from their tribes.

Voices at Humber College's annual pow-wow hushed during the spectacle performed by Ojibwe, Inuit, Metis, Mohawk and Cree nations during Culture Days at the Assembly Hall near Lakeshore campus.

As is tradition the September 29th pow-wow began with a smudge, which is a smoke bath used for purification of thoughts and ushers in good feelings.

The event marks a turning point in Native American culture as it opens its doors to the wider community to embrace a culture few people experience.

"This event helps First Nations people see their culture being celebrated and accepted by so many people," said Humber Aboriginal resource center coordinator Grace Esquega. "It's open for all ages, and open for people to express and be proud of who they are."

The spirits of everyone involved and those attending was as high as ever although the damp weather forced the pow-wow to be held indoors. Each tribe came with a different style of dance and a different outfit that coincided with the region they were from.

The three-hour long event featured warrior style dancing, jingle style dancing, as well as rain and smoke dancing. But the feature dance was a hoop dance, performed by using traditional hoops swung in such a way to create shapes through the movement of dance.

Included in the festivities was a free-to-make dream catcher station, areas to purchase authentic Native American apparel and booths sell-



DANIEL CAUDLE

**Warriors from three nations dance a traditional hunting dance. This dance is used to bring good luck to the tribe before the hunting trip. Four First Nations tribes come together to show the crowd their respective dancers from their tribe. Elder Shelly Charles addresses the crowd and speaks of the togetherness this pow-wow brings to the community.**

ing homemade food.

"First Nations people are givers, we love to give at ceremonies, it is our custom," said the master of ceremonies Biindigaygizhig Deleary, also known as Beans.

Throughout the event different

dances took place as a way to honor the tribes in which the First Nations people originated.

"This event helps to build Aboriginal awareness and respect for all people when we have these celebrations," said Humber Elder and

advisor for Aboriginal resources Shelly Charles.

Guest were asked to form a line and were given a present as a thank you for coming to experience this special time.

"I really enjoy these pow-wows, I've

been to four or five now in my life," said Gail Symmons, a volunteer at the Assembly Hall. "I enjoy learning about the culture, and this has led me to really appreciate the culture."

North campus hosts the next pow-wow on Nov. 17.

## Community life explored through art

**Sanzana Syed**  
NEWS REPORTER

Members of the Lakeshore community came to show their support during Culture Days, a free, three-day event to bolster awareness in the arts and cultural life of their communities.

Lakeshore Arts, a small art gallery, was one of the few places events were hosted. Exploring tunnels beneath Humber Lakeshore campus and making paper planes were some of the many activities that took place during first weekend of October.

"Culture Days has events for everyone. Definitely child-friendly," said Cheryll-Ann Yelovich, the Lakeshore Arts gallery attendant and a sculpture student at OCAD.

Alongside tending to the Lakeshore Arts gallery, Yelovich orga-

nized the closing ceremony of Culture Days in the gallery.

The closing ceremony featured paintings from artists like Susan J. Ellis and Tanzina Amin.

Ellis has been drawing since she was seven years old and painting since age 12. Her inspiration to paint was a TV show called The Magic of Oil Painting, hosted by German painter William Alexander in the 1970s and 1980s. One of her earlier memories of painting was a seemingly perfect picture day, tainted by her passion.

"On picture day, I wore this pink dress and because I was painting with green, it got all over it," Ellis said. "I got stuck in the back of the photo so they could hide the stain."

Amin said she was intimidated by paint when she was younger until she took art lessons. After learning how to paint, she took a break for

nearly two and a half decades. Her passion in paint would not recommence until 2009.

"After the 23-year break, I picked up a paintbrush for the first time," Amin said. "I had to force myself to do it. One of my greatest fears was that maybe I forgot how to paint. Until last summer, the public was unaware of my work."

Other artists, such as Mike Bolwell, Blair Richard Martin, and Khadijah Morely, were also at the closing ceremony and spoke about their paintings as guests indulged in refreshments provided by Bolwell.

Culture Days is held once a year across Canada, and according to its website, 10 million Canadians have participated in the event.

The free event offers people a chance to understand the community they're part of.



SANZANA SYED

**Tanzina Amin and Susan Ellis standing next to their paintings Journey and Floating Flower in the Lakeshore Arts gallery. Oct. 2, 2016.**



Student Claire Jackson speaks to Humber News.



TYSON LAUTENSCHLAGER

Maaïke Rosendal (left) and Katie Somers were two of more than a dozen pro-life protesters at Humber college.

# Students shocked by anti-abortion group

School faces criticism over how it handled controversial group's appearance on campus.

Tyson Lautenschlager

NEWS REPORTER

Anti-abortion demonstrators at North campus sparked outrage among students on Wednesday.

The display was organized by the Canadian Centre for Bio-Ethical Reform, a Calgary based anti-abortion advocacy group, as part of its country-wide campaign.

"They had very big posters of ten week old embryos, dead embryos and there were very graphic pictures which immediately sent me on a very uncomfortable day," said Claire Jackson, an Event Management student, told Humber News. "I got extremely aggravated, very uncomfortable, anxious, it almost made me tear up."

Many students approached demonstrators to voice their displeasure and, in one instance, ripped up pamphlets in front of CCBR staff.

Humber College posted on social media that morning warning students about the protest and stating that Humber doesn't "endorse their views nor do we have a position on either side of the pro-life/pro-choice debate. We did not invite the group to campus, nor did they seek our permission to visit."

"The letter came out as CCBR arrived on campus," said Andrew Leopold, Director of Communications at Humber College. "We considered a number of options ... it was a fair balance to what we could do."

Jackson said she did not see the warnings posted by the college and would have appreciated a notice on Blackboard or an email about the group's presence before coming to campus that day.

All Ontario colleges received warning from CCBR in advance that the group could arrive on campuses at any time.

"The group sent notice around to all of the colleges saying they intended to do their activities on campus," said Rob Kilfoyle, director of the Department of Public Safety.

In September, houses in a popular student neighbourhood in Lon-

don were covered with anti-abortion door flyers. Although the flyers were distributed by a separate group in London, they were created by the CCBR. The CCBR also recently appeared at Sheridan College's Trafalgar campus in Oakville.

"Nobody's thrilled about it," Kilfoyle said. "If we had our 'rathers' we'd rather they didn't, but this is protected speech under the Canadian Charter of Rights and Freedoms."

The organization has the legal right to demonstrate inside of post-secondary institutions because they are publicly funded Crown agencies.

Clarissa Canaria, one of the CCBR volunteers, said the organization goes to colleges instead of abortion clinics because campuses are "one of the most important places to have this dialogue."

Andrew, a second-year electrical engineering student who declined to provide his last name, said the graphic signs the group showed were only used as "shock value" and to provoke people.

"You have people having an emotional response, and they won't think of things rationally," he said,

"In terms of the actual content of what they're presenting, it's all personal opinion."

"The images the group showed yesterday, I think certainly fall into the category of disturbing or upsetting to some," Leopold said. Despite the graphic content, Humber was very limited in what it could do to prevent the group from showing the images, he added.

"I didn't believe that it was necessary for them to have those pictures," said Jackson.

The graphic images are one of CCBR's main tactics.

"Our goal is to make abortion unthinkable," said Maaïke Rosendal, one of the CCBR's most prominent members. "When we show photographic evidence of what abortion actually does, we aren't surprised when people become angry as a result."

Humber is offering counseling services in the Student Wellness and Accessibility Centre located on the second floor of the LRC for any student who was affected by the display.

WITH FILES FROM TYLER BLOOMFIELD, BRITNEI BILHETE AND SARGON JAJJO.



TYSON LAUTENSCHLAGER

Campus advisory posters near demonstrators in H building.

# United Way, Humber hold barbecue fundraiser

Michael DiPersio

NEWS REPORTER

First year University of Guelph-Humber students Carey Wong and Serena Nishmas met for lunch in the courtyard behind the LRC.

The early childhood education students were making their way to the cafeteria for a routine lunch when they found something better.

The scent of food being grilled filled the air while loudspeakers blared with some of today's top hits as Humber staff hosted another

United Way fundraiser.

Humber President Chris Whitaker was there and said the BBQ kicked off the United Way Campaign at Humber's North campus.

"Every fall we have a campaign for United Way, and we're raising money to support United Way agencies across Toronto," he said.

"I come to lend my moral support for the cause."

Whitaker said of the many themes United Way has to offer, one of them is the youth support program that aims to help people.

"We think that's in line with the

mission of the college, to help people, create access to opportunities [and] provide help where it's needed," he said.

But for Wong and Nishmas, the fundraiser allowed them to split a burger and drink sodas in the warm fall sunshine.

Humber staff cooked and served hotdogs, hamburgers, veggie patties and drinks to students.

"The goal is to obviously raise money but also to raise awareness," said Mark Hanna, Associate Dean of Humber's Business School and co-chair of the United Way campaign.

Hanna said this year's goal was to reach around \$75,000-\$80,000.

He said the campaign was currently "more of a staff campaign" but that "there are a lot of events the students still get involved in."

The college hosts many United Way events, one of the most popular being the annual CN tower climb, this year being held on Oct. 22.

Students raise money for charity while walking up all 1,776 steps to the glass floor of one of the world's tallest freestanding structures.

Wong said she did it two years ago and enjoyed it so much that

she's planning to try it again.

"It's challenging," Wong said. "But it's a good accomplishment."

Both Hanna and Whitaker said they think The United Way campaign does a great job helping those who are less privileged while uniting the Humber community.

"It's also a nice way to have fellowship and community on the campus," Hanna said. "It's nice to have that added benefit of the Humber community getting together."

# IGNITE remains detached from CSA

Zachary McGregor

NEWS REPORTER

IGNITE still stands by its decision to stay out of the College Student Alliance (CSA) almost three years after leaving.

The CSA is a partnership of college student associations that supports the interests of college students across Ontario.

Many argue IGNITE would benefit from being in the organization as it has the ability to address student issues on a much larger scale and lobby the provincial government.

However, according to Humber IGNITE staff there are a number of

reasons why they chose to end their partnership with the CSA.

"The Board of Directors at the time felt the CSA wasn't advocating enough on behalf of Humber and Guelph-Humber students," said Ahmed Tahir, president of IGNITE. Most of the member colleges within the organization are located in smaller communities and their needs are much different than those of Humber.

"We are a very diverse community and the issues we face are much different than those of other colleges," said Ammar Abdul-Raheem, IGNITE vice-president of Student Life. The CSA had trouble advocat-

ing for Humber as a result of its diversity and the unique needs of its students.

Other colleges in the Toronto area including Seneca and Sheridan ultimately decided not to join the CSA citing similar reasons.

The organization no longer represented the values of students within the Humber community, student government representative said.

"The Board of Directors also felt the costs associated with being a member of the CSA began to outweigh the benefits," Abdul-Raheem said. The organization imposes a yearly membership fee based on the number of students enrolled at a

member college.

"The membership fee is \$6.12 per student which is added directly onto their student activity fees," said Jennifer Horwarth, CSA's General Manager. The math shows IGNITE is saving upwards of \$150,000 a year as a result of its decision to end its relationship with the CSA.

"The money IGNITE saved from paying membership fees can now be used to help benefit students directly at Humber and Guelph-Humber," Tahir said. The money will go towards improving services, creating more clubs and hosting better events for students, he said.

IGNITE expressed interest in

joining other organizations similar to the CSA in the future. Staff members are currently asking other institutions about their experience in organizations such as the Canadian Alliance of Student Associations (CASA) and the Ontario Undergraduate Student Association (OUSA).

"We need to look at the facts before making an informed decision to join a particular organization," Ahmed said. IGNITE will continue to explore options to ensure students' best interests are kept at heart.

## Food trucks successful despite lack of advertising

Kasandra DaSilva

NEWS REPORTER

Students now have a new option for grabbing a quick lunch on campus as Humber Food services are now bringing independent food trucks to North and Lakeshore campuses.

Humber has many dining options throughout both campuses, but students always want to try something new, which is why food trucks are making almost weekly visits to campus, said Ashlee Collins, general manager of Chartwells at Humber.

After the School of Hospitality, Recreation and Tourism brought the food truck festival to Humber earlier this semester, and Chartwells successfully brought two food trucks to frosh, which suggests food trucks should continue to make appearances.

"We want to help improve the student campus experience and engage with them through other means outside of the cafeteria's and outlets," said Collins.

Humber student Joey Quintanilha likes how Humber is bringing more dining options to the school,

saying he's bored of the routine cafeteria food.

"Anything is better than eating Pizza Pizza almost every day," Quintanilha said.

The Beavertails food truck visited North Campus Sept. 28 serving up sweet Canadian delicacies that attracted many, but students wish there was more advertising for the truck's visit.

"I had no idea about this truck until my professor told us about it," said fourth-year University of Guelph-Humber media studies student Brittaney Miller.

There was still a good turnout despite the lack of advertising, as students were excited to get to try something new.

"It is a nice change. It is nice to be able to eat something different than eating from the same place each day," Miller said.

Humber students will be able to explore their taste buds more often now as more food trucks are planning to visit both Humber campuses.

"We do have a plan to regularly book food trucks going forward," Collins said.



KASIE DASILVA

Selena Kovachis, Emilie Bell, Michelle Bedley, Joey Quintanilha, Brittaney Miller and Esther Henriques all enjoyed sweet treats from the Beavertails truck at North Campus.

## Fans of football, pie find each other at club fair

Matthew Owczarz

NEWS REPORTER

Humber club ambassadors filled the North campus student centre for IGNITE's annual club fair to anchor display booths on Tuesday.

The annual fair allows campus clubs to promote themselves face-to-face with students in a social environment rather than just online.

"Our clubs program this year is called 'You Do You, Boo', so whatever you're interested in, you do it," said Ammar Abdul-Raheem, IGNITE vice-president of student life

at Humber North campus. "We're really going out to students and telling them that there are no limits on what you can start because we support out clubs.

"We support the passions of our students," he said.

Students stopped by in clusters to check out the diverse selection of clubs available to join at the fair, which ran from 11 a.m. to 2 p.m.

"The fair's looking good so far," said Josue Morales, a general arts and science student, "There's a good variety and I think I might try to join more than one club."

The variety of clubs that made an appearance included the Dungeons and Dragons Club, the Humber Football Club, and even Humber's first Pie club.

"Our club is called the Pie Appreciation and Development Society," said Justice Studies student Alex Lastewka. "Basically, we're going to be meeting once a month to appreciate pie, discuss pie and, of course, eat pie."

The club booths had various handouts, posters and even treats in order to gain the attention of potential members.

"I hope to gather new members and hopefully create a membership," said Sports Management student, and member of the Humber football club Johnny Stancati. "We have 100 likes on our Facebook page and I'm hoping that when our first session starts that we have 100 people show up."

"What I love about the clubs fair is that it's at such a collision with the student body being located where it is," Abdul-Raheem said. "The Student Centre is where a lot of people walk through and a lot of people are walking through now and going to

the club fair and discovering and exploring things that they wouldn't have otherwise seen on campus."

Any student who wasn't able to find a club that sparked their interest at IGNITE's club fair was encouraged to start their own club.

Students can go online to fill out an application. They need to have two student executives attached to their proposed group, obtain 10 members and email the IGNITE club's coordinator in order to start a club, Abdul-Raheem said.

# Residence assistants, explained

Christina Mulherin  
NEWS REPORTER

Residence assistants are the welcoming committee and mentors for the hundreds of new Humber College students who might be feeling overwhelmed as they move in.

Each assistant, or RA, is responsible for the floor they're assigned, and for newcomers, they could be important sources of support.

Every RA takes two weeks of training learning to deal with difficult situations, such as mental health, including thoughts of suicide, or unsafe use of drugs or alcohol.

"We go through all this training and you think it's so unnecessary, until a situation comes up and you're really glad you had the training," said Matthew Gregoire, who is in first year of the Film and Television Production program at Humber and a first year RA.

"It also gives you the chance to get all these certificates you might not really be able to get without the training, it really makes you grow as a person, and it's really nice to have all those things in your portfolio," he said.

After residents move in, it's time to put the assistants' newly acquired skills to the test. First year students move in one week before classes begin allowing them a chance to settle in and make friends before starting their first year of college, and most likely, their first time ever away from home.

"The most challenging part of being an RA I think is getting people to come out of their rooms during those first few weeks and have them meet new people. Most new students get homesick really easily and it's important to get them involved,"

Gregoire said.

Matthew Waghorn, a Residence Life Coordinator at Humber's North residence, said supporting and supervising assistants is one of the many roles he has.

He said a good residence assistant is someone who is personable, easy to talk to, pays attention to detail and has a good sense of leadership.

"When we're looking for staff members, ultimately we like to have an array of different types of personalities," Waghorn said. "Obviously we want to be able to relate to students and their personalities."

Waghorn said it is important for residents to have a good relationship with their RA because they are a great person to go to for help in any situation. They are available at almost any time and although they might not be able to help the student themselves, they can often point them in the right direction of services that best suit the person's needs.

"They are the people who are really living where they work, 24 hours a day, seven days a week, which is a unique challenge," Waghorn said.

There are things that happen on a college campus and it's not always during business hours, Monday to Friday. Something can happen at four in the morning on a Sunday, and that's when RAs become very important. They are provided with the necessary training to respond to these situations, said Waghorn.

Despite being at their workplace all the time, it is important for assistants to balance their duties, school-work and personal lives.

"I think it's just about taking a step back and realizing that you are still a student and you are a human being



CHRISTINA MULHERIN

Matthew Waghorn, Residence Life Coordinator at Humber's North residence.

that needs to have a life and do things outside of work and make time for yourself. And if that means vocalizing with your floor and saying you need to have your door closed for a few hours to do school work, then that's perfectly fine," Mellisa Coe said. "Just because you live where you work doesn't mean you have to be working constantly."

Coe is a fourth year student in the Bachelor of Journalism program at the University of Guelph-Humber and was an RA for two years.

She saw the impact assistants had on the residence community and decided to become one, this year taking on the role of Residence Community Assistant. RCAs are senior students who act as mentors and offer support to the RAs as well as the Residence Life Coordinator.

"I absolutely love being part of the community," Coe said. "I think it's the aspect of developing a strong community and forming these relationships with students and watching each one of them grow as a person."

## Student commuters struggle with anger while driving

Brandon Stewart  
REPORTER

Every third car in the parking lots at Humber College potentially belongs to an aggressive driver.

A study conducted from 2002-2009 by Toronto-based Centre for Addiction and Mental Health revealed that nearly a third of Ontario's population admitted to minor acts of aggression behind the wheel.

The study, which polled 12,000 drivers, also stated the odds of being in a car accident increase almost 80 per cent if you are an aggressive driver, and this aggression stems from anger in the car.

"Even minor aggression, such as swearing, yelling or making rude gestures, can increase the risk of a collision," says Dr. Christine Wickens, lead author of the study.

Many Humber students have to use Ontario highways to get to Humber's North campus and the commute can be brutal, making students angry and affecting their mental wellness.

"Sometimes when I'm really impatient I will drive fast and dangerously," said third-year architectural technology student Danny Jeoung.

For some students, the commute can be upwards of 90 minutes. Factors such as uncomfortable weather and sluggish traffic can easily create a stressful, belligerent driving environment.

"I tend to get pretty aggressive," said Juan Arendano, a fellow architectural technology student. "Especially when people don't signal," he added.

Some students, however, say their anger needn't lead to aggressive driving.

"I feel that venting [in the car] allows me to not drive aggressively," said first-year massage therapy student, Chelsea McDonald, who commutes back and forth from Oakville to Humber College North Campus every day.

For those who don't have their own venting strategies, the study suggests taking deep breaths and listening to calm music as suggestions to curb anger.

If all else fails, Arendano advises to avoid driving in Toronto altogether.

"Toronto is like a jungle," he said.

## Congestion near campus city's responsibility, says Humber

Tyson Lautenschlager  
NEWS REPORTER

Anyone who's ever tried to turn left at Highway 27 and Humber College Boulevard knows the agony of a five-minute commute turning into a 15-minute grind.

Traffic turning into the school's North campus is normally congested. The sound of screeching tires, squealing brakes and loud honks are to be expected during peak hours as traffic often hits a gruelling halt.

Humber's director of public safety and emergency management Rob Kilfoyle says the traffic gnarl, although a nuisance, isn't a new problem for Humber College.

"The congestion at Highway 27 has been known for some time – it's not a new phenomenon," Kilfoyle said. "Largely, it's because there's only one way in and out of the campus, and that's off of Humber College Boulevard."

"Those that are coming northbound – and I'm assuming it's the northbound direction – there are certain times of the day, particularly early



TYSON LAUTENSCHLAGER

Highway 27 and Humber College Boulevard is one of the most congested areas around North Campus, and especially during mid-afternoon hours.

morning around 8 that it's particularly tight there. That's when the most people are trying to get onto campus."

Kilfoyle said there isn't much the school can do about the traffic other than suggesting students find parking at the Queens Plate parking lot. He did say there are things the City of Toronto could do to ease traffic.

"One of the things the city might

be able to do is in the signalization that's there," Kilfoyle said. "We've mentioned it, but there's some specific requirements that the city has in providing advanced greens, and all that kind of stuff. I would suggest that they take a hard look at it."

Ramneet Kaur is a new student to Humber this year, and she finds traffic is congested everywhere

around the school.

"It's really congested in this area, primarily where the college is," said Kaur, a first-year Fitness and Health Promotions student. "Where I come from, there's really no traffic, and when there is traffic, it's in control. Here, we have to wait for long stops. The bus usually comes late."

Kaur isn't the only student who deals with traffic. Aman Dhaliwal, a second-year Multimedia Design and Development student, said traffic is even busy taking the 511 bus from Brampton.

"Traffic towards Humberline (Drive), or even Finch (Avenue) towards Humberline, there's a lot of traffic," Dhaliwal said. "You could say around 10 (a.m.), or even the evening around 5, it'd be congested."

Dhaliwal thinks Humber does a good job managing traffic, and said he doesn't think there's much more the school can do.

"That's basically where trucks go from there," he said. "There's no way you could re-route that to go around. It would [add] extra time for the busses."



BRETT MCGARRY

Left: Nimisha Bhanot standing next to her piece *Taking Back with the Selfie Gaze*. Right: Humber professor Angela Aujla with a her piece *Becoming Canadian and other workd* at the opening reception of *Returning the Gaze*.

## L Space gallery asks viewers to consider intersectionality of gender and race

**Brett McGarry**  
ARTS AND ENTERTAINMENT REPORTER

The *Returning the Gaze* exhibit on display at Humber L Space Gallery explores gender identity and gender inequality through an examination of how people of South Asian descent are portrayed in Western media.

Thursday's opening reception at Lakeshore campus gave Toronto artists Nimisha Bhanot and Angela Aujla an opportunity to discuss and explore the motivations behind their work.

As it grows around the world, social media is changing the dynamics of fame and relevancy, says Bhanot, who incorporates aspects of social media into her work to highlight how first- and second-generation South Asians have used it to make a difference.

"I was influenced a lot by pop culture and social media, what young people are looking at and what is trending. I feel like online there are a lot of first- and second-generation South Asians making a community for themselves," Bhanot said.

Her piece *Talking Back with the*

*Selfie Gaze* is a portrait of social media star Sanam Sindhi taking a mirror selfie with the globe sitting in her lap.

"It was an attempt to juxtapose her influence across the globe via social media from what is a very private kind of photograph," Bhanot said.

Humber Liberal Arts professor and artist Aujla incorporated her art with 15 years experience developing courses in sociology and provokes questions about what makes up Canadian identity.

Aujla depicts a photo of her grandmother next to the Parliament buildings and various stamps and seals of borders she crossed on her way to Canada in a piece titled *Becoming Canadian*.

"It was attempt to show the bureaucratic aspect of coming into a new country and going through all the different borders and countries. Once you are in a new place, the relation to your homeland and your new home become complicated," Aujla said.

The work of both artists reflects their experiences and also aims to break the mold of western beauty standards through the liberation and

empowerment of South Asians.

"On television and in the dominant culture you'd hear and see different things about beauty than you would from your own community. We're just reflecting back on these ideas and how it might affect what we tell our children," Aujla said.

The Toronto artists hope to reverse the looking glass of western culture to re-examine what really defines us.

And for artists Dilani Bala and Ramaya Ranjha, the show's work has made an impact.

"This idea of identity is something we are trying to navigate ourselves as South Asian artists and to see these women use social media to create a space for themselves is really inspiring," Ranjha said.

"We've found it's also really important to create a physical space for the art because on social media it's so easy to scroll through information without getting what the artist really wants to express. So it's been great to see it here," Bala said.

*Returning the Gaze* can be viewed until Oct. 28 in the L Space Gallery at Humber's- Lakeshore campus.

## Pink Ribbon Day promotes breast cancer awareness in second event

**Julie Arounlasy**  
NEWS REPORTER

Founder of the We Are Hope campaign Richard Mitchell found out his wife was diagnosed with breast cancer two years ago.

Mitchell and his wife attended a breast cancer awareness event a couple years ago where he suggested she go for her annual mammogram. The results showed that she had three tumors.

Mitchell says the last two years were the worst they have had to go through.

"It is so horrific for anyone to go through this. I don't want anyone to go through this ever," Mitchell said.

Mitchell is a professor of mathematics at the School of Liberal Arts and Sciences at Humber and has taught at Humber for 30 years.

With a little help from friends Mitchell was able to create the We Are Hope campaign and Pink Ribbon Day

for breast cancer awareness at Humber. This year's event was held in the LRC Thursday.

"It's mind blowing just to see the response from not just students, faculty or services, but from everybody. Everybody came together in one shape or form," Mitchell said.

Mitchell says his wife's diagnoses inspired him to create the We Are Hope campaign. The first Pink Ribbon Day event was held at Humber last year.

This year's event included a bake sale, jazz band, breast cancer awareness merchandise from the athletics and fitness centre, manicures from students in the Esthetician/Spa Management program, a pillar of hope for people to post encouraging messages for breast cancer patients.

Attendees of the event also came together to form a human ribbon of hope in the middle of the LRC at around noon Thursday.



JULIE AROUNLASY

We Are Hope founder Richard Mitchell poses with the Humber Hawk.

## Lynda.com test drive gets green light from Humber

**Zachary McGregor**  
NEWS REPORTER

Online learning resource Lynda.com gives students an opportunity to broaden their knowledge and develop new skills by offering online tutorials.

Lynda.com is an interactive website featuring thousands of video tutorials and interactive courses in a number of key content areas such as computer skills or marketing.

Humber purchased a campus-wide license for the website as part of a one-year pilot project launched in September. The license gives students and faculty access to Lynda.com, which boasts some of the best learning resources available online.

"The pilot demonstrates Humber's commitment to its students in ensuring they have all the tools and resources they need to be successful," said Eileen DeCourcy, Humber's associate vice president of Teaching and Learning.

She said the institution must be always looking for new ways to help students be more successful.

The production value of the videos features high quality pictures and audio. The website is updated constantly with new material in an effort to keep up with any changes in a particular industry.

The videos are hosted by professionals and industry experts who have years of experience in their

fields of study.

Tom Green, professor of Interactive Multimedia at Humber, has been making tutorials for Lynda.com for almost a decade. Green said the website enforces high standards and checks presenters for their credentials.

"Lynda is very picky on who they get to host their tutorials," Green said.

Green said he created various computer software tutorials for the website including Fireworks, Edge Anime, Adobe Experience Design, HTML 5 Video, HTML 5 Motion and the UX Design Series

"I thoroughly enjoy working with Lynda and making these courses because I use them to help teach my students," Green said.

The goal of the pilot project is getting students and faculty to use Lynda.com for their learning or teaching needs.

"We want to see students using the website to build up their own skill set," said Mark Ihnat, Humber's director of eLearning. Students can use Lynda.com to add more value to their professional lives or to pursue a hobby that interests them.

"We want to see faculty using the website to help them enhance the quality of their curriculum," Ihnat said. He said Lynda could help with adding more value to the classroom experience.

However, faculty must remember the website supplements in-class ac-

tivities, but doesn't replace them.

Humber plans to closely monitor how many people are using Lynda.com during the pilot. It will use these figures to determine whether or not the license should be renewed or not.

According to the most recent figures, there are more than 1,400 users of Lynda.com within the Humber community with in excess of 900 users joining within the last month. If people keep using the website there would be no reason for Humber not to renew the license next year.

"It would be a big mistake not to renew Lynda after the one year pilot," Green said.

Lynda.com offers tutorials in five languages.

# Students should check credit scores often

Companies offering free credit checks are recommended for young people who don't understand scores

**Murissa Barrington**

BIZ/TECH REPORTER

Humber College student Zane Hamilton plans on buying a car one day.

But the first-year cosmetic management student says she doesn't know if she has a good enough credit rating to be able to get a set of wheels.

"I can't imagine it would be very good, to be honest," she said. "I'm just like bad at paying on time so I don't know if that affects your credit but I'm always late in paying or I either don't have enough or something like that."

Hamilton said she wishes she learned more about credit ratings because she doesn't know how to check her status.

"Honestly I don't think there is enough information out there because I don't even really know like what...determines bad credit," Hamilton said. "If people talked about it more you would probably be able to know what it is."

And she's not alone. According to a 2015 report by BMO financial group, 56 per cent of Canadians have never checked their credit score.

They also found that more than one-third of Millennials, people aged between 18 and 34, don't know how to attain a good credit score.

Richard Kingston, a business management professor at Humber College, says the issue is less about students checking their score than maintaining a high one.

"They can check it like once to make sure that their score is ade-



MURISSA BARRINGTON

**Andrew Graham, CEO of Borrowell, a company offering free credit score checks to Canadians trying to spread information about being financially aware while promoting the company.**

quate and maybe once a year after that maybe just to make sure nothing strange has happened," he said.

Kingston said making late payments can make for a very bad credit score.

"The most important thing for anybody including students is to not be late with any payments – or worse than that, default on any payments," he said. "In fact, that gives you a very bad credit rating and it'll follow you for the rest of your life. It's very difficult to change a credit rating once it's in there."

There are a few things people can do to check out their credit status.

Online personal loan company Borrowell is offering free credit score checks.

The company's CEO Andrew

Graham said its offering this service to help Canadians understand where they stand financially while promoting the business.

"We've found that there's a lot of people who don't know what their credit score is and it's one of those numbers that's both really important but not widely known, because it's been hard to get in Canada traditionally. So we made a deal with Equifax to be able to offer your credit score for free," Graham said.

A credit score can determine whether people get loans approved for a car rental property, or mortgage.

Sometimes it can even determine whether they get hired for jobs.

"If you want to work in the financial services, many companies will

check your credit," Graham said. "They want to know that you've got a history of being responsible with money and that you're not in way over your head."

"It also matters if you want to rent an apartment. The landlord will ask for a credit score or your credit history so I think it's really important to know," he said.

"Having a weak credit score can mean it's hard to do that or it's more expensive to do that," Graham said.

For Hamilton, she says she's not sure if she will end up checking her credit score anytime soon but she adds that knowing her score would be beneficial to her in the future.

Money is like the last thing you want to worry about," she said.

# Instagram's new stories feature creates deja vu

**Michelle Halim**

BIZ/TECH REPORTER

Snapchat and Instagram are both popular photography-based social media outlets, but the differences between them are beginning to blur.

Snapchat's concept is to send pictures to friends that disappear after they are viewed. Snapchat stories are a sequence of pictures and videos that all followers can see for 24 hours.

This past summer, Instagram decided they would adopt the concept of time-limited photo posts similar to Snapchat.

It announced Instagram stories, pictures and videos that can be viewed by a user's followers for 24 hours.

Users of both apps have spotted the similarities, and some feel that Instagram should stick to what it's been doing since the beginning.

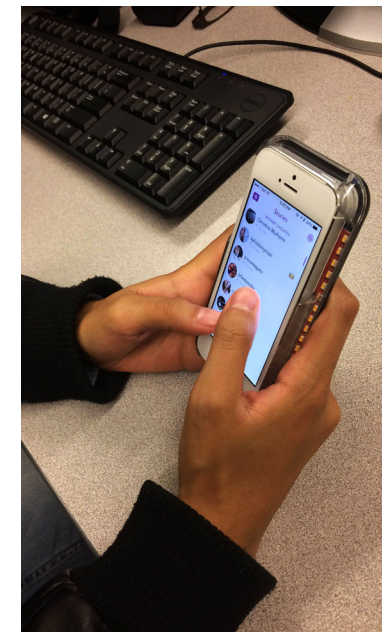
"I think Instagram stories are good but I'll always prefer Snapchat because it's very consistent and I feel it's more personal," said Daisy Shaleman, a general arts and sciences student at Humber College.

Even those with large followings think Instagram may have gone in the wrong direction.

"I think Snapchat stories are better because they better fit the theme of the app and the Instagram ones, while they keep you updated, it's updates about strangers that you don't really care to watch," said Dominique Coutain, a psychology student at the University of Guelph-Humber with more than 6,000 Instagram followers.

Humber sports management student Aliya Grassia says she prefers Snapchat stories.

"But the only thing I like better about Instagram is the fact that you can click on the left side of the story and it will go back to the previous story," she said.



MICHELLE HALIM

**Snapchat and Instagram users notice increasing similarities between the apps,**

# Shomi cracks under pressure of competing with Netflix

**Elvin George**

BIZ/TECH REPORTER

Shomi never stood a chance in the war for viewer's eyes.

The television and movie streaming service and competitor to Netflix is shutting down at the end of November.

Launched by cable giants Shaw and Rogers two years ago, Shomi only managed to get a subscriber count of 900,000, and couldn't catch up to Netflix's five million Canadian subscribers.

According to a Statista infographic, Netflix continues to dominate video streaming, with a total of 69.1 million subscribers by the end of 2015, an explosion of viewers from the 26.5 million subscribers it had by the end of 2012.

Due to the limited cable access on campus, Humber students rely

on Netflix as their go-to streaming service to watch their TV shows and movies.

Jerry Chomyn, head of media studies at the University of Guelph-Humber, is a Netflix user and says the streaming service made a revolutionary impact on the realm of watching television shows and movies.

"Netflix has been a powerful change agent to the way people watch television and I call this 'disruptive innovation' much like Uber or Airbnb," Chomyn said. "It's not only a way to watch television but it also has changed the television viewing paradigm."

Chomyn praises Netflix's success due to its creativity for being the first streaming service at that time.

"Being the first out of the gate is always the big advantage," Chomyn said. "By the time others were

onboard, Netflix was already established with a large client base."

Julia De La Cruz, a fourth-year University of Guelph-Humber business student, is an avid Netflix subscriber and user for more than two years.

"I've been using Netflix because it's so easy, and I know our generation of students have become too lazy to follow TV shows on a weekly basis," De La Cruz, 22, said. "Most importantly, Netflix has an entire season of a show and doesn't have people waiting week by week, that's probably the main reason."

Netflix has been producing a plethora of its own shows. Some of these shows revolve around Marvel universe characters like Daredevil and Luke Cage. While other shows dive into more serious realms exploring the rise and fall of Pablo Escobar in Narcos, or life in a min-

imum security women's prison in Orange Is the New Black. Complete seasons are released in full, allowing viewers to indulge in the growing phenomenon of binge watching.

Netflix's drive in producing exclusive shows garnered it 24 Emmy awards.

Romeo Teixeira, 20, a first-year Heating Ventilation and Air Conditioning (HVAC) student at Humber College, praises Netflix for being his best friend because it fits into his self-described 'lazy' lifestyle.

"My love for Netflix grows year after year," Teixeira said. "No way any other streaming service compares because Netflix creates their own shows that are unbelievable."

"If you go to a group of students at least one of them has watched either House of Cards, Narcos, Orange is the New Black, and Stranger Things," he said.

## PRESTO could be hassle for students

Minimum balances, long loading times and broken readers could create problems for those with few transit options

Santasia Barrett

LIFE REPORTER

The cost of purchasing, loading and using a Presto card per ride has students wondering if they will be spending more to get to campus.

According to Metrolinx, implementing Presto will make fare collecting more efficient because of the ability to travel between transit systems using a single preloaded card with a required minimum balance of \$10.

Paralegal student Ava Allen said even though the minimum amount is affordable having to “top up a Presto card” will be costly.

“Student and adult fares have gone down for Presto but you’re responsible for making sure there’s enough money on that card for your travels or else you’re screwed,” Allen said.

TTC employee Elsa Alexander said as long as student fares don’t increase and students can ride using their Presto Card for the same price as Metropasses, implementing this system should be good.

“Once it reaches \$112 on their Presto card post-secondary students should ride free for the rest of the month,” Alexander said.

With a new system being introduced and some card readers already malfunctioning on TTC buses, some students are worried more complications will occur.

Business and marketing student Llevi Barrett-Lee, 24, said installing the Presto Card system is a “major setback” for everyday TTC commuters.

“Forcing everyone in this specific system isn’t fair. I’m not familiar with the Presto Card because I don’t use any other system but the Metro-pass or tokens,” Barrett-Lee said.

Hospitality and tourism student Laura Shaw, 22, said Humber students should do what’s convenient for them despite changes to public transit.

“It’s cheaper to ride transit but it’s a hassle. It’s easier to drive but it’s more expensive especially with parking yet I choose to drive,” Shaw said. “So it’s really a preference of what you’re willing to deal with.”

Despite ongoing renovations and frequent disruption in TTC services, students continue to commute using public transit.

“Surprisingly student ridership has not decreased which is why it’s very important to get this right for them,” Alexander said.

## Info session details student insurance plans

Despite college’s best efforts, many full time students are not aware what kinds of coverage are available to them

Chihiro Miya

LIFE REPORTER

Humber student Nicole Baena has never needed her Humber student government supplied health care.

But she’s glad she’s got it.

Dental, health and vision coverage make up \$83.34 of a student’s tuition fees each semester and IGNITE wants full-time students to know what they have available to them. The student government held a Health and Dental Information session in the student centre on Sept. 28 for students.

Baena, 24, a student in Multi Design and Development (??Do you mean Multimedia Design and Development, wanted to know what kind of health benefits IGNITE’s plan offers.

It’s something she’s never taken advantage of but appreciates having.

“I am interested in dental health because I do not have any insurance, so this event is really helpful for me,” Baena said.

Maintaining a physically healthy condition is important for students because it may affect their college life. IGNITE brings many different services to help students’ lives.

Kim Garrett, of health insurance company We Speak Student (??Is this her actual title?), explained the options of IGNITE’s flex plan.

Garrett said that all Humber’s full-time students, including international students, are automatical-



CHIHIRO MIYA

Paulina Petit, 23, a student Nursing program, showed the presentation the Nursing program students created

ly enrolled when they pay tuition. They also can choose other IGNITE flex plans through wespeakstudent.com. It has three options for students’ health care at Humber.

For example, the “balanced plan” offers 80 per cent coverage for prescriptions up to \$2,000, with a \$60 maximum for contraceptives

It also covers 100 per cent of basic and preventative dental care for a maximum of \$500 and offers a \$75 maximum for an eye exam and \$110 for prescribed eyewear.

The two other plans offer enhanced dental care or more compre-

hensive prescription plans.

“This (informational) event is really great to confirm what coverage students have. They pay for it, and they know that we can help their health,” Garrett said.

As well, there was a booth to offer dental insurance and show the services from Campus Dental.

Lisa Taccone, an administrator with Campus Dental, was there to tell students about the office on North’s campus at KX201,

She said students could also learn how to maintain healthy teeth between visits to the dentist such as

regular cleanings and check ups.

The information session was four hours long and numerous students attended in a bid to get information about the health plans.

For more information on the health care plans, visit wespeakstudent.com or walk into the IGNITE office at KX-202 at North campus and at K204 at Lakeshore. Orangeville campus students should check the website or contact IGNITE’s North campus office at 416-675-5051.

WITH FILES FROM BRANDON STEWART

## YouTube series busts fitness myths and promotes discounted health services to students, staff

Julie Arounlasy

LIFE REPORTER

Humber College personal trainers Hilary Bennett and Kendra Trodd are debunking myths about the gym and fitness every other Monday on YouTube.

Bennett and Trodd are hosting the new segment titled #FitMythMonday on student life at Humber’s YouTube channel.

Both personal trainers came up with the idea to make videos about cracking down on common fitness myths for Humber students.

“Debunking classic fitness myths seemed like a win-win, not too serious and preachy with the right amount of education to get the proper messages across in a short amount of time,” Bennett said.

The first two videos are already posted with Bennett and Trodd dis-

cussing topics such as being judged at the gym and how often someone should go to the gym.

“I was self-conscious about going into the weight room at Humber,” said Humber gym member and University of Guelph-Humber student Ariel Deutschmann.

“I realized once I was in there nobody cared about what I was doing and they were just focusing on themselves,” Deutschmann said.

Fourth year Guelph-Humber kinesiology student Mark Vassell said people who are self-conscious about going to the gym should go with a friend for support.

“Go with a friend to help support you and make you feel more comfortable. Eventually over time you will achieve your personal goals,” he said.

Humber personal trainer Cameron Vanderschaaf said physical exer-

cise also has mental health benefits.

“I think it primarily comes from the endorphins released after a good workout. Subjectively speaking, I feel more aware, relaxed, and just generally more energized after a workout,” he said.

Bennett said working out decreases depression and anxiety, reduces overall stress, and aids mental clarity so one can focus on tasks with more efficiency which helps with academic success.

Humber offers personal training packages to staff and students. These packages are taught by personal trainers who are certified health and wellness professionals.

Bennett said students should take advantage of the discounted personal training service because outside of Humber College it’s at least twice the price plus a monthly gym membership fee.

“Getting a basic understanding of what your body requires to maintain mental and physical health is literally vital,” she said.

Vanderschaaf and Bennett say they got into fitness because they love helping people and showing them what they are capable of doing.

“Exercise to me is a part of my job as a person and not because I am a trainer. I have to show up for myself every day so that I can have a healthy quality of life,” Bennett said.

Bennett and Trodd will be discussing how to fit working out into student’s busy schedules in next week’s episode.

#FitMythMonday videos will be posted every other Monday all school year on the YouTube channel StudentLife@Humber.



# Take a seat for friendship (and mental health)

Success of bench highlights need for personal connections at commuter school

Gulled Omar

LIFE REPORTER

Stepping out of one's comfort zone to spark a conversation with a complete stranger could sometimes be a difficult task for some post-secondary students.

That same task would be an even harder for students with mental health issues that don't know where to turn to or who to talk with when things start getting tough.

Humber College gives students a number of services and programmes to try to ensure they keep a steady, healthy and balanced life.

A 2016 survey of 43,780 respondents from 41 Canadian post-secondary institutions conducted by the American College Health Association (ACHA) shows that at any time within the last 12 months, 69.6 per cent of female students felt overwhelming anxiety, whereas 63.6 per cent males said they felt very sad.



HAILEY MICHAUD

**Ajay Mohan, First year Multimedia Design and Development student, sits on the friendship bench between classes.**

The survey also indicated 18.4 per cent of college students were either diagnosed or treated for anxiety within the previous last 12 months.

IGNITE vice president Ammar Abdul Raheem said it's their jobs as leaders to find out what students want and need and then implement

those changes or ideas.

"It's our responsibility as student leaders and representatives to go out and fight and advocate on their behalf to the college and to the university," he said.

Humber and IGNITE took an extra step by introducing the bright

yellow friendship bench, marked #yellowisforhello, near the bookstore at North campus.

"The bright yellow bench was mainly put there for mental health students that need someone to speak to, or just shy students who aren't familiar with how to start a conversation with a complete stranger," Raheem said.

Abdulqader Alyousfy, a first-year accounting student, said since the yellow bench has been placed there, student's lives were made easier.

"Just by sitting on the yellow bench, I made a new friend that told me she has an eating disorder and she was having a bad day, just needed someone to talk to, and I never would have known her name or story if she didn't sit on the yellow bench and start talking to me," said Alyousfy.

Alyousfy's brother Ahmed, a third-year business administration student, said he is impressed with Humber's effort to help students and bring them together.

"Whenever me and my brother sit on the yellow bench, random students would smile and sit next to us, others would introduce themselves and some would even open up because they feel comfortable in their environment," Ahmed said.

## Third annual vegetarian day promotes sustainable diets

Olivia Morris

LIFE REPORTER

Humber North students who opt for a plant-based diet don't have many healthy food options to purchase from on-campus dining facilities.

Sustainability Manager Lindsay Walker of Humber's Sustainability Community and Engagement Committee said it has definitely been on their radar.

Vegetarian Awareness Day, which takes place Oct. 20, was introduced in 2014 by staff and students, as a part of the committee's drive to integrate healthier food options at Humber.

"There has been some improvement since the launch of Vegetarian Awareness Day in 2014," she said. "I've noticed more options, although still limited, which was a big step forward."

Globe and Mail fitness and nutrition columnist Kathleen Trotter said healthy food alternatives offered at reasonable prices is a societal shift that's needed in general.

"I'm sure in cafeterias they're thinking, 'What are people going to want for quick energy?' And people think that faster foods are going to be better," Trotter said. "Whereas vegetables are expensive.

"However, there are ways to make vegetarian food that is affordable, so that can't be an excuse," she said. "We as consumers have to be more vocal in saying, 'I want something healthy to eat at a reasonable price.'"

A 2015 poll of 1,507 Canadian adults by the Vancouver Humane Society shows eight per cent of Ontarians are vegetarian and 23 per cent are trying to eat less meat. It also states of the 18- to 34-year-olds across the country, 12 per cent are vegetarian or mostly vegetarian.

Third-year business administration student – Asha Shiddo, said Humber's campus should have more affordable, healthy options for students.

"The salad bar is expensive. If you end up getting salad the cost is over \$10. They definitely need more vegan and vegetarian options for vegans especially, who can't have any animal by-products."

David Alexander, executive director of the Toronto Vegetarian Association, said it's important that institutions encourage students to eat plant-based proteins for optimal health, but students also need to communicate this to the food service providers on campus.

"Students need to communicate that they're looking for healthier, more sustainable veg options," Alexander said. "They can share feedback with student representatives. They can reach out directly to administrators.

"Whoever negotiates with the food service providers needs to know so they can prioritize what students are looking for."

# Campus church content with slow growth

Sara Florez

LIFE REPORTER

Humber students from all types of faith backgrounds are welcomed to The Embassy, a student church at the North campus.

The Embassy Church has been helping students for several years reconnect with God through their Monday night services, bible studies and social events. It's also been a place for students to join a community and help each other through their spiritual journey.

Like all clubs, The Embassy Church is always trying to promote itself at fairs, through school ads and word of mouth. Despite all of this, there are still some students who are unaware of a church on campus.

Rachel Hammerton, a University of Guelph-Humber student and a member of the executive team for Embassy, says they're trying their best to be more known to students.

"I think we've just been going as hard as we possibly can," she said. "We've got our commercials, we have giveaways and always put posters up.

"We just try to promote ourselves as much as we can, but I don't think the promotion for the church has changed, it's just grown," Hammerton said.

Just like any other church, the Embassy hopes its congregation of students grows every year. Hammerton said she expects this new school year will bring around the same amount of students as last year. "I have definitely seen more stu-



SARA FLOREZ

**Executive member for The Embassy student church Michael Frelander ready to greet students at the Monday night service**

dents coming every week," she said. "Last year we were averaging about 60 people a night and before it was

probably 30 or so people a night."

The Embassy promotes the life of Christ through services, forums

and bible study, and encouraging students to live out their faith. But the church also invites students who aren't Christian or are unsure about their religion.

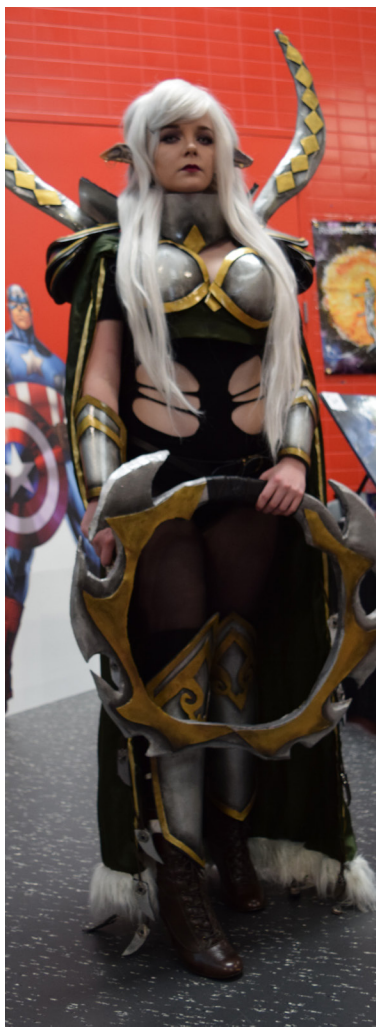
Guelph-Humber student Michael Frelander, who is also a member of the executive team, says going to a school that is so diverse helps more students attend the church.

"The profile of the person coming here are Christians, but we hear stories about someone hearing the music and coming down to the service because they're just curious," Frelander said. "That's how my friend Jack became a Christian. He came and listened to the music and was really intrigued, especially after speaking to our pastor."

Early-Childhood Studies student Elizabeth Deakin says the Embassy Church allowed her to have a better relationship with God.

"I didn't realize how important being in community was and Embassy opened me up to how God calls us to be in communion and to work together. The church taught me to be one in Christ, rather than to have a journey by yourself. We're always encouraged to ask questions and mainly just grow," Deakin said.

The Embassy Church has service every Monday night in the Student Centre cafeteria at 6:30 p.m. and provides snacks as well as discussion after the sermon. For more information students can visit Embassy's website at [www.embassy-humber.com](http://www.embassy-humber.com).



## Art-focused workshops practical for technology students

Michael DeCesare

ARTS AND ENTERTAINMENT REPORTER

A drawing workshop Wednesday at Humber North campus was the first in a series of art-driven sessions organized by students from the Architectural Technology program.

"One of our main goals would definitely be to inform people about what we're about, creativity wise," said Alec Buenaventura, 19, a student in the program and one of the organizers of the workshop.

"We want to branch out, not only to architectural students, but we want to also give a chance for other people outside of our program to gain the wisdom and knowledge," he said.

The workshop, hosted by Malcolm Cullen, a Humber professor for the Design Foundation program, covered various drawing techniques such as shading, gesturing, and sketching.

"The ability to conceptualize an idea out of your head, so to speak, can really put you in good stead for any profession," Cullen said.

"If you're designing a piece of furniture or designing a car or consumer goods, or even designing a dish or a cake or whatever it is, food. Sketching it out, what's it going to look like, that ability I think has all kinds of real life applications," he said.

The workshop was the first in a series planned to run throughout the year that will largely focus on design and visual art.

"An upcoming example would be a Lego building workshop," said Mohammed Hasan, 24, one of the organizers of the workshop, and an Architectural Technology student.

"That's one of the small things just to build bridges, so to speak, and trying to connect those gaps. Making people more aware and sensitive of how architecture and the interiors they're in affect their daily lives," he said.

Students interesting in attending the future events should keep an eye out for posts around the school and on social media.

The winners of the 4th annual Comic Expo cosplay contest. L-R Secondplace winner, Dayna Kenworthy in her Maiev Shadowsong (World of Warcraft) costume. First place winner, Charleston Festejo(left) as WarMachine and Katlyn Tran(right) as Wonder Woman. Third place winner Nick Eren posing as Batman.

## Artists, cosplayers take over Comic Expo

Daniela Gitto

ARTS AND ENTERTAINMENT REPORTER

Instead of students leaving Humber with only homework weighing down their backs, many left with figurines, comics, hand-drawn super-heroesas IGNITE Student Life hosted what it called their biggest Comic Expo yet.

Students visiting the North campus Student Centre on Monday were greeted by familiar superheroes figures propped beside a large archway that was intricately made from balloons, marking the entrance of the Expo.

The event began with a costume contest where cosplayers had a few minutes to strut their stuff for the crowd.

First place went to University of Guelph-Humber Kinesiology student Charleston Festejo in his hand-made Warhammer costume. Dayna Kenworthy, a Guelph-Humber Media Studies student, won second for her World of Warcraft cosplay outfit and third went to Humber Commu-

nity Integration through cooperative education student, Nick Eren for his Batman costume.

"It was really fun up there, (and) I saluted everyone then did a dab, which got the crowd going," Festejo said.

The highlight for the gathering, however, was the arrival of Agents of S.H.I.E.L.D. actor Brett Dalton who was greeted by a line-up of students waiting to meet the man behind the evil character.

With a smile, he shook hands and signed autographs for students and even brought some to tears.

A narrow red carpet led the way through the labyrinth of booths accompanied by illustrators, writers, and vendors advertising their merchandise.

IGNITE partnered with Stadium Comics, a Brampton shop that sells comics from popular publishers such as Marvel, D.C, and others. Their booth was stocked with categorized boxes selling a variety of comics and graphic novels ranging from the Hulk to Canada's own, Captain Canuck.

An interactive vendor was Eweb360 showcasing virtual reality equipment. Students ventured into the digital world using the VR 3D painting feature where users were able to paint pictures with a handheld device that displayed their work on a T.V. set.

Eweb's Nick Colaizzi said their products are perfect for gaming and entertainment as well as educational purposes.

What was initially Humber North's game room transformed into a tournament for the card game Magic: The Gathering, where students got together and put their decks to the test.

This event was used to publicize the campus' Magic: The Gathering club, where they meet once a week to play or teach those curious to give this complex card game a try.

Toronto comic artists such as Christopher Yao and Paris Alleyne grabbed everyone's attention as they drew detailed images while sitting at their booths. Attendees got the opportunity to witness the time-con-

suming effort illustrators put into their work.

"It's crazy watching how these comics are drawn and made, I didn't realize how cool and difficult it really is," creative photography student Chris Fitzsimmons said.

Illustrator Matt Tavares and writer Sam Noir's booth highlighted their newest comic, Victorian 4, which featured a steampunk superhero team mixing history with horror.

"Our best advice is to attend Ty Templeton's Comic Book Bootcamp, which is actually where we met," Noir said. "The man's a genius and it's a great way to meet other writers and illustrators."

Canadian comic artist Templeton, who attended the comic show last year, set up his boot camp, which is really a comic artist school, on Spadina Avenue near College Street.

As the 3 p.m. end of the event neared, vendors packed up their booths and Dalton gave out his last hugs for the day.

## Concert series at Lakeshore has packed fall line up, free to students

Chelsea Mendes

ARTS AND ENTERTAINMENT REPORTER

The Humber Music concert with a live jazz performance by Grant Stewart was cancelled last week without giving a reason, but Humber students can still hear what the music series has to offer at Humber's next show on Oct. 26 with per-

formances by Ineke Vandoorn and Marc van Vugt.

The performances are held in the auditorium at the Lakeshore campus and are open to the public at no charge. Each show features unique artists, some of whom are Humber students or faculty members.

The series will have a variety of performances ranging from Indian

vocals to classical symphonies, contemporary jazz and more.

Canadian acapella group Cadence will be making a guest appearance at the next Humber music concert on Oct. 26 at 12:15 p.m.

"We like to communicate with people when we are on stage and give them a taste of who we are," Cadence member Lucas March-

and said. "They (Humber students) are going to see four guys enjoying themselves and we might even get them to sing along."

Canadian composer and saxophonist Quinsin Nachoff will perform at Humber on Nov. 19. Nachoff is currently working in Banff at an artist retreat and will be attending a music centre in Calgary.

"We will be playing a few authentic pieces on my record (at Humber) and I am currently working on some new authentic pieces," Nachoff said.

Nachoff said the audience at Humber would be able to ask questions after the show.

For more information about performances, visit [www.creativearts.humber.ca](http://www.creativearts.humber.ca).

**QUOTED**

**How important is free speech/freedom of expression to you?**

“It’s really important, because everyone has their own words and they’re meant to express them.”



**John-Paul Quinagun**  
 MASSAGE THERAPY, 1ST YEAR

“I can’t imagine a world without free speech. It just seems like a fundamental right to have.”



**Austin Eckstein**  
 HOSPITALITY MANAGEMENT, 1ST YEAR

“Without being able to express yourself, you have no identity. Inside you know who you are, but you have to let other people know who you are.”



**Camillo Guzman-Alvarez**  
 BUSINESS MANAGEMENT, 1ST YEAR

**TO THE NINES**



**Penelope Bonto, 20**  
 Tourism Management  
 2nd Year

Shirt: Dynamite  
 Blanket scarf and boots: Gift  
 Jeans: Levi's  
 “I like to flaunt the shoulders cause it’s still warm outside... it’s a bit cold so you gotta have your blanket scarf with you as well.”

**LYRICAL HOROSCOPES**



**JAN. 20 – FEB. 19**  
 “You’re beautiful, every little piece love, and don’t you know, you’re really gonna be someone.”



**JUL. 23 – AUG. 22**  
 “And if you think (they’re) still holdin’ on to some- thin’, you should go and love yourself.”



**FEB. 20 – MAR. 20**  
 “You don’t ever wanna step off that roller coast- er and be all alone. You don’t wanna ride the bus like this.”



**AUG. 23 – SEPT. 22**  
 “Don’t need anything to get you through the night, except the beat that’s in your heart”



**MAR. 21 – APR. 20**  
 “Say what you wanna say, and let the words fall out. Honestly, I wanna see you be brave.”



**SEPT. 23 – OCT. 22**  
 “Be grateful for whoever comes, because each has been sent as a guide”



**APR. 21 – MAY 20**  
 “Don’t you ever, ever feel like your less than, less than perfect.”



**OCT. 23 – NOV. 21**  
 “The only way you can know is give it all you have.”



**MAY 21 – JUN. 20**  
 “Save your breath...Life is too short to last long”



**NOV. 22 – DEC. 20**  
 “Hope is our four-letter word, make that money watch it burn.”



**JUN. 21 – JUL. 22**  
 “You wake up, flawless.”



**DEC. 21 – JAN. 19**  
 “Cause, baby, you’re a firework, come on, show ‘em what you’re worth”



*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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# Humber's response to protest: a Band-Aid solution to a much bigger problem

Those on North campus at lunchtime on Wednesday Oct. 12 were subject to extremely graphic, extremely large photos of decapitated, dismembered, disemboweled pre-born human babies courtesy of the Canadian Centre for Bio-Ethical Reform (CCBR). Humber allowed them to walk right in and set up shop in one of the most populated hallways of the school.

In Humber's defence, the group has the right to free speech, and students do not have to look at anything they don't want to. In the student body's defence, the group does not pay tuition to be inside the school, and giant posters? Lunchtime? Really?

The CCBR website says the atrocity of the images is an important argumentative tactic. Humber free speech regulations seem to fall short in preventing this kind of imagery, much to the dismay and dis-

service of its customers (students).

Death of a child, however old, is physically and emotionally taxing to the many people surrounding the tragedy. Whatever the intentions of this group, the possibility of the shock-value doing more harm than good is immense. With their images, anybody involved in a miscarriage, or an actual abortion, could be forced to relive that day. Noon on a Wednesday could have been a quick flashback to one of the most difficult days of their life, regardless of their position on the topic.

The issue isn't whether anyone agrees or disagrees with the position of the protestors, it is about the way this activist group got itself onto a college campus and the graphic nature of their promotional materials.

Basically, the group was allowed onto campus property because, according to the Humber administration, it is a public area. As well, free speech and freedom of expression is

important for the entire college population. Humber insisted the group was neither invited nor permitted on campus, the event simply happened.

At least this is what Humber stated in a Facebook notice about the event. Humber also seemed to try to pre-empt the consequences of the group's presence with a single tweet advising students to seek counselling if necessary.

Humber replied to numerous comments on social media with the Wellness and Accessibility office address and number.

This isn't the first time the group has occupied a public space and triggered a ripple effect of concerns.

The group was on the Sheridan Trafalgar campus with a similar demonstration on Sep. 15. That prompted an hour long town hall (a large group counselling and information session) that saw an attendance of around 70 students.

Students spoke at the forum with the general attitude of, 'we pay to be here, therefore we can stand up to things we don't want to see here,' according to an article about the event in the Sheridan Sun. All this outrage from the student body was met with an announcement by the CCBR that it will revisit the campus again.

Does this mean that any political or religious organization can set up unscheduled demonstrations of their views in our hallways? A school with a prominent 'safe zone' attitude could have set a dangerous precedent.

CCBR disturbed some students of Humber North for several hours. Humber's reaction, so far, has been to lay back and accept this, while putting a Band-Aid on the damage in the form of an address to the counselling office.

EndtheKilling? How about EndTheTrauma.

# Bisexual identity: The fight continues



Hayley Michaud  
ARTS & ENTERTAINMENT EDITOR

You see the signs around campus that say if you're unsure if someone is using the correct

washroom, 'don't worry about it, they know where they belong.' This is an important message, especially for those who become the target of the 'right bathroom' questions. Still, in this era devoted to openness and acceptance, questioning the labels people use remains an issue in parts of the LGBTQ+ community. Why, for example, do some people have to jump through hoops to justify their identity to others?

Dismissing bisexuality identity is rampant in the LGBTQ+ community. For some reason people feel it is their duty to tell you when you're not meeting the expectations of who they think you should be. Just because someone is in a seemingly heteronormative relationship doesn't

mean that's the whole picture. Just because a bisexual person is dating someone of a different gender it doesn't make them any less bi.

One of the most common examples of bi-erasure is when all bi women are presumed to be secretly straight, and all bi men must be secretly gay. Not everything is about having sex with men, and it completely invalidates the fact that, for many, gender and sexuality are fluid.

Other harmful misconceptions are that those who identify as bisexual just can't make up their minds, that they must be promiscuous or polyamorous just because they're attracted to multiple genders.

This invisibility has led to higher risk of depression, stress and alcohol

abuse for bisexual youth. According to the American Journal of Public Health, which conducted a study on identity, behavior, attraction and their links to certain health outcomes, these risks dropped for bisexual men as they aged but not for women. More studies are needed to confirm why this is, but maybe the fact that bisexual women are simultaneously fetishized and told they're only interested in other women to gain the attention of men has something to do with it?

The premise of bisexuality is wrongly under constant suspicion of being a cover, and the million-dollar question is why. A vital starting point is protecting and defending identity.

# Increased objectification affecting young women



Natalie Dixon  
CONTRIBUTOR

Sadly, in 2016, the scenarios of how women are sexualized still exist. However, sexualization equates to more than being verbally accosted on the street by a random person.

Media pressure on women has become an astoundingly prominent issue in today's world. In fact, according to the Canadian Women's Foundation website, 90 per cent of girls in this country say so. Whether they are striving to be thin or they are dealing with the aggressive assertions from male peers, young Canadian girls are feeling the pressure to be perfect more now than ever.

Women are sexualized in every way, but even young girls are feeling the effects. Sexualisation is when a person is appraised solely for their

unrealistic sexual attractiveness rather than qualities like intelligence. The age when girls are being exposed to improbable and sexualized images of themselves is getting younger and younger. A fourteen-year-old's problems are now a nine-year-old's battles, according to one doctor from the Dalhousie University. This can be seen in many different aspects of a girl's life. From when they are young, clothing is advertised to accentuate and sexualize features. For example, clothing that emphasizes a girl's chest or bottom. Something as indirect as this adds onto the destruction of the female.

Females are powerful, unique and without a doubt, fierce. But, with this constant sexualisation and misrepresentation, girls will continue

the vicious cycle of what is a bundle of problems. Girls are taught to value and be valued for their appearance before anything else. They take on the role of pretty, ditzy and "I'm a girl" as excuses that are quite backward. They compare and contrast their bodies with those of unrealistic and sexualized ones in popular culture. They deem their importance on what a man rates her. It's a man's world. To deny that is to deny your very reality as a woman.

The statistics are startling. There is a strong link between sexualisation and eating disorders, low self-esteem and depression in girls. By Grade six, 50 per cent of girls will be dieting and by Grade 10 will want plastic surgery. Media constantly attack women for not being tall

enough, thin enough, white enough, the list goes on. They are portrayed as sexual objects. This needs to stop.

To continue this sickening trend is destructing society as a whole. There is little respect for the female culture, while women are constantly degraded and hurt. The whole issue is one that will take a long time to come back from, but to empower women and young girls is bringing power to a society as a whole.

# Late season walk-off grand slam

Julian Labanda-Armstrong  
SPORTS REPORTER

Rain delayed the game the Humber Hawks and Fanshawe Falcons baseball teams each desperately needed to win.

It's October and that's the "witching hour" for baseball, where playoff positions start to take shape.

The 30-minute pause provided by nature, however, only ramped up the tension as both the Hawks, hovering in four place in the OCAA at 4-and-5, and the Falcons, third with a 5-and-4 record, unsheathed their talons in hopes of a win.

The Falcons, who were riding a six-game winning streak, started strong in the Oct. 1 game and drew first blood with a run in the second inning. The London team looked as if it were going to make quick work of the Hawks.

Humber responded in the bottom of the second with pitcher Tyler Greenwood striking out the side, three up and three down, before eventually prevailing in an 11-9 victory

The bottom of the third marked the point when the Hawks countered by scoring four runs.

Outfielder Kenneth Hahnfield started the rally and slammed a double into centre field allowing Aaron Arbic-Cohen, who walked earlier, to score.

Mitchell Wilbur was next into the batter's box, hitting a screamer down the middle bringing Hahnfield home.

Keegan Murphy stepped up and hit one strongly into right field to bring Wilbur home.

The final run of the inning came at the hands of Brandon Costa, who escorted Murphy home with another



RYANN KAHLER

Huskies pitcher Emilio Paglia throws a strike to Hawks Infielder Keegan Murphy during a double header on Oct. 5.

er timely hit.

The inning ended with Humber leading 4-1.

The Falcons, however, showed why they've been on a six-game winning streak by batting in six runs in the fifth putting them back in the lead and regaining momentum.

The sixth inning had Humber down a run down with Falcons head coach Brian Harvey keeping his foot on the pedal. He could be heard from the stands chanting: "One more run and this game is ours."

That message registered as the Falcons scored two more runs.

The tension of October loomed over Hawks outfielder Andrew Thompson as he dug into the bat-

ter's box with the bags juiced. He had the chance to end the game with one swing of the bat.

Thompson didn't disappoint, hitting a fastball over the fence for a grand slam bringing Daniel Cirillo, Brendon Lyons, Arbic-Cohen and himself a ticket home and a final score of 11-9.

Thompson was named player of the game.

"It felt good, I've been struggling along with the team so it felt great to get my teammates involved in that play with us all scoring," Thompson said. "The bases were loaded for us, we were down by two and needed a play so I just stayed patient until the right time."

"We were really bad," Humber

Hawks Head Coach Denny Berni said. "But we stayed positive, we never hit the panic button because we know we're a good team we just needed to put it all together."

Harvey said October brings a lot of surprises.

"Both teams made a lot of errors, the weather conditions are very cold, but it's October baseball," he said. "We gave up too many runs and it came down to a good play on their part."

He plans to bolster his pitching rotation by dropping in another southpaw.

"It'll be good to see how we respond a game down. Humber's a great team," Harvey said.

## Historic athletic success credited to free play policy

No risk, all reward is the motto. Humber provides the soil, the water and the sunlight for the flower of athletic ability to bloom

Keysha Watson  
SPORTS REPORTER

The varsity teams at Humber College have continuously been among the highest ranking, provincially and nationally.

The college is a major stepping-stone towards a professional sports career for many prospective student athletes.

Humber students who want to participate in a varsity sport are not required to pay, unlike other Ontario colleges.

"They don't have to pay to be a Humber Hawk," said Jim Bialek, manager of athletics and sports information at Humber.

"I don't know if students realize it at first, but once they find out it's an 'oh, my' moment, like, 'wow we don't have to pay?' These athletes when they try out for the team have the expectations from when they were in high school that they always pay," Bialek said.

Humber foots the bill for the vast majority of student athletes' expenses including uniforms, coaching, travel, a per diem meal allowance, and a few other essentials.

"At a lot of institutions there is an athlete fee, but here at Humber there is no fee and that's something that were very proud of," said associate athletic director Michael Kopinak.

Humber athletes benefit by being at a top ranking school and not having to empty their savings or sacrifice their academic goals in pursuit of their athletic dreams.

Free athletic services put Humber at the top of athletes' list of preferred post-secondary schools to attend, Bialek said.

"To come to school and represent your institution and not have to pay is kind of like a wow moment," he said.

For many students grappling with tuition fees can be a serious pocket pincher and pursuing sports can seem out of question when having to pay athletic fees at other institutions.

"At Humber students are able to fulfill their academic potential and secure a successful career, while sharing incredible athletic experiences at no cost to them," Bialek said.

"Were in a position to give students the entire package and that goes far beyond just sports. We have academic advisors, therapists, health services, and strength and conditioning coaches. Humber has something special to offer," he said.

## Undefeated Hawks beat Huskies in heated matches

Ryann Kahler  
SPORTS REPORTER

A couple of scrappy wins for Humber soccer teams was the story of Thursday Oct. 14 in games against the George Brown Huskies. The men's team won with a score of 4-1 and the women's team with a score of 3-0.

The Huskies' Gianmariano Della Serra received the first yellow card of the night, followed by the second one given to his teammate Robert Mijackovic after he pulled Humber's Michael Aigbokie to the ground by his jersey before a possible break towards the net.

"It is something we remind them as coaches to make sure their discipline is in check," Hawks' head coach Michael Aquino said.

Tempers cooled for Humber, but flared for George Brown.

The night unraveled for the Huskies after the half, losing a man due to a red card, which put the Hawks at a one-man advantage. Striker Marco Nunes took advantage of the extra space on the field and scored his second goal of the night, and OCAA leading eighth of the season.

Hawk's assistant coach Alessan-

dro Sabatini said that the game was vicious, but was impressed with the way his team remained composed.

"Competition brings out the best in everybody," said Sabatini.

Humber Hawks' women's soccer midfielder Hayley Mackie had a strong game against George Brown on Wednesday night.

The game was off to a slow start until Mackie put her team on the scoreboard 24 minutes into the game.

"It wasn't an intense game at first," Mackie said. "That first goal sets the pace, sets the intensity and sets the chemistry of the girls for the rest of the game."

Shortly after, Mackie had an altercation with her mid-fielder counterpart Huskies' Hannah Whyte-Fagundes, which caused the referee to and pull her aside to have a chat.

"I'm so passionate, so competitive, I don't mean for it to come out in such a bad way, but in the moment she pushed me," Mackie said, "I just turned around and got in her face."

Mackie heeded the official's warnings, sticking to the task of focusing on a win for the team.

The second half of the game started strong when Hawks' lead-



LEFT: Humber Hawk's Marc Medeiros keeps the ball in play as he tries to move the ball up the field. RIGHT: Hawk's Hayley Mackie battles for the ball against Huskie's Julia Kassner and Madeleine Poulin.



RYANN KAHLER

ing scorer Rebecca Spratt and Zoe Longworth connected in front of the net, with Spratt sending the ball in for a goal.

Forward Longworth later put a goal of her own on the board when she powered one past the Huskies goalkeeper top shelf for the final goal, leading to the victory.

The strong play may give hint that

the team is focusing on the Nationals which are approaching. But that, says the team coach, isn't necessary.

"Let's focus on the process and focus on the now. That will take care of the future," Mauro Ongaro said.

Both teams hope to remain undefeated in their games against the always gritty Sheridan Bruins at Trafalgar.