



Humber professor, Nicole Chuchman, running from Toronto to Ottawa in support of colorectal cancer awareness. See the full story on page 4.



KRYSTEN MCCUMBER

A hike in TTC fares is coming to Toronto and many Humber students. See full story on page 5.

Muslims fear backlash

Tyler Bloomfield

NEWS REPORTER

Humber College's Muslim community is taking action to ensure that its members are safe following a recent incident of discrimination in which a Muslim student in a hijab was insulted and had a newspaper snatched from her hands on a Toronto subway.

"Since last week's horrific attacks in Paris, individuals around the world and Muslims specifically have been unfairly targeted," said Humber President and CEO Chris Whitaker in a statement released last week.

"I am disappointed to say that our institution has also been affected. We are aware that at least one of our students has been harassed based on their religion, and racist graffiti was also discovered on campus," he stated.

After attacks in Paris and around the world, many Muslims have been unfairly associated with Islamic extremists. Humber has not been free of such expressions of intolerance.

In a second-floor L-building bathroom of Humber's North campus, students will find this remark: *Muslim = Terrorist*. It is scratched into the toilet paper dispenser, and is a constant reminder to Muslim students of ignorance.

"There is a sense of anger that comes with (seeing that graffiti), it's such a generalized statement and such an

ignorant statement in and of itself, but you don't know who wrote it so you there's nothing you can say to that person to dispel that," said Muslim Student Association (MSA) President Taha Ali.

For Muslim students at Humber, it's a matter of personal safety. The MSA is striving to provide ways to make it easier for Muslim students to participate in the Humber community without fear.

"One of the biggest things for the safety of Muslims on campus is utilizing campus services that are already offered to them," said Ali. "The buddy system that the MSA has set up is also very important. If you look onto our Facebook page we actually allow for people to email us and let us know if they feel unsafe walking to and from campus or taking public transit so we can set them up with someone who will be going the same way," he said.

Ali is no stranger to feeling unwanted because of his religious beliefs, but it's something he says he didn't expect in Toronto.

"For a lot of Muslims like myself who are first generation Canadians, we were born and raised here and are just as Canadian as anyone around us. So to be labeled and to be isolated as different from others because of the religion we believe in, it does bring on a sense of disappointment," said Ali.

"I had a janitor tell me once that I need to go back

home. At that point I just responded with I was born in the hospital across the street, I'm as close to home as I can possibly get."

Ali said the community has grown closer since they've learned of both the attacks abroad and the harassment incident on campus. He also acknowledges the importance of non-Muslim students being supportive and considerate of Muslims.

"Muslim or not Muslim, for someone to just reach out and say 'hey, I understand what is going on with you, I feel for you, and we are there to stand in solidarity with you,' it's one of the most important things that can be done because it gives (Muslims) a sense of community and a sense of safety," said Ali.

Allies of the Muslim community have the ability to play a large role in making Muslim students feel safe and comfortable in their school. Students like Peter Lodge, a 20 year-old Travel and Tourism student, makes an effort to understand their plight and empathize with them.

"If you had to move somewhere else, you wouldn't want to be thrown around, you wouldn't want to be told go back to where you came from," said Lodge.

"They came here for a reason, in many cases they came here to get away from something they can't control."

Humber student killed in Brampton hit and run

Dump truck driver has been charged, student not named

Jeremy Appel
NEWS EDITOR

A Humber student has died after a hit and run in Brampton this week.

The 21-year-old pedestrian, whose name has not

been released, was struck by a dump truck on Kennedy Road, just north of Steeles Avenue East, around 6:30 a.m. Wednesday.

The truck's driver fled the scene of the accident, which is a Highway Traffic Act (HTA) of Ontario violation. Under the Act, drivers are required to stay at the scene of an accident and render all possible assistance.

It was the third lethal hit-and-run in the GTA this week.

In Parkdale, an 18-year-old woman was killed by a motorist around 10:30 p.m. Saturday, while Mandy Saini, 25, was died after being hit in north Scarborough just after 6 a.m. on Tuesday.

On average, six pedestrians are hit by vehicles each day in Toronto, according to

the CBC.

A 2012 report from Toronto Public Health reveals "that pedestrians account for 52 per cent of all fatalities and 11 per cent of all injuries from collisions with motor vehicles in Toronto," despite comprising a mere 7 per cent of accidents.

In the period from 2008 to 2012 examined, more than 10,000 pedestrians and 5,000

cyclists were injured or killed due to a collision with a motor vehicle in Toronto.

Sultan Singh Bhamber, 61, of Brampton was charged with one count of failing to remain at the scene of an accident causing death in relation to Wednesday's incident. He's slated to appear in a Brampton court Dec. 21.

If convicted, he risks a fine of between \$400 and \$2,000,

up to six months in jail, six demerit points, a license suspension of two years and a large increase in insurance rates.

The deceased student was completing a three-year diploma program at North campus. Anyone with further information is urged to call Peel police at 905-453-2121 x. 3710, or Crime Stoppers at 1-800-222-TIPS.

Muslim Students' Association worried about racism

Katie Pedersen
SENIOR REPORTER

A Humber College student in a hijab was reading the newspaper on a subway last week when she noticed a man watching her. She felt uncomfortable but tried to ignore it and keep reading.

Suddenly, the man walked up and grabbed the paper from her hands, shouting, "You don't get to read the newspaper if you're f—king making it."

Incidents of Muslims being verbally and physically harassed in the wake of the Nov. 13 Paris terror attacks are on the rise, and making headlines across the GTA.

The Humber victim was a member of the college's Muslim Students' Association. She reported the incident to the group's vice president Zahra Farahmand, who recounted it for *Humber Et Cetera*.

Farahmand said these incidences are all too common.



KATIE PEDERSEN

Graffiti carved into a toilet paper dispenser at Humber North campus.

"Even I have been yelled at in the street," she said. "The worry is if it becomes physical. This wasn't just shouting, he snatched the paper from her."

Farahmand filed a report about the attack on the student with the Department of Public Safety at Humber last week.

In light of the incident and a similar one involving Islamophobic graffiti on campus, Humber Pres-

ident and CEO Chris Whitaker released a statement on Friday.

"We are aware that at least one of our students has been harassed based on their religion, and racist graffiti was also discovered on campus," Whitaker said in the statement.

The post asked for victims and witnesses to report any similar confrontations and for students to support their peers.

Whitaker told Humber News on

Monday that he hopes the statement will help students feel safe and welcome on campus.

"We're all human and we're all learning. We're all aware of certain things and we're all ignorant of certain things," he said.

"As an institution of learning, our mandate is to help people with their learning and understanding. Hopefully, through education we can reduce some of the fears and ignorance that leads to some of this behaviour."

Despite this support from the top of the school hierarchy, it appears that incidents of racism or Islamophobia on campus may be going unreported.

For example, anti-Muslim graffiti carved into a toilet paper dispenser in a men's washroom at North campus has been there for over a year.

Rob Kilfoyle, Director of Public Safety and Emergency Management said he had no idea that the graffiti was even there.

"Unfortunately if it doesn't get reported in to us we don't know, but I'm going to have someone have a look at that right away."

Kilfoyle said that the Department of Public Safety can link victims up with counseling and other services. They also facilitate sanctions against perpetrators.

Farahmand said that in the subway incident, someone did intervene.

"He told the guy to calm down and sit down. She got off the train and took the next one," Farahmand said.

Whitaker said he hopes Humber students will also give assistance or call for help if they find themselves in a similar situation.

"If we show that we're all standing as one against this type of behavior, then we demonstrate that it's not acceptable and that we all want to be part of the solution," he said.

He encourages all students to report incidents of hate crimes to the Department of Public Safety.

Humphreys tells of exclusive access to Anonymous hacker during investigation

Jeremy Appel and Charlotte Morritt-Jacobs

SENIOR REPORTERS

On an otherwise regular day, Canadian journalist Adrian Humphreys came across a bombshell of a story.

"I was reading federal court decisions on a slow news day and there was a small, short decision that had a couple of red-flag words. One was (that) it was an asylum case (with) Americans and the other was a reference to a claim of torture," said the *National Post* reporter.

Humphreys came to Humber's Lakeshore campus Tuesday to tell students the story of Matt DeHart, an American hacker with the group Anonymous, who requested asylum in Canada after reportedly being tortured and accused of possessing child pornography.

Humphreys, an experienced crime reporter, navigated a labyrinth of criminal and political intrigue to produce the longest series of reports the *National Post* has ever published.

"It involved a naturally secretive world... child pornographers, Anonymous, spy agencies, the FBI and the CIA," he said.

A colleague told Humphreys that DeHart was just some crazy person and that he shouldn't waste his time, but Humphreys was ready to devote considerable effort to him. Eight months and 15,000 words later, he had his story.

Humphreys first realized he was onto something substantial when he received some FBI documents that confirmed DeHart had been interrogated.

"The F302, the file code number, (was prefixed) with the FBI's code for an espionage investigation. It didn't start with the code for child pornography or even a computer crime investigation," said Humphreys.

The next step was to interview DeHart in Toronto, where he was under house arrest and forbidden from accessing a computer. This proved somewhat challenging, as DeHart was not prepared to open

up to just any stranger.

Humphreys had "to confirm absolutely everything just to assess his credibility," even something as seemingly insignificant as what high school he went to.

"We had a nice understanding that neither of us trusted each other," he joked.

DeHart was arrested by Canadian Border Services Agency and Toronto police in April last year. He attempted suicide twice in jail.

Last week, DeHart pleaded guilty to possessing child pornography in exchange for a reduced sentence of seven-and-a-half years in prison, which Humphreys describes as a "huge incentive to plead guilty."

The reporter said that whether DeHart was indeed in possession of child pornography is immaterial.

"There's enough questions and concern about how he was investigated, what the evidence that was used against him and the timing of the prosecution to warrant (suspicion)," Humphreys said.

Throughout this whole ordeal, Humphreys took what some would regard as excessive precautions in keeping his correspondence private.

"I was afraid of my e-mail being hacked. I was afraid of being doxed or lampooned or pranked by Anonymous.... This story really pushed me into becoming aware of the need to be prepared to talk in encrypted channels with people electronically," he said.

"The text of this story must trip every single trigger of the NSA digital screen."

The five-part series is available to read online at <http://news.nationalpost.com/matt-dehart-claims-hes-wanted-for-working-with-anonymous>.



NATALIE DIXON

Bikes are frequently used by students to get to Humber College.

Cycling healthful but hazardous

Natalie Dixon
REPORTER

Thirty-year-old Hardeep Singh Pahra, a husband and father of two, was hit and killed by a vehicle on Oct. 29 as he was riding his bike.

Fifty-seven cyclists were killed in Canada in 2011, 62 in 2013, which is 2 per cent of traffic fatalities, according to Transport Canada. Of that percentage, 94 per cent of them were older than 16 and 34 per cent were in the dark hours of the day.

Pahra was biking to work around 6 a.m. when he was hit on Steeles Avenue East in Brampton. Police said they are still investigating.

According to NewYouth.ca, an online community for newcomer youth, bike laws are part of the Highway Traffic Act (HTA). The bicycle should be operated just as a vehicle would be. This means stopping at all red lights, stop signs and pedestrian crosswalks. If any of the rules are broken cyclists will be fined just like motorists.

Unlike regular cars, cyclists are not allowed to ride on the highway. By law, cyclists must have a bell or a horn, a front and back light and proper working brakes. In addition, riders under 18 must wear a helmet.

Chris Ramkissoon, a second-year

computer-engineering student at Humber College, said Toronto needs safer bike paths and well defined rules.

The biggest risk in biking to school or work is being hit by a car, he said.

Although Ramkissoon is not a cyclist, he said biking is better for the environment.

Christine Crawford, a funeral services student, said traffic should be a main concern for cyclists.

She said cyclists should wear more protective gear. Also, she said there should be more education and awareness.

Chris Glover, president of SpinsanityCycles Inc. in Bradford, Ont., said there are many benefits to cycling as a mode of transportation. They include cost savings on like fuel and parking as well as being a healthful form of physical activity.

Glover said safety is the biggest concern for him. Education is key in ensuring a safer environment for bikers and motorists.

He said bikers should be wearing a helmet and all the proper accessories – bells and reflectors among others, following and knowing all the rules.

SpinsanityCycles Inc. offers services from tune-ups to the sale of accessories and bikes. They also have programs and a group for cyclists new or experienced.



CHARLOTTE MORRITT-JACOBS

National Post journalist Adrian Humphreys speaks at Humber-Lakeshore

Truth and Reconciliation findings presented at Humber

Delia MacTaggart

NEWS REPORTER

Canada has looked into the abyss and the abyss looked back. The country is beginning to deal with and accept responsibility for the painful legacy of residential schools.

The Right Honourable Justice Murray Sinclair, chair of the Truth and Reconciliation Commission, revealed his powerful findings on Wednesday to staff and students on the Lakeshore Campus at an overflowing auditorium.

Sinclair said the 150,000 Aboriginal students put through the system suffered starvation, psychological, physical and sexual abuse, deprivation of medical care allowing the spread of influenza and tuberculosis, and some had to bury fellow students in mass unmarked graves.

"It was through education that all this damage was done. This history

needs to be part of the curriculum" at all levels, said Sinclair.

The Truth and Reconciliation Commission is the first of its kind, dedicated to finding a way to raise public consciousness and to begin healing of trauma endured by survivors.

The TRC went to over 300 communities in the span of six years to gather information about the experiences of former students. It was funded in part through the \$60-million survivors' money won in a class action lawsuit against the Canadian government. The federal government was responsible for 139 schools. The rest were provincially or church run.

Moving forward to a relationship of mutual respect between indigenous and non-indigenous Canadians will require serious changes to the education of millions, Sinclair said. He believes that in addition

to teaching about the past, Canada needs to recognize Aboriginal languages as official languages.

Quazance Boissoneau, Liaison Officer for the Aboriginal Resource Centre on both Humber campuses, highlights the role education can play in reconciliation.

"When I was in school, if it wasn't for my mom and my family being so heavily involved in teaching us our own history I wouldn't have learned anything," she said.

"So I can only imagine First Nations people who didn't get that from their family, they don't even know themselves," said Boissoneau.

"I think it should be taught from elementary school. The moment you first teach history it should be taught."

In terms of teaching indigenous languages, Boissoneau agrees with Justice Sinclair but anticipates challenge.

"The only hard part is there are



DELIA MACTAGGART

Students and members of the Humber Community gather with the Right Honourable Justice Murray Sinclair in the Lakeshore Campus Auditorium.

so many different dialects, there's so many different languages, I definitely think that's a part of reconciliation. The onus is on that region's school boards to teach their dialect.

Me and co-ordinator Grace Esquega are both Ojibway and our dialects are so different... (Humber) Elder Advisor Shelly Charles speaks different dialect."

Carding a blight on multicultural Toronto

Jeremy Appel

NEWS EDITOR

Tactics used by Toronto police lag far behind the city's rich multiculturalism, according to critics, and nowhere is this more evident than with carding – a practice community advocates say amounts to racial profiling.

That was the message Jamil Jivani of the Policing Literacy Initiative brought to Humber Lakeshore campus Wednesday for the latest installment of the President's Lecture Series.

The lecture, entitled "Bridging the Divide Between Police and the Community," fell on the one-year anniversary of the Ferguson, Mo., grand jury's decision not to charge Darren Wilson for killing Michael Brown.

"Why does a Canadian sitting in Toronto look at what's happening in Ferguson on CNN and feel like there's a connection to that?" Jivani asked.

It's because of the racial biases shared by police in both the U.S. and Canada, said Jivani. Carding is a manifestation of this systemic racism, he continued.

Jivani defines carding as when one is "stopped for no criminal investigation," but has "personal information recorded by a police officer and then entered into a database."

After studying police data obtained through a Freedom of Information request, a 2012 Toronto Star investigative report concluded that black Torontonians are four times more likely to get carded than their white counterparts.

Andray Domise, co-host of the Canadaland Commons political podcast, is a long-time Rexdale resident who's seen the effects of racial profiling on his community.

"If I am stopped and carded, then the information from that interac-

tion can find its way through some database, which then comes back to haunt me later on," Domise said. "I've spoken to people who that's actually happened to."

"It used to be that (the police) could repress you physically, but now they can repress you socially," he said.

Domise emphasized that not all Toronto cops are racist. From his experiences in Rexdale, he noticed many officers making genuine efforts to engage with the community and its leaders.

But these efforts are undermined by TAVIS (Toronto Anti-Violence Intervention Strategy) officers who are sent from outside to intensively police neighbourhoods perceived as crime ridden. They have no genuine connections, social or otherwise, with the areas they police.

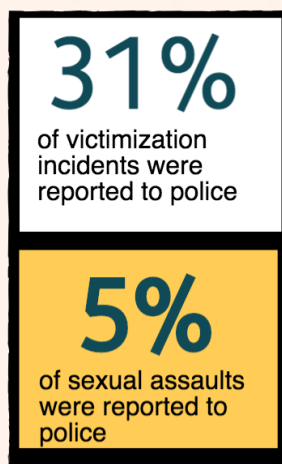
"They don't care about working with people. What they care about is getting their arrests (and) their carding information," he said.

Former Toronto mayor John Sewell also has a lot to say about carding. He founded the Toronto Police Accountability Coalition in 2000 after gaining a reputation as a passionate critic of Toronto police.

"You aren't engaging with someone who you're threatening. And that's what police are doing when they're carding," said Sewell.

"If you're constantly carded by police and treated as if you're a criminal, you're going to feel as if you don't belong in society," he said. "That's not a good thing for police to be doing to people."

The Ontario government recently announced plans to rein in carding, but under the new legislation, police are not required to provide receipts detailing their interaction, nor are they required to dismantle their database of information.



1 in 7 victims of violent crime reported experiencing long-term effects similar to PTSD



KATIE PEDERSEN

StatsCan reports a decade of decline in crime but sex assault and higher victimization for Aboriginals are issues.

Crime rates dropping, except sex assaults

Christine Tippett and Serge Halytsky

SENIOR REPORTERS

While the rate of other crimes is down, reported sexual assault has not gone down in a decade, according to a new Statistics Canada report.

One in five Canadians 15 years or older reported they had been victims of a crime in the last year, down from one in four Canadians a decade ago.

The data was collected through the General Social Survey (GSS) and was based on self-reported incidents of victimization.

The types of crime measured in the survey include violent victimization – sexual assault, robbery and physical assault – and household victimization – breaking and entering, theft of motor vehicles or parts, theft of household property and vandalism.

The measured rate of all crimes decreased over the ten-year span but sexual assault numbers remained stable, the report said.

The report also said that only five per cent of sexual assault cases were reported to police, while one-third of all other incidents of victimization were reported.

There are many different reasons why this may be a phenomenon.

Women often feel intimidated to report sexual assaults, said Janet Wilson, manager of Violence Against Women program at Family Services Toronto. She said it's difficult to go through the court process and women have to share a lot of personal information when report incidents.

"Very often the perpetrator gets off," Wilson said. "Women are often blamed for being provocative or provoking the sexual assault."

Wilson said Family Services Toronto often works with new immigrants who are even less likely to report sexual assaults.

According to the survey, there were more reports of women being victimized than men in 2014.

"This difference was mainly attributed to the relative stability in the rate of sexual assaults, an offence mostly involving female victims, along with a decrease in the rates of other violent crimes, which mostly involved male victims," the report said.

The data in the report is consistent with issues surrounding incidents of sexual assault in society, said Jen McMillen, Humber Dean of Students.

"It's certainly very challenging for any survivor of sexual assault. Women are more likely to be assaulted and it is challenging for

people to feel safe to come forward," McMillen said.

Humber has worked hard to encourage people to feel they can be supported and feel comfortable reporting, said McMillen.

"If we look at sexual assault and if we look at victims who are women versus other types of crime, the reality is that this exists within our system of patriarchy and misogyny, where is still normalization of violence against women and sexualization of women," McMillen said.

The report also stated that, despite significant differences between self-reported (survey) victimization and police-reported crime data, both show similar overall trends over the past 10 years.

Canadians who reported using drugs or binge drinking were victimized four times more than non-users. Aboriginal people had higher victimization rates than non-Aboriginal people – particularly Aboriginal women.

People who had been abused by an adult during childhood were twice as likely, and those with a mental health-related or learning disability were four times more likely to be victimized than the rest of the population surveyed.

Toronto to Ottawa for colorectal cancer Sustainability honey goes on sale

Humber prof Chuchman raising funds, awareness with second Sophie's Run

Ruth Escarlan

NEWS REPORTER

A check-up for colorectal cancer means getting an inspection below the belt, which in most cases is more than a little embarrassing for students.

Sophie's Run II is an event to promote and educate students about colorectal cancer. Sophie's Run was launched by Nicole Chuchman, a professor of Hospitality and Tourism at Humber.

She will run from Humber North campus to Ottawa on April 14, 2016.

"It's raising more awareness which is what this disease needs because my mom passed away because she ignored her symptoms," said Chuchman. "So the more education we can get out of it, the better."

To deal with the grief of her mother Sophie's death from colorectal cancer, Chuchman started running.

"I was not a runner at all, I would just run to the end of my street and walk home. But I fell in love with running, (and) before I knew it I was running 20 kilometers a day,"

said Chuchman.

Chuchman ran the first Sophie's Run in 2008 from her hometown Milton, Ont., to New York City. Hence the name Sophie's Run II for the Etobicoke-to-Ottawa run. Chuchman decided to have a second run to give students in the Tourism and Hospitality Management the experience of planning and apply what they've learned.

"We have the Event Management students doing the launch of



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Nicole Churchman

HUMBER HOSPITALITY & TOURISM PROFESSOR

the run," she said. "The Hospitality Operations Management students are planning the first day of the run along with another class who does the 5K here every April — they're making that the launch of Sophie's Run II.

"The Sport Management students are doing some sponsorship, and

my students at the degree are also doing events tied to it. So I thought it was a good learning opportunity for the students," said Chuchman.

MaryJo Sterns, the program coordinator for Tourism and Hospitality Management - Event Planning at Humber, will also be on the journey.

"I will be on the road managing everybody, but I will not actually be physically running. I'm pretty excited about it because of the initiative that's grown here at Humber," said Sterns.

Sarah Pollack, a 21-year-old second-year student in Tourism and Hospitality - Event Planning, is the chairwoman for Sophie's Run II.

"We're throwing a launch party to promote colorectal cancer, her [Chuchman's] run, awareness and to raise money," said Pollack. "We're going to be serving lots of food, doing a draw with lots of prizes, [and] we're going to have a photo booth."

The party held yesterday was seeking to raise \$5,000 for colorectal cancer awareness and research.

Anthony Destefano, a 19-year-old second-year Tourism and Hospitality student, has Churchman as a professor and helped plan the party event.

"She was amazing, she was a really good teacher," said Destefano.



MAHNOOR YAWAR

Humber is selling honey made on campus in active beehives.

Mahnoor Yawar

NEWS EDITOR

If you're behind on holiday shopping, there's a sweet option conveniently available on campus.

The Humber Arboretum's popular City Bee honey is now for sale in limited quantity at the Center for Urban Ecology at the North campus.

This is the second year City Bee is being sold on campus, after a successful first harvest last year.

"We have some hives located on the Humber Arboretum grounds and we have beekeepers who come in and maintain the hives," said Kayla Sasso, business assistant at the Center for Urban Ecology.

The hives have been active for about 5 years, said Jimmy Vincent,

co-ordinator for the Centre for Urban Ecology in the Arboretum.

Urban beekeeping is part of Humber's new sustainability push, spurred in part by higher demand for raw, flavourful honey.

"Sales have been good," said Sasso. "It's very popular. People are very excited about the honey."

Humber installed rooftop beehives at its Lakeshore and North campuses in the spring, helping bees flourish in controlled ecosystems. The center also conducted a beekeeping workshop during the summer open to people interested in starting their own hives.

A jar of City Bee honey will set you back \$15 and you can buy up to three jars in a single trip. A sell out of the harvest is anticipated.

Case study method earns top award

Sargon Jajjo

NEWS REPORTER

For this Humber College professor, building case studies has become an addition to her daily routine.

Chandra Hodgson, member of Humber's Centre for Teaching and Learning, has spent the past four years breaking barriers in introducing case studies into non-business-oriented programs across Humber.

Hodgson's development in classrooms has not gone unnoticed, recently winning the CDAG Award of Excellence in Curriculum, a recognition given annually to one professor across Ontario.

"It's a method that really made sense to me," said Hodgson. "Really engaging to students, bringing real life."

The Curriculum Developers' Affinity Group includes representation across all of Ontario's community colleges to promote best practices.

Hodgson says the case studies developed at Humber are based on real situations.

Case studies are designed to provide students real-life situations, which helps prepare them when facing pressures as they begin to work in their area of study.

Hodgson says case studies at Humber give students a problem to solve, while providing them with background information, and a decision to make.

"The real value of cases, they allow students to step into a real person's shoes," said Hodgson. "Practice making all those decisions with all the background information."

Another beneficial aspect of case studies is how safe they are for students. Hodgson says the practice of case studies protects students from financial and legal liability, despite working with real-life scenarios.

Although case studies have had a positive impact at Humber, there are still some challenges Hodgson says there needs to be more preparation involved.

The development of making study guides available for case studies is also expected to give students a further understanding, says Hodgson.

Katherine Salazar, a first-year student at Humber studying Early Childhood Education, said the award comforts her knowing Humber has some of the most recognized professors.

"I'm really proud," said Salazar.

Salazar is also in support of the movement case studies have seen at Humber, in various programs.

"It's easier to understand when it's laid out to you based on a true event," said Salazar.

Shuteng Cao, a first year student in the Supply Chain and Management program at Humber, says case studies are easier for him to understand.

Bach in Arboretum wins standing ovation

Helena Shlapak

NEWS REPORTER

For a brief moment, music melded with nature when Humber Arboretum's Centre for Urban Ecology hosted *Sustainable Sound and Space: Bach in the Arboretum* on Nov. 19.

The wind blew through the trees of the North campus Arboretum, the sun radiating through the windows of the Centre as the audience gathered in their seats, eagerly awaiting the performance to come. All around the room were antlers, rocks, slices of trees and stuffed birds, displayed to celebrate the diversity of nature.

Jimmy Vincent, the Centre's coordinator, thanked everyone for attending before introducing the star of the show, Mark Whale.

"When I think of sustainable sound, I think of sound that invites conversation," said Whale, second violin for the Etobicoke Philharmonic Orchestra and a professor in the Liberal Arts and Sciences department at Humber.

"And I don't mean conversation that is never ending, I mean conversation that is meaningful," he said.

But talk isn't necessary. Whale turned the pages of his sheet music and positioned himself to play. His eyes seared into the pages of notes as his bow slid effort-



HELENA SHLAPAK

Mark Whale, violinist, performs at Humber's North campus on Nov. 19.

lessly down the strings of the violin. The four movements of J.S. Bach's Violin Sonata No. 1 echoed off the walls and high ceilings of the Urban Ecology Centre, almost as if it were made for this one performance.

Some attendees closed their eyes, listening intently with a strange calm over each note. The light outside the Arboretum grew bright and dark, almost playing along with Whale's notes.

When the 20-minute piece was

over, Whale received a standing ovation and took a bow, later shaking hands and chatting with audience members.

"It was fantastic," said Lee Kuhnle, a fellow professor of Liberal Arts and Sciences at Humber.

"It was the highlight of my day. Mark is a fantastic performer and I would love him to do this every week," he said.

TTC fare increase for tokens, tickets arrives in 2016

Evan Presement

SENIOR REPORTER

Starting in January, nearly 30 per cent of TTC riders will be paying more after a price hike was approved Monday.

Cash fares will increase by 25 cents, and tokens by 10 cents after the Toronto Transit Commission held a meeting on Monday. The price of the monthly Metropass, as well as senior and student fares, however, will remain the same.

As with any price increase, there are going to be angry customers.

One of them is TTC riders spokesperson Jessica Bell, who said the TTC simply hasn't done enough to warrant the support of increased fares.

"Riders already pay way more than our fair share, and we're being asked to pay more for the same inadequate TTC service," Bell told Humber News.

"That's not the way to build a great public transit system. We're not getting a fair deal," She said.

According to Bell, Torontonians pay a higher percentage of transit costs than residents of any other North American city. She also says that the TTC's monthly Metropass is one of the most expensive in Canada. Fares, across the board, are among the highest in North America.

Humber Fashion Arts student, Michelle Cabral, and Project Management student, Deepak Ramachandran, agree the increase is unjustified, considering the unimproved service.

"A lot of students and people make minimum wage, so it's not really fair", said Cabral.

"Some routes have a late-night service [that comes] once in half an hour, 45 minutes," said Ramachandran.

Majoy John Tory announced that late-night and early morning services would be improved across the

TTC network by 10 minutes-or-better, but this change may not have made a significant difference for some low traffic bus routes

"The TTC is overcrowded, we feel like sardines. Streetcars and buses don't run as often as they should and the service is becoming increasingly unreliable," Bell said.

"The system is falling apart under record ridership levels."

The solution to better service, Bell said, is to receive the proper funding from the federal, provincial and municipal levels of government to "simply maintain a state of good repair and keep things running as they should."

Transit blogger Steve Munro took a more sympathetic approach to the TTC. "Well, basically, they need more money," he said in an interview with Humber News reporter Ashly July.

"The TTC doesn't run for free and they started out in about a

\$95-million hole," he said, adding that the transit service still needs around \$41-million from the city in additional subsidy.

Nonetheless, Bell notes that there are already problems with rider costs, even before the impending price hike.

"A lot of people, including myself, don't buy [the Metropass] because you have to take so many trips just to make it worth your while," she said.

An article published by the Toronto Star on Monday notes that TTC fares have increased by 42 per cent over the last decade, but according to Bell, that hasn't helped to improve service.

"When you look at the subsidy per ride we received under Mayor [David] Miller, we're actually receiving less per ride than we did five years ago," she said. "In terms of absolute numbers, the quality of the TTC has gone down in the past five years."

According to the Star, about half of all riders use a pass, while 27 per cent use tokens while just 10 per cent pay with cash.

With the fare increase, riders are expecting an increase to the customer service including regular bus and train arrivals, improved late night services, and reduced delays between driver exchanges.

"They should be here faster and more often," said Humber Videography student Ryan McDougall.

Only some users, who regularly buy passes for the month, will not have to prepare for a tighter pocket yet as the TTC board announced a cost freeze for the monthly pass.

"The Metropass is frozen for everybody as is the ticket and cash fares for students and seniors. A really large chunk of riders are getting a fare freeze," he said, noting that over 70 per cent of riders will not be affected.

Hasbro struggling to keep Magic alive

Wizardry role-playing card game has lower earnings despite fans for alternative to digital

Corey Martinez

BIZ/TECH REPORTER

The role-playing game Magic the Gathering may need some wizardry of its own to survive.

After 22 years, Hasbro said the magic is wearing off after they reported a third quarter drop of eight per cent as the popular card game's revenue went to \$363.5 million in the third quarter of this year from \$395.2 million in the same quarter last year.

Earning declines for Magic hurt overall revenue in Hasbro's Games department, which includes Magic and Monopoly, said Hasbro in its quarterly report.

The loss in revenue can be partially attributed to the strong U.S. dollar, though other toy companies, such as Mattel Inc. are also facing losses in revenue as children are opting for gadgets and tablets.

In the nine months this year, revenues in the Games Division dropped four per cent to \$810.7 million from \$841.4 million in the first nine months in 2014.

While Hasbro is bemoaning the results in the real financial world, collectors and players delve in the role-playing world and live in the collectibles market. Not unlike the stock markets, the value of individual cards can range from pennies to thousands of dollars.

"It really comes down to, are you keeping it fresh for your clients and are you relevant within their game," said Jordan Van Hezewek, 23, an employee at A and C Games on Spadina Avenue in Toronto.

"With Magic, when you cycle

cards out, you push them into other bigger formats," he said. "You'll still be able to use them and play competitively. If you can't, your monetary value goes down."

Magic keeps a list of those who play the game competitively for cash prizes and bragging rights.

German Magic player Bud Kai holds the number one spot with a collective earning of \$378,220.



ANDRE ENGELS

A group plays a game of Magic the Gathering.

Cards like Black Lotus can sell for up to \$27,000 on eBay, while the Power Nine set can cost a couple of thousand.

Other cards such as foils, full card art and planes walkers range from \$5 to a couple hundred.

"I could quit Magic 10 years ago and come back today and say that my card still has some value," said Jordan. "Maybe not as much as before, maybe five times as much."

As gamers move towards digital formats, Magic breaks the mold and remains more popular in its physical form.

"They're behind on their online

stuff. They don't offer any extras and it's not easy to learn like (online game by competitor Blizzard) Hearthstone," said Blair Nokes, 26, a Humber pre-firefighting service student.

"They can get there though, they just need to restructure" their online games, he said.

When a game has a community as large as Magic, it's hard to base its total value on industry numbers alone.

"I don't think it's better than video games. It's different. It's getting rare to play a game with your friend that lets you interact with them," said Nikolas Kneeshaw, 27, a business administration graduate.

"They offer a different niche of entertainment than video games," he said in a Facebook message. "It's getting more and more rare to have a game you can play with your friend that lets you customize and interact with them."

As long as people use their imagination, only time can tell if Magic will run out of Mana.

Toronto ranked best economy for young people by Citi Foundation

Christina McAllister

SENIOR REPORTER

Toronto is the number one economy for young people, according to a study published by Citi Foundation.

The study surveyed 35 international cities and ranked them in terms of young people's economic prospects, government support and entrepreneurship. Toronto came out on top.

Citi Foundation, a New York-based financial institution, commissioned the report entitled Accelerating Pathways, led by their Economist Intelligence Unit.

The study found, out of 35 cities, Toronto ranked highest in most of the categories including ease of opening a business and young people's economic prospects.

Twenty-seven-year-old entrepreneur and former CMO of ContactMonkey, Alex Smith, said his first step toward a successful career was moving to Toronto.

"Nothing beats the opportunity to meet with targeted people quickly. By targeted people, I'm referring to mentors, partners, consultants, advisers, investors, and possibly even customers. Toronto is great for that," said Smith. "The downtown core is so dense with professionals that it becomes much easier to get a piece of someone's day."

According to Citi Foundation, young people are increasingly mobile and relocate to cities based on economic opportunities.

Smith also said while Toronto's professional community is large, it is very close-knit.

"It's very probable that you will be able to find someone that needs your particular skill-set or vision and vice-versa," he said.

"So many young professionals

just like me are looking to bring value to the world and they are not waiting for someone else to do it for them. They are going and producing it themselves, and quickly. It's amazing to be part of a culture of young people that are not at all satisfied by the status quo," said Smith.

The purpose of the study was to spark a conversation "among business and municipal leaders about what works, what doesn't and what can be done differently to leverage the power of youth in cities," said the report.

Humber College career resource developer Allison Scully said she agrees Toronto is the best in terms of youth employability.

Scully attributes youth employability to the programs available to post-secondary students.

"There is a big push for companies to work with post-secondary schools ... There is a big push for partnerships, companies are working directly with institutions to partner up and build that relationship to get youth [hired]," she said.

Scully also said Toronto is a great environment for young people looking for success because there are a lot of investors and opportunities available.

"Youth are kind of seen as having innovation and having the computer skills, they have fresh blood to come in and help a company get in line with the technological side of things," she said.

Scully also said companies want to hire diverse employees and it doesn't get much more diverse than Toronto.

Although Scully agrees the top spot belongs to Toronto, she remarked youth are still being underpaid for entry-level jobs.

Get wild in the Arboretum

Svetlana Soloveva

LIFE REPORTER

Deer, squirrels and owls are the top winter animals on the grounds of Humber North campus, and now is a good time to watch them changing their habits, Arboretum coordinator Jimmy Vincent says.

“The whitetail deer and grey squirrel are the most active animals in the Arboretum in the winter time. And we have five species of the owls,” he said.

Vincent saw whitetail deer many times, but he still gets excited meeting them. The chances to see the animals increase now because there are fewer leaves and deer are actively looking for their mates. They scrape barks of trees



SVETLANA SOLOVEVA

Jimmy Vincent at Humber Arboretum

with their antlers and pee on different spots to mark their area.

“They are making spots super smelly. That says ‘this is my area, and if you are coming to this area there’s going to be a fight,’” explained Vincent.

In the meantime, grey squirrels are busy collecting nuts.

“If you go into the forest, you see that the real good nuts are pretty

much gone now. Beech nuts they [squirrels] eat pretty quickly. They hide their food in a whole bunch of different areas in their food caches,” said the coordinator.

Besides storing food, the animals are building their winter nests. Some of the squirrels prefer to have a hole inside the tree, but most of them make dreys, nests made of twigs and small

branches, which are much bigger.

“They [squirrels] build dreys in the summer as well, but those are really light dreys, like tents. The drey they build in the winter time is like a large cabin - a lot bigger and thicker. It can’t be blown out of the tree,” Vincent said.

Winter is a great time to watch birds, such as chickadees, white- and red-breasted nuthatches, downy, hairy and pileated woodpeckers. Chickadee feeding is a part of the Arboretum program.

Vincent said they will start to promote snowshoeing soon, which is also a good way to watch birds.

The Arboretum has five species of owls including the third smallest owl in North America, the Northern saw-whet owl.

Last year, the Arboretum was famous for its long-eared owl.

“We had an owl roosting right outside of our door, and we could actually see the owl from behind the glass, which is kind of cool because it wasn’t disturbing the owl. At the same time the kids had a really good

view of it,” Vincent said.

The other three species of owls in the arboretum are the Eastern screech, the great horned and the barred owl.

Surprisingly, all Arboretum interpreters have their nature names.

“My nature name is Beaver,” said Vincent. “Kayla is Goose. Taurean is Grizzly.”

Taurean Linton, a public relations and event manager, said he asked kids to help him choose his nature name during one of excursions.

“They said I look like a grizzly,” said Linton.

His favourite animal in the Arboretum is the red-tailed hawk because it is a very smart bird. But the grizzly remains number one.

Business assistant Kayla Sasso likes the whitetail deer for its ability to surprise.

“I don’t see them often. They are very big animals, and they are sneaky and quiet, so you never see them right away. You have to pay attention and search for them,” Sasso said.

Entrepreneurs learn to pitch themselves

Humber Launch holds weekly workshops for self-starters seeking traction in business

Sukh Toor

LIFE REPORTER

Photographer Katie Fife wants to portray herself as a professional entrepreneur.

So does Carla Evans, 31, graduate of the digital photography program at George Brown College, who also owns a photo studio.

To do that, they attended Humber Launch’s Entrepreneurship 101 to build a better image of their businesses.

Humber Launch hosted its weekly workshop led by entrepreneur expert Kevin Smith at North campus on Nov. 4.

The focus of the workshop was the concept of value proposition, which is the method entrepreneurs use to pitch their product or skill.

Smith is the owner of My Story Architect, which is where he applies his experience in value propositioning. When working with clients or speaking with workshop participants Smith at all times asks, “what is it that your customer is lacking?”

As an entrepreneur, always clearly state what makes the product or skill different and better, said Smith. “This was the best week,” said

Fife, 27 and a graduate of York University’s Fine Arts program. The workshops earlier in the semester were introductory classes. “The other classes were too focused on product... I am selling a skill.”

Fife has committed to the full program after experiencing last week’s workshop.

The value proposition workshop is applicable to her business, said Evans. Similar to Fife, she found the earlier weeks weren’t as helpful for Evans’ photography business.

“Friends and family are a great

method to spread the word for business,” she said. But entrepreneurship skills will brighten up the Carla J. Evans Photography image. She specializes in fashion, wedding and portrait photography.

Bram Cherun, the program assistant for Humber Launch who help coordinate the weekly workshops, said the program serves as an introduction to step into the entrepreneurship field.

“The workshops will get more concept-focused as the program progresses,” he said.

Film targets trans misunderstanding

Sukh Toor

LIFE REPORTER

Maybe it wasn’t intentional, but Reagan McSwain paved some new roads at Humber College.

Humber journalism student McSwain felt flustered that school paperwork only listed male or female checkmark boxes, forms that divided the world into two.

In reaction he said he listed every possible gender identity when dealing with paperwork to make a point.

Once at the school Registrar’s office, the woman handling his paperwork said she’d worked with his kind of situation. McSwain was baffled by the lack of education and sensitivity from someone sitting at the front of the school entrance.

His experiences were shared during a discussion that took place after the screening of *Pay It No Mind: Marsha P. Johnson*, part of Humber’s Transgender Day of Remembrance on Nov. 20.

As with McSwain’s experi-

ence, the talk indicated that Humber still has improvements to make.

Johnson went down in history as a pioneer in gay activism and as a proud drag queen in the 1940s to 1990s. Her allure and generosity received enough recognition for her to become the muse of artist Andy Warhol.

But to many in the LGBTQ+ community she is much more than a famous portrait of chicken noodle soup.

Natalie Elisha, the program coordinator for the LGBTQ+ Resource Centre, said she plans to have more discussion groups similar to the one at last week’s Transgender Day of Remembrance, despite only 10 people showing up.

A New York City civil rights incident in 1969 known as the Stonewall riots outlined the era in which Johnson strutted her liberty. A film based on the Stonewall riots, released this year, focused on a gay male teenager and is similar to the Johnson film. Elisha said she watched it and found it empowering.

But watching Johnson’s film was a different experience, she said. It made a statement that there are different faces and a whole spectrum to the LGBTQ+ community.

Kenny Dawkins, a Humber Lakeshore Police Foundations student, hosted the discussion after the film. All the hate and misunderstanding towards the LGBTQ+ community stems from people not being educated properly, he said.

Charlie Crawford attended the event and has been part of the community for over four years now. Crawford prefers the pronoun “they”. This community is a part of their identity, said Crawford.

“It can be really hard outside of spaces like this,” Crawford said.

This new centre has helped Crawford find a space where they don’t feel the need to worry about masking their identity.

Thomas Silcox-Childs is Humber co-chair of gender and sexuality diversity community. This program was able to provide the space for

the LGBTQ+ Resource Centre, which opened on Oct. 29. There were “literally students waiting for it to open,” said Silcox-Childs.

Maureen Carnegie, also a co-chair, said that there is still a long way to go when it comes to the LGBTQ+ community.

During the discussion Carnegie proposed that everyone pitch ideas on how to improve paperwork processes to avoid awkward situations like that McSwain experienced.

The Transgender Day of Remembrance is for anyone oppressed, said Silcox-Childs, while spaces such as the LGBTQ+ Resource Centre provides a safe place to convene for students from that community.

The hours for the center are currently noon to 3 p.m., but Elisha hopes to have the hours extended in the near future.

Silcox-Childs and Elisha encourage everyone to visit the new LGBTQ+ space.

“Come with an open heart and a good intention,” said Silcox-Childs.

PHOTO (R) TAMARA SHADE



HOROSCOPES



JAN. 20 - FEB. 19
Someone you meet this week will be helpful in so many ways for you. Use them for support, company and pleasure.



FEB. 20 - MAR. 20
There's an opportunity waiting and it's up to you to grasp the chance before it's too late. Don't second-guess your instincts this week.



MAR. 21 - APR. 20
You've had the busiest time pleasing everyone else. Make a list of your favourite activities and make sure to do them this weekend.



APR. 21 - MAY 20
Think about the things that motivate you. Once you know, you'll finally begin to gain control of your life. It's yours; don't share that power.



MAY 21 - JUN. 20
Your feelings are never wrong, even if they don't seem logical yet. Once you're free, you'll see what you've been blinded by the whole time.



JUN. 21 - JUL. 22
Instead of diving into something without thinking, analyze your options first. Weigh out both sides so you can make a rational decision.



JUL. 23 - AUG. 22
This weekend is all about romance and passion so spend a night with your sweetheart. Relive those happy moments that made you fall in love in the first place.



AUG. 23 - SEPT. 21
You love control in all its forms. Tonight, let someone else make the first move and give yourself a break.



SEPT. 22 - OCT. 22
Do you have a strong emotional connection in your life? If not, think about whom you are willing to let in.



OCT. 23 - NOV. 21
Stay out of someone else's love life. Though your judgment is correct, they don't see it yet. They will soon but you have to be patient.



NOV. 22 - DEC. 20
Get into crafts this week to let loose and enjoy the arts. Talent doesn't come into play; it's about letting yourself go completely.

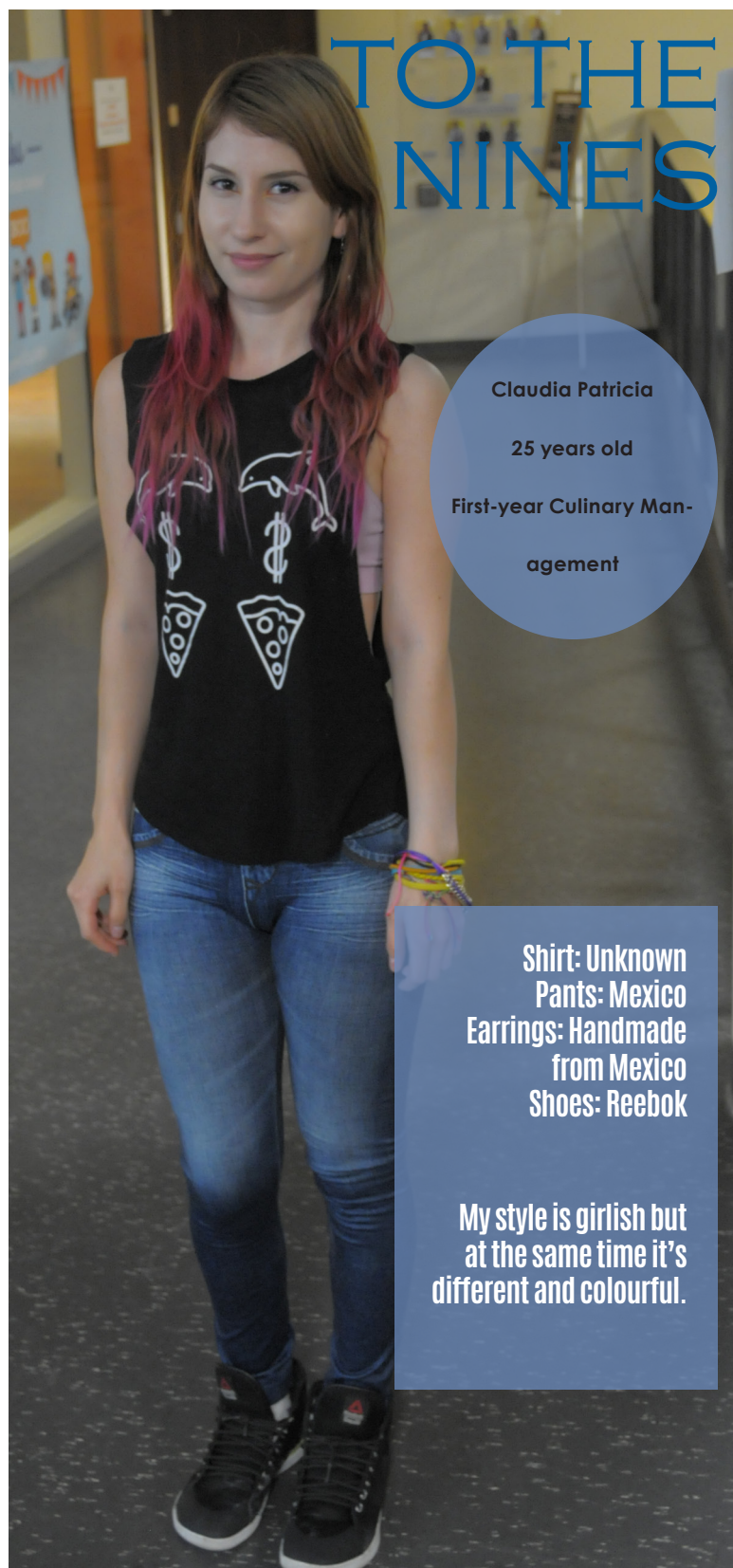


DEC. 21 - JAN. 19
Pleasing everyone else only makes yourself more miserable. Seek out some personal time where you can spoil yourself. It's a high priority this week.



JACOB WILSON-HAJDU

A professional ice craver was at North campus on Thursday, 26 November to create this ice sculpture for a Humber promotional video.



Claudia Patricia
25 years old
First-year Culinary Management

Shirt: Unknown
Pants: Mexico
Earrings: Handmade from Mexico
Shoes: Reebok

My style is girlish but at the same time it's different and colourful.

QUOTED

What is your understanding of Islam?

I'm Islam and what you see in the media is not always true. We're about peace and we truly love people. We follow our religion to the best of our ability.



Rehnuma Shaikh
ARTS AND SCIENCE, 1ST YEAR

I was raised Christian so I don't know much about other religions. I respect people who are Islamic and I don't think they are any different than anyone else.



Heather Rusk
ANIMATION ARTS, 1ST YEAR

Islam is a religion that's a guidance for all of us to live a certain way. It's a culture of peace.



Asseel Sidique, 19
GAME PROGRAMMING, 2ND YEAR

We must not succumb to irrational fear

HUMBER
Et Cetera

There is some tension in the air regarding the Muslim world when there probably should not be.

We encourage the Humber community to not be afraid. It is that simple.

Fear makes people do things they wouldn't normally do and limits logical human expression.

In the wake of the Paris attacks of Nov. 13, our school has seen racist graffiti appear and a female Muslim student harassed. This type of behavior cannot be tolerated at Humber College, a school that is proudly inclusive and tolerant of different ideas and worldviews.

If you reduce somebody to a state of being responsible for the actions of a large group of people they are trapped. In an intolerant society this person has nothing to do because all of their actions become representations of a large racist picture and not of their own behaviors as a person. At that point even if they decided to be a hero and become apologetic for the actions of their entire race you would be reducing that person to a state of ultimate submission and enslavement to their own identity.

So what is the problem? Are we afraid of religion? Of terrorism? Of

the Middle East?

The answer to these questions is often 'yes'. We may be afraid but we should not let this fear consume our minds and turn us into a paranoid embodiment of racism and anger.

The truth comes in the simple realization that we are all human and it is inaccurate and unfair to label entire groups of people with one idea or event.

The Paris attacks revealed to people that the threat of ISIS is broader than assumed and that there should be preparations made to prevent these sorts of attacks from happening more.

This preparation should be done by people who have the skills to remain calm when risks present themselves and not by the average person whose only idea is to feel afraid and on guard when a Muslim walks on to a subway.

This sort of behavior does nothing but drive Canadian society apart and makes people trust each other less and blame somebody else for their fear.

We encounter scary things on a daily basis and we deal with them casually when we find it inside ourselves to realize we can manage our fear of ordinary events like car acci-

dents and illness.

This is not exactly the hardest thing to do. We grow up because we learn to accept the things that scare us and become stronger.

Does it help to suggest that the current events in global politics could be a test of humanity's resolve to remain calm and tolerant in the face of a growing threat? You may ask, who would test us? But that question is irrelevant. Tests appear to people all the time and we conquer them without asking "Who are you to test me?"

This is the same. If we are being tested to keep to our democratic principles and acceptance of diversity at a time of strain, we must succeed. For the success of humanity as a whole and for the success of our home country and our communities, irrational fear and intolerance must be conquered.

It's important because the fear that we feel is contagious. When we present our fears to each other and try to conquer them "through fear" we are misled and exacerbate the problem.

The solution must be found from a place of calmness and resolve. Without this starting ground, all of our plans to solve this refugee crisis

and the resulting stigma that attacks the Muslim world, even as represented among our fellow citizens and neighbours, will be doomed to failure.

There are many ways to find calmness, but the easiest way is to remember the things we have been taught from an early age, the things that we enshrine and fight to protect.

We were taught from an early age in the modern school system that we should not bully each other.

It is obvious that some people did not internalize this lesson.

We want these people to wake up and realize their behaviors of judgment and fear are counterproductive to the goals of stability and peace.

This is not just morally wrong, but it is also incredibly unfair and if you display these types of behaviors they will inevitably turn around and attack you for your identity in the future.

Be smart. If not for the sake of your country or community or family, then for the sake of yourself and your own self-interest to live in an accepting and non-racist society, please observe careful consideration of all forms of human identity.

Don't push your body past its limits for 'beauty'



Haley Falco
ART DIRECTOR

Looking through magazines and seeing tall, abnormally slim, long-haired Photoshopped women on every page can cause intense emotional damage.

The media's role in modern society is to inform, persuade and entertain us. The message media presents us also conveys unrealistic expectations that the thinner you are, the more attractive, desirable and loved you will be. Through these toxic images, the media portrays that in order to live a happy, fulfilled life, you must be slimmer and more beautiful than you already are. This leads to an impractical expectation for many women to change the shape of their natural figure.

Many young girls play with Barbie dolls -- gorgeous hair, skin and ultra-slim body -- an image that is extremely unrealistic. These dolls

provide girls with an impossible body shape expectation they will aspire to yet never achieve, because the Barbie doll's actual body measurements are virtually not possible in nature.

Celebrities such as Jessica Alba, Victoria Beckham and Mary-Kate Olsen admitted to having an obsession with disordered eating, with each of them experiencing anorexia. The media portrays the "perfect body" as being unusually thin and undernourished.

Style icons promoted in the media are getting thinner, causing an unhealthy image for young women who look up to the celebrity lifestyle.

But there are more types of eating disorders than the typical anorexic or bulimic behaviours that the media commonly covers. In fact, there are four different types including anorexia, bulimia, binge eating disorder and ED NOS (Eating Disorder not otherwise specified).

Anorexia is an eating disorder in which one is underweight, living in fear of gaining weight, and most importantly obsessively restricting food intake. Both anorexia and bulimia are dangerous, as bulimia is characterized by episodes of binge eating, followed by vomiting and/or laxative use to avoid weight gain in any form. Binge eaters constantly overeat in an uncontrollable manner. The less discussed but extremely common ED NOS describes when someone doesn't specifically fit into just one category as previously dis-

cussed. ED NOS is where I fit in.

I, as well as many other women, have experienced obsessively controlled eating behaviours. For example, I was on a strict vegan diet, and felt extreme guilt whenever I made a mistake. I felt that I never fit into a specific category, but rather experienced all disordered types in my own way.

I now know that eating healthy 80 per cent of the time is the healthiest way to live and punishing yourself for falling off track sometimes is unfair and unhealthy.

There is no single reason for body dissatisfaction, but research shows that the media does indeed contribute to disordered eating- especially for young women.

We blame the media for glorifying thinness, causing disordered eating and body dissatisfaction- this seems to be a reasonable accusation. However, our environment provides us with heavily processed foods high in fat and sodium, which is causing people to gain excess weight. When anxiety rises from weight gain, people normally turn to dieting, which is their biggest mistake. Dieting commonly triggers binge eating and many times this is the start of a disturbed relationship with food.

Dieting studies show that twice as many people diet as need to, meaning that half are not even overweight to begin with. Eating disorders aren't necessarily just about becoming slim and shedding extra pounds; it's a mindset that is unbelievably diffi-

cult to reverse. There's no number on the scale that will suffice.

Women feel pressure from all areas of their life, including their peers, boyfriends and girlfriends, family and clothing stores.

How can someone build confidence when they're surrounded with influential forces saying they will never be good enough?

Society is aware now more than ever before about eating disorders, which is why there are more services available. It's a sickness that takes complete control over the mind and what is considered "too much food" or "too many calories" becomes unhealthily obsessive.

Not all media output and advertising campaigns convey toxic messages. Dove Beauty is an example of a brand promoting acceptance of beauty in all its forms.

This company strives to change the way society looks at perfection. More examples of this are needed.

Every person is born beautiful, whether you're naturally curvy, petite-framed, or the shortest in your class, and it's up to society to take a step back and evaluate the messages from the media.

Real beauty comes from within, and a number on the scale shouldn't define you.

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

Executive Editor
Jennifer Berry

Managing Editors
Shaun Fitl
Krysten McCumber

Art Director
Haley Falco

News Editors
Jeremy Appel
Mahnoor Yawar

Business & Technology Editor
Jelani Grant

Opinion Editor
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Creative Adviser
Marlee Greig

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

Newsroom:
416-675-6622 ext. 4514

Email:
etc.humber@gmail.com

Twitter:
@humberetc

Dichotomy of Muslim identity is a false representation



Mahnoor Yawar
NEWS EDITOR

Here's a Muslim story for you: I'm so tired of hearing people talk about "Muslim stories."

The media cycle itself has recently been overrun with binary narratives about the danger of some Muslims and the need for tolerance with others.

On the one hand, we must be terrified of the extremes that militant Islamists can go to.

On the other, we must be accepting and tolerant of those who live among us, or come here seeking refuge.

There's no explanation of how to tell them apart, or even what they believe, so the resulting confusion seems objectively sensible.

Reducing Muslim narratives to convenient news packages may serve the cycle well, but latent hatred never

fades. Language matters. The chronic other-ization of an entire visible minority implicates it by proxy. It spawns a culture of blame and suspicion even as it aims to dispel the very stereotypes it perpetuates.

Hate can adapt to anything. Hints suffice in awakening an otherwise latent phobia, regardless of whom it's directed at.

When you automatically classify an entire group as other, no matter how well-meaning you are, you feed a false dichotomy that lends credence to their alienation.

"They" will always be capable of horrendous acts, because no one knows exactly who "they" are. As long as it's not 'us,' whoever that is.

To allies who show solidarity,

please don't expect our congratulations. Bragging about how much more progressive you are than your racist relatives isn't going to endear you to us any more.

Telling us #IllRideWithYou isn't going to make us tear up with gratitude. Your being a decent human being is for your conscience, not our benefit.

Why shouldn't a hijab-clad woman be entitled to safety, and the right to navigate public spaces freely?

Why does she need another person to validate and defend her existence?

Do we ask the same of people who choose any other form of personal expression? Do we tell them to "buddy up" in order to feel safe in broad daylight?

To those who ask, it isn't my job to stand up for all Muslims everywhere, or apologize for their wrongdoings.

Just as it is not my job to stand up for my skin colour, my gender, my homeland or my sexuality on principle. I can only stand up for myself, and explain my actions.

My body is my only home, and it takes up space just as much as yours does. The labels that identify it do not enlist me in a mandatory political discussion.

And if there's one thing I'm certain of, it's that

I haven't earned the right to being diminished as a story told by anyone else. No matter how well intentioned the agenda behind it.

Why is nationality so important to us?



Ali Amad
ARTS & ENTERTAINMENT EDITOR



FLICKR COMMONS: SES7

On November 13, in Paris, France, 130 people were killed and hundreds more injured in a series of brutal coordinated attacks that shocked the world. The militant Islamic State, also known as ISIS, claimed responsibility for these violent acts.

"Faced with terror, France must be strong, she must be great," said French President François Hollande in a speech soon after the attacks. Hollande spoke proudly of his nation's ability to defend itself and defeat the terrorists before signing off with a centuries-old exclamation: "Long live the Republic and long live France!"

Hollande's patriotically charged words made me think of how often leaders turn to nationalist rhetoric during times of strife. For any conceivable crisis, national identity immediately comes to the forefront as a powerful propaganda tool to rally and unify support.

This behaviour extends to peacetime situations as well. At international sporting events, people dress in the colours of their country's flag, rise for the national anthem and bellow patriotic chants with enthusiasm.

People are proud of their heritage, of the traditions, history and accomplishments of their respec-

tive countries. But nationalism has a dark side.

We supposedly live in an era of globalization and togetherness, but there's been a significant backlash against this phenomenon. As world economies become more intertwined, and as ethnicities in multicultural countries like Canada continue to mix, the more powerful nationalism seems to be. It's a paradox capturing the fear people have always had of change, of what's different.

South of the border, Republican presidential candidate Donald Trump's nationalistic fervor and xenophobic rants have struck a chord with a sizable percentage of the

American population, even if they won't be enough to get him elected.

Canada has its own Nationalist Party championing "the maintenance of European heritage and culture in Canada."

The Canadian government, particularly during the tenure of former Prime Minister Stephen Harper, spent millions on nationalist propaganda trumping up the War of 1812 and Vimy Ridge.

But with a growing immigrant population no longer connecting with that heritage or history, the definition of Canada in 2015 is fluid, to say the least.

Claiming you are Canadian or

proud to be Canadian is a statement open to vast interpretation. I am a Canadian citizen, but saying I'm Canadian reveals little about my personality, beliefs or values.

Canada symbolizes different things for different people, the same way France represents a variety of ideals and realities for its diverse population.

Ask France's substantial Muslim minority what their country's public ban on niqabs represents to them and a divergence from the French "norm" will quickly become manifest. A number of the Paris attack perpetrators were even French.

The danger with appealing to

people's nationalities the way Hollande and many other politicians do is it has a tendency to aggregate and stereotype them. I'm sure not all Italians love spaghetti and soccer, as I'm sure not all Israelis hate Palestinians or Islam.

It creates an illusory construct of what it means to be "French" or "Canadian" or whatever. It also fosters an "us vs. them" mentality: if you aren't for us, then you aren't a true (insert nationality here)!

Human beings are obsessed with categorizing each other in every possible way, from religion to gender to income. Is nationality a necessary additional means of division?

Men's volleyball edges champion Knights

Humber Hawks faced defending OCAA champs Niagara Knights in an intense meeting where victors were actually outscored by 103 to 96

Tyler Hehn
SPORTS REPORTER

The Niagara Knights men's volleyball team put up a valiant effort against the Humber Hawks, however it was not to be on Nov. 19.

In a thrilling five-set game, the Hawks rose above the Knights to claim victory 3-2. Oddly enough Humber was outscored 103-96.

The first set was a back-and-forth affair with both teams exchanging point wins until Humber was able to pull ahead, and maintain a lead. Niagara was forced to use both of their timeouts during two big pushes from the Hawks, but had little effect on the outcome of the set. Humber took the first set 25-20, with their best display of offence right out of the gate.

The second set was slightly more turbulent for the Hawks. Consistent back-end digs by Michael Majcen, finely-placed settings from Simon Smyth and rugged spikes from Nathan Murdock and Scott Wilson were the difference.

Unfortunately the second set is when Niagara's powerful opposite hitter Nathan Snippe started to heat up.

Niagara remained calm but emotionally charged as their backs were up against the wall quickly falling to a 2-0 deficit. The Hawks fell into a funk as they struggled to stay organized against the charging Knights. A few service errors and a little defensive miscommunication was all Niagara needed to get back into the game, winning the third



TYLER HEHN

Humber Hawks block a Niagara Knights attempt during a Nov. 19 game at North campus against OCAA champs.

set 25-16.

Humber had no answer for Niagara's team play in fourth set as their struggles continued. Niagara's Snippe led the way with 14 kills and nine digs after the fourth while Humber's Scott Wilson was doing all he could to slow the Knights' momentum with 10 kills and six digs.

It wasn't enough as Niagara took the set 25-15.

The match was tied at two sets, forcing a final fifth set. It became a sprint to 15 points.

Much like the first set the teams traded points all the way until Humber hit eight, which prompted the teams to switch sides. Humber then swooped in for the kill putting away Niagara in the fifth set by a score of 15-13.

Humber improved their record

to 4-and-2 with the victory over 2014's OCAA champions, a win that means much more for the team morale than just two points in the standings.

They will look to use this important win as a confidence boost against the 2014 OCAA silver medal winning team, the St. Clair Saints, who are having a disappointing season at 2-and-4.

Varsity athletes choose schools based on both sport, academics

Lindsay Wadden
SPORTS REPORTER

Athletes seek the right post-secondary school not just for the academic programs but also the caliber of the varsity teams.

Athletes are looking at schools through two prisms: education and to better themselves in their sport. When it comes to the latter, Humber College has fully equipped therapy clinics, which include high performance strength and a conditioning training facility that uses video technology, as well as a sports doctor to handle its 11 varsity teams.

Ajay Sharma, basketball coach for the Hawks women's basketball team, believes Humber is well known for its athletic teams because the school has a strong winning record.

"I think that the historical success of our teams is a tremendous reason," said Sharma. "Kids want to play for a winner. Better is in the eye of the beholder but I can tell that there is a culture of excellence at Humber that starts from our athletic director and trickles down."

Sharma knows that for the school to be the best, it needs to get the best players.

"I think if you want your team to achieve to great heights then you need to scout and bring in the best players you can find," said Sharma.

Some students like Greg Allen, who plays Junior A hockey in the Ontario Junior Hockey League, would consider Humber but can't because it doesn't offer a sport that he wants to continue playing.

"I really like Humber's North campus," he said.

"It's close to home and they offer many programs that I would really like to take but because there is no hockey team, I can't come to the school," said Allen.

Allen hopes to be a stockbroker if his hockey career doesn't work, but while in school he wants to continue playing hockey for the school that he chooses.

"Even though Humber would be on top of my list, I have to go to a university. That's the only way I can continue playing hockey," said Allen.

Humber Hawks men's basketball point guard Jordan Rose is happy he is able to go to Humber and be on an athletic team.

"I chose Humber because it's well known for sports as well as academics," he said. "Humber varsity basketball treats their players the best, we get great gear, a lot gym time, and personal weight room time." Rose said.

Rose said his favourite thing about Humber is that everyone is friendly and supportive in the classroom as well as in athletics.

Undefeated Hawks rule in extramural hockey tournament

David Tuchman
SPORTS REPORTER

The Humber Hawks remained undefeated to win gold at an extramural hockey tournament hosted by Humber College last Thursday and Friday.

The two best teams in the round robin, Humber North and George Brown, faced off in an epic battle of wills to determine the champion.

The game went back and forth like a ping-pong match, until Humber finally scored. That goal was supposed to give the Hawks momentum but it proved the other way around. George Brown scored almost immediately after.

However, that Hawks' first goal set the tone.

"It doesn't seem to be our *m.o.* (*modus operandi*), where we seem to get scored on first," said Hawks'

head coach, Mark Wright.

"But the great thing about our team is they get right back to work after."

The Hawks were undefeated, outscoring their opponents 9-4 entering the medal round. After capturing a hard fought win on Thursday against Sheridan College, the Hawks attention quickly turned to clinching a berth in the medal rounds on Friday.

"In tournaments, you control your own fate and a lot of times it comes down to mathematics," Wright said. "We just try to play game by game not worrying about whether teams are doing (well) and just kind of win games as we go along here."

"We're a strong competitive team and if we play our game, we can play against anybody in this division," he said.

The Hawks were not on their game, however, according to their coach.

"We didn't really play our style," Wright said. "We could have played a lot better. I thought we played down to their level and we let them in the game."

Speed kills for the Hawks, as they lit up Canadore College for five goals. For Wright it could have been more.

"We got a strong skating team, we got a lot of skill upfront and they passed well, we just need to bury our chances when (we) get them," Wright said. "We'll convert a lot more once we start hitting the net and playing the way we can play."

"I think we played pretty well," said Hawks player Gary Birley, a fitness and health promotion student. "We gave them a couple chances but

overall we capitalized on our opportunities and now we came out with the win."

It didn't get any easier for the Hawks when they played Mohawk College. After clinching a spot in the next round after winning against Canadore, it seemed as though the team was taking a break against Mohawk and it almost cost them. "It took a couple of minutes to find our feet and play organized as a team," Birley said. The Hawks battled back to take a 2-1 lead and that was all they needed to win as goaltender Kyle Stevens stonewalled George Brown in the third period. "Both our goalies played exceptionally well in both games," said Birley.

"They are a huge part of our success," The Hawks next tournament is on Jan. 29 at the University of Toronto.



TYLER HEHN

Humber Hawks men's basketball team in action on Nov. 19 against Sheridan, winning 57-56 at buzzer and giving Bruins their first loss of the season.

Hawks top unbeaten Sheridan at buzzer

Jesse Bonello
SPORTS REPORTER

Humber men's basketball was victorious in a nail biting must-win game at Sheridan on Nov. 19.

The game came down to the final seconds. The Hawks won 57-56 thanks to a friendly bounce off the rim on a Sheridan buzzer-beating shot.

Humber gave the Bruins their first loss of the season, while the win gives the Hawks a winning record and a possible resurgence of success after a slow start to their season.

It was also a not-so-friendly re-

minder to Sheridan, that the Hawks are the defending national champions for a reason.

Second-year point guard, Curwin Elvis, delivered a game high 14 points for Humber. He shot 50 per cent from beyond the arc, which lead the way to victory for the Hawks.

"It's a big win for us, especially since we've been struggling lately," said Elvis. "We're so used to playing them closely. We always want to beat them bad."

There's always an urge for Humber to beat Sheridan. Records and team skill don't matter when these

two teams face off. Humber could be in first place or last place, but team members say it always feels fulfilling for them to be able to declare that they beat Sheridan.

Humber head coach Shawn Collins knows that these games are — and always will be — a battle.

"It doesn't matter what the rankings or the standings are, this game is what it is. This is a rivalry game," said Collins.

Collins knows this isn't just a rivalry between the two schools. The roots of this rivalry go much deeper.

"The kids that play each other since

grade school and all the way up through high school. There are internal grudge matches before they even walk on the court and put a jersey on," he said.

The players try to prepare for this game just like any other game, despite the rivalry. They know that the rivalry holds a part in these games, but they try not to let their emotions get in the way.

"We treat it the same as any other game on our schedule," said Kenny Ejim, a second-year power forward on Humber. "We just want to go out and win every game that comes our way."

Hawks women's basketball team reign continues

Lindsay Wadden
SPORTS REPORTER

It seems that losing is not an option for the Humber Hawks women's basketball team, who beat the Niagara Knights 71-51 last Thursday and continued its undefeated season.

For a short moment in the first quarter, the Knights were in the lead but Humber battled back. By halftime the score was 43-26 for the Hawks as they fought hard to regain the lead and then cruised to the final whistle. Hawks dominated the third and fourth quarter.

Humber guard Natalie Hagopian, 22, of Thornhill said the key to their success is the team's work ethic preparing for games.

"Moving forward we need to continue working hard in practice," said Hagopian. "The whole team works so hard and it's shown on the court."

Hagopian said the Hawks play defense that's different from other teams which is why they have been playing so well. "We worked well together tonight and we executed our plays well which is why we played so well tonight," she said.

Last week the team steamrolled over the Sheridan Bruins in a blowout win.

By the first quarter the Hawks took a 19-5 lead and managed to overwhelm the Bruins. Their offense intensity is hard to manage that early in the game. "If we start fast, teams can't catch up to us by the end of the fourth quarter," said shooting guard, Sash Bertusa. Humber leads the OCAA with 552 points scored and are 66 points ahead of the second scoring school, St. Clair College. Humber Hawks host the Redeemer Royals on Dec. 3 at 6 p.m.

Bubble bash soccer shows fun of sport

Linda Huynh
SPORTS REPORTER

Sports management students' host bubble soccer in recognition of RBC's National Sports Day last Saturday.

Humber College closed down its usual open gym time for a bubbly event gathering in over a hundred students. Second year sports management students presented "The Bubble Bash" this Wednesday, originally from 11 a.m. until three, but by popular request extended it until five p.m. Bubble soccer is a safe way to play the sport adding an element of contact wherein the player is strapped in an inflatable oversized beach ball.

The purpose of the event was to fundraise and raise awareness for



LINDA HUYNH

Bubble sports offer a safe way to play contact games. Bubble soccer was held at Humber last week and it was a big success.

sport generally, said Brian Steinman, 20-years-old and vice president of finance for the event.

"We want to talk about the power of sport and how it influences people," Steinman said.

Students were welcomed outside of Athletics with tables of baked goods, Humber swag and more available for purchase. All donations went to Jump Start, a foundation

run by Canadian Tire to support kids that cannot afford sports. There were also raffles for signed sports equipment, gift baskets and certificates, game tickets and cash prizes.

"We wanted to get everyone out in the gym, get people active and keeping fit," said Andre Hodges, 24 and a part of the promotion and marketing team for the event.

"Like how I keep saying it, getting

people to burst [their] bubble," he said.

Once students signed a waiver, they were allowed to participate in the obstacle course and soccer game for no charge. The obstacle course was a chance for students to get comfortable in the bubble before playing in a game.

"It was so fun. It's been on my bucket list forever," said Brittani Morrison, 19 and second-year fit-

ness and health promotions student.

"I've always seen it online, but never thought it would come to Humber. I think it's a great way to raise money while bouncing off other people," Morrison says.

The sports management students have been planning the event since the school year began. Steinman said the event turned out even better than he expected.