



HAWKS' BRAMWELL BREAKS OCAA POINTS RECORD



ASHLEIGH DARRACH

Humber Hawks men's volleyball star Terrell Bramwell (centre, holding ball) set an all-time OCAA points record of 1070 on Thursday night in team's final home game for this semester. Bramwell, who plays left side, is in his fifth year with Hawks. The team heads to conclusion of this phase of varsity season with a record of 7-1 going into Sunday's game at Niagara College.

EDITORIAL

How society failed in Ferguson three times

Society has failed Ferguson, Mo., not once, not twice, but thrice.

On Monday, Nov. 24, shortly after 8 p.m. local time, St. Louis County prosecutor Robert McCulloch announced in a nearly empty courtroom that a grand jury had declined all charges for officer Darren Wilson in the shooting death of 18-year-old Michael Brown.

This was the third failure.

To be clear, however, Wilson did kill Brown — that is not being argued — but he did not murder him (more

on this later.)

There were dozens of eyewitnesses who gave statements to the opposite effect, claiming they saw Brown murdered in cold blood.

An eyewitness statement, unfortunately, is only as valuable as the witness is credible. There are infinite reasons for a witness to lose credibility, a credibility which is lacking to begin with in such highly a publicized case as this. A significant change in one's story is just one of the ways a witness can be discredited — one that

happened numerous times in the investigation of Brown's death.

That's not to suggest these witnesses lied. In today's 24-hour news cycle, inaccuracies were given continuous and repeated airtime, to the point hearsay and rumour became the running narrative of the events of Aug. 9.

Anyone who has closely followed the development of this story in the media could not be faulted for "knowing" what happened that fateful day, even if they had not been present.

This was the second failure, the media's failure in not carefully fact-checking and not carefully presenting the story of the events of that

afternoon.

Like some kind of mass hysteria, a common narrative in a tense situation can quickly become irrefutable fact.

The problem is that no story is irrefutable without hard evidence backing and there were few eyewitnesses who provided such stories.

There was one point of evidence in Wilson's defense that supports his not being charged with murder — behind Brown's body was a trail of blood 25 feet long.

That trail started when Wilson's bullet struck Brown for the second time. (His thumb had earlier been grazed by a bullet at the door of Wilson's vehicle.)

If he had been shot and killed standing still or moving slowly towards Wilson with arms raised, the trail would have been much shorter, if it existed at all.

To leave a trail 25 feet long, Brown would have to have been moving much more quickly, perhaps "charging" at Wilson as some eyewitness alleged.

Put yourself in his shoes. If you had been in that situation, standing in a blocked-off street with your gun drawn, your adrenaline is pumping, you're facing down a man — black, white or otherwise — a man you're trying to arrest and have already shot once (albeit, again, just a graze) and he starts coming

at you at anything more than a walk, how would you react? Could you keep your cool? Could you aim carefully for a non-fatal wound?

That is why the jury was correct in not charging Wilson with murder.

Where they failed Ferguson was in not charging him at all.

He should now be facing an indictment for involuntary manslaughter — involuntary because he did not set out with the intent to kill Brown, he was merely trying to arrest him, but it was manslaughter for one simple reason and that reason is the result of the first failure.

See EDITORIAL on page 6

Smart Serve sets drinking limits

Jalisa Massiah
NEWS REPORTER

LinX bartenders at Humber College's North campus know their limits and want their customer to know their's, too.

"As a bartender you need to know the signs of intoxication, which is a big part of Smart Serve," said Ian Archer, LinX bartender and Hotel and Restaurant Management student at Humber.

Smart Serve is a provincially mandated education program for alcohol servers. It was launched in 1995 to encourage responsible alcohol service.

"Obvious signs of intoxication are stumbling, slurring their words and red eyes," Archer added. "What you want to do is slow their consumption of alcohol down, offer them water and to an extreme point, cut them off and let them know they've had too much to drink."

The law in Ontario is that liquor establishments may not permit drunkenness, illegal gambling or violence.

"We have dealt with quite a few incidents where students are drunk, but with the amount of staff LinX has we are able to deal with the situation quickly and efficiently," Archer said.

He said as a bartender it's his responsibility to take care of the people he serves alcohol to, so knowing when to order a taxi is key.

"If they run out of the bar and get into an accident, as



ALEJANDRA FRETES

Servers and managers at LinX at Humber College's North campus are obliged under provincial law to cease serving to clearly intoxicated customers. Ontario's Smart Serve program promotes civil responsibilities for drinking that include bars.

the bartender you are fully liable, it's a pretty serious situation," Archer said.

"Another good thing to offer besides water to a customer that's intoxicated is food. It absorbs a lot of the alcohol already in their system and slows down the consumption of it within their body."

Humber has one liquor license for all of its campuses. LinX is Humber's only campus pub, although The Hum-

ber Room also serves alcohol in its restaurant setting.

"I think school is stressful and a lot of people come here to get stress off of their head," said Eric Ivy, a LinX bartender and first-year Culinary Management student.

"They have issues getting homework done and managing their time," she adds.

"Once you've breached your regulation – the regulations are the provincial law – and you

continue to serve (an intoxicated person) you are liable under the Liquor License Act for breaking that law," said Steve Duggan, Police Foundations coordinator at Humber.

In a long chain of responsibility, the bartender is civilly liable not only to the impaired customer, but also anyone they hurt.

"Therefore you are liable for any punishment that fits that breach under the Liquor

License Act, but bartenders are also civilly liable for anything that happens to that individual to whom they've served that alcohol to, or any third party that is injured by the person who received the alcohol," said Duggan.

He said if they over-served a customer and that person operates a vehicle, the bartender along with the pub owner may also be responsible under the Criminal Code.

Easy means to de-stress are important during finals

Morgan Gallagher
QUEEN'S PARK/CITY HALL REPORTER

For first-year students who aren't used to the pressure of a post-secondary education, the weight of final projects, essays and final exams can be exhausting, according to Humber College's We Got You campaign workers.

Christina Deveau, a third-year bachelor of public relations student, makes videos talking about stress and anxiety. She says there are many triggers of student stress.

"Every time the end of semester and exam time comes, it seems to sneak up and overwhelm most people. Exams are daunting on their own, as most people don't like taking tests. Then they have four or five in a span of a week and it scares people."

Deveau said students should remember easy ways to deal with stress levels.

"If you have a lot of homework or studying to do, make sure you take lots of breaks. Have a stretch, a small snack, go for a little walk just to get out of the space you were in."

At the Humber Spa, students are able to get an aromatherapy massage ranging from \$20 to \$40, and beauty services for as little as \$7. On Dec. 3 and 4, HSF is offering free 'De-stress' days for students to "take the edge off" before final exams and the holiday season.

There is a sense of relief that can come with taking a break from assignments, even for a short amount of time.

Kaiya Robinson, a first-year cosmetic management student, finds taking breaks can be as simple as reading a book or "meditating for even 10 minutes a day to calm the nerves and give the brain a break," said Robinson. "Let go of all forms of social media, it's distracting."

Jason Powell, dean of Health Sciences at Humber said, "making sure you have great time management is important. Getting a really good balance between sleeping well, eating a balanced diet and exercising is good to reduce stress levels."

For still struggling, there is outside help available through the college.

"Keeping healthy is very important, and we have a great counselling department that is readily available," said Powell.

Those looking to make an appointment with a counselor can do so at B112 on North and A120 on Lakeshore.

Holiday decorations touch on sensitive matters of diversity

Morgan Gallagher
QUEEN'S PARK/CITY HALL REPORTER

While the December holiday period is a time for students to forget about assignments and relax, not all Humber College students celebrate, the dominant year-end occasion, Christmas.

While Humber Students' Federation (HSF) says it does what it can to make sure all students feel included, it can be difficult.

Odin Von Doom, HSF vice president of student affairs at Humber North campus, said the decorations put up in the halls by HSF try to reflect the holiday season, rather than focusing on just one religious commemoration.

"One could say that makes

(the decorations) non-denominational, and thus fair for everyone. But, one could also say that if there are Christmas-specific things like elves, reindeer, Santa Claus, etc, which I assume no other religions acknowledge, the content is Christmas-specific, negating the last argument."

Taha Ali, president of the Muslim Students Association at Humber said he feels that the other Muslim students need to work together to ensure that more people are aware of their own celebrations, such as Muharram, the Islamic New Year which occurred this fall on Oct. 25.

"In my opinion, it would have been nice to see at least recognition of the holiday (Muharram). However, I don't

think the blame comes directly on Humber itself as much as it does for the Muslim students at Humber.

"I feel that if we reached out a bit more then more people would know of these celebrations and thus, there would be more public awareness of it," said Ali.

Sumaya Farah, vice president of the Muslim Students Association feels that the school should have done more so that even the students who don't belong to a religious club were aware of what was going on.

"I feel that Humber could have done more to help create an environment that acknowledges this celebration that Muslim students at Humber take part in, along with giving it an opportunity for



NICK JEAN

Holiday decorations at Humber are non-denominational but Christmas-related, like this snowman at Resource Centre.

non-Muslims to be aware of this holiday that Muslims celebrate," Farah said.

As for HSF's holiday decor, Von Doom believes the season can be a time for all to feel joyful, and the December decorations are meant to encourage that.

"Whatever the imagery or language used, and whatever qualification used to classify or describe that imagery or language, I would recommend that it simply be appreciated for the positive and celebratory spirit that it represents, and not met with negativity."



COURTESY OF DAVID BRAKE

Journalism professor David Brake recently published a book, *Sharing Our Lives Online: Risks and Exposure in Social Media*

Online posts can damage prospects

Humber journalism professor David Brake says picture your posts on employer's desk

Shannon MacDonald
NEWS REPORTER

Think twice before putting yourself online for everyone to see.

David Brake, a journalism instructor at Humber College's Lakeshore campus, has been researching the relationship between people and technology for more than a decade and to this day, he says he still finds it intriguing what people will share online.

"People seem generally to act differently online and off," Dr. Brake said. "People tend to be much more open online compared to what they would

be willing to tell people face to face."

Brake recently published *Sharing Our Lives Online: Risks and Exposure in Social Media*, a book that serves as a reminder for people to rethink everything they put about themselves online. Until August, the former lecturer at the University of Bedfordshire studied the way people behave online in the U.K.

"Unless you are 100 per cent confident of what your security settings are on whatever it is that you're saying, imagine that what you said ended up on the desk of a future employer," he said.

An exile from most social media, Colt Molson said what people put online should be monitored carefully.

"Being in both marketing and fashion I have to market myself in order to proceed and expand my career," the second-year marketing student said.

Molson said he abandoned most of his social media accounts a few years ago. All he kept was his Instagram account where he can effectively manage his brand.

Employers have the ability to see what their prospective employees posted online about themselves to get a good sense of the kind of person they could be hiring.

Ashish Aggarwal recently sought out employees for the

National Health Service, while working as a team lead in occupational therapy in London.

"If a company is willing to pay, they can get old, archived information stored on social media like Facebook," Aggarwal said. "So even if you think it's deleted and gone, that's not always the case."

Aggarwal said people should be vigilant when it comes to what they decide to share, or who can share on a person's behalf.

"If you go to a party and get really drunk, and your friends take pictures, they can post those online and tag you in them. Then people comment on them full of profanity, you write something equally as profane, then that looks terrible on you," Aggarwal said.

National tour combats Islamic radicalization

Humber campus is among 50 sites for Stop the CrISIS talks

Serge Halytsky
INTERNATIONAL AFFAIRS REPORTER

The nationwide Stop the CrISIS campaign that started within the Ahmadiyya Muslim community made a presentation at Humber College Nov. 26.

Humber is one of nearly 50 locations around Canada where the presentations are taking place, said public relations representative for Stop the CrISIS in Humber and General Arts and Sciences second-year student Mobeen Sheikh, 20.

The action was initially planned only for Ryerson University, but has expanded across Canada.

"(Stop the CrISIS) is to prevent the radicalization of youth and to educate students, as it became a great issue, especially after shooting on the Parliament Hill," Sheikh said.

ISIS, or Islamic State in Iraq and al-Sham, has been associated with brutal terrorist acts tied to its stated goal of creating a new Islamic caliphate across the Near East.

Humber students listened to the guest speaker's lecture, asked many questions pertaining to the topic and had a chance to speak with presenters in person after the event.

"We're trying to educate the people what true Islam is. We're trying to show that ISIS is representing the wrong kind of Islam," said Abdul

Basit Khavaju, a sixth-year student of theology at the Islamic Institution in Vaughan and the guest-speaker of the event.

The message behind Stop the CrISIS is that the general public must educate itself about Islam, according to Khavaju, who says the media gives a small and usually extreme glimpse of the religion.

"We've (developed the) Stop the CrISIS idea because of ISIS, and some people from Canada and other Western countries are also getting involved in terrorism activity, and, most of all, Islam is misrepresented by ISIS and other groups," said Ahmadiyya Muslim Jama'at missionary Imam, Muhammad Khalid.

Ahmadiyya is an Islamic religious movement started in 19th century India. There are about 73 different movements in Islam, Sheikh said.

There's no concept of terrorism in Islam, which teaches peace and whose meaning is also peace, he said.

"Our message is that what ISIS is doing is not Islam. People should not only take Islam through the media and other sources. They should also read the teachings of Islam," Khalid said.

The verses from Quran ISIS tries to cite are misinterpreted, as they come from the times when the prophet Mohammed was persecuted in his hometown, Mecca, and escaped to Medina, he said.

"Anyone who reads the Quran will understand that these verses have nothing to do with terrorism," Khalid said.

Taiwanese showcase spotlights foreign exchange students' culture

Haley Falco
RESIDENCE REPORTER

Humber College exchange students from Kaohsiung, Taiwan, took over the North campus concourse for the seventh annual Taiwan Cultural Showcase on Nov. 25.

The Taiwanese students wanted to bring awareness to their culture and let Humber students experience some of what their country has to offer, serving traditional food and beverages and performing customary dances.

The students were trying to get "everyone to try tradi-

tional Taiwanese food," said first-year Hospitality and Tourism student Albert Tsai, noting the showcase occurs every autumn.

Participating Taiwanese exchange students held a promotional event at the North campus cafeteria Nov. 20, dressing in costumes and handing out flyers endorsing the showcase to students passing by.

The showcase included stations where Taiwanese students showed attendees how to make paper art and wrote students' names in Mandarin.

Second-year Business Accounting student Khushali Va-

dodariya said she was expecting "to learn about the culture and meet new people to understand what their culture means to them and how we should respect other cultures."

There were five traditional dances performed: a lion dance, a gourmet show, a pop dance, an Aboriginal dance and a techno dance. Tsai performed in two of the five dances and said that there were around 20 people performing in total.

The first meal offered included bubble milk tea, Taiwanese fried chicken, and sweet potatoes. The second followed shortly thereafter



We come from Taiwan and we want to promote it to Humber.

Ellen Teng
TAIWANESE EXCHANGE STUDENT

and included red bean dessert soup with taro balls. The third meal was a traditional pineapple cake. The final meal was glutinous rice cake and thick pork noodles.

"We come from Taiwan and we want to promote it to Humber students," first-year student Ellen Teng said.

"I watched the Aboriginal dance and their dress form and the type of movements were good," Vadodayira said.



HALEY FALCO

Ellen Teng (left) and Moon Yu dressed in traditional attire for the Taiwanese Cultural Showcase Nov. 25 at North campus.

TTC SUBWAY SUICIDES



NATALIA VEGA

An automated signalling system is being installed on Line 1 as a potential precursor to platform-edge doors.

Platform doors encouraged as subway suicide attempts spike

Installing system would cost \$1 billion or more

Natalia Vega
HSF REPORTER

It's upsetting that some people jump in front of Toronto subway trains and end their life but even more disturbing is that it isn't rare.

Over the past 17 years there have been on average 23 annual suicide attempts. This year is trending to a 14-year high of 30 attempts (as of Nov. 10 there have been 26 suicide attempts).

The idea of installing platform-edge doors (PED) to block access to subway tracks is not new, but a recent study by Toronto Public Health, Suicide Prevention in Toronto, once again supported such installation for TTC subway stations.

TTC spokesperson Mike DeToma said the TTC fully supports the notion of installing PEDs on subway platforms – they were approved by the Commission in 2010 – but it's expensive, costing anywhere from \$5 million to \$10 million per station. To install PEDs for the four subway lines would be a project that could cost up to and over \$1 billion.

"PEDs are a benefit in preventing suicide but they're also a benefit for other issues," said DeToma. "It would prevent people from accidentally falling onto the track and prevent debris or paper from falling to track level, which is the cause for fire and smoke in the subway which leads to delays."

DeToma said PEDs work on an automatic train control system, which is essentially an upgraded sig-

nal system. The TTC is currently installing this system starting with the Yonge-University-Spadina line. The upgrade started on Nov. 24, DeToma said, and will continue until 2020, at which point the process will begin on the Bloor-Danforth line.

Other than potential PEDs, DeToma said there has been a suicide prevention program in place since 2011.

"We have quite a groundbreaking program called Crisis Link," said DeToma. "It's something we joined in with the Distress Centres of Toronto and Bell Canada. Each subway platform (has) key systems equipped with payphones and those payphones have a direct connection to the Distress Centre."



I'd rather the money go towards expanding our subway.

Cailea Shin
SECOND-YEAR MULTIMEDIA DESIGN AND DEVELOPMENT STUDENT

Crisis Link has won numerous awards, the most recent being the 2012 Corporate Leadership Award from the Canadian Urban Transit Association.

Distress Centre manager and coordinator for the Crisis Link program Melissa Bosman said the payphones at the TTC are meant to help people who may be at risk of committing suicide.

"We do a suicide assessment to figure out exactly what's going on, we work with them to deescalate the crisis, if it is a crisis, and then we engage in safety planning," said Bosman.

If necessary, someone from the Distress Centre will let TTC know to slow the trains in the station and in some cases send someone to the platform to help.

Since Crisis Link is an immediate response program its main focus is to help those in crisis while they're on the subway platform but should they want further assistance they are also available to help.

"We do refer people to our help lines so people can call us from the safety of their own home after they leave the subway," Bosman said. "If they want to continue the dialogue they're welcome to call us on our main number"

First-year Early Childhood Education student Chantai Orr-Campbell said she is in favor of having the PEDs installed on subway platforms not only to help others who feel the need to jump but also get rid of delay times for other passengers.

"I think it's smart," said Orr-Campbell about PED. "If it's to prevent jumpers I definitely think it's worth it."

However, others have different opinions on the matter.

Cailea Shin, 20, a second-year Multimedia Design and Development student, said she has experienced delays on the subway and wondered if someone jumped in front of the train.

"It's selfish to say, but I'd rather the money go towards expanding our subway than trying to add in a safety measure," said Shin. "I feel like if somebody is at that time in their life (of committing suicide) they're going to find another way to do it."

When the TTC will install PEDs on platforms and where the money will come from is still unknown.

Barriers will deter only impulse subway jumpers

Mahnoor Yawar
GUEST COLUMNIST



The TTC has been notoriously reticent about releasing data on suicide attempts – a blackout it introduced in the '70s to deter copycat jumpers from taking their lives. Nevertheless, we know that up until August in Toronto this year, 21 people had actively attempted suicide in the subway, eight of whom succeeded.

This month alone, three people attempted suicide by jumping in front of a TTC train within a single 16-hour period. One of these attempts resulted in a fatality.

A subsequent report by the city's public health department has urged the development of a long-proposed platform-edge barrier system that would leave the rails unexposed to people who jump, fall or are pushed in front of oncoming trains.

The cost of implementing such a system? Anywhere between \$5- and \$10-million dollars per station. This is not including the need for driverless trains, which would automatically align train doors with barrier doors at each station. The absence of drivers would greatly reduce operating costs, but try telling that to union members who will only see the potential for hundreds of jobs cut.

Although the barrier plan has been approved by the TTC in principle since 2010, the cash-strapped organization has been unable to implement any major changes due to expensive upgrades and signal replacements, as well as pre-existing capacity issues.

The major question that arises with this debate is whether the system is worth its cost. The barriers have been installed to great success in transit systems for 35 cities around the world, reducing fatality and accident numbers drastically, even in cases where they are only present at a few stations.

The Metro system in Dubai, my hometown, takes great pride in its barrier system. In a country where unbounded labour conditions are the leading cause of mental distress for many of the immigrant population, the lack of access to one such means of suicide spells a media relations success for transit authorities.

Here's what the statistics don't show – the number of laborers who end their lives by walking right into oncoming traffic on the highways instead.

Public transit is already far from the most common method of suicide in Toronto. According

to statistics, 7.7 per cent of victims between 1998 and 2011 attempted suicide by jumping or lying in front of trains or cars. Moves to upgrade entire stations may not be enough to affect overall suicide rates where people are already choosing different ways to kill themselves.

Yet psychologists believe that the mere presence of such deterrents can discourage jumpers from taking their lives. This is a fair estimate of how "impulse jumpers" – or people suffering from acute distress after a major setback – may respond to such measures. They do not plan to kill themselves – the apparent convenience of a quick death becomes their final, metaphorical push out of a crisis.

Unfortunately, chronic depression doesn't work that way. For people who live inside the cloud of their mind, there is no perspective on the matter. Most of these people make repeat attempts – whether here or elsewhere.



No one method of suicide being blocked is ever going to be a cure-all, but a combination of steps may reduce overall numbers.

That said, the Public Health report is correct in classifying suicide as "one of the most important and least talked about population health issues" in Toronto. No one method being blocked is ever going to be a cure-all for suicide, but a combination of steps may well reduce numbers. The Crisis Link system, providing hot line help phones on subway platforms, was renewed just last year, a presence that has proven to be effective in reducing numbers on its own.

When all is said and done, jumping in front of a train is a horrible way to go.

Less than two thirds of people succeed in their attempts, usually by massive trauma to the head or chest or electrocution. Survivors are normally left with permanent injuries, from organ damage to amputations, adding to whatever distress led them to jump in the first place.

TTC drivers who witness these attempts are four times as likely to suffer from extensive PTSD as the average person. Every incident takes upwards of an hour to clear, shutting down an already overburdened subway system.

The huge burden that TTC jumpers place on the infrastructure is enough reason to spend the money to prevent them from doing so. As long as we accept that it may not be enough.

Winter term starting later

Krysten McCumber

QUEEN'S PARK/CITY HALL REPORTER

There has been confusion across Humber College since students were lately told they would be given nearly an extra week of holidays before the winter semester begins in January.

Students were emailed the update mid-November after a decision was made by the school and the Registrar's Office to change the official beginning of winter semester classes from Jan. 7 to Jan. 12. The sudden change has stirred are mixed emotions in students.

"I had already booked my flight home and it is very expensive to change it only a month before," said Patricia

Corallo, a hospitality and tourism management student.

Corallo will be flying home to Venezuela during the break to see her family. Because of political events in the country, it has been difficult to see them over the past year and now she's missing out on a longer visit.

"It's a whole week I could've spent at home with my family," she said. "I just felt very disappointed that the school didn't let us know before."

Humber is insisting that this change is in the best interest of students.

Humber's vice president of student and community engagement Jason Hunter said the main focus of this decision was the students and their success rate, an area of concern for the upcoming semester.

"We want to make sure all schedules and registration are done before classes start," Hunter said.

Making sure that students had equal class time spread between lab work and lectures was another issue that was being faced if classes were to start on a Wednesday, which was the original plan.

"Sometimes these decision are administrative, and that's important, but primarily it should be about the students," Hunter said.

University of Guelph-Humber students are facing a different issue.

With their resumption of classes on January 5 as originally planned, their living arrangements on residence could have been in jeopardy.

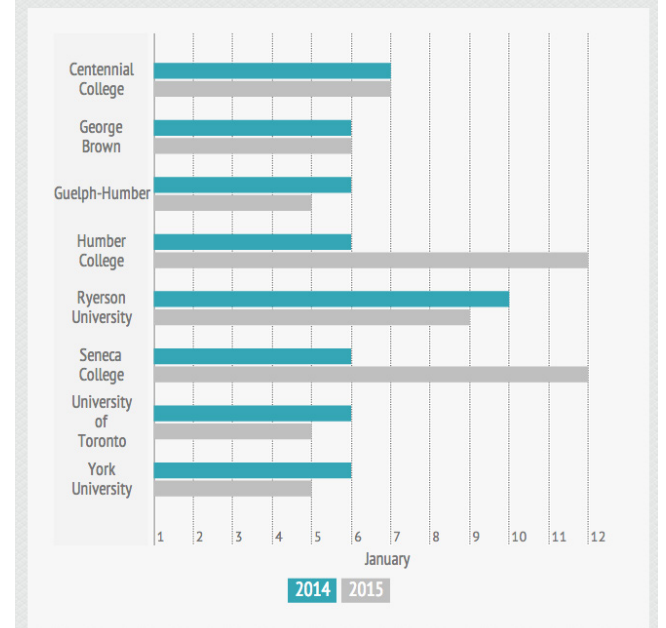
Although residence didn't have a say in the matter, they have made sure to adjust for students who need to move back in time for classes.

"Our decision was to move the official reopening date of residence to Jan. 7 [instead of Jan. 4], but make an exception for early move-ins for students at Guelph-Humber and international students," said Susan Miller, associate director of campus services.

Miller wants to assure students that even though Humber students will be moving in later, nobody is being left out of a place to stay.

For Humber students who need to move back into residence before Jan. 7, a form is available to be filled out at <http://residence.humber.ca>.

TORONTO COLLEGE/UNIVERSITY WINTER SEMESTER START DATES



KRYSTEN MCCUMBER VIA INFOGR.AM

Winter start dates for Humber and Seneca Colleges have been back by a week, throwing student holidays in disarray.

Climate change-triggered weather wreaks damage in Arboretum

Ice storms, flooding, invasive species doing significant damage to native plants, insects

Clare Jenkins

ENVIRONMENT REPORTER

Climate change is here and it's right on campus.

The Humber Arboretum is home to more than 1,700 species of plants and animals, has over six kilometres of walking trails and plays host to ecologically friendly team building exercises, wedding photography, mood walks and nature camps.

The Arboretum has seen the effects of climate change on its tree population, said Jim-

my Vincent, coordinator at the Centre for Urban Ecology in the Arb and an outdoor education instructor who plans different activities like outdoor education programs and nature camps.

"We've had a lot of trees damaged," he said. "Especially in extreme weather like last year's ice storm. That's a direct correlation with climate change. You're starting to see more natural disasters move in. It came in and took down hundreds of trees in the Arboretum."

"On top of that, the flood last summer washed out all of our trails. We see climate change having an effect on the use of the natural area."

The Centre for Urban Ecology partnered with the Association for Canadian Educational Resources (ACER) to monitor various tree species in the Arboretum and how they are being affected by climate change.

"ACER has started monitoring, called tree caching," Vincent said. "They've got trees with QR (Quick Response) codes on them. So anyone with a smartphone can scan them and learn what species the tree is, how old it is, how tall it is,

how much carbon that species is storing and how much CO2 it's taking in. It will also show you all the trees in a local area."

"We are also concerned about seedling regeneration," Vincent said. "Invasive plant species like garlic mustard have started moving into our forest."

Mustard seed has a toxin in it that affects the soil and roots of trees, which can kill them and lower the amount of seedling regeneration.

"We have been removing garlic mustard but we aren't seeing the regeneration that we'd like to see and that could definitely be climate change related," he said.

Floods and ice storms aren't the only thing effecting the tree population in the Arb. Changes in weather are causing new species of insects to migrate to Toronto from the southern parts of Ontario and beyond.

"Invasive species and insects are able to thrive in this environment because it's getting warmer and maybe if we weren't going through climate change, that wouldn't be able to happen because it wouldn't be an ideal habitat for them," Vincent said.

One of the species of insects that is particularly taking a toll on the Arboretum is the emerald ash borer, a green beetle that is native to Asia and eastern Russia. The beetle, which is particularly destructive to ash trees, arrived in North America in 2002 when it was accidentally brought over in a shipping crate.

"We have ash trees in our forest that have been killed by it but we do have a couple of trees that are being treated in hopes that it will continue on growing," Vincent said.

Katie Howard, 24, is a graduate from the Environmental Studies program at York University and has written for the environmental magazine Corporate Knights.

"Climate change is definitely having an effect on tree populations, especially in the west. Trees are dying younger and younger," Howard said. "It's sad that maple trees have started to be affected."

The Centre for Urban Ecology also has a research project



Invasive species and insects are able to thrive in this environment because it's getting warmer.

Jimmy Vincent

CENTRE FOR URBAN ECOLOGY
COORDINATOR

going on to help save the endangered butternut tree. The butternut tree has recently been affected by the butternut blight, a canker or area of dead tissue that grows on the tree. The Arboretum has a butternut on site that is in decline.

"What we're doing is grafting the butternut tree to a black walnut root stock," said Vincent. "They are similar species and the idea is the butternut trees will be more resistant. They've had great success."

Shannon MacAskill, 20, an Early Childhood Education student at Humber, said she sees the benefits of outdoor education.

"I think kids need to get outside and experience nature," said MacAskill who works at the Humber College Child Care Centre at North campus.

"I think the Arboretum is a great place to take kids to learn about plants and animals," she said. "The fact we're losing trees is really sad. They can teach us so much. They look so nice in the fall and give people so much joy. I think kids are going to miss out if we lose the trees."



NICK JEAN

Humber Arboretum has partnered with the Association for Canadian Educational Resources to "cache" and monitor Arb trees with scannable QR code tags, helping visitors identify and learn more about individual trees and their member species.

Ousted U.S. defense secretary Hagel wasn't wrong

Jeremy Appel

GUEST COLUMNIST



Chuck Hagel's reputation as a maverick seems to have been his own undoing at the Pentagon. The problem for the Obama administration is Hagel was right about things that won't be resolved with his ouster.

Hagel is a former Republican senator from Nebraska and a Vietnam veteran who challenged his party's establishment with his opposition to the 2003 Iraq War.

The decision to appoint Hagel as Secretary of Defense after Obama's re-election was fraught with obstruction from Republican colleagues in the Senate.

Hagel was hounded with accusations wbased on his past criticisms of Israeli policy, suggesting the U.S. should reach out to Israel's enemies. While Hamas, Hezbollah and Iran are enemies of Israel, that does not necessarily mean they are American adversaries, he reasoned.

This position got him into trouble with Republicans and the defense establishment, as the U.S. funds Israel with \$3 billion per year.

There is also extensive co-ordination between the two countries' defense departments.

One Republican lawmaker went so far as to claim Hagel donated to a charity called Friends of Hamas, although as The Young Turks' Cenk Uygur observed at the time, the claim was laughable.

Why would an American organization secretly funneling money to Hamas call themselves "Friends of Hamas"? And why did nobody discover this during Hagel's 12-year tenure as a senator? Uygur asked sardonically.

As the sole Republican on Obama's national security team, Hagel served as the voice of cautious restraint in a cabinet dominated by liberal interventionists. Interventionists believe the U.S. is morally obligated to use military force against human rights abusers.

There was widespread political agreement Hagel's resignation was a product and indicator of Obama's foreign policy failures, particularly his handling of the Ebola and ISIS crises. This claim is not without merit, but it ignores the constraints under which Hagel had to operate.

From a purely strategic perspective, Hagel's Department of Defense lacked the resources of previous administrations. Automatic spend-

ing cuts known as sequestration came into effect as Hagel entered the picture, so he was forced to navigate the unknown. These cuts were the result of the government shutdown provoked by the congressional GOP.

Hagel's response was to decrease the Pentagon's budget, which is not a bad idea after about a century of war.

Unfortunately, the interventionists in Obama's administration did not agree. Hagel was reported to have a particularly rocky relationship with Obama's favourite foreign policy adviser, Susan Rice.

Last year, when Bashar al-Assad was public enemy number one rather than ISIS, Obama called for airstrikes against government forces in Syria. It was reported that Obama's foreign policy team was unanimously supportive with the exception of one unnamed official. With Hagel's early retirement, I am quite convinced it was him.

Reid Cherlin of The New Republic is convinced Hagel supported strikes against Assad. Cherlin calls Hagel "a pitch-man for the proposed airstrikes in Syria." As defense secretary, it was part of Hagel's job to support his president. This does not mean he refrained from raising objections in private.

In his second year as defense secretary, Hagel began to raise his

private objections to Obama's foreign policy in public. This summer when Obama dismissed ISIS as a "JV (junior varsity) team," Hagel warned they posed a grave threat to the American and global security.

Hagel's independent streak got him in trouble at the White House.

Obama ultimately came to Hagel's position on ISIS, arguing for airstrikes to contain its advance through Iraq, but when it came to Syria, Hagel dared to question the wisdom of getting involved in an increasingly sectarian conflict.

Hagel demanded Obama clarify his position on Bashar al-Assad's ouster before dedicating the Pentagon's dwindling resources to intervention against ISIS. It does not make sense to fight Assad and ISIS at the same time, because they are already fighting each other.

He also cautioned against provoking Russia in Ukraine and arming the Egyptian military after the coup against the democratically elected government of Mohammed Morsi.

"The administration may have good reason for wanting to replace Chuck Hagel," writes New Republic editor John B. Judis, "but those stumbles can't be blamed on his tenure and cannot be righted by replacing him."

Obama cannot say he wasn't warned.

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.

Managing Editor
Nick Jean

Art Director
Jasmine Kabatay

News Editor
Nick Jean

Assistant News Editors
Alejandra Fretes
Dilara Kurtaran

Business & Technology Editor
Jordan Biordi

Opinion Editor
Mario Belan

Arts & Entertainment Editor
Tiara Samosir

Life Editor
Shoynear Morrison

Sports Editor
Abdikarim Hashi

Online Editor
Maria-Josèe Martinez

Faculty Adviser
Salem Alaton

Creative Adviser
Miguel Agawin

© 2014 All rights reserved Humber Et Cetera is a publication of the School of Media Studies & Information Technology at Humber Institute of Technology & Advanced Learning 205 Humber College Blvd., Etobicoke, ON, M9W 5L7

Newsroom:
416-675-6622 ext. 4514

Email:
etc.humber@gmail.com

Twitter:
@humberetc

Advertising:
416-675-6622 ext. 79313

Tragedy of racial divide in Ferguson

EDITORIAL from page 1

Wilson drew his gun.

He did not have to. Brown was one man, unarmed and the suspect of a non-violent crime.

There are innumerable other non-lethal options he could and may have been equipped with – a baton, pepper spray or a Tazer, for example – Wilson did not have to confront Brown on his own. He could have waited for backup, he did not have to block off traffic with his Tahoe, he did not have to pursue Brown on his own, but he did all these things and that is because police are trained to react a certain way to situations such as these.

And that is the first failure society has made for Ferguson.

The St. Louis police have been trained to treat any suspect as hostile, to treat people with suspicion and to carry an air of disrespect for all they interact with.

The public reaction, violence, arson and looting aside, is completely justified. Police across North America and the world should be paying attention and listening carefully to what is being said.

Michael Brown died far too soon. Let his death not have been in vain.

Note to white men facing discrimination: suck it up

Shoynear Morrison

LIFE EDITOR



Minorities have long faced extreme discrimination that has threatened their well-being. From slavery and the Holocaust to women being unable to work and vote, white males have been able to dictate the outcomes for minority groups since centuries. Financial success was easily equated with being of male gender and having white skin. Thus, white males have always been in a position of power due to their inherited privilege.

When white males in North America were reveling in their status and material success, minority groups were finding success in the simplicity of integrated schools and parks. But today the world has changed, with the kings of the universe now stating they are the new minority group facing discrimination. This claim has become so overly discussed that MTV will be airing a documentary entitled Whiteness. The show will focus on white males aged from 16 to 24 and whether they feel discriminated against.

I find the idea of a white male

crying about discrimination comical. Just because corporations now have equality based programs does not mean that companies are discriminating against white people. The fact that corporations created such programs in the first place exposed the need for more diverse recruiting. Just because there's some progress on overt racism doesn't mean the micro-aggression of systemic and attitudinal racism just disappears. Other than white males no longer being coveted for employment on the corporate level, it's hard to see how they can feel so strongly discriminated against.

I personally have dealt with racism and discrimination since I could remember. From having kids not wanting to hold my hand to being kicked out convenience stores, a raft of such scenarios were due to the colour of my skin. You simply remind yourself, this is the way life as a visible minority and you try to rise above the bigotry. White males do not face the fear of walking down the street, only to be shot by a person of authority to the degree that black males do. With the Treyvon Martin and Micheal Brown shooting cases, both accused men were Caucasian and both were acquitted of all charges. Does anyone think the outcome would

be the same if the accused were black men and the victims were white teenage boys? In both cases the victims were painted as the stereotypical black thug; which, regardless of being true or not, does not justify the murder of an unarmed teenager.

In many cases there are white males who feel discriminated against because of the clothes they wear, the tattoos they have or the friends they keep. They are labeled as hoodlums, freaks or misfits. Although this type of discrimination is completely unjust it can be changed by altering one's physical appearance to align with a more acceptable exterior. A visible minority cannot do that. A black person cannot change the colour of their skin to avoid racial profiling and any other forms of racial injustices.

The white male has triumphed over the world for centuries. The first persons to travel the world by sea, plane and walk on the moon were all white males. America has been a hegemonic country for decades and has only had a black president since 2009. The world has only become a safe place for diversity over the last couple of years. Therefore, for a white male to complain about discrimination is a direct insult to all minority groups who have battled and triumphed over inequity for the past centuries. From a black female to a white male who feels the woes of discrimination continuously, I can only advise them to do one thing – suck it up.

Scientist's gaudy shirt not a good battleground against sexism

Christina Romualdo
GUEST COLUMNIST



Talk about making a mountain out of a molehill.

Earlier this month, the European Space Agency made history by landing a robotic probe on a comet. Does anyone remember that? Maybe. Unfortunately, another narrative overshadowed the momentous occasion.

One of the scientists being interviewed about the celestial milestone was project scientist Matt Taylor. Dr. Taylor, an accomplished physicist who had been selected to join the Rosetta mission team in 2013, wore a shirt featuring scantily-clad Glamazons. Much to the project's detriment, social media honed in

on the gaudy item, calling it sexist and asserting that women would be discouraged from entering scientific fields because of it.

First of all, as a former science student, I can say that a shirt could not have discouraged me from committing to spend the rest of my life in a lab. Given how much effort and dedication it takes to pursue a career in science, or any career for that matter, the insinuation that one shirt can single-handedly persuade a woman to choose not to dedicate her life to a work that she loves is downright offensive.

Why was that shirt in Taylor's possession anyway? Who thought to put those images on a piece of clothing and distribute it? Did they know when they made it that it would lead to so much criticism?

Well, Taylor's shirt was given to him as a birthday gift by Elly Prizeman, a close friend who had also made the shirt. In an email to

Newsweek, Prizeman explained that the shirt had been a passion project. She had just taught herself to sew this year and had taken to making pieces for friends in her spare time. She also talked of her love of the female form and pinup prints, citing modern-day female empowerment and acceptance as reasons why she had not viewed those images as sexist.

If I had a friend who had taken the time to sew me a shirt that she felt that passionately about, I would wear it with pride.

To be fair, I completely understand why this caused such a firestorm of criticism.

Earlier this year, the STEM fields — science, technology, engineering and mathematics — had a huge conversation over whether or not women felt welcome in the industry after Gamergate publicly shamed and threatened several female

members of the gaming community. After Zoe Quinn, Anita Sarkeesian and Brianna Wu had their personal information published online and were forced to leave their homes after receiving death threats for pointing out the sexism in the video gaming field, prominent figures in the gaming industry denounced the movement and opened a conversation on cyber-harassment and harassment of women on the Internet.

Place that in the context of recent news stories such as the Jian Ghomeshi case and issues of consent, conversations surrounding rape culture on post-secondary campuses, and TIME magazine including the word "feminist" on their annual word banishment poll, and it's easy to see why such this shirt caused such an uproar.

However, one of the greatest things that I have learned in life is to pick your battles. If you fight

every one, people tend to stop listening at a certain point. You lose spirit, you lose patience, and you lose energy that could have otherwise been spent on more meaningful actions to further your cause.

We live in an age where girls are being kidnapped or threatened with death because they choose to be educated.

We live in an age where Aboriginal women are disappearing and turning up dead at alarming rates, yet the government refuses to do anything about it.

We live in an age where female broadcasters have to deal with an aggressor who yells "F--k her right in the p---y", which gets treated as another funny YouTube prank instead of sexual harassment.

All of these battles left to fight and we choose to make a fuss over a shirt? As an editor once told me, "I know you can go deeper than that."

Phones and cameras are ruining concert culture

Tiara Samosir
ARTS & ENTERTAINMENT
EDITOR



If you enjoy music and tend to be a concert junkie, you know what to expect when going to a performance — being in front of the stage, dancing and feeling the music while putting your hands in the air and singing your heart out.

But be prepared not to be able to do that any more as concert culture has changed.

Going to a concert these days, I always find the front stage filled with people with electronic gadgets such as cameras, phones, even iPads on hand. They will either take a selfie or group photos with the stage as the background. As the lights dim and the music starts, they will pull out their gadgets and begin recording the show. These images will either be uploaded to social media accounts or even go as a whole live streaming video to their website.

That's not all. There is also an entirely different crowd in the back half of the venue. These people are what I call concert hoppers. A concert hopper is someone who goes to a concert and enjoys live music. If you observe closely, you'll see these people stand apart from each other to create room for dance and movement, and they're unlikely to talk with one another once the concert starts. I usually join in this crowd.

The first time I saw all of this, I thought, "Okay, people take photos at concerts. Maybe it's their first

time or it's a special occasion. It's not a big deal." But after seeing this in every concert ever since. I realized the number of people who are doing this keeps increasing and it's really disturbing. It's one thing to go to a concert and see people recording the whole performance instead of enjoying the music. It's even worse if you can't see the performance on stage because the people in front of you decided to block off your stage view with their iPad.

Is this really the concert culture now? A show with half of the audience only familiar with a couple of hit songs, holding their gadgets up to record the whole performance to post online instead of expressing their love for the music?



But I still remember every single thing that happened that night perfectly, and I think that's the best way to capture a concert moment.

I understand that some people experience concerts differently. Some concerts might mean more to some people and they want to capture the whole moment. Nevertheless, I don't think numerous out-of-focus photos and videos of screaming crowds are worth ruining someone else's experience of the show. Everyone's experience is just as important. We have to respect the fact that there are fellow fans in the same venue with us who have come all the way to the concert looking forward to have the night of their lives.

I'm not saying that those gadgets should be banned or powered off during the show. I honestly think taking a few photos isn't that big of a deal. Recording the whole show and blocking other people's stage views, however, is not only disrespectful to the artists, it's also ultimately ruining the moment between them and the audience. We have to find a way to let everybody know that just because this kind of concert isn't a formal event doesn't mean there's no concert etiquette.

I know how it feels. I've taken photos at every concert I've been to and a few videos of my favourite songs, only to realize that I had ruined my own experience and undoubtedly that of others, too. I learned my lesson the hard way. I lost the photos and videos of the Avenged Sevenfold concert in 2008. Videos of James "The Rev" Sullivan, their former drummer who passed away in 2010, playing my favorite songs "Critical Acclaim" and "A Little Piece of Heaven" were gone just like that. Since then, I ditch my camera and phone during the concert to make sure I don't miss anything.

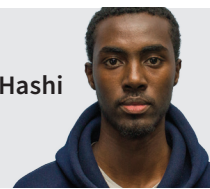
It really paid off when I went to You Me At Six concert in 2012. I was in the back half of the venue with my friends. We were singing, screaming, dancing and jumping like kids on a sugar rush for the whole two hours. We went home with sore throats and sore muscles, but that was the best concert I've ever been to.

I don't have any photo in my Instagram or video in my Vine to prove the vocalist Josh Franceschi looked and pointed at us during the song "Liquid Confident" because we were the only three who knew the lyrics to every song they were playing.

But I still remember every single thing that happened that night perfectly, and I think that's the best way to capture a concert moment.

We choose our life path

Abdikarim Hashi
SPORTS EDITOR



How much of an impact does growing up in a neighbourhood that's labeled dangerous have on you? It depends on you.

I have lived in the Jane and Finch area for much of my life - approximately 15 years - and I had no clue it had a high crime rate or even a bad reputation until midway through my high school career. Granted, that wasn't my major concern or something I even thought about as a teen. But as I got older I started to notice and realize it was often considered the worst neighborhood in all of Toronto.

But how much did this area I grew up in, and where I still live today, affect me? As a kid it didn't bother me because I didn't know anything different. What you see every day becomes the norm and anything other than that you might find strange. This is not to say my childhood was filled with violence and crimes that Jane and Finch is known for, but even with some obstacles my morals played the biggest role.

First of all, as a kid my parents and teachers told me about the basic rules of playing outside; don't talk to strangers, don't go too far from where an adult can see you, don't eat something you picked up from the ground. As a teen I was expected to stay out of major trouble. I say major because most teens get into trouble or do something they will regret in the future.

During this time, I played basketball and soccer with my friends after school and during the summer

break. We would often be back home by sunset or slightly after. I never had more than an argument or slight altercation with someone, probably because I was nice to everyone and stayed away from those that I knew would start something.

High school is usually where most people become a part of a clique or crew with whom they identify themselves. This is also where teens get introduced to drugs and other activities that could possibly shape their future. Westview Centennial Secondary School, much like Jane and Finch, has a negative reputation. Though no one has ever been shot in the school - unlike at C.W. Jefferys Collegiate - violence there is high and the school's not known for having the best education available.

During my time there students were known to have gang affiliations and represent different blocks and areas. However, once again, staying away and keeping my distance was the easiest way for me along with my friends to avoid gangs.

Another fact that can be brought up about high-risk neighborhoods is that youths are more exposed to drugs and violence. None of my friends and I knew much about drugs as kids, however during high school they were well known. But my parents expected me to stay away from marijuana (since that was the only drug popular in school) and never formally told me not to do it. This might be because Somali parenting differs from western style, but that is a whole other topic.

Jane and Finch might not be the safest area, but regardless of what stands in your way at the end of the day, you choose the path you want to take no matter where you live.

Vegetarian food vendor coming to North campus

Britnei Bilhete

LIFE REPORTER

Humber's food service sector will revive their services with new health orientated plans, programs and initiatives.

The Learning Resource Commons building, projected to be completed by 2016, creates an opportunity for an additional food vendor to be established. Paul Iskander, Director of Campus Services, said the new food station will feature an all vegetarian, or combined gluten-free menu by a third party company that has yet been determined.

"We're looking at all of them to [see] who's the best,"

Iskander said.

So far there are about 25 applicants. Factors being closely evaluated by Iskander and others include sanitation, quality, cost, variety and healthy options.

"It's also a measure of their successes. Did you do it somewhere else and can you repeat it here at Humber?"

At Humber North's Gourmet Express, vegetarian and vegan options had been added earlier this semester, and come January the student-operated outlet will also debut nutrition labelling.

Kellie Elliot, Gourmet Express' operational coordinator said they are currently

working on the program.

"It's called Computrition. We got a couple of nutrition students who are plugging in recipes into the database," she said "and then the program creates a nutritional label."

The label will be put on each product and available for customers, Elliot said.

On-the-Go products by Chartwells, the college's contracted food vendor, currently include nutrition data labels at Humber's Lakeshore campus. The initiative was introduced in September, and because it was "very successful," according to Iskander, it will be coming to North campus in the early New Year.

However, at the end of March 2015, Chartwells' contract will expire as stated by Don Henriques, manager of retail operation.

"Although the agreement expires... there has been no determination if or when the partnership will end," said Henriques.

Currently there is an audit for the food service sector at Humber that closes next month.

York Tang, general manager of Chartwells' mother company Compass, said he was unavailable to comment until further notice.



BRITNEI BILHETE

Humber student at North campus Food Emporium checks nutrition label. LRC opening next spring will add a vendor.

AUTHOR KEITH CORBIERE WINS BIG



ASHLEY JAGPAL

Short story writer and Humber College grad Keith Corbiere took top international prize at League of Innovation in the Community College Student Literary Competition, held at Humber North campus on Nov. 27. Humber is only Canadian school with membership in the League. See full story at humberetc.com

Recognition of violence against women grows but problem severe

Jessenia Feijo

LIFE REPORTER

Last Tuesday marked the onset of 16 days dedicated to putting a stop to an issue hiding in the shadows of victims.

The National Day of Remembrance and Action of Violence Against Women falls on Dec. 6.

The Centre for Human Rights, Equity & Diversity in collaboration with Humber Students' Federation (HSF) hosts a commemoration on Dec. 6 every year.

The day is marked in Canada on the anniversary of the 1989 École Polytechnique massacre, in which 14 women were singled out for their gender and murdered.

But a lone day of remembrance doesn't eliminate the fact that a woman is killed every six days by her intimate partner in Canada, said

Keetha Mercer, manager of Violence and Prevention Programs at the Canadian Women's Foundation.

The United Nations defines violence against women as "any act of gender-based violence that results in, or is likely to result in, physical, sexual or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life."

Mercer said such violence is very common in Canada.

A 2009 Statistics Canada study found that more than 473,900 women experienced sexual assault in that year alone, Mercer said.

The Foundation's research finds 67 per cent of Canadians know a woman who has experience physical or emotional abuse, she said.

The physical act of abuse is

emphasized more than mental, verbal, emotional abuse and harassment, but they are all part of the abuse, said Andrea Gunraj, communications specialist at Metropolitan Action Committee on Violence Against Women and Children.

"I believe that there is more recognition of different forms of violence as time goes on and awareness increases through the efforts of many survivors and organizations," said Gunraj.

Because domestic violence and other violence against women is common, the issue is in the media on a regular basis, she said.

"But, it should be in the media all the time with a focus on solutions and prevention," said Gunraj.

Humber is committed to ending all forms of violence, including discrimination and harassment, said Jessica Bowen, Humber's Human Rights,

Equity and Diversity advisor.

"A clear reflection of Humber's commitment is revealed in their 'zero tolerance' attitude as it pertains to any allegations of sexual harassment at Humber College," said Bowen.

"One of the roles of the Centre for Human Rights, Equity & Diversity, HR Services is to deliver preventative education throughout the academic year," she said.

Bowen said hosting an event for the National Day of Remembrance and Action on Violence Against Women with an information table and free educational resources is one way the centre is raising awareness to end violence against women and children.

Educational events are important because they help students to be aware and engaged in the issue of violence against women, said Bowen.

"Students are surrounded by survivors and so it is important to show solidarity to such an important cause. Additionally, students need to be aware of the steps they can take to prevent an incident of

sexual violence," she said.

There's more awareness about abuse, which is good, but healthy relationships, consent and prevention of violence should be a topic of learning from Junior Kindergarten to post-secondary levels, Gunraj said.

"There's still a lot to be



It should be in the media all the time with a focus on solutions and prevention.

Andrea Gunraj
COMMUNICATIONS SPECIALIST AT
METROPOLITAN ACTION COMMITTEE
ON VIOLENCE AGAINST WOMEN AND
CHILDREN

worked on," said Gunraj. There remains a need to change policies and practices in schools and work to make it easier for people to report and be safe.

Policing needs to change so people feel like they can report and get a good response,

said Gunraj.

"We need a society where 100 per cent of people who have been abused feel like they can come forward if they choose, not just 10 per cent," said Gunraj.

And for those who don't want to report in that manner, services and supports need to be well-funded so they can meet the demand and do more to help prevent and educate, she said.

"If you or someone you know is going through this and they turn to you, believe her," said Mercer.

"(It's) very important to let a women know that it is not her fault and believe her when she tells you what is happening. Violence is not an answer and women are already told so often that it is their fault and, as a friend, you should be there to let her know it's not," she said.

By focusing on continually educating the Humber community on this topic, we can work toward a future without violence against women and children, Bowen said.

Interpretive poetry performance kinetic

Poetry Project puts energy in anthology of written works on stage at Lakeshore

Phil Witmer

A&E REPORTER

Graduating Humber performance and production students put their skills to test in a series of interpretive poetry performances on Nov. 22 at Humber Studio Theatre at Lakeshore campus.

The hour-long Poetry Project, described by mentor and dramaturgist Richard Lee as “an evolving performance”, took the form of an anthology of pieces adapting contemporary Canadian poems that were published as part of the Association of Book Publishers of British Columbia’s “Poetry in Transit” series.

“We picked poems that were modern, and that had a strong theme of movement,” said Diana Belshaw, head of acting at Humber Lakeshore.

Movement and change came into play for the project, as Saturday’s performance was the last in a series of public test runs for the piece that began on Nov. 20. Lee introduced the event to the audience shortly before it started with, “what you’re going to be watching here are essentially rehearsals.”

Poetry Project itself was abstract and arty, but kinetic as well.

The performers’ wide array of talents and largely non-verbal interpretations of the selected poems allowed



PHIL WITMER

Graduating Humber performance students perform George Elliot Clarke’s poem “Translated from the Spanish” during Nov. 22 Poetry Project at Lakeshore.

the audience to come to their own conclusions.

Students Katelin Richards and Richard Mojica opened with their version of George Amabile’s *Horizon*, with the two playing childlike characters navigating the darkened stage with flashlights. The conformity saga of *Still Life* and the Greek myth-inspired dreamscape of *This Heavy*

Craft followed, bringing the dark and occasionally harrowing narratives to play.

Interconnecting the unrelated vignettes was an impressionistic version of a TTC subway line, connecting Poetry Project to the original source material of the poems and creating an overarching theme of connection in a state of flux.

Belshaw said the purpose of this project was to create a new vocabulary of creativity. It’s about new ways of telling a story, he said.

The highlight story of the night was George Elliott Clarke’s *Translated from the Spanish*. The poem was transformed into a surrealist play about a passing-glance-turned-crush-turned-

seabound-Homeric-epic. There was humour to the melodrama, but the passionate performances by the actors, involving movement and song, sold the entire affair.

After the claustrophobia of Dionne Brand’s *I Have Been Losing Roads* and strong concluding applause from the full house, each group took turns asking the audience questions on how their

work could be improved for the next performance.

The questions focused on feelings provoked by the pieces and the clarity of the symbolism used.

The performers accepted the answers they received while Mojica noted that even though this was the last public performance of Poetry Project, “the work still continues.”

Society must awake to sugar hazard: experts

Diet pop, aspartame are also problematic while understanding is key, nutritionists say

Brenden Liezert

LIFE REPORTER

As the season to be jolly rolls, you may want to watch your sweet tooth.

According to a study by the American Journal of Public Health, drinking a cup of soda once a day resulted in chromosomal changes in 5,309 people. The 250mL of soda can accelerate aging five years, according to the findings.

Our society needs to wake up when it comes to consumption of sugar, said Patty O’Reilly, a certified personal

trainer, nutrition and wellness specialist and owner/operator of Conquer the Unhealthy You, a 12-week diet and fitness program. O’Reilly has been featured on *CTV Morning Live* twice and has been working in the fitness and sports supplement industries for over 10 years.

“Less is more,” said O’Reilly.

O’Reilly is a dedicated advocate of educating society on the effects of sugar. A lot of sodas come in a “diet” variety, which may sound like a great alternative when one cup of regular Pepsi contains 120

calories and almost 30 grams, or about eight teaspoons of sugar, she said. Yet diet drinks aren’t good for health either, she noted, especially since a common replacement for caloric-dense sugar is aspartame, which has been linked to Alzheimer’s disease.

“(Too much) sugar is bad for our body, aspartame is bad for our brain,” said O’Reilly.

We have to be really specific when it comes to sugar intake, said Kyle Byron, a Toronto online training and diet coach, personal trainer and nutritionist. Byron also agrees with O’Reilly on aspartame, noting that studies have shown it leads to neurological damage.

Online clients of Byron’s

have given testimonial to their success under his tutelage on sugar. A lot of healthy foods have sugar too, Byron noted.

“It’s all about dosage. A glass of juice has 25 grams of sugar, but we would have to eat 10 cups of broccoli to get that much sugar,” he said.

Although sugar is calorically dense, at one gram of sugar providing four calories, Byron stressed that sugar isn’t the worst enemy of a calorie-counter. Fat clocks in at 9 calories per gram and alcohol is closely behind at 7 calories per gram. Unless you have a health issue related to sugar level, it usually isn’t your biggest adversary in terms of dieting, said Byron.

“

Too much sugar is bad for our body, aspartame is bad for our brain.

Patty O’Reilly
NUTRITION & WELLNESS SPECIALIST

“Try to understand sugar before you start obsessing over it,” he said.

Kimberly Viveiros, 20, first-year tourism management student at Humber College, said she doesn’t monitor her sugar intake. She lets herself indulge in sweets during

the Halloween and Christmas seasons.

“I don’t watch it. I don’t have any major health concerns circling around sugar,” said Viveiros.

In contrast, Grace Esquega, 20, second-year business marketing student, said she is careful with her sugar intake. Since a lot of what she consumes has high sugar content as is, she doesn’t add any sugar to anything, she said.

“I think adding extra sugar is unnecessary,” said Esquega.

She also indulges a bit during the Halloween and Christmas seasons, Esquega said. As she has become older, she has limited the amount of holiday treats she has during the season.

“I’m becoming more health-conscious, I have more self-control,” said Esquega.



“I just did it for fun, to be honest. It’s obviously for prostate cancer awareness but I did raise money a couple of years ago”

Melod Askari, 23, post-grad radio broadcasting



“My grandpa actually had and died of prostate cancer”

Adrian Tobin, 21, first-year sports management

MO-ING ALL OUT

Interviews by M.J. Martinez — Photos by Alejandra Fretes

With the annual charitable moustache-fest that is Movember drawing to an end, Et Cetera asked the mo’d men of Humber why they grew out their soup strainers, for charity or for fun?



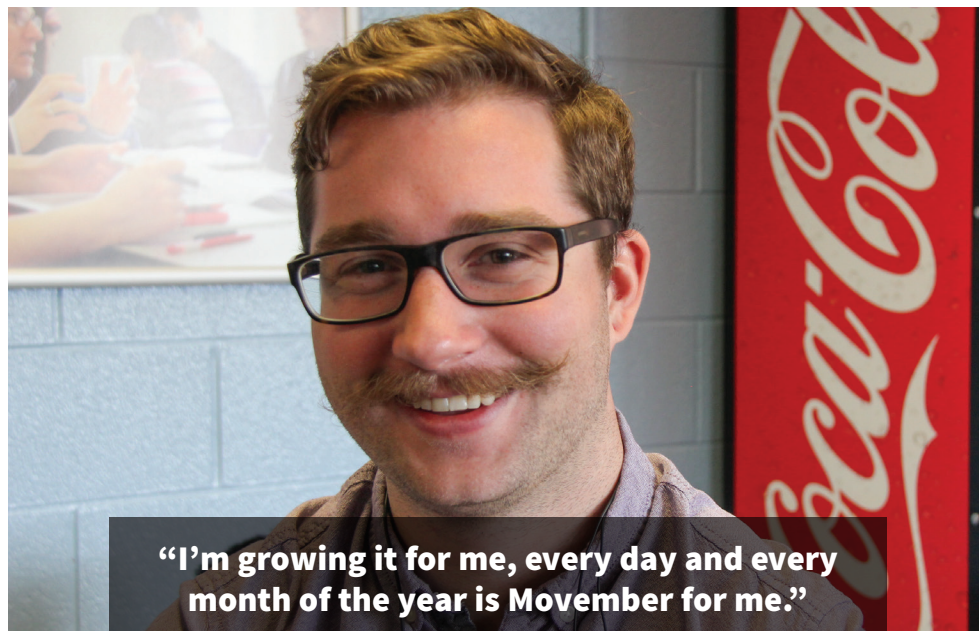
“To raise awareness for prostate cancer”

Andrew Van, 24, first-year paramedics



“Raise awareness for prostate cancer and my whole hockey team is doing it. We’re helping to raise money for that”

Gary Birley, 19, second-year fitness & health promotion



“I’m growing it for me, every day and every month of the year is Movember for me.”

Brett Walker, 24, post-grad radio broadcasting

HOROSCOPES by JORDAN BIORDI



JAN. 20 – FEB. 19
This is a confusing period for all of us. But no doubt you've noticed this. In such circumstances, some people become more rigid than ever because they resist dramatic change.



FEB. 20 – MAR. 20
There might be some tension that is building up in your life right now, take a step back and assess the situation. A short vacation might be helpful.



MAR. 21 – APR. 20
There's no point in trying to make sense of today. Much of what happens occurs on an unconscious level and defies any rational explanation, if you can bear turning off your intellect.



APR. 21 – MAY 20
Take deep breath, you're under a lot of stress right now. Things will fall into its place. Time heals everything.



MAY 21 – JUN. 20
Your thin skin feels even thinner than usual today, Capricorn. If you happen to witness a violent outburst in the street, at work, or on television, you'll suddenly become aware.



JUN. 21 – JUL. 22
Get in touch with a friend that has been trying to hang out with you, they will appreciate it. Catching up with them will bring news perspective into your life.



JUL. 23 – AUG. 22
You might want to explore new things but keep in mind that some things take time. Be a little bit more patient and the world will be yours.



AUG. 23 – SEPT. 21
Get out of your comfort zone! You've been focusing on work too much. It's time to make new friends.



SEPT. 22 – OCT. 22
What do you have to lose? The planets are shaking you in the hopes of ridding you of your old objectives to make way for new growth. You feel doubt where once there was only certainty.



OCT. 23 – NOV. 21
You may be a bit oversensitive today. It's possible that you will be irritable and conflicted as you begin to suspect that long-term projects may not be finished. The time has come to take stock.



NOV. 22 – DEC. 20
A friend or family member is slowly poisoning your relationship. A misunderstanding between the two of you will ultimately prove beneficial in the long run.



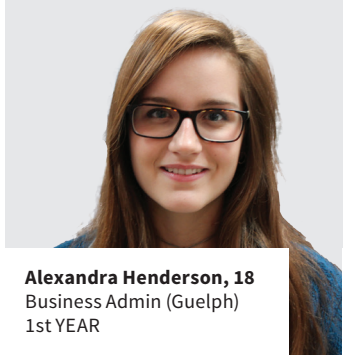
DEC. 21 – JAN. 19
A friend might come to you with a problem, instead of judging the situation try to look at it from their perspective, it will help a lot.

QUOTED: How will Humber's extended holiday break affect you?

"It's good, I'll be able to make some extra money to buy books"

"Students like long breaks so it's good"

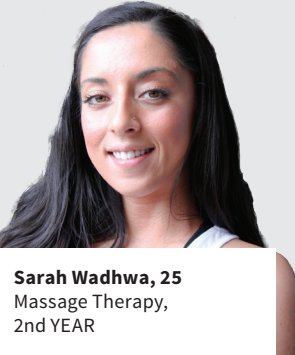
"I'm worried that the time off will do what summer does to us."



Alexandra Henderson, 18
Business Admin (Guelph)
1st YEAR



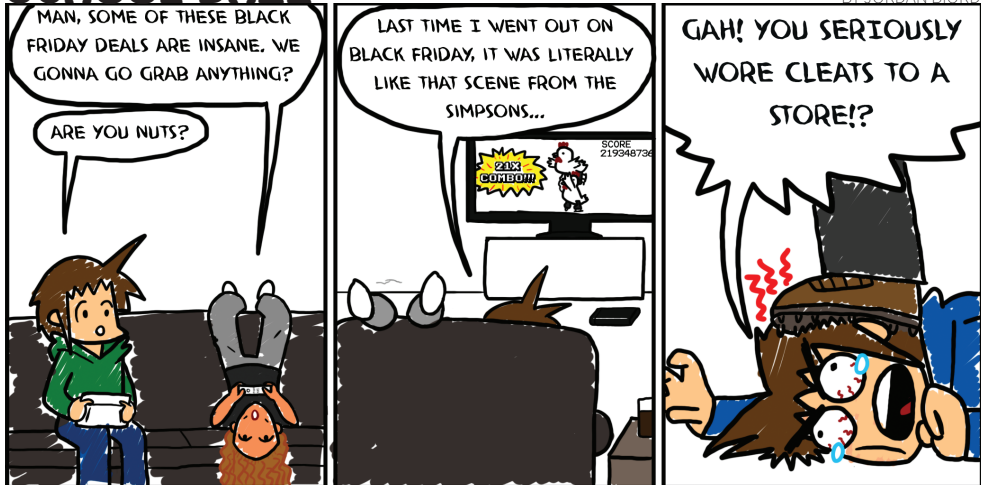
Ogen Andraus, 18
Business Management,
1st YEAR



Sarah Wadhwa, 25
Massage Therapy,
2nd YEAR

SCHOOL DAZE

BY JORDAN BIORDI



TO THE NINES



Jodian Findleter
23
Travel and Tourism
1st Year

Shirt: Le Château
Scarf: Le Château
Pants: Le Château
Boots Le Château
Rings: Aldo

Jodi draws inspiration from Rihanna, saying "I'm kind of obsessed with her but I like to do my own little twist on things. I'm not really a trend follower, I'm a trend setter."

PHOTO BY ALEJANDRA ÉRETES



ASHLEIGH DARRACH

Terrell Bramwell (centre) receives hug from newly elected OCAA president and Humber manager of athletics Jim Bialek after making OCAA varsity history with 1070th point in competition.

Bramwell breaks OCAA points record

Fifth year star on Hawks men's volleyball squad, business student reaches for history

Ashleigh Darrach
SPORTS REPORTER

History was made Thursday night when Humber's men's volleyball left side Terrell Bramwell became the all-time OCAA record holder for points.

The previous record, 1069 held by Algonquin's College

Keith Marier, was shattered last night during the third set in Humber's home match against Conestoga College.

"I've been here for a long time, and to finally accomplish this, it felt pretty special. Especially being at home," said Bramwell, business and management student.

Currently in his fifth year

with Humber, Bramwell has done nothing less than impress. He is a key player on their team, and constantly wows the fans.

It was a pass by Alex Lewicki and an outside set by Michael Macjen that gave Bramwell a total of 1070 points, to break the record.

He went up, hit the ball down, and history was made. The team joined in the middle of the court, and the crowd was roaring. The game

"I've been here for a long time and to finally accomplish this, it felt pretty special.

Terrell Bramwell

was delayed a moment, as Bramwell shook hands with his coaches, teammates and members of the athletic staff.

"It was crazy in the gym when he broke the record. Everyone cheering, he was so happy. It was really nice to see," said first-year health and fitness student, Kelsey Kovar.

After recognizing Bramwell, the game moved forward and the Hawks dominated the rest of the third set.

Humber passed well allowing them to dictate their offense in the fourth set, winning three sets to one.

"We pulled together and

worked as a team, and I'm really happy for Terrel," said John Obi, first-year Architectural technology student.

After this, Bramwell says the men will continue to work hard, and push to first finish top in their division and push hard to medal provincially and nationally. As for Bramwell himself, once his season at Humber is over, he is looking into playing professionally.

Women's v-ball still undefeated

Eighth victory arrives in Conestoga game as Hawks seek West Division lock pre-holiday

Aaron D'Andrea
SPORTS REPORTER

The Humber Hawks women's volleyball team continued its perfect season with a 3-1 win over Conestoga yesterday.

Heading into the match, Humber, the seven-time OCAA defending champions only lost one set so far, and head coach Chris Wilkins said a win would tighten the Hawks grasp on the West Division.

"It's another opportunity for us to distance ourselves from the rest of the teams in the league," Wilkins said. "Conestoga doesn't necessarily have a great record, but they're a decent team so we're certainly going to have to be ready to play," he added.

So what has been the Hawks formula for success this season?

"Our mental aspect," assistant coach Dean Wylie said.

Wylie said each women's volleyball team's attitude passes down to the next.

"This is how we're going to work, this is our work ethic and this is our intrinsic motivation," he said.

The first set was under-way in the Athletic Centre at Humber's North campus, and the well-prepared Hawks comfortably won the set 25-14. Great positioning from the Humber players in their own zone resulted in effective control of incoming shots that allowed the Hawks to set up plays, and convert.

But the Hawks played a

completely different style in the second set. Sloppy serves and returns saw Conestoga climb in the game. Although Humber began to come back, it wasn't enough as Conestoga won the set 25-23, giving Humber only its second set loss of the season.

That loss wouldn't bring the Hawks down, as they would win the third and fourth sets, and secure an eighth victory.

Game MVP Thalia Hanniman said it's important to keep the winning streak going into the Christmas break.

"I don't want to say we expect to win, but if we're playing our A game then we'll come out on top," the 21-year-old kinesiology student said.

The Hawks will be on the road to face Niagara in its last game before the holiday break on Sunday.



AARON D'ANDREA

Humber's Thalia Hanniman hits the ball into Conestoga's end during the teams last home match of the semester. Humber will face Niagara this Sunday before taking mid-season break.