



JIMMY KAKISH

IGNITE Student Union Executive Director Ercole Perrone sitting front row during Wednesday's Special Meeting of the Members.

IGNITE contract questioned

Brandon Richard Austin, Tyler Bloomfield, Erian Amor De Los Reyes, Ken Kellar, Alana MacLeod

A key contract for a component of the controversial \$400,000 rebranding of the Humber Students' Federation (HSF) was awarded to a former classmate of HSF Executive Director Ercole Perrone, Humber News has learned.

The consulting contract was awarded to Hugh Ruthven, principal of Intuition Brand Planning, of Victoria, B.C., through a process that Perrone acknowledges did not involve a Request For Proposal (RFP) or any other "competitive proposal process."

Perrone who has been a paid staff member of HSF for almost 10 years confirmed his connection to Ruthven after Humber News discovered that the two men attended Royal Roads University in B.C. together and graduated at the same ceremony in 2011.

"When we weren't going to have much luck finding an external strategist who could provide us with the support that we needed, I went to Ahmed our President and James Pashutinski, who was our chairperson and declared a conflict of interest," said Perrone.

"I told them I knew of this indi-

vidual who I did my Master's with who does this for a living. I invited them to speak with Hugh and they made the decision."

IGNITE said its actions were compliant with its purchasing policy.

"You don't need to do an RFP as long as you have a competitive process where you're either interviewing companies or individuals or having them send in proposals and quotes," said Perrone in an interview. "So, we did all that. There certainly was a thorough process we did not do a quote, unquote, RFP though. There's a specific definition of what a RFP is. We didn't do that. We knew exactly what we wanted and we met with, consulted with, interviewed several people."

The hiring of Ruthven first came to light when IGNITE made a PowerPoint presentation to Humber's College Council in August where questions were raised about the high cost of the rebrand.

Ruthven has worked in advertising and marketing for more than 30 years. According to his LinkedIn, in the past he's worked with DDB Canada and McDonald's. Ruthven launched Intuition Brand Planning in 2003 and said he doesn't have a website because he gets most of his

business through referrals.

According to Ahmed Tahir, IGNITE's president, Ruthven was the consultant who conducted the preliminary research that would ultimately lead to the Humber Students' Federation's rebranding.

In an interview, Ruthven told Humber News that Perrone, whom he said he had not spoken to in three years, asked him for suggestions as to how he would conduct the research. "Then he came back to me and said, 'You know what sort of cost would be attached to that sort of thing?'" said Ruthven. "So then I estimated costs for each stage of the brand discovery."

Ruthven said at Perrone's request he submitted a five-page proposal.

Two weeks later, Ruthven said he received a phone call from a group of people, including Perrone and Tahir, who asked him to walk them through the proposal and posed several questions. It was during that phone call that Ruthven learned he was awarded the contract.

According to Ruthven, no mention was made of a conflict of interest to him at any point during the process.

When asked what exactly Ruthven did, Tahir said, "It's all about distilling what our brand is in a few key points. And then from there building

our names for the rest of the brands. So really reviewing and talking to students internally and externally to the organization to figure out what the brand means to them ... that will lead to setting a foundation to build up the rest of the name."

"We engaged the college and asked for some advice, had a variety of different names, spoke with a variety of different people," said Perrone. "At the end of the day, we went with Hugh Ruthven of Intuition Brand."

In a subsequent interview, Tahir confirmed that the decision to hire Ruthven was left to himself, IGNITE's Communication Director Natalie Bobyk and James Pashutinski and complied with HSF's purchasing policy.

The policy states that "HSF's procurement function shall be performed in an open, fair and transparent manner," and that "supplies, equipment and services must be acquired through a competitive process."

It further states that expenditures between \$1,001 and \$25,000, requires a minimum of three written quotes. Expenditures exceeding \$25,000 require a Formal Request for Proposal (RFP).

Continued on page 2.

A quick Google search of 'Ignite' reveals branding handle is remarkably common

Ignite

Humber's multimedia design and development/web design and interactive media students display their final projects, 2016

Microsoft Ignite

A conference series scheduled for 700+ sessions on September 25-29 on 2017 in Orlando Florida. Basically a bunch of TED talks by Microsoft about the innovation, structure, and future plans of the company.

ignite magazine (purposefully lowercase)

A Canadian magazine that has been in circulation since 2008 that sets out to inspire corporate travel planners. They pride themselves on being "absolutely unique."

Ignite Capital

Holds competition for small business startup fund aimed at helping aspiring Ontario entrepreneurs.

Ignite talks

A TED talk like series of presentations. These differ from Ted Talks in that the presenters only have 20 slides which change after 15 seconds.

IGNITE 2016

A Toronto City Mission initiative that was held on Tuesday April 19, 2016. Its purpose was to highlight the importance of volunteering and building community relationships.

Ignite (Spark Centre)

An "entrepreneurial journey," similar to Ignite Capital that looks to be the SPARK that lights the flame to the young innovative thinker.

TSX Ignite

A Canada wide conference stopping in each province with conferences for founders and business executives.

Ignite Bundle

Rogers Media bundle promotion.

Contract issue (cont'd)

Tahir said that prior to the awarding of the contract, IGNITE contacted other parties at Humber, who he did not name, for further recommendations of companies providing the same services as Ruthven.

"We reached out to them to see, like, what are some folks that you think would be good to use," Tahir said.

Emily Eyre, Humber's Manager of Purchasing Services, said she has no knowledge of any outreach from members of IGNITE to her department.

"If they reached out it wasn't to me," said Eyre in an interview. "Certainly none of my staff has come to me or brought any information to me."

Eyre said the department would have advised IGNITE to approach the process differently.

"If they did reach out to us we would say 'You know, we'd be more than happy to do a competitive bid process for you,' if they provide us with the information," said Eyre.

Humber News contacted Tahir again asking for details on any conversations IGNITE might have had with anyone in the purchasing department but received no response. Perrone said he was not sure who IGNITE had contacted at Humber.

"I don't know if it was the purchasing department or Humber's marketing department," he said.

In an attempt to clarify conventional business procurement procedures, Humber News contacted Professor Angelo Crupi, Supply Chain Management program coordinator at Humber College. Crupi made it clear that he has no involvement in IGNITE's business affairs.

"What normally happens [in industry]," Crupi said, "is that all requirements for whatever service or material or water bottles, whatever it might be, are posted online. It's easy these days with online tools like Merx where RFQs [Request For Qualifications] are posted."

Anyone can go on the website and see what the requirements are. Then, everyone's free to respond. From there, they would select a shortlist of potential suppliers and then go further and do further research into the shortlist."

Crupi went on to state that in specific instances, companies do choose to go with a sole-sourced contract. In the case of companies with stakeholders, this is done with documentation.

"If it's your business and your money, then no one's going to require you to do that," said Crupi, "But as soon as you have, for example, shareholders or partners that aren't involved necessarily in the day-to-day operations of the company, then they'd want to make sure that you're finding the best possible supplier."

On Wed. Oct. 19, IGNITE held a Special Meeting of the Members at Humber's North Campus Student Centre. According to IGNITE's website, the meeting was to provide more information on the rebranding. Students had the opportunity to vote for or against approval of the federation's legal name change from Humber Students' Federation to IGNITE and gave the approval.

According to Ahmed Tahir, such a vote requires legal documentation to be updated with the new name.



JIMMY KAKISH

IGNITE Special Meeting of the Members on Wednesday, Perrone at left.

Groundbreaking accessibility course announced by SMSIT

Starting in fall 2017, Humber's School of Media Studies and Information Technology will be the first in the world to offer a course on accessible design in broadcast media.

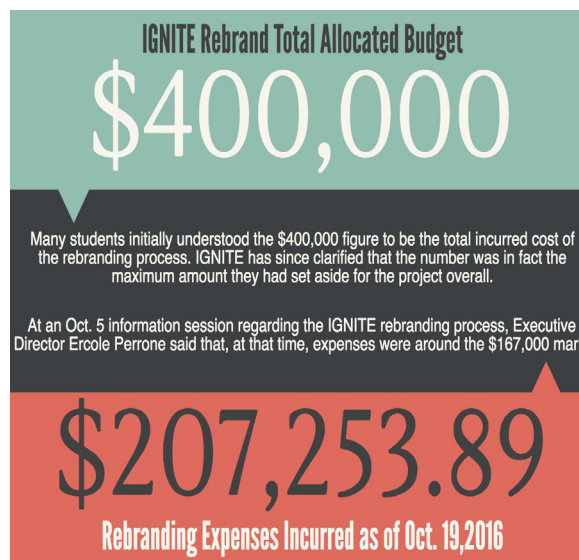
Thanks to a \$130,900 grant from the Broadcast Accessibility Fund (BAF), SMSIT faculty professors Anne Zbitnew, Mike Karapita and Hillary Rexe will create a course that will be created to allow all SMSIT students to be agents of change for accessibility in broadcast content.

The course will be the first cre-

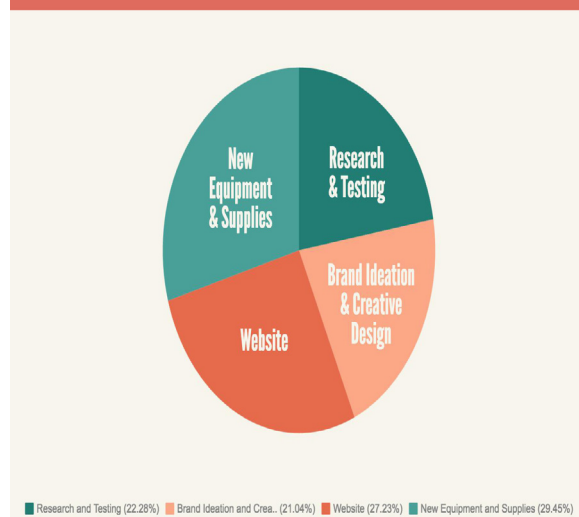
ated to raise awareness regarding systemic, attitudinal, physical and other barriers that affect accessibility within current broadcast media practices. Aspects of the class will focus on representing and raising awareness of disability in Canada within broadcast media.

An SMSIT announcement of the project noted that students will learn "how to incorporate accessibility features such as image description and described video, alt-text, transcription and captions into broadcast media content," making accessibility "part of the initial development process."

Accessible Design in Broadcast Media will be available to all School of Media Studies students starting in September 2017.



Budgetary Breakdown



RESEARCH AND TESTING

\$46,183.10

- Brand discovery
- Brand positioning
- Brand articulation
- Student survey
- Student online focus groups
- Student survey participation
- Student survey participation grand prize

This category details the steps taken in the planning stages of the rebrand process, and could include the hiring of a brand consultant to help determine the direction the organization should take. The brand consultant helps to determine the message the organization wishes to send, as well as conducts demographic research and surveys to determine how best to represent the organization.

Brand Ideation and Creative Design

\$43,601.05

- Development of name
- Development of logo
- Development of tagline
- Visual identity

Brand ideation is the process of creating the basic elements of a design, what all comes together at the end to create the final product: the brand. This step might involve the hiring of a design company to assist in the process from conception to actualization. This includes designing and packaging the brand elements into a cohesive unit.

Website

\$56,443.50

- Define user experience
- Building site map
- Audit existing site content
- Development of new content & copywriting
- Purchasing images
- Developing layouts and wireframe
- Developing front and back-end of site
- Customized content management system features
- User manual, AODA & CMS training

This step sees the creation of the new IGNITE website through from start to finish. The process begins with creating a plan of what the site will do, and how it will do it. Following this, notes are taken of the old site, and the website is created from the ground up. Additionally, the website is tested to be sure it complies with the Accessibility for Ontarians with Disabilities Act (AODA).

New Equipment and Supplies

\$61,026.24

- Removal of signage
- Signage & electrical
- Tents
- Media Walls
- Portable promo booths
- Backdrops & banners
- Posting supplies
- Printed materials

This category covers the physical process of turning HSF into IGNITE, including the removal of old HSF material. This component also includes the costs of rewiring electrical signs, and the Toronto-style IGNITE sign in the student centre. Also covers all new printed, promotional and office materials.

IGNITE rebrand budget finally released

Brandon Richard-Austin, Tyler Bloomfield, Erian Amor De Los Reyes, Ken Kellar, Alana MacLeod

The total amount of money spent so far on the process to rebrand the Humber Students' Federation as the IGNITE Student Union has jumped to more than \$200,000 from \$167,000 on Oct. 5.

IGNITE released their categorized budget for the rebrand on Wednesday following a Special Meeting of the Members that provided a categorized breakdown of how they spent the \$207,253.89 as of Oct. 19.

The motion to legally change the name from the Humber Students' Federation (HSF) to the IGNITE Student Union was passed today at the Special Meeting of the Members. The name HSF will now be obsolete and all of the student feder-

ations legal papers will now feature the IGNITE brand.

The meeting kicked off with an unopposed motion to pass the agenda followed by an update on the rebrand by President Ahmed Tahir. His presentation outlined all of the reasons for the rebrand. The main stated concern was that University of Guelph-Humber students did not feel like they were effectively represented by the HSF brand.

"There are three really big reasons that this IGNITE rebrand process went through," said Tahir.

"Number one was the confusion with the former HSF and Guelph-Humber Association, Guelph-Humber students not knowing which organization to go to for any issues. The other one was being different on campus and not being blended in with everything happening on campus and making sure that

students know that we exist.... And lastly, as well, the terms like student federation, student government, student union were limiting what students understood that we did."

A question period followed and Tahir fielded questions from students from North and Lakeshore campuses about the rebrand.

The stage was then turned over to Executive Director Ercole Perrone who offered a brief explanation of some of the figures in the 2015-2016 Financial Audit that the Board of Directors approved at their last meeting on Oct. 12.

Students who attended asked questions surrounding the budget for the rebrand and when that information would be released.

Tahir responded that it would be released "very, very soon."

IGNITE posted the rebrand finance breakdown after the meeting.



MATTHEW OWCZARZ

Arboretum Staff, Alumni and journalism students help clean up the environment around Arboretum shoreline.

Arboretum cleanup gets just one volunteer – plus reporters

Matthew Owczarz
GENERAL NEWS REPORTER

A low volunteer turnout didn't stop Humber Arboretum's shoreline cleanup after Journalism students covering the event pitched in to help save the day, and the environment.

Journalism students from Humber News and Humber Et Cetera joined Arboretum staff and a single volunteer to raise the number of participants to 10 on Wednesday.

"Ironically, because so many student journalists showed up, the event turned into a success," said Diana Wilson, community engagement coordinator for the Toronto and Region Conservation Authority.

For 45 minutes the crew wandered through the wooded area to collect typical college campus garbage: cigarette butts, empty beer bottles, and the occasional makeshift bong made from a peanut butter jar.

"I did see this Facebook group floating around and I just wanted

to give back to the community so I thought this was a great opportunity to come out," said Sarah Tricarico, a Humber Police Foundations alumnus and the only volunteer.

"I think we did a lot of great work down there. We worked as a team and got a lot cleaned up," she said.

The crew used gloves, bags and trash sticks to sift through the fallen autumn leaves for any hidden trash underneath the ground cover by the Humber River. They were also told to keep a sharp eye out for any small plastic trash because bigger size doesn't mean more impact.

"All plastic will eventually become micro plastic as it decomposes, especially in water, it gets to microscopic levels that don't break down," Wilson said. "Those small pieces of plastic get eaten by marine life at the lowest part of the food chain, and those fish get eaten and the plastic goes up and up the food chain and will accumulate in our food systems."

Humber Arboretum planned the shoreline cleanup a month ago

in collaboration with Toronto and Region Conservation Authority to alert students about environmental cleanliness, said Jimmy Vincent, coordinator of the Centre for Urban Ecology.

"It was a great opportunity to have some outreach to the staff and students within Humber, and to alert them to the litter issue that we have been battling for a couple years on site," he said.

A short turnaround time for the shoreline cleanup and lack of promotion around campus for the occasion are thought to be behind the event's lack of volunteers.

"We were hoping for more of a turnout but the journalism students and our Humber alumni really pulled through," said communications assistant Marilyn Campbell.

The Arboretum is hosting numerous upcoming events like a preview of Humber's new bird garden on Saturday, a tour through Humber's rain garden on Oct. 29, and a pruning workshop on Nov. 5.

Students explore vegetarianism through recipes and sustainability

Kassandra DaSilva
GENERAL NEWS REPORTER

Humber's Office of Sustainability gave students a taste of what it is like to be a vegetarian Thursday in honour of October as Vegetarian Awareness Month.

Vegetarians dreams came true as the North campus concourse was filled with vegetarian and vegan free samples, recipes and information for those seeking to join the vegetarian lifestyle.

Sara Laux, co-chair of the Humber Community Engagement in Sustainability committee, said that it is valuable for students to learn about this different lifestyle.

"This event is important because college is often a time to explore vegetarianism, and we would like to make sure that people who are thinking about that decision are able to undertake it in a healthy way," she said.

Elis Halenko, a wellness representative for Daiya, a company that produces vegan dairy products, was happy to be sharing vegan quesadillas to help make students aware that eating vegetarian and vegan can be tasty and enjoyable.

"We live in a day and age that we should know that there are other options out there for food," said Halenko.

Second year University of Guelph-Humber student Ariel Deutschmann has been a pescatarian for three years now and was very excited that Humber was holding this event, as she was excited to learn more recipes for her lifestyle.

"Even though I still eat fish because I am a pescatarian, I still have the same struggles as vegetarians and vegans do when looking for new recipes," she said.

Even though the event was to promote vegetarianism, Laux wanted students to know that the Office of Sustainability was just extending awareness.

"We are not saying that one way of eating is better than another, but we can all agree on the idea that eating less meat is an environmentally sound decision," she said.

Vegetarian or not, Laux said that the event was a great opportunity to get some new information and find out about some of the vegetarian food choices on campus, as well as connecting with other students and staff with similar lifestyles.



KASSANDRA DASILVA

Daiya vegan dairy products wellness representative Elis Halenko was sharing vegan quesadillas with Humber students and staff.

Little known carpooling program to help students save money

Smart Commute helps students find carpool partners, splitting gas and high parking costs

Kasie DaSilva
GENERAL NEWS REPORTER

Humber College students are turning to carpooling as a way to bypass congested traffic and lack of parking around school.

Humber has teamed up with Metrolinx to launch the Smart

Commute program to help students cut the costs of their commutes by up to \$200 a month on gas and car maintenance by carpooling.

The Smart Commute program helps people find others in the same area with similar class schedules that are also looking to carpool.

Manager of Transportation and Parking James Irvine says Humber currently has three staff and student carpool groups using Smart Commute.

But due to a lack of advertising around school, students and staff

appear to be relatively unaware of the program. As a result, they are still making their own carpooling groups, without help from Smart Commute.

Humber graduate Greg Malone said he carpooled all three years he went to college.

"I carpooled with two other students and it saved us all a ton of money by splitting gas and parking costs," Malone said.

Humber also offers the Emergency Ride Home Program that is available to students and staff that

are enrolled in Smart Commute. If something causes a carpooler to leave early, Smart Commute will reimburse the affected person for up to \$75 for a ride home.

Despite the program's perks, students are still wishing there were more options for an easier commute.

Television Broadcast student Nico Maher wishes there was a bus that would go downtown as many students commute from that part of the city.

"A lot of us Humber students live

downtown, and TTC is unreliable. If there was a Humber bus around Queen and Spadina, it would make commuting a lot easier," Maher said.

Humber's Office of Sustainability says it is aware students and staff are not well aware of the Smart Commute program and plans to change that in the upcoming months.

"There will be a meeting held later in November to strategize on additional ways to promote the program for both staff and students," Irvine said.

Wearable tech reaches elders

More Disruptive Stuff That is Going to Change the World series makes tech inclusive for all

Sasha Azeez

BIZ/TECH REPORTER

Wearable technology could improve the quality of life for an aging generation.

“I walk 12,000 steps everyday with the help of my Fitbit,” said Christine Tomchak, a member of Humber Retirees’ Association. “I now have no signs of diabetes, so for me this device is very important.”

Retirees at Humber College gathered for an annual conference called More Disruptive Stuff That is Going to Change the World that highlights new technology and how it affects the lives of retirees.

The second seminar focused on wearable tech and breaking the barriers between technology and retirees, said speaker George Paravantes, Humber program coordinator of Multimedia Design and Development.

“Technology has moved so fast from desktop, laptop to mobile... don’t let the small size of wearables deceive you,” said Paravantes.

“It’s important to learn about it because it fits into our daily lives and information is much easier to get,” he said.

Paravantes talks about wrist-worn devices like the Apple watch and Fitbit and how health and fitness has played a big role in the success of these wearables.

“I had been diagnosed last year, my doctor said I need to start to exercise and lose a bit of weight,” said Tomchak.

She said her Fitbit helped reverse the signs of her diabetes.

During the seminar, attendees were able to ask questions and do activities such as mapping out their own ideal wearable.

Barbara Carruthers, member of the retirees’ association, said the seminars so far has helped her keep up and understand new technology.

“You’re talking to old, retired people who know very little about technology,” said Carruthers.

“We’ve learned about 3D printing, drones, cyber crime...last week we learned about augmented reality and this ‘Pokeman’ that we’ve all been reading about,” she said.

Tomchak said the attendees of these seminars have grown up in a time where technology like this never existed.

“We’ve benefitted because we are much more understanding what is happening in technology, in our era we just didn’t get involved,” she said.

The Retirees’ Association will host two more seminars in the upcoming weeks at Humber College where speakers will discuss the topics of ‘the internet of things’ and ‘artificial intelligence.’

Blog grows into VYB3 apparel brand

Sanzana Syed

GENERAL NEWS REPORTER

Humber student Jency Abarca is opening an apparel and accessory line complementing her hip-hop blog VYB3.

Beanies and stickers are launching on Oct. 2 with a full line this January. The brand will be selling products dedicated to hip-hop culture which include t-shirts, tank tops, sweatshirts, phone skins, pens and more.

The third-year public relations student has a team behind VYB3, a term for “vibes”, who support and believe in her vision of her brand. The team consists of Laura Velez, VYB3’s communication director; Tabitha Summerhayes, who specializes in graphic design; and Sharda McPherson, a creative designer.

“We want our line to celebrate hip-hop culture and both subgenres (mainstream and underground) of hip-hop music,” Abarca said. “We want to create something where every hip hop fan feels included and heard.”

Rebecca Kennedy, one of Abarca’s customers who purchased a beanie, said Abarca’s passion and drive is going to take her places and is happy of her growing empire.

“She’s [Abarca] definitely going to make waves no matter what direction she goes in,” Kennedy said.

Abarca said VYB3 started as an app idea, but later became a blog after further research. By writing down a list of her passions, hip-hop stood out.

The blog’s name, VYB3 was inspired through a Google search of the word hip-hop. The term “good vibes” came up and her blog became



SANZANA SYED

Humber public relations student Jency Abarca launched beanies and stickers on Oct. 2 for her hip-hop blog, soon to be apparel company, VYB3. She entered a school LaunchPad competition for student entrepreneurs.

that, a vibe.

“We launched in January 2016 and within a two-month period we were already at one thousand views and we are still building our vision,” Abarca said.

The team entered Humber’s LaunchPad competition again this year, which gives student entrepreneurs a chance to win all or a share of \$40,000. Kennedy said Abarca remained focused and determined through last year’s contest, even

when she didn’t qualify. Abarca will have to submit a video and answer questions to be eligible for the semi-finals, where she will have to deliver a pitch in 5 minutes.

Abarca is thankful both her friends and family are supportive of her decision and give positive feedback in return.

“Jency first started the blog as a project,” said Velez, VYB3’s communication director. “But as her friend, and not just her co-worker,

I really want to see her succeed and get what she deserves.”

Abarca said her parents don’t understand her obsession with hip-hop.

“To them all they hear is cursing, more cursing and gun clapping, you know? But they are proud that I found something I was passionate about and that I have committed myself in pursuing,” she said.

Abarca’s webpage is currently under construction for its 2017 launch.

Facebook releases business-focussed Workplace

Sulaiman Akbari

BIZ/TECH REPORTER

A new service to organize work, business, and school projects is here and Humber College can potentially use it for their online courses.

Facebook recently launched a new service called Workplace. It’s like Facebook’s group pages and designed to replace lengthy work emails while making project coordination easier.

First-year Humber College business marketing student Chad Mitchell, 20, said Workplace can make online classes more interactive.

“I think Workplace can get students talking to each other instead of the professor doing all the talking,” he said.

Online courses at Humber are organized and communicated through Blackboard. However, Mitchell said it is hard to get used to.

“Blackboard is really confusing,” he said. “It is hard to navigate

through the site and because of it, I sometimes have to do assignments last-minute.”

Mitchell said he and other students could interact with Workplace by reminding each other that an assignment is due, or asking each other for help.

“I can see Workplace bringing students closer together with group projects because students would have direct contact,” he said.

Humber College Associate Vice President for Teaching and Learning Eileen DeCourcy said there are ways to communicate with students through Blackboard.

“Blackboard Collaborate is the way for students to communicate through an online course,” she said.

However, DeCourcy said it depends on the online course whether Blackboard Collaborate can be used.

“If the online course is a straightforward class with no student interaction, then there is no point in utilizing Blackboard Collaborate,” she said.

Since Workplace is connected through Facebook, Mitchell said if he were to receive a message notification through Facebook he would have a better chance of seeing it.

Second-year Humber College civil engineering student Aaron Bendici, 19, said his experience with online courses weren’t the greatest.

“I was in an online class where the professor had only laid out all the readings and assignments,” Bendici said. “There was nothing after that.”

Bendici said the professor’s work was much reduced as she only had to mark the assignments.

DeCourcy said it’s unfortunate for professors to be inactive for an online course as the professors are supposed to make the courses engaging.

“Back in 2013, we set standards to create interaction with the professors and students,” she said.

DeCourcy said memos are sent to the professor to remind them of what is needed to help make an

online class a better learning experience for the students.

Bendici said Workplace could create an environment where it would be easier to ask the professor for help as well as asking other students.

“Through Facebook and Workplace, it would be easier to ask the prof and students questions because Facebook is a commonly used network,” he said.

If Workplace could be implemented through online classes at Humber, Bendici and Mitchell both said it would get more students to enroll in online courses.

DeCourcy said Humber reviews the latest technologies to test content and software, choosing a product only if it creates a better learning experience for students to learn.

Workplace is in its early stages, but like many other technology services, it may be only a matter of time before it becomes a mainstream service.

Art Doc Nights a cinema view of visual art

Gabriela Argueta

ARTS AND ENTERTAINMENT REPORTER

The North Space Gallery has introduced a new series called Art Doc Nights. The third Thursday of the month the Humber North campus venue will screen documentaries exploring everything from performance art to graffiti.

The space is open daily to students, offering a glimpse of the artwork made by Humber students, along with galleries. A white projection wall in the gallery is used to show the films once a month.

Curator Ashley Watson says the space gives students a “casual way” to interact with art on their own.

“The space is open to anybody who’s an avid art lover or maybe someone who’s interested in learning a bit more about art,” Watson said.

“We’re hoping that the art docs will be a way for people to step into the space, which is why we’re here having these screenings to give students another way to interact with the art as well,” she said.

The Art Doc Nights are curated to coincide with exhibitions and art collections created by Humber students, who creatively explore a wide number of themes through art and critical lenses.

“The art docs are sort of a way to get people thinking about art through lenses, asking themselves, ‘what does this mean?’” Watson said.

“Students can look at the art through a mental illness lens, a graffiti lens or a commercialism lens,” she said.

The first art documentary shown Sep. 29, *Exit Through The Gift Shop*, depicts the street life of British graffiti artist Banksy through the work of videographer Thierry Guetta. The film examines the complexity of street art along with the impact it has on an artist’s work.

“This art doc was pretty interesting,” said Humber Architectural student Zenfira Gasymova.

“I learned a lot about street art and about Banksy. I hadn’t heard of him before, so it was pretty useful to watch this documentary,” she said.

This film along with the other art documentaries set to showcase in the North Space at Humber’s main campus will bring attention to issues such as poverty, racism and political controversy that can be recognized through art.

The next art doc night will be Oct 27 where Bill Cunningham New York will be screened.

Visit humbergalleries.ca for more information on future doc nights and art galleries.

Remarkable life stories are meant to inspire at first of IGNITE Real Talks

Christina Mulherin

NEWS REPORTER

IGNITE held its first Real Talks event of the year on Wednesday, which brought to Humber two individuals who shared their remarkable stories in hopes to inspire students who attended.

Complimentary coffee, tea and cookies were offered to students as they filled the chairs set up in the North campus Student Centre.

IGNITE’s vice president, Ammar Abdul-Raheem welcomed to the stage the first guest, Drex Jancar. He was joined by former MuchMusic VJ Sarah May Taylor, who led the conversation, asking Jancar questions on his success.

A former student of Humber’s business program, Jancar dropped out in 2001 to start his own business.

“I had an opportunity to start a business and I felt that it was a better opportunity to learn about business by running a business than studying it,” he said.

Today, Jancar has many titles under his belt. He is the manager of OVO Clothing, OVO Fest and Canadian R&B duo Majid Jordan. He is also the co-founder of “The Remix Project”, a program that offers a creative outlet to the youth of Toronto.

Tattooed right into his skin, “Get Money Make Change” has been the mantra that leads Jancar to strive for success. He believes in the importance of making money in order to create change.

Jancar says he wishes he’d listened to his instincts more closely because, ultimately, your gut is always right and to trust that you are doing the right thing.

Humber alum Wilson nominated best comedic artist of year

Matthew Owczar

NEWS REPORTER

Humber alumnus and award-winning comedian K. Trevor Wilson was nominated best comedic artist of the year in the annual Canadian Comedy Awards.

Wilson is nominated in the category alongside Graham Clark, Jus Reign, Mike Ward and Kenny Hotz.

The self-proclaimed “Man Mountain of Comedy” previously won two Canadian Comedy Awards for best male stand-up and best taped live performance in 2015.

Wilson, now a successful stand-up comedian and actor, was once a humble Humber student enrolled in the school’s Comedy Writing and Performance program.

“I learned a lot of tricks of the trade and good writing habits from the teachers,” said Wilson.

“I’d say the most important thing that Humber gave me that I could



CHRISTINA MULHERIN

Sarah May Taylor (left), as Drex Jancar speaks at a Real Talk event..

“You need to listen to yourself and I think that’s the most important,” said Jancar.

Jancar definitely inspired some of the students that attended to own who they are and who they want to become.

“I liked how when I asked him the question he told me to say ‘I am an interior designer’ because I thought I’d made a mistake by calling myself an interior designer rather than a design student. But that was really motivating,” said Simran Lauchengold, a first year design foundation student.

The second speaker had a story that could have been pulled straight from an episode of *Criminal Minds*.

When he was only 11 months old, Brryan Jackson’s father, a blood

technician, injected him with HIV infused blood he’d stolen from his workplace. Jackson was given five months to live.

Jackson says his father never really accepted the fact that he was his son and, to avoid paying child support for 18 years, contaminated him with the deadly disease, in hopes that the boy would not live very long.

Jackson’s father was imprisoned and is serving a life sentence and the disease has been sustained with almost no chance of dying from it.

The charismatic 25-year-old from a small town in Missouri, USA is now a public speaker and mental health activist. He travels, telling his story, hoping to inspire young people. Despite the awful things he

went through, Jackson never lost hope.

“Hope doesn’t mean everything’s going to be great, it means that everything is going to be alright,” said Jackson.

Even though what Jackson went through was extremely difficult, his positivity is intended to make his speech uplifting, inspiring and also do so by inserting humour throughout.

Jackson was left with a speech impediment from the strong medication he took as a child that caused him to lose his hearing just as he was beginning to learn how to speak. In school he was bullied for his disease and at times even contemplated suicide.

The most important point Jackson seeks to make is that your past doesn’t define you or your future. Quoting Disney’s *Frozen*, the young speaker reminds us how important it is to “let it go, let it go.” Jackson was tired of being his own father’s victim and it having control over him. He was eventually able to forgive his father in order to move on with his life.

“Does it ever feel like you’re stuck in a traffic jam? Sometimes the reason we can’t move forward is because we have too much junk in the trunk,” said Jackson.

Students leaving the Student Centre said they felt inspired after listening to what advice both speakers had to offer.

“I have a tendency to hold onto grudges and now I can see how forgiving and not necessarily forgetting can be really beneficial in moving on with your life,” said first year design foundation student Margaret Boehmer.

take away from it all was the built-in support group of like-minded peers,” he said. “It brought together a group of misfits and weirdos and we all went out together to try to make a name for ourselves in this business.”

Wilson stars as Squirrely Dan in *Letterkenny*, an original scripted sitcom on CraveTV based on an acclaimed web series, *Letterkenny Problems*.

“Squirrely Dan is a small town story teller who sort of keeps the history of the town of Letterkenny the old fashioned way, through word of mouth,” said Wilson. “Which is funny because grammar isn’t really his strong suit.”

The CraveTV show about a fictional small town of 5,000 people in mid-western Ontario called Letterkenny and the residents’ problems was positively reviewed and renewed for a second season.

“We all sort of knew it was going

to be good,” said Wilson. “We just didn’t know how well it would do out of the gate.”

The Canadian Comedy Awards, or CCA, entered its 17th year in celebrating the achievements of Canadian comedians in TV, film, radio and web comedy.

This year, people were able to submit their favourite artists for nomination on top of being able to vote for the winners, said Simon Fraser, a CCA representative.

“I think it’s awesome that Humber has such prominent alumni that are rising to such levels of fame,” said Jacob Skryzpiec, a Bachelor of Commerce—Finance student who watches the show.

“He really deserves the award and he represents the kind of off-beat humour that Canada is known for,” he said.

The winners will be announced on the CCA’s Twitter and Facebook pages in the first week of November.

Win or lose, Wilson has a busy future ahead.

“I will be performing stand up with upcoming dates in Victoria, Vancouver, Calgary, Edmonton, and of course Toronto,” Wilson said.

“I actually just booked an episode of *Man Seeking Woman*, where I get to work with an old buddy, Jay Baruchel, and, in the new year, you can see me on two episodes of *What Would Sal Do?* on HBO Canada,” he said.



Courtesy of K. Trevor Wilson.



BRANDON FERGUSON, STUDENT LIFE MEDIA TEAM, HUMBER COLLEGE

Christopher Karas, a Humber student and LGBTQ+ advocate.

National Coming Out Day an occasion of welcoming for LGBTQ emergence

Sara Florez
LIFE REPORTER

Humber students celebrated their rights as lesbian, gay, bisexual and transgender on National Coming Out Day on Oct. 11.

The LGBTQ+ community supported the day for more than 28 years as a time to encourage and support those who are proud of their sexuality.

Social media has played a big role in helping promote the National Coming Out Day hashtag. The discussion online has given allies of the LGBTQ+ community an invitation to show their support for those wanting to open up.

Christopher Karas, a Humber student and advocate for the LGBTQ+ community, said people shouldn't feel obligated to come out on a specific day.

"National Coming Out Day has been a movement for a while now," he said. "Although, it's really important for people to know that we don't have a responsibility to come

out.

"Coming out is different for everybody and people should be able to do that if they want to and feel the safest to do so, not because of a certain day."

Twitter, Instagram and YouTube have been platforms for people to express who they are and what they want to share with the world. Karas said he's thankful that social media has been giving people a voice, especially for the LGBTQ+ community.

"We're in an environment that's much safer than let's say 20 or more years ago," he said. "It's encouraging to see social media is taking this hashtag to the forefront to more people and sharing these unique stories to mainstream media."

National Coming Out Day allowed students from the LGBTQ+ Resource Centre at Humber North campus to reflect on issues closer to them, specifically on campus.

Family Community Social Services student Mikki Decker said the school still has a lot of work to do when it comes to raising more awareness for the LGBTQ+ community.

"My concern as a student is that Guelph-Humber, Humber and Ignite are doing a very good job of promoting inclusivity and a safe campus but we're not (a) practicing one," Decker said.

"We need better training for our staff and leaders on campus to help raise more awareness for students."

The internet has the ability to bring students together, especially for the LGBTQ+ community. Cosmetic management student Skyelar Fox says it wasn't only social media that informed him about National Coming Out Day but also Humber College itself.

"It was very welcoming what the school was doing for National Coming Out Day," he said. "There was a whole program going on in the Resource Centre and the school is pretty inclusive to begin with in my opinion."

"It's great to see online that there's a whole bunch of people celebrating diversity and it makes Humber such a more welcoming place," Fox said.

Obsessive Compulsive Disorder gets spotlight

Lectures and art therapy, yoga and mindfulness at Lakeshore campus effort

Aleema Ali
NEWS REPORTER

In honor of Obsessive Compulsive Disorder and Mental Health Awareness week, the Humber College Lakeshore campus has held a variety of events throughout the week.

Joanne Spence, coordinator for the Mental Health and Addictions post grad program at Humber said the Oct. 11 to 14 activities included lectures, art therapy, yoga, aboriginal healing, mindfulness sessions and even a film festival to raise awareness about mental illnesses.

Spence said OCD compels an individual to do certain things or behave a certain way to ease their anxiety. For example, switching lights on and off a certain number of times.

OCD, like any mental illness, can be frustrating to those that suffer from it. This can negatively affect their social lives, school life, work etc.

People base their relationships off trust, communication and honesty, but when they hold things back, it puts a strain on the relationships

"When we're ashamed of things, we pull back. We try to avoid contact with people, we don't let people really see what's often going on. That in itself is limiting," Spence said.

Risa Handler, counsellor at Humber Lakeshore's Student Success and

Engagement Centre, facilitated a Stress and Wellness Check-up: Depression, Anxiety and Stress screening Oct. 14.

Students suffering from OCD may have found this session particularly helpful since anxiety is associated with this mental illness.

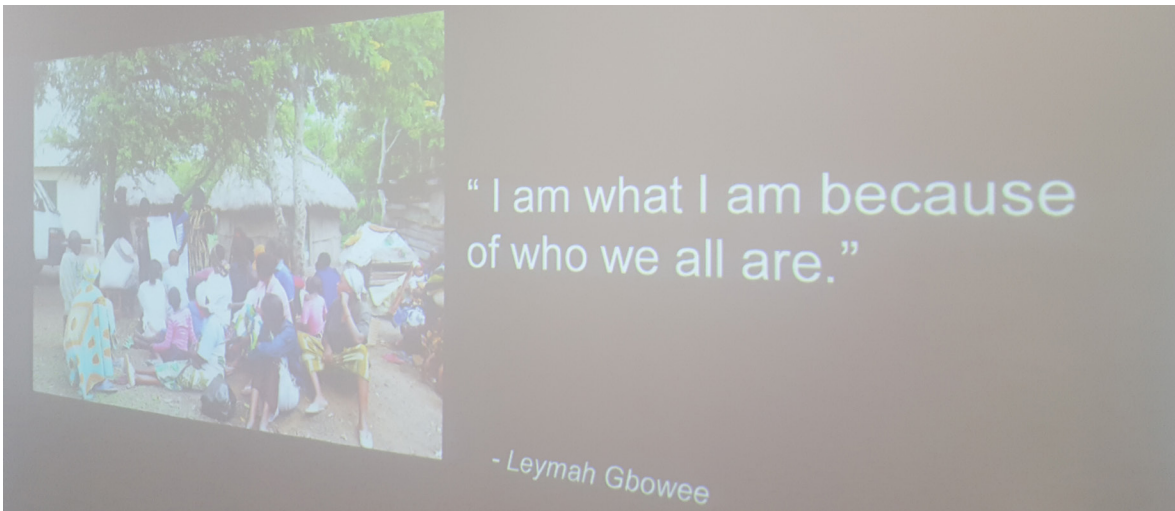
The event let students and staff answer a series of questions and add up their scores to determine how depressed, anxious, or stressed they were and provided a sensory table.

Once students completed the questionnaire and checked their score, they were awarded with a goody bag filled with information about the services the Student Centre offers and healthy snacks.

The sensory table was to help students and staff calm their nerves and distress using things that played on all five of their senses. For example, Play-Doh was provided for students to touch and dabble with to help relieve tension or stress.

Rachel Bebbington, a third year Child and Youth Care student, was one of the many that had to attend the events for her Mental Illness class. She attended one of the art therapy sessions but felt it did not do what it was intended.

"I didn't like it very much. The activities didn't give me a sense of how art can be therapeutic. I appreciated the presentation but just would have liked to learn more about the effects of art therapy," Bebbington said.



TYLER HEHN

Nurses of Ubuntu brings emotion to global healing

Brett McGarry
ARTS REPORTER

Ubuntu is a term in the African language of Nguni Bantu that translates to "human kindness" but represents a philosophy of universal bonds between people from all walks of life. This philosophy is illustrated in photos at the *Nurses of Ubuntu* exhibit on display at Humber North Space gallery.

Nursing professors Sylwia Wojtalik and Janet Jeffery realised that creating a sense of global citizenship and engaging in civic duty is a necessity in the 21st century. Being impossible to truly learn about global citizenship in the classroom, students in the Humber Nursing program began clinical placements in Tanzania and Jamaica in 2009.

"We believed that it was our

moral and social responsibility to engage our nursing students in cultural awakening and promote understanding of their civic responsibility," said Sylwia Wojtalik

The Nursing program at Humber is known for teaching finely tuned technical skills but the international placement program allowed students to learn emotional skills not found in the classroom.

"I feel like I learned a lot about myself regarding self reflection and emotional intelligence. How do you care for a patient that also needs emotional support? How do you make that time? In my practice now, because of my trip to Jamaica I spend a lot of time with my patients and have learned the importance of emotional support," said Nursing student alumni Denise Pinnock.

Students in these placements may have learned about the realities of practicing medicine in developing countries from Canada but little could prepare them for the actual experience.

"In Tanzania, students shuddered at the sheetless beds, pained faces

and smell of 'sickness.' Meaningful health teaching meant understanding the lived experiences of the people," said Wojtalik.

Culture shock aside the impact the students made on the local community, and the local community on them, is said by participants to be profound.

"I remember vivid images of a Massai woman who could hardly breathe, yet had walked many miles to be seen in the clinic. Fortunately, it was close to the time that we were leaving from the village on the rough and muddy path to the town so we took her to the hospital where she was admitted and her life was saved by emergency care which would not have been possible without our intervention," said Jeffery.

The photographs on display at the North Space gallery allow viewers to shift their lens of perspective about the nature of 'self' and 'other' through the heart warming stories of civic duty and self-discovery.

Nurses of Ubuntu is on display now until Nov. 6 with a reception being held at North Space on Oct. 26 at 5 p.m.

QUOTED What's the most offensive Halloween costume you've seen?

The whole blackface trend that's going on. It takes into account people's race and their backgrounds and makes it a joke.



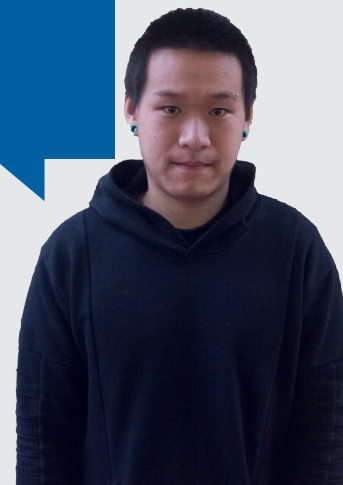
Lauren Congdon
PARAMEDIC, 2ND YEAR

I saw someone trying to dress up as ISIS. There's too much stuff going on in the world right now for that to be a joke.



Pavle Pjekic
MARKETING, 1ST YEAR

The Native American one. It's messed up wearing somebody's traditional (clothing) as a Halloween costume.



Gohn Hua
COMPUTER NETWORKING, 2ND YEAR

TO THE NINES



Hat: A.P.C
Jacket: Urban Outfitters
Hoodie: Raf Simmons
Pants: Acne studios
Boots: Rick Owens
"Simple but elegant. My Style is simple but if you know what it is you will appreciate what it is. If you don't know what it is, you're going to say 'Oh, he dresses nice'."

Henry Tran,
21
Fashion Arts,
1st Year

HOROSCOPE



JAN. 20 - FEB. 19
Follow your heart - even if it leads to burritos. Especially if it leads to burritos.



JUL. 23 - AUG. 22
Be wary of sudden loud noises, the velociraptors are sneaky.



FEB. 20 - MAR. 20
Don't waste time on pointless arguments, just bottle up the little things until you explode all at once.



AUG. 23 - SEPT. 22
Stop and pet the dogs.



MAR. 21 - APR. 20
Focus on making your dreams a reality. Who says you can't ride a hippo?



SEPT. 23 - OCT. 22
It's a good week to try something new, perhaps become a cat.



APR. 21 - MAY 20
Sometimes the cookies turn out perfect, sometimes they turn to coal.



OCT. 23 - NOV. 21
You can be whoever you want to be, maybe Bill Nye?



MAY 21 - JUN. 20
Your favourite team will lose, but only if you're watching the game.



NOV. 22 - DEC. 20
You're going to have a song stuck in your head all week, probably *Hooked on a Feelin'*, you're welcome.



JUN. 21 - JUL. 22
Watch out for bad hombres and nasty women.



DEC. 21 - JAN. 19
Always say yes to second breakfast.

EDITORIAL

Cocaine returns as dangerous trend

Four people pile into a bathroom. Next, a set of keys jingles. After that, the sound of a toilet flush floats above somebody with a bad case of the sniffles. The ritual repeats four times. Ten minutes later, they come outside, wiping their keys off, their fists clenched, everybody speaking like Amtrak trains. One by one, wide-eyed, they clear their noses.

Two club-goers crouch down in the middle of a nightclub. For a second, their hands hold little piles of snow. Like magicians, they make them disappear. They stand up again, head on a swivel, their hearts at-risk for a speeding ticket.

A Canadian pole-vaulter tests positive for cocaine before the 2016 Rio Olympics.

Scenes like this are becoming more and more accepted at house parties,

clubs and apparently pole-vaulting gyms across the country.

A 2013 Statistics Canada report noted coke as the “second most common type of drug offence” reported to the police and has stayed that way for over the last two decades.

That’s a concern. Cocaine isn’t big glasses, gold jewellery, black Mercedes Benz coupes and palm trees, anymore. It’s fentanyl, overdoses and destruction and nobody’s the wiser.

It starts out as a weekend thing. Friends start to get together on weekends, have a few beers and do a little bit of blow. It starts trickling into weekdays, then work days, then every day. Before the problem’s recognized, it’s too late. One is too many and a thousand is never enough.

Although the use and distribu-

tion of cocaine has remained the same, using the drug is becoming normalized, through movies and music alike.

In 2015, electronic music producers Feed Me and Kill The Noise released “I Do Coke,” a ballad to using cocaine to work longer, to in turn earn more money, to use to buy more blow. To date, the song has nearly 2.5 million listens on SoundCloud.

Later that year, Canadian R&B powerhouse, The Weeknd, released “Can’t Feel My Face,” another song about coke use. It won three Juno awards.

Beyond these two, there are countless artists like A\$AP Ferg, Nav, and Danny Brown that wear their drug habits on their sleeve.

As these performers ascend to stardom, ankles chained to cocaine,

they drag blow out of the realm of taboo and into the limelight alongside them.

Whether people admit it or not, those artists have an influence on the behavior of listeners of all ages. When Tyler, the Creator started wearing Supreme five-panels, a horde of mini-Tylers trailed behind him. When Kanye started dressing like he was homeless, a new breed of hipster was born. Follow the leader.

Although users’ coke use varies, whether it be a week-long binge or a few bumps on the weekend, one sentiment rings true—with an increasing amount of cocaine being cut with fentanyl, a prescription opioid that’s a hundred times more potent than heroin, doing coke is more dangerous than ever. Nobody knows what’s in their bag, nowadays.

VR: Yet again, tech as benefit, hazard



Hailey DeWitt Williams
BIZ-TECH EDITOR

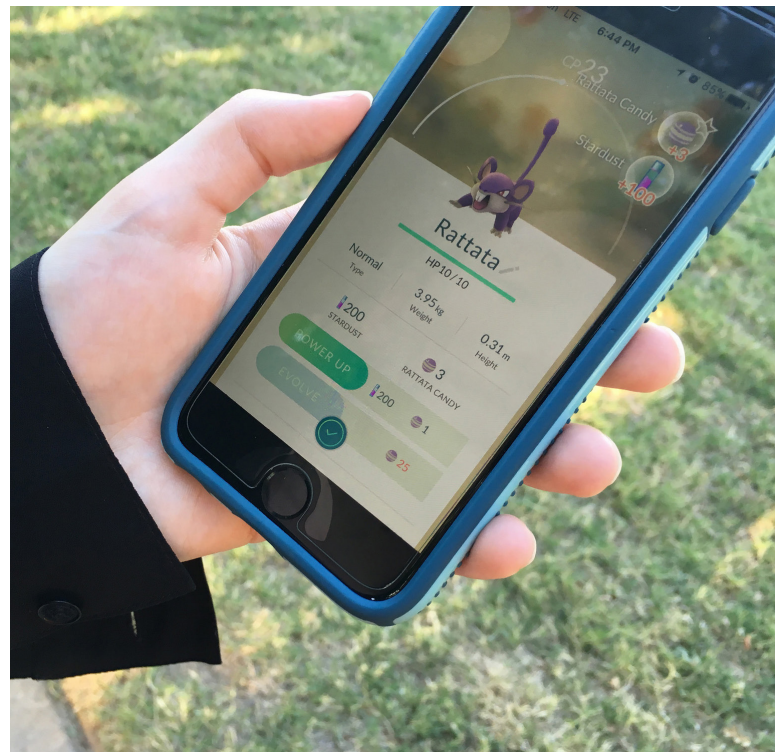
Virtual Reality has been a topic of discussion in the tech industry for many years. But, 2016 is being deemed the year that virtual reality becomes reality. According to TrendForce, in the next year VR device sales are expected to hit 14 million units worldwide. Revenues for VR platforms are expected to hit \$120 billion by 2020. A world where VR is a part of our daily lives is no longer a futuristic plot, but a likely scenario. Facebook founder Mark Zuckerberg has said, “One day, we believe this kind of immersive, augmented reality will become a part of daily life for billions of people.”

But the conversations and concerns that surround our increasing addiction to social media and electronic devices are the same that surround the rise of VR. How is it helping us? How is it harming us? What does it mean for our future as a society?

In simplest terms virtual reality is an immersive multimedia or com-

puter-simulated life. It’s true that no matter how realistic VR technologies become, something will always be missing. Regular users have reported that the more time they spend in a virtual world the more they become aware of what it lacks; the all sensory experience. No matter how many senses are re-created or how real the simulation feels, it will never be reality. The Sensorama, what many consider to be the first VR system, was created in 1962 by filmmaker Mort Heilig. The machine offered movies in 3D film with sound, aromas and wind. Heilig’s ideas of mixing sensory stimuli to improve the movie-going experience paved the way for today’s obsession with augmented reality.

Still, it is getting harder to ignore the fact that we are becoming slaves to our devices. Articles and statistics pile up about how technology has been hijacking our attention whether we’re driving on the highway or sitting at the dinner table. The term “hikikormori” has been used in Japan to describe close to one million Japanese citizens who have become shut-ins. These people are addicted to technology in some form. They end up socially isolating themselves while developing depressive and obsessive compulsive tendencies. Users of the 3D virtual world Second Life have been reported to spend 20 hours a day submersed in the universe, putting their real life and relationships on the back burner, coming close to losing their jobs, and in some cases ending their marriages. World of Warcraft is a MMORPG (massively multiplayer online role-playing game) that has become infamous for its players becoming addicted. High school student



ROBERT COUSE-BAKER / FLICKR

Zhang Xiaoyi committed suicide after playing WoW for 36 consecutive hours. These are just a few examples among many of unhealthy escapism. If our current technology addiction hasn’t already sent us over the edge, then the rise of virtual reality might just be that final push. Escaping to a fantasy world to hide from the challenges of everyday life only prevents us from seeing things clearly.

It isn’t all bad. Virtual reality devices such as the Oculus Rift are an exciting advancement in the tech, entertainment, and gaming world. Oculus VR founder Palmer Luckey says the uses of VR devices expand beyond gaming. Training in emergency response and surgical procedures could benefit from the use of

virtual reality scenarios. VR experiences could assist teachers in the classroom, relieve homesick astronauts, aid in police or military training, and even help in treatment for things like PTSD and phobias. With correct use of VR devices there are endless possibilities for creating social good. VR is even starting to infiltrate the travel industry. We could one day soon be travelling around the world simply by wearing a headset and sitting in our rooms, but would that really be travelling? It’s believed that VR and AR (augmented reality) will alter and revolutionize almost every industry in some way.

If used correctly VR has positive potential, but if it is not used

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

Et Cetera Editorial Team

Hailey DeWitt Williams

Jessenia Feijo

Tyler Hehn

Jimmy Kakish

Hayley Michaud

Faculty Adviser
Salem Alaton

Creative Adviser
Marlee Greig

© 2016 All rights reserved Humber Et Cetera is a publication of the School of Media Studies & Information Technology at Humber Institute of Technology & Advanced Learning
205 Humber College Blvd.,
Etobicoke, ON, M9W 5L7

Email:
etc.humber@gmail.com

Twitter:
@humberetc

thoughtfully and in moderation the effects could be harmful. The dopamine that is released when we interact with social media, video games, and virtual reality satisfies our social needs and makes us feel good. But those feelings are temporary and leave us repeatedly coming back for more. The truth is we can only see the tip of the iceberg when it comes to the ways technology is changing society and evolution.

Only time will tell what kind of lasting effects virtual realities will have on human behaviors, communications, and industries. We must remember to take control of our technology so it doesn’t take control of us.

Seneca Sting ends Hawks winning streak

Ryann Kahler
SPORTS REPORTER

The women's soccer game was delayed 45 minutes on Oct. 15 when Stephanie Gutierrez thought she was dying.

She wasn't, but the mind can play awful tricks when the body is hurt. She had to wait for medics to gingerly lift her battered and bruised body and remove her from the field.

It was a warm, sunny day, which made it difficult on the body while running for a long period of time; and to top things off, Gutierrez had taken a few soccer balls off her stomach and back, knocking the wind out of her. She took a break and played again in the second half, but took a knee to the back and by the end, she was in too much pain to even stand, she said.

"My back started to hurt, so I stopped feeling my hands and my feet," she said.

"So in my head everyone was telling me, 'you can't feel your hands and your feet, oh my god, you broke your back,'" Gutierrez said. "So it was like a panic attack, I stop breathing, I couldn't catch my breath, and in the moment, honestly, I had nothing on my mind other than I'm dying."

Despite being in so much pain while Gutierrez received medical attention and was taken care of, her



RYANN KAHLER

Humber women's soccer athlete Stephanie Gutierrez surround by athletic trainers, security and EMS, as they wait for an ambulance.

team was there by her side every step of the way.

"When I was getting on the ambulance, they all ran over and were like, 'we love you,' and I started to cry," she said. "It just made me feel so good that people care and it is not just a team where you come here, you play and you leave, but we continue to talk and continue to be there for each other and it's a really good feeling."

Gutierrez returned to the field on Oct. 18 to play the team's final regular season game. She was happy she was able to play a bit, since she was

unsure if she would be able to, she said.

The final game was a close battle until the end, but it finished in a 1-0 loss for the Hawks against Seneca College.

"We really played well this game, no matter the outcome," Gutierrez said. "I honestly think we deserved it, but either way we are going to have a next game and we're going to try just as hard."

Parents were yelling from the side lines and with only a couple minutes left before the half, Humber had a free kick, so goalkeeper Vanessa

Fiore took the kick and pushed her team up, but Hawks just could not see the back of the net.

"Come on ref, are you kidding me?" a mother from the audience said, referring to Seneca's goalie Sarah-Anisha Van Wart Bradbury after she caught the ball. "Aw, come on, she was in the net. Hah, I tried."

Hawks may have found the board in losses, but that does not mean they will not try and turn it into another win.

"I think this will show a lot, just because now we have to bounce back, we're down," midfielder Rachel Spratt said. "This is where all the talent is going to show and I think the biggest thing we can take [from the game] is finishing our opportunities."

Previous games were all very close in terms of play and although Humber had been taking in all kinds of wins, the loss will only push them to play harder moving forward.

"I think on any given day any team could beat any other team," coach Mauro Ongaro said. "So it's intense, it's always a battle till the 90th minute."

The Humber Hawks will take on Durham Lords in their qualifying game Sunday at the Ontario Soccer Centre.



Humber women's soccer team in action against the Seneca Sting on Oct. 19.

RYANN KAHLER

Soccer team not blinded by light of success

Elliott Williams
SPORTS REPORTER

The Humber Hawks women's soccer team exceeded all expectations for their season this year.

The squad finished with seven wins, two draws, and one loss this season, surpassing last year's regular season record of seven wins, one draw and two losses.

"In terms of results, in terms of their attitude, in terms of their level of play (which) is very high, it's very good, and we're happy with that," co-head coach Mauro Ongaro said.

Co-captain Rachel Spratt, agreed, saying the team surprised people with their play.

"I think we performed a lot bet-

ter than everyone was expecting of us," Spratt said. "We're a very young team, we had a lot of rookies coming in. I think we only had five returning players, 17 rookies, so I think that alone, (for a) brand new team we did awesome all things considering."

After suffering their first loss of the season, co-head coach Vince Pileggi said they knew the year was going to be a process.

"I think beginning of the year we knew that we had 17 first year players, nine of the 11 starters are rookies so we knew it was going to be a process and when you play in a very difficult central division," Pileggi said. "Every game is very difficult and tonight (Oct. 18) Seneca

was able to capitalize on one great chance, and they were able to win the game."

With the Ontario Colleges Athletic Association (OCAA) Women's Soccer Playoffs starting later this month, Spratt said the biggest thing the team needs to do is practice.

"I think just practicing, getting some good practices in, working together, working on finishing, that's big," Spratt said. "We're not going to win anything if we don't score. Other than that just coming together, picking each other up, and encouraging each other to do well."

Pileggi said the most important thing is making sure the team is fully prepared before the playoffs.

"I think we have been playing ex-

remely well all year," Pileggi said. "At this point it's about making sure that girls are healthy, that girls are well rested, and that girls are ready to compete when the playoffs start."

Ongaro said after the team's first loss of the season, to prepare for the playoffs, the team just needs to keep doing what's allowed the team to be successful this year.

"We do the same thing we've been doing, they're young, they're energetic," Ongaro said. "We're gonna be a little upset right now, but I think once we see how we play when we watch the video, we played really well today I thought."

4K run for mental health

Christian Aguirre
NEWS REPORTER

Runners were rewarded with medals after they ran past the finish line of a four kilometre trek, but the real prize was supporting mental health awareness during Humber's third annual Mental Health Run.

Participants of the run that took place at Humber's Lakeshore campus on Oct. 12 were encouraged to run or walk at their own pace and were offered water and snacks throughout the course.

Humber student Vishwadeep Singh says a participant in wheelchair inspired him and the event was a motivator in bringing people together for a common cause.

"It is my first experience to run actually," said Singh.

"Everyone here is doing so much for mental health purposes,"

The Office of the Principal and Lakeshore's Athletics Department collaborated on the event.

"Our office proudly partners with our departments and encourages student health and well-being through events," said Kavelle Deonanan, Event Community Liaison with the principal's office.

Recreation and Fitness Coordinator Nathania Bron said, "with so much out there in terms of studies saying that activity helps us with our mental health, we wanted to promote not just the services on campus we have for students but also that activity can help in releasing stress."

The event also featured a variety of groups promoting services for students and offering information about mental health.

The Athletics Department and IGNITE tents stood out.

IGNITE offers a service called Student Lifeline, which provides students with short-term counseling, online resources and referral to campus and community resources.

Student Lifeline is available via phones, computer or app. When prompted to log in, interested users should write "students" as username and "IGNITE" as the password.

Besides Student Lifeline, students can take advantage of the sleep lounge located at KX208 at North campus and KB106 and Lakeshore campus.

"As organization, we decided to focus on a more broad aspect such as the well-being of students to prevent mental health problems," IGNITE Vice President of Student Affairs Anna Bilan said. "IGNITE participates at the College Mental Health committee and participates in different events and with Humber as well."

"IGNITE has a really great support for our students," Bron said. "Events like the run are important in a college setting as it brings people together and gets people talking about issues while making them feel like they are a part of something."