

HUMBER

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HUMBER'S STUDENT NEWSPAPER

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HONOURING INDIGENOUS COMMUNITIES

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New program helps international students adjust to campus life

Tyler Biggs

NEWS REPORTER

It was all fun and games at the second Connect Buddy program at Humber College's North campus on Sept. 26.

First year international students and faculty connected over board games, bingo, coffee and donuts at the event themed "Café Games Night."

The buddy program was developed to help international students acclimatize better to their lives as Canadian students.

The goal of the program is for faculty to assist new students with any additional needs they may have.

Shahnawaz Shaikh, a former architecture student and current construction manager at Humber, said he knows the difficulties students face when transitioning to life after school.

"To talk to someone about what to do, not just in regards to study or education but also the after," Shaikh said.

"That's the question for a lot of international students with the new culture, it's very different," he said.

According to the Canadian Alliance of Student Associations, international student graduates from Canadian post-secondary schools have just 90 days to secure employment and apply for a work permit.

The latest labour survey from Statistics Canada estimated the



TYLER BIGGS

Students and faculty try to guess who's who in a game of Clue during the Cafe Games Night edition of the Connect Buddy program at Humber.

average time to find a job is about five months.

While the program is designed to be a mixture of guidance and fun, the limited number of participating faculty is becoming an issue of an imbalance in the

student-faculty ratio.

"It's dwindling a little bit," said Dileeni Weerasinghe, the coordinator of the program.

"We advertised before the semester but I think more advertisements on Communique

would have helped," she said.

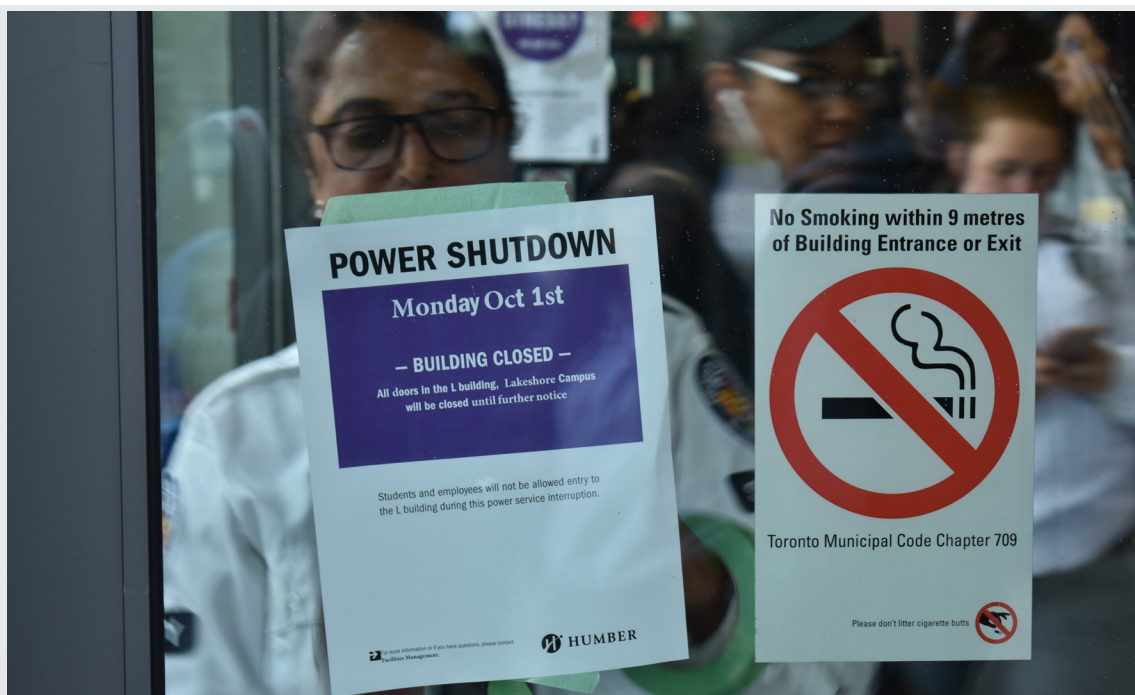
The next event for the buddy program is on Nov. 7 and will feature gingerbread-themed activities.

Miti Hathi, an international student advisor, said the culinary skills program will help supply the

baking goods.

"They set us up with the gingerbread cookies, gingerbread houses, gingerbread men, icing and the candies," Hathi said.

"It's a nice kickoff to the holiday season."



JUSTIN FIELD

Security guards hang signs at Humber's Lakeshore campus following a series of power outages on Oct. 1

Power outage shocks Lakeshore

Justin Field

SENIOR REPORTER

Humber College Lakeshore Campus's L Building was closed Monday morning due to a power issue and all classes were cancelled.

A security guard said the building was being cleared for "safety reasons" and they did not know at that time when the building would reopen.

The guard escorted the students out of the building and said the college is "going to be looking into whatever the issue is."

Students gathered outside in the rain and waited for further instruction from their professors before the cancellation of all class-

es in L Building. Power was also affected in nearby E Building.

"I'm just going to wait until my professor sends out an email," said Noor Johal, one of the affected students. "It's just such late notice."

Humber College released a statement and put out a tweet concerning the power outage at 10:37 a.m. on Monday, telling students to contact professors for the status of their classes.

The tweet read: "L Building will be closed today due to power issues. All power will be shut off as of 10:30 a.m. Students should connect with their professors to determine if classes scheduled to take place in L Building are cancelled or will be rescheduled."

Humber signs holistic wellness and health charter

Druv Sareen
NEWS REPORTER

Humber became the first public college in Canada to sign an international charter to promote health and sustainability on campus this week.

The Okanagan Charter is a charter for colleges and universities crafted in 2015 at the International Conference on Health Promoting Universities and Colleges in British Columbia, with representatives from 45 countries taking part.

Students attending the event were positive about the charter signing.

"I'm really proud that the college has signed onto the Okanagan charter," Nina Paul, a multimedia design and development student said. "It shows a lot of initiative in Humber being the first college to do so. It's fantastic and shows their commitment to take care of not only students but staff and supporting staff."

Humber College President Chris Whitaker said Humber's goal in adopting the charter "is to become the healthiest campus."

"We understand that by creating a diverse and healthy community, where well-being is a priority, we can have a profound effect on the achievement and engagement of

our students and staff," he said.

The 2015 Okanagan Charter has two specific calls to action, where post-secondary institutions embed health into all aspects of campus culture and to promote health.

Health promotion involves an approach that goes beyond individuals to enhance health across organizations and systems, and dealing with broad issues that deter good health, such as equity and social justice, linking people and the global environment.

Dean of Students Jen McMillen said determining what Humber's priorities are will require help from the community.

"It could be around financial support, food security, housing security, it could be around all of those things," she said.

The Charter doesn't have set plans, targets or goals for post-secondary institutions to meet. McMillen said that was a good thing for Humber.

"It doesn't specify exact metrics we need to live up to and again that's something we like about it," she said. "What we're looking to do is engage the community in the conversation about what is a healthy inclusive community and then we need to figure out how we measure that."

McMillen said there was one



Humber president Chris Whitaker and IGNIITE president Monica Khosla pose with the newly signed Okanagan Charter, which focuses on health, at Humber's North campus Learning Resource Commons on Tuesday.

metric of success that had already come up in conversation.

"We want to have an increased number of students feel like somebody at Humber cares about them and their success," McMillen said.

Muhammad Qasim, an account-

ing student, said he liked the idea that student well-being would be taken into consideration in all of Humber's future decisions.

"I believe that is definitely a ray of hope for any community," he said.

"There's good news, there's posi-

tive steps being taken at this institution to make the lives of the people that go to this institution better."

The University of Guelph signed the Okanagan Charter last year, along with McMaster University and King's College at Western University.

Entrepreneurs share the dos and doughn'ts of the cookie business



JEREMY YUDIN

Twins Farrah Elali, left, and Hana Elali hosted a cookie dough pop up at Humber North campus last Friday.

Jeremy Yudin
BIZTECH REPORTER

Twin sisters Farrah and Hana Elali share the same goal: make a lot of dough in their cookie dough business.

The former U of T graduates visited the Humber North and Lakeshore campuses last week to not only sell their product, but help

entrepreneurs reach their dreams.

"We really just wanted to shed light on the struggles [and] the triumphs of starting your own business," Hana said.

"I think it's great to meet other people who are in the startup phase and are in different phases of entrepreneurship."

She came up with the idea of starting a cookie dough shop.

Hana said she knew eating cookie dough can be fattening so she came up with a healthier recipe, including vegan options. At first, her sister Farrah was unsure about the idea.

"We were at a point in our lives where we had just graduated and you're conditioned to think that we need to finish school and then find a full-time job or you're not

successful," Farrah said.

"So that's where it came from. I shut it down because I thought, 'Hana, you should be looking for a full-time job. What are you doing trying to start a business right now? It doesn't make sense,'" she said.

Once Hana had her plan in place, she was determined to go through with it. At that point Farrah was on board, they said.

"You know what, I'm totally on board. It's time to take a risk. We're at a point in our lives where we don't have that much holding us back," Farrah said.

There was an opportunity to own a shop at Queen Street West, but it came with a catch.

The twins branded their business as a more feminine bakery, until they had to change to a hip-hop gangster style, they said.

"The guys who owned the shop were looking for someone to take over and keep the same vibe that they had before," said Hana. "That's when we thought to re-brand and do this gangster vibe they were looking for."

Even though they didn't get the store, the sisters stuck with the branding change as Dough T.O.

They were able to land their first location in Kensington Market for four months. They've continued to pop up throughout Toronto as their success grows.

People have been following

Dough T.O. through Instagram and Facebook to see where their next location might be.

Just like Hana and Farrah, the Centre for Entrepreneurship (CFE) offers support to entrepreneurs.

The CFE, located at Lakeshore, offers four ongoing programs and a soundproof media lab with camera equipment, all catered to entrepreneurs and intrapreneurs.

"We're all about providing services to students to help them explore entrepreneurship," Timothy Brillhante, CFE event coordinator, said.

"We thought you know what, this is a perfect idea where we can bring in these two young entrepreneurs, have them share their inspirational story, and of course bring some cookie dough along with them," he said.

Brilhante found the Elali sisters on Instagram and came up with a neat idea for the CFE launch party. He said cookie dough is something many people get excited about.

"Everyone can get behind desserts and treats, so Dough T.O. is this new thing we see on Instagram," Brillhante said. "They're gaining a lot of attention and popularity."

"I mean it's a really simple idea, right? It's cookie dough," he said. "Who could think that you could just make a whole business out of cookie dough? And that's why we get excited about something like this."

Take Back the Night storms the streets of Humber

Justice A.T. McCormack
SENIOR REPORTER

“Whose streets? Our streets!”

That was one of several chants cried by Humber students and faculty as they marched around campus during the annual Take Back the Night event.

The Take Back the Night movement aims to raise awareness about sexual and domestic violence.

Jennifer Flood, Humber’s Coordinator of Sexual Violence Prevention and Education, said the movement started in the ‘70s.

“Ever since then, it has really blossomed into this incredible social movement that many rape crisis centres have adopted into their programming,” she said.

Flood said Humber has hosted the event for three years to demonstrate its commitment to ending sexual violence.

“Essentially, it is an event for survivors to allow them to have a voice on campus,” she explained.

Ariel Berkeley, a Bachelor of Applied Science – Psychology student, said she was sexually assaulted eight years ago.

“When I was 18 years old, I was a freshman in a college in Ontario. And I was sexually assaulted, raped, at the time of my birthday at a house party,” she said in an interview.

“The words Take Back the Night means to me is that I have the ability to reclaim my voice, my power and my right as a survivor of sex assault and violence,” Berkeley said.

She said the night is important because it shows survivors who is supporting them and said she especially wants to increase the number of men supporting the effort.

Berkeley later stood in front of the crowd of about 60 people sharing her experience.

“It was here, where something was gained and lost,” Berkeley said. “He gained another notch on his proverbial black belt, his trophy for taking a Black woman’s innocence.”

“I lost my right, lost my voice, and lost my identity as Ariel Berkeley,” she said. “Today, I stand in solidarity with you all as a resilient and strong woman, who is ready to take back our voices, our rights, and our night.”

Sidrah Ahmad, who works with the Ontario Council of Agencies Serving Immigrants on the Immigrants and Refugees against Domestic Violence campaign, told the crowd the night is important for survivors.

“It means that survivors are claiming space for themselves, and saying that we’re not going to be silenced and pushed into the corner just because we’ve been through violence,” she said.

Ahmad said she and other survivors were there to share their stories and to have their allies stand with them.

“We’re here to stand up against sexual violence, and we’re here to create a world where it doesn’t exist anymore,” she said.

No one held back as they screamed their chants of triumph



MADISON RAYE

People made signs at Humber’s North and Lakeshore campuses before the third annual Take Back the Night.

as they marched around the perimeter of the school.

The march started just outside the Learning Resource Commons building and moved along Humber College Boulevard before returning to the LRC.

Volunteers like third-year psychology student Emelia Maceasik

were on the scene to make sure everything ran smoothly.

“To me, Take Back the Night means standing with women, it means solidarity, it means advocacy,” Maceasik said.

“And it means walking alongside every single woman out there, and I mean all women. So, incarcerated

women, women of colour, LGBTQ – we stand with you,” she said.

Kerry Archibald, a Justice Studies student, was another volunteer. “We’re coming together for such an important cause, standing by and making sure that [sexual assault] doesn’t happen to anyone else,” Archibald said.



MADISON RAYE

Dozens of students and faculty march together around Humber’s North campus on Thursday, Sept. 27.



JUSTICE MCCORMACK

Sidrah Ahmad addresses the crowd of students and faculty in the LRC.

Transit debate falls flat for students

Bailey Nantais

NEWS REPORTER

Many Humber students have an incredibly long commute that can prevent them from doing other essential activities.

A mayoral debate on transit was held at the University of Toronto Scarborough campus last Wednesday that excluded incumbent John Tory outlined the issues — including fares and service plans — facing transit in Canada's largest city.

Saron Gebresellassi, a lawyer running for mayor, said she wants free transit for all, saying it is a right similar to health and education.

"My position is it is entirely realistic to have free transit," she said.

"I would like to see the City of Toronto become the first metropolis in the country to implement a free transit system," Gebresellassi said. "It's really political will and believing transit is a right."

Environmental activist Sarah Climenhaga said she also believes in free transit, but would like to start with seniors.

"I think we've seen how well free transit for children has worked. Now it's time to have free transit for seniors," she said.

Jennifer Keesmaat, Tory's most significant competitor, said transit in Toronto should include a broader perspective that goes beyond



BAILEY NANTAIS

Passengers board the 501 streetcar at Kipling Avenue and Lake Shore Boulevard near Lakeshore campus.

the city's borders.

"We need to work with the mayors to provide inter-municipal fare coordination so that you're not paying twice from the City of Toronto to Mississauga or to Vaughan or to Oshawa," she said. "It should be a consistent fare that makes it affordable for students."

That would help the many Humber students who don't live in Toronto.

Humber Research Analysis student Bankti Pathak says she is sick of her long commute.

Pathak said her commute to Lakeshore campus from Scarborough takes an hour and 45 min-

utes, and it's worse in the winter time.

"I'm planning to move to Etobicoke because during the winter, when it's snowy, they're always running late," she said.

"In the winter it takes probably two hours each way, and four hours commuting is such a waste

of time."

If Pathak has only one class a day, she will be spending more time on the bus than in the classroom.

She isn't the only one thinking about moving for shorter commute times. Lea Williamson, a 19-year-old Cosmetic Management student, moved into residence despite being from Brampton.

Her hour and 45-minute commute time wasn't worth it.

"I work and go to school at Humber, so it taking me nearly two hours to get here just doesn't work," Williamson said.

She and Pathak were disappointed Tory didn't attend the TTC debate on Wednesday.

"It's disappointing, for sure. He should care a bit more," Pathak said.

Williamson said it was cowardly and unprofessional. It shows a lack of concern for the people of Toronto.

The Forum Poll survey on released Sept. 25 found that nearly three-quarters of 944 Toronto voters said they have transit concerns. The two biggest issues were not enough subway lines and overcrowding. Other concerns were unreliable service, the cost of fares, and not enough bus routes.

The poll also found Tory in the lead with 56 per cent support, double Keesmaat's 28 per cent support.

Mental health starts with Humber

Clement Goh

SENIOR REPORTER

Memories of a personal struggle echoed across the Entrepreneurship Hall at Humber's Lakeshore Campus on Sept. 29 as mental health speaker Mike Stroh shared his experiences with anxiety.

He took pauses, searching for ways to translate a lifelong battle into words.

Through a recollection of events, Stroh spent the first few hours of the Jack Summit discussing the social issue on a relatable level. As people listened, they were also learning about steps to channel their own afflictions into ways of advocating for mental health.

Jack.org, — a non-profit organization dedicated to youth mental health — partnered with Humber College in hosting the Jack Summit for the Etobicoke community. The event invited students and advocates to go deeper into social issues that are affecting many across Canada.

During Stroh's speech, the audience was given a chance to tell their own stories. Instead of asking for advice, guests used their moments to let people know they weren't alone.

The five-hour summit featured presentations and workshops for

attendees and covered mental health at a location that worked to treat it for decades.

Humber's facilities evolved from the former Lakeshore Psychiatric Hospital, with its message of wellness carrying over to students under personal and academic stress.

To Stroh, the use of substances and accessible remedies are also growing issues that make conditions worse.

"I thought my problems were tied up in some sort of 'desire' or unhealthy way of looking at myself," Stroh said.

He said he realized his own struggles growing up were rooted from mental health and addiction.

"When you see other people who are struggling, it's so hard for most people to accept that something's wrong. It is almost impossible in some cases, and there's not much you can do" Stroh said.

Speakers Christine Hsu and Faye Bontje led an interactive workshop during the summit that touched on Stroh's ideas by identifying mental health issues through symptoms.

Using an ear ache as a metaphor, Bontje said talking about mental health should be as immediate as describing a physical pain to others.

"There is a shift. There is a

change if we have a physical health problem," said Bontje.

She said she believes there should be the same urgency to treat mental health.

"It's kind of hard to have this conversation and not wind up admitting that there's a difference, and then as soon as we admit that there's that difference, we can have conversations of how we can overcome that difference," she said.

Guests at the summit participated in team exercises, combining the same mental concepts with physical ones.

In an activity teaching connectedness, guests held hands together in a circle and lit up a ball by channeling their thoughts.

Another activity required people to approach a stranger across an open hall, breaking past a comfort zone of meeting someone new.

Jessica Regan, a speaker for mental health advocacy on social media, said the discussion is growing with significant interest from Millennials.

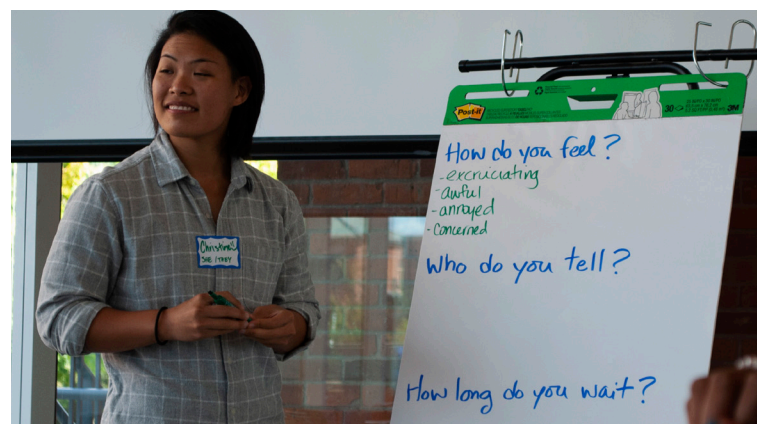
"It is such a bigger issue than we think it is, and it affects everyone differently and one thing I definitely noticed is how eager students are these days to engage in that conversation" said Regan.

A younger generation could be setting new mental health policies



CLEMENT GOH

Mental health advocate Mike Stroh outlines the concept of suffering and acceptance at the Jack Summit at Humber's Lakeshore campus.



CLEMENT GOH

Mental health speaker Christine Hsu listens to a guest's answer as they break down the process of speaking out about mental health.

in employment, she said.

"When we can start having the conversations from a Millennial standpoint or a Generation X

standpoint, we're going to be in those workforces creating those policies that are going to change people's lives," Regan said.



BRANDON MONGRU

The Hupfield family are sharing a dance together for the audience. Culture Days' events happened all around the city on Sept. 28 to Sept. 30.

Culture Days celebrates Indigenous communities

Brandon Mongru
Nathaniel Smith

LIFE REPORTERS

The sound of drums and singers filled the air urging Pow Wow dancer John Waaseyaabin Hupfield to move.

But his dancing at Lakeshore campus' Cultural Days weekend between Sept. 28 and 30 held more significance than usual. It was presented on Orange Shirt Day where Indigenous communities honour those who suffered the trauma of Indian Residential schools.

It was the college's seventh annual Cultural Days weekend, with events at Amos Waites Park, the Assembly Hall and Lakeshore Village, highlighting the cultural views and creative activities of various communities in Canada.

Hupfield, of the Ojibway First Nation, performed the Grass Dance, which is significant. The dance signifies the patting down of grass on the plains, making the grounds safe for dancing and setting up their homes.

"Some people get a lot of joy from going to the gym or you see people get up a 5 a.m. and go for a run, it's because I think they feel alive, and dancing is our cultural way of doing that," he said.

Hupfield said the regalia worn by dancers varies, depending on the specific dance.

The event also has significance for the Pow Wow's director Daniel

Biindigaygizhig Deleary.

"For me it's about awareness and education and sharing our culture so people know who we are as Indigenous peoples and know we want to be a part of this country, and want to do it on our terms from our story," he said.

Ayushi Delvadia, a Lakeshore campus business student, recycled coffee grounds to make art. She's been making this type of art since she was a child and grew a passion for it as she got older. She wanted to share her pieces at Culture Day.

"This type of art stems from the idea of Indian Rangoli which is coloured sand used to make mandalas and patterns," Delvadia said. "I use coffee grounds because they're sustainable, you can compost them and they are eco-friendly."

Delvadia worked on a bee design during the weekend, with the help from kids who wanted to participate in making art.

Culture Day was home to many booths and projects. The Together Booth allowed two random people connect with each other.

The isolated rooms had people



BRANDON MONGRU

Deanne Hupfield performing in front of the audience at Lakeshore.

sitting opposite another where they would ask questions and connect with the person, all without the use of technology.

"The together project really means that you don't need a phone to form a connection with others" said the booths creator Steve Cobert.

The weekend event was organized by former and current Event Management and Business students.

"It's a great way to connect the college and community and we are happy to be a part of it," said Jason Hunter, vice president of Student and Community Engagement said.

College nets \$33 million surplus after faculty strike

Pirasanth Gunasekaram
BIZ/TECH REPORTER

Humber has \$33 million in its bank account, savings from not paying staff during last year's five-week faculty strike.

The college projected a surplus of \$9.5 million but the five-week faculty strike last term helped inflate that to almost three times the amount, according to the 2017-2018 Annual Report. According to the annual report, there's \$33 million left on Humber's budget from the previous school year.

"The surplus gets ridiculous and for some reason it gets bigger and bigger every year," said Rena Borvilos, an Ontario Public Service Employees Union (OPSEU) Chief steward. "The only reason why the surplus was \$33 million last year because the staff didn't get paid for five weeks during the strike."

Rani Dhaliwal, Humber's Chief Financial Officer, said the strike was one of the reasons why there's \$33 million left in the budget. Professors were given strike pay, funded by membership dues to OPSEU.

"There were a lot of specific projects that we couldn't spend on that we have planned so there were a lot of expense savings," Dhaliwal said, adding Humber is planning to use the \$33 million for future projects.

Another reason why there was a high surplus was because Humber was expecting a certain number of students coming in the new school year, but they got more students than originally projected, she said.

"The biggest difference between what we planned and what we ended up with is as a result of the change in the enrollment," Dhaliwal said.

Matthew Moonessar, a first-year accounting student, said professors should get a raise using the surplus.

"Professors getting paid more would be great for them as well as for students because in my opinion the more professors get paid, the teaching will be better for the students," Moonessar said.

Jason Naipaul, a first-year Multimedia Design and Development student, wants Humber to use the surplus to build new computer labs.

"Every time I go to the labs at Humber the computers are always taken. New computer labs will fix that problem," Naipaul said.

Mamava provides safe spot to breastfeed on campus

Hassain Jawad

LIFE REPORTER

Humber nursing professor Sylwia Wojtalik would find moms breastfeeding their babies in school bathrooms regularly, hiding because of a stigma that has been an issue for mothers for a long time.

Every semester, Wojtalik would be approached by students who would request a break to feed their children.

"I discovered that many times they would be doing it in the bathroom," she said. It concerned her to the point that it motivated her to find a better way for students and staff to breastfeed in public.

The solution were Breastfeeding Friendly Spaces, pods offering privacy, on the second floor of the Learning Resource Commons at North and another at the Welcome Centre at Lakeshore, the first at an Ontario college.

The pods are manufactured by Mamava, a Vermont-based company launched by two women.

The desire for privacy by nursing mothers was reflected in a 2015 survey of 2,393 people by Public



HUSSAIN JAWAD

Mamava pods can be found on the second floor of the LRC in front of the Student Wellness Centre at Humber.

Health England that showed one of five women who breastfeed try their best to hide it in public and a third of them feel embarrassed or uncomfortable feeding in public.

The poll showed although 72 per cent supported breastfeeding in public, but when it came to restaurants and public transportation, that number dropped to 57

per cent and 51 per cent.

Wojtalik, started her quest for breastfeeding friendly workplaces for students and staff around 2016.

Mamava has helped many stu-

dents deal with the complication and difficulties of finding a safe spot for feeding. Wojtalik said she has even received letters from students expressing their gratitude for the benefits of having a feeding friendly zone.

She said she hopes this will lead to Humber being a breastfeeding friendly space and, in general, lead the school to start listening to students more often.

Former nursing student Marina — who requested to not have her last name published — sent Wojtalik a letter thanking her for her work in providing this service at Humber due to Marina's past struggles.

"Some of the challenges I faced as a new mom is finding time to lactate between classes" Marina said. "I am very fortunate that my teachers have been very supportive."

Wojtalik said she believes having a breastfeeding friendly space improves the students learning experiences.

"They would less likely miss classes and have a space to attend to their maternal and child need while studying," she said.

Improved hours at the Humber Spa

The spa offers manicures, pedicures, customized facials, microdermabrasion and waxing at a discount to students and staff.

Elesha Nicholls

LIFE REPORTER

The Humber Spa recently extended its hours to help accommodate Humber students and staff.

The new expanded hours run through Tuesday, Wednesday and Friday from 11 a.m. to 3 p.m., and while Thursday's hours are from 9:30 a.m. to 5 p.m.

Before the new hours were extended, services were only available between Wednesday through Friday from 11 a.m. to 3 p.m.

"Members of the community expressed interest in coming in at different times for our services, so we extended hours and added an extra day to better suit our client's needs," said Antonietta Perretta, coordinator and spa manager for the Esthetician and Spa Management program.

"These extended hours not only benefit our clients but our students in the program as well."

With an extra day and new hours, students, faculty, and community members can enjoy the many services available.

The Humber Spa offers manicures and pedicures, customized facials, waxing, and microderm-

abrasion at a fraction of the cost.

All services are done by students in the Esthetician/Spa Management program who are overseen by a Lab Technologist who is a service expert, giving students a hands-on learning experience in what to expect in the field.

"Clients know when they come in for a service at The Humber Spa their service will be done correctly," Perretta said. "We are very prescriptive in the way that our protocols are designed and our students have to follow these protocols when providing a service."

Second year student of the Esthetician and Spa Management Program, Leah Steele said she had positive feedback for the spas new extended hours.

"By extending the spas hours, its opening up more opportunity for students to get more experience in the lab. We can now get more clients to service and overall get more comfortable with the whole process," she said.

A new service to the Humber Spa called the Oxygeneo, a three-in-one facial that is supposed to reveal younger skin, will be phased in for the Winter Semester.



ELESHA NICHOLLS

Second year students Emely Prado and Jordana Trimarchi look at products at the Spa at Humber North.



ELESHA NICHOLLS

Spa Assistant Monica Grassman stocks shelves at the Humber Spa at North Campus. Some of the products include Dermalogica, Nudestix, Farm House Fresh, Cover FX, Clarisonic and OPI and CND nail products.

League of Legends club hosts inaugural tryouts

Raymond Brooks

BIZ/TECH REPORTER

Humber's tryouts for League of Legends attracted both new faces and old pros to the club's first meeting this semester.

This competitiveness may be intimidating for some but new players are not forgotten, said Tanglang Huang, a new club member.

The club has a friendly atmosphere and veteran members respect new members, Huang said.

Willem Natanel Claassen, the president of the club, encourages the need for a diversity of skill levels within the club.

"At first, we didn't have a difference between competitive and fun, but now it's improved with more tournaments and support from other club members," Claassen said.

Tournaments are held using several teams of five players. The teams play at events that range from casual online tournaments within the club to others that are competitive, such as the upcoming tournament against Sheridan College on Oct. 14. The club has registered six teams to compete this year.

Bojan Lazic, the vice president of

the club, said he is looking forward to open tournaments within Humber College to gain support and stay connected with the community.

"I've been part of the club for the past year and the trend is our pro players or anyone with experience help with the new participants joining this community," Lazic said.

He said the e-sports community is not just limited to League of Legends. Humber College has an Overwatch league, which although a different game, is still a way for the Humber community to connect with other competitive students.

Geoffrey Lachapelle, the E-sports Community Coordinator for Humber College and a lecturer in Game Development, said clubs like the League of legends club are seeking to make a community on campus.

"It is our hope that we can build a multilateral and multicurricular support for e-sports across Humber that allows for us to compete for years to come," said Lachapelle. "We're working hard to involve faculty and connect external partners, such as game developers, with internal Humber College students."

This is echoed by Kevin Tang,



COURTESY RIOT GAMES

League of Legends, released in 2009, is one of the most popular games with 80 million monthly players.

the student hire who works with Lachapelle and is 2nd year game programming student. Although coordinators are separate from the club management, they try to encourage e-sports culture and develop e-sports infrastructure.

Tang said they are working on a couple of e-sports related things for Humber, such as bringing in more experts.

He said he wants to boost the longevity of the club and have students returning year after year.

The long-term goal is an independent e-sports team that plays competitively and represents the talent at Humber, he said.

Given the size of the turnout at the try outs, the students have started the nickname League of Humber for the club.

"We've reached a point where people can't ignore benefits of videogames. Society is slowly coming together to accept these communities and by extension e-sports culture."

Meetings are held for the League of Legends club every Thursday from 5 p.m. till 9 p.m. in L203. The room is scheduled to change later in the semester.

Developers bring new team-based game to students at North

Emilio Borja

BIZ/TECH REPORTER

The computer game, Relic Raiders, is set to come out by the end of October.

Humber students got an early taste of a new game when the makers of Relic Raiders showed off a beta version at North campus on Sept. 27.

It's a team-based fighting game developed by Crystallized Games with high speed combat and an emphasis on tactics and strategy.

The game currently features a variety of characters with different playing styles, according to the developer's website.

In the game, two teams of four players can play with their friends or against them. The teams then battle for control over the map's flag.

"The mechanics are not too complex, but they are still in a way where everyone can play in their own way," said Arnould Avila, a 17-year-old computer engineering student.

Adam Callver, Chief Creative Officer and lead artist of the game, said the game was aimed at an audience that appreciates fighting games, and eventually be accepted as an e-sport, he said.

According to Forbes.com, the e-sports gaming industry is set to grow by nearly a billion dollars in revenue this year including things such as sponsorships of around \$340 million, media rights valued at \$160.7 million and advertising



EMILIO BORJA

Students at North campus tried out a beta version of upcoming game Relic Raiders, a top-down, team-based game by Crystallized Games.

of \$174 million.

Callver said their game looks up to other big battle royale games such as Fortnite and PlayerUnknown's Battlegrounds, commonly known as PUBG. There are things in other games Relic Raiders developers could take inspiration from, he said.

Stephen King, the founder of Crystallized Games and programming engineer, said he had worries people wouldn't be receptive to the game. Despite this initial fear he said people are being drawn to the game.

"People have been really excited about the game. It seems like they are having a good time and really getting kind of the core concepts of it," King said.

King said he believes e-sports are very important to the Humber community.

"I think it's really important to get involved with the college community," he said. "I know that Humber is really excited about bringing e-sports into the [fold] properly, and we want to be supportive of that."

The game is fun and fast-paced, said Joshua Dizenzo, a game programming student and winner of one of the tournaments.

Dizenzo said Relic Raiders seems faster paced than other arena type games.

He said he's waiting for the release later this month.

Geoffrey Lachapelle, a professor and e-sports coordinator at Humber College, said it's important for Humber to have events where game developers come in and discuss their products.

"We are trying to build support for the argument that games are a universal hobby," he said.

Lachapelle said he wants students in his classes to see how beta development and the testing process works as third-year game developing students create their own video games. He said bringing in other developers could be beneficial to students in the program.

Reaction has been mainly positive and future events like this are set to come more often to Humber, Lachapelle said.

EDITORIAL

FBI investigation into Kavanaugh should be the end of his high court nomination

The FBI investigation into the Brett Kavanaugh sex assault should have ended today, but it is expanding its inquiry beyond the initial limitations imposed on it.

And that may save any semblance of decency in the United States.

The investigation was hampered by restrictions set by the White House to conduct only four interviews, an artificial and unrealistic limit to be placed on detectives. They couldn't dig into evidence provided by specific witnesses and a man accused of being there with Kavanaugh more than three decades ago.

But today comes word that investigators are talking to people

other than the original four, people who attended a key 1982 party where psychology professor Christine Blasey Ford accused Kavanaugh of sexual assaulting her at the party in Maryland while in high school.

On July 9, U.S. Circuit Judge Brett Kavanaugh was nominated July 9 by President Donald Trump to be the next justice of the U.S. Supreme Court. During the highly contentious confirmation process in the Senate, word leaked that Ford accused Kavanaugh of sexual assaulting her.

Shortly after that happened, two more women came forward and accused Kavanaugh of similar incidents.

The Senate Judiciary Commit-

tee heard from both Kavanaugh and Ford. He denied the allegations and said that he will not be intimidated into withdrawing from the process.

Ford moved those who heard her testimony, even moving a Republican senator who voted to recommend Kavanaugh to call for the FBI investigation.

Trump is keen on making Kavanaugh the next Justice of the U.S. Supreme Court. He said the allegations are the Democrats' attempt to make his nominee look unfit. He went so far as to mock Ford at a Mississippi rally.

Despite the strong support by many white conservatives, the would've been more impactful if

two other women didn't come out saying the same thing as Ford.

The FBI investigation, in principle, was the right way to go for a few reasons.

First, If the allegations against Kavanaugh prove true, then a sex offender shouldn't serve as a Supreme Court Justice. Second, Kavanaugh has had a history of drinking and being violent, according to a number of Yale University classmates.

Lastly, he temperament has shown that it doesn't matter if he's guilty or not. It showed when he lashed out at the committee, blaming in part the Clintons for his predicament.

Beyond all the accusations and

investigations, a person with a tendency of lashing out and making rash decisions shouldn't be part of the highest court in the U.S for a lifetime appointment. Trump should withdraw Kavanaugh's nomination and allow another more suitable candidate to be reviewed by the senate judicial committee.

"Sometimes I had too many beers," Kavanaugh told the committee. "I liked beer. I still like beer." He mentioned beer to the committee more than 30 times in his testimony.

It should be the epitaph to his nomination. But more than likely, it will lead to a powerful political and legal hangover.

OPINION

Microtransactions: we're not happy at all



Kelvin Tran
NEWS EDITOR



COMPULSION GAMES

The sheer greed in the video game industry today is mind boggling. The infamous EA games microtransactions/loot boxes controversy with Star Wars Battlefront 2 may have set an unfortunate precedent in the development of games.

Some of the new games are being designed so that players will have to buy powers or upgrades, or even to unlock the game at new levels, so that they can continue. The fees vary. But the point seems to be to siphon money from players.

Two highly anticipated games, Devil May Cry 5 and Halo Infinite, will feature microtransactions. Devil May Cry 5 will offer the option of using real money to buy upgrades to make your character stronger, rather than playing the game to unlock things using player skill.

Let's look at other examples. We Happy Few, a game that came out in August after three years of early access on Steam and plenty of hype, started off a \$30 price tag when it was offered through early access but then almost tripled in price to \$74.99 once it changed publishers to GearBox Software. The game wasn't even worth \$30 before release due to the bugs and glitches, and there was lack of in-game content. Yet it was later released anyway as a "full game" for almost \$80.

Despite the huge amount of community backlash, the developers turned a deaf ear and even added a season pass for \$26.99. So you are paying around \$100 for a broken, incomplete mess.

Some games were resold as being remastered or limited. A few examples are Dark Souls 1 and The Last of Us being resold with updated graphics and but little apparently added to the gameplay.

Probably the biggest slap to the face is the release of Final Fantasy XV: Royal Edition, which is a rerelease of Final Fantasy XV, but with Downloadable Content (DLC) and new exclusive bonuses.

The Royal Edition costs less than the original base game. This wouldn't necessarily be a bad thing if not that the three major DLCs feature the personal stories of three main cast of characters were not developed before the game was released. Several times throughout the game, members of the main cast leave and go off doing God knows what before coming back with injuries or trauma. All of the action happened off screen somewhere else, unseen by players. That left plot holes in the game's story, which creates a market where players would have to pay for the DLC in order to get the full experience.

If anything, these actions by video game companies ruin the gam-

ing experience of their customers. They know they can do whatever they want and still turn a profit because there will always be people who will buy overpriced products. And they are right because an unfortunate portion of gamers are in fact kids who are making the purchases with their parent's money. Anyone who grew up as a gamer will know this is true. Parents for the most part are clueless about video games in general.

How do we solve these issues? One way would be to boycott their products, it may seem like an obvious and mundane thing to do but it is effective. When the first Battlefield V trailer came out featuring a female soldier with a prosthetic arm, fans rose up citing historical inaccuracy.

"Either accept it or don't buy the game," executive vice president of EA games Patrick Soderlund said. And the fans obliged him, causing a massive drop in pre-orders. EA then scrambled to bring back its customers and Soderlund "resigned."

We gamers do have the power to change things after all. Why stop with Battlefield V? We need to let these developers know they cannot get away with greedy business models. Perhaps then we will see a change, maybe back to the good old days where you only had to pay once for a video game.

Burials are on their death bed as alternatives are flourishing



O'Niel Blair
BIZ/TECH EDITOR

Once again, Millennials are killing another industry, this time its death.

If you've lived long enough, you've probably had the misfortune of attending a funeral. But the traditional burial can be costly, which is why more than 60 per cent of Ontarians opted out and decided to go towards cremation instead.

In my opinion, we're headed in the right direction.

First of all, cremation is far superior because of the financial savings. Of course, the ceremony prices vary according to a family's needs, but it's the little details that cause funerals to shoot up thousands of dollars in price.

For instance, caskets are simply more expensive. The cheapest casket from the Casket Depot is \$899.99, while the cheapest urn is \$38.99, plus \$29.99 for a plaque. Cremating a body in Canada costs roughly a quarter of the price it would to embalm and prepare a body for burial, according to CanadianFunerals.com.

It's my opinion those who are still burying their dead are doing it for primarily two reasons. One creates a place where they can mourn their loved ones.

The other reason is tied to family tradition.

With ashes, however, people

have a variety of ways they can memorialize a loved one, more than just a tombstone and a plot of land.

For those still wanting to uphold tradition, the hourglass has always been a classic symbol for life and death. Companies such as In the Light Urns can turn a family member's ashes into a working hourglass keepsake.

Perhaps the deceased wasn't traditional in the slightest and they wanted their funeral to reflect their life.

The company Heavenly Stars Fireworks gives your loved one a chance to go out with a bang. They offer packing your family member's ashes into fireworks of a variety of colours and offer light shows accompanied by music.

The list goes on, including options like becoming jewelry, used to make tattoo ink or even a reef for sea life.

My personal favorite, and what I want done after my passing, is the living urn. The living urn is the process of mixing ashes and plant nutrients such as loam into a biodegradable urn and then planting it along with a tree into the ground. The Living Urn Company said on their website that they provide a green option for funerals.

Going back to nature is the natural thing to do when a person dies.

Death is supposed to fuel life and the way I see it, if more people utilized this eco-friendly option we could have a lot more forests and less graveyards.

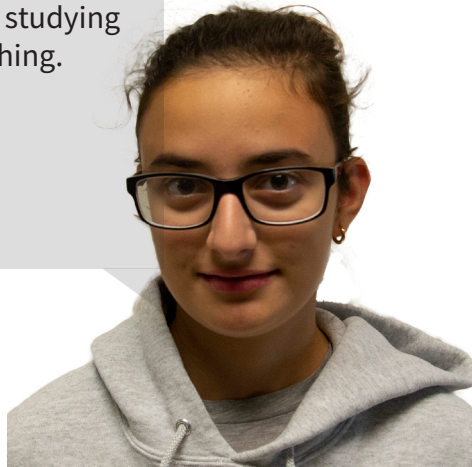
The issue I have with graveyards is that despite Canada being a large country, we still see graveyards in urban areas, spaces that can be used for parks or green spaces for the living instead being utilized for the dead.

We all pass one day, and, for me, it's better to use death to promote new life.

QUOTED

WHAT DO YOU THINK ABOUT THE FULL FALL READING WEEK NEXT YEAR?

Yeah, reading week is a good thing for us. If we need a break for studying or something.



Laura Borrelli
EARLY CHILDHOOD EDUCATION, 1ST YEAR

I do think its extremely important because sometimes we just have a lot of stress.



Phil Olaymei
MEDIA COMMUNICATION, 1ST YEAR

Its better to have a reading week before the term test Because we can actually organize stuff.



Ashik Thomas
NURSING, 1ST YEAR

PHOTO OF THE WEEK

OKANAGAN CHARTER SIGNING DRAWS A CROWD AT NORTH

Nichole Leveck and Maajijiwan Charles Petahtegoose perform an opening ceremony before the Okanagan Charter Event at Humber College on Oct. 2.

Druv Sareen



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

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PAIGE MCGOWAN

Humber Hawks men's volleyball team has Kamryn Wilkins back as he winds up for a big hit at a game.

#HereToPlay campaigns for inclusion

Paige McGowan
SPORTS REPORTER

As another year of college athletics kicks off at Humber College, the #HereToPlay campaign returns, going to bat for inclusivity in sports.

The campaign currently focuses on inclusion and hazing, while a mental health component is being developed.

It received the Innovator Award from the Canadian Collegiate Athletic Association last year after collaborating with the LGBTQ+ Resources Centre.

Michael Kopinak, associate athletic director for Humber Athletics, was influential in developing the campaign.

"We are trying to do anything we can to make people feel comfortable in their own skin in our gym. It doesn't matter what some-

one's colour, beliefs or preferences are," Kopinak said.

"We want everyone here," he said.

The campaign's ultimate goal is to provide a safe and welcoming recreation and athletic community that allows everyone to have pos-

This policy is used to combat instances of harassment and sexual violence.

"We still have a lot to do and a long way to go, but we are definitely moving in the right direction," Kopinak said.

Humber has been promoting



We still have a lot to do and a long way to go, but we are definitely moving in the right direction."

Michael Kopinak

Associate Athletic Director, Humber Athletics

itive and respectful experiences while on campus.

All student-athletes and staff at Humber must complete bystander training to ensure they can react accordingly when someone is being made to feel unsafe at the gym.

#HereToPlay using multimedia, delivering speeches at games, showing their support in the gym and encouraging other colleges to get involved.

Humber's softball team will even be providing rival team Conestoga



PAIGE MCGOWAN

Humber varsity's outside hitter, Dylan Devecseri, winds up to serve.

with #HereToPlay warmup shirts during the game on Oct. 10. The first 200 people to arrive will receive free T-shirts and pride flags will be handed out to fans.

"Inclusivity is the key to victory," said Eddie Yu, a program support officer with the School of Hospitality, Recreation, and

Tourism.

Kopinak said he's already noticed the effects of the #HereToPlay campaign.

"I have had students tell me they never use to come to the athletic centre until now," he said. "The campaign is really making a difference and it makes me so happy to see."

Maintaining an athletic body on and off the court

Athletes put the same amount of work into their diet as they do when playing

Jacob Phillips
SPORTS REPORTER

For Humber Hawks varsity team athletes, maintaining their athleticism and a good in-game body shape is a hard and grueling process.

Hawks men's volleyball head coach Wayne Wilkins knows this process very well.

"We work with Humber's high-performance group who have the team on a strict diet to help them replenish after a game," Wilkins said.

"The team is on a high-protein low-carb diet trying to make sure

they don't gain weight while still having energy," he said.

Wilkins said the workouts his team demands more than just practice on the court: two high-performance exercise sessions and one cardio session on their own every week.

The workouts that all of Humber's varsity teams go through is a demanding process to undertake.

Mark Vassell, a personal trainer for a member of the Hawks men's cross country, has seen what these types of workouts can do.

"Workouts can get to the point where they feel like vomiting or their muscles hurt so much they need 24 hours to recover," he said.

Vassell said workout and diet programs are designed into three categories, off-season, pre-season

and in-season training.

He said a high protein diet is key during the season, with a focus on



Don't overthink the game and take a break if you really need it. Regardless if it's a physical, mental and emotional breakdown, having a break is always important."

Mark Vassell
Personal Trainer

staying lean and absorbing enough vitamins to recover for each workout and game day.

"During the off-season they would have to eat more to help build up muscle mass and to recover after each training session," he added.

"Training is usually two, three hours a day, three days a week but the type of training depends on

what sport the athlete plays," Vassell revealed.

For Vassell's client, the exercises are of high intensity with runs and circuit workouts.

He said the pressures of varsity sport can cause mental stress.

"Don't overthink the game and take a break if you really need it regardless if it's a physical, mental and emotional breakdown, having a break is always important," Vassell said.

Freshman varsity badminton player Vikranr Thakus believes having a break is one of the most important things an athlete has to take into consideration.

"There is always stress of maintaining a perfect balance between winning games and getting marks, you kind of have to get used to it," Thakus said.

He said the personal trainers at Humber help them both physically and mentally.

"They have us do stretching and breathing exercises to help make us focus and calm down," Thakus said.



SEAN MARCO

Zoe Longsworth kicks the ball back to her team during a game against George Brown on Wednesday.

Women's soccer team keeps winning

Sean Marco

SPORTS REPORTER

Humber Women's Soccer team remains undefeated along with keeping a clean sheet half way through the regular season.

Vince Pileggi Humber Hawks coach said they had a very good start to the season.

He added they are able to play extremely well and were able to get all wins.

"Coming in to the game the Hawks are placed first in their division and fourth in the league. The team scored 22 goals in four games and their strong defense has yet to allow a goal," he said.

Pileggi credits the team's performance to a "total team effort."

That is going to be challenged at home tonight by the Sheridan Bruins, who is also undefeated. Both teams are 6-0.

The edge, on paper at least, goes to Humber's footies, with a 36 goal differential. The Bruins have 18 goals for, three against for a 15-goal differential. Humber scored an average six goals a game compared to Sheridan's three.

Mauro Ongaro, co-coach of the Hawks, said Sheridan is definitely their top conference rival but he's confident the team is ready to take them on.

"I feel like we're ready to face

them and I think that we'll win it. This is the next step for our team," he said.

It was Humber's prowess on the field that made George Brown Huskies coach, Leslie Fitzpatrick, say he doesn't underestimate the power of the Hawks. But it didn't stop the onslaught Sept. 26 in Game Five as the Hawks shredded the Huskies 9-nil.

"Playing the number one team in the division is always going to be a tough game but it's soccer, you never know what's going to happen," he said.

Striker Zoe Longsworth led the way early for Humber scoring two goals in the first half with help from Nicole Lyon, who also scored



SEAN MARCO

Megan Voutour hugs Emily Tirabassi after scoring Humber's ninth goal in the 89th minute to secure a win against George Brown Huskies.

once, and Taylor Thomson, who tallied with two goals.

By half time, the Hawks led 4-0. Shaniece Bennett contributed two goals of her own with Rebecca Spratt and Megan Voutour also pitching in to what was an overall team effort win.

"The depth, experience, and quality of their team just showed and giving up the early goal put us behind the eight ball," Fitzpatrick said prior to Huskies' loss.

Pileggi said when they start the game, they want to have a proper warm up and be ready to play and score quick. And they did, scoring

at 1:13 in the first, and at 1:13 of the second half.

Centre back Mikaela Zeballos played her first game after missing the last two games due to an injury.

"I feel like we're playing more like a team, I feel like I did okay but I know I can do better," she said.

Longworth said she feels good after scoring two goals against the Bruins — making her the team's leading scorer with five. She intends on being the leading scorer in the league.

To that end, Longworth says is looking forward to playing Sheridan on Wednesday.

Humber women's softball split six-game weekend

Kaitlyn Kack

SPORTS REPORTER

The Humber Hawks women's softball team split their six game home stretch at Connorvale Park this past week.

The weekend began with a two-game sweep of the Mohawk Mountaineers on Thursday, both shutout wins for the Hawks. They then faced division leader St. Clair Saints on Saturday where the Hawks were swept in the two-game series.

On Sunday they faced the second place team in the division, the Durham Lords where they split the series 1-1. Prior to the double header, the Hawks softball team has lost 0-2 against the Durham Lords, both games were close and lost by only one run.

After losing the first game on Sunday 11-3, the Hawks had to make some changes. Outfielder Sarah Franchetto said that to win the next game, it was simple.

"Our offence needs to improve. We need to put our bats on the ball, but we also need a tighter defence," said the .238 hitter.

Not only were the players aware of what changes needed to be made to win, but the fans also had some tips.

Franchetto's mother Julie said

the Hawks should start hitting from the first pitch. "Our girls are great ball players," she said. "They need to be on the ball a lot faster. They can hit, they've shown they can. Their hitting just needs to come a lot sooner."

Julie Franchetto hasn't missed a game this season, whether she's in attendance at the games or streaming them online.

"Haven't missed a game yet," Julie said. "For the local games, I can make, but the further away games, I stream online"

The starting pitcher for the second game was Bree Donaldson. The first inning completed with a score of 2-1 for Durham, and it wasn't until the bottom of the sixth that Humber tied the game at two runs each.

After fanning Durham batters — three up, three down — in the top of the seventh, the Hawks went into the bottom of the inning determined.

Infielder Bonnie Gillingham hit a monster triple and outfielder Hannah Koziolk stepped in to pinch run for Gillingham.

Outfielder Kate Kostuch walked up to the plate with one out and hit a single to get Koziolk home and won the game with the walk off.

Head Coach Duaine Bowles was content with the team's per-



COURTESY HUMBER ATHLETICS/DIEGO GUILLEN

Outfielder Hannah Koziolk slides into home during a weekend game against the Durham Lords.

formance and spoke on what the team did to come out victorious in the second game.

"We just didn't give up. The girls really fought hard and just continued swinging and something finally dropped in for us," Bowles said. He said Going forward they

just really need to play mistake free softball and stay true to their offensive approach.

"We need to stay disciplined and trust the process. It's all about peaking at the right time and playing your best on games 25 and 26 to get yourself on the right foot at

the conference tournament. Lose those and your season is over and we don't want to suffer that fate again," he said.

The Humber Hawks softball team has an upcoming double header this Friday at Conestoga, who they have yet to face this season.

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TO SERVE UP INCLUSIVITY IN SPORT**

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