

HUMBER

Et Cetera

HUMBER'S STUDENT NEWSPAPER

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RIGHT-OF-WAY

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DAVID PASTOR

Nestlé Professional and Humber partnered up to hold a cook-off as the most promising students in the culinary, nutrition and baking programs prepared a variety of dishes.

Culinary stars shine in Nestlé Professional cook-off

David Pastor
SPORTS REPORTER

Denise Forde watched her son Desmond earlier this week whip cheese, bacon, scallions and batter into a first place finish in the Nestlé Professional Culinary Competition at the North Campus.

“Very proud,” she said of her son, describing what she was feeling.

Desmond, a first-year Culinary student, along with Jahnala Wizzard and Victoria Knight, both first-year Nutrition students, were named Humber’s most promising chefs in the Culinary, Baking and Nutrition programs. These students put their skills to the test in a cook-off in the Atrium earlier on Nov. 26.

While Desmond took the first prize of \$1,000, Wizzard placed second winning the \$750 prize and Knight won \$500 in her third place finish.

The Nestlé Professionals Young Culinary Talents (YOCUTA) program partnered up with Humber College to hold this event for the fifth time as these chefs attempted

to sauté their way to \$1,000.

One of the judges, Rick Secko, the Customer Development Chef for Nestlé Professional said he loves taking part in these events and trying what the students prepare for him.

“I really enjoy seeing what the students make and the recipes they can put together,” he said.

Secko, along with Rosanna Cairra of Food Service and Hospitality Magazine, and Kartikey Bhargava from Restaurants Canada, judged the students’ meals based on taste and presentation.

The chefs were given the task to create a global food trend, while using one of Nestlé Professional Minor’s Base or Flavour’s Concentrate.

“We decided on global breakfast trends because the lines are now blurred in a lot of meal parts, breakfast isn’t just something that happens before 8 a.m., 9 a.m.,” Secko said.

“It’s something that’s an all-day occurrence and we wanted to focus on that globally to actually bring in some more different flavour,” he said.

Desmond Forde presented the judges with a ‘Breakfast Scallion



DAVID PASTOR

First-year Culinary student Desmond Forde won with his Chinese-inspired Breakfast Scallion Pancake (above).

Pancake,’ a Chinese dish that consisted of bacon, cheese and green onions. Wizzard had prepared a ‘Sizzling Chicken Cheese Crepe,’ a twist on a traditional French dish for the judges, while Knight cooked a ‘Chipotle Eggs Benedict Wrap,’

giving a classic breakfast a more accessible approach.

Desmond spoke about his victory at this year’s competition and what he was able to overcome.

“This competition, as they all do, have all different challenges,

today was about the equipment and some faultiness,” he said. “I’m feeling pretty good ‘cause what happened was very challenging to work through, but I kept my head cool and I stayed focus to the task, and I got everything done.”

Basketball Bonanza rallies for community sports

Melanie Valente-Leite

NEWS REPORTER

Event Management students raised more than \$1,000 for the Maple Leaf Sports and Entertainment (MLSE) foundation.

The Basketball Bonanza held Nov. 25 in the E Concourse allowed students to come and join while travelling between classes. The event promoted the National Men's Basketball Championship at Humber in March 2020.

Their goal was to raise money for MLSE by selling raffle tickets that offered prizes ranging from Humber gear to backpacks, wellness packages and Starbucks goodies.

Daniel Laming, a Sport Management student, was ecstatic about his role in helping raise awareness and donations to fund more opportunities for kids that are less fortunate.

"We're here raising money for MLSE. It runs a lot of great inner-city programs for less fortunate kids," he said. "And that's really what our vision for this event was.

"We want to increase the (number) of programs for all those kids,"

Laming said.

The Maple Leaf Sports and Entertainment Foundation believes all children should have access to play sports and join recreational programs for free. They first launched their program in 2009 and have continued to unite more than 125,000 kids with the love of sports.

"I'm super excited. My students have worked really hard and they're an exceptional group of students," said Deborah Singer, a Fitness and Health professor. "So, it's really fun to see it all come to life."

Singer wanted her students to apply the skills they learned in their program, while emphasizing how events don't need to be only for Humber students but also a bigger cause.

Students like Mihaela Visinoiu, a soccer coach and Recreation and Leisure services student at Humber, were drawn to participate in the activities because her love of sports couldn't keep her away.

"It was amazing, I had such a good time because I love movement. When I see the ball, it's like a magnet, can't escape it," Visinoiu said.



MELANIE VALENTE-LEITE

Recreation and Leisure student Mihaela Visinoiu puts her skills to the test during a basketball challenge.

Rec students partner with Princess Margaret for cancer fundraiser

Kristen Cussen

NEWS REPORTER

The sounds of cheering rang through the halls drawing a crowd of students to the music, activities and, of course, professors taking a pie to the face.

There was no shortage of pink or whipped cream at the Humber North exhibition on Thursday.

Humber students in the Recreation and Leisure program hosted the event as part of their curriculum and support fellow student Cy Samuels.

The Princess Margaret Cancer Foundation partnered with Pink City Classic to spread awareness and raise \$2,000 in support of breast cancer research.

Pink City Classic started almost five years ago after Samuels' mother passed away from breast cancer.

"I knew I had to do something, but I didn't know what it was going to be," he said.

Samuels and his mother bonded over basketball so a tournament to raise money and awareness came instinctively to him.

"She's the one who kind of got me started in basketball in the first

place," he said.

"A lot of people face these kinds of things alone, regularly. Even if it's not cancer, they might have family members that are sick or not doing well," Samuels said. "You just don't know because you can't see it at school. No one talks about it."

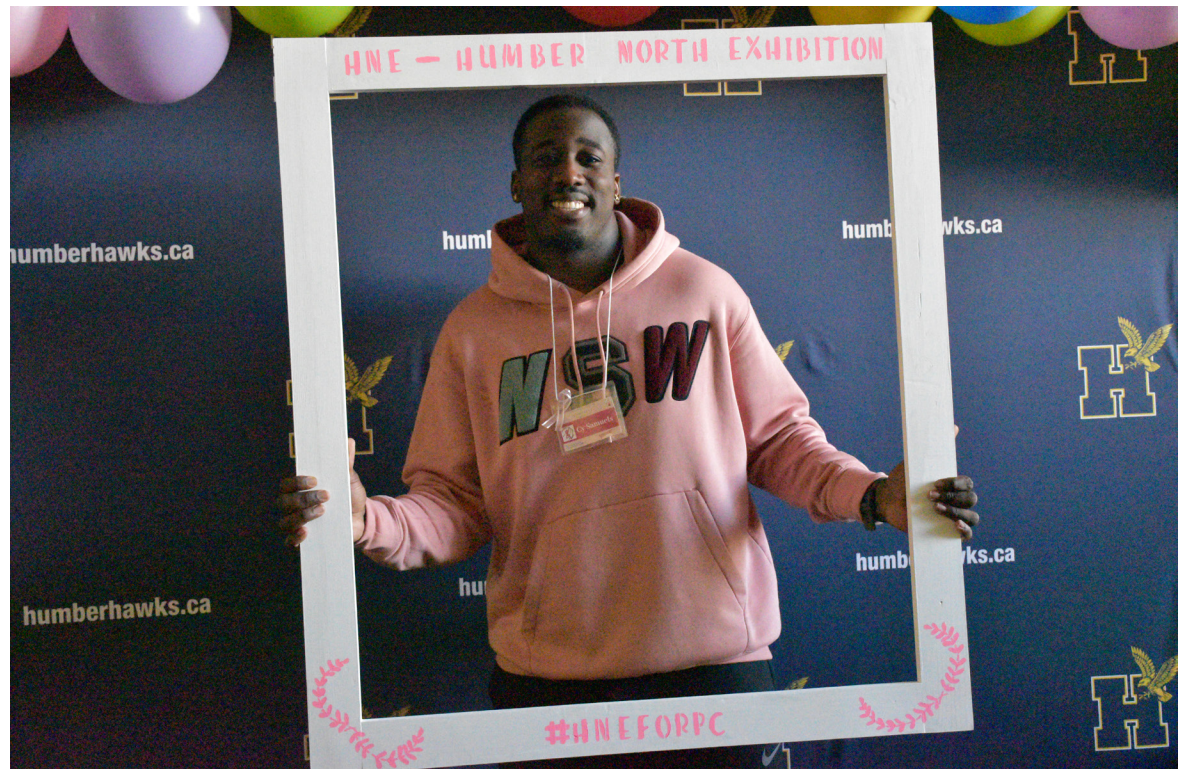
His vision was to create a safe space for people to be together in a positive environment and know that they aren't alone.

For Noah Tse and other Recreation and Leisure students, partnering with Pink City Classic was an easy decision.

"We're pretty close-knit as a class, we keep up with each other and what we're struggling with," Tse said.

"It's heartwarming that everyone appreciates what I'm doing and supports it," said Samuels. "We're all dancing and having fun doing activities, the love is there and it's nice."

The event was sponsored by Pursuit OCR, an adult jungle gym just a four-minute drive from North campus. "They partnered with us and brought in a large inflatable obstacle course with their own staff," said Tse. "We're happy to have them here to help us."



KRISTEN CUSSEN

Pink City Classic founder, Cy Samuels, partnered with the Princess Margaret Cancer Foundation for the Recreation and Leisure program's fundraiser. Students raised about \$2,000 for breast cancer research.

The inflatable station was nothing short of a scene from Wipeout.

"The owner, Will McLean, likes to be involved in community out-

reach. He has a \$3,000 scholarship for one Humber student towards their program," said Pursuit OCR general manager, Riley Ekman.

Students can follow their Instagram, like and share their posts, and spend a day at Pursuit OCR to enter their name in the raffle by Dec. 30.

Theatre students put on 'Elektric' performance

John Grant
SPORTS REPORTER

Emotions poured out of Humber third-year theatre students as they gave an Elektra-fying performance, shocking audiences with the debut of their rendition of Elektra – a Greek myth which had previously been adapted into a play by Canadian playwright Judith Thompson.

Richard Greenblatt, the director of Humber's production of the myth of Elektra, wanted to honour Thompson's play, *Sirens: Elektra in Bosnia*. That's when he decided to make a new production of the play.

This adaptation of the Greek myth of Elektra, the daughter of Mycenaean King Agamemnon — he of Trojan War fame — and Queen Clytemnestra, takes place in Bosnia during the war in 1995. It shows how a family can be torn apart by the events of war.

The story takes a turn for the worse when brothers Agamemnon and Menelaus make a deal and it goes horribly wrong.

This production of the play gives a voice to woman who would've been silenced during the Bosnian War and shows the darkness that can be manifested in one's heart in the form of the character of Elektra. People can experience that all is not fair in love and war as the story goes on.

Greenblatt hadn't directed a play for Humber in five years, so people praised him when he was showing



Kelisha Daley as Elektra with Renee Wong, Keely Krall, Virginia Stephenson, and Hannah Beatty as the servants.

DAHLIA KATZ

appreciation for everyone involved.

"They worked really, really hard, both the cast and the crew. So, for that, I'm extremely proud and grateful," he said. "The amount of work, effort and commitment they gave to the piece was exemplary."

Christian Teasdale, voice and actor for Malachi and Orestes, showed his diversity playing two roles for Elektra. He had to channel emotions for both of his characters

during the show.

His effortless transitions between the roles showed the audience a different facet that goes into acting.

"You find what makes it easier for you to be that character on stage. And the inspiration can change every night," Teasdale said.

The actors sacrificed a lot while practicing for Elektra. The play took 10 weeks of relentless training for the theatre students to rehearse.

"Going into theatre school, I never would have thought that a production or even the training for it is was this much," said Erica Leobrera, voice and actress for Elektra's sister Iphigenia. "We're here basically six days a week for from eight o'clock in the morning to six o'clock at night."

Leobrera commutes from Brampton and has to wake up at 5 a.m. to pursue her passion for acting.

"I take three buses to get here," she said. "So, I'm up at 5 a.m., and the show ends at like 9:30 p.m. I'll get home at (midnight). It's literally your whole life. It takes a lot," she said.

Tatiana Jennings, Program Co-ordinator of Theatre Performance was in the audience showing her support for her students.

She has been in this program for 16 years and is dedicated to putting on performances at Humber College. She said the actor committed actors have to be in the theatre program.

"This is a three-year program. It's very intensive. It's rigorous. It's like a boot camp. They are like athletes for two and a half years. They will train, train, and train for eight hours a day," Jennings said.

Regardless of the intensity of the program, each actor showed the passion and discipline required to put on an excellent show.

Even though the character of Elektra is nothing short of despicable, Kelisha Daley, voice and actress for Elektra, knows that there is a silver-lining that the audiences can take away from her character.

"We are all are capable of doing something horrendous, but we are all capable of forgiveness. It's just the path you choose and the direction you are you choosing to go towards," she said.

"Elektra probably could have had a great life, but she chose jealousy," Daley said. "She chose negativity. She chose fear."

OPINION

Disney+ will take years to develop its reputation among competitors



JEREMY YUDIN
EDITOR-IN-CHIEF

my Netflix subscription box, filled with an abundance of fresh content.

Disney+ recently joined the party and I just can't wait to start. The only issue is that I can't afford another streaming service so deciding between the two will be a tough decision.

Netflix is the obvious choice for now but don't be surprised if Disney+ comes back around. Disney's 10 million subscribers on day one of launch is a strong start and though it is miles behind Netflix's 158 million, don't count it out.

While Netflix has been one of the most dominant entertainment services, it took years to reach its pinnacle. A Business Insider chart shows it still took the giant until

2017 to surpass cable subscribers in the U.S.

The new Disney platform will take a while to develop its role in the streaming services industry and there is always a chance it could fail to reach expectations. Of the aforementioned 10 million subscribers, many were free trial signups. According to Google trends, the phrase "cancel Disney+" was highly googled in the first two days of its launch.

Disney is setting the bar high with an estimated 60 million to 90 million subscribers by 2024. But a steady increase in subscription fees and a wider market share with competitors like Amazon Prime Video and Apple TV+ can jeopardize

Netflix's success and pave the way for Disney to reach or even exceed expectations.

Variables like prices and content selection are the most important qualities for consumers and the key to shifting the balance of power in the industry.

In the second quarter of this year, Netflix U.S. lost more than 100 thousand subscribers after the subscription service hiked its standard plan prices from \$11 per month to \$13.

Back in May, a conducted poll between Market research company Morning Consult and The Hollywood Reporter found that 49 per cent of young Netflix subscribers between 18-29 said they would can-

cel Netflix if "The Office," "Friends," Marvel movies and Disney content were all removed from the service.

Most Marvel movies and Disney content are already switched over to Disney+ and the remaining ones are waiting for Netflix's deal to run out. "Friends" and "The Office" are also expected to be pulled from Netflix over the next two years.

So while Netflix seems untouchable right now, the streaming service industry can be expected to change over the next few years. One thing can lead to another and industry can change just like that.

It's too early to define what Disney+ will be in the unpredictably of streaming services. Only time will tell.

Just like many burned out students at this time of the year, I'm counting down the days to open



GALVIN ZALDIVAR

Students are concerned that the new crosswalks between the Barrett CTI and the new parking garage are insufficient and pedestrians are at risk of being hit by drivers.

New crosswalks risky for pedestrians

Galvin Zaldivar

NEWS EDITOR

Inder Sandhu admits to almost feeling unsafe at the crosswalks between the Barrett Centre of Technology Innovation and the parking garage.

“Cars in the morning, especially when I come [for] 8 o’clock classes, they’re zooming in trying to get parking,” the University of Guelph-Humber Business student told Humber News.

Sandhu also said because of the morning rush some people don’t take advantage of the crossing lights, herself included.

Others are also not sure what the flashing lights at the crosswalk mean and would prefer a stop sign instead.

“I think we need a stop sign,” said

Ken Bui, a Web Design and Interactive Media student. “Drivers don’t know what [the lights] mean.”

Domenico Orlandi, a Guelph-Humber Media Studies student, said other measures would also help alleviate the problem.

“Do the drivers see that I’m going to cross or not?” he asked. “It could definitely be improved, it’s a little better if there were security guards maybe walking us back and forth.”

Driver’s like Guelph-Humber Media Studies student Alex Merrick said that the lights are insufficient.

“If I’m driving through here, I personally don’t see it because I think it’s really small,” she said.

Concerns over safety are understandable. There are 34 pedestrian deaths in Toronto so far this year,

according to Toronto police,

Rob Kilfoyle, Humber’s Director of Public Safety, said his department is aware of problems with the crosswalks.

“There’s a lot of people crossing at that crosswalk and there are a lot of vehicles coming up Laneway A,” he said.

Kilfoyle said vehicles have been weaving around pedestrians, or parking right in front of the Barrett CTI, which exposes pedestrians to the risk of being hit.

“They’re dodging around those cars and if there’s somebody in the crosswalk, it’s the potential for an accident is fairly significant,” he said.

Kilfoyle said standards and regulations governing pedestrian crosswalks differ between public and pri-

vate property.

“When you’re on private property, which is what Humber College is...the regulations are different,” he said. Ontario is the only province where its driving laws do not necessarily apply on private property, however, the criminal code does.

Sandhu said the rules governing crosswalks should be the same whether they are public or private.

“They should interpret whatever the city’s (laws) out there into this one as well,” she said.

Public Safety is also currently looking at making recommendations to improve the crosswalks.

“Perhaps speedbumps,” Kilfoyle said. “We need to do some improvement to the painted lines in the laneways. It’s a little bit confus-

ing, we’ve got two lanes that suddenly turn into one.”

He emphasizes caution at the crosswalks for pedestrians and drivers.

“Be aware of your environment and your surroundings,” Kilfoyle said.

If the crosswalk has lights, use them and keep an eye out for oncoming traffic and make eye contact with the driver, he said.

“If you’re a driver of a vehicle coming onto campus, then you need to be mindful that pedestrians have the right of way,” he said. “And also to slow down, these are interior roads, shouldn’t be going any more than say 20, 30 kilometres an hour at most.

WITH FILES FROM MADELINE JAFARNEJAD

AND ZAINAB ZAMAN

Staff video streaming network tested at pop-up booth

Nicholas Rahmon

BIZ/TECH REPORTER

A video streaming service meant for Humber staff to share upcoming news and events was on display at North and Lakeshore campuses this week.

Students and staff recorded their messages at several pop-up booths through a communication streaming service known as Employee News Network (ENN), to show how the new system works.

Launched in September, faculty can submit 30- to 90-second videos on the Humber Communiqué website through the ENN video player.

Emily Milic, the PR and Communications manager at Humber North, said all the news on the system is employee submitted.

“You can show staff updates,

events, and milestones,” she said. “Within the current time frame, these videos will go on our staff news page and in the daily newsletter.”

An example of an acceptable submitted video and a list of guidelines are available online as well as a request to submit a video through an application form. Administration, faculty, and support staff are required to explain the purpose of their video and their preferred time slot to record through the form.

Milic said the possibilities are endless in terms of what content can be made.

The pop-up booth included a tripod stand for the video recordings with Milic and Support Services Officer Bethany Sharpe.

The booth offered blue and gold ENN star-shaped chocolate for students and staff who participated in

tutorials at the displays.

Celeste Romeo, a Justice Studies student at the University of Guelph-Humber, discovered the event after seeing classmates with chocolates.

“I was curious as to what ENN stood for. After speaking to a few people, it led me to a walk up the second floor of Humber and notice a small booth,” she said. “I like it.”

Milic said that booths were set up four times throughout the week in case participants needed technical help or were just camera shy.

The service hasn’t been fully implemented yet, Sharpe said.

“There’s an analytic piece that comes with it, so we’re monitoring it,” she said.

Once ENN is fully implemented, Humber faculty will have access to video material beyond LinkedIn Learning.



NICHOLAS RAHMON

Support Services Officer Bethany Sharpe demonstrated a test video of the ENN streaming service outside of the North campus Staff Lounge.

QUOTED

IS IT A GOOD IDEA TO SPEND MONEY ON BLACK FRIDAY?

“For sure. I’m going to buy a laptop and a jacket because I’ve seen (half-price discounts). I think it’s good for newcomers who buy winter jackets and for students to buy laptops.”



KETAN REDDY

SUPPLY CHAIN MANAGEMENT, 1ST YEAR

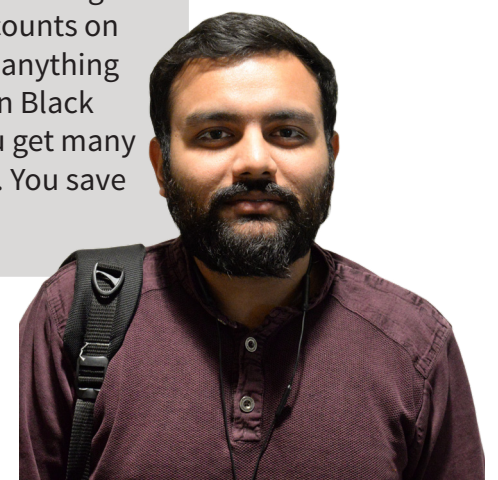
“I don’t think it’s a good idea because I find people, when these big deals happen, they just need to spend money to feel some sort of fulfillment in their life that they don’t usually get.”



STEVEN HIGGS

BUSINESS MANAGEMENT, 2ND YEAR

“I think It’s a good idea because year-round you don’t get many discounts on brands or anything else but on Black Friday you get many discounts. You save money.”



VALAY PATEL

SUPPLY CHAIN MANAGEMENT, 1ST YEAR

PHOTO OF THE WEEK

HOLIDAY MARKET OPEN FOR BUSINESS IN STUDENT CENTRE

Anna Kholi, the Marketing Manager for Food Services, is running a holiday market every Wednesday and Thursday between 11 a.m. to 2 p.m. in the student centre at North campus. Homemade cookies, dining cards and coffee mugs are available for sale.

JEREMY YUDIN



SEND YOUR BEST PHOTOS TO ETC.HUMBER@GMAIL.COM OR TWEET US AT @HUMBERETC FOR A CHANCE TO BE PUBLISHED IN NEXT WEEK’S ISSUE!

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EDITORIAL

New UN report says time is running out for stop climate change

If there isn't any drastic change, Earth is headed toward a record high temperature warming of 3.2 C by 2100. And that would have devastating results for the planet, and life on it.

The United Nations Environment Programme (UNEP) released its annual Emissions Gap Report on Nov. 26, a 168-page report where 57 leading scientists from 25 countries want governments to act immediately by having plans for the next decade to limit global warming to 1.5 C or 2 C.

The Emissions Gap Report finds greenhouse gas emissions have risen to 1.5 per cent per year over the last decade. Emissions in 2018 hit a

new high of 55.3 gigatons.

"By now, we know all we need to know. The science is pretty clear, and very frightening," said Anne Olhoff, head of Strategy, Climate Planning and Policy with the UNEP-Technical University of Denmark Partnership.

The report shows studies of both the current state of greenhouse gas emissions and estimated future emissions. In the last decade, greenhouse gas emissions increased 1.5 per cent.

The United Nations said there's a chance we could lose most, maybe even all, of the coral reefs and most Arctic sea ice if the average temperature goes higher than 1.5 C.

"Our collective failure to act early and hard on climate change means we now must deliver deep cuts to emissions over seven per cent each year, if we break it down evenly over the next decade," said Inger Andersen, UNEP's Executive Director. "We need to catch up on the years in which we procrastinated."

She added if we don't reach the 1.5 C goal in the next decade, then it will be out of reach by 2030.

We have to cut the estimated 3.2 C by any means necessary.

But how do we do that?

According to the UN report, the planet has to get back to the 1.5 C goal. GHG has to go down at least by 7.6 per cent every year to remove

32 gigatons of carbon dioxide from the atmosphere.

To save the earth, it's going to cost a lot of money.

According to the UNEP report, climate policies of the 1.5 C goal could cost up to \$3.6 trillion per year globally.

G20 nations collectively account for 78 per cent of all emissions, but only five members have committed to a long-term zero emissions target.

To deliver on these cuts, the levels of nationally determined contributions (NDC) must increase to reach the 1.5 C goal within the time limit.

Even though this or any other UN climate change report focus on the negative, there is some

positivity with this issue.

Countries committed to the Paris Agreement and NDCs are set to meet in Madrid on Dec. 2 for the United Nations Climate Change Conference (COP25). They will also meet in Glasgow, Scotland, in November 2020 to examine NDC efforts.

"We're seriously behind on this," said Gabriel Filippelli, a professor at the Purdue School of Science in Indianapolis, Ind. "It's all doable but every month that we don't have aggressive action, we fall, frankly, four months behind."

Countries cannot wait that long; something needs to happen right away or else the 3.2 C warming might come faster than predicted.

OPINION

Impeachment inquiry overshadows Dems' strategy



ALIREZA NARAGHI
EDITOR

to impeach the president while Republicans don't support impeachment. More importantly, voters in swing states aren't sold on the idea yet. In the key swing state of Wisconsin, for example, opposition to impeachment and removal has nearly doubled, according to a survey of public attitudes from Marquette University's law school.

A pro-impeachment movement led by the consolidation of the Democratic party will obviously have no impact on the Republican voters who, at present, are supporting Trump and under no circumstances would like to see a Republican president removed from office.

Indeed, a reliable indicator of how impeachment will play out, not within the Washington Beltway, but in November 2020, it's probably smart to focus on Trump's overall performance as a president rather than on support for the impeachment inquiry, which many average Americans are hardly following.

For those voters, there are already signs that the "change" candidate they saw in Trump has failed to deliver. This cohort will be even more susceptible to what the Democratic party has to offer if there's a positive, explicitly inclusive message rather than a fixation on Trump's disgraceful behavior as a president.

Inspiring emotion with a message of hope is often more effective



House Intelligence Committee Chairman Adam Schiff (D-CA) gives his closing remarks after Gordon Sondland, US Ambassador to the European Union, testified at the impeachment inquiry hearing on Nov. 20.

than focusing on issues only a few political junkies care about.

The evidence this approach is more potent is Trump himself, a man who has nothing to offer but a digestible message centred around a hollow anti-establishment political posture.

For example, Alexandria Ocasio-Cortez said in a recent interview that Trump's wall is a vision.

"Whether you like it or whether you hate it...it's a tangible vision that is symbolic and representative and galvanizing," she said. "And if we do not have an ambitious, inspiring, galvanizing vision, I think we risk losing even more."

The age of mass politics is one that demands radical solutions rather than tinkering. The appeals of both Democratic presidential hopefuls Elizabeth Warren and Bernie Sanders are rooted in their authenticity and their long-term record against economic injustice.

Indeed, there's a new mass politics brewing that offers a blueprint to defeat Trump's fake brand of populism through genuine left-wing populist politics.

In a democratic society, presidents should not be immune from prosecution, and Democrats should follow all the legal options to defend

democratic norms. But It's even more important to make sure economic inequality, the lack of health-care, and people's moral rights to housing and secure employment are addressed.

That means talking more about the structural flaws within the system that paved the way for Trump's victory and less about impeachment, which many in working-class families hardly care about.

It is that sense of resurgence of personal power Democrats must tap into and Trump certainly fears, not a Democratic-sponsored impeachment to remove him from office.

SAMUEL CORUM/POOL VIA REUTERS

Rookie helps Hawks remain undefeated

Remi Drouin and Jonathan Frasco

SPORTS REPORTERS

The St. Clair Saints hasn't beat the Humber Hawks women's basketball team since Jan. 31, 2009.

And the Windsor team's 12-game losing streak continued when Kia Watt's career high 23 points helped Humber beat St. Clair 68-58 on Nov. 24.

Humber's record this season is now 7-0. That puts them second place behind the Fanshawe Falcons.

They're also third in the Canadian Collegiate Athletic Association's ranking list.

Heading into the game, Hawks head coach Ajay Sharma reminded his team they didn't get to have a practice to iron out their wrinkles since the day before, when Humber played — and beat — the Lambton Lions.

"In your own headspace, figure out what you need to do better: St. Clair's a pretty good team," Sharma said. "We fully expect another tough game."

Watt knew it was up to her to close out the final game of her team's weekend doubleheader and the rookie shooting guard was on fire.

After a closely contested game in the first two quarters, the Hawks broke out in the third scoring 22 points to take a commanding lead.

In the fourth quarter, the Saints pushed back and cut the deficit to four points with three minutes remaining.

But then Watt scored a huge two points in the dying minutes of the game to extend Humber's lead and squash St. Clair's comeback.

"It was definitely hectic," she said. "In times like that, we just have to stay composed, calm and be aware of the clock and shot time."

Sharma was pleased with his players' performance but thinks there's plenty of room to improve.

"I think when we're able to execute our practice habits and style of play, we can win big," Sharma said. "But what we're seeing now is teams know how we want to play and they're starting to take that away."

"I also think we've been a little slow to adjust to it," he said.

He said the girls were more energetic against St. Clair than in their previous game against Lambton.

Sharma thought Watt's performance wasn't even close to her potential.

"She's a first-year player right out

of the high school system, it's unbelievable to see what she's been doing and I don't even think she had her best game," Sharma said.

"She's so talented," he said. "We just need to get her to believe that she's this talented."

Watt said she's happy with her performance.

"Hopefully, I can do better in the next few games, but I just have to keep my head on straight and not let this get upstairs or anything like that," she said.

While the Hawks defenses held St. Clair three-point percentages to 13.2 per cent, the

Nov. 23 game against the Lambton Lions had a sluggish start. They struggled offensively and made lapses on defense.

Sharma was not happy with the team's energy and focus as they shot just 12-of-42 in the first half against the Lions.

"We did everything we could to have them stay close," he said.

But Humber's defense kept Lambton at bay, limiting the Lions to only 29 points in the half giving the Hawks a seven-point cushion heading into halftime.

It was the same story to start the second half with the Hawks defense



REMI DROUIN

Kia Watt trying to take a layup against St. Clair defender Noor Bazzi.

staying strong only allowing Lambton to score 12 points in the third quarter.

Humber lost gas in the fourth, allowing Lambton to bring it to within four points due to turnovers and late rotations on defense.

Watt came up clutch in the end

by hitting the dagger three in the final minute to seal a 73-63 win over the Lambton Lions.

The undefeated Hawks will head north to play a doubleheader against the Sault Cougars on Nov. 30 and Dec. 1.

Men's basketball team wins four straight after early struggles

Pablo Balza

SPORT REPORTER

It was an impressive weekend for the Hawks men's Basketball team. Two wins in southwestern Ontario leveled their record to .500 with a 4-4 record and sixth place in the Western Conference.

The Hawks beat the Lambton Lions 102-87 on Nov. 23 and the St. Clair Saints 107-89 on Nov. 24.

"It was a good performance on the team, we played as one and achieved the win and there's a long season ahead of us," third-year point guard Fowzi Mohamoud said after the game against Lambton.

During the Lions game, the Hawks' defense was impressive.

Humber build an 11-0 run early in the first quarter. They forced the Lions to take hard shots with Lambton making only five of 17 shots.

The Hawks also forced six turnovers. The score was 21-11.

Throughout the second quarter, the Lions roared back to the board with 31 points, shooting 13 out of

23 shots.

Before entering half time, second-year guard Khalid Ismail nailed a buzzer-beating three allowing the Hawks to take the lead back 43-42.

Humber struck offensively by scoring 33 points within the third quarter, making 12 out of 19 shots. The Hawks finished the third quarter with a 76-68 lead.

Humber launched the fourth quarter with a 12-0 run to secure the game and take it out of reach for Lambton.

Fourth-year guard DeQuon Cascart contributed offensively and defensively, finishing the fourth quarter with seven points. His contribution to the win was with 23 points, six rebounds and an assist.

Second-year guard Kevin Otoo finished the game with 15 points, his second double-double of the season, and 11 rebounds, while Mohamoud scored 13 points.

Ismail tallied 20 points, seven rebounds and two assists.

Fifth-year forward Jaylan Morgan also had his second dou-



PABLO BALZA

Guard Kevin Otoo about to take a layup against with the Lambton Lions guard Kam David failing to defend Otoo.

ble-double of the season with 21 points, 11 assists, plus nine re-

bounds and a steal.

Humber will go to Sault Ste. Ma-

rie to play against the 1-8 Sault College Cougars on Nov. 30 and Dec. 1.

Students host Fitness Games to honour one of their own

Kyle Drinnan

SPORTS REPORTER

Students from the Humber daycare, Humber campus and high school students that are close to the campus launched the first annual Humber Fitness Games to raise money in memory of a student who died three years ago.

“The event used to be called the Fitness Olympics, but this year we changed it to the Fitness Games to take out the competition,” said Debra Basch, faculty of Health Sciences and Wellness.

The event was spread over the North campus gym, with sides and corners full of booths that was able to cater towards all ages.

“We wanted students to have events that are able to setup events for all ages. It makes creating the event more creative,” Basch said.

The Fitness Games was a capstone project for the Fitness and Health Promotion program.

Students were also donating for the Kyle Hoseman scholarship for students in next semester.

Hoseman was a student in the

program but passed away because of complications with leukemia three years ago.

Professors and students remembered Hoseman as a dependable student who was liked by everyone and produced quality work.

The scholarship would be awarded to a student that have the same attributes.

All the equipment that was on the floor were either donations or made from scratch, including a rowing machine.

Students got a card outlining the exercise he or she had to perform.

“We allow students to go on the rower for a minute and it records laps. If someone gets 300 laps in a minute then we take their BMI,” Renee Parker, Event Coordinator.

Students also won prizes for taking part in the event, ranging from a free Popeye’s meal to grand prizes such as CN Tower tickets, Ripley’s Aquarium tickets, and even Toronto Wolfpack season tickets.

Like the equipment, the prizes were also donated to the program for the event.



KYLE DRINNAN

Ahmed Basuliman on the rower for a minute while booth’s organizers Renee Parker and Natasha Koss watch.

Humber Athletics honours Mohamoud with athlete of the week

Pablo Balza

SPORTS REPORTER

Point guard Fowzi Mohamoud had a historic performance in his collegiate career during the Nov. 24 game against the St. Clair Saints when he scored his 100th three-pointer.

Mohamoud is the second player from Humber to reach this achievement. And he’s 12 three-pointers away from surpassing former Hawks point guard Mike Dvorak’s record of 114.

This achievement plus his performances during the Nov. 23 and Nov. 24 game helped him win the Humber Athletics Student-Athlete of the Week.

He had 13 points and seven assists against the Lambton Lions and 19 points and six rebounds against the St. Clair Saints.

Mohamoud is taking it most humbly and respectfully.

“It feels amazing being athlete of the week, this season has been great with the team and I couldn’t have achieved it without my coaches and my teammates,” Mohamoud said.

“It was a great accomplishment,

during practices and games I get a lot of three-point shooting reps in order to play my game right.”

The Humber Hawks had a tough start with a 0-4 record, losing their first three road games and their home opener.

Within the early struggle, the Hawks made a comeback with four straight wins while making their record 4-4 and being sixth in the West Conference.

“We lost a few games early this season, when we lose, we shouldn’t be down, it’s a lesson to be prepared for the following games and it is better to lose early in the season than during the end of the season,” Mohamoud said.

The coaches have given a lot of help inside and outside the court towards Mohamoud and the team.

“My coaches have taught me to not think too much, to just play my game that is when I play more successfully, I get my guys involved and everything goes well,” Mohamoud said.

During the season, he has been locked in and sharp with his team, before each game he performs his ritual to get into game mode and focused.



PABLO BALZA

Fowzi Mohamoud is currently averaging 16.8 points per game, 5.0 rebounds per game and 2.9 assists per game.

“Usually before games, I stay with the team hang around, we do our handshakes just to get in the zone to play our game and I’m al-

ways listening to my favourite artist which is A Boogie Wit Da Hoodie to have my mindset in place,” Mohamoud said.

“I’m really happy for Fowzi, he’s a great player, he deserves it and I’m happy to play with him,” guard DeQuon Cascart said.

HUMBER

Et Cetera

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RISING UP THE RANKS

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