



Paramedic students compete in CN Tower climb for charity

Daniel Caudle
NEWS REPORTER

As the sun rose above Lake Ontario Humber paramedic students stretched in preparation to climb nearly 1,800 stairs to the top of the CN Tower.

The daunting task that lay before them Oct. 22 was intended to raise \$75 per Humber team member that made it to the top for the United Way.

The United Way called for \$10,000 in donations. They were answered with \$10,600, raised by the group.

Humber students were among the thousands of people prepared to take on the task of reaching the top of what was long the world's tallest free-standing structure.

The annual United Way CN Tower stair climb began at 6 a.m. with eager participants waiting for their turn to conquer the 1,776-step challenge.

This event is a positioned by United Way both as a spectacle that

raises money, but more importantly raises awareness of communities throughout the GTA that are in need of help.

"This event is huge, it attracts 8,000 people annually with people being as old as 90 and as young as seven," said Glenn Ewald, the director of strategic communications for United Way. "All the money goes to a network of 220 agencies, and is all about making local communities a great place."

More than 160 of the participants last weekend were Humber students, graduates, and alumni. A large portion of these were from the paramedic program and were competing with each other to climb the stairs the fastest.

All the first and second year paramedic students do the climb," said Simone Saxby, a first year paramedic student. "We are representing Humber paramedics past and present when we do it," she said.

In preparation for this event,

paramedic students overtook the Humber gym, and other local gyms to make sure they had the strength to climb 144 flights of stairs.

"To prepare for this event I used the stair climbing machine in the gym, which definitely helped me prepare," said James Angus, a second-year paramedic student.

Humber had buses running from both North and Lakeshore campuses to transport students to the site, and provided all students participating with a t-shirt. This event has long been a bonding experience between Humber and United Way as they have been partners for over 18 years. United Way also provides co-ops to many Humber students.

"United Way is well encompassed with Humber, so this gives us an opportunity to give back to the community," said Paul Iskander, the director of campus services.

Even with 8,000 participants this year, nobody was able to beat the fastest climb on record of seven minutes and 52 seconds set in 1989 by OPP officer Brendan Keenoy.



DANIEL CAUDLE

Top: The Humber Hawk and another mascot dance off to motivate the attendees before climbing 1,776 stairs. Bottom: Humber students holding up their shirts with their climb times following the challenge.



TYLER HEHN

Model of LRT in front of Humber Learning Resource Commons at North.

Campus rail by 2021

Wrence Trinidad
NEWS REPORTER

Humber College North campus students who dread cramped buses may finally be relieved come 2021, as a new Finch LRT is expected to be introduced.

Ontario's leading transportation agency Metrolinx is installing an 18-stop electric train system throughout Finch Avenue West, which aims to provide transit solutions for underserved neighbourhoods and student commuters.

The Finch West Light Rail Transit will connect to the Spadina subway extension at Keele Street and continue 11 kilometres down a straight path to Humber's North campus.

"This part of the city, Northwest Toronto, is very under serviced when it comes to transportation," Metrolinx spokesperson Azim Ahmed said. "Smaller communities between here and Keele [Street], like Jamestown [Crescent], don't have a lot of transportation accessibility.

"This will help provide an easier connection for everyday commuters."

The LRT can carry up to 314 passengers while travelling on dedicated lanes at an average speed of 27 km/h in mixed traffic, which is 10 kilometres faster than an average TTC bus.

Though the LRT is slightly slower than a subway, it will operate on street and underground levels to effectively cut back on travel times.

Scott Bowers, a senior project manager for Metrolinx, said the Finch West LRT plans to properly utilize the train's multi-level operating feature when connecting to Humber College.

"[The LRT] will go below ground. It will cross under Humber College Boulevard at the [Highway 27] intersection," he said. "The new sta-

tion stops will be between Humber College Boulevard's south end as well as a new entrance road [on the north end]."

The LRT can also be boarded through all doors, allowing easier access for passengers with disabilities, baby strollers and carts.

Metrolinx recently presented its new project to Humber North students, featuring a model LRT placed in front of the school's left entrance.

The inoperative LRT was accompanied by three Metrolinx representatives to advocate for the new train system.

Metrolinx spokesperson Joanna Hui said the LRT is more convenient than a subway in terms of travel and cost efficiency.

"Think of the Light Rail Transit as a bus-subway hybrid. It combines the better parts of both of them while removing their weaknesses," Hui said.

"It costs \$300 million a kilometre for subway tracks, whereas the LRT takes only \$100 million," he said. "That's a lot of [taxpayers'] money that could be used elsewhere."

Humber students who saw the brightly green coloured LRT model parked along their school's walkway were interested with the design and concept on the train.

"It looked like a [bulkier] version of a subway, but after being told more about its features, I'm glad it caught my attention," said computer programming student Marco Bartosz.

Dropadi Pateri, 39, of Rexdale, said he was a little overwhelmed by the size of the LRT but was relieved when she heard more about it.

"When I first saw [the LRT], I thought it was a movie prop or something," she said. "[The representative] told me it was a new train coming to Toronto. He told me it would be faster than the buses right now, so I'm excited to use them."

G Building an entrepreneurial hub



ALEEMA ALI

Senior Vice President Laurie Rancourt (red, left) and Darren Lawless, Dean of Applied and Innovation Research (right) after the Town Hall Session

Aleema Ali

NEWS REPORTER

Humber Lakeshore's G Building is intended to encourage entrepreneurial activities and support students in their early approach to entrepreneurship as a large part of the 2013-2018 strategic plan.

That was the subject as Humber president and CEO Chris Whitaker and senior vice president, academic, Laurie Rancourt hosted the Humber Centre for Entrepreneurship and Centres for Innovation Town Hall on Monday.

The mission is to "cultivate innovative ideas into successful

business ventures while promoting economic development," according to the presentation.

The plan includes Launchpad and Venture Seed, two Humber programs to assist entrepreneurialism. Launchpad helps students develop early stage business models, refine their business pitches and create products.

Venture Seed develops the funding for startups for students in upper year and for alumni.

Resources available to students at the new G building include boardrooms, lecture halls, media labs, session rooms and a kitchen, as well as lounge areas, including a

very popular loft.

Whitaker said the centre offers students a foundation that will complement the skills they are already developing in their programs.

"The benefit of the Centre for Entrepreneurship [G building] is that it has the potential to cross all of our programs. Many students have particular careers in mind when they come here and there's others that aren't too sure where their program and their credentials will take them," Whitaker said.

Whitaker also said one of the many goals the centre has set is to prepare students for ever-changing

workforces by anticipating trends.

Although North campus does not have a "G Building", it does have the same kind of spaces students can go to, like the Learning Resource Commons.

Rancourt said the jumpstart for the five-year plan started with listening to what the community wanted. In modeling the centre after what was heard, she said the success should be inevitable with the ongoing progression.

"The sky is the limit, and the challenge for us, hopefully at some point in the very near future, is that we're going to have waiting lists of students that want to get involved, industry partners that want to get involved, and faculty members that want to get involved," said Rancourt.

Rancourt praises Humber for its commitment to students' success.

"I've been at a lot of different post-secondary institutions, and Humber is one of the ones that has the most time and resources invested in providing development supports for faculty and staff across the institution," Rancourt said.

Darren Lawless, dean of Applied Research and Innovation Research, answered one of the more important questions during the question-and-answer period that concluded the session.

Lawless said that students and faculty will be able to learn about these new resources through Humber's means of communication. There will be a communication plan created and enforced, which will entail websites and links for the Centre for Teaching and Learning, and through scholarships.

"The more you can showcase a product, then that will hopefully trigger someone to say 'Well I can do that too, who do I speak to?'" Lawless said.

"There will be lots of spaces to encourage entrepreneurial activity," he said.

Costume bans seek to discourage harmful stereotypes

Allyssa Sausa-Kirpaul

HUMBER NEWS

With Halloween days away, there is talk that Humber College should place a ban on certain costumes.

Kenny Dawkins, LGBTQ event resource assistant at Humber North campus, said some costumes should be barred from the Humber Halloween party that was scheduled last night.

Costumes that he said should be banned include Caitlyn Jenner and Indigenous people.

"If they don't, it will show people that Humber believes it's okay to appropriate people's culture and make a joke of someone's transition from their assigned gender at birth to whatever they associate with now," said Dawkins.

Consequences should be put into place if a student wears an offensive costume, said Dawkins, although he doesn't know how the school would make students aware of all offensive costumes.

"Besides the fact they're very offensive, it reiterates the fact [that] their culture is literally taken away from someone and we can wear it now because it's not a thing anymore. It's literally a joke," said Dawkins.

Devron Rodrigues from Party City in Brampton said the store doesn't sell the Caitlyn Jenner costume. There has been no complaints yet about offensive costumes in the store, Rodrigues said.

Recently, Brock University in St. Catharines, Ont., prepared a list of prohibited costumes for its annual Halloween party.

The list includes any form of traditional headdress such as but not limited to the hijab, African head ties and turbans. Costumes that mock suicide or rape, or outfits featuring a culture's traditional attire are also on the list.

The intention is to prevent harmful stereotypes and make sure students are respectful towards each other's culture and history, the university said.

According to the Humber IG-NITE Halloween web page, there will be a zero-tolerance policy for cultural costumes.

Some costumes are very exaggerated and over the top, said student Valentina Tabares, a fitness and health promotion student.

Others disagree. "Since it's a party we should be free to wear what we want to, we're all adults aren't we? It would be more fun if you get to wear what you want to wear, it's better that way," said Shellisa Sutherland, a paralegal student.

Psychiatrist Feinstein to speak on war-traumatized journalists

Omar Jaber

CRIME REPORTER

The psychological effect of war on troops is well documented, but journalists also find themselves on the frontlines, with the possibility of death or injury nearby.

Humber College's Lakeshore campus will be host to psychiatrist Dr. Anthony Feinstein on Nov. 3, part of Humber's on-going President's Lecture Series, who will focus on the psychological effects of war on journalists.

Feinstein, a psychiatrist at the Sunnybrook Health Sciences Centre and a professor at the University of Toronto, is the author of multiple books but may be most widely known for the 2012 documentary,

"Under Fire."

The documentary, which won the 2012 Peabody award, was based on his research of journalists in war zones.

Feinstein worked alongside the Globe and Mail on a series called Conflict Photographers, a series highlighting the psychological effects on 12 conflict photojournalists over the course of a year.

"If we are so strongly affected by the image, something that we perceive secondhand, what might the photographer experience?" Feinstein wrote in the series.

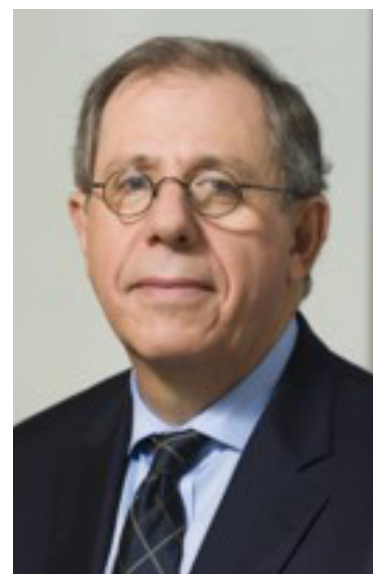
According to the Committee to Protect Journalists, 71 per cent of 34 confirmed journalist deaths this year occurred while covering war zones. Syria was named the dead-

est country for journalists so far in 2016.

This lecture should be of particular interest to students and professors of journalism, photography or psychology.

"It would be particularly wise for aspiring journalists to attend the event so that they gain insight into the psychological difficulties faced by some in their field," said Ian Gerrie, a general arts and science professor at Humber College.

The lecture will provide data showing how war can affect even the healthiest journalists, both physically and mentally. It will serve as a powerful learning tool for anyone dealing directly with the effects of war or anyone who wishes to further educate themselves on the topic.



COURTESY OF SUNNYBROOK RESEARCH INSTITUTE

Dr. Anthony Feinstein

Health Canada to reduce abortion pill restrictions

Laura Dart
HUMBER NEWS

Sexual health experts are urging Health Canada to ease accessibility restrictions on an abortion pill to be released in Canada next month.

The pill, Mifegymiso, was approved in July 2015. It will replace the current medication used for medical abortion methods in Canada.

“There’s many levels of barriers that need to be addressed before it’s readily and equitably acceptable to everyone regardless of where they live,” said Helena Palmqvist, clinic operations manager at Options for Sexual Health.

“Some of those restrictions essen-

tially mean that the abortion medication won’t be accessible to women where they need them and when they need them,” said Palmqvist.

The medication consists of two pills. The first halts the body’s production of progesterone which causes the uterus lining to break down and shred, making it unable to hold a baby. The next pill is taken 24 to 48 hours after which causes the uterus to contract and expel the pregnancy according to the Mifegymiso campaign site run by Action Canada. It’s a similar process to that which occurs in a miscarriage.

“It provides another option for women. Having access to something that they can do in the privacy

of their own home... means that it may be more accessible to women,” said Palmqvist.

“You see signs of Health Canada going back on some of the restrictions that got to place initially in July 2015. It said in its position that physicians must supervise the patient for the administration of the first dose of the drug,” said Sandeep Prasad, executive director of Action Canada for Sexual Health and Rights.

Other restrictions to the accessibility of the drug include not being able to take the pill after the seventh week of not having a period. Prasad said in the United States it can be taken up to ten weeks into the pregnancy. Pharmacists are not able to

distribute the drug and physicians have to be certified to distribute it. The approximate \$300 cost of the pills also poses a restriction as of now, since the money would not be reimbursed to the woman according to an article by the Globe and Mail.

“Already you see some signs of Health Canada back pedaling, which is good,” said Prasad.

“Once we have some of those restrictions that Health Canada put in place removed...we will see a dramatic shift in the number of abortions that are medical abortions versus surgical abortions,” said Prasad.

Other obstacles may remain, however.

“The challenge will remain in smaller communities where people

live, there are barriers around accessing abortions. Going to a pharmacy which may seem like quite a public space to pick up the medication, the pharmacist may be hostile to abortions and there might not be local physicians in your community that are supportive either,” said Palmqvist.

The United States has had the pill available for at least 10 years, while the pill has also been available in over 60 other countries, according to the Mifegymiso website.

“It took 25 years to exist, for the application to be filed, took three or four years to get approval with all these restrictions, and finally we’re just going to see it roll out in the next few months,” said Prasad.

Textbooks for change headed to Africa

Kassandra DaSilva
NEWS REPORTER

Humber students and staff were able to simultaneously free up some shelf space and help those in need on Wednesday as the Textbooks for Change donation drive took place at Humber North campus.

Textbooks for Change is a for-profit organization that takes used post-secondary textbooks and sends them to local and eastern-African libraries to help enhance their education system.

“Fifty per cent of the textbooks go to eastern Africa, 20 per cent stay at local colleges and we sell them at an affordable price for students who cannot afford brand new textbooks. And the remaining 30 per cent of textbooks that are out-of-date or are too damaged get recycled sustainably,” said Textbooks for Change Campus Manager Aparajita Mehra.

Mehra and Textbooks for Change work with 24 Ontario colleges to help make education more accessible all around the World.

Volunteer Quaser Vej was alongside Mehra at Humber all day on Wednesday to spread awareness of the program.

“Everyone in this school probably has old textbooks that are just collecting dust. It is important that people know that their old books can change someone’s life,” Vej said.



KASANDRA DASILVA

Organizer and Textbooks for Change campus manager Aparajita Mehra (left) and volunteer Quaser Vej (right).

Mehra said that most of their donations had been by instructors and professors, but Mehra wants students to know that they can donate their books anytime of the year.

“We always have five permanent drop boxes all around North campus, our main one being outside the IGNITE office where students can drop off textbooks at any time,”

Mehra said.

University of Guelph-Humber student Nicole Jardine likes how Textbooks for Change is giving back to those in need.

“I sadly need to keep all my books until I graduate, but I love what they are doing for those in need both here in Ontario and in Africa,” Jardine said.

Walmart responsible for heavy food waste says CBC report

Lindsay Wadden
HUMBER NEWS

Reaction continued this week to a report done by CBC showing there is a substantial amount of food thrown out by Walmart.

CBC’s Marketplace program team went through trash bins at two Walmart stores in the GTA to see how much food the company throws away.

The reporting found that

Walmart repeatedly throws out produce, baked goods, meat and dairy products that were still in packaging.

Marketplace staff found 12 waist-high bins full of food. Plastic material, compostable items and frozen foods were all found in the same trash bins.

Second Harvest, Canada’s largest food rescue program, states online that Canadians waste \$31 billion worth of food every year. Forty-

seven per cent is wasted in homes where one in eight families struggle to put food on their table, the stats show.

Debra Lawson, Executive Director of Second Harvest, said she was surprised by the CBC report.

Second Harvest is partnered with Walmart in the GTA.

“We have run many pilot projects with them and are currently working on one with them. They are

a really committed organization to addressing the issue of food waste in their store,” said Lawson.

Second Harvest has only had a positive experience working with Walmart, she said. Though the organization may be committed to solving food waste, however, it doesn’t always follow down the chain, she said.

This year alone they rescued 9.5 million pounds of food. They supply enough food for approximately

25,000 meals a day.

Ashlee Collins, General Manager of Humber Food Services, told Humber News she is disappointed that Walmart is throwing out so much food.

“It’s disappointing to know they don’t have better measures in place to ensure they’re not being as wasteful as they are. I don’t understand why they aren’t able to find more sustainable means for getting rid of food,” she said.

Presto taking over TTC

Elvin George
BIZ/TECH REPORTER

Humber students better prepare for changes at the TTC in the New Year. The TTC is looking to save money by eliminating all TTC tickets and tokens by exclusively requiring use of the electronic Presto card.

The Presto transit pay card was first implemented within the province in 2009 in Oakville, at the TTC Union station, and the Bronte and Union GO stations.

Presto slowly began widening its usage throughout other transit systems, including Brampton and York Region, and now it's going to engulf the TTC.

Bryan Bare, vice president of the business council at the University of Guelph-Humber, expects the Presto shift to benefit students of the school.

"The ability to reload their weekly passes and add money allows students to save drastic time from going to the corner store to buy monthly/weekly tokens and tickets," Bare said.

He acknowledges the only struggle for the Presto shift is older audiences being able to adapt to the new changes.

"I heard about the announcement a week ago, I'm sure TTC and Presto need to put more ads on buses and on TV," Bare said. "They need to promote it for the older audience, at this moment, I don't see seniors making an online Presto account."

Presto is becoming user-friendly as riders have the option to add money or a monthly pass from their laptop, a Presto station, and even smartphones.

Alex Cozza, a fourth-year Humber cosmetics student, is an everyday token user and didn't know any-



DYLAN PASSMORE

In 2017 TTC riders will be loading and scanning their Presto cards instead of buying tokens or tickets. Payment system has wide GTA application.

thing about Presto.

"Since I was little, my mom would keep a bucket full of tokens, and I'm honestly not ready for this Presto shift," Cozza said. "I just recently saw the Presto card machine on the TTC buses but I didn't really know what it was."

Cozza encourages Metrolinx, the overseeing transit body in the GTA, to announce the changes on the TTC so more Torontonians will be aware.

"You are the first one telling me about this shift, I guarantee half of Humber has no clue about this," Cozza said. "Presto needs to spread

this news on a bigger scale."

The Presto card system is straightforward. Rather than sliding a token or a ticket in the fare box, riders tap their Presto card on the Presto machine on the right side of the bus entrance.

Sophia Rossi, a fourth-year University of Guelph-Humber business student, is excited about the plan.

"I was first hesitant about Presto, because all my life, I've been a token user," Rossi said. "Ever since I used Presto, I've saved so much time from going to my local Petro Canada to buy tokens."

Social media's new role in politics

Murissa Barrington
BIZ/TECH REPORTER

Raeanne Taylor and Kyonah St. Hill never paid much attention to the presidential election in the U.S. before this year. But with the increasing role of social media in politics, the first year Humber Spa Management students say it can no longer be ignored.

It doesn't inspire them to get involved, however.

"I don't care about that stuff," said Taylor, who learned about the presidential debates on Twitter. "Since it's in front of me I kind of have no choice but to think about it. I wouldn't go out of my way to read about it though."

St. Hill said she hasn't watched television since moving out of her mom's home and that if election coverage wasn't online she wouldn't have known about it.

Still, discussing politics on social media is becoming a new norm. The second U.S. presidential debate on Sept. 26 produced 17 million tweets, making it the most tweeted event ever, according to Twitter.

Boyd Neil, a senior digital strategist and Social Media Professor at Humber College, said this change could encourage more youth engagement.

"I'm not one of these people who believes that slacktivism (support without involvement) as it's sometimes called, is unimportant," Neil said. "I think the very fact that people make these tiny acts of political participation means that if they need to take a bigger act of political participation, they will."

Politicians understanding how social media reaches youth is something Neil says is important in the future of politics.

He said voters recognized the so-

cial web as a meeting place where they can exchange views and ideas in the 2008 U.S. election.

Humber Ignite's Digital Media Coordinator Stephen Wong is taking notice and hopes to include more online technology in the next student election.

"Facebook Live is something that is pretty new," he said. "We tested it out for one event so far this year, but I think that it's something that I would definitely like to use a lot more during the upcoming elections."

"The ability to live stream things, it's a really big benefit to us," Wong said.

Ignite Project Coordinator Vane-sa Silaphet says social media has been helpful in allowing candidates to reach out to a wider audience.

"I think that if a candidate is running for president for example their best advantage is to use social networks, because it might be too time consuming to reach out and go to every campus...so I think using it to their advantage is a good idea," said Silaphet.

Ignite saw its highest voter turnout of all time last year after using social media.

But Taylor and St. Hill don't seem enthusiastic about the prospect of participating in their first election at Humber.

"If I hear about it, if its easy for me to get to, sure," said Taylor, adding that if online voting was an option she would vote.

St. Hill remains unmoved.

"People who are more willing to vote, they've probably done their research, listened, actually got to know each candidate," St. Hill said. "For me it would be so easy, I could just see their picture and be like, 'this person looks nice,' and then I just click it."

Instagram's new feature a game changer in mental health awareness

Social media service isn't just for keeping tabs on your friends' photos, it's also a way to keep tabs on their well being

Sulaiman Akbari
BIZ/TECH REPORTER

These days social media plays a role in almost everything, including mental health issues.

Instagram recently introduced a new feature that aims to help with such challenges.

The online photo-sharing network's new tool helps users anonymously report a friend who posts worrisome content on their Instagram.

The feature, still only available in the U.S. but set to expand internationally, offers options such as talking to a friend, calling a local helpline, or getting information on

where to receive tips and support about mental health.

First-year Humber College massage therapy student Isaiah Antwi, 19, said mental health plays a big role when it comes to social media.

"Instagram is a social media outlet where people can feel free to post whatever they want," Antwi said. "But at the same time, people can post all these negative things that simply go unnoticed."

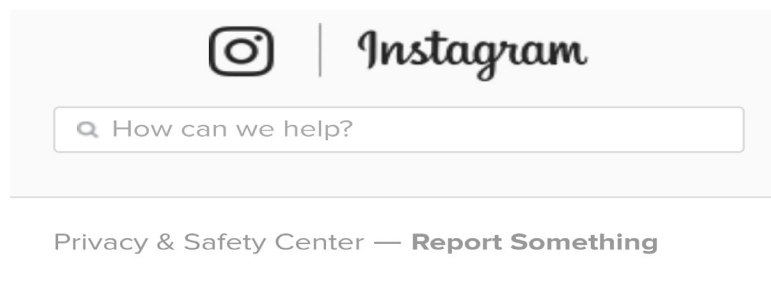
Antwi said this issue could be fixed with the new feature from Instagram.

"This new feature will help those dealing with mental health issues who are often overlooked," he said.

The Canadian Mental Health Association says 20 per cent of Canadians will personally experience a mental illness in their lifetime.

Humber College year-four nursing program coordinator Dr. Pamela Adams said social media is a way for people to express themselves.

"People express emotions in all



Self-Injury

▼ I'm worried about someone after seeing

Instagrams support feature offers multiple options for seeking help

different ways, it's the interpretation of acknowledgement that we are able to make," Adams said. "Social media and Instagram does just that."

She said it all depends on how Instagram or social media is used to determine the importance of mental health issues.

"Some people deal with certain conditions, some people aren't happy for a few moments, a few hours, or a few days," Adams said.

She said if the user continuously posts negative posts then there is a chance the user has some mental health issues.

First-year Humber College recreation and leisure services student Thomas Finucan, 21, said it is better for someone who is dealing with mental health issues to speak to someone in person.

"It's great that Instagram has this new feature but it's better to seek help in person when it comes to mental health," Finucan said. "Social media shouldn't be the first resort."

He said the face-to-face communication when speaking to someone about mental health is key.

"Mental health is a serious issue and should be talked about in-person rather than online," Finucan said.

Humber offers on-campus counselling services to those who are dealing with mental problems.

Both Finucan and Antwi agree Instagram made a good decision to focus on mental health issues even though it is primarily used for photo-sharing.

TYLER HEHN

Side effects, cost leading some women to abandon birth control pills for alternative contraceptives



BRYAN CALABRO

Julie Arounlas

LIFE REPORTER

More young women are choosing to say goodbye to birth control pills.

Gynaecologist Yasmin Farooq says she has dealt with several patients who have experienced complications with taking the pill.

"The most common side effects patients have complained about when on the pill were headaches,

depression, nausea, and weight gain," she said.

Health information company QuintilesIMS released data saying Canadian pharmacies dispensed 1.17 million fewer oral contraceptive prescriptions in 2015 than 2011.

It is also common for women to switch between different types of oral contraception before finding one that suits them.

"The second time I went on the

pill, I switched between three different brands and none of them worked for me so I went off it again," said University of Guelph-Humber psychology student Kassandra Ward.

"I first went on the pill for a year when I was 15. My menstrual cycle became super irregular and I became really moody. Just the combination of puberty and extra hormones was not fun," she said.

Moreover, the cost of oral contraceptive prescriptions can be steep for college students.

"If you're not covered by your health insurance or college, birth control pills can be pricey," said Humber College esthetician and spa management student Lara Kennedy.

"I was only allowed to get three months' worth of birth control and then I had to pay a much higher fee because the school stopped covering me. I found that a little bit ridiculous and that could also be why girls are ditching it," she said.

Women are no longer turning a blind eye to the negative side effects that the oral contraception has on their health.

"Many women feel depressed when on the pill due to the excess progesterin hormone contained," Farooq said.

A Danish study involving more than a million women published in September by the American Medical Association's online journal *Jamapsychiatry* suggested a slight increase in the number of women using anti-depressants after they started using a hormonal contraceptive.

Research showed 2.2 per cent of women using hormonal contraceptives were apt to use anti-depressants, compared to 1.7 per cent of women not using hormonal birth control. The risks decreased as the

women aged, the study showed.

Nevertheless, Guelph-Humber psychology student Marley Young believes the pill is responsible for causing depression in young women.

"I believe the extra hormones disrupting the body's natural ovulation cycle affects much more in your body than just your mental state, but most importantly, I agree it's causing depression," she said.

Ward said higher levels of estrogen and progesterin "messes with other levels within the part of your brain that is responsible for receiving messages."

There are alternative forms of contraceptives available for young women, however.

"Humber should open up on information about birth control options and relocate wherever the sexual clinic is to an area that is more populated," Young said.

Some students feel Humber does not communicate enough to students about the birth control prescription service the health and wellness centre at Humber provides, or about sexual education in general.

"A lot of girls don't know Humber covers the first three months of your birth control prescription. There should be more advertising and public announcements for this service at school," Kennedy said.

Calls for women's- and LGBTQ-only gym time

Olivia Morris

LIFE REPORTER

The number of males using Humber's athletic facilities could be intimidating to female and LGBTQ students.

Female and LGTBQ students have reported hearing sexist and demeaning remarks and experiencing unwanted attention in the North campus setting.

While the cardio, weight equipment and studios in Humber's athletic facility get a good mixture of male and female students, the gym and weight room are predominantly male-dominated.

First year early childhood education student Virginia Downie said she feels uneasy while using the on-campus facilities.

"When I'm the only girl in the weight room I feel like all eyes are on me and I'll admit it makes me nervous," Downie said.

"A lot of girls are into the fitness classes rather than the weight room," she said. "I think it's because they feel more comfortable working out around other girls."

Humber has tried to alleviate the issue by placing equipment in different spaces to attract different

groups of people. However, females who frequently visit the gym still prefer to attend a fitness class rather than use the equipment.

Fitness Coordinator Leanne Henwood-Adam says she sees a pretty good mix of male and female students, depending on the time of day and the area of the facility.

"At night, especially on the weight room side, it becomes very intimidating for a lot of females," Henwood-Adam said.

"I think the heavy weights tend to be the most intimidating for some females and so they tend to want to stay away from that, especially because you do get a lot of the guys who go in there and want to lift the heavy weights," she said.

In previous years, a lack of requests for women's- and LGBTQ-only hours meant that the idea was never brought to their attention.

Humber's North campus Athletic Centre keeps numbers for occupancy. Should requests come forward, a survey would be the most effective way to determine a time slot for segregated times.

Manager of Recreation Anthony Seymour said there was a high demand for this service at Ryerson University in 2014.

"The Ryerson Student Union did a survey of the student body and found there was a significant interest in having women's only hours," Seymour said.

"They approached Athletics and made the request," she said. "From there on we then worked with them to set up the days and times."

Gender-based violence may also be the reason why women and LGBTQ students are hesitant towards using the athletic facilities. A Women's Only Gym Time Report conducted by Ryerson's Student Union focused on the verbal abuse women experience while using the facility.

"It makes it seem like we're singling them out if we shut down the facility just for their exclusive use, whereas what we'd like to do is make it a safe and welcome environment for everybody to come and use," Henwood-Adam said.

"We would certainly work with those groups if we had requests come forward asking for that. It's certainly something that we could do a survey for and ask the population, 'Is it something you would like?' Because for me, that's what I need right now," she said.

Exercise is Medicine campus club features group Arboretum walks

Jahnelle Simpson

NEWS REPORTER

Humber intends on walking away from the unhealthy student lifestyle by focusing more importance on daily activity.

Exercise is Medicine on Campus is a student-based committee starting a new club on North campus to increase physical activity.

EIMC prides itself on having knowledge on the benefits of physical activity, but they also fear that many students are not aware of these benefits.

So, the walking club, which hasn't launched yet, is looking to fix that problem.

President of EIMC Michelle Scibiwolek said the walking club will be a weekly event to promote physical activity. It won't be intense so everyone will be able to do it.

Students usually have a hard time going to the gym and pushing themselves to do strenuous activity, said events coordinator of EIMC Megan Logeman.

She said it's difficult for a student on a budget to stay in

shape. Logeman said part of the reason she's involved is to motivate herself into getting active.

The club will feature a series of walks throughout the Arboretum which will be available to all Humber students.

With the increase in student activity on campus EIMC hopes to create a healthier attitude amongst the student body and enhance learning.

A 2015 study conducted by Active Living Research observed 287 students during the school year to find a relationship between physical activity and academic performance.

Students who were placed in exercise classes throughout the course of the year had higher scores on standardized tests.

The study concluded that increased physical activity can better your performance in school.

Walk and Talk is a free event, and Logeman said "students love free" which will perhaps encourage students to take advantage of the event and get more active.

Are 'sexy' costumes ruining Halloween?

That time of year is upon us - Halloween. The month of October has now developed into excitement for three things: eating a ton of food on Thanksgiving, pumpkin spice everything and boobs. Boobs because Halloween is an occasion on which people dress as things they are not - provocative.

October 31, AKA the eve of All Saint's Day, AKA Halloween, is commonly celebrated by children who dress in costume and a time when they solicit candy or other treats door-to-door. There is a certain outlook that comes with what most adults associate with Halloween: the overwhelming amount of sexualized costumes for women, body shaming and to top it all off, cultural appropriation.

Most men's costume are seen as "regular" whereas 'sexy' versions are pretty much the only versions of

costumes for women. Men can dress as a police officer, but only women can be a 'sexy cop.' This contrast of sexualization is prevalent in themed costumes, such as pirates, devils, doctors and soldiers. There are few 'sexy' versions of male costumes, from this the problem for women stems.

People should be able to wear whatever they like without being labelled as, "asking for it."

No one is asking for it, unless, they ask for it. Get it?

Why does showing skin, especially donning a costume, provoke so many assumptions. Can't someone enjoy dressing up for their own personal enjoyment and confidence without desiring sex, or more importantly, relying on other people to find them sexy?

The "sexy" Halloween costumes aren't hard to find and quite frank-

ly have their own sections when on a costume site or in store. But just because one sees people dressing up as a "sexy" cat, nurse, sailor, etc..., doesn't mean anyone should feel pressured to do so.

Those who want to feel comfortable and confident should have the option and ability to do so.

As silly as a costume can be, thinking up an idea of a costume shouldn't be taken lightly. Costumes addressing race or culture should be carefully considered. If attempting humor, taking a jab at a marginalized group of people is not okay. Keep in mind the metaphor of punching up, and not down. It relates to the old adage, 'pick on somebody your own size.'

It goes without saying (or at least it should) that race is not a costume, in any way, shape or form.

Not too long ago, Disney pulled

one of their costumes from the film Moana, after numerous complaints. The movie centres around a little girl and a Polynesian demi-god, and the costume is mostly darker toned sleeves with traditional Polynesian tribal tattoos to cover the skin. Disney was getting called out on 'brown facing,' similar to wearing black face as a costume.

These lines are clear and they are crossed often.

Judging someone based on how they look, no matter what the reason, degrades them. Just remember that the way someone dresses also does not determine how many people they have slept with or how often they engage in sexual activities.

More importantly, the number of people someone engages in sexual activities with or how often they do so is of nobody's business but the individual's.

Pumpkin spice trend only getting hotter



Tyler Hehn
EXECUTIVE EDITOR

The first time I saw pumpkin spice lattes however many years ago I thought, 'Oh lord, why is this popular?' When I saw "PSL" on a chalkboard this year at a Starbucks, I thought this has gone pretty far to give it an acronym. When I saw pumpkin-spiced

whiskey I thought, somewhere, somehow, a line has been crossed.

Eventually I caved, I tried the latte and to my five-dollar surprise... it was delicious. As weird or as painfully mainstream as it seemed, I could justify the attention the PSL had attracted over the years. After having the hot drink, I was tempted to try the pumpkin spice rye (PSR, but it probably won't catch on).

Spicebox pumpkin spiced rye is incredible. Smooth, and dangerously tasty for its strength (35 per cent). It goes down straight the same as a mixed drink would. Compared to other flavored whiskeys, the Spicebox PSR is head and shoulders above them all.

There is a certain stigma around pumpkin spiced stuff, which I am guilty of harboring. Pumpkin spice things reek of gimmick and are usually met with an eye roll. Although the gimmick assumption can be accurate, however, the quality

of the product I'm encountering is beyond any expectations. They deserve the same amount of commitment that any new product would get.

There isn't a seasonal flavor that can compare in popularity to that of the pumpkin spice craze that falls over social media every autumn. The only taste trend that comes close is mint in winter.

Anything can be pumpkin spiced up, and a lot of things have been, according to People Magazine; Cheerios, muffins, yogurt, beer, milk, pancakes, chips, cream cheese, bread, ice cream and even a DQ Blizzard. Sure, some of these things extraordinarily bizarre, but there is a reason for it: pumpkins are tasty and versatile.

Simply hearing somebody say pumpkin pie is enough to make a mouth salivate. Pumpkin seeds are one of the most underrated snacks, and one of the healthiest. Stick a

candle in a pumpkin and you get a jack-o-lantern. Who doesn't love a jack-o-lantern? Even just the word pumpkin is fun to say. You know what the stem of a pumpkin is called? It's called a peduncle. Say aloud 'the pumpkin's peduncle.' You are welcome.

However, this pumpkin craze is short-lived each year for good reason. The trend of PSLs, PSRs and any other PSs need to die when snow starts to fall because there definitely can be too much pumpkin. One can only indulge in a few helpings of pumpkin products before they go crazy and die (like, literally).

You don't know if you don't try. Even though the PSL comes at a \$5.00+ price tag, it is tasty, and undeserving of the judgment it receives. Try several pumpkin products, because I'd bet they are decent.

You know what they say, variety is the pumpkin spice of life.

When did NFL start meaning the No Fun League?

National Football League ratings are drastically down compared to last year. League Commissioner Roger Goodell is looking for answers as to why the ratings are taking such a big hit, but the only place he'll find those answers is in a mirror.

Obviously, one main difference between last year and this year is the crazy U.S. presidential election, but the ratings problem is rooted deeper than just a few debates that stole the show.

Goodell's emphasis on scoring and the rise of fantasy football have changed the way viewers watch, and don't watch, the NFL.

Scoring, scoring and more

scoring is what Goodell is striving to see during every game. After a one season test run, the NFL officially moved the line of scrimmage for extra-point kick attempts back to the opponents 15-yard line, which is the equivalent of a 33-yard field goal. The league has already seen a rise in two-point conversion attempts since the change of extra-point kicking distance. s

The NFL wants the excitement of high-scoring games to draw in casual fans. And Goodell got exactly what he wished for - casual fans that just want to see scoring.

NFL RedZone, from the NFL Network, is an exclusive, commercial-free, game-day channel

where viewers can watch every touchdown from every game. The show heavily attracts fantasy football lovers and viewers who just want to see scoring. NFL RedZone is drawing viewers away from a traditional three-hour broadcast loaded with commercials. Some viewers aren't even watching prime-time games, which have seen the steepest rating drops.

From this time a year ago, Monday Night Football viewership is down 24 per cent, and Sunday Night Football is down 19 per cent, according to Michael Mulvihill, Executive Vice President of research, league operations and strategy for Fox Sports.

The excitement of scoring is highly encouraged, but celebrating those scores has been under heavy scrutiny from the league. The NFL is cracking down on celebrations that they deem excessive, taunting or mimicking violence, which is prompting some fans and players to refer to the league as the 'No Fun League.' After week 4 of this season, ESPN reported that taunting calls were up 220 per cent, and unsportsmanlike penalties were up 56 per cent. At this rate, the golden ages of celebrations from players like Ickey Woods, Deion Sanders, Terrell Owens and Chad Johnson are quickly coming to an end.

HUMBER
Et Cetera

Humber Et Cetera serves to inform the Humber community and give its readers well rounded coverage on the things that matter to them.

Et Cetera Editorial Team

Hailey DeWitt Williams

Jessenia Feijo

Tyler Hehn

Jimmy Kakish

Hayley Michaud

Faculty Adviser
Salem Alaton

Creative Adviser
Marlee Greig

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205 Humber College Blvd.,
Etobicoke, ON, M9W 5L7

Email:
etc.humber@gmail.com

Twitter:
@humberetc

QUOTED Which song is associated with a favourite memory?

Suavemente by Elvis Crespo. It's a song that's played at family parties. Whenever I hear that song I want to get up and dance.



Casey Stabile
SPA MANAGEMENT, 2ND YEAR

Kanye West's album *Life of Pablo*. I went for a weekend tournament for basketball, and (listening) to that album felt like a movie scene.



Brandon Carran
FITNESS AND HEALTH PROMOTION, 1ST YEAR

I really like *That Part* by ScHoolboy Q feat. Kanye West. It just reminds me of being in the car with my friends, just listening to music.



Taylor Scodellaro
SPA MANAGEMENT, 2ND YEAR

TO THE NINES



Shirt: Zara
Cardigan: H&M
Jeans: H&M
Shoes: Nike
"I really like formal casual, and at times it'll be laid back. I'm inspired by really classy looks. One look comes from Ryan Gosling in *Crazy, Stupid, Love*, he looks very formal and classy."

Arvin Ayala, 18
Fashion Arts
1st Year

HORRORSCOPES



JAN. 20 - FEB. 19
Death will follow you this week. You're not going to die, he just wants someone to talk to.



JUL. 23 - AUG. 22
Your true love will cross your path soon. It could also just be a black cat.
Accept it, either way.



FEB. 20 - MAR. 20
Vampires will never hurt you, at least not physically. Their words, however, cut like knives.



AUG. 23 - SEPT. 22
The howling you hear could be nothing, but it might be a lone werewolf trying to find a friend.



MAR. 21 - APR. 20
Don't worry about the zombies, they only want smart brains.



SEPT. 23 - OCT. 22
Be wary of the shadows on the moon at night. They may fill your dreams to the brim with fright.



APR. 21 - MAY 20
The real horror this weekend is *Walking Dead* spoilers.



OCT. 23 - NOV. 21
The menacing music you hear is just a coincidence, keep going into the forest alone.



MAY 21 - JUN. 20
It's not a monster under your bed, just REALLY old leftovers creating new life.



NOV. 22 - DEC. 20
Be sure the party you're going to isn't actually a demonic summoning ritual.



JUN. 21 - JUL. 22
Too much caffeine might turn you into Frankenstein's monster this week.



DEC. 21 - JAN. 19
Watch out for wayward spirits. Midterms are hard enough without trying to schedule an exorcism.

Basketball season starts like last one ended

Hawks women's basketball team has won OCAA titles the past two years, with a National Championship in 2016

Jahnelle Simpson

LIFE REPORTER

The women's basketball team have a huge target on their back after a perfect season last year.

Humber started off the season strong with a win against the Fanshawe Falcons 63-56.

"It's always great to start the season off with a win," said assistant coach Kingsley Hudson.

The Hawks are planning to maintain their championship status. Hudson says this means no nights off, especially not the first one.

The Hawks brought their usual energy to the court Wednesday night. Veteran Ceejay Nofuente led the team to their six-point lead in the first quarter with 10 points and



Veteran Hawks player Ceejay Nofuente shows winning form in a 2016 regular season victory.

by the end of the game she almost had a quadruple-double with 19 points, 16 rebounds, nine assists and eight steals.

An injury last year for forward Aleena Domingo was trying, but she had a strong return recording a double-double – 21 points, 12 rebounds.

Defence isn't as accurately illus-

trated on scoresheets as often as offensive stats, but Humber's defensive play united the Hawks against the Falcons.

With a number of new faces on the team this year, the Hawks are looking to build togetherness amongst themselves after a few offensive mistakes Wednesday night.

"We have to play every game like

a playoff game," said Hudson.

After a very successful season last year, the Hawks women are not trying out any new strategies, said Hudson.

The Hawks will tip-off against the Niagara Knights, November 3 at the Welland Athletic Centre.

Long, trying season ends in bronze medal

Julian Labanda-Armstrong, Eugenio Garro

SPORTS REPORTERS

Similar to the Blue Jays this year, the men's baseball Hawks had a miserable September with a 1-5 record. They were struggling to finish off games and were wallowing at the bottom of the standings.

"As of now we are below .500, but who knows, maybe next week we win five straight and we are back in it," assistant coach George Halim said in September.

Halim's words would prove to be prophetic.

The Hawks went on a tear and turned into one of the top teams in the OCAA, winning 12 of the next 14 games and catapulting into second place.

Humber finished the regular season in second place behind the eventual gold medalist St. Clair Saints who won for the fourth straight year.

In the OCAA playoffs Humber battled against a tough St. Clair Saints team, and got a double-dose of the Fanshawe Falcons. The Hawks the Falcons split the series, leaving Humber with a respectable bronze medal finish.

The game against St. Clair was dominated by the Saints' ace. Humber could only muster three hits and one run while allowing ten hits and nine runs.

Humber Outfielder Andrew Thompson said he wishes he could do more to do to help his team win, "I wanna go four for four every game but you got to realize that's not going to happen."



JULIAN LABANDA-ARMSTRONG

Top: Pitcher Steven Hough mid-throw against Fanshawe on Oct 22.

Bottom: Mitchell Wilbur readies for a pitch in a 5-4 win, taking bronze.

Fanshawe and Humber were caught in a tug of war for their first game. Humber squeaked out a W with a score of 5-4. Both teams gave up big four run innings, but Humber came out on top with a single run in the sixth.

"At the end of the day we had a

good inning and they had a good inning, it just came down to who made less errors," said Falcons head coach Brian Harvey after the first of two games against Humber.

The last, deciding game against Fanshawe was another, yet rare, one-sided affair. Of Humber's nine

total losses, only three were by two or more runs. They had also defeated the Falcons in every one of the five meetings they had throughout the year.

Now with the provincial championships in Humber's rear-view mirror, the team can look ahead to the National Championships, which take place between Oct. 27 and 30 in Oshawa.

Many people who surrounded the team such as varsity coordinators Jim Bialek and Brian Lepp, have said many great things about the squad and the direction the program is heading in.

"They have a young, talented team," said Lepp. "A lot of the guys may not have college experience but have played at a high level outside of Humber, giving them an advantage."

This season's team was made up of mostly rookie players and for the most part had young pitchers who took the mound. The Hawks pitching staff was dominant this season and was a big factor in their bronze medal run.

"When one guy gets hot, the rest of the team usually follows suit," Halim said. "This is also the best pitching staff we've ever had."

This season's national championship, to be hosted, by the Durham Lords, is a first for college baseball. Baseball is one of the few sports that don't have nationals like many of the major sports the CCAA has.

Humber is preparing to face John Abbott College from Quebec, host Durham and the Fanshawe Falcons in the round robin at the national invitational tournament.

FIFA video game contest draws crowd

Christian Aguirre

NEWS REPORTER

Many gather around Sports Management student Michael Kamiski and Business Administration student Fernando Marchione as they play the final round of the Ignite FIFA video game tournament last Wednesday at Humber North campus.

The winner of the tournament walks away with two tickets to a Toronto Maple Leafs game.

Not managing to best each other in regular time or overtime as they both had scored two goals, the winner was determined by penalty kicks. The crowd oohed and aahed as Kamiski and Marchione took turns shooting and blocking.

The game was close. Both players matched each other's saves and goals until Kamiski missed the net causing him to fall into a position of sudden death. Marchione was one goal away from winning.

The room went quiet as Marchione positioned his avatar. He shot and scored, and is on his way to the ACC.

Marchione as the victor claimed the Leaf tickets prize while

runner up Kamiski was awarded with two \$25 Tim Hortons .

The victory wasn't just luck. Marchione plays FIFA around 20 hours a week. He said he enjoys spending his free time between classes at the games room.

"I think it brings Humber together as a community and adds a lot of fun between class," Marchione said.

He will be taking his girlfriend to the Leafs' game with his winning tickets.

Yaseen Abdi, a first year business management student finished in third place, winning a \$25 David's Tea gift card which he says he likely give to his sister.

Abdi said he believes he would have made it to the finals if his match did not go to penalty shots. That's his admitted weak point.

The tournament this week consisted of 14 participants, while the sister competition at Lakeshore had only four participants.

The event was hosted by Ignite but run by the company We Got Game, which hosts professional console events.

"We go to different colleges and host events like this, so today we're doing a campus versus campus event, so the students from this campus, the winner, will play against the other campus," said We Got Game organizer Chris Ryan.

Throughout the tournament Ignite staff promoted a fair play environment and made sure the participants were not disturbed as they played their matches.