

HUMBER ET CETERA •

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Humber's Student Newspaper

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'CEASEFIRE NOW!'

THOUSANDS MARCHED IN TORONTO CALLING TO END THE VIOLENCE



**MAID OFFERS
RELIEF, WORRIES
FOR EXPERTS
P.3**



**MAYOR WANTS
HELP AFTER
ASYLUM DEATH
P.5**



Thousands calling for ceasefire in Palestine at downtown rally



ASHER KLAVER

More than 10,000 demonstrators rallied at the November 12th protest in downtown Toronto organized by Ceasefire Now! calling for a cease-fire.

Asher Klaver Politics Reporter

Protestors rallied in 50 cities, including more than 10,000 protestors attending a Toronto Rally at Nathan Phillips Square for speeches and a march, called for a ceasefire in the Gaza Strip last weekend.

The Nov. 12 protests were organized by Ceasefire Now!, an ad-hoc coalition of 200 Canadian organizations.

The protest was to call for an armistice in the Israeli Defence Force's attack on the Gaza Strip, which has reportedly killed 11,000 Palestinians as of Nov. 10, including more than 4,600 children, 40 journalists and 100 UN officials as of Nov. 12.

The IDF's response came after the Oct. 7 attack by the political and military organization Hamas, which reportedly killed 850 Israeli civilians, and 350 soldiers and police officers. About 200 hostages were taken, including 30 children.

Hamas leader Mousa Abu Marzouk has stated hostages will not be fully released until a ceasefire agreement is reached with Israel.

Israel Prime Minister Benjamin Netanyahu has stated a ceasefire would only come after the hostages are released and after the current attack on Gaza will be demilitarized and under the control of Israel.

Suzanne Weiss described the attacks by the IDF on Gaza as a crime against humanity.

Weiss, an 87-year-old Holocaust survivor, activist, author and a member of Independent Jewish Voices, an organization representing Canadian Jews with a commitment to social justice and human rights, attended the demonstration.

She has spent her career speaking about Holocaust history, Romani human rights, Indigenous rights and women's liberation.

"When Nazism was smashed in 1945, Jewish people cried out never again," Weiss said. "They meant never again for all of humanity."

She called for peace and equality for the Palestinian people.

Dania Majid, a Toronto-based lawyer and founding member of the Toronto Palestine Film Festival, spoke about the conditions in Gaza.

"No one, nobody and nothing is protected from this collective punishment," she said.

Stephen Brown, the CEO of the National Council of Canadian Muslims, described the siege on Gaza as medieval in a speech.

"We need peace, and we need it now," he said.

Samia Hashi is Unifor's Ontario Regional Director, Canada's largest private sector union, and has worked in human rights.

"It's time to raise our voices against this tragedy and against the tide of hate and division that's tearing us apart," she said.

Moe Jabri of Toronto4Palestine took to the stage and called for

Israel to reach an agreement with Hamas that includes returning Palestinians in Israeli prisons to Palestine.

The protesters then moved from Nathan Phillips Square to march north along Yonge Street before heading west along College Street to Queen's Park. They then went south to the United States Consulate.

First Nations people led the march and danced, a historic form of cultural expression.

At Queen's Park, two politicians representing the Hamilton Centre riding spoke to the demonstrators, MPP Sarah Jama, an independent politician who was expelled from the NDP caucus over comments made about the Israel-Gaza conflict, and NDP MP Matthew Green.

"The state of Israel is committing heinous war crimes against innocent Palestinian civilians," Jama said.

Jama called for Palestinian independence and liberty throughout her speech.

Green called for a ceasefire before moving to talk about the destruction the attack has caused in Gaza.

"Hospitals and morgues are overwhelmed, necessities are scarce, and vital facilities are under threat," he said.

Green said he's also concerned about the rise of antisemitism, Islamophobia and anti-Palestinian racism.

Lauren Isaacs, a Zionist, an Israeli tour guide and a former director at Herut Toronto, told Humber News she opposes a ceasefire.

"It would be a declaration of losing and giving up to Hamas," Isaacs said in a telephone interview.

Isaacs said the IDF has only targeted Hamas and is not attacking indiscriminately, that hostages will not be freed if a ceasefire is called because "Hamas' entire history is lies." The casualty numbers for Gaza are not verifiable because the Gaza Ministry of Health is controlled by Hamas.

She said Israeli Defense Minister Yoav Gallant's statement calling Palestinians human animals during his announcement of collective punishment and siege of Gaza was not the official policy of Israel and that it was just his opinion.

Nathan Radke, a cultural studies professor at Humber College and an author who specializes in logic, conspiracy theory, disinformation and misinformation, said messages could be misconstrued in a conflict.

"In the fog of war, it's easy for something to get misunderstood and you end up with accidental misinformation," he said. "There are also people during a war who have an interest in trying to manipulate how we think about something and they will be putting out engineered disinformation, specific lies to try to convince us a position."

"We have to be aware that all of that is out there at once."

ETC •

Humber Et Cetera is the Humber College journalism program laboratory newspaper.

It is created by journalism students in the Advanced Diploma and Post Graduate Certificate programs. 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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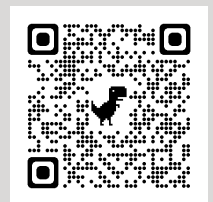
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MAID offers relief, worries for experts



DYING WITH DIGNITY CANADA

Members of Dying With Dignity Canada, a national charity that focuses on supporting those that are suffering from mental illness. supporting World Right to Die Day.

Julia Vellucci

Social-Justice Reporter

Disability activist and bowel cancer survivor Mohammad Samad understands why people would consider Medical Assistance in Dying (MAID) but views qualifying for it solely on the basis of mental illness is not enough to make that decision independently.

MAID is a process where a doctor or nurse practitioner assists an individual who is undergoing physical or mental suffering to end their life intentionally through drugs that can be taken orally or injected.

Those solely suffering from a mental illness can qualify for MAID starting on March 17, 2024, as long as they are 18 or older, voluntarily request MAID, and are capable of making their own health care decisions which two practitioners will examine.

Samad said MAID is an option for someone who's been told they've got a limited amount of time left, and they don't have any kind of quality of life and if they're suffering.

"If I put it to my own situation, having PTSD, suffering from suicidal ideations ... I don't believe that PTSD is enough to say he can make that decision for himself and we shouldn't intervene," he said.

Communications Specialist Sarah Dobec with Dying with Dignity Canada, a national charity

that focuses on supporting those suffering from mental health, said a person who has lived with mental illness for decades may be seeking relief like a person suffering from a physical ailment.

"Imagine a person who's lived for 30 years with a mental disorder and has had no relief from it. They may want to apply for MAID because there's only so many medications, there's only so many treatments they can try," Dobec said.

"There's a lot of stigma around mental disorder and I think if you don't have it yourself or you don't live with it or know someone very closely who is a mentalist, we don't understand it," she said. "But it's a disorder of the brain, just like you can have a disorder of a liver or kidneys, and it is a medical condition.

"And so we believe that people who have mental disorders should have the right to be assessed for this end of life option that everybody else in Canada has," Dobec said.

However, David Kenneth Wright, associate professor of nursing at the University of Ottawa, brought up the concern of MAID being offered to a population of people who do not have access to other means of support.

"We spoke to another person who went on a tour of a hospice, a residential palliative care facility, with her mom who was dying and it was beautiful and her mother

would have loved to have died there and the daughter would have loved her to have received end of life care there. But they told them if she had admitted here, there is no question of her ever receiving MAID," Wright said.

In Alberta and Ontario between 2016 and 2017, only 15 per cent of people received palliative home care, according to the National Library of Medicine.

The Canadian Institute for Health Information stated that about one in five Canadians experience mental illness each year. Many have to wait to receive the needed care, while others receive none or not enough.

"There are concerns, especially within the disabled community, that people will just seek MAID

because it's easier," said Susan Cadell, a professor at Renison University College in the school of social work.

"It's easier than fighting for yourself and trying to make ends meet and have a livable wage and make sure that you're housed and you don't have to choose between medications and rent and things like that," Cadell said.

Wright and Cadell are working on an ongoing research project together that began in 2020, involving people who were grieving a MAID death.

"If you're not able to openly discuss how the person died, then you might shy away from just leaning into conversations about that person," Wright said.

"When there is stigma or taboo

about MAID, which is not always, but when there is, then that affects your ability to receive support," he said.

Samad said religion can also play a role in seeking support when grieving a MAID death, using him being Islamic as an example.

"Islamically, MAID is forbidden because it is suggested as suicide, and the person assisting in that would also obviously create the forbidden sin by taking someone's life," he said.

"Sometimes doctors often play God. It's all about saving that person's life, but not necessarily considering the impact that it could have on them for their remaining days, and so we should be open to that conversation," Samad said.



MOHAMMAD SAMAD

Mohammad Samad, disability activist, said the mentally ill may not be capable of choosing MAID.

Remembrance Day service held at Cenotaph



THE TORONTO ANNUAL REMEMBRANCE DAY CEREMONY WAS HELD ON SATURDAY, NOV. 11, 2023 AT THE DOWNTOWN CENOTAPH. SOLDIERS, FORMER RESERVISTS, FIREFIGHTERS, AND CIVILIANS GATHERED AT OLD CITY HALL TO GIVE THEIR RESPECTS TO THE FALLEN.

PHOTOS BY LIAM NEILSON



Humber uses AI to bolster students' CVs

Mikulas Horvath
Business Reporter

Artificial Intelligence (AI) is a technological tool that has in recent years taken the forefront of various industries and their logistical approach to their systems.

Early versions of AI have been used en masse such as Apple's Siri and Microsoft's Cortana, now replaced by Bing AI.

These systems were designed more to be a personal assistant just like having a secretary in a device, minus the payroll.

The advancements of AI in recent years have pushed this technology from the voice in phones giving weather forecasts to web-based applications that can write academic papers and even animate.

However, there is a function AI provides that prevents millions of people across the globe from getting a job.

This function is most commonly referred to as a resume scanner or CV scanner.

Scanners that can analyze an applicant's resume and other application documents such as cover letters have been used by employers as a way to sieve through these files efficiently.

These scanners typically work alongside an Applicant Tracking System (ATS) to create an extremely optimized system of sorting through new applicants.

The Academic Success and Career Centre at Humber's North Campus aims to even the playing field for students looking for employment.

Loveleen Hanjra, a career sup-



MIKULAS HORVATH

The Academic and Career Success Centre, open every weekday, helps students improve their chances of getting jobs with various types of services.

port peer at the Career Centre, helps many students almost every day improve their chances of landing a job.

Hanjra said she helps students optimize their resumes and cover letters, ensuring their LinkedIn profile is up to date, and conducting mock interviews.

"The entire purpose of all of those things is to make sure students end up getting a job," Hanjra said.

However, Hanjra makes sure to educate students about AI scanners and ATS networks.

"Any time I have workshops I always tell students is before a human eye will see your resume, AI is looking at your resume," she said.

The issue with these systems is that they create accessibility problems for people looking into the application process.

Hanjra said one of the most important things for increasing your chances of getting an interview is tailoring your CV to each job utilizing keywords found in the job description.

In addition to keywords, another important aspect of a resume is structure.

"I do believe the skills section is the most important section," she said. "The skills section needs to be at the very top."

Alongside human assistance, the Career Centre also offers AI with capabilities similar to the large ATS networks many companies use today.

This program is called Devant and is used by multiple post-secondary institutions to help students optimize their CVs.

According to Devant Humber's CV scanner page, CV360 scores an uploaded CV with more than

50 checks that can cause an ATS to run into issues with your application.

Students seem to be willing to fight fire with fire, utilizing Devant's AI to satisfy the algorithms of employers' combination of AI and ATS.

Malcolm Lea, a second-year Media and Communications student at the University of Guelph-Humber, is open to the idea of using AI as an aid for applying for jobs.

"If you're looking at it purely as a tool that allows you to format and structure things, it gives you insight on stuff that you may not have seen before," Lea said.

Lea said on the other side of the application process, companies using AI to sort through data can miss out on critical details about applicants.

"There's a lot of things that you

can't get just from raw data alone," he said.

"You need to have a human perspective when looking at another person's resume," Lea said.

"There's things an AI can't take into consideration like holistic things."

The inability of AI to detect human traits has taken its toll on millions.

A Harvard study said that inflexibly configured automated recruitment systems are partly responsible for the 27 million "hidden workers" residing in the United States.

The SMB Guide offers a list of their choice of best ATSs for Canadian businesses.

"AI is one of those things where it's going to happen," Lea said.

"It's a tool that's being incorporated with everything there's no really stopping it," Lea said.

Mayor wants fed help after asylum death

Andre La Rosa-Rodriguez
News Reporter

Brampton Mayor, Patrick Brown is demanding Ottawa help after an asylum claimant camped outside a shelter was found dead Wednesday morning.

He said that there could be more deaths by next week if people are still forced to sleep outside with shelters at full capacity.

“We’re about to get into cold weather,” Brown said at a Thursday media conference. “That blood is on our hands if we don’t step up and help.”

Peel Region Police describe the man as being in his 40s. The body was found in a tent at Dundas Street East and Warton Way in Mississauga near a former shelter at 7:31 a.m. Wednesday.

Police said in an email they are currently waiting to hear back from the coroner’s office to determine the cause of death, but say it is not considered suspicious.

Behind Brown were church leaders who have been taking in asylum seekers as shelter pressures grew.

They also called on the federal government to get people off the streets.

Increased push for federal action from the Greater Toronto Area (GTA) comes after Toronto sent a letter last week requesting Ottawa open its armouries to be used as emergency shelters.

The letter is also asking for long-term investments including setting up a reception centre at Pearson Airport that would receive and support refugees.

Previous city council meetings have also supported opening centres in the GTA and Hamilton areas amid claimants being transferred outside of Toronto.

Brown said shelter capacities in the Peel Region are at 301 per cent and up to 150 people on average are being forced to sleep outside.

He said they have “never had to turn anyone away” until this year



THE CANADIAN PRESS/CHRIS YOUNG

A devastated Patrick Brown, the Mayor of Brampton, attends a news conference at Bramalea GO Station, in Brampton, on Thursday, May 11, 2023.

as asylum claimants make up 68 per cent of shelter users in the region.

“We’ve been warning senior levels of government since July that this was going to happen,” Brown said.

“We’ve just heard excuses from other levels of government that help is on its way, that it’s going to come, but it hasn’t yet,” he said.

Brown said three “positive meetings” already occurred with Immigration Minister Marc Miller about finding solutions to stem the rise in unhoused asylum claimants. He said Miller called him 15 minutes before the Thursday press conference to say “help is on its way.”

“I believe he appreciates, in a very honest way, the urgency of the situation. But this cannot wait another month,” Brown said.

The federal government allocated \$97 million in refugee sup-

port funding to Toronto in July despite the city requesting \$157 million to meet demands in 2023.

Alejandra Bravo, Davenport Councillor, who presented the letter sent to Ottawa, said Toronto has not yet received the allocated funds offered in the summer.

She expects the city to spend more than \$200 million “out of pocket” by the end of the year to support refugees.

Toronto has asked the federal government to reimburse those expenses.

“This is putting us in an impossible situation,” Bravo said. “The city is already \$1.5 billion short of funds to operate.”

Bravo said Ottawa must fund all services for asylum claimants. She said more refugees have been coming to Toronto after the Roxham Road crossing between Quebec and the United States

was closed in March.

She said Toronto tried creating winter plans that can meet demands. However, the push for federal help comes because around 320 people are forced to sleep outside in the city with no spaces left in shelters and warming centres.

The city’s winter readiness plan changed its warming centres to open at -5 C instead of at the -15 C extreme cold weather alert threshold.

The decision was made in part because of a 2019 report from the MAP Centre for Urban Health Solutions which found that 72 per cent of hypothermia cases in adults experiencing homelessness from 2004 to 2015 occurred when temperatures were warmer than -15 C.

Dr. Stephen Hwang, director of the MAP Centre and researcher on the report, said governments

need to consider both short-term and long-term solutions.

“We need to think in the short term about preventing death and suffering on the street,” Hwang said.

“But in the longer term, and I mean years to decades, we’re going to have to commit a lot of resources to address the housing situation that we’re in,” he said.

Hwang said the funds will not be able to come from municipalities and that the provincial and federal governments will need to help.

The Ontario government announced Friday a \$15 million investment into Toronto’s Health Services for Individuals Experiencing Homelessness Initiative that was launched in 2020.

The initiative provides primary health care, mental health, and other support services to people experiencing homelessness.

HUMBER @ NEWS



EDITORIAL

Death toll of journalists continues in Middle East

The UN wants the killing of journalists and aid workers to stop in Gaza.

“It is deeply disturbing that Israeli authorities have not conducted a criminal investigation,” reads an official UN OHCHR statement earlier this year, following the one-year memorial of veteran Palestinian-American journalist Shirin Abu Akleh.

Abu Akleh, a correspondent reporter for Qatari state-owned media company Al Jazeera, was shot and killed in Palestine on May 11, 2022, while covering a raid conducted by the IDF in the Jenin refugee camp.

Despite several investigations, the Israeli Defence Force denies claims of their involvement in Akleh’s untimely death, and only a year following her passing, they launched an independent investigation which revealed she was hit by an IDF officer “accidentally.” No criminal charges have been laid, and a criminal investigation still lingers.

Fast forward to Oct. 7, 2023, when Israel declared war on Hamas following what the IDF described as an act of terror.

The unrest has gained the attention of millions worldwide



ZUMA PRESS/NASSER ISHTAYEH

Site where Shirin Abu Aqleh was killed in the city of Jenin in the occupied West Bank in May 2022.

in mainstream media, and many have deemed it one of the deadliest attacks ever televised. However, journalists who have risked their lives like Abu Akleh will be thanked for having this dispute covered.

But how much do we know about what has happened to them while covering the conflict?

In an official report made by the Committee to Protect Journalists, more than 40 journalists and

media workers have been killed as a result of the war in Gaza as of Nov. 17. Unfortunately, the safety of journalists covering this war was not guaranteed by the IDF.

It is important to note that the CPJ is an official non-profit organization recognized internationally for upholding press freedom and the safety of journalists and members of the media fraternity while covering stories, whether locally or internationally.

Consequently, the CPJ’s latest report revealed 42 journalists and media workers were confirmed dead, 37 Palestinian, four Israeli, and one Lebanese. Nine journalists were also reported injured, along with three reported missing. Meanwhile, 13 were reported arrested.

So far, several complaints have been filed to the UN by countries who reported the loss of citizens who are journalists, but to no avail,

as the war continued.

Following this report, Lebanese national and Reuters visual journalist Issam Abdallah was killed in an Israeli airstrike. Lebanon’s Foreign Affairs Ministry has accused the IDF of what they describe as “Israel’s deliberate killing” in southern Lebanon.

The list of journalists killed in Gaza is growing significantly likewise their families living on the strip.

While on air, Al Jazeera Arabic Gaza correspondent, Wael Dahdouh received the news of his family members killed in an Israeli airstrike at the shelter they stayed just minutes into his reporting.

“I suppose I should thank God that at least some of my family survived,” Dahdouh said in an interview by his colleagues while on air.

While the Western world watches the war unfold, it is important we acknowledge the valiant efforts made by the men and women in the media who risk their lives to report on what is happening in the Middle East.

Media freedom is key and that requires the protection of journalists from harm, especially among the frontline reporters.

EDITORIAL

AI is changing the world, regulations need updating to keep up

The rise of Artificial Intelligence (AI) is changing the digital world significantly.

AI is an emerging technology solving many problems and that is scary.

From self-driving cars to predicting earthquakes, AI is changing the world at an astonishing speed.

However, the risks associated with the AI can’t be ignored.

It has become difficult to examine what is real and what is AI-generated.

Social media is now full of pictures and videos generated by AI, blurring the line between what is real and what is AI-generated.

From art to the music industry, AI is proving to have a profound effect on many industries.

AI can clone voices that will affect the music industry in the future.

By replicating the vocals of the music artists with astonishing accuracy, the very essence of authenticity is dying.

This not only risks the quality of



UNSPLASH/STEVEN JOHNSON

their work, but it also endangers the true meaning of artistic expression.

Something similar happened when a TikTok user released an AI-generated song from Drake and The Weeknd, which went viral. The full version of the song was released on Spotify, Apple Music, and YouTube.

Drake’s record label Universal

Music Group expressed its displeasure and gave a statement.

The statement said using music artists’ voices to create AI songs is a violation of copyright law. Through this statement, Universal Music Group urged platforms to prevent the harmful uses of AI.

There is an urgent need to regulate the use of AI as there is no law regulating it.

Recently, U.S. President Joe Biden signed the first AI executive order, which included civil rights guidance and data privacy.

The blueprint of this AI Bill of Rights included a set of principles designed to guide the use of AI.

This executive order urges large companies to share safety test results with the U.S. government before the release of an AI system

to prioritize the safety of those using AI.

British Prime Minister Rishi Sunak also met Elon Musk at a recent summit on AI.

Both discussed the impact of AI on the future. Musk talked about the AI future where no jobs will be needed.

However, Musk also warned about the humanoid robots that can chase you anywhere.

Musk said the government needs to play an active role when it comes to public safety while using AI.

“I agree with the vast majority of regulations,” he said.

There is no denying AI is the future of the world.

But along with the many expected benefits associated with AI, the potential dangers cannot be ignored.

The Canadian government and other governments should initiate regulations against AI, something similar to what the U.S. government did.

OPINION

Unpaid internships are an injustice to students



Karl Lewis
Culture Editor

anyone in their right mind work for free?

Internships or some companies would call it “fellowship” if you’re fancy, refer to a period where a person is offered work experience by an organization or business to be familiar with their specific industry interest.

Internships are often required by academic programs within secondary and post-secondary studies since you need experience for the field of study in which you are a part.

Usually, these opportunities are unpaid, but over the years, most companies have revisited their ethical practices and now offer an honorarium, i.e. nominal payments.

Speaking of ethics, many employment lawyers and professionals often speak to the ethical values of businesses and organizations when internships are concerned, and unfortunately, there is a huge disconnect.

“Also, Mr. Lewis, there is no option available for full-time (work) after completing your fellowship,” the interviewer said. The entire interview was a scam, I thought to myself. I will work for three months, running around and possibly grabbing my boss’ coffee for free.

As a full-time student who lives independently and has to purchase food, managing finances is always at the forefront of my



PEXELS/NICOLA BARTS

I stopped and gave the woman interviewing me for an internship position the “side eye,” and asked, “Excuse me?”

I seem to have misread the posting. I was too stunned to speak.

“Congratulations, Mr. Lewis, you will be moving forward in the hiring process — I also want to remind you that there is no honorarium, and the contract is for three months,” the interviewer said.

“Yes, unfortunately, this is the company’s policy. I will give you some time to think and get back to me,” she said.

“Working for free? In what economy?” I asked myself as I looked at the chequing balance in my account, which stood at \$10.99.

The last time I checked, groceries can not be purchased with Monopoly money, so how could

daily thoughts. I can’t stop imagining the thousands of students in the same position as me, let alone when forced to decide on working for free to graduate.

Arguably, experience is important, and getting an internship is as important, especially in the real world. Still, program coordinators should ensure that for some programs which require manual labour, each internship should offer payment.

Companies who willingly offer students internships and do not pay them should worry about the future of their workforce. After all, every student who graduates post-secondary and secondary

school eventually enters the workforce, and this type of practice can leave a bad reputation for said business.

According to an article by Laik Sweeney, senior consultant at Veritas Communications and a University of Guelph-Humber alumni, employers should invest in their interns as they help students offset their overall expenses and promote talent retention.

Coincidentally, Sweeney was a media student like myself and argued students in media are often told to go for unpaid internships. She said students are told to get a job in media, they need to start somewhere, and for lack of a

better word, that means to “get a foot in.”

Consequently, getting that foot in doesn’t always work, as some students who’ve opted for unpaid internships are later faced with financial barriers and unemployment, which later leads to mental health issues.

While it is uncertain when this practice will end, I can tell you that it will have dire consequences for the future of employment and the workforce in this country.

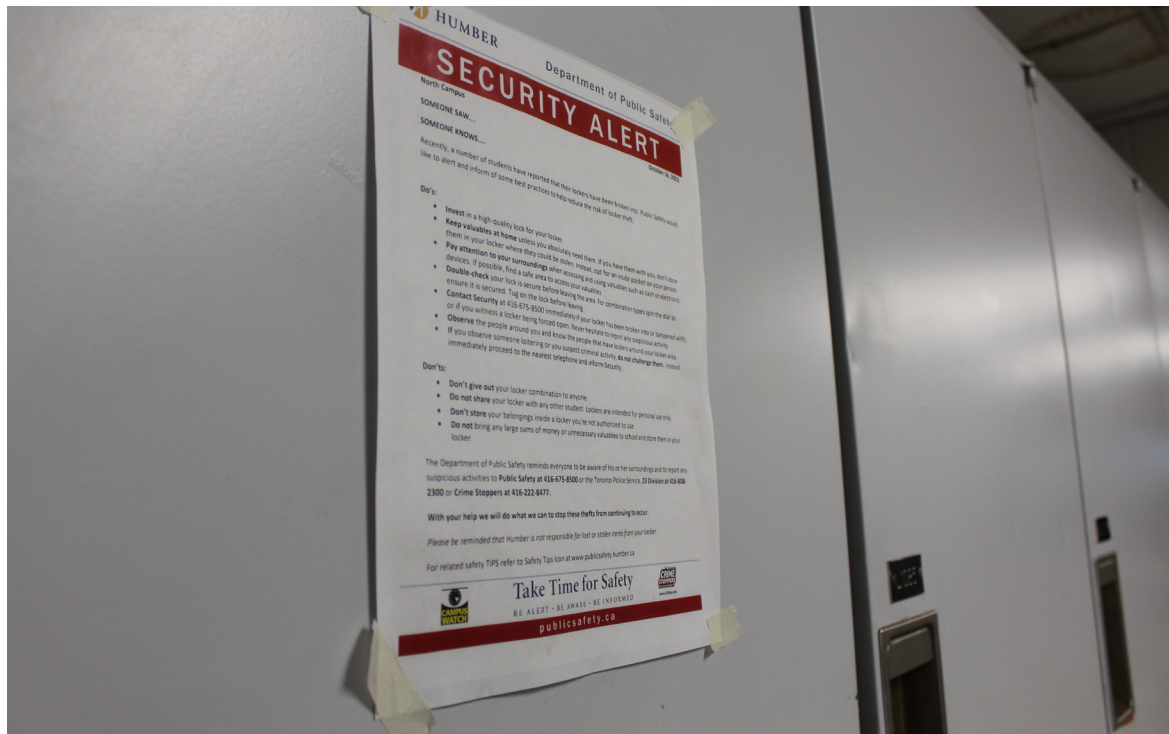
Yes, it is important to get experience, but can I tell Bell or my landlord that I will pay them in experience? I can guarantee that the answer is an unequivocal “No.”

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mediaarts.humber.ca

**WE ARE
FUTURE FOCUSED**



Humber College shares safety tips for students

Eleanor Kate Iglesias
News Reporter

Public safety for a student isn't a term taken lightly.

Tens of thousands of students commute daily from neighbouring communities and cities around the GTA to Humber. Whether walking alone, leaving their belongings at school or commuting independently, feeling secure will always be a student's top priority.

There are several ways in which a student can prioritize their safety. Humber News, in association with Humber College, has devised some ways students can use to protect themselves and their belongings throughout the school year.

While it is common throughout elementary and secondary schools, locker theft has been a major issue for students in post-secondary schools.

Recently, at Humber's North campus, several security alert posters have been pasted on lockers, cautioning students about the dangers of not properly securing their belongings, which could lead to possible theft. The alert became public a few days before reading week.

Students were told there were reports of locker break-ins and damage to the lockers because of perpetrators trying to access their belongings.

Julia Piane, a Baking and Pastry Arts Management program student, said the situation has become stressful since she keeps most of her class equipment in her locker.

"It just makes me want to buy a stronger locker," Piane said.

Locker rentals are provided by

Humber each school year, and students are cautioned to take the necessary steps to ensure that their properties are well protected.

Students are advised to invest in high-quality locks that deter perpetrators from breaking in and are constantly told not to share their lock combinations with anyone.

Along with purchasing high-security locks, students are urged to remove all valuable items from their lockers and should not be kept overnight or during the weekend.

In addition, students should double-check that their locker is secure before leaving the area. Most importantly, students shouldn't share their locker space with anyone.

Remain Vigilant

Students are also advised to be vigilant while going to parking garages and car parks on campus, as there have been several reports of breaking-in and car thefts in neighbouring communities.

Humber also provides a Campus Walk service that provides a walking partner for students, staff and visitors to anywhere on campus.

The college also has the Guardian app which offers students the ability to receive mass notifications, be able to contact Humber Security and provides a personal emergency alarm.

With the trend of vehicle thefts and robberies, it is also essential to secure cars. Students are asked to lock their car doors and double-check they are closed after entering and exiting them.

Students and staff are also

advised to ensure all windows are fully closed before exiting their cars and not to leave them unattended with the engine running. Also, they should hide spare keys or leave them at home.

Leaving personal items such as identification and valuables in the vehicle is discouraged.

It is recommended key fobs be at least five metres away from vehicles that have push-start button features. Any with set features can be stolen if parked outside with a key nearby.

If possible, park the vehicle in the secured garage.

While attacks are rare, students commuting to school should be aware of their surroundings, especially during the fall and winter semesters, since nightfall is early.

Isabelle Silva, a student studying in the Baking and Pastry Arts Management program, also told Humber News she's usually okay taking the TTC. Still, there are moments when she fears for her safety.

"There have been times where people have yelled very racist comments, and I've seen a woman get spat on," Silva said.

"It's concerning when you see these things happen, and sometimes you don't know what to do," Silva said.

Students who listen to music while commuting should keep the volume down to be able to hear sounds.

Students should also follow their instincts if they feel their safety is threatened and seek assistance when necessary.

If possible, have a commute buddy.

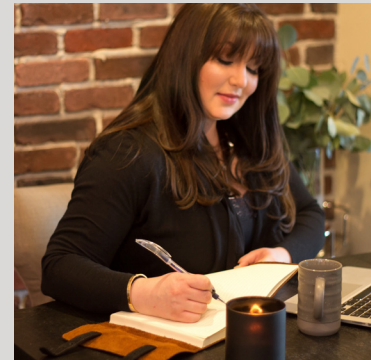
Daylight saving disrupts circadian rhythm

Eleanor Kate Iglesias
Reporter

Nearly two weeks into the end of daylight saving time, experts argue some students are at risk for seasonal depression, a disruption in sleep patterns and other mental health factors.

Canadians turned their clocks back an hour to mark the end of daylight saving time on Sunday, Nov. 5. The first time it was used ever was in Port Arthur, Ont., now merged into Thunder Bay, in 1908. Germany and Austria-Hungary first used it on a national scale for the first time in 1916.

Adjusting the time would encourage people to use less energy to light up their homes and reserve essential resources for the war. However, the time shift can be detrimental to people's mental well-being, experts say.



STEPHANIE KERSTA

Stephanie Kersta, a registered psychotherapist, told Humber News the circadian rhythm gets affected during the beginning and end of DST.

Kersta describes the circadian rhythm as the internal body clock that runs on a 24-hour time period.

Mental health

Longer nights in the fall have a significant impact on people's mood.

"We tend to see an impact in mood just across the board," Kersta said. "We tend to be less motivated, maybe wanting to stay home more, withdrawing from things, [and] maybe not feeling as sharp cognitively."

People are also more prone to developing seasonal depression.

"Seasonal affective disorder, it's called SAD, is essentially correlated with the increase in the dark hour," Kersta said. "It is impacted by sunlight and vitamin D."

Symptoms such as depression or dysthymia, isolation, oversleeping and not feeling rested, and increased anxiety are all connected to SAD, Kersta said.

"You will see people kind of

withdrawing from friends, family, and education," she said.

Disturbing sleep

The earlier sunsets throw off the circadian rhythm, causing sleep patterns to be disturbed.

The time shift from DST affects the pineal gland that makes and releases melatonin when it is dark outside, Kersta said.

"When there is darkness, our pineal gland starts to build the melatonin, and melatonin — helps us fall asleep and helps us get into a deep, deep sleep," she said.

Kersta said when daylight saving occurs, the circadian rhythm is thrown off, affecting melatonin production and the ability to get into a deep sleep.

Tips for making it better

With all the negative effects of having longer nights, here are habits that can help improve mood and sleep.

Firstly, Kersta advises taking more vitamins, especially vitamin D.

Check with a pharmacist or a doctor to determine where the vitamin level is at, which would make it easier to see how many more vitamins a person needs, Kersta said.

"Vitamin D plays a huge role in mood and mood maintenance," she said.

Secondly, spending time outside when it is light is also crucial. "At least expose yourself to sunlight in the morning," Kersta said.

Opening blinds, standing by the window, or being on the balcony are great and easy ways to access daylight and Vitamin D, Kersta said. Another way to get more light exposure is by purchasing a light therapy box.

"They are little lights, and they are really bright, Kersta said.

The light therapy box can be on the table, put on the side of a person, and while they are studying or working, the white part of the eyes adsorbs the light and produces Vitamin D, she said.

Lastly, being active can boost someone's mood.

"Regular exercise can have as much of an effect on mood as an antidepressant," Kersta said.

She said that about 20 to 30 minutes of movement per day is recommended, and it can be as simple as walking.

"Allow yourself that time and grace to be able to climatize to the new time zone and get back into it," Kersta said.

Shades of Toronto takes over Humber Gallery

Ayesha Barakzai

News Reporter

Shades of Toronto launched its inaugural art exhibition at the University of Guelph-Humber featuring the work of Justin Minister, a Toronto-based photographer with his work dubbed A Monochrome Extravaganza.

“It’s great. I feel very honoured by it— very nervous, it was my first show,” said Minister.

Minister’s artwork can be seen on display throughout a section of the gallery where people gathered to closely examine it. He said the monochrome theme came from his experience as a graphic designer and his likeness to monochrome.

“Not only do I like the medium of monochromatic photography but, I also find that it showcases the detail and the structure of the light and shadow a lot more than colour,” Minister said.

The event was curated by the Event Management program at the University of Guelph Humber where students worked alongside Minister on putting the show



AYESHA BARAKZAI

A monochromatic photography art gallery opened on Nov.16 at the University of Guelph-Humber

together. The planning began only two months before, which gave Minister enough time to gather his work.

Professor Aida Memisevic who teaches event management and ran the ad said Minister’s work stood out the most out of all 30 applicants and decided to extend

an invitation.

“I put out a call for artists once or twice a year and then Justin was one of the artists that was selected,” Memisevic said.

“This is his first solo exhibit. So we like to promote not only well-known works but new people, new up-and-coming people— so we’re

really happy to have him,” said Memisevic.

Praising Memisevic, Minister said that after responding to an ad on Facebook, share excitement took over as he’s excited to work with students so this was an opportunity he jumped at.

“For me, this was just a great

opportunity to have my work, you know, seen by the public and hopefully people enjoy it,” said Minister.

For Beverley Fretz, assistant program head of Business at the University of Guelph-Humber it was the Fairmont Smoke piece which stood out the most for her.

“It’s the play between the fact and fantasy — so you have the person at the bottom right corner who’s smoking, but the vast majority of the photograph is sort of a distortion of shadows and light. It looks like you can see faces in that” Fretz said while critiquing her favourite piece from Minister’s collection.

Chatter and music filled the gallery as scores of people who attended the show could be seen perusing Minister’s work which hung on walls throughout the gallery. Along with music and art, food was also a part of the production which many people were excited to partake in.

For people interested in attending the gallery, Minister’s work will be on display until the end of the month.

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**WE ARE
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Humber hosts Smash Bros. tournaments

Luca Furlano
Sports Reporter

Humber College gamers can now compete in Super Smash Bros. Ultimate tournaments thanks to a new weekly event hosted by Humber College Esports.

The event happens every Friday between 5 p.m. to 9:30 p.m. at Humber North campus. After its third week, Humber Esports event coordinator Eric Buchyns said the event has seen plenty of success, with many new players entering the event each week.

“This is our third week of doing this event, and every single time we’ve had more and more people come,” Buchyns said. “The first time we had around 15 people, and then we had 20, and now, it’s almost like we have over 40 people in the room right now.”

The success of this weekly event also brings in students from outside the college to join alongside their friends in the Humber’s Esports scene.

“I’m just a supporter of the community, it’s only my second time here, but honestly, it’s already surpassed my expectations of most



LUCA FURLANO

Humber Esports staff team not only wants to create a fun environment for players, but also a safe environment.

college and university events,” Humber College Esports supporter Marion Abiendo said.

“So I’m having a good time here whenever I come out, and just seeing my friends here is cool too,” Abiendo said.

Humber College Esports staff hopes this event becomes a welcoming space for both casual and competitive gamers to build up a

positive scene for esports at the college.

Humber College Esports student Ismael Morales Estella said they host this event for the community to help bring students into gaming together and build a positive environment for the college’s Esports scene as a whole.

“I do it for the community, so they can have a good time and see

how it’s a little bit of an experience of going to a competitive tournament without being pressured,” Morales Estella said.

“It’s just like when other people don’t go on vacation because they are under that pressure, realizing the high prices, and then they go,” he said.

“Except here, you go inside, everything’s fine, and you can keep

enjoying playing with friends.”

Esports staff plans to continue improving the event to bring in more players and have an even more active community since they see the rise in popularity of this event and want to continue forward.

“Now that we’ve passed so many people, we can’t fit them in such a small room. So we’re moving over to one of the biggest rooms on campus,” Buchyns said.

“We’re updating our stream each week. We’re going to get casters for them, a whole bunch of stuff.”

After the huge success of Super Smash Bros. Ultimate Weeklies, Humber Esports staff plan to offer more events focusing on other genres of video games.

“We’re going to try and get into every type of genre. If there’s ever anyone who wants to give a suggestion, absolutely go for it,” Buchyns said.

“We’re going to be doing more Esports games, bringing all of them together with sports games or shooting games, this is just the first of many events, so keep an eye out.”

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**WE ARE
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Canada soccer team ready for quarterfinal

Rory Arthur
Sports Reporter

The Canadian men's National team is set to take on Jamaica in a crucial two-leg CONCACAF Nations League (CNL) quarterfinal two-game series beginning today.

The winner will not only advance to the CNL semi-final in Arlington, Texas, in March but will also automatically qualify for the 2024 Copa América, being held in the U.S. next summer.

These incentives are both important to Canada for separate reasons.

Canada fell to the U.S. in the 2023 edition of the CNL in June, failing to capitalize on a chance to win its first men's trophy since the 2000 Gold Cup.

The first leg will be held in Kingston, Jamaica, on Nov. 17, while the return leg will be at BMO Field in Toronto on Nov. 21.

Advancing to the 2024 semi-final offers Canada a chance to avenge the loss to the U.S., and also the opportunity to win that elusive trophy.

The ability to qualify for the Copa América could allow Canada to play against some of the top

teams in the world, including reigning World Cup winners Argentina, as well as traditional powerhouses Brazil, Uruguay and Colombia.

However, losing to Jamaica does not automatically knock Canada out of contention for the Copa América.

Each loser of the CNL quarterfinal will be placed in a single-match playoff next spring to determine the final two spots afforded to CONCACAF teams.

However, the expectation for Canada should be to get past this Jamaican side.

Adam Warren, member of the Voyageurs, Canadian soccer's official supporters' group, says the opportunity to qualify for the Copa América is exciting.

"Being able to qualify for Copa América, and then facing teams like Argentina, Brazil, even Colombia, that's pretty big," Warren said. "Competitive matches against quality countries are extremely important because we don't get enough of that."

However, he notes Jamaica is not a pushover and playing in the Caribbean country will be difficult.

"Going to Jamaica will be dif-



X/CANADASOCCEREN

The Canadian men's soccer team will take on Jamaica in a CONCACAF Nations League quarterfinal.

icult," Warren said. "In the past, thinking of guys that have the experience there like Cyle Larin, he's not in form."

He said the keys to winning will be playing as a team and not only relying on star talent like Alphonso Davies to provide moments of magic.

Interim head coach Mauro Biello has opted for a veteran-heavy squad, with all of Canada's key players being fit, including midfielder Stephen Eustaquio, who missed October's friendly against Japan through injury.

Eustaquio has likely been the

Canadian player in the best form, scoring twice in his last five appearances and consistently playing in the heart of FC Porto's midfield.

Alphonso Davies also comes into camp in good form, as the left-back has started all but one of Bayern Munich's seven matches since the October international break, including a 4-0 win over rivals Borussia Dortmund.

On the other hand, star striker Jonathan David has found goals hard to come by, as he's gone goalless in his last 10 matches for Ligue 1 club Lille after scoring 24 for the French side last season.

Striker Larin has also struggled, scoring just once in 12 appearances for the La Liga club Mallorca after an off-season move from Real Valladolid.

Canada will need its forwards firing to get past Jamaican goalkeeper Andre Blake, who's coming off a clean sheet victory to help his Philadelphia Union advance in the MLS Cup playoffs.

Canada last faced Jamaica in a World Cup qualifying match in March 2022, coming out victorious in an iconic 4-0 win at BMO Field, clinching qualification to the 2022 World Cup with the victory.

OPINION

NHL Global Series during season shouldn't happen



Luca Tersigni
Sports Reporter

For the first time since they were known as the Blueshirts in 1906, the Toronto Maple Leafs played their first games overseas as part of the NHL Global Series, Detroit Red Wings today and the Minnesota Wild on Saturday.

This year, the Maple Leafs were invited to head out to Stockholm to participate in two games that count in the standings. The NHL has been sending teams outside of North America to play preseason and official games to grow the sport since 1997.

Although sending teams to different countries to grow the game

of hockey sounds like a great idea, I feel this is not the case and should only be continued in preseason for the future.

As a sports fan, I have been able to see many teams in the past struggle during long road trips which most likely affected the team in the standings and once coming home, needed time to adjust back to their normal play.

In the NHL, teams will never be able to hide from a long road trip, however, eliminating the NHL's Global Series during the season would be positive as they would not have to worry about leaving North America to play elsewhere and all the negatives that come with it.

Playing regular season games overseas could affect a team's drive. For example, the Maple Leafs appear to be on a bit of a roll, defeating Calgary Flames and Vancouver Canucks, before the flight overseas. But suddenly they have to gear down to play two games within two weeks. That could effectively stop any momentum.

This is one of the biggest reasons why I am against the NHL's Global

Series as the teams involved such as the Maple Leafs are at a disadvantage as any momentum before the trip will likely be gone because of the inconsistent amount of games played.

The amount of games could also affect the teams in the standings as many other teams will be able to catch up or pass in games.

Although there are many off-ice negatives to these games. On-ice is also a problem.

All players will need to be acclimated to the European-style ice rinks which are four meters wider than rinks used in the NHL which could lead to many problems for the players such as timing, angles and much more.

When coming back from the trip, players will then have to adjust back to their normal rink size which could take time leading to possible bad player performances.

From the point of view of North American viewers, many of the games are also on at odd times such as the Maple Leafs playing on a Friday at 2 p.m. EST and Sunday at 8 a.m. EST.

As a Leafs fan who tries to watch



THE CANADIAN PRESS/CHRISTOPHER KATSAROV

Sweden native William Nylander celebrates with John Tavares after scoring.

every game, unfortunately, these games will have to be recorded and watched at later times.

The NHL is always trying to grow the sport that many love by showcasing games in other countries but there are ways to achieve this without having so much on the line. I believe the NHL should continue the Global Series only during

the preseason as this would still be able to showcase the game overseas, but not during an 82-game season fighting for playoffs where every game matters.

I have always wanted the game of hockey to grow around the world but hopefully, the NHL can find smarter ways to accomplish this in the future.

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CANADA IN CONCACAF QUARTER-FINAL

Team Canada, seen here in 2021 after defeating Panama, aim to repeat by defeating Jamaica in a two-game series in the CONCACAF quarter-final and qualify for Copa America.

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**OPINION: NHL
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