



COURTESY HUMBER MARKETING AND COMMUNICATIONS

Environmentalist David Suzuki spoke at Humber Lakeshore campus on Oct. 6 as part of a Blue Dot Tour with over 100 secondary and post-secondary schools linked in by satellite.

Canada-wide Suzuki class at Humber

Nick Beare
NEWS REPORTER

Every Canadian deserves the right to a healthy environment: this is the core message behind David Suzuki's Blue Dot Tour, whose name refers to planet Earth as seen from space.

On Oct. 6 at Humber Col-

lege's Lakeshore campus, the National Film Board of Canada and the David Suzuki Foundation invited students from coast to coast to coast to participate in a live, virtual classroom that discussed the current state of food systems and farming practices and their impact on our health

and land.

The panel discussion was prefaced with the screening of *Island Green*, a documentary looking at the changing agriculture industry in Prince Edward Island and how farmers are adapting to a movement from conventional farming to organic.

The audience was also treated to a poetry reading from Halifax's 2011 and 2012 poet laureate Tanya Davis.

Students from more than 100 post-secondary and high schools participated in the discussion via satellite, with a few lucky students asking the panel questions of their own.

Journalist and author J.B. MacKinnon and Utcha Sawyers, food justice manager at FoodShare Toronto joined Suzuki on stage.

The phrase "Hungry for change" was continuously emphasized, repeated throughout the event and serves as the basis for the goals of the

Blue Dot Tour. Communications manager with the Suzuki Foundation Alvin Singh explained, "right now, no Canadian enjoys the right to live in a healthy environment. To enjoy fresh air, clean water and healthy food."

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Christopher George has been serving Humber students homemade Jamaican food for 20 years

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The Blue Dot Tour's goal, Singh said, is to get Canadians involved at the grass roots level, putting pressure on local municipalities to make a change to their policies. In time, when enough cities are involved, the thinking goes the provinces will take notice and take their own course of action. Eventually, the feder-

al government would see the steps taken by the provinces and amend our constitution.

"If we think that our highest laws should reflect our values," Singh said, "then our highest laws should include the right to a healthy environment."

Once the panel discussion was launched, a passionate Suzuki took charge of the conversation.

"First of all, I would say conventional farming is organic farming and what we're doing now is buying into an industrial model of farming that is absolutely alien for 90 per cent of the time we have been farmers," Suzuki said when asked how organic farmers planned to feed the world when conventional farming has been able to adapt thus far.

The panel debated many topics like organic soil regeneration, big box grocery stores vs. local markets, student costs to eat organically and human population.

Water conservation and Canada's role in that practice was a main talking point. Suzuki mentioned that Canada has more fresh water per capita than any country on earth, yet we have 1,000 boil water

alerts every day.

"That tells you we are not treating water the way we should," Suzuki said. He challenged those in attendance to not only seek organically grown foods, but other products such as sustainably-produced clothing.

"Cotton is one of the most chemically intensive crops we grow," he said. "It's an ecological and medical disaster for

the people of that area (of agriculture)."

Halmat Palani, a third-year International Development student at Humber found the talk especially insightful for his program.

"If we resolve the question of food security, we put ourselves on the path of achieving a genuine development," said Palani.

HUMBER SUSTAINABILITY

College seeks to reduce energy use 40 per cent

Clare Jenkins
NEWS REPORTER

A tree fell in the forest and Humber heard it.

Over five years, Humber plans to reduce energy and water use by 40 per cent, reduce the number of single-occupant vehicles driven to campus and improve transit systems.

Lindsay Walker is Humber College's sustainability manager, responsible for organizing programs and new initiatives around sustainability on campus, the latest of which is a five-year sustainability plan.

Walker and her team have been working on the plan for the past year and, after a lot of work, it is now up on the school's sustainability website.

"You're going to see sustainability as part of the campus life. We haven't had a huge voice because we haven't been around for very long. It's going to be everyone at Humber and hopefully in a year or two, beyond Humber and our community," she said.

"I believe sustainability is a well-rounded perspective on life," she said. "It means making sure that we can continue the way we are living comfortably...that means taking care of our environment so we have clean air, water and soil to grow food that's local and healthy and keep our economy going. So, at Humber, being sustainable in everything we do."

Walker said the plan's goal is to make sustainability something students and faculty do on an everyday basis.

"Our goal is to work towards making it become something that we do, not just because we have to be doing it, but doing it all the time and that it's part of everyday life at Humber," she said.

Shannon MacAskill, 20,

a first-year Early Childhood Education student said she was impressed to see how environmentally friendly and clean Humber is.

"It is a very clean campus. You don't see garbage everywhere," she said.

First-year Event Planning student Nicole Hutchinson, 19, said she enjoys going for walks around Humber's Arboretum.

"I love the Arb, especially when it's warm. There's such a great view from the top," she said.

Humber's Arboretum opened in 1977 and has since been home to more than 1,700 species of plants and animals. Humber plans to develop a tracking program for yard waste in the Arboretum, which should be implemented in the next three years.

Humber also plans to increase the number of courses that focus on sustainability.

"I think it's a cool idea to talk about sustainability in class. The environment is so important and I'm sure every program could benefit from knowing a little more," MacAskill said.

Graeme St. Clair, 20, a second-year Sustainable Energy and Building Technology student, believes sustainability is the ability to meet our current energy needs without compromising the resources for future generations.

"It's important that people are aware of being sustainable because it will play a big part in the way we live in the coming years," he said.

Sustainability has been one of Humber's declared six values since 2008. In the past six years, Humber has already implemented many changes to make the institution more sustainable including changing signage on garbage and recycling bins to make it clear what goes where.



EVAN PRESEMENT

Morning commute traffic begins at Elgin Mills and Yonge in Richmond Hill. 75 per cent of all CO₂ emissions come from cars.

Greenhouse gas a five year target

Humber looking to reduce carbon footprint of an institution serving 80,000 students

Evan Presement
NEWS REPORTER

Amid reports of a record level of carbon dioxide being pumped into the atmosphere this year, Humber's associate director of maintenance and operations says the school has been working on a five-year plan in hopes of making the college even more environmentally friendly than it is now.

"We've been working on this for about a year, and sustainability is one of Humber's main values," Spencer Wood said.

Humber's three main sources of greenhouse gas emissions are: anything burned, such as natural gas to heat the

buildings; any electricity used, because that electricity is generated somewhere and that causes emissions as well; and so-called 'scope-3's,' something that Wood says is harder to track.

"If Humber buys any airfare to fly people to conferences, deliveries to campus or any vehicles that we own, those are another layer of greenhouse gas emissions called scope-3's," he said. "One of the goals in the plan is to start tracking those."

While that's only one part of the plan scheduled to come to fruition in 2019, Humber's sustainability manager Lindsay Walker says the plan has some 'significant targets'.

"We're planning to reduce

energy and water usage by 40 per cent in the next five years," Walker said, adding that these numbers are on a per-square-foot basis and that this is something they'd like to accomplish across all three of Humber's campuses.

While this seems like a hefty goal in itself, consider that Humber College is reportedly home to some 80,000 full and part-time students. While two-thirds of them are learning on a part-time basis, Walker says such students must be accounted for.

"Those students come in, (they) use our energy. They count too," Walker said. "When you add those up, the energy usage is pretty big."

While Humber is introducing a plan for the future, present efforts are vigorous. When the sustainability de-

partment isn't organizing events with environmentalist David Suzuki or having students stand beside recycling bins to show passers-by what is actually supposed to go in them, they're working hard behind the scenes.

From installing energy saving lights in all residence rooms and the Humber Room to replacing the North campus chiller with a new unit that uses 60 per cent less energy than before, Humber has saved 20 per cent on energy and water since 2005.

News of Humber's sustainability efforts makes second year film and television student Nicole Segal feel better about what's going on at her school. Segal, who said she has always been environmentally conscious, said she's noticed more effort on Humber's part.

School board trustees a vital part of coming city election

Morgan Gallagher

QUEENS PARK CITY HALL REPORTER

Toronto will on Oct. 27 elect for two school boards 34 school trustees, a position often overlooked but vital in the view of educators and many parents of school-age children.

School trustees provide a direct link from government to schools and give schools the tools to help students smoothly transition from high school to post-secondary education.

Humber sits astride the boundary between Ward 1 and Ward 2. In all, according to the city of Toronto, 19 candidates are running for two trustee positions, one each on the public and Catholic boards.

Not all candidates feel that the current curriculum is benefitting students.

“The current system is very lax. It has many issues. The problem with the curriculum is that they focus too much on marks,” Ward 1 trustee candidate Dahir Galbete said.

“I believe that we should not use standardized tests to measure a child’s academics. We could minimize them. What we need to do is put emphasis on a well-rounded curriculum that focuses on arts and trades,” he said.

Some candidates disagree.

Chris Glover, running for re-election as public trustee in Ward 2, says, “I think that generally, (high school) prepares students really well for post secondary education.

“More than 50 per cent of our students go to college or university right out of high school. Our graduation rates are way up and our EQAO scores have been steadily climbing over the last decade.”

Glover acknowledges that there is always room for improvement.

“I want to have every student to learn keyboarding (typing). I think it would make their work far more efficient. We’re always focusing on things that need to be improved,” he said.

Shannon Weatherup, a recent University of Guelph-Humber graduate, felt her time in high school did not provide an adequate grounding in what she required for university.

“I found that there was way more work and reading involved and high school did not really prepare me for that.



SAMANTHA SINGH

Annual Sisters in Spirit Vigil to remember missing or murdered Aboriginal women last Saturday at Gage Park, Brampton

Sisters in Spirit holds vigil

Rate of missing and murdered Aboriginal women in Canada ‘absolutely unacceptable’

Samantha Singh

NEWS REPORTER

The Credit River Métis Council, the Métis Nation of Ontario and the Peel Aboriginal Network held a Sisters in Spirit vigil last Saturday at Gage Park, Brampton.

The ninth annual Sisters in Spirit was held for Canadians to raise awareness, honour and remember missing and

murdered Aboriginal women by holding candlelight vigils across the country.

The vigil commenced with an opening prayer, drumming and a few words from Sharon McBride the vice chair of the Métis Nation of Ontario. Ontario Minister of Aboriginal Affairs, David Zimmerman, also attended.

The families of the women that were honoured gave per-

mission to use their stories to the Native Women’s Association of Canada. Some of the families still don’t have answers for what happened to their loved ones.

“We live in Canada and why is it that some women in the country are treated so differently when it comes to this type of thing? I just can’t imagine living in a small community and knowing for 30 years aboriginal women and girls go missing and nothing is done,” McBride said.

The Métis Nation of Ontario started a faceless dolls initiative with a goal to make 1,200 dolls, one for every aboriginal woman that has been murdered or gone missing.

“The higher rates of violence against aboriginal women and girls are absolutely unacceptable to me, to Minister (of Children and Youth Services and Minister Responsible for Women’s Issues Tracy) MacCharles, to Premier (Kathleen) Wynne and to our government; and we are firm in our commit-

ment to take strong action on violence against them. It was inspiring to join with those who came together to remember, to mourn and to renew our commitment to action,” Harinder Malhi, MPP, Brampton Springdale, said.

After each person spoke at the vigil, a single, red rose was placed beside each of the women on the table.

“The roses were very important for me (because) all the speakers laid a rose for love. These women’s pictures were placed in frames like you would with your loved ones, as they are ours. They are grandmothers, sisters, aunts, best friends, all have gone from this world,” McBride said.

The vigil concluded with all of the members of the community lighting their candles with final prayers and placing them with the victims’ photos.

Shelley Charles, elder and advisor on aboriginal relations at Humber College’s Aboriginal Resource Centre, was not at the vigil but finds these events invaluable.

“These events happen all across Canada and they are really important as they raise our collective conscience about the tragic loss of aboriginal women. Supporters and women’s groups stand alongside First Nations families and it helps to raise awareness of the issues of discrimination and violence against aboriginal women,” Charles said.

The Métis Nation of Ontario has submitted a letter asking Prime Minister Stephen Harper to work collaboratively to end violence against Aboriginal women.

Volunteers lifeblood of mayoral campaign

Morgan Gallagher

NEWS REPORTER

With the municipal election two weeks away, candidates still seek volunteers to canvas on their behalf.

Steven McInnis, who graduated from Business Administration at University of Guelph-Humber last spring, works on John Tory’s campaign for mayor, doing field organization and data entry.

“It’s coming down to a time where lawn signs are going up. They are going up for all the candidates for council as well as mayor. It’s kind of manual labour, but if you want to get involved with

a campaign usually that’s where you start.”

McInnis believes watching a candidate at a debate is one of the best ways to find out if they will actually follow through on platforms.

“That’s where you go to find out who is genuine and who is telling you what they want you to hear. Once they’re in the debate, you can tell how knowledgeable they are. When they are just speaking at a media briefing, they may be scripted for the whole thing. I’d say debate is really where you get to know if the candidates are knowledgeable and whether or not they’re in touch with what’s



MITCHEL RAPHEL VIA FLICKR

Mayoral candidate Olivia Chow at Woodside Square shopping centre in Scarborough surrounded by young volunteers.

going on,” McInnis said.

John Mraz, director of the war room at the John Tory campaign, agrees.

“Students should ask themselves the biggest question surrounding any elec-

tion: What are the issues most important to me? After this question is answered you’ll be able to figure out which candidate is going to stand up for you,” Mraz said.

Mraz says getting word out

to residents is the most important part of any election.

“Students can begin in a campaign by volunteering to canvass. This means going door to door and discussing the candidate’s positions on issues specific to those residents. Voters have lives that often don’t have that much time for politics,” he said.

Jamey Heath, communications director for Olivia Chow said a lot of the campaign work done thus far has been done by students.

“Students had wide-ranging roles in our campaign from policy to our online efforts to knocking on doors to handing out leaflets at transit stops. With only a short time left, if someone volunteered now they would be distributing leaflets, putting up signs or getting out the vote on Election Day,” Heath said.

From paranormal club to open mic, HSF mixes it up

Natalia Vega

HSF REPORTER

Campus events are a major part of Humber life, say the students who attend them.

Ahmed Tahir, Vice President of Student Life North Campus, cited the Oct. 6 and 7 Clubs Fair at North and Lakeshore campuses as part of the litany of events Humber Students' Federation offers to students.

Tahir said 42 events are scheduled for this semester at the three campuses, not including the service-based events—such as a farmers' market.

Based on how things go this semester, some of these same events will return in winter. However, even if they do it may not be the same company to host the event.

"We owe it to students to try to do different avenues at times," Tahir said. "We al-

ways try to change it up just to maybe try something else or see if we can get a better deal or better kind of service from someone else."

First-year Multimedia Design and Development student Catherine McNair, 24, joined the Greater Toronto Paranormal Society. She said she hopes to make new friends by joining this club while also exploring haunted locations.

"I'm really interested in spiritualism," McNair said. "I don't know that I would have gotten involved if they hadn't set up events like this."

Ashwin Savarap, 21, is also a first-year student at Humber and he joined the League of Legends club at the Clubs Fair.

Savarap said having money go towards HSF for these types of events are well worth it.

"I think it's motivation for them and it helps," he said.

HSF's 2014-2015 consolidated budget report allotted a \$410,000 budget for promotions and events from its \$1 million programming budget.

Tahir said HSF holds events at Humber not to only showcase the talent students have but so students can get involved within the Humber community.

"College can be much more than just academics. I know for myself I learn a lot outside of the classroom as well as inside the class room," Tahir said. "I think it's important to socialize and create friends in college."

Tahir said the De-Stress event which took place Oct. 1 and 2 at Humber North and Lakeshore campuses was to help students with their health as midterms are coming closer.

"Having a massage day ... I hope makes the day that much better so (students) can focus on school and focus on

what's actually important in their lives," Tahir said.

First-year radio broadcast student Geordie Huband, 18, had a massage during the De-Stress event at North campus on Oct. 1. He said he only knew about the event because of his friends.

"I thought it was great. I was very relaxed and all the stress from school just melted away," Huband said.

The event brought five masseuses from Massage on Wheels and four oxygen bar stations from Element Oxygen Bars to Humber.

The amount HSF spent to bring in these two companies to host the event wasn't revealed.

Tahir said some other events coming up this semester include free lunches, animal day, an iPod battle, glow-in-the-dark yoga and open mic nights which lead to a Humber's Got Talent show at year's end.



NATALIA VEGA

Students line up to join clubs at the North campus Clubs Fair.

Clubs Fair opens doors to explore

Aluen Navarro

TRANSPORTATION REPORTER

Joining a club at Humber makes life better as a student but can also help in developing skills required for life after school.

Humber Students' Federation's annual Club Fair at North campus last Monday and Tuesday invited students to explore new clubs that have been formed and join them. The fair also offered ways students could launch their own clubs.

Vice President of Student Life at North campus Ahmed Tahir encourages students to join clubs.

"I believe in clubs and I love them," said Tahir. He said it helped him developing leadership skills he's using in his everyday life.

Tahir created the A Team club, which was an activity club for Humber students.

He said Humber has 24 clubs this year at the North campus, while Lakeshore campus has 50 clubs to offer. Clubs can focus on any number of different topics from the cultural, like the Aboriginal Students Circle, to the athletic, like The Dance Company, to games, like the Guilds of HumberLife RPGS

Club. These numbers can always change as clubs are being created or being dropped. Everything is up to the students who are interested in these clubs.

Tahir said the most popular club this year is the Embassy (Christian) Club, which is always well-attended.

Third-year nursing student Dasom Kim said she came to the clubs event to get more information on the clubs that were being offered this year.

"I just joined the Good Deeds Club and the Next Generation Music Club," Kim said, adding she would like to have a Lego Club on North campus, similar to the one at Lakeshore.

First-year Baking and Pastry Arts student Elisa Best said this was the first time she's been at the clubs events.

Best joined the Bible Studies Club and wished that there was also a baking club and sewing club at North campus.

"There's no harm in joining a club and you can always leave it if you don't like it," said Tahir.

Tahir thinks the more students get involved in school the better they'll do with their school work.



NATALIA VEGA

The Oct. 1 and 2 De-Stress event brought masseuses and an oxygen bar to North and Lakeshore campuses. It was just one of over 40 events Humber Students' Federation will be hosting this term including glow-in-the-dark yoga and Animal Day.

Muslim Student Association teaching history, culture, language

Serge Halytsky

INTERNATIONAL AFFAIRS REPORTER

The Humber Muslim Student Association wants to bridge the gap between Muslims and the rest of the college.

The newly-created North campus group also launched an Arabic studies program to expose non-Muslims to the culture and learn language, and history of Islam.

"Many students in Humber have Muslim friends but they never engage with them on the topic of faith," said Muslim Student Association (MSA) president Taha Ali. "We intend to let the people who are not acquainted with the Islamic faith to come to our traditional Friday prayer, so they can sit in the back, watch and listen to the sermon."

Ali thinks it will accomplish at least two goals.

First, people will see students they meet on campus practicing their faith. Second, they will hear the sermon and learn the basics about Islam.

"We have an open door policy now," Ali says. "It's not like we just come to this room, close the door and no one knows what's going on inside."

"We let the community come in and learn, ask questions, reach out," he said.

The MSA is also reaching out to engage the wider Humber community, talking to other clubs and organizations on campus and local businesses with whom they could work and develop partnerships.

Ali thinks this approach will develop a community bond instead of Muslims just remain-

ing cloistered amongst themselves, especially when they reach out with charity events.

"Education and spirituality is great," Ali said. "But when somebody is hungry ... or can't provide for themselves, we, as Muslims, take that to be a first priority."

MSA plans to start a food drive on campus and a winter clothing drive to help people who cannot buy winter jackets.

Non-Muslim students also had suggestions for the MSA.

"(MSA) can also ask permission to come to the classes to briefly explain their religion," said second-year Early Childhood Education student Emico Toda, 21.

"They can volunteer ... in the community, ... do information sessions to raise people's awareness," said second-year Fashion Arts student Ann Marie Cole.



KRYSTEN MCCUMBER

Public Safety's new Segway-like three-wheeled patrol vehicles will accelerate security's emergency response times.

Three-wheeled Sentinels speed up security on patrol

Krysten McCumber
QUEEN'S PARK/CITY HALL REPORTER

The Public Safety department at Humber College hopes the addition of three vehicles called Sentinels will help ensure students are receiving fast and efficient help from security around campus.

Sentinel PMVs (police mobility vehicles) three-wheeled patrol vehicles, that allow Humber security to move quickly and fluidly through traffic around campus so they may reach points of need faster, director of Public Safety Rob Kilfoyle said.

Although they resemble Segways, a brand of motorized scooter, the Sentinels are expressly built for security purposes, Kilfoyle said.

He said the Sentinels will not be used without care and practice. All Public Safety employees will eventually be trained on the vehicles, starting with supervisors and

working through the senior guards.

"Because we have such congestion around the parking lots, it's difficult for us to get around the campus in our jeeps," Kilfoyle said. "I thought these would be perfect in terms of giving us a little bit better flexibility and mobility to respond to emergencies or when someone requires assistance."

The vehicles are also environmentally friendly.

"They're completely emissions free and battery operated," Kilfoyle said.

The patrol vehicles start at around \$6,500 each but Kilfoyle said Primary Response, a security company contracted to Public Safety, bought two Sentinels for North campus and one for Lakeshore.

"If a security guard is walking on patrol they can only walk so fast, cover so much ground and see so much from their vantage point," Kilfoyle said.

Three-wheeled policing vehicles of this kind "increase mobility and allow you to cover more ground in a short amount of time," said Mike Legere, lead tour guide at Segway of Ontario, which produces a similar Segway Patroller line of vehicles. "You can see everything as you're riding around and not be blocked off."

With not only the protection of guards in mind, but also the safety of students and other road vehicles, the Sentinels cannot be used in the snow and ice. They will be stored inside the school in winter months.

Students can recognize the white vehicles around campus, along with the yellow-jacketed Public Safety team members.

"They look comical at surface value, but as someone who works with security, I can appreciate the value it's adding to their jobs," fourth-year University of Guelph-Humber business administrative student Brendan Knowles said.

Mo' HSF elections, mo' HSF problems

Samantha Singh
HSF REPORTER

Students encountered voting difficulties at HSF-hosted polls during the Humber Students' Federation's by-election last week in their second attempt to elect a president.

Kathleen Jolly, 22, a second-year full-time student in the post-graduate journalism program, tried voting on the Friday and the Monday of polls and was ineligible both days.

She had given her contact information to HSF in each instance.

"I was like, 'this is ridiculous.' I've heard a lot of people have had this problem of not being able to vote, when you already have such a low voter turn out. And the people who are trying to vote can't even vote. Two hours before the polls closed I got an email saying 'We've rectified the situation,'" Jolly said.

HSF project coordinator Vanessa Silaphet explained that Information and Technology Services inputs the list of eligible voters.

An eligible voter is a full-time student who has paid their activity fee in the full amount.

"But a lot of students may not have known if they have paid or not," Silaphet said.

Ryan Burton, director of Humber IT Planning and Client Services, explained that HSF established the list of eligible students and his department fulfilled the request with the criteria provided.

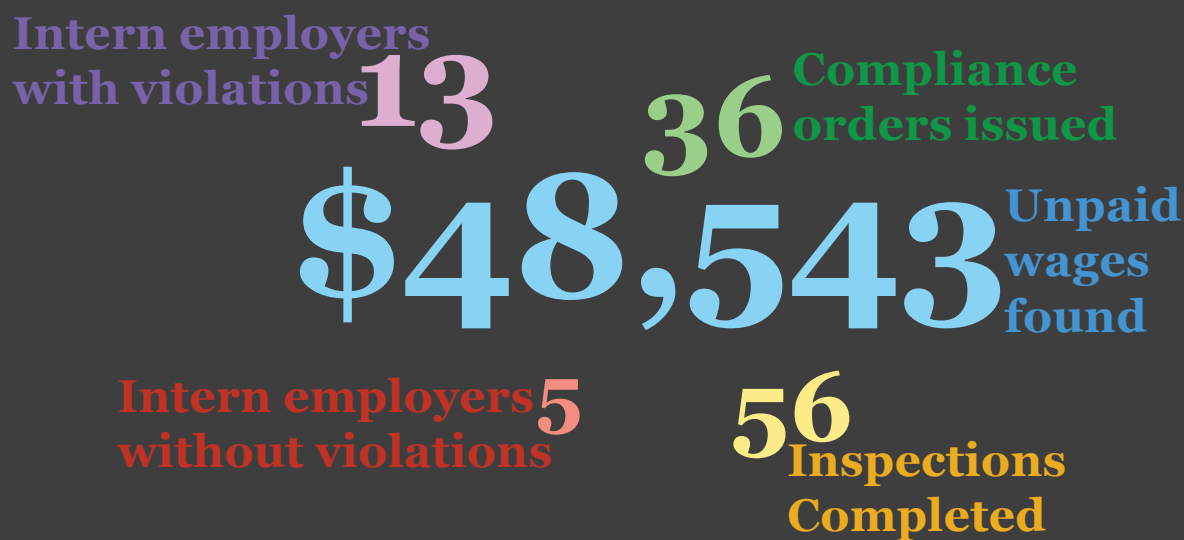
"If you weren't paid up on such things as activity fees, that might be an area where you may run into challenges. We saw this in course registration too, that (some students) had paid a portion of their fees, or deferred some of it or switched programs," Burton said.

The by-election had a voter turn out of 2,134 students. Silaphet estimated the number of students affected by the voting issue were "about 30."

Silaphet confirmed that the issue occurred over all three days of polling but was resolved on Tuesday with enough time to contact the students to come back to place their votes.

"I guess later down the road the chief returning officer (CRO) decided to make a change as far as the eligibility criteria and the voters' list was amended," Burton said.

Attempts to contact the CRO for this story went unanswered.



NICK JEAN

Ministry cracks down on internship violations

Nick Westoll
NEWS REPORTER

For the first time ever, the Ontario Ministry of Labour has proactively enforced provincial laws that protect students and workers in an effort to crack down on internship violations.

Staff from the ministry attended 56 businesses between April and June to see how they adhere to the Employment Standards Act for their interns. Officials issued 36 compliance orders. The Ministry of Labour website lists monetary violation, such as insufficient wages and vacation pay, and non-mone-

tary violations for wage statements, record keeping and hours of work.

"A lot of [the enforcement] would be interviewing the employers and checking employment records to see whether everything is in compliance with the law," Bruce Skeaff, media relations coordinator for the Ontario Ministry of Labour, said.

Employment Standards officers visited types of businesses that are known to frequently use interns such as firms in advertising, public relations, computer systems design and consultants.

Ella Henry, co-chair of the advocacy group Students

Against Unpaid Internship Scams, calls this recent enforcement blitz a good first step, but she said more needs to be done.

"What we really need to see is some more big-picture law reform rather than, sort of, tweaks here and there," Henry said.

Henry noted it is up to interns to file complaints with the Ministry of Labour but has called on the ministry to conduct more oversight and to continue investigating violations on a proactive basis.

Humber College works with several employers as they employ students as interns within their organiza-

tions. Sophia Hadzipetros, longtime CBC executive and an internship coordinator in the School of Media Studies and Information Technology, recommended that students "tread cautiously" when it comes to accepting internships outside of a school-related program.

"Don't expect that working for free will get you a job somewhere," Hadzipetros said.

She added that companies she works with are paying more attention and that they are checking to ensure that the interns they take on are doing the work as it relates to their courses.

We didn't need another HSF controversy

We're another year down and there's another election controversy at Humber Students' Federation – same old song and dance.

Wouldn't it be nice if our student union could host a clean election?

Granted, this year only "about 30" eligible students were denied their right to vote. By HSF's estimate, that is. Actual numbers aren't available and may never be known.

That denial, also according to HSF, was only temporary. All students' rights were restored to them by the last day of voting Sept. 30 in a presidential by-election needed because last spring's HSF results had to be thrown out.

They shouldn't have been denied those rights in the first place.

Why did it happen? Unpaid "activity fees."

To be eligible to vote, full-time Humber College and University of Guelph-Humber students must have paid their "Mandatory Student

Government fee" (as the College calls it), also known as the activity fee, in full.

In federal elections, the only thing that can strip an otherwise eligible voter of that most valuable democratic right is if they are currently incarcerated for a term of two years or more.

Haven't paid your taxes? You can still vote.

Do you have unpaid parking tickets, speeding tickets, etc.? You can still vote.

Nothing short of breaking the law, being charged, prosecuted, convicted and incarcerated can lead to your not being allowed to have a say in who represents you in Parliament.

So why is it that, less than a month into the school year when many students have deferred their tuition payments, into which these fees are rolled, or are waiting for their government student loans, HSF decided they weren't deserving

the right to a say, the right to vote?

It's difficult enough making students care about government at the best of times, let alone student government.

Telling those who make an effort to take part in the democratic process they aren't wanted alienates them even further.

It is good the issue was resolved before voting closed at 4 p.m. Sept. 30 and HSF reached out to those incorrectly ineligible to let them know they could come back and cast their vote. But in an election where voter turnout was already going to be an issue, and less than 10 per cent of eligible students came out, every effort should have been made to make voting less of a hassle.

Many other student unions run their whole election online. Everything HSF does is now digital. Staff manning the polling stations did little more than point students in the right direction. It would be a simple exercise to allow students to vote

from the comfort of their homes, on their laptops and cell phones.

An online voting system would also help our government connect with their members where they live – on social media. Tweet out a link. Instagram the ballot. Snapchat a message reminding students to vote. Any one of these has the potential to add at least a couple points to voter turnout.

In the end, HSF is fortunate Tom Walton eventually won the presidential election by a significant margin. If it had been a closer race a case could have been made by the losing candidates to cast out the results, forcing the union to try for a third time to find a leader.

Hopefully the results will be accepted by the union membership next week and we can put this whole sorry state of affairs behind us.

And the student body can get on with ignoring HSF like they usually do.

HUMBER
Et Cetera

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

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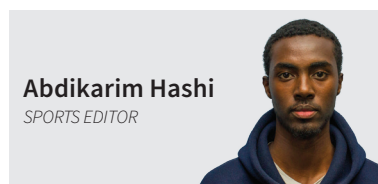
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No doubt, this year Toronto Raptors are for real



Abdikarim Hashi
SPORTS EDITOR

The biggest question on everybody's mind last season was, "Are the Raptors for real?" The NBA's Toronto Raptors went from once again being counted out of the playoff picture, for the sixth year in a row, to finishing third in the Eastern Conference, all in less than one season.

After the trade of Rudy Gay to Sacramento in early December 2013, the Raptors started winning more frequently and against tougher competition. They had the best record in the Eastern Conference after the trade, better than Indiana and Miami, the conference finalists. As they climbed the standings, more questions were being asked. "Was it a lucky streak or were they real competition?" Most of the speculation was due to the Raptors not being over .500 and not being playoff contenders in six years. However, post All-Star break they showed no signs of slowing down. They improved each game and went on to have a franchise-best 48-34 record.

During the post-season Toronto was matched up with their Atlantic rival, the Brooklyn Nets. Brooklyn's coach, the Hall-of-Famer and former player Jason Kidd was accused of intentionally wanting to lose in the final games of the season so his team could face the Raptors in the playoffs rather than Chicago Bulls or Washington Wizards.

Brooklyn and Toronto did end up going head-to-head in the first round



SHAHEEN KAROLIA

Raptors Fans know last year's successes were no fluke.

of the playoffs, but the end result was not all that mattered. Brooklyn brought a group of experienced veterans and the Raptors were an energetic young team, practically opposites.

The seven-game series was a dogfight and the Raptors' high intensity performance literally lasted until the last minute. Brooklyn forward Paul Peirce blocked Raptors star point guard Kyle Lowry's game-winning attempt.

Despite the unfortunate ending to what was otherwise a great run, the NBA got to witness the amazing fan base supporting the Raptors and the world got to realize the team's potential.

Toronto was the NBA's best team in the fourth quarter of games last season, averaging the highest points per game in the fourth. They also held the record for most wins when trailing after the third quarter.

Rudy Gay played a lot of minutes every night and took more shots than anyone else on the team but he was too much the solo scorer rather than a team man, and not what

they were looking for in a player.

The players acquired in the trade for Gay played major roles during the entire season. Fan favourite Greivis Vasquez became a reliable backup for Kyle Lowry. Veteran Chuck Hayes helped young Jonas Valanciunas become more of a presence in the paint and Patrick "Patman" Paterson made a game-winning steal and shot in a regular season game against Brooklyn.

Former general manager of the year Masai Ujiri can take the credit for bringing together a group of players that function like no other. Over the off-season the Raptors re-signed Vasquez, Patterson and Lowry and added Atlanta natives Lou Williams and Will Cherry. So without losing any key contributors to last season and only gaining more options off the bench, the team can look to build on to what they accomplished last season.

One of the main, if not the main player on the roster was 28-year-old Kyle Lowry. It's only fitting he signed a four-year \$48 million contract extension.

The effort he put in every night was visible to anyone watching, basketball fan or not. It's hard not to notice someone running up and down the floor contributing both on the defensive and offensive end. Lowry was second in charging fouls taken in the NBA. He was also top 10 for steals by a point guard, all while averaging nearly 18 points per game (PPG) and just over seven assists.

He plays the leader and voice for the young team, driving everyone to do better every time he stepped on the floor. All-star DeMar DeRozan had an exceptional year as well, and is looking to do even more this season. He led the team in PPG (22.7, the highest in his career) and improved on everything from a year ago, including three-point shooting, rebounds, assists and blocks.

Along with Lowry and DeRozan, many other players stood out and performed very well last season, too many of them to list here.

Another reason spectators doubted the Raptors was because the Eastern Conference was not as competitive as the West. But what most don't realize is that Toronto had a record of 16-14 against the west. And yes, they would not have made the playoffs had they been in the west but they performed well against them. They swept season series with teams like the Dallas Mavericks and the Memphis Grizzlies.

The doubting of the Toronto Raptors should cease and teams – along with fans – should realize the Raptors mean business and are an elite team. It's not because they are full of superstars but due to coaching, teamwork and dedication.

Asian immigrants are just seeking to feel at home in Toronto

Tiara Samoris
ARTS & ENTERTAINMENT
EDITOR



Now that recent polls find 51 per cent of Torontonians are here from other countries, many of them in Asia, it was offensive but perhaps not unsurprising when I lately heard a group of white men talking about immigrants causing poverty in Toronto, saying that we are invading ‘their’ home and stealing ‘their’ job opportunities.

I understand there is frustration at times over multicultural policies that may make some employers

unfairly favour newcomers or visible minorities. I’d like to believe that whoever is best gets the job, but I don’t think it always works that way. We realize some of us are hired just to make the company look good for supporting multiculturalism.

Don’t you think that makes us feel like an object rather than a person?

We are not trying to invade anybody’s home. We’re trying to find a new one, because the place we were born doesn’t feel like home. For generations before my own, a sundown curfew is normal because it’s all they know – they are satisfied. But endless hours of exposure to Western life through new media has young adults (like myself) back home longing for more.

Beautiful landscapes and diverse cultures in the places we come from may be the reasons many westerner wants to travel to Asia but the cultures everyone is so fascinated by aren’t merely tourist attractions for us. It’s our way of life.

Even here in Toronto, we are often stereotyped as “very nice and polite” without people ever realizing the reality behind our cultures. What made us this way?

Here’s what you don’t know: when we were kids we were taught not to stare at people in the eye, and to bow or kiss hands when passing older people as a sign of respect. These older people, including teachers, would get offended if we asked questions or stated our opinions. The saying from my home that ‘silent means gold’ actually

means ‘be silent and you won’t be in trouble.’

This is one of the most important reasons the homes of our birth are not the ones we choose to live in as adults. Growing up with the unspoken cultural rule ‘the older ones are always right’ is a big struggle. If they say the earth isn’t round, then it isn’t round. It doesn’t really matter if they’re wrong, because the rule says they’re always right.

As much absurd as it sounds, that’s what most of our childhoods were.

How are we supposed to be who we are and fight for what we want if we don’t even know who we are and what we want?

While these are the kinds of cultural traditions that drive us away from home, paradoxically I believe

the strictness is also why Asians generally do well in our adopted lands.

I’m not surprised seeing Asians really excel as soon as they get out of their country. While using the disciplines of our cultures to get ahead, some of us have also realized that there is more to life than just studying and following orders. We find out how good we are and how much better we can be. We finally have the chance to find ourselves, figure out what we want to do with our lives and live the lives we actually want.

We are still treated differently, even in a country like Canada and a multicultural city like Toronto. But we accept that because for some of us, it’s still better than where we were before.

Jihadist views not those of Muslim community

Mahnoor Yawar
GUEST COLUMNIST



Bill Maher has never quite been a bastion of rationality, especially in his views on women and minorities. It’s a convenient cop-out to profess liberal views and assume that automatically inoculates you from being bigoted.

A recent segment from his show featuring actor Ben Affleck sparring with author Sam Harris has raised a lot of interesting discussions surrounding the connotations of post 9/11 Islamophobia.

During the segment, Harris claimed criticism of Islam shouldn’t be “conflated with bigotry against Muslims as people,” a point he goes on to contradict with gross oversimplifications that Maher gleefully confirms as “just fact.” At no point can either distinguish between beliefs commonly held among Muslims and what they seem to have coined “the doctrine of Islam.”

While Affleck’s well-meaning indignation about this (backed up by a rather feeble Nicholas Kristof, the *New York Times* columnist who seems only to support arguments with anecdotal evidence) was fairly understandable, it also ignores the fact that brutality and intolerance make an appearance in the cultural values of many theocratic countries that use religious law as their justification for these, Islamic or otherwise.

Never mind that discussing Islamic views in a panel strangely bereft of Muslims makes about as much sense as letting a committee

of old men make decisions about contraception. The conversation about Islam – or any ideology, for that matter – suffers from a divide that cannot be encompassed within a 10-minute smackdown between a comedian and an actor.

The fault in these polemics lies not in their content but in their very flawed basis. The Muslim community is just as quick to dismiss the Jihadist worldview as un-Islamic as their critics are to judge them by it. Jihadists are, unfortunately, Muslim by virtue of identifying themselves as such. Being unable to critically analyze an extremist mindset is frankly counterproductive to battling it.

On the other side of the coin, to call moderate Muslims an exception to the rule is a gross oversimplification, blatantly ignoring the fact that Islam is only part of an adherent’s identity. Not a cultural cornerstone. Not a political system. Not even really a comprehensive legislative body. It is a religion interpreted differently among the

many races contained within its multitudes. To conflate doctrine with its implementation is a gross misunderstanding of how modern human systems work.

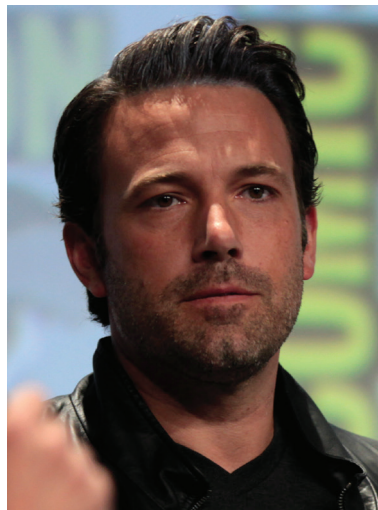
Critics of Islam are quick to present the examples of Somalia, Syria, Saudi Arabia or Iran, perpetuating the disturbing assumption that these are the norm and, as a result, all other Muslims are guilty of sympathizing until proven otherwise. Scholar Reza Aslan correctly identified this tendency as “the very definition of bigotry.”

It doesn’t help that these Islamophobic tropes go up against positive highlights ensconced in stereotype – the bar for what constitutes progress in the Islamic world is so low that any celebration of women’s rights will be co-opted specifically as an embarrassing affront to a certain subset of Muslim men.

When all is said and done, what’s clear is that Islamophobia among media pundits isn’t going away any time soon.

None of the men in the limelight for discussing much-needed reform in the Muslim world will be the ones behind it.

Moreover, it’s going to take a lot more than a new Batman to save ideological discourse in the 21st century.



GAGE SKIDMORE/WIKIMEDIA COMMONS

Ben Affleck



ANGELA GEORGE/WIKIMEDIA COMMONS

Bill Maher

Emerging from Catholicism was a journey to personal spirituality

M.J. Martinez
ARTS & ENTERTAINMENT
EDITOR



My family is deeply religious and I was raised Catholic. We went to church almost every weekend, said grace before every meal, and attended all Christmas and Easter services. I performed the sacraments in my childhood like First Communion and Confirmation.

These were things I understood were part of my faith growing up.

Even at age 15, I thought faith was something you looked up at and believed in and could trust. But the more my family became obsessed with daily practice, the more I got annoyed with it. As I got older, I started to realize that it was just rituals you did once and then forgot when you were done. I felt like it was time to change and reconsider in what I believed in.

After growing up Catholic, moving away from the church and finally claiming a spirituality of my own, I’ve come to realize that everyone is entitled to their own choice and can choose what to believe in.

It was in Catholic high school that I started to seriously question my faith. I used to always wonder that if there was a God, why were bad things occurring and why weren’t they ending? It was thoughts like this that made me become doubtful. I chose to identify as agnostic, wondering if there was really a God or not.

I was still going to church but not following much of the rituals, which I found rigid and unmoving, repeated at every Mass.

When I told my parents I was an agnostic, they weren’t really

shocked, much to my surprise, but believed that it was probably a phase I was going through as a teenager. They would still bring up faith and God at the table, and to this day, my mother will mention God’s name when it comes to tricky situations or if I’m having a bad day.

Today, I don’t really follow the Church’s rules nor do I plan to in my life. I never really bring up the topic with my friends as they all have different opinions and I completely respect that.

However, I had a friend whom I met at my first year in college who was into musical theatre and composing. We became good friends despite our age difference and went on a date at one point.

A year later, he told me he was thinking about becoming a priest and was attending classes to become a Catholic. I felt kind of annoyed he wanted to take this path, believing it would end our friendship. The more he was learning, the more he became attached to the Catholic culture. If you were to check his social media, almost all his pictures and music related to the Catholic Church.

Strangely though, I don’t see myself as an agnostic as much anymore.

Today I view myself as spiritual but not religious. I believe in God at times but I don’t practice a religion. In recent years, I’ve prayed but only a couple of times, usually when I’m about to face a difficult circumstance.

As part of my spirituality, I believe there is a heaven and maybe God waits for me there. My parents still think of me as simply agnostic but I hope in time, they will find out and understand my form of spirituality. This may have changed over time but it has always been a reflection of my journey through life.

Trendy Smoke's Poutinerie comes and conquers North campus

Replaces 'boring' Pizza Pizza at LinX Lounge

Murissa Barrington

LIFE REPORTER

Poutine trumps pizza any day.

Not just in taste, but also in business, says an employee of the new Smoke's Poutinerie in the North campus' LinX Lounge.

Sales are brisk, said LinX manager Daniela Trozzolo, noting since the poutinerie moved to replace Pizza Pizza, at the beginning of the semester, business has been booming.

"It's been extraordinarily successful," Trozzolo said. "Very busy. I think the lineups every day are an indication of that."

Pankaj Dharni, an employee at Smoke's Poutinerie in LinX, agrees.

"It's been very good because we're not experiencing just students from Humber. People are coming from outside, too, and we are making three grand (\$3000) daily," said Dharni, who is also a first year Supply Chain Management student.

The red and black arrows on the floor in North campus halls lead the hungry to Smoke's and the smell of fresh poutine keeps them there, together with crazy creations that seek every possible variant on the traditional Quebec-born dish made of French fries, cheese curds and gravy.

Chantelle Lobo, a third-year business student at University of Guelph-Humber, said her favorite menu option is the Bacon Poutine.

"It tastes exactly the same as the one (at Smoke's) in downtown Toronto," said Lobo.

Smoke's Poutinerie was founded in 2008 as the first all-poutine restaurant in Toronto. The chain now has more than 30 locations across Ontario and several others across Canada, according to the firm's corporate information.

Their menu consists of about 20 different poutine creations such as Bacon Cheeseburger, Nacho Grande and Chicken Fajita.

LinX's decision to partner with Smoke's Poutinerie was to seek more exciting food options than previous years, Trozzolo said.

"We felt that the sales at Pizza Pizza were low," she said. "Also, I guess you could get technical in terms of brand equity but Pizza Pizza is boring and Smoke's is exciting. And so we made the change for the interest of selections for the students, customer service-wise, as well as sales and preferability."

Following other Smoke's Poutinerie locations in Toronto, the Humber location will be open late on pub nights as well as Friday nights for those seeking a late night snack after hanging out at LinX.



EVAN MILLAR

Comedian Sabrina Jalees promotes honest disclosure of sexual orientation and gender identity in Humber's North campus concourse on Oct. 9.

Coming out to end stigmas on LGBTQ

Evan Millar

LIFE REPORTER

Sometimes, the right thing is the most difficult thing to do.

"I had a hard time coping with it when I was younger, but over the past couple of years I've begun to accept it," said Zoe Pigeon, 18, a first-year Food and Nutrition Management student.

For Pigeon, coming out as bisexual at the same time as one of her close friends was instrumental in laying a more authentic foundation to her life.

"We both supported each other and our group of friends as a whole was also really supportive," she said. "They didn't judge us at all, they were all for it."

Oct. 11 marks the anniversary of National Coming Out Day, an event first observed 26 years ago on another anniversary: 1979's National March on Washington for Lesbian and Gay Rights.

To honour the day, Humber's Gender and Sexual Diversity committee brought comedian Sabrina Jalees to Humber's North campus for an Oct. 9 talk on diversity.

Best known for her regular appearances on MuchMusic's Video on Trial, Jalees spoke about the difficulties of coming out, both personally and professionally, and recalled the college tour where she first made that decision.

"The best thing that I can bring to a stage are things that are unique to me," she said. "Being gay is one of those things."

Initially advised by industry friends at the onset of her career to stay in the closet, Jalees drew parallels to the coming out of fellow comedian Ellen DeGeneres, whose second TV program, *The Ellen Show* (in which the character was openly gay from the beginning) was cancelled after only one season.

Jalees also read from a *Huffing-*

ton Post article she had written after breaking the news to her family that she was both happily gay and married.

Titled "My Family Broke Up with Me", the piece chronicles Jalees' feeling of abandonment by aunts, uncles and cousins who responded with messages similar to that of a eulogy.

That familial negativity and hostility was eventually curbed, however, as Jalees also read one emotional message that was sent to her following the coming out of her cousin's close high school friend.

"Coming out can be like cliff jumping. You're standing at the edge of the cliff, you're looking over, and you just hope that the water's there," she said. "What I can promise is that in the long run — in the relationships that truly matter — the water's always there."

Students were encouraged to share their coming out stories by signing an actual closet door showcased at the event.

To Maureen Carnegie, co-chair of

Humber's Gender and Sexual Diversity Committee, events like the diversity talk are key to promoting awareness and acceptance on campus.

"It's not something we need to keep hidden or keep quiet about," Carnegie said. "To me, it signifies the fact that Humber really wants to be a very inclusive and welcoming community, and such a visible display really reinforces that."

And for students like Pigeon, that extends from acceptance to comprehension.

"I hope we end the stigma behind bisexual people," she said. "I'm hoping with events like this, we open people's minds to understanding different sexualities."

Beginning in January, Humber's LGBTQ student group will meet every Wednesday in room GH101 at North campus and Lakeshore's K building in room 105.

For more information, visit www.humber.ca/lgbtq.

Thanksgiving little known to international students

Jessenia Feijo

LIFE REPORTER

Thanksgiving may be a national holiday, but not everyone indulges in turkey dinner — or is entirely sure what the occasion is about.

"Every time an explorer would come back (to Europe) from the New World, they would give thanks and there would be usually a church service. That's where the term Thanksgiving came from, it gave thanks," said Toronto historian and tour guide Bruce Bell.

The Americans were the ones to begin the holiday of Thanksgiving.

"But around the Victorian time, so in the 19th century, the middle class started to grow and our harvest

came in October and so we thought we would do the same thing," said Bell, noting that Canada joined the tradition with an adjustment in timing to reflect differences in climate.

"We thought it would be a great idea to, kind of haphazard, sometime in October to give thanks to the harvest," Bell said.

Bell said it wasn't until 1957 that Thanksgiving was officially declared a national holiday in Canada that would take place on the second Monday of October. The American version in late November has a nationalistic flavour and begins the holiday approach to Christmas.

Gabriela Carrasco, 21, a second-year international student from Mexico and a Applications Processor

at Humber's International Centre is aware of Thanksgiving, but doesn't celebrate it.

"Usually in Mexico some schools that are bilingual do teach you American tradition so that's how I knew about Thanksgiving before coming here," said Carrasco.

Like Carrasco, fellow interna-



I would like to start celebrating it. I love turkey and getting together.

Jenny Jeong

HUMBER INTERNATIONAL STUDENT FROM SOUTH KOREA

tional student Jenny Jeong, 19, a second-year Hospitality and Event Planning student, said she hasn't celebrated Thanksgiving since she arrived in Canada three years ago.

Jeong, originally from South Korea, said she recognizes the holiday, but when the day comes she'll eat whatever is in her fridge.

"After understanding what Thanksgiving is, I would say our New Year's is like a Thanksgiving because it is very long and involves family visits," said Jeong. "I would like to start celebrating it. I love turkey and getting together."

The Humber International Centre has made it a goal to help overseas visitors mark this long weekend in some way.

The centre will be taking international students to Ottawa and Montreal to explore and celebrate a special dinner with everyone who attends, said Carrasco.

"The International Centre here wants to make sure that students that come to study from all over the world feel like they are a part of a family even if they are miles away. We try really hard to achieve that," said Carrasco.

Breast cancer prevention can start early

Awareness begins with lifestyle focus although many find healthy diet, exercise, smoking cessation hard

Britnei Bilhete

LIFE REPORTER

Breast cancer, the second leading cause of cancer deaths in Canadian women, can sometimes be averted by preventative measures and habits young women take on today. October is the official month of Breast Cancer Prevention and Awareness.

According to the Canadian Breast Cancer Foundation, smoking, excessive drinking, a lack of exercise and an unhealthy body weight are all risks that increase the possibility of breast cancer.

“Starting early is important,” said Humber’s nurse coordinator Catherine McKee. “Better now than 40 years down the road with excess weight.”

Caterina Mazzateno, a second year Early Childhood Education student, admits she is a smoker and occasionally drinks alcohol above the national recommended serving of two drinks a day and maximum

of 10 drinks a week.

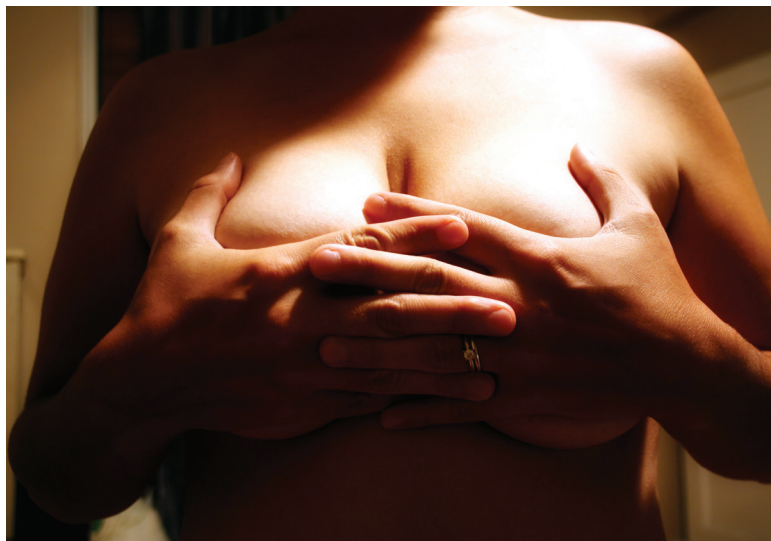
“It’s hard to quit smoke,” said Mazzateno, 20. “I used to drink a lot more (water) which I need to start doing.”

The foundation says smoking has a relative risk factor of 1.3, which means the risk of breast cancer for a smoker is 30 per cent more than a non-smoker.

And leading a healthier lifestyle goes beyond not smoking. A nutritious diet and daily physical activity are crucial to maintaining a healthy body weight, but many young people find it difficult to achieve these

“With everything that’s going on, it’s kind of hard to manage everything,” said 20-year-old second-year Early Childhood Education student Maria Futia. “Making sure you’re eating so good and exercising on a daily basis...with school is stressful.”

Research done by the Canadian Cancer Society reveals one in nine women will develop breast cancer at some point in her life by the age



CAITLIN REGAN COURTESY OF FLICKR

October marks Breast Cancer Awareness and Prevention month. Although it’s a disease that typically affects older women, breast cancer is also diagnosed in men and young women.

of 90.

Vanessa Gutta is a first-year Early Childhood Education student whose aunt was among the one of nine.

“Just after the holidays she gave my mom a call. She said that something wasn’t normal in that area...

(The doctors) found a couple of lumps,” said Gutta, 18.

“She got tested and they said that she had breast cancer in just her left breast,” she said.

Gutta’s aunt “had to get her full breast removed... Now she’s doing really well in recovery... She goes to

chemo(therapy) once in a while, but for right now it’s going good,” said Gutta.

Gutta’s aunt is an example of early detection, but what Gutta did not know was that her aunt’s diagnosis could potentially mean something significant to her own health.

Dr. David Warr, medical oncologist at the Princess Margaret Cancer Centre, explained the importance of knowing family medical history.

“Patients with a family history of early-onset breast cancer or cancer of the ovary (are) known as BrCa gene carriers - ‘braca,’” Warr said. “These women tend to develop breast cancer under age 50, occasionally as early as in their 20’s with multiple affected relatives.”

Carriers of the ‘braca’ gene have between 40 and 85 per cent chance of developing breast cancer in their lifetime, the Canadian Breast Cancer Foundation says.

Though regular self-examination is no longer recommended by the Cancer Society “we don’t advise ignoring lumps that are found during showering or looking in the mirror,” Warr said.

VEGETARIAN AWARENESS MONTH

Vegetarian diet healthy, good for environment and kind to animals

Chelsea Alphonso

LIFE REPORTER

A plant-based diet is often looked at as a trend for hipsters and PETA (People for the Ethical Treatment of Animals) supporters. With October being Vegetarian Awareness Month, proponents say it’s time to demystify the benefits of going vegetarian.

Animal activist group Mercy for Animals says on their website choo-seveg.ca, eight billion animals bred for our consumption “are confined in windowless sheds, tiny barren crates and filthy wire cages. The vast majority of these animals are mutilated without painkillers, denied veterinary care, and ultimately slaughtered.”

These animals take up 30 per cent of the earth’s land mass and produce more greenhouse gas emissions than all forms of transportation combined.

Toronto Pig Save activist and supporter Radhika Subramanian said there is no difference between the animals we call pets and the animals we call food.

“I think people have a real cognitive distance between what they’re eating, or who they are eating, (and) who they care about,” Subramanian said.



CHELSEA ALPHONSO

Beautifully presented options at downtown Toronto’s Grasshopper vegan restaurant (from left to right) include the Chili N Rice bowl, Chick-UN Bahn MI, “Pulled Pork” Banh, and the Haru (“Spring”) salad.

A widespread perception about going green is that we cannot get enough protein from plants. According to the Vegetarian Society, however, protein is available in peas, beans, lentils, seeds, peanuts and numerous vegetables.

In addition to all the options listed there are several mock meat

products that are made with mycoprotein, a form of protein derived from fungus.

“I don’t think vegetarian dishes can be uninteresting because there are a lot of varieties of vegetables. You can use spices that make the taste much better, even better than meat,” said Roy Qian, back house

manager of Grasshopper, a downtown Toronto vegetarian restaurant.

Enthusiasts of the lifestyle also claim economic benefits. According to the Vegetarian Times, eating a plant-based diet would cut individual food bills by an average of \$4000 a year.

“We are brainwashed into think-

ing that (the cost of) processed and microwavable meals are the standard price for food, but in reality we should be eating food from the ground,” said Humber first year Fashion Arts student and Richelle Kingsland, a vegetarian for four years.

ALUMNI SUCCESS

Second City current show features grads moving up in comedy world

Persis Abraham

A&E REPORTER

Former Humber grads are currently on stage for Second City's *Rebel without a Cosmos*.

Directed by Reid James the comedy looks at how people today seem to be wrapped up in their own problems and forget more important issues in the world, relying on technology and not remembering how to properly socialize.

Actors Ashley Botting, Sarah Hillier, Etan Muskat, Allison Price, Connor Thompson, and Kevin Whalen all co-wrote a show filled with comedy sketch, improv, and music.

Connor Thompson is a Humber graduate and this is his third year at Mainstage revue. He graduated from the Creative Writing Correspondent program which is also known as the Humber School for Writer's in 2012. Thompson has been in the cast with Second City for about a year and a half after going through an audition process.

From his experiences with the show, Thompson says, "the process is long and intense. It took us 11 weeks to write the show but the best part about it is working with the cast and the gang."

Thompson's comedic career has him traveling to far off places such as Belize, Honduras, and Milwaukee. Thompson starred in the Fringe Festival show Dale Beamer and the Turtle Boy and the Canadian comedy Award nominated improvised parody *Throne of Games*.

Along with these achievements, Thompson also has some TV credentials under his belt which include, *Paranormal Witness*, *Cracked*, and *Odd Squad*.

Humber graduate Sarah Hillier from the ensemble cast was named Best Female Improviser in NOW Magazine's 2013 Best of Toronto Awards. She also won the same award in 2011 at the Canadian Comedy Awards. Second City had a hit show called *Sixteen Scandals* in which Hillier performed and co-wrote.

Humber web design student Lauren D'Souza said, "The show was hilarious. This is my first Second City show I'm going to make it out to more Second City shows whenever I can. It's something new and exciting to do in Toronto and the price wasn't bad at all."

Rebel without a Cosmos is on stage every Tuesday to Thursday 8 p.m., Friday and Saturday 7:30 to 10 p.m. The tickets are on sale for \$25 each. The show will continue until January 2015.



PHOTO BY KELSEY COLES

Radio students Geoffrey Mendelssohn (left) and Scotty Shade at Radio Humber studio. Radio Humber is a student-run station that first aired in 2004.

Radio Humber all-Canada first

Kelsey Coles

RESIDENCE REPORTER

Broadcasting live from Humber College, 96.9 Radio Humber is Canada's first radio station to provide all-Canadian content, landing its broadcasting license 10 years ago.

The station allows up-and-coming artists the opportunity to get in on the action by submitting their own music as well.

Programming assistant Paya Farahmand says the first step to getting

on air is having affiliation with Society of Composers, Authors and Music Publishers of Canada (SOCAN), representing Canadian and international musicians and publishers.

"Once you meet the criteria set by the CRTC for Canadian content, then we can consider your music," Farahmand said.

Radio Humber plays all genres but Farahmand says that material must be community-oriented.

Radio Humber also offers programs such as Band of the Month

and Unsigned. Band of the Month hosts shows for bands and promotes them as the featured ensemble over the air with live remotes, advertisements and liners. Unsigned is produced by students, airing features done on emerging artists.

Acoustic rock act NUBS' Logan Brown says, "Radio play has been nice just to reach mass listeners," Brown said. "I don't pull out anything, I can't even hide behind guitar effects in a radio station. It's just a

really pure and human performance and I think the listeners connect to that."

"Marketing over the radio is good because a lot of the time people listen to the radio in the car or at work so they can't really get away from advertisements," said Paige Williams, a marketing assistant at Universal Music Canada.

Williams said that radio play is a great way for new musicians to gain revenue because they get about \$20 per spin.

Acting class helps you to 'know yourself'

Ashley Jagpal

A&E REPORTER

Breathe in, breathe out and let your head fall down.

It's one of the first things Shawn Campbell, a comedy and acting professor at Humber College, teaches in his Basic Acting Technique course at the Lakeshore campus. Campbell said he has been teaching for more than 28 years, and has taught this particular 10-week class for 20.

During his three-hour class on Oct. 5, students were first told to warm up, then put into group exercises exploring how each character is defined by a chosen relationship.

Campbell believes acting is important for many reasons.

"It allows you to have a venue where you can explore and fail, but not under a microscope or public scrutiny," he said.

Campbell also said acting class helps each participant personally.



PHOTO BY ASHLEY JAGPAL

Acting students (from left) Jessica Hardwick and Ravi Waghmare with teacher Shawn Campbell at Campbell's Basic Acting Techniques course.

"They learn something about themselves that helps them become better people. It's always helpful to know a part of yourself so you can be the best person you can be."

This session was the first time for the students in this group to take an acting class.

Ravi Waghmare, a poet and songwriter who recently started to share his works in public, decided to improve his public speaking skills.

He said he enjoyed the class because it gave "an amazing hands-on training experience."

Jessica Hardwick said while taking a month-long course at a stunt school in the United States, she realized her "acting sucked."

Hardwick said Campbell has a "great wealth of knowledge."

"He's easy-going and he shapes the class in what we need," Hardwick said, adding she enjoys the small class' one-on-one attention.

Campbell grew up in Stratford surrounded by theatre and went on to become an actor -- but it never crossed his mind to teach it.

"I had a friend who taught a class at George Brown College," said Campbell. "One day, she asked me to help her out. I was terrified, but then I loved it. I helped her for two years, but when the course got too big they split it into two. I taught one class and she taught the other. From there, my love for it just grew."

Campbell's course costs \$290. Registration for the winter session begins in early December.

Drone filmmaking opens new horizons

Upcoming workshop at Humber on using drones to catch images from air

Amanda Tuzi

A&E REPORTER

Drones are not only an important tool for military and police services, but a worldwide aerial phenomenon for many other industries.

Drones, also known as Unmanned Air Vehicles (UAVs), vary from a large plane to a palm-sized helicopter. They can hover in mid-air, do backflips and get into small spaces, according to the class description for a Humber Lakeshore campus drone workshop.

These machines are being used for scientific research, traffic and accident surveillance, search and rescue, promotion and advertising, international and national news and for aerial film and photography.

Humber's upcoming second

mounting of a Drone Filmmaking and Photography workshop, will teach piloting, operating and the rules and regulations of drones. Workshop sessions will be held Oct. 15 and 22 combined from 6:30 p.m. to 9:30 p.m. or Oct. 25 from 9 a.m. to 3:00 p.m.

"They (participants) will have a better understanding about the rules and regulations of what you need to know before you can use a drone commercially and they will have an understanding on how to balance a camera on top of the drone, how to prepare it and how to be safe when they fly it," said Christiaan Cloete, workshop instructor, UAV pilot and camera operator.

Cloete said the class would be taught with two different-sized UAVs, an octocopter that has eight propellers and phantom quadcopter that has four propellers and is smaller in scale.

"They'll also get a little bit of knowledge on how to control drones

by using a little microdrone, which is the size of the palm of your hand, and they'll be practicing that indoors in the class," Cloete said.

Participants do get a chance to go out into the field to see how the drones work in the film industry.

"They open up a great opportunity, in nature, advertisement, television series and everything," Cloete said.

The workshop fee of \$310 includes the four-propeller Hubsan quadcopter participants will practice with and then keep afterwards.

"Speaking as a photographer I think they're a really good way to get shots you normally wouldn't be able to get," said first-year Humber Broadcast Television and Videography student Andre Apperley, 19.

Humber is one of very few institutions in Ontario that teach how to successfully use UAVs in the film and photography industry.

"The reality is it's a technology that's here. We have to live with it," said Jeremy Cohn, 24, camera/edi-

tor at Global Toronto and graduate of Humber Journalism.

"I've worked with helicopters before. There's big money in renting helicopters," he said. "You're a little bit limited in what you can do with an



(Drones) open up a great opportunity in nature, advertisement, television series and everything.

Christiaan Cloete

DRONE WORKSHOP INSTRUCTOR

actual helicopter and you're working with a million, \$2 million worth of gear whereas a drone would cost you very little compared to that."

The workshop doesn't require a license to teach on or fly the drones. Transport Canada's rules and regulations state that operators of UAVs

that weigh less than 35 kilograms are allowed without to fly without a certificate.

"If it's for recreational use don't fly it around people, don't fly it in low areas, join your local flying club. They'll have a designated flying field which you can go fly and play there, because normally a lot of people will be there to help you if you're a beginner," Cloete said.

Some drones have various built-in safety features such as returning back to original location of take off when the battery runs low or the copter goes out of range.

The Hubsan quadcopter is one of the cheapest palm-sized drones on the market.

Cloete said a larger-scale drone will cost around \$700 and the devices can work their way up to millions of dollars for plane-sized UAVs.

"The drone has come in handy," said Cohn. "I've used it for some storm chasing and tornado damage assessments."

Open mic shows talent and 'takes a lot of guts'

Hayley Michaud

A&E REPORTER

Humber's LinX Lounge was packed Wednesday night for the first of four monthly Open Mic events hosted by the Humber Students' Federation.

The event had a good turnout with 22 performers showing off a variety of talents, from guitar acts to bands rocking out their instruments during their 10-minute time slots.

One performer beat-boxed for the entire ten-minute time slot. Several of the participants chose to do comedy routines and two acts showcased their dance moves.

"It was great, the first one of the semester. I think it went really well," said Ahmed Tahir, HSF Vice President of Student Life for North campus after the event.

Between the Open Mic and the Toronto Maple Leafs' season opener that evening, Linx was pretty packed and buzzing with excitement.

"There's a whole bunch (of these events) throughout the year and we really want to get as many talented people out there, so they can perform at a huge event at the end of the year," said Tahir, adding that two acts from each of the Open Mic events will be selected by HSF to move onto the Humber's Got Talent event in March.

"I thought it was great, there were a lot of really talented people there



PHOTO BY HAYLEY MICHAUD

Victoria Hammond belts out a number during Humber Students' Federation Open Mic & Variety Night on Oct. 8 at LinX Lounge on North campus.

with some different acts, so it wasn't just people with acoustic guitars." Karry Jodlowski, 19, a first-year Humber student in the General Arts and Science program.

"It takes a lot of guts, and I've got a lot of respect for the people who

go up there," Emilia Majerus, 19, a second-year Bachelor of Interior Design student said.

Coming Open Mic evenings will take place the first week of November and then the third week in January and February.

El Mocambo closing doors after 100 years of music

Legendary Spadina Ave. tavern hosted Rolling Stones, other greats

Phil Witmer

A&E REPORTER

As Toronto's esteemed El Mocambo Tavern and concert venue prepares to close its doors on Nov. 6 after over 100 years of business and some notable clientele, Humber's musicians reflect on their own experiences playing shows at the Spadina-College institution.

"It was really nice and strange to sit on the same couch that the Rolling Stones once sat on," said Humber Communications student Eddie Sayers, 20, guitarist and vocalist for local trio Asmodeus. The band has played two shows at the El Mocambo, the most recent of which was last month.

Benjamin Koby, Asmodeus' bassist, was appreciative of the band's time there.

"I really enjoyed playing at such a historic venue...Thin Lizzy, Rush and Stevie Ray Vaughan have all done shows here," he said.

Koby was somewhat critical of his band's treatment during one of their shows, saying that the event was somewhat disorganized. Sayers said it was indeed understandable as to why the El Mocambo needed to be sold but remarked, "it's sad to see the place go."

Chris Moleirinho, a former Humber student and guitarist/vocalist in Toronto rock band Czars, agrees. Moleirinho's old hardcore band Vi-

olet performed at the El Mocambo multiple times in the late 2000s, occasionally to less-than-appreciative crowds.

"Once, the promoter put us on a bill opening for a girl who sounded like Sheryl Crow. I think we must have driven out half of the people there," Moleirinho said with a laugh.

Despite that, he says that Violet's best shows were performed at the El Mocambo and he recalls the times he has seen well-known local acts like punk group F**ked Up there.

"To not have the El Mocambo around...it sucks."

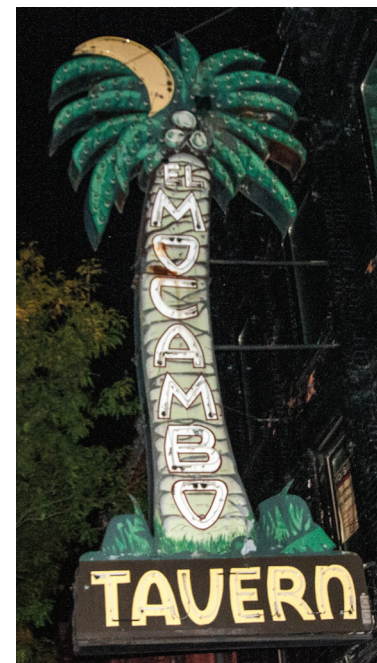


PHOTO BY PHIL WITMER

El Mocambo's palm tree sign at 464 Spadina Ave. Venue closes Nov. 6 with Canada Foundation for Parkinson's Research fundraiser.

How Ackee Tree grew from home roots

Chris George drew on Jamaican heritage for Humber eatery

Giancarlo Di Peco

BIZ/TECH REPORTER

As the line-up grows longer with yet another rush of hungry customers, Ackee Tree owner Chris George calmly explains why he thinks his business has become such a hit at Humber's North campus.

"I wanted to provide clean, healthy Jamaican food that tastes as authentic as possible, with good service," George said.

Serving island favourites as jerk chicken, roti and fried plantains, Ackee Tree has been at Humber for more than 20 years.

While George was a bike messenger he noticed something missing at Seneca College. "I saw students go into the college, and I used to eat in the neighbourhood, and I thought there should be a restaurant inside the school," George said.

George's partner was attending Humber. George, himself of Jamaican background, started the restaurant with his partner at Seneca and promptly opened another when a spot at Humber was offered to them.

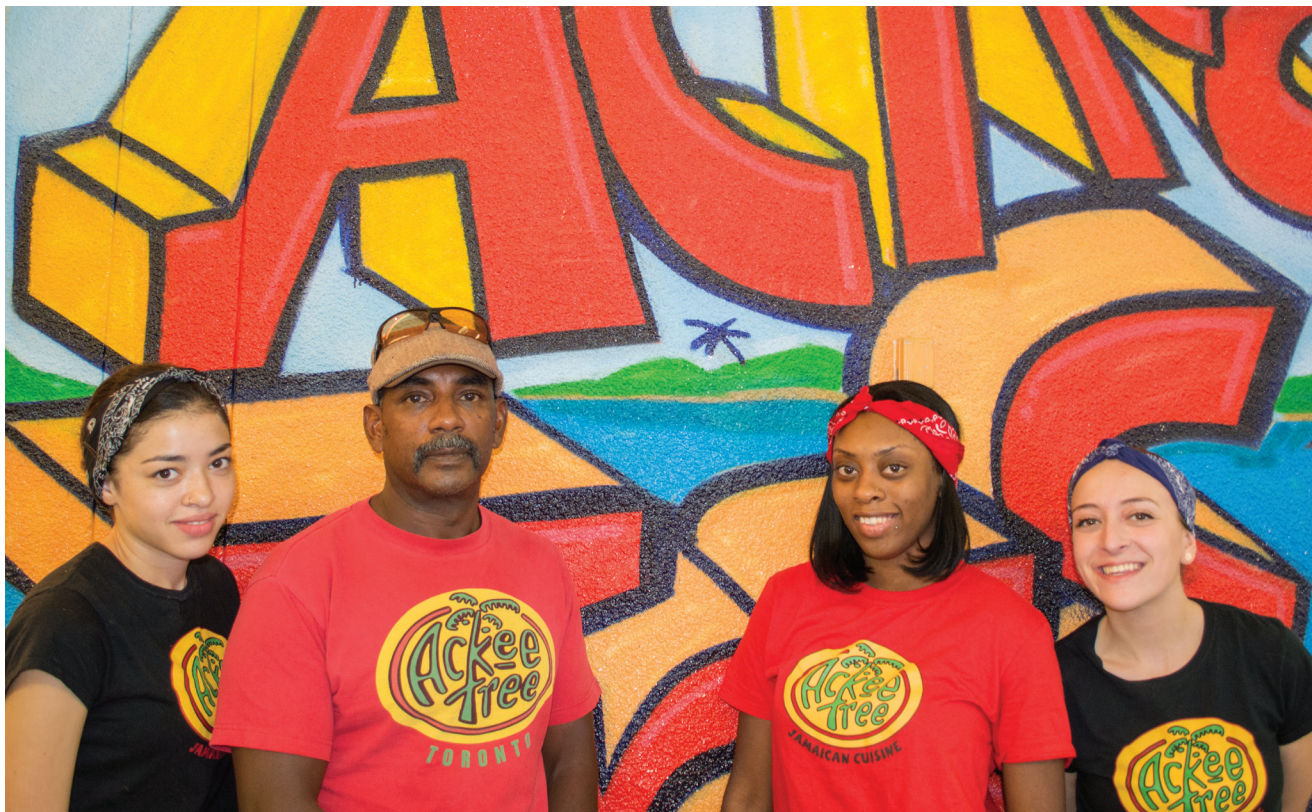


PHOTO BY GIANCARLO DI PECO

From left to right; Shynaleigh Forde, Ackee Tree founder and owner Chris George, Chenee Schlieffer, Stephaine Citrino.

George is now the sole owner of the restaurant that has entrenched itself in the appetite of anyone who eats there.

"I love it, it's hearty, and the food is unique for Humber," Vice President of Student Life for North campus Ahmed Tahir said. "You get what you pay

for and the food is very clean, the product is so good, that's why he's successful."

In the past, George had three outlets but now dedicates all his time to the Humber location.

"Over the years I decided to do only this one to give it that special attention that it

needs," he said.

That special attention has paid off and it has not gone unnoticed throughout the school. Director of Campus Services Paul Iskander said, "It's doing very well, students love it and I see faculty there...he gives you homemade food, not

corporate plastic."

Iskander believes that the success of Ackee Tree can be attributed to the fact that it is a type of restaurant business that other schools are envious of.

"It's still a niche market, not everybody can cook it," Iskander said. "We found

that it is something that we are missing."

The growth of the restaurant goes far beyond the high quality food that is offered. George has spent much of his time keeping his business fresh as the customers' tastes change, adding specials on Thursdays as well as an express card that earns students a free small meal when charged with \$25.

"We've learned from our mistakes. Our prices are lower, the food is better and we have narrowed our menu down," George said. "For 10 years now, we have served Halal chicken because there was a demand for it."

Every detail of George's passion project is scrutinized, even the look of the restaurant.

"We've changed our look about 6 times, and the artwork was done by Uber5000, the Toronto graffiti artist. He did the walls for us," said George.

As George looks back at how the business has grown, he still has both the passion and the drive to ensure that his pride of joy never diminishes, saying "I'm still trying to grow the business while still maintaining the ma-and-pa food service."

People say Ello to new social site

Ad free, invitation only service seeks to change social game

Rebecca Pilozo-Melara

BIZ/TECH REPORTER

A new social media-networking site could change the way social media is today.

Ello is an ad free social network created by Paul Budnitz, which promises not to sell users information to any third parties, a promise Ello maintains by keeping its site ad free. By not selling ad space to third parties, Ello foregoes the need to be bound by any of their contracts that may include them to give up personal information.

Ello is currently free to use however, becoming a user requires one to receive an invitation. Invitations are sent to people from current users or one has to simply wait. Additionally Ello's site says their us-

ers will soon be offered "special features," at a low cost.

Internet Marketer and owner of howdoigetfollowers.net, Michael Koehler, 22, is a current Ello user. "I just wanted to try it out and see what the hype is all about," said Koehler. After submitting his email address for an invitation, Koehler says it didn't take him long until he got in. "Ello is different in all kinds of ways," said Koehler, adding that the simple design allows people to focus on the users content. "There are no ads displayed on Ello," Koehler says "which means the founders have not created it just for making some money. I hope it stays like this," Koehler also adds that Ello has strong potential to be successful, however it probably won't replace established sites like Facebook.

Considering how many social networking sites are out there, it's hard to predict

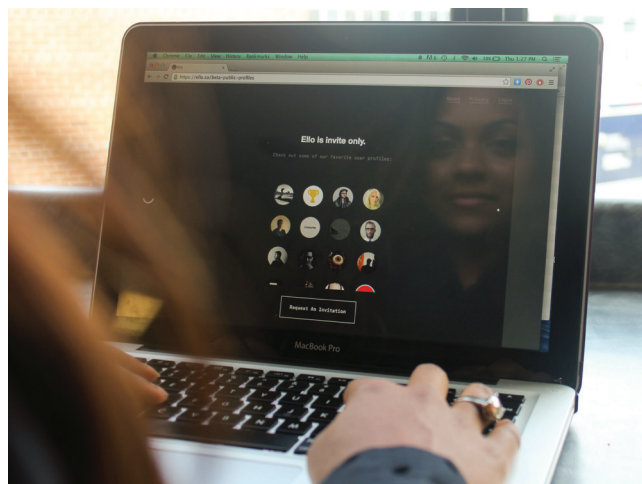


PHOTO BY REBECCA PILOZO-MELARA

Ello creator Paul Budnitz has promised not to sell user information and to keep site ad free.

“There are no ads displayed on Ello which means the founders have not created it just for making some money”

Micheal Koehler
INTERNET MARKETER

who will be taking over next. Byung Oh, Humber's Career Educator and Social Media Strategist, says "I'd like to give

them credit because this is totally protecting the people's profile against third parties."

Oh mentions that people have become more cautious of what they post now on their social networks so perhaps Ello's privacy policy could change that. Oh also says users should be cautious of what contact information they share on any social media site.

Pro makeup artist Melanie Dela Cruz, expresses her interest to try Ello and said, "I find that a lot of makeup trends come from fashion so it's definitely something I want to try out."

Open online college courses not here yet

Gabrielle Robins

BIZ/TECH REPORTER

Free online databases that offer post-secondary programs to the public, probably won't make to Humber, school officials say.

Massive Open Online Courses, or MOOCs, allow for free access to direct education by students anywhere in the world. The courses come without cost and all that's required is a computer hook-up.

Although MOOCs are not listed for any current available classes at Humber College, their growing prevalence could change the way students view post-secondary education in the future.

While the University of Toronto and the University of British Columbia have MOOCs, Humber does not, said the college's employment advisor Christine Colosimo. "I think MOOCs are a good idea for experience and general interest because it does take away a large cost

that most students stress about," she said.

MOOC, found on the website Coursera among others, allows students to work at their own pace. "Although students may like it, I do not believe that this list will ever make its way to Humber," Colosimo said, adding that while MOOCs are good for general interest, they don't offer the same benefits of a postsecondary education.

That's too bad, said first-year Humber Animation student Samantha Clement.

"I think MOOCs would make college and university a lot easier on people because you can do a course from your bed and take your time, while still dealing with the other things that life throws at you," Clement said

Financial Aid Associate Terry Bedford says MOOC could be a great idea, in theory. The courses are free, but they are not government funded which could put a strain on students' expenses outside of school.

HOROSCOPES by JORDAN BIORDI



JAN. 20 – FEB. 19

Today you have most in common with the Zora Princess Ruto. You're free spirited and adventurous, but be careful! You might get in over your head.



FEB. 20 – MAR. 20

You feel like you're trapped in the Water Temple without a map or compass. Just check the rooms you haven't been to yet, it's not as hard as it seemed.



MAR. 21 – APR. 20

You are, much like the Goron Daruna. You may act silly, your responsibilities always come first. Open up, and you'll find people are eager to help if you need it.



APR. 21 – MAY 20

Like the evil king Ganon, you find yourself craving power. You want control by any means, but remember Power is nothing without Wisdom and Courage.



MAY 21 – JUN. 20

Like the fairy Navi, you are helpful and dependable until the very end. Though some might find you annoying, without your help the Hero would be lost!



JUN. 21 – JUL. 22

You feel like a Dungeon Boss with your one weak spot exposed. This may put you in a vulnerable position if you hand your opponents one thing that can beat you.



JUL. 23 – AUG. 22

As a Leo, you are most like The King of Red Lions. You are sturdy and reliable, able to sail through even the roughest of seas. Who says it's the size of the boat?



AUG. 23 – SEPT. 21

Like Princess Zelda you are the guardian of the Triforce of Wisdom. Focus on school and sharpen your wits. Soon you'll know how to get out of any tough situation.



SEPT. 22 – OCT. 22

This week you possess the Sword of Evil's Bane; the Master Sword. When all hope seems lost, you find the strength to continue the fight! This in hand makes you a true hero!



OCT. 23 – NOV. 21

You may relate with the infamous Skull Kid and feel the need to hide behind a mask. Remember you have true friends who will always be by your side. Don't be afraid to show the world the real you.



NOV. 22 – DEC. 20

You embody Link, the Hero of Time! Many challenges lie ahead, but you will face them with sturdy resolve and unfaltering Courage. You will be unstoppable.



DEC. 21 – JAN. 19

You long to be a fairy, much like Tingle. While some may tell you to grow up, you continue to follow your dreams, however silly they may seem. You'll never be lost with those handy maps!

QUOTED: What did you think of Nuit Blanche 2014?

"You walk a lot without seeing anything cause there's so many people."

"The lineups are so disgustingly long that you can't see anything."

"If I were to rate it out of 10 I'd probably give it a five or a six."



Christie Misketis, 20
Kinesiology (Guelph),
2nd YEAR



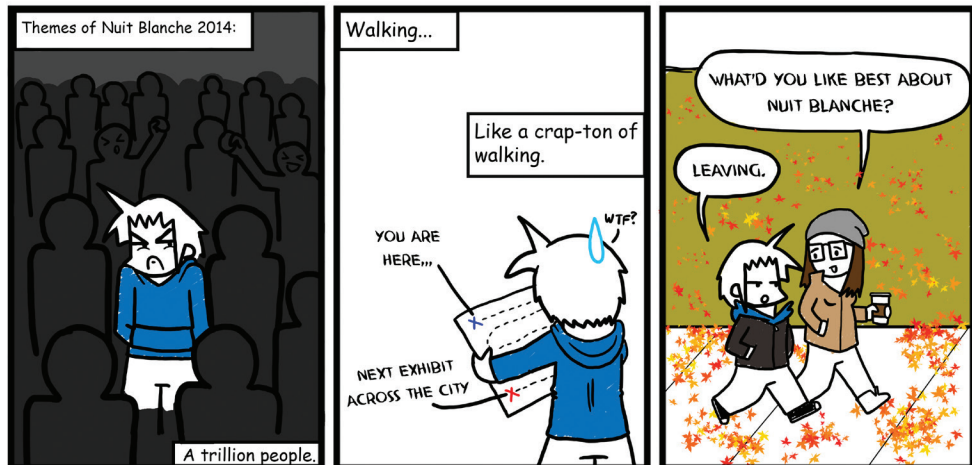
Kate Stangl, 21
Tourism Management,
2nd YEAR



Alessia Paolo, 19
Paralegal,
2nd YEAR

SCHOOL DAZE

BY JORDAN BIORDI



TO THE NINES

Brodie Maksymetz
22
Film & Television
1st Year

Shoes: Vans
Slim Jeans: Vans
Vest: Second hand
Button up: Volcom
Sweater: (Straight Reads the Line) Band Hoodie
Hat: Crooks and Castles

Brodie's style is "wake up, get dressed, throw on whatever's on the floor"

He tend's to gravitate towards more punk rock styles like slim jeans, darker colors

PHOTO BY ALEJANDRA FRETES



WE THE NORTH CAMPUS



ALEJANDRA FRETES

Toronto Raptors' Greivis Vasquez visited the Humber North Campus to support NBA Canada in its country wide tour yesterday. NBA Raptors use marketing slogan, 'We the North.'

Fantasy sports leagues are boasting 40 million North American players

Mobile devices part of reason for growth, notes Coach Wilkins

Jessica Dempsey

SPORTS REPORTER

Fantasy sports puts everyone in the game, and you don't even have to be athletic to win.

The Fantasy Sports Trade Association website said that 41 million people in the U.S. and Canada participate in such leagues. About 80 per cent of players are male, and 78 per cent of them have a post-secondary education, according to the association. Wagering is typically involved, usually with an entry fee for participating.

Every league is different with its own rules and regulations. They all settle on players with each participant creating their own roster. With a roster, the fantasy players must make decisions on who will get them the most points. The participants then track how their team is doing or they must make changes.

"All of the major leagues are involved with fantasy

to the extent of sponsoring their own fantasy games and providing information for fantasy players," said Bernie Greenberg, client relations coordinator for The Sports Network.

Wayne Wilkins, men's volleyball coach at Humber, was in a March Madness league with other coaches at Humber and said it was his favourite among leagues in which he's participated.

Playing doesn't necessarily require deep knowledge about the sport or players. Adam Amor, 21, a Culinary Management student who is currently participating in two fantasy leagues, said many new fantasy league players absorb more about the sport when they have a stake in the game.

"You get to learn more about the team and players... learn why the teams suck or why they are really good," Amor said.

Jeff Asiamah, 21, a sports management and former member of the men's varsity basketball team, said "I use (fantasy leagues) as a way to basically get to know the sport more because I'm start-

ing to gain an interest in it."

Humber Television and Film Production student Brian Grilo, 24, said that he participates in his NHL fantasy league with more than 20 of his friends.

"There is a lot of crap talking and dishing out, everyone wants to win," Grilo said.

The majority of players spend roughly \$50 on entry fees. In leagues like Grilo's the winner can make \$400. Others, like Wilkins, join leagues for fundraising.

Greenberg said in the last 10 years fantasy sports have grown at a rapid pace, and are expected to get even more followers.

"The advent of iPads, telephones and mobile internet has probably made it expand tenfold. It makes it a lot easier," Wilkins said.

With the growth of technology, the fantasy sport providers have had to keep up with their players.

"Major fantasy providers like ESPN, Yahoo and CBS sports were forced to develop apps that fantasy players desired," Greenberg said.

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Men's soccer finishes season undefeated

Hawks dominate St. Clair College and Lambton on their way to division title

Aaron D'Andrea
SPORTS REPORTER

Humber Hawks men's soccer team finished first in the OCAA West division last weekend.

The next step — repeating their 2013 championship.

The Hawks were faced with a rare weekend doubleheader, but defeated Lambton College 6-0 and St. Clair College 4-0, securing their place in a quarter-final match at McNaughton Field Oct. 19.

Heading into the Lambton game still high off a win against Mohawk College on Sept. 27, head coach Michael Aquino preached the same message he did before the Mohawk match.

"You can't take these mid-table teams lightly," Aquino said. "You've got to come out from the first minute with intensity and enthusiasm."

Playing a doubleheader raised concerns about fatigue.

Aquino said these are the times when depth of roster comes into play. Depth was a key factor in the team's success last year and Aquino hopes it will be the same this year.

The game started with the Hawks on the ball right away. With midfielder's Dino Gardner and Joshua Paredes-Procter pulling the strings, the Hawks played a "tiki-taka" style in the opposing half, a soccer term meaning a possession-oriented game geared



AARON D'ANDREA

Hawks' rookie Jordan Piccinin, 17, sends Mohawk goalkeeper in the wrong direction and completes his hat trick.

to short plays. Lambton had a tough time getting forward and surrendered multiple turnovers that resulted in a 2-0 lead for the Hawks at halftime.

The second half saw Lambton's floodgates open as the Hawks scored four goals, assuring Humber's victory.

But there were no celebrations. The players knew that the quest for first place was only halfway done, and that the next day would bring an important match.

Oct. 5 was cold and dark. St. Clair already had a win under their belts after defeating first-place Sheridan College 3-2. Humber and St. Clair were tied for second place so the message was clear — winner finishes in first place in the division.

Goalkeeper Alexander Pothemont said they had the same intentions as in previous games.

"High intensity, confidence on the ball and get the win," said

the 20-year-old general arts and science student.

Pothemont said his preparations weren't going to be any different.

"Talk to my defence, great communication and try not to concede any goals," said last year's OCAA Tournament Top Keeper.

"Big games require big players and big teamwork," said Aquino.

First-year forward Jordan Piccinin didn't know he was

going to be one of those big players.

Piccinin, 17, a business administration student, has been injured for most of the season, and got the nod in only his second game for the Hawks.

The game was barely underway when Jesse Assing scored a goal in the first minute off a defensive error. At the 34th minute, Kasra Dehdezi gave a through ball to Piccinin who finished and



Big games require big players and big teamwork

Michael Aquino
HUMBER MEN'S SOCCER COACH

gave the Hawks a 2-0 lead.

The sun started to come out as the second half began and the Hawks were off to a bright start. At the 55th minute, breaking down the wing, Jesse Assing's cross fumbled around in the box before falling to Piccinin who struck the ball into the back of the net.

Feeling great after scoring his second goal, it wasn't long before Piccinin was on the ball again. Breaking through the defenders, he was tripped in the box and awarded a penalty shot in the 58th minute.

Piccinin sent the goalkeeper the wrong way, completing his hat trick and securing the first place finish for Humber.

"We knocked the ball around nice, kept possession and we finished our chances when we had the opportunity," said Piccinin.

Aquino said his team put on an excellent performance.

"The guys came out and executed what we wanted right from the first minute," he said.

Aquino said at the beginning of the season that they're trying to find the perfect 11 starting players come OCAA tournament time and believes they may have found them.

"Today was a good indication of it," he said.

Laurier Golden Hawks win in battle of birds

Visitors outlast Humber in aggressive match before basketball season starts in two weeks

Domenic Loschiavo
SPORTS REPORTER

The Humber Hawks men's basketball team fell short, 72-64, to the visiting Wilfred Laurier Golden Hawks in an exhibition tune-up game Tuesday night.

The Hawks managed to keep the game close — until the fourth quarter.

Humber only trailed by six points, until the Golden Hawks exploded in the fourth quarter, scoring 21 points and leading to victory in the exhibition showdown.

The Humber Hawks had difficulties hitting their shots, shooting under 30 per cent from the floor, and only drained four out of 19 three-point attempts.

Third-year Humber business administration student Vule Grujic led the Hawks with 16 points and six rebounds. Fifth-year fitness and health promotion student Chad Bewley was right behind Grujic with 12 points and seven boards.

Humber Hawks head coach, Shawn Collins, said the team had a lot to take away from the game.

"It's another game that we grow together as a group, where the new guys and the old guys collectively come together," said Collins. "I thought we saw progress... we just have to be able to sustain it for 40 minutes."

Collins said the team is striving for consistency and a high level of focus in order to play together for a full 40 minutes as a team.

"We're in the pre-season trying to get better. We open in two weeks here at home against a very tough Mohawk (Mountaineers) team. The west is very competitive and everyone has gotten better. It's going to be a dog fight every night."

Humber Hawks power

forward, Tyrone Dickson, did not participate in Tuesday's game due to an ankle injury he suffered against Algonquin last Saturday.

He said the team played well but needs to execute on their chances more and play more as a team.

"We got a lot of rookies this year, I just got to get all their heads focused on being number one and hopefully we can get to that level," said Dickson.

First-year assistant coach Samson Downey said Dickson is receiving treatment and hopes to have him ready for the home opener on Oct. 23.

As for the game, Downey



DOMENIC LOSCHIAVO

Chad Bewley defends against Golden Hawks player.

said the team did some really good things and some not-so-good things. "As the season goes on we just got to get better at playing team concept basketball," he said.

The Humber Hawks will participate in the Dawson

Tournament in Montreal this weekend and have one more pre-season game against the Centennial Colts on Oct. 15, before the season opener against the Mohawk Mountaineers on Oct. 23.

HUMBER CUP VOLLEYBALL TOURNAMENT

Women defeat Durham for title

Joe Catani
SPORTS REPORTER

The Humber Hawks women's volleyball team has won the 2014 Humber Cup, defeating Durham College in three straight sets to claim first place.

Last Saturday morning the Hawks were sitting in a semi-final match up with Mount Saint Vincent University (MSVU), a team that travelled all the way from Halifax, N.S., to participate in this year's tournament. The winner would play later that day in the tournament finals, and have the opportunity to claim the title of Humber Cup champions.

The Hawks beat MSVU in three consecutive sets, and cemented their spot in the finals. They were now waiting on their final opponent, as they would face off against the winner of the second semi-final match up, either Durham College or Canadore.

Speaking about the team's semi-final performance, Hawks assistant coach Dean Wylie said, "We just started serving more consistently as we went deeper into the match and we started passing better...our defence started playing transition ball. When they gave us a free ball, we executed our plan."

After Durham won their match up with Canadore, the final game was set for 4p.m.

It would be Humber versus Durham for the tournament title.

The game started with Humber taking the first set without much of a sweat, as they looked to be outplaying their counterparts. The second set was a little closer. The Hawks trailed early, as they

fell behind by a few points. This was concerning as the Hawks had not lost a single set all tournament long.

After a few great defensive stands, the Hawks were able to make a resilient comeback. Both teams exchanged the lead back and forth for a few points, before the Hawks started pulling away with it and eventually won the set.

After beating Durham the first two sets, it would only take one more for Humber to be named the 2014 Humber Cup champions.

Hawks head coach Chris Wilkins spoke about the win.

"It's a long season, so this is certainly a step in the right direction. It's definitely a nice win. Now we know we're among the best," he said.

"Our team's depth played an important role for us," he said. "If someone isn't sharp or not playing well in a game, there's someone else that has the ability to step in and do something for us. So when things aren't working, it's easily fixable from a coach's standpoint, just find someone else who is clicking and let them go at it."

The tournament MVP award went to the Hawk's Thalia Han-niman, 21, who is in her fourth year of Humber's Kinesiology program.

"I was a little surprised to win the award, but I worked really hard over the weekend, so it was nice to see that my hard work was recognized,"

Coach Wilkins spoke about Thalia's performance and said, "we have a lot of players that come in and out of the game, so we need someone who can be a stable and consistent force for us. This weekend, Thalia was that player."



ASHLIEGH DARRACH

Hawks men's volleyball team gets ready to square off against next opponents at Humber Cup.

Cup win for men's V-ball

Humber Hawks get away with close last set en route to defeating Durham on home turf

Ashleigh Darrach
SPORTS REPORTER

The Hawks men's volleyball team was victorious yet again on Oct. 3 at Humber's Athletic Centre, taking first place at the annual Humber Cup tournament.

The volleyball tournament

featured various league competitors as well as some out of province teams who went head-to-head with hopes to make the most out of their pre-season with some good competition.

The Humber Hawks men's volleyball team played several games over the course of

the weekend, trying to find out what works best collectively for when their varsity season officially starts. With many new recruits this year, the team made several adjustments during the tournament.

Asked about the highlight of the weekend, head coach Wayne Wilkins said it was, "the overall play from both vets and rookies. (I'm) glad to see them come together and achieve their goal."

The overall play from both vets and rookies. (I'm) glad to see them come together and achieve their goal.

Wayne Wilkins
HEAD COACH OF MEN'S RUGBY TEAM

The team played a total of four matches and emerged victorious in all. They faced off against schools which will re-appear later in the season when more is at stake than a t-shirt. The Hawks came up against Durham College, Ottawa University, and Canadore College, all being relatively fierce opponents.

The Hawks played a tough match in the finals, against the Durham Lords. The match went to five sets and the Hawks managed to pull through with a close win of 15-13.

"The win at the end was good for the guys. The tournament had its ups and downs which is to be expected but it was nice to know we can still pull out a fifth set win. Especially when our backs are against the wall, we all rallied and pulled it off in the end," said Alex Lewicki, third-year fitness and health promotion student.

Wilkins said that he thinks fatigue plays a big part in why the match was so close. Durham, who the Hawks faced earlier in the weekend, naturally adapted and came back stronger.

Now, with a taste of success, the men's volleyball team is hungry for more. When asked how they will continue to achieve success, Lewicki said, "the team is going to need to continue to work on our mental fortitude and practice our three pillars which are honesty, integrity and respect."

FINAL SCORE: 87-0

Unstoppable men's rugby demolish opponents

Jessica Dempsey
SPORTS REPORTER

Humber Hawks men's rugby is still undefeated, with a convincing win over Georgian College on Oct. 2.

Humber took an early lead going into the second half of the game up 49-0, and continued on to win with a dominating final score of 87-0.

"It's right where we want to be, but we still have a lot of work to do. Our goal is a

championship and we aren't really happy until we get that," said the former OCAA men's rugby player of the year and captain, Jason Rice.

John Sheridan, outside, had six converts and helped lead the team to victory. Despite the landslide win, he agreed there is still more to be done.

"We like to keep up to par with our intensity and if it drops in the second half, that's what we don't want,"

said Sheridan.

Head coach Fabian Rayne concurred that the intensity dropped off after a hard first half –something he wants to see the team improve on.

"I thought we fell off towards the end of the game, and that was displeasing. Overall we did well. Justin Tota had a fantastic game," said Rayne.

Nick Manoukas (wing), Michael Nieuwenhuysen (outside center), Jordan Reid (winger) and

Tota (inside) all had three tries to help the Humber Hawks come away with a win.

Keeping up the momentum after a big win is tricky, said Rayne. He said he would try to make sure everyone keeps improving.

"It's getting back to basics. Making sure they are doing the simple things: passing, catching, tackling. You know, making good decisions. As long as we do that, I don't think there is a team that can beat us," Rayne said.



JESSICA DEMPSEY

A scrum is formed after a stoppage of play. Georgians scrum half rolls the ball into the scrum.