

HUMBER

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Humber Faculty
Union Office
OPSEU Local 562

K216

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Humber shows employers appreciation

Sunny Bains
NEWS REPORTER

Past, current and future employers were feted by Humber College's Business School Placement Centre at its annual Employer Appreciation Event.

Last Friday's event at the Lakeshore campus attracted about 250 employers and 200 students and faculty, said placement centre manager Antoniette DiMarco.

"We have invited our employers and industry partners who support our students by giving them opportunities in work-integrated learning and placements," DiMarco said.

The evening witnessed a constant flow of guests — including industry professionals, degree students, alumni, faculty, advisory committee members and other partners — and was a major success.

Jay Mytheen, owner of IT consulting firm J&M Group, hired a student from Humber College and was happy with the experience.



"We had one of your students this year doing internship at our firm, and really found him to be outstanding,"

Jay Mytheen
OWNER OF IT FIRM

Asiya Awan, a second-year paralegal studies degree program, said she heard about the event as soon as the school started and decided to add it to her plate.

"This is basically a networking

event where employers, faculty and students come to network and find possible internships or placements," Awan said.

Sanjukta Das, the placement advisor for the Humber's business school at North campus, said her job was to train students and make their transition toward employability smooth. She showed immense gratitude toward Humber's industry partners and said it was because of them that her students were able to complete their placements and move toward employment.

Danny Da Costa, regional vice president of Intact Insurance for Durham Region, said the event is about getting out, talking to students and promoting the industry to them.

There were 40 students volunteering to help the college faculty and staff organize the event. Some were managing booths, others were holding welcome signs, and others helping with banners.

Mohammed Musthafa, a second-year global business management student who works part-time in the school cafeteria, said he served food to 80 to 100 guests and was very excited to be there.

Bruce Sinclair, the program coordinator for the Fashion Management Bachelor of Commerce course, said the appreciation event was a way to thank all the companies that hire Humber's students as interns.

This year's event provided everyone in attendance the opportunity to meet, mingle and network while enjoying some great background music, food and conversations.



SUNNY BAINS

Second year business management student Mohammed Musthafa serves food to employer appreciation guests.



SUNNY BAINS

Placement managers Sanjukta Das and Antoniette DiMarco attend the employer appreciation event on campus.

Humber's food services back on track

925 DineSafe infractions were found at post-secondary campuses across the city

Michael Thomas
LIFE REPORTER

Humber's food eateries are back in the green after multiple cleanliness infractions were issued earlier this year.

On-campus food diners across Toronto's colleges were cited with various violations by Toronto Public Health (TPH) inspectors. A Citytv News investigation into the food safety records of upwards of 925 infractions at all post-secondary institutions in the city.

Significant infractions in a food premises are those violations that present a potential health hazard. These items must be corrected within 24 to 48 hours or legal action may be taken," said Associate Director at Toronto Public Health Sylvanus Thompson.

"A food premises with significant infractions will be issued with a conditional pass and a re-inspection

conducted within 24 to 48 hours," Thompson said. "A food premises cannot get a pass if significant infractions are present."

All infractions at Humber eateries have been corrected and they received passes.

The Ackee Tree Dynamite Jamaican Jerk, Starbucks and Humber Room eateries at North campus all received violation notices in January for failing to provide hand washing supplies.

Ackee Tree also received infractions for failing to provide supplies at sinks, while Starbucks failed to properly maintain rooms, while the Lakeshore campus' Lake Café was flagged with minor infractions for failing to properly maintain equipment and rooms in September.

Ackee Tree owner Chris George acknowledged the violation and said he made the necessary corrections immediately adding he is still here after 25 years of serving the students at the college.

George said one of his workers mistakenly put the hand sanitation liquid in the wrong position which earned Ackee Tree its violation.

"Health inspectors are here to do their job, and are here to teach us, we all have our food handling course, and over the years we learn as procedures changes," he said.

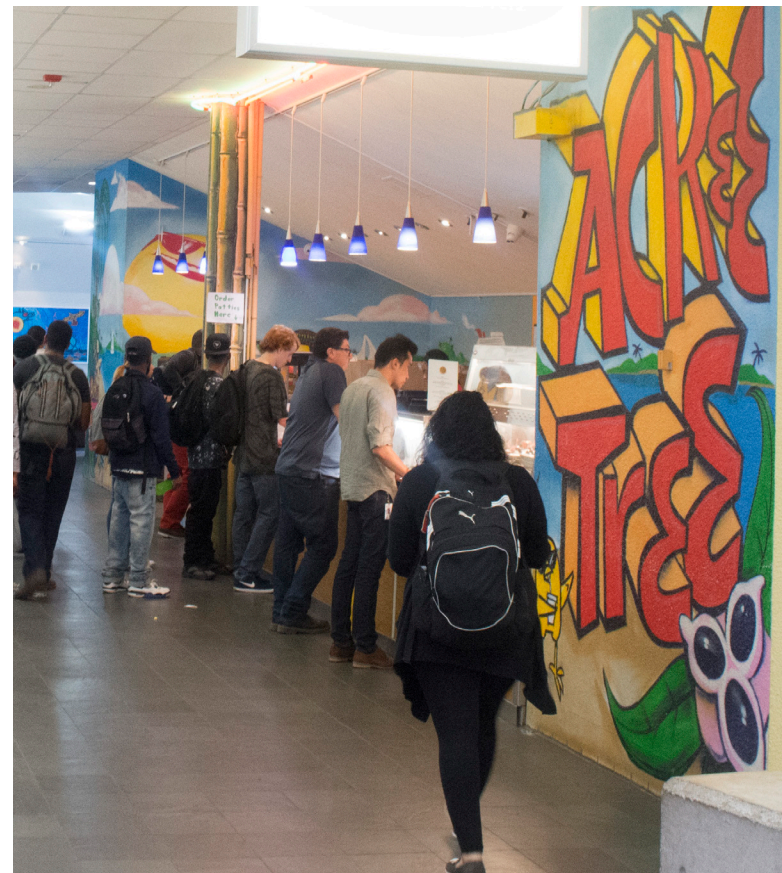
Starbucks manager Lawrence Ong declined to comment when asked for an interview.

Thompson has a warning for restaurants with repeat offences.

"Legal action can be taken for continued non-compliance and repeat offenders can be referred to the Toronto Licensing Tribunal," he said. "The tribunal is a quasi-judicial body that adjudicates on matters referred to it and has the authority to revoke, suspend or impose conditions on a business licence."

TPH's database, DineSafe, contains all food safety inspections results for the city establishments and is available online.

Other eateries that had violations include the Tim Hortons at Centennial College on 941 Progress Avenue, the Subway at Seneca College at York University on 70 The Pond Road, and George Brown Cafeteria in the Casa Loma campus at George Brown College on 160 Kendal Avenue.



MICHAEL THOMAS

A Citytv investigation found that 925 Toronto colleges has food violations.



KIT KOLBEGGER

Humber faculty line up to sign off their forms as they prepare in case a strike is called. On Monday, Colleges could be closed starting at midnight to facilitate the strike.

Students, faculty prepare as strike deadline closes in

Kit Kolbegger
NEWS REPORTER

It is uncertain whether there will be classes at any of Ontario's 24 colleges next week as negotiations between Ontario's College Employer Council and the college faculty union broke down Wednesday.

A statement released by the Council said OPSEU rejected the Council's final offer. The union set a strike deadline for 12:01 a.m. Monday.

The council tabled an offer that includes a 7.75 per cent pay boost over four years, improved some benefits, and improved provisions

to convert of contractual employees to full time positions.

JP Hornick, chair of the union's bargaining team, said the final offer still wasn't a fair deal. "They proposed a temporary full-time position with no job securities, so these are folks that would be doing full-time work but could be released on two weeks' notice," she said. Hornick said the Council still hasn't made concessions to key demands the union is seeking.

"Right now, we have a strike deadline looming and an employer who refuses to engage in bargaining," she said. Robert Bolf, the president of the

Humber Faculty Union, said some of the most important demands were about academic freedom and intellectual property rights. At Humber, we've had associate deans and deans tell faculty, you're not going to use a textbook in this course anymore," Bolf said.

Faculty could object to changes that were made, but that the final decision lay with administration.

Bolf said faculty also thought it was important that they owned the course materials they created. "Professors should own the product of their work, which happens in universities and in other provinces," he said.

Hornick said if the Council came back to the bargaining table, the union would be willing to talk. "If they are willing to engage in conversation, to address these key issues, then we will be here right up until the strike deadline, working to get that settlement," Hornick said.

An update on Humber College's website said the college would make sure students had the chance to "complete their learning goals." Omar Mir, a first-year Design Foundations student, said he was still concerned a strike would disrupt the academic calendar. "We are approaching mid-term week, so I don't know how that's

going to affect us," Mir said. Mir said while he attended college in the past, he'd never encountered a strike. He said as a part-time student, he was worried missed classes would lead to an increased workload when classes resumed. "I've got a really busy schedule, so catching up on work is not something that I'd like to be doing," he said. Mir said the idea of extending classes later in the year was also unappealing. He said he looked forward to summers off. "You finish the school year, and it's like Christmas time. You use that time to recuperate and relax, socialize, get a life again," he said.

Part time, sessional staff across province cast ballots to join OPSEU

Kit Kolbegger
NEWS REPORTER

Part-time and sessional faculty at colleges across Ontario voted this week on whether to join the Ontario Public Service Employees Union.

Business School instructor Syeda Rownak Afza said she hoped for more job security if the unionization vote went through.

"When you're really thinking about job security, with no insurance, no health benefits... how can you really focus on what you're teaching?" she asked. Afza said the current pay structure didn't make sense to her. Instructors

who teach up to six hours a week are paid at a lower rate per hour than those who teach seven or more hours a week.

Robert Bolf, the president of Humber College's local union, described the differences in pay.

"When I've talked to people who are part-time, they tell me they get paid anywhere from one half to two-thirds what they would get paid as partial load," Bolf said.

He said part-time and sessional faculty are not covered at all under the current collective agreement between the OPSEU and the colleges.

"OPSEU is trying to organize the part-timers and sessionals into the



I don't think that you can fully secure a person's employment, but you certainly can offer your employees better opportunities

Denise Taylor

PART-TIME FILM STUDIES INSTRUCTOR

bargaining unit, to be unionized, to give them protection, higher wages, and clearer work rules," Bolf said.

Current part-time faculty may have to work at multiple colleges to afford to live in Toronto.

He said if a professor has to commute between colleges during the day, it may cut their availability to students.

"They're not getting the attention and the time that they deserve to get from faculty," Bolf said.

Denise Taylor, a part-time instructor in Humber College's Film programs, said she thought the vote was an important one.

"I think that we should be given the opportunity to unionize," Taylor said. "We make up the majority of

the workers here, the labour force."

Taylor said she hoped unionizing would bring about better representation and less uncertainty for part-time or sessional workers at the college.

"I don't think that you can fully secure a person's employment, but you certainly can offer your employees better opportunities to know whether or not they have a job three months from now," she said.

Taylor said she thought the timing of the vote was good.

"With the strike coming up, people want to know if they're going to be represented," she said.

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Driver shortage as Millennials shun trucking industry

Michelle Rowe-Jardine
BIZ/TECH REPORTER

Millennials just aren't in it for the long-haul when it comes to the trucking industry.

The industry has been facing a shortage of employees for the past few years and one reason is younger people aren't moving to fill in the empty spaces.

The Conference Board of Canada projected industry growth will require an additional 25,000 truckers by 2024, while another 9,000 are expected to be lost during this same time due retirements.

That creates an estimated shortage of 34,000 transport operators.

Humber College offers courses in both straight truck and tractor-trailer driving.

James Pattison, the manager of the Transportation Training Centre, said the age demographics vary per program.

"At least 25 per cent of students are at the age where they're getting into the program as a second career," he said.

Young people may not be getting into the industry simply because of their age since drivers under 25 are more difficult to insure.

"That is a challenge in the industry, there's a gap between 18 to 25. Eighteen is when they get out of school and 25 is when companies are more receptive to bring them on due to insurance reasons," Pattison said.

"So, that's where a lot of people are lost. They fit into something else and they don't get back to trucking," he said.

A report called the Trucker Supply and Demand Cap from the Canadian



MICHELLE ROWE-JARDINE

Tractor driving student Aman Preet says he's going to drive short-haul to gain experience before drive long-haul.

Trucking Alliance also showed that in 2016, less than 15 per cent of truck drivers were in the 25 to 34 age range.

Long-haul trucking involves extended periods away from home and long hours and a sedentary lifestyle alone on the road. While long-haul drivers typically get paid better, Pattison said highway routes aren't necessarily sought out.

"Highway work and being away is not the work-life balance that a lot of younger people want. They want to be home every night," he said.

Highway drivers get paid per mile which used to mean they were paid more than those driving for hourly wages. Increased congestion across Canada, however, has led to jobs taking longer to complete with more

working hours spent sitting in traffic.

Rob Jackson, an instructor for 19 years, said highway drivers "aren't getting paid much" in slowdowns due to weather, construction or accidents, and hourly wages have also stagnated.

Derrick Johnson, a 37-year industry veteran and instructor at Humber, said he used to make great money when he first started.

"Today...wages are still around \$15, \$20 an hour for a truck driver. No, we need \$25, \$30," he said.

Pattison said one of the challenges in recruiting people to the industry is the stigma.

"Truck-driving isn't always thought of as a prestigious job," he said. "Commercial drivers have a

big responsibility out there on the road and they don't always get the recognition they deserve."

But there's no shortage of applicants for students at the Transportation Training Centre.

"It's a lot busier now than it ever has been," Jackson said. "We're booking for January right now."

Aman Preet, a 28-year-old student, said he needed a change from his daily routine as a security guard.

"It's a good job opportunity," he said. The program also came highly recommended.

"My cousin is driving a truck, so he told me, 'If you really want to drive a truck, go to Humber,'" he said in-between practice parking a tractor-trailer.

IGNITE raises value of bursaries by \$250

The total annual bursaries sum has been increased for the future

Christian Aguirre
NEWS REPORTER

The IGNITE student government increased the amount awarded in their bursaries to \$750 from \$500.

Financial support is a relief for many students, especially international students who in some cases pay more than double of domestic students. A report by the Canadian Centre for Policy Alternatives claims that tuition fees have tripled since 1993, with Ontario leading the pack.

IGNITE's move increased the bursaries sum to \$412,500 from last year's \$275,000. But rather than increasing the number of bursaries to be distributed, it decided to raise their value.

The student government plans to distribute 550 bursaries this year, the same amount awarded last term.

Both Humber and University of Guelph-Humber students are eligible to apply for the bursaries.

Last year IGNITE received 1,673 applications for its bursaries.



CHRISTIAN AGUIRRE

IGNITE president Maha Jackson is presenting one of the many posters reminding the campus on the recent boost of the bursary funds for students

"The money is split between Guelph-Humber and Humber," IGNITE's Services Director Sieu Moi

Ly said.

Ly said the money is split based on enrollment, with per cent of

Blackboard has many more features than students realize

The mobile app has new video conferencing tool so students and teachers can interact

Micheal Thomas
LIFE REPORTER

Humber College students and staff learned to maximize the capabilities of the Blackboard mobile app at a Wednesday workshop.

The mobile app, available on iOS and Google Play, includes features helpful to students and teachers.

Dawn Marle Warren, a multimedia technologist at the college, said the app helps users keep in touch through their mobile devices and allows for streaming classes online.

"It is a simple way for students to be in touch with their course information like having access to their calendar, join class discussion and be notified if the teacher is not well at a moment's notice," she said.

The workshop walked attendees through the app's features like how to view and edit discussion postings, launching announcements, and uploading documents using Dropbox.

Sabrina Silva, a second-year business administration student, admitted the app is good for quick access, but said she has had some difficulties with not being able to stay logged in.

Warren said the app is very beneficial because once students' work is graded "they can be notified of the result immediately instead having to go to a desktop."

Juanita Stephen, a child and youth care professor and a Humber graduate, agrees with Warren on the perks of the app.

"It was very helpful to me as a student in cases where the teachers would post something I could find out on my way to class, or look at my test scores," Stephen said.

Just like Skype, the app can be used to bring a class together even if some students can't attend in person, Warren said.

Blackboard Collaborate is a real-time video conferencing tool that lets instructors or classmates meet online through streaming.

Warren said from what she has seen in the technology field, Humber is way ahead of most of the other colleges.

With Humber boasting more than 300 online courses she said the goal is to have entire programs online.

bursary funding earmarked for Humber students and the rest for Guelph-Humber students.

The Ignite board relocated funds to the bursaries program by retiring the Student Lifeline service which was implemented by the previous administration two years ago.

"The board has decided from last year is that we are going to stop that service," IGNITE President Maja Jocson said.

She said the government provides services that mirror the now retired Student Lifeline program.

The wellness section of the IGNITE website recommends the "Good2Talk" service provided by the Ontario government as an alternative to the Student Life program.

Although IGNITE removed the Lifeline Service it stills provide financial support to Humber's counselling services.

"We (IGNITE) have increased our support for counselling services and our health centre to make sure students have been well taken care of," Ly said.

Students can apply for the bursaries online via the MyHumber site starting Oct. 1.



KETTELIA WRIGHT

Parveen Gill explained breathing techniques to Dileeni Weerasinghe at a meditation sessions at Lakeshore .

Meditation series kicks off at Lakeshore

Kettelia Wright
LIFE REPORTER

Humber hosted the first of five meditation sessions in hopes to help everyone reclaim themselves during the mid-day at Lakeshore on Thursday.

The objective of the five-part series is to help participants regain their inner peace and awareness through simple breathing techniques and meditation.

“I thought I would be a good edition to the CTL offerings, I took a meditation with Parveen at one of our professional development showcases and she really transformed the room,” said Bianca Sorbera, manager of teacher training programs. “It was a hectic day, and I remember going in

with a headache, and my headache was completely gone by the end of the session.”

Students and faculty have to get a lot done throughout the day, it’s good to take a break in between to avoid stress.

“As faculty or admin, we have such busy days here that it would be so nice to break up the day with some of these techniques, in our every day jobs,” Sorbera said.

Students can start to intergrate these techniques in to their class room practices. In the event of an exam, professors can use the breathing technique to help make sure their students are in the right head space.

There are endless benefits to anyone that participates in meditation.

“Based on my experience, I was

prone to migraines, and I was taking Advil and Tylenol pretty much every single day,” said Parveen Gill, program coordinator for the business school. “I started doing my breathing and meditation in 2011, ever since then I almost never get migraines at all.”

Participants were very happy with the results after the meditation with Parveen.

“It was so good, I felt so calm and relaxed, and I almost fell asleep at certain points, but I was awaking,” business professor Dileeni Weerasinghe said. “I learned a lot of new techniques from her, that really helped, I’m still in a zone of calmness which is excellent.”

The next session will take place on Oct. 18 at Lakeshore campus.



SHARON PAUL

Ron Graves, manager of education and outreach at Plug’n Drive, outside the LRC at Humber’s North campus test driving electric cars.

Students and staff take electric cars for a spin

Sharon Paul
LIFE REPORTER

Students and faculty put the pedal to the metal during an auto test drive and all they got was a whirl.

They jumped behind the wheel of an electric vehicle and took a lap or two around the

LRC parking lot at North campus on Oct. 5. Plug’n Drive partnered with Humber’s sustainability department to let people test drive, or buy, three electric vehicles: the BMW i3, Volkswagen e-Golf and the Chevrolet Bolt.

The Plug’n Drive representatives also outlined the benefits of owning an electric vehicle.

“We know that fossil fuel is hurting us, it’s polluting our earth, it’s causing health issues and it’s causing climate change,” said Ron Groves, manager of education and outreach at Plug’n Drive.

Humber’s North campus plans to install six charging stations.

Roma Malik, the college’s sustain-

ability manager, said it makes sense to raise awareness for environmentally-friendly vehicles especially as Ontario becomes more accommodating to them.

She said the department’s five-year plan is to integrate as many sustainable options as possible into

“We know that fossil fuel is hurting us, it’s polluting our earth, it’s causing health issues and it’s causing climate change.”

Humber’s transportation system, which is why the college now offers bicycles for students to ride on and off campus through Drop-bike.

The test-drive event was part of that mandate, Malik said.

“This is a lower carbon footprint way to get to campus,” she said.

Groves said the electric cars run smoothly with their batteries charge level visible on the dashboard. The battery isn’t used when the wheels stop moving, ensuring the car is using the least possible amount of energy.

“Most people are surprised when they start an electric car because it doesn’t make a sound, it’s sort of like booting up your laptop,” he said.

Arboretum building garden to teach students about urban agriculture

Ross Lopes
LIFE REPORTER

Humber’s Arboretum is building a Food Learning Garden that will give students a space to learn about urban agriculture.

Arboretum Director Alexandra Link said she thought of the concept about a year ago to provide students with a place where they can learn how to grow healthy local food in a sustainable way.

“It will be a learning space for students to come with their classes to learn about food and urban agriculture,” she said. “It has a dual need for Humber students but also for the community to learn about it.”

The garden will help students develop and become educated

about food security and growth, Director of Health and Wellness Matias Golob said.

“A lot of our student population are youth, and they are also interested in being exposed to food,” he said.

Golob introduced a healthy child and youth development program to Humber to provide opportunities for children and youth to develop skills for the challenges in life, such as food.

“This is an area where [youth] get exposed to growing food [and] learning about the environmental concerns, [while] understanding the relationship to everything in the world, including the things they eat,” he said.

Golob said the garden will also

help students learn about physical literacy and how to move the body and engage in maintaining fitness levels and a good healthy weight.

“When they are out growing in the garden, they are moving and doing,” he said.

The garden is a learning area for Humber students not only to engage in local agriculture, but to connect them to the local community as well, Link said.

“We have so much knowledge to share and so many resources [where we can] help support the local community,” she said.

Her other vision for the garden is that it will connect students to the community through the donation of any extra produce to a food bank or a community organization.



SHARON PAUL

Hassan Hassan, program co-ordinator for applied technology, test driving an electric car. Humber plans to install six charging stations.

EDITORIAL

We sympathize but we get screwed over as education is their leverage

The education of college students across the province is up in the air as the Ontario Public Service Employee Union (OPSEU) submitted its five-day notice to strike and could be on the picket lines as early as 12:01 a.m. Monday.

If an agreement is not reached before this time, full-time and partial-load staff, including those at Humber, will be in a strike position while the colleges could lock them out. Either way, it would effectively shut down full time, continuing education and online classes for students. Students in co-op or field placement programs need to contact their school to determine if these will still be running. However, varsity athletes are in luck as sports events are expected to continue in selected off-site areas. As well,

Humber campuses will still remain open and services such as peer tutoring, math and writing services will also be available.

Not much information is available for concerned students, at least, not the answers we want. Humber's website has some details and FAQ's listed on their updates page. Humber is adamant that they're committed to student success and will "do everything possible to ensure that all students have the opportunity to achieve their learning goals", but does not specify exactly how students will make up for lost time. It all depends on the number of academic days lost, the release says.

As for refunds, well, there's no clear answer for that either.

What domino effect would that cause to housing contracts, em-

ployment expectations and fees? The price of an education has always been a hot topic issue, with many students trying to balance part-time jobs with studying. If there is a strike, students would be missing out on valuable education they have paid for, and in which they will most likely not receive any compensation or reimbursement.

Nursing students, for instance, pay \$3,819.96 tuition per semester and stand to lose \$254.45 per week. Humber's Business Management program students stand to lose \$131.70 per week, and the Film and Television students will lose \$127.20 per week.

The fees for international students are even greater.

There is no telling how long this strike will last, it very well could be

weeks, but it could be very costly to students in other ways other than tuition.

Students who rent a room may find themselves pleading with landlords to let them extend their lease by a month. With leases generally on a fixed term contract, students may find themselves desperately searching for a month-long sublet, becoming especially difficult if hundreds, if not thousands, of students are caught in this situation.

Further, more than 1,000 students who live in Humber student residences at the college's three main campuses may have no other option but to stay in residence to make up for missed school time during the strike. However, there are strict move-out dates so staff can prepare dorms for new students moving in

for summer courses.

Many of these summer students "come from away" where commuting is not an option and finding a short-term lease may prove nearly impossible.

The students who will be affected the most will be the international students. They would not only stand to lose more tuition money per week of the strike but would also need to re-schedule their lives. For these students, they may need to change flights and ensure they have enough money saved up to stay longer. Their employers back home may reconsider their commitments.

OPSEU and the colleges have plans if there's a strike. But it begs the question, are students being used as leverage by the union and the College Employer Council?

Allowing dogs in restaurants puts owners whims above everything else



Brett McGarry
ARTS EDITOR

As reflected in a recent Arts & Life article in the National Post, Ontarians seem to think it perfectly acceptable to allow their pet dogs into restaurants. Many more "forward thinking" places like New York, Paris, British Columbia and Japan allow patrons' furry friends to sit by their side as they enjoy lunch. Some of these restaurants have even gone as far as including dog specific menu items so their dog won't feel left out.

As the law in Ontario stands now, dogs are not permitted to enter a restaurant or the patio of any place that serves food, with the exception of service animals.

And I'm supposed to feel bad?

Don't get me wrong, I am a dog lover.

I've had two dogs over nearly two decades and a perfect Sunday morning for me includes a coffee and browsing the popular dog-photo group on Facebook called Dogspot-

ting. Sometimes I'll even go stag to dog parks for a good time. But allowing pups to join us by our side so emotionally distressed "dog-parents" can be comforted while they have their avocado sandwiches and frappe lattes over brunch hardly seems to be the most responsible thing to do.

There is a myriad of issues that would arise if a dog-ban was lifted in our bars and restaurants. A lot of them involve food industry workers and serving staff.

Serving during the hustle and bustle at peak hours in a popular restaurant is stressful enough as it is. Adding an 85-pound golden retriever sprawled out in the middle of an aisle between tables while an overworked and underpaid employee tries to

that it's in a canine's nature to mark new territory with scent.

That's right, dog urine.

So, it's not unbelievable to think that a few dogs out of a dozen might not have the conditioning and control to not urinate on the booth of patrons sitting behind you. In regards to dog behaviour, every dog owner might like to think their special little buddy is the most well behaved in the world but the reality is that there is plenty of jumping, barking and food stealing doggies out there in the world. On average, if dogs were allowed in restaurants the vast majority would probably be finely behaved, but it only takes one jump from a drooling Cane Corso to ruins someone's day.

And what about people with pet allergies? If pets were allowed into restaurants without discretion, roughly 10 per cent of people would now suddenly are no longer able to eat and drink and enjoy each other's company in public. Allergic industry workers would have to suffer an eight hour shift of swollen eyes,

a runny nose and poor breathing. Is it fair that now they will have to look for a new job for the comfort of entitled pet owners?

Almost none of this has to do with the safety, comfort or dignity of the pet itself but entirely has to do with pet owners who think everyone should treat their beloved animal like another human. It would not be outrageous if an entrepreneur wanted to open a dog friendly café, but to allow dogs in any restaurant is a reckless abandonment of a civilized society.

balance three plates of soup and spaghetti unnecessarily adds a layer of difficulty. And, honestly, dangerous to both the server and the pooch.

Then there's the sanitation issues. Surely a restaurant on the up-and-up will keep their workers' hands and dishes clean, but the fur of a shedding dog floating through the air could easily find its way to the top of a freshly made dish with the other accoutrements.

This all goes without mentioning

Its now or never for the Toronto Raptors



Sully Akbari
NEWS EDITOR

After the Golden State Warriors hoisted the Larry O'Brien trophy in June for the second time in three years, the NBA was set to change. Why? Well, considering how the Warriors were viewed as the only "super team," players on expiring contracts would sign to a different team with other star players to take down the Warriors.

Of the many teams that went through big changes in either rebuilding their team or trading away star players during the off-season, there were two that stuck out: the Cleveland Cavaliers and Boston Celtics, two powerful Eastern Conference rivals of the Toronto Raptors.

The Cavs sent Kyrie Irving to the Celtics in return for Isaiah Thomas, Jae Crowder, Ante Zizic and a first-round lottery pick that they got from the Brooklyn Nets.

Toronto, which made only a few moves, and has something both Cleveland and Boston don't have: continuity. The Raptors are prepping for its fifth run at the championship and kept their star players together, giving them an edge in team chemistry and knowing each other's strengths and weaknesses.

Cleveland however continues to

seek its chemical balance. They were thumped by the Warriors four games-to-one in last season's NBA finals, resulting in star point guard Irving to request a trade. This sent shockwaves throughout the league because the Cavs drafted him in 2011 and reached the finals during the past three years, but only won one championship. Why would Irving consider leaving Cleveland even though they finished second in the East and have one of the best teams in the league? As talented as Irving is, he felt that LeBron James overshadowed him, thus he wanted out and got his request. The big trade between the Cavaliers and Celtics just months before season tipoff opens a great opportunity for the Raptors to reach the finals, something they have never done before.

It will be difficult for the superstars to know how to play with each their new teammates, and for the Raps, it gives them a great chance to take advantage of as the Cavaliers and Celtics embark on a personal learning curve.

The Cavaliers will not have Thomas for most of the year, meaning once he returns from his injury, the team will have to readjust to their game plan.

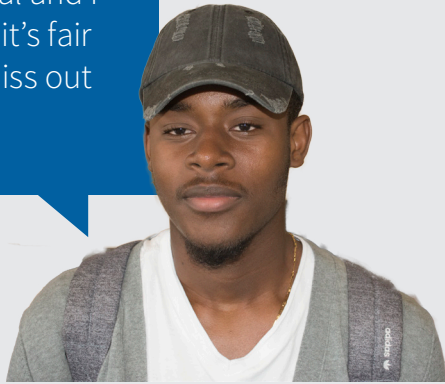
The Celtics, however, will have to rebuild its team chemistry because only four players from last season are returning.

But let's say the Cavaliers and Celtics do in fact figure it out before the NBA Playoffs start in April. It's not like Toronto is far behind Boston and Cleveland. Toronto finished second in the East two years ago and finished third last year. So, there is still a chance in beating them in the playoffs when it matters most.

Overall, it will be tough for both Boston and Cleveland to readjust to their new teams, giving Toronto a shot to advance to NBA finals and, fingers crossed, win it all.

QUOTED How do you feel about the potential faculty strike?

We pay double the price in school fees because we're international and I don't think it's fair students miss out on classes.



Brandon Bennett
BIOTECHNOLOGY
1ST YEAR

Our teachers did say a lot of our study material would be uploaded on Blackboard... so that is our last hope to do something.



Aqs Malhotra
WEB DEVELOPMENT
1ST YEAR

I'm kind of scared because this is my first year and I don't have much experiences or knowledge about strikes.



Lady Morante
GENERAL ARTS AND SCIENCE
1ST YEAR

PHOTO OF THE WEEK HUMBER'S ARBORETUM CHANGES WITH THE SEASONS

The usually busy Humber Arboretum is now empty as the cooler fall weather sets in. Humber Arboretum and West Humber River Valley were ranked as one of the city's best fall hikes on BlogTO. During summer months the arboretum is filled with students studying, but now they have begun to seek shelter indoors.

ROSS LOPES



Use **#HumberEtCetera** on Facebook, Twitter or Instagram and send us your best photos for a chance to be published in next week's issue!

96.9 FM | radio.humber.ca



Womens Volleyball team member Nicole Collard stretches out on a mat during practice at Humber's High Performance Centre. The HPC has helped Humber win over 80 championships.

High Performance Centre gives athletes extra push

Ed Hitchens

SENIOR WRITER

There's an age old saying that if someone is given an inch, they'll take a mile. With Humber's High-Performance Centre, Hawks teams are certainly receiving that inch to take them the extra mile.

The HPC has played a little role in helping Humber earn a staggering 19 National and 63 Provincial championships, tops in both categories respectively, since it opened in 2010.

Only available to varsity athletes, other students probably wouldn't know the HPC even exists.

HPC coordinator Teresa Arnini feels that needs to change.

"I want to get the message out," Arnini said. "I want people to know that we have this type of facility to al-

low athletes to reach their peak level."

The facility was started as a pilot project spearheaded by former athletic director Doug Fox.

Arnini, who doubles as the cross-country coach, said the key to its success is that there are administrators at Humber who play close attention.

"Humber had a reputation of being committed," she said. "Historically, they always supported their athletes. Everybody then just knew work had to get done.

"Now, the advantage is we have the strength and conditioning coaches to figure out just what how it needs to get done," Arnini said.

Those coaches include Joseph Latina, who moved to Humber after strength and conditioning experience with CIS schools York and Ryerson Universities.

And he was more than thrilled for the opportunity to coach the 13 varsity teams that represent the Hawks.

"We try to look at everything from a whole," Latina said. "It's not just training. There's a lot of background stuff that we do in creating programs. "We gear all the training to peak at certain points," he said.

Services offered for athletes include stress and time management, as well as recommendations on nutrition.

"We're trying to give them tools to make them better athletes," Latina said.

Men's volleyball team rookie Josh Pascual says the HPC absolutely helped him become a better player.

"I think it's the other half people don't see," said the kinesiology student. "The HPC helps us last longer and throughout the long season, it helps us perform better in ways peo-

ple really don't know."

Women's volleyball Julia Watson said the education she's gained from Arnini and Latina has given her a grasp on her overall health, both on and off the court.

"It's helped me become more conscious about what I put into my

body," said the rookie right side. "I'm eating healthier. I'm drinking more water.

"Plus, it gives me a little outlet during the day, when there are open sessions," Watson said. "I like it."

ALL PHOTOS BY ED HITCHINS



Middle blocker Quinton Hudgins tears through his resistance training as strength and conditioning coach Joseph Latina offers some extra assistance.



Men's volleyball middle blocker Garry Lindsay with some dumbbell curls on the bench



Outside Setter Rady Kim Squats during circuits. The University of Toronto transfer is in his first season with the hawks.

Basketball teams continue their strong play after road trips

Joey Congi

SPORTS REPORTER

The Humber Hawks men's and women's basketball teams look formidable following an exhibition tournament early in the season, but they expect to be better.

Both varsity teams came off of a successful weekend in Quebec finishing first in the women's competition and third in the men's.

The women's team took all three games in the Montmorency Invitational tournament as part of their pre-season game schedule during the weekend of Oct. 6. They defeated the Montmorency Nomades 64-50, Dawson Blues 65-56, and Holland Hurricanes 80-65, and earning themselves the championships. The women's team rode that momentum to stomp the Seneca Sting 95-44 on Thursday night.

There are high expectations on the women's team and they've so far been able to win in convincing fashion, but they still think there's many ways they can improve their game.

"There was a lot we still need to work on," star player Ceejay No-

fuentes said after their game against Seneca.

"Our overall performance wasn't that great but we still had a good game," said Nofuente, who was named this past summer to the Development Women's National Team.

Coach Ajay Sharma felt the team needed another real game despite sweeping the Montreal tournament to work out some issues.

"We're still not executing at the level we need to be executing at, we're not playing error-free basketball which is something we need to emphasize," he said.

"I expect us to do what teams in the past have done and compete for an Ontario championship and then compete for a national championship," Sharma said. "I think we are talented enough and we just have to be disciplined and clean up our mistakes."

The men's team took two of three games in Quebec during the Dawson College Tournament between Oct. 6 and 8 to kick off their regular season. They beat the John Abbott Islanders 100-67, and Brebeuf Dynamiques 79-60. They started with a 79-63 loss to the Montmorency No-

mades, good enough to earn them third place.

The men's team also placed high expectations on themselves as they try to improve on their OCAA bronze medal from last season. The men's Hawks are confident they can do big things for this season, especially with the addition of new talent to this year's team.

"We have one goal and that is to win the national championship," rookie Terry Hill said. "We just got to take it one step at a time, we're just thinking about the next game every day."

Sophomore guard DeQuone Cascart described the men's team as being up tempo and moving the ball faster than expected this year.

"Everyone wants to see everyone succeed on the court this year," Cascart said.

The men's basketball team looks to improve on their 2-1 start on the season when they take on the Conestoga Condors on Sunday and the women continue their pre-season when they take on the Waterloo Warriors on Thursday.

ALL PHOTOS BY JOEY CONGI



Ceejay Nofuente carries the ball up the court against Seneca Sting.



Leticia Lopez challenges a defender as the Humber Hawks take on the Seneca Sting on Oct. 17.



Aleena Domingo carries the ball up the court as the Humber Hawks take on the Seneca Sting.

Women's soccer mauls George Brown Huskies 6-nil

Christian Aguirre

SPORTS REPORTER

Humber's women's varsity team destroyed the George Brown Huskies 6-0 on a cold and rainy afternoon at the Ontario Soccer Centre in Vaughan, Ont.

The Hawks started its decisive victory Thursday early in the game when midfielder Hayley Mackie netted the first goal at the seven-minute mark.

It was all in the numbers: 34 shots by the Hawks, two by the Huskies; no saves required by keeper Vanessa Fiore, compared to Kelsey-Jane Lamprecht's 12; and nine corners by Humber compared to two by George Brown.

The Huskies tightened its defense after the first goal and put up a valiant fight, denying the Hawks the ability to extend its lead.

That is, until the 40th minute.

Midfielder Elysia Prasad added to Humber's lead by breaking George Brown's defensive line and scored a goal.

Moments later just before the first half ended on injury time, striker Rebecca Spratt destroyed all hopes for George Brown to make a comeback by scoring the third goal of the game setting the score to 3-0.

The second half of the game was an exercise of total domination for the Hawks.

Humber made many attempts, pressuring the Huskies' defense by pressing the net and at the 60th minute, Claudia Piazza scored making it 4-0.

Piazza also scored the fifth goal just 10 minutes later.

Forward Megan Voutour scored the sixth and final goal of the game at the 89th minute, completing the Hawks rout of the Huskies.

"Anytime you get a 'W' in this

league it's always a good thing," said Humber Women's varsity head coach Vince Pileggi.

He said he thinks the league is much better this year and notes the depth and quality among all college teams.

"The score is not an indication of how difficult George Brown was to play against," said Pileggi. He said his team's experience is the key to their victory.

The coach praised all his players for doing their part but said Piazza was the catalyst this game.

Humber co-head coach Mauro Ongaro said weather conditions was something players needed to get accustomed to.

"It doesn't get too much better than this, when you're at Sudbury at the end of October these are the type of conditions you are going to have," Ongaro said.

The Hawk's play Cambrian Sunday.



CHRISTIAN AGUIRRE

Fatima Fuentes-Martinez races for the ball versus George Brown Huskies.

HUMBER

Et Cetera

SPORTS

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"SACRIFICE THE GIFT."
—STEVE PREFONTAINE

GOING THE DISTANCE

An inside look at
Humber's High
Performance Centre

P 8

