

HUMBER

Et Cetera

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Dropbikes rolling into Humber campuses

Kit Kolbegger
NEWS REPORTER

Humber North students eager to see art developments at Lakeshore campus can now wheel their way down there thanks to Dropbike.

“It’s getting a little colder now so we’ll see, but we’re expecting it to go really well,” said Dropbike manager of business development Emmett Meacher. “It’s a much more accessible, affordable bike share.”

The Canadian company installed 100 bikes between the North and Lakeshore campuses on Thursday in partnership with the Office of Sustainability.

Dropbike calls its pick-up and drop-off spots “havens”. While there aren’t any havens off-campus around Etobicoke, Meacher said he has hopes about that too.

“Hopefully we’ll expand out to the community but that’s just a matter of time,” he said.

The company also operates in downtown Toronto, Kingston and Montreal.

A survey from Smart Commute last year found most students said they wouldn’t use a bike to go to and from school. However, more than half of students stated would use bikes to do errands during the day.

Roma Malik, the acting manager at the Office of Sustainability, said the bikes would be great for that kind of use.



KIT KOLBEGGER

Roma Malik is the Acting Manager at the Office of Sustainability at Humber. She says that Dropbike’s Canadian-made bikes were a great fit as locally sourced products are better for the Humber environment.

“If you wanted to have lunch off campus, instead of taking your car out, why not ride a bike?” she said. “Or if you wanted to go to the grocery store and you live on res, it’s a quick way to get around and it’s pretty cheap.”

Dropbike costs \$1 per hour. Malik said the low cost was only one of the reasons the Office of Sustainability thought Dropbike was a good fit.

“It’s a Toronto-based startup and the team there uses bikes that

are made in Canada. So there’s a bit of sustainability in terms of locally made products,” she said.

Malik said there were other advantages to having a local company providing the bikes for campus.

“Because they’re a local company, they understand the challenges and the logistics with respect to transportation around Toronto. That understanding, in and of itself, was worth a lot,” she said.

Malik said she’s interested in the

data the bike share program will bring. She also said she’s excited for feedback from staff and students alike.

“I want to hear what they would change and what they would do differently. If someone’s not interested in using it, I want to know why,” Malik said.

Dropbike havens can be found on each campus. The bikes can be unlocked after downloading the Dropbike app. The app can also be used to locate the bikes themselves.

Government to fund paid student work placements

Sunny Bains
NEWS REPORTER

The Canadian government is set to invest \$73 million over the next four years to create 10,000 paid student work placements using a student work-integrated learning program.

The program will let students hone their business etiquette skills in a work place environment, and prepares them for full-time work.

“The new government initiative aims to create 10,000 paid student work placements by forging partnerships between employers and post-secondary institutions in Canada to prepare students for jobs in high-demand fields,” Christopher Simard, spokesperson for Patty Hajdu, minister of Employment, Workforce Development and Labour.

The government will pay up to 50 per cent of the wage cost for the placement, to a maximum of \$5,000, and up to 70 percent, up to a maximum of \$7,000. The funds will be for first-year students and under-represented groups, such as women in STEM, Indigenous students, people with disabilities and newcomers.

Community Outreach and Workforce Development (COWD) at Humber College supports people that may not traditionally have ac-

cess to education and employment and collaborates with Humber and other departments in partnership with community agencies and the government to offer a broad range of programs and services.

Combined they will assist youth and underrepresented groups looking to get post-secondary education, apprenticeships and meaningful work opportunities.

Geraldine Babcock, director of COWD, doesn’t think the model suggested by the government is new, but likes that students can now benefit from it while they are still in school.

“When students take an internship, they can’t continue with their part-time jobs, so if they get a paid co-op internship that would alleviate a lot of hardship for them,” she said.

Babcock said the good thing about Humber is it’s applied learning and it’s not like getting a degree in a regular university setting where it’s all book work.

“I think that’s why colleges are becoming so popular and a lot of university grads are also augmenting their university degrees with hands-on kind of applied programs from colleges and post-grad certificates,” she said.

“Any investment in students to help them land a job and convince an employer to participate is a good thing,”



SUNNY BAINS

Geraldine Babcock, director Community Outreach and Workforce Development, said any investment in students is worthwhile

Babcock said. “You want the employer to ensure on his end that those placements are worthwhile for students.”

Antoniette DiMarco, placement centre manager for the business school at Lakeshore campus, said it is “a good government sponsored employer incentive program.”

DiMarco said it is vital to give students the opportunity to practice their technical skills and the knowledge they’ve learned in class so they can develop their professional and interpersonal skills when they are in

the work place.

That’s what employers are looking for in college graduates, she said.

“They are looking for not only the technical skills, but they are looking for those interpersonal skills and professional etiquette skills,” DiMarco said. “We teach them in class, but there’s nothing like that hands-on experience and also getting paid for it.”

She calls work-integrated learning program, a mutually beneficial partnership between industry partners, students and the colleges.

High fees adds stress international students carry

Keith Tiu
NEWS REPORTER

Students from around the world come to Humber College and many arrive carrying a heavy load of stress.

Mayank Chauhan, 19, a second-year paralegal international student studying from India, finds being a paralegal student stressful due to day-to-day activities.

“Paralegal, as you can tell, is a tough course,” she said. “I have to study a lot given that I have to balance my job and my studies. It’s very stressful.”

Amanat Rattan, 20, a first-year culinary management international student from India, finds stress in maintaining her marks and failing mean paying tuition payments again.

“I cannot fail this semester,” Rattan said. “I cannot think about changing my program because I’ve paid a lot.”

Chauhan believes tuition fees for international students should be reduced.

“That’s the question we can debate,” she said. “We pay over \$14,000 for two semesters,” while domestic students pay less than half.

“There should be some (effort) to reduce those fees,” Chauhan said.

She also believes making program changes is difficult due to the financial commitments.

“This is our age to learn and our year to grasp onto bridges or make different choices,” Rattan said. “We cannot change those choices.”

International student advisor Matthew Keefe said there are an approximately 5,000 international students at Lakeshore, North and Orangeville campuses and that they pay more than \$7,500 per semester.

He believes international students undergo a wide range of emotions while transitioning to a Canadian post-secondary institution.

“Within the first year of them arriving, some financial issues arise,” Keefe said. “Not to say they don’t exist because they have to prove to immigration that have money for at least a year or else they wouldn’t receive the permit, now having said that some circumstances do arise.”

He said students’ stress is also tied to family pressures.

“Other pressures come from their parents, sometimes there’s pressures from them to successfully get their permanent residence, so they can immigrate them or their families into Canada,” he said. “There’s often pressures amongst themselves as well, alike any student would have.”

Humber encourages carpooling, other methods to get to campus

Michelle Rowe-Jardine
NEWS REPORTER

A lack of awareness slammed the brakes on carpooling at Humber College.

Humber's sustainability plan for 2014-19 included a strategy to reduce single-occupancy vehicles, but encouraging students and staff to carpool hasn't been an easy road.

A 2016 survey of Humber College's commuting habits indicated 4 per cent of students and 8 per cent of faculty and staff at the North campus primarily carpoled to campus. The survey showed 24 per cent of students and 67 per cent of faculty and staff drove alone to campus.

Metrolinx partnered with Humber College in 2014 to bring a carpooling app called Smart Commute. The app is an interactive map where users heading to the same place can coordinate and carpool together.

According to the Smart Commute website, carpooling helps users reduce congestion, save money and be eco-friendlier. The survey showed only 38 per cent of faculty and 9 per cent of staff and faculty knew the app existed.

Roma Malik, the sustainability manager at Humber College, said awareness is part of the problem.

"We notice there's a lack of information when it comes to the benefits of carpooling," Malik said.



MICHELLE ROWE-JARDINE

Humber's Sustainability Plan encourages students and staff to walk, bike, carpool or take public transit to get to campus.

The program features on-campus parking spaces reserved for carpools and a cost-sharing of parking permits and fees to make travelling to and from campus more affordable.

There's also an Emergency Ride Home Program, which offers reimbursements of up to \$75 if a user's carpool falls through due to unforeseen circumstances and they commute home another way.

CollingDo, a second-year architect-

tural technology student, said a friend in Waterloo carpools to school which made her consider doing the same. "But I didn't know how to approach it," she said. "If a student in my area needed a ride I wouldn't mind," Do said.

However, signing up doesn't guarantee a carpool connection will be made because of conflicts in students' schedule.

"The issue we have with carpool-

ing is students aren't always on campus at the same time," said Malik.

Second-year paramedic student Kinesha Beneteau said she probably wouldn't try carpooling because coordinating with someone would be too difficult.

"My schedule is very strict, usually when I finish class I have to run off to go to work," she said.

Carpooling isn't the only way the Office of Sustainability is trying to

reduce Humber's carbon footprint.

"I notice the students, staff and faculty are not necessarily looking to carpool," Malik said. They are, however, looking at bike-sharing, electric vehicle charging stations, more efficient bike routes and more public transportation options, she said.

Humber College has been given a Gold Smart Commute Workplace title for the past two years for its sustainable travel options.

Technology enables cyberbullying

Terrence Bishundayal
BIZ/TECH REPORTER

Humber's Project Management student Maninder Kaur, 24, sees online bullying is getting worse.

Cyberbullying on many occasions is bundled in videos posted on social media, she said.

Once content is posted, and other people share it, they will start commenting and picking sides, she said.

This is different from when Kaur became a user of social media in 2010, as websites and apps were not heavily focused on media posts.

"The advancements in technology make it easier to target others," Kaur said.

A recent Australian study showed young adults aged between 18 and 24 were more likely to be cyberbullied, and women were often targets of sexual harassment. Overall, about 60 per cent of the 3,000 surveyed re-

ported an incident.

October is National Bullying Prevention Awareness Month where schools and organizations work to encourage bullying and cyberbullying.

Paul Ooi, 32, a Web Development student, agrees that people mistreating others on the internet is an expanding issue.

"There is free speech, but hurting someone else can be avoided by appropriately saying your message," Ooi said.

It is stressful for any post-secondary student who is a victim of cyberbullying.

As this is a distraction from school, family, friends, and work life, Ooi said.

Humber professor Naveen Joshi, who teaches critical race studies and digital technology, said the use of social media is continuing to transform the way bullying is carried out by an individual.

"You can do it anonymously," he said.

In many situations, the victim does know the identity of the person who is picking on them, but that is not always the case, Joshi said.

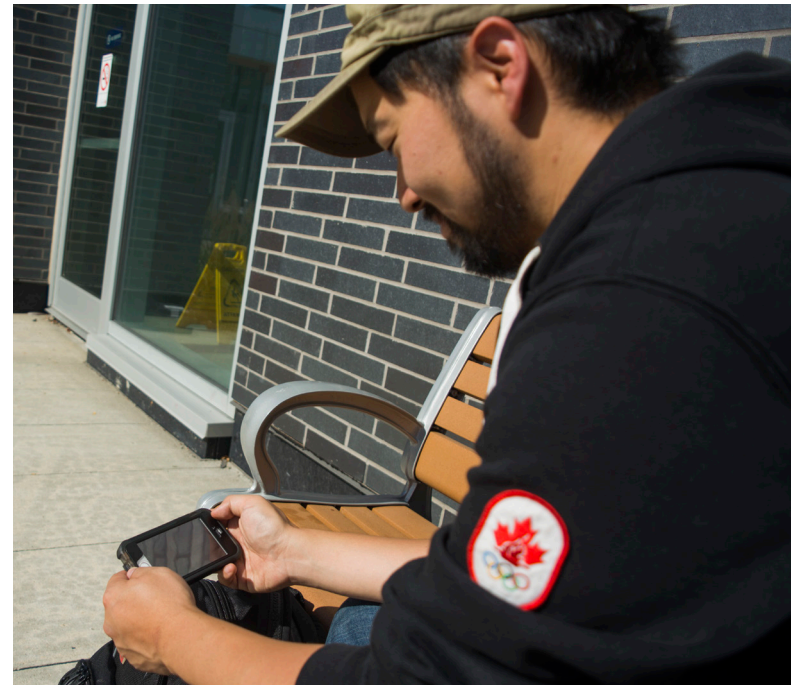
Those who have 1,000-plus cyber friends most likely don't know everyone, he said.

Kaur says while it's necessary to be more vocal about bullying, it is best for anyone to seek help, especially students attending post-secondary institutions, as it could lead to mental health issues and potentially cause someone to drop their course.

Ooi agrees, but takes on the perspective of the person who is doing the bullying.

"If you're the bully then stopping is a great idea, as it's unacceptable and not professional, especially as it affects young adults trying to build a career," he said.

Joshi said many victims unwittingly



TERRENCE BISHUNDAVAL

Paul Ooi says social media is the source of people picking on them.

tingly set themselves up to be bullied by posting personal information and feelings. The victim feels they have no way of getting out, while the other

person feels the need to attack on the prey they are targeting, he said.

"Why are you asking for this to be done to you?" Joshi said.

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Dancers from six First Nations perform their dances from their tribe. Onlookers are invited to join in and embrace the First Nations dance styles while at Culture Days held on Sept. 30.



Dancer River Christie-White, 15, performs a traditional hoop dance at the Pow Wow at Lakeshore campus.



Todd Jamieson, of Oneida First Nation, sold traditional woodland style paintings at Culture Days. The art tells stories of Indigenous people.

Culture Days Pow Wow a huge success

Demetre James Politis

LIFE REPORTER

Ojibway First Nation dancer Deanne Hupfield pointed to the traditional garments she wore in a performance mimicking a butterfly.

“Wearing this would have put my grandmother in jail,” she said. “So, celebrating right now with other Canadians is good because they can learn more. It’s an opportunity to connect with non-Indigenous people.”

The brightly coloured traditional garment thrilled crowds to the Culture Day’s Pow Wow on Saturday outside Humber’s Assembly Hall at Lakeshore. The event celebrated what was considered criminal just a generation ago.

On one side of Colonel Samuel Smith Park Drive, the Eagleheart Drummers and Singers played music as performers danced with their regalias, sometimes inspiring attendees to join in.

On the other side of the street, people made crafts, walked on stilts and enjoyed other festivities.

Hupfield performed the Fancy Shawl dance which she described as one of the newest Pow Wow dance styles.

“All of our dances are like prayers,” she said. “You have to learn

for a long time to become a dancer. So, it’s not like other dances, there’s a lot of spirituality attached to it.”

Jen McMillen, Humber’s Dean of Students, said the event is a part of the college’s efforts to honour, respect and learn from the country’s first peoples.

“We have made some tremendous progress under the advice and guidance of our elders through our educational council and we’re really grateful for what that adds to our community.” She said the event allows people who may not have had any exposure to traditions and ceremonies to actively participate in them.

“My three boys have come to this event every year since they’ve been born,” she said.

McMillen said knowledge, connection and meeting people are all critically important in order to achieve reconciliation.

“It’s too easy to say you don’t know anyone who is Indigenous or who is non-Indigenous,” she said. “The reality is when we come together in spaces that are welcoming, open and about celebrating life, I think we get that much closer to understanding.”

Deanne’s husband John Waaseyaabin Hupfield, of Ojibway First Nation who performed the Grass Dance, said for his community, every day is culture day.

“Culture Days means being invited to come and share what is pretty much every day good living for me,” he said. “It’s a really powerful time to come together, to eat food, visit and just have a bit of that feeling of home even if you’re not from Toronto, or this isn’t your home.”

He said Grass Dancing is about the responsibility young men in his community have in preparing the grounds whenever they would travel to a new setting, which includes ceremony and song.

“Basically, it’s going around the plains and patting the grass down, preparing the grounds so that they were safe for people to dance, live and set up their homes,” he said.

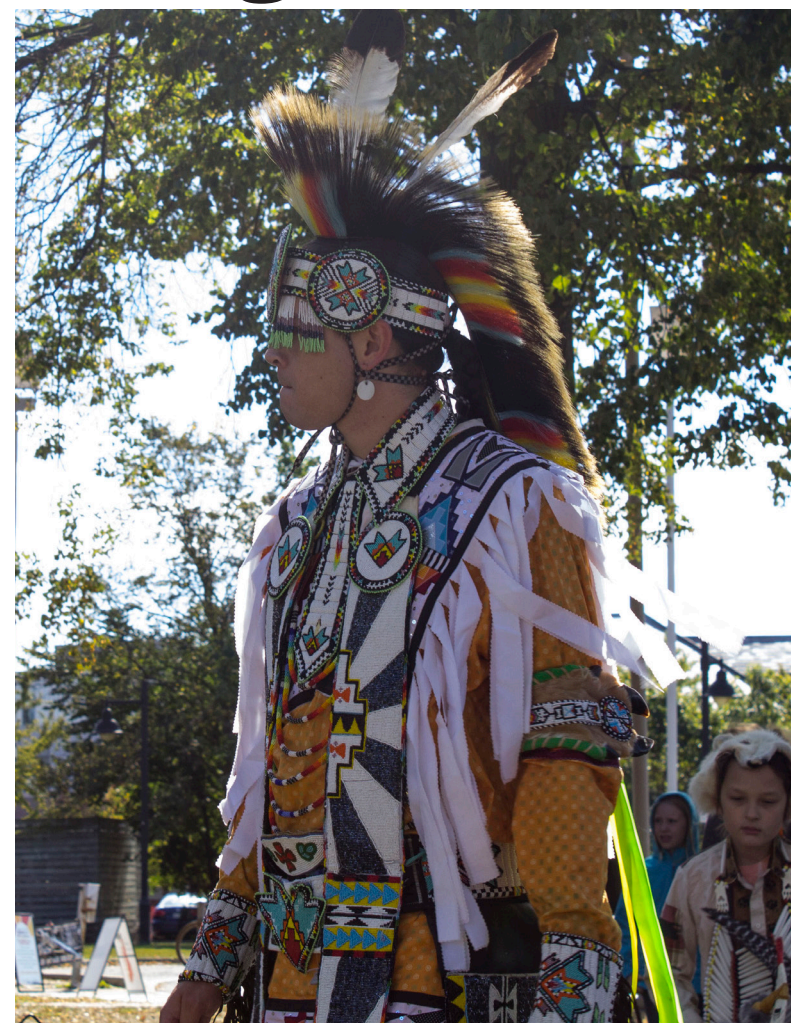
Entrepreneur Todd Jamieson, of Oneida First Nation, hosted a booth displaying traditional woodland style paintings for sale.

“It’s a form of art that came about because we had no record keeping,” he said. “We started doing paintings like these to tell our stories. These are now our records.”

Jamieson said Indigenous people need to step up and be a part of Culture Days, to offer up their culture for all.

“It’s important to share our culture because if we don’t share it, we lose it,” he said.

ALL PHOTOS BY DEMETRE JAMES POLITIS



John Waaseyaabin Hupfield is a First Nations Grass Dancer at Pow Wow.

Culture Days takes over Etobicoke and explores Canadian identity

Kateryna Horina

ARTS REPORTER

Not everyone in this country thinks Canadian culture revolves around hockey and Timbit doughnuts.

To prove the point, Humber Event Management graduate Grace Poltrack hosted Etobicoke Lakeshore Culture Days to explore into what Canadian culture means to local residents.

Poltrack kicked off the weekend Culture Days event with a party on Sept. 29. She says it's her first time practicing what she studied at Event Management program, she says.

"I really like people getting up and participating in all the activities," Poltrack said. "And I'm really happy to have this opportunity to test myself at all the things I studied in Humber."

Canada's Got Talent finalist dance troupe Broken Dance taught dancing steps to children in the audience after their show, as well as showing off their Salsa in the 6ix show, with introductory salsa lessons.

With food including empanadas, samosas and pakoras in hand, visitors had an opportunity to express

what Canadian culture means to them by decorating one of the 150 maple leaves for a collective creation, presented by Humber College and Lakeshore Arts.

The event spanned over two days and linked Humber's campuses with by a free shuttle-bus. Each Activity Hub had a series of workshops for every taste — DIY clothing, music performances and even writing six-word short stories on the pavement with stencils.

Rob Matejka, a local artist, said he finds this project important.

"It's important to get people to participate positively in community," Matejka said.

"It's a way to keep the community safe," he said. "I think this project is educational in some way, it may interest a lot of people, who just didn't know they're interested until they try."

Humber Lakeshore campus Principal Wanda Buote said Culture Days is an event aimed to unite each member of community together.

"It's about opening our doors to community, to work together, and by this work and participation make our community great," she said.



KATERYNA HORINA

Participants at Culture Days enjoy warm sunshine and afternoon crafting.



KATERYNA HORINA

Participants enjoy the weather while paint six word stories on the south Etobicoke sidewalk during Culture Days.



KATERYNA HORINA

Vanessa Mangar of the Broken Dance performance troupe teaches a few steps to the crowd after a performance.

Films shed light on the stigmas and challenges around mental health

Zachary McGregor

NEWS REPORTER

Humber College partnered with mental health experts to develop a short film series battling long-lasting stigmas associated with mental illness and addiction.

The Waypoint Centre for Mental Health Care and the Lakeshore Grounds Interpretive Centre, Humber's cultural preservation and heritage branch, teamed up to create the films that challenge long-standing stigmas.

The series explores the often sad and disturbing history of mental health treatment in Canada.

Wednesday's series premiere of Keys to Our Past at Lakeshore campus was befitting as the grounds were once home to the Lakeshore Psychiatric Hospital. The launch of the series also coincided with Humber's annual Mental Health Awareness Week.

The series consists of six 10-minute films discussing topics like the creation of the asylum system, changes in mental health treatments over time and the ongoing stigmatization

people suffering from mental illness face.

The creators of Keys to Our Past hope to change negative attitudes towards mental health by teaching people about its history, saying almost everyone knows someone who is suffering from a mental illness, so it's important not to label them in an offensive way.

"One in five Canadians will experience a mental illness or addiction problem at some point in their lifetime," said Jennifer Bazar, Curator of the Lakeshore Interpretive Grounds and co-creator of the film series.

However, most are forced to suffer in silence because of the long-standing stigmas associated with having a mental health disorder. They are afraid to ask for help out of fear others will judge them on account of their illness or substance use problem.

"We can help lessen the stigma by showing people where the negative ideas about mental illness first came from," said Gary Bold, a York University psychology student and co-creator of the film series.

The misconceptions associated

with mental illness are deeply rooted in history and educating people about the past will hopefully make them think twice before they judge someone, he said.

Changing the labels or terms often associated with people suffering from a mental illness can also lessen the stigmas associated with mental health, Bold said.

"It's really tough to remove words like crazy, insane and nuts from you day-to-day speech, but they are terms used to stigmatize mentally ill patients," he said. People are less likely to share their struggles with mental illness out of fear they will be labeled as crazy or insane, Bold said.

"If we can help reduce the usage of these terms, the hope is that people will feel a little more comfortable seeking out the help that they need," he said.

The goal of Keys to Our Past is to raise awareness about the importance of being socially conscious about other people's mental health issues.

"The absolute prevalence of mental health issues, especially amongst young people is also important for



ZACHARY MCGREGOR

The co-creators of the Keys to Our Past film series are, from left to right, Dr. Laura Ball, Rachel Gerow, Jennifer Bazar and Gary Bold.

students to know," said Rachel Gerow, a York University psychology student and co-creator of the film series.

Students are often quick to judge their peers who suffer from mental health issues and it may impede them from seeking help, she said.

It's important that we ensure students suffering from mental health issues have the necessary supports

they need to come and seek treatment, Gerow said. The first step is ensuring they feel safe enough to come out and tell people about their problems, she said.

In the future, the Keys to Our Past series will hopefully be used as an education tool for both students and faculty on the various stigmas surrounding mental health.



CASSANDRA RYAN

Psychologist Andrew Poulos gave a lecture on suicide prevention at Lakeshore on Oct. 2, 2017.

Suicide prevention lecture held in memory of Criminal Justice student

Cassandra Ryan

LIFE REPORTER

Camille Boucher says everyone who knew her brother Alexandre was blindsided when he took his own life.

Alexandre, a first year Criminal Justice student, committed suicide in February 2016. And on Monday the first suicide prevention lecture — named after Boucher's brother — was held at Humber's Lakeshore campus.

The lecture attracted a mixture of students but consisted mostly of freshmen from the same program as Alexandre.

"What could I have done?" Boucher said. "He may not have wanted help."

One in five Canadians will experience a mental health or addiction problem in any given year, according to a report by RiskAnalytica.

Derek Stockley, the Dean of Social and Community Services, compared mental illness to a plane crash.

"It's important to help yourself

before others," he said. "Only then can you turn to the person beside you and help them."

Andrew Poulos, a student wellness counselor, said listening to others can go a very long way.

Poulos said it's not harmful to ask a person outright if they are considering suicide even though it's a delicate topic.

"We can't prevent people from having those thoughts," he said. "But what we can do is prevent someone from acting on them."

Poulos said suicide isn't something that's normally talked about because of the fear and stigma behind it.

"Anybody is vulnerable to suicide," Poulos said. "It occurs across all ages, economic and ethnic boundaries."

Mental Health First Aid Workshops are in progress for Humber staff to be better equipped to help students with mental illness.

The speakers gather after the lecture around the Friendship Bench,



FILE PHOTO

Alexandre Boucher died in High Park in February 2016

was given by Lucas Fiorella after his son committed suicide.

The purpose of the bright yellow bench in the Student Concourse is to remind people know they don't have to suffer in silence.

"A simple hello can go a long way," Fiorella said.

Humber faculty listed for national literary award

Paul F. Schubert

ARTS REPORTER

A Humber faculty member is eligible to win one of Canada's top literary prizes.

Michael Redhill of the college's Creative Writing program is on the longlist for the prestigious Scotia-bank Giller Prize for his novel *Bellvue Square*.

Redhill's book, a dark comedic thriller published by Doubleday Canada was nominated for the longlist in September, and landed on the longlist with 11 other writers on Oct 2.

The prize awards \$100,000 annually to the author of the best Canadian novel or short story collection published in English, and \$10,000 to each of the finalists.

Humbly, Redhill said he doesn't feel the need to be bestowed with

such a high honour.

"I don't think I deserve to be a candidate. I was just lucky," he said.

"There's a lot of books published in this country," Redhill said. "I don't feel like I am entitled to it, or that I should expect anything more."

His co-workers, on the other hand, feel differently.

Alissa York, a faculty member in the same program, spoke highly of Redhill's creative ability and his work ethic.

"Michael is a gifted and hardworking writer. He's a wonderful writing instructor and has great feedback about his teaching," York said.

"We're lucky to have him in the program at Humber and he's also been working hard at both his art and his craft for many years," she said.

York said Redhill is very deserving of the main prize and it would also be good for Humber College.

Redhill, who also writes under the pseudonym Inger Ash Wolfe, has written eight novels.

David Bezmozgis, a faculty member in the creative writing program, said every member of Humber's faculty has been listed for a major literary award in Canada and abroad.

He also spoke highly of Redhill, calling him a very talented writer.

"Whenever any writer ends up on that list, it's an opportunity for exceptional literary work to reach the mainstream audiences," Bezmozgis said. "I think it would be wonderful if Michael won it."

"If he wrote the best book in the eyes of the jury, then he's the best candidate," he said. "I mean, it's as simple as that."

Redhill said his next literary goals are to write more books and to continue expanding his readership.

His reminder to aspiring student

Vegetarian Awareness day celebrated at Lakeshore

Ross Lopes

LIFE REPORTER

Humber College held its annual Vegetarian Awareness Event at the Lakeshore campus on Monday, educating students about the options and benefits of being vegetarian or vegan.

Humber's sustainability manager Roma Malik said the event was not intended to "advocate for one diet versus another," but to show the perspective of how vegetarianism helps the climate.

"The office of sustainability wants to educate students, staff and faculty about the alternatives to reducing your carbon footprint," she said.

"Diet plays a huge part in that [aspect], and we have found that the agricultural industry contributes a lot in terms of greenhouse gas emissions and accelerates climate change issues," Malik said.

Ray Kowalchuk, climate activist for Climate Vegan, said there are many ways the foods people consume can affect the environment and cutting out animal-based products from one's diet is one the ways to reduce the footprint.

The amount of land transformed for the sake of agriculture along with the use of fertilizer, pollution in the oceans, and the creation of dead-zones have been huge problems for the environment, he said.

"All of these things are created by agriculture or agricultural systems and it's something that is so connected to our food that we tend to dismiss," Kowalchuk said.

With research obtained from the office of sustainability, Malik gave example where creating a pound of beef uses more "drinkable" water compared to a pound of carrots.

"By using that much water, we are then taking it away from other areas," she said.

The greatest concern Malik has found would be the meat industry, specifically relating to the amount of methane produced from the cattle industry.

"If you're looking into typical red meat sources, it's quite significant," she said.

"In addition to that, emissions in general are generated by meat packing and the processing as compared to processing produce," Malik said.

Going vegan or vegetarian doesn't just help the environment, it's also a part of a movement that helps transition society towards creating meaningful change, Kowalchuk said.

"We look at the impact of our actions and if there is some way we can calculate our impact on the environment where we decide whether we are going to ride a bike or take the car, eat the steak or eat the tofu," he said.

Kirit Ashah, a Toronto Vegetarian Association representative, chose to become vegetarian for the personal health benefits.

Many people do choose to go vegetarian largely for health reasons because it prevents heart disease, lowers the cholesterol and provides overall general well-being, he said.

"I've been a vegetarian for eighty years and I have had no problem," Ashah said.

If someone is interested in becoming a vegetarian, then that is entirely their choice, Malik said.

"We are not saying 'really become a vegetarian,' we're saying, 'if you're interested [in this lifestyle], these are some options that are available to you,'" Malik said.



COURTESY OF MICHAEL REDHILL

Michael Redhill is eligible to win the Scotia bank Giller Prize for his novel.

writers at Humber is that it takes a lot of rejection slips before time to hone their craft, even if it gets it right.

QUOTED How do you feel about electric cars?

It saves [people] gas and it's better for the environment.



Michael Cinvinnato
LAW CLERK
1ST YEAR

We're not making enough clean energy to use them.



Matthew Cole
FILM AND MEDIA PRODUCTION
1ST YEAR

The thing is they're more expensive than gasoline cars.



Nesandthan Kirubaharan
BUSINESS ADMINISTRATION
2ND YEAR

PHOTO OF THE WEEK CONSTRUCTION CONTINUES ON HUMBER'S EXPANSION

Construction continues as Humber's new centre for technology innovation building foundation begins to take shape. The 93,000 square foot building is scheduled to open in spring of 2018. Featuring no classrooms, the building instead will feature an open concept learning space for students. Featuring technology for students to use, the hope is this building brings students into the 21st Century.

DANIEL CAUDLE



Use #HumberEtCetera on Facebook, Twitter or Instagram and send us your best photos for a chance to be published in next week's issue!

96.9 FM | radio.humber.ca

EDITORIAL

New regulations force scalpers to face the music

Imagine sitting by the warm glow of a computer monitor waiting for the exact moment to purchase a coveted ticket for the summer's largest concert. But in the instant when thousands of fans try to do the same as are advanced "scalper-bots," the event is sold out.

With no chance of finding a ticket first hand from the vendor, the only option left is going to a ticket resale service like Stub Hub, with a price tag several times larger than before.

This is by no means a stretch of the imagination. Last year, Tragically Hip's farewell concert sold out within minutes and were resold for hundreds of dollars more.

These sophisticated "scalper-bots" are able to bypass commonly used security features, akin to Caphca, and buy hundreds of tickets within seconds for resale at a premium. These programs operate faster than any human could.

"Probably a third of the tickets went to bots," Joe Berchtold, chief operating officer of Live Nation, the

world's largest tour promoter told the CBC. "Another third went to brokers who were just like fans, pounding away at the keyboard, but better trained, more aggressive at it, and maybe a third of them went to fans."

For years now, since ticket sales moved to a digital platform, there has been a programming arms race between automated ticket buying programs and human verification security on the websites of ticket vendors.

And each time ticket scalping software takes a step forward, the average fan becomes a step further away from seeing their favorite acts.

Finally, it seems after far too long, the Ontario government is picking up the slack and getting involved. Now there is legislation on the table to tackle scalper bots by limiting ticket resale prices 50 per cent above the face value and greater transparency from both the primary and secondary ticket sellers.

When CBC Marketplace interviewed Ken Lawson, a former bot operator in the U.S., he said he had the ability to buy 15,000 tickets in just

two minutes with a push of a button.

Lawson told the CBC he bought and resold thousands of tickets for more than a decade, making an average of \$25 per ticket, which added up to millions of dollars.

"We continue to fight and invest millions," said Patti-Anne Tarton, the chief operating officer of Ticketmaster Canada. "Last year, we combated five billion bots in North America."

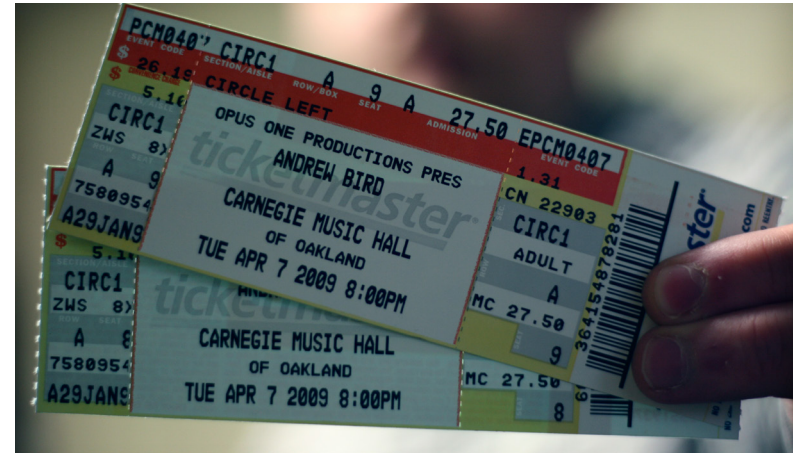
One fan, who remained anonymous, expressed the frustrations that many fans feel while purchasing tickets. Ticket News reported the fan left a complaint with the New York State Attorney General's Office (NYSAGO) with an unsuccessful customer service experience with Ticketmaster for the concert.

Long story short, the customer was denied a refund on the tickets after finding out their last-resort seats were platinum tickets. They were told by Ticketmaster to visit StubHub for cheaper tickets for seats that were sold out on their end. The customer then contacted StubHub

to ask about their resale policy, who told them that the "non-refundable, non-transferable, non-saleable" tickets could be in fact resold as long as they could receive a PDF version from the Ticketmaster.

At the end of the day, a 50 per cent

markup can still generate a large profit for scalpers and lately seem to be perfectly capable of outsmarting both fans and ticket vendors, so it will be up to Ontario's other measures to introduce transparency and keep the competition fair.



FLICKR BY @GINNERBOT

Accommodations aren't special treatment – they're fair treatment

What's in a name? Everything, as Toronto needs to back up its sanctuary designation



Matt Owczarz
LIFE EDITOR

Toronto is a sanctuary city. But that doesn't mean enough is being done for undocumented residents. A city has to be able to back up that title by providing adequate aid to asylum seekers while eliminating their risk of deportation.

Toronto became the first city in Canada to be a safe haven for undocumented immigrants by declaring itself a sanctuary city in 2013, a designation later adopted by Hamilton, Vancouver, London and Montreal.

The sanctuary city declaration means a city will provide services to people regardless of their immigration status and without reporting them to federal authorities, removing the risk of detainment and deportation.

The declaration was a nice public gesture, but a recent report from criminologists at Ryerson University, titled *(No) Access T.O.: A Pilot Study on Sanctuary City Policy*

in Toronto, said city hall has never dedicated adequate leadership, planning or funds to back up its commitment on turning Toronto into a sanctuary city.

The report goes on to say that staff members across multiple departments are mostly unaware of the sanctuary city initiative, including the policy that allows residents to use services without providing citizenship or immigration documents. This means municipal staff have regularly refused services to people because of their status when they were instead required to offer them.

The Ryerson report adds "non-status migrants have not been able to consistently access municipal services, and continue to hold well-founded fear of local authori-



Municipal staff have regularly refused services to people because of their status when they were instead required to offer them."

ties, including police."

Another prevalent issue present is Toronto police contacting Canadian border officials to check immigration statuses, which is a violation of the very same sanctuary city initiative.

According to a study – titled *Often Asking, Always Telling* – released in 2015, Toronto police made

more than 3,000 calls to the Canada Border Services Agency (CBSA). A further 83.35 per cent of the calls were made by authorities for "status checks," a term that is used by the CBSA to classify any calls made for verifying the status of an individual.

Tensions have been on the rise since Donald Trump took the White House and cracked down on refugees and foreigners from entering the United States. With recent executive orders,

Trump's crusade has challenged U.S. sanctuary cities to uphold federal laws, implemented an updated travel ban blocking entry for people from seven countries: Iran, Libya, Syria, Yemen, Somalia, Chad and North Korea – and, of course, proposed to limit the number of refugees entering the U.S. in the next fiscal year to 45,000.

If the Trump administration continues to use this "Us versus Them" mentality, it will potentially alienate the rest of the world.

As conditions will most likely continue to become more complicated for people seeking refuge in the U.S. under the current political climate, Canada, and more specifically, Toronto can expect a large influx of the undocumented population arriving over the borders.

However, with the state the sanctuary initiative is in, Toronto is not in any position to help these people let alone even handle the situation. Toronto will have to educate its staff and police sooner rather than later in order to prepare for this inevitable outcome. Until then, Toronto remains a sanctuary city in name only with nothing to back it up.



Justice A. T. McCormack
LIFE REPORTER

A recent column by Globe and Mail columnist Margaret Wenté focused on today's post-secondary students being treated like "fragile flowers" and that everything is made easier for them.

However, this is not the case.

Although the education system has been adjusted to accommodate the learning needs of today, students are now faced with many struggles, some systemic and some newer ones.

Students needing accommodations face numerous barriers, both physical and those that are not visible. They all still have a right to an education.

But according to Margaret Wenté, it seems they do not.

"In the olden days, when you got stressed out, a little weed and jelly doughnuts did the trick," Wenté said.

The issue with that statement, besides it being incredibly insulting to anyone facing an ongoing difficulty, is that illegal drugs and sugary snacks are not a cure-all for mental and physical illness. They are merely a temporary solution for a permanent struggle.

Wenté was right about one thing though. She stated that students' fi-

nancial worries had reached an unprecedented height.

Already struggling to attend post-secondary institutions while dealing with their disabilities, students now have expensive tuition fees thrown into the mix as well.

The cost of post-secondary education has raised quite significantly over time. A Statistics Canada study shows the cost of tuition for undergraduate programs increased by more than three per cent in just the past two years.

Throughout her article, Wenté often speaks down on the accommodations for people with disabilities saying educational institutions have become rather therapeutic, and the classification of disability has been taken too far.

If everything Wenté is arguing about is true, then that means over 13,000 students would no longer be able to attend a post-secondary institution. She also said that by giving students special treatment, they are being set up for failure in the real world.

Students depend on the accommodations put in place for them. Without them, they would not be able see, hear, read, walk, or talk.

An Ontario Canada Reference Group study of more than 25,000 students shows 54 per cent were professionally diagnosed with a learning disability in the last 12 months.

Educational institutions are supposed to provide students with the tools to succeed in life, but by stripping students of their accommodations, they are not given the same opportunity to as their peers are.

Today's post-secondary students are not treated like fragile flowers. Rather, they are being provided a fair opportunity at an education, giving them an opportunity to succeed.

Pierson riding high after second career no-hitter

Joey Congi

SPORTS REPORTER

A no-hitter in softball is as difficult to accomplish as it is magnificent to watch. To have teammates come to the mound — the pitcher's mountain — and toss high-fives after the final out is recorded, is an almost a majestic feeling.

However, it may be routine for Humber's Miranda Pierson.

This week's OCAA female athlete of the week threw her second no-hitter in her two-and-a-half-year career with a 10-0 win over Mohawk Mountaineers in Brampton.

She's not done either, Hawks coach Duaine Bowles predicted.

"To be honest, she could have thrown two or three more by this point," Bowles said. "She's got lights out stuff, dynamite stuff. It's interesting because she only struck out two batters."

Pierson walked two in her complete game shutout.

Her pitching prowess has helped

the Hawks, sitting in third in the OCAA standings after a pair of losses to St. Clair on Sunday with a 10-and-6 record, developing a swagger and an overwhelming confidence.

Pierson is calm, cool and relaxed on the mound.

"She's the one leading us into the competition and we're there to back her up," said infielder Meaghan Murphy, who collected a hit and a run in the games versus the Saints.

"Her confidence on the mound makes us confident behind her and it's a really good feeling to have when we know we're about to head out to a game."

Pierson, who gave up five hits in six innings in the recent 3-2 loss against St. Clair, agrees there's pressure whenever she goes out on the dirt.

But she has learned to channel those expectations as she progresses.

"Over time, I have started to drop the expectations that I have set for myself," Pierson said. "Even though I go into every game expecting the most from myself it is hard to up-

hold the expectations because I often expect perfection."

No kidding.

With a no-hitter in both seasons she has pitched, she said training is a highly valued commodity when preparing for a potential start.

"I have been playing softball for over 10 years, so practice allows me to understand how my body works, whether this is based on my pitching mechanics or based on how to prepare myself mentally," Pierson said. "With practice, I try to maximize the time I have to work on my spins to ensure that they are moving exactly the way I would like them to."

With such a full schedule, Pierson said she can find balance in pitching and studying for graduation.

"I can honestly say, it is not easy to balance being a student athlete," Pierson said. "It is pretty hard to balance school, games, practicing, working out and work all at once."

Pierson said she'd continue in the game after such a successful and rewarding career at Humber.



JOEY CONGI

Myranda Pierson's pitched the second no-hitter of her softball career.

"I would love to continue to play at a competitive level but softball is one sport that does not give you as many pathways as some other sports

may," she said. "If this does not happen then I am very fortunate in saying that Humber has provided me with an amazing varsity college experience."

From Coppin State to Humber, Jasmine Lougheed has indeed found home with Hawks volleyball

Harjas Badyal

SPORTS REPORTER

The life of Humber women's volleyball rookie Jasmine Lougheed is one of unexpected moves and events.

The St. Catherine's, Ont., native is bringing her skills to the already dominant program run under head coach Chris Wilkins.

Wilkins said he's pretty excited about the contributions she'll make to the 2016 National champs once the regular season rolling.

"She is a tremendous athlete and good team player who makes everyone around her compete," Wilkins said.

Starting the sport at 10 years old, Lougheed used her tremendous athletic ability, which led to her training under the Defensa program and the Niagara Fury.

It led her to being unexpectedly recruited by Coppin State University in Baltimore, Md.,

"That was a dream," the middle blocker says with a laugh. "Everybody wants to play NCAA Division 1 volleyball. But I was lucky enough

to do it."

Unfortunately, that season in 2016 was tough. Coppin State limped to a 2-24 season, with lone wins over Norfolk State and Delaware State.



Jasmine Lougheed

Lougheed experienced stress fractures in both legs and had to have titanium rods surgically put in. However, the season was not a complete loss, as she was named to the All-Tournament team at the Kristen Dickmann Invitational.

However, again unexpectedly, when she decided to head to another Division 1 school, she hit a snag. A decision to transfer required her red-shirting one year, which would mean that she would have to sit there on the bench no matter where she went stateside.

However, that was not the reason why she returned to Canada.

One night on campus, she saw someone get shot on her campus, dying just feet in front of her.

"That was crazy," Lougheed said. "It was a pretty hectic time and I made my decision that night."

Wilkins was ready to recruit her to Humber immediately.

She said it was not a tough decision to head to Humber, with a streak nearing 135 wins and all.

"I love it," Lougheed said. "The streak is a great motivator for me and the team to continue it and keep going."

"The teammates here just allow me to be myself," she said. "Be goofy. I can do that with the girls here."

The team was more than happy to welcome her.

"She's a great asset to our team,"



HARJAS BADYAL

Rookie Lougheed participates in warm ups before practice in the gym.

assistant coach Dean Wylie says. "We're excited to have her but we're still trying to get her healthy."

Outside of volleyball, Lougheed's dream is to run a daycare for children with the ECE diploma she is pursuing. She wants to follow in the

footsteps of her father, who himself is a successful entrepreneur.

"That is my true passion" Lougheed said, emphasizing she is focused on winning this season.

"We got a streak to keep alive," she said. "To me, Hawks is home."

Women's soccer winning streak hits 7 games

Christian Aguirre

SPORTS REPORTER

The women's varsity soccer team remains undefeated this season after beating the Conestoga Condors 1-0 Wednesday night at the Ontar-

io Soccer Centre.

The win secured Humber's first place, 7-0 record with 21 points.

Despite the Hawks' strong offense, by keeping the ball on the Condors' half of the field for the majority of the first half.

Humber fired eight shots at Conestoga's net but failed to score a goal during the first half, which frustrated many vocal fans.

The second half the game was intense.

At the 53-minute mark Cones-

toga had a close call when Humber just missed the net after the ball rebounded off their goalie.

The game went on and at the 65th minute a Conestoga player got injured.

The pause in the game offered the Hawks a moment to huddle and strategize.

And it paid off as just five minutes later, at the 70th minute, second-year Hawk Hayley Mackie scored her first goal of the season, and the only goal of the game,

shooting from about 20 metres out into the top left corner of the net.

After the goal, the Hawks took to a defensive stance, focusing on keeping the ball away from Conestoga and denying any opportunities for them to make any threatening plays.

Mackie's performance in the game earned her the title of Hawk Nation Player of the Game. It was keeper's Vanessa Fiore fourth shutout.

She said that it "feels good" to score the game winning goal, espe-

cially in a match that felt as if it were the most difficult of the season.

Her assessment of the game was shared by head coach Vince Pileggi, who was happy with the performance of his team and looks forward to continuing the winning streak.

The Hawks next game will take place at the Ontario Soccer Centre at 6:30 p.m. Oct. 11 against the George Brown Huskies, against the Cambrian Golden Shield on Oct. 15, and Sheridan Bruins on Oct. 18.



COREY LOBO

Conestoga defender clears the ball from their end during failed attack by Humber Hawks. The Hawks took the game 4-0 in a game held at the Vaughan soccer centre on Wednesday.

Men's soccer continue to soar extending streak to 39

Corey Lobo

SPORTS REPORTER

The men's soccer team continues to roll with a dominant performance over the Conestoga Condors at the Ontario Soccer Centre.

Jainiel Hollett tallied a pair of goals in 29th and 39th minutes, bringing his career total to 19 in the 4-0 victory.

Coach Michael Aquino says the sky could very well be the limit for the striker.

"He's an excellent player who is extremely talented," Aquino said. "He's very professional in attitude and approach to the game. He is a top player in CCAA."

All goals came in the first half on unassisted goals. Humber dominated possession and the defense

stonewalled Conestoga, who only managed three shots on goal.

With the win, Humber's undefeated streak was extended to an incredible 39 games. It is also the first game in a five-game home stand to round off the season before the OCAA provincials.

Aquino, however, is still stressing complacency as the season winds down to a close.

"The goals and objectives remain the same, just reminders to stay focused on the task at hand and to take things one game at a time," he said.

Humber maintains its number one ranking with the victory.

Goalkeeper Eugenio Garro maintained another clean sheet which was his third of the season. Overall, he's allowed just one goal all year for a sparkling 0.40 Goals against average.

Aquino knows there is pressure that lies ahead continuing with this streak, and he knows the players sense the heat as well.

"Experience of returning players, and team chemistry and familiarity goes a long way to achieving success," he said.

Next up after the Thanksgiving break is the George Brown Huskies on Oct. 11 at the Vaughan soccer pitch.

Rugby 7's: the onslaught rolls on

Jahnelle Simpson

SPORTS REPORTER

Humber's women's Rugby 7's went into Saturday's action at Fletcher's Field as the overwhelming favourite.

Not surprising, and it showed as the Hawks obliterated Mohawk, Fleming and Algonquin, winning all three games with a combined score of 93-22 as their winning streak reached 17 games.

Now 9-0 on the season, the Hawks had little trouble in smashing Mohawk 44 to nil in the opening game of the triple header.

Third-year back Christina Branch was more than happy with the result, as she gave the Mountaineers fits in scoring three tries.

"I'm happy the team is still undefeated and I think we played well," Branch said.

That was being modest.

The offense all chipped in with forward Emily Maclean, back Deandra Medford and rookie Hayley O'Donoghue each scoring a try.

Coach Dale Essue was pleased with the results from the season's games versus Mohawk. They shut out the Mountaineers in two games by a staggering 80-0.

Fleming College was offered up next in the second game.

Sitting at 6-2, Fleming hadn't played Humber all year. And put the Hawks them on the ropes by scoring 17 first-half points, leading at the half by 10.

After the half, it was all Humber, as



JAHNELLE SIMPSON

Hayley O'Donoghue, Tatiana Fitzgerald, Vanessa Cifuentes and Emilee Mclean practice at North campus. Hawks are the powerhouse of OCAA Rugby 7s.

they scored 21 points to take it 28-17.

Essue was content with the performance brought on by Humber, as back Cheyanne De Luca scored three times.

"The women faced some adversity falling behind on the score board early. But they showed their grit and experience and was able to pull off a come back to win," Essue said.

Branch, who scored two converts

against the Knights, is now only four away from establishing a new single season OCAA record.

Daniella Grant scored three times against Algonquin, with a 21-5 win rounding out the weekend triple-header.

The Hawks do not play again until Oct. 15, after the Thanksgiving break with four matches at Fleming College.



JAHNELLE SIMPSON

Rugby 7s coach Dale Essue lunges for the ball during a recent practice at North Campus. They play again Oct.15 against the Fleming Knights.