



More women in Humber skilled trades

Jalisa Massiah
NEWS REPORTER

More women and people of colour are joining the skilled trades workforce and that change is reflected in Humber's training programs.

"We have the highest number of females at the college, as well as female instructors that we've ever had, so it's a change in population," said Scott Green, Humber Student Success and Engagement liaison.

"Three years ago it was

predominately white males. We're seeing a more diverse group in terms of socio-economic status," he said.

He said his job is to refer students and "if a student needs help, my job is to find the help," said Green. "We're not in a position to and we would ever force a student to work with us. It's always the student's choice."

Socio-economic diversity has brought challenges but Green said Humber is working to address them.

"The biggest issues with this population are generally all apprentice programs have a high percentage of people with learning disabilities and drug and alcohol addiction, which are the two major issues for apprentices," said Green.

Apprentices are required to complete three levels in trade school, where they are in class for eight weeks and then working in their chosen field for a specific number of hours.

Once they complete the final eight-week program, they

can write their licensing test.

"Part of being an apprentice, which is the end goal, is they already have to have an employer before they can actually come to trade school," Green said.

"We have full secondary programs like Introduction to Electrical and Introduction to Plumbing, which are the two biggest apprentice programs."

Along with the increase in women entering the skilled trades, there needs to be a change in attitude, Green

said. What may be either acceptable or common on the jobsite is not acceptable in the classroom.

"They are trades people [and] they're used to being on the job, so political correctness is perhaps not the highest among their concerns," Green said, adding there have been times people had to be reminded that some types of conversation are not acceptable.

"There have been some educational pieces around saying what's appropriate and what's

not appropriate," Green said. "This isn't the job site, it isn't the locker room, but for most part I think the female apprentices have felt welcomed and fit in well and we're certainly glad to have them."

"It's really rewarding to see them taking on careers that they find value (in). Many of them, their fathers and grandfathers were in the trades themselves. It's really rewarding to see them," he said.

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KENNY WHEELER REMEMBERED PG. 9



PHIL WITMER

A tribute to late jazz great Kenny Wheeler was presented at Humber Lakeshore campus on Nov. 14. Composer, flugelhorn player Wheeler died in September.

Bus loop at North to ease access

Nick Westoll
NEWS REPORTER

As the debate continues on how to enhance public transit in Toronto, Humber College is looking at making it easier for students to get to and from campus.

As of summer 2015, all of the 1,200 to 1,300 TTC, York Regional Transit, MiWay, Brampton Transit and GO Transit buses that service Humber North campus will enter college grounds to pick up students at a new bus terminal in front of the still under-construction Learning Resource Commons (LRC).

The new arrangement will be "safer, less walking, more convenient — so (the bus loop) is really exciting," Humber manager of sustainability Lindsay Walker said.

Buses will come in through B entrance. Traffic flows will be adjusted accordingly.

Walker said that students would be able to wait inside the LRC and check the real-time status of their bus.

She added Humber is cognizant of the longer wait times and cramped rides students face, but she said that the transit agencies regularly adjust their service to North campus.

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RIDE program at Humber North targets holiday drinks before driving

M.J. Martinez

SENIOR REPORTER

Humber's Public Safety Department hosted its annual R.I.D.E. Checks program at the North campus Concourse on Nov. 20.

The R.I.D.E. (Reduce Impaired Driving Everywhere) program is a campaign to raise awareness of the importance of not drinking and driving during the holidays.

Each year, police across Ontario set up roadside spot-checks on major roadways and highway off-ramps. Drivers approaching these checks are stopped by officers and politely questioned. If intoxication were suspected, the driver would need to take a roadside Breathalyzer test at the request of police.

The campaign kick-off at Humber, organized by college president and CEO Chris Whitaker, drew many police officers, students, and TV and radio stations. Whitaker said Humber has hosted the event for many years.

"We've had a long partnership with Toronto Police Services, lots of good linkages with the community. It's a provincial launch, so this event only happens at Humber, we're very delighted and honored to host it."

Constable Brent Sedgwick, an officer from the Cobourg Police Service feels the R.I.D.E. is a great learning experience.

"Hopefully, we can get people to not drink and drive," he said. "If we can help a couple of people, that's great, or a thousand people, even better."

He said he was proud to be attending his first R.I.D.E. launch at Humber.

Many of students from the Police Foundations program attended. Second-year student Racquel Kondilas said she felt it was important to be there.

"If you're at a party, call a cab. Anywhere you are surrounded by drinking, don't drive," Kondilas said.

She hopes to become a police officer someday and teach students all about R.I.D.E. and the responsibility of driving.

Express Toll Route marketing communications specialist Aurrey Drake, 22, said she felt this was an important message to spread, especially close to the holidays.

"It is such a great awareness about the importance of not drinking and driving, especially with the younger age group," said Drake.

Off-campus walking paths a security risk

Krysten McCumber

QUEEN'S PARK/CITY HALL REPORTER

Walking home after class can be an unnerving time of day for students who choose to walk through dimly lit paths in the Arboretum and parks around Humber College North campus.

Rebecca Morency, 19, works at LinX Lounge as a floor staff member. When her shift is done, she knows better than to take the quick walk through the Arboretum to get home, and instead calls a taxi.

"It doesn't have any lights or security at night. I have heard many stories of assaults at night in the Arb," Morency said.

Walking down paths that are poorly lit is discouraged, especially by such Arboretum staff as Jimmy Vincent, coordinator of the Centre for Urban Ecology in the Arboretum.

"The Arboretum is closed



NICK JEAN

The outer ring road on North campus is the last lighted path available to off-campus students walking home. Caution is urged for anyone walking through the Arb or local parks.

at night, so no student should be walking in there," Vincent said. "All natural areas in the Arboretum are closed at night and are use at your own risk."

The only path that is ideal for nighttime walking is a yellow line along Arboretum Boulevard, which is well lit

and visible to security. All other paths are meant for daytime activities, and should be used cautiously at night.

"If [students] choose to go through the Arboretum, particularly at night, have a flashlight and brightly coloured clothing would be wise," said Rob Kilfoyle, director of pub-

lic safety at Humber. "Also walk with a partner. Walk in pairs at least."

Public Safety's Campus Walk program only allows security to take students to the edge of campus property.

There are many parks around Humber College, making a trip home quicker for stu-

dents, but not necessarily safer. Public spaces like Windwood Park are barely lit, meaning students need to be on high alert when walking through them alone.

"By having [security] go off campus, it's too vulnerable. We can't control it or manage it," Kilfoyle said.

Even if security were around to patrol the Arboretum, Morency still wouldn't use it.

"I don't think I will ever feel safe walking through the Arb alone at night," she said. "Even if there was more lighting and security, I still don't think I would feel comfortable walking after it's dark."

Students who choose to walk through the Arboretum at night, or through any surrounding parks with poor lighting like Windwood Park, should remember to keep a flashlight with them and their phone ready to call 911 in an emergency.



NICK WESTOLL

When North campus' new bus loop opens next year, students will no longer have to make the sometimes dangerous crossing over Humber College Boulevard. Buses will pick up and drop off students on campus outside Learning Resource Commons, with bus loop and LRC scheduled for opening in spring, 2015.

Toronto must unite for transit funding: union

TRANSIT from page 1

However, Walker also noted that there is additional pressure to increase service to Lakeshore campus

Amalgamated Transit Union Local 113, which represents transit workers in Toronto and York Region, released a plan called Toronto's Transit Future last Monday,

containing 68 recommendations aimed at improving the TTC system. For instance, the plan calls for 10 minutes or better service on several routes, a re-branded airport improvement service and better connections on overnight routes.

Union local president Bob Kinnear called on all Torontonians during a press confer-

ence Nov. 10 to demand better transit from area political representatives.

"It's important that we get sustainable, specific, on-going funding," Kinnear said at the gathering. "I think if we come together in Toronto, we can ensure that all political leaders put forward a platform that will enable Toronto to grow."

Matthew Boscariol, senior assistant to the chair of the TTC, councillor Maria Augimeri, said Augimeri supports all of the recommendations put forward by the union.

For students looking to escape the bus, there is a carpooling service on campus through the organization Smart Commute.

Walker said that students can post ads through a website to find carpooling partners. Students that carpool are eligible to get preferred parking closer to campus buildings through the Department of Public Safety.

The Sustainability office also promotes walking and cycling as alternative transportation modes.

High school crowds Lakeshore campus

Tonia Venneri

ARTS & ENTERTAINMENT REPORTER

Students pay a pretty penny to attend Humber College, but that tuition fee doesn't necessarily guarantee students a spot to sit or a place to eat.

Students at Humber Lakeshore campus are tired of sharing their space with Father John Redmond Catholic High School students, whose school is right on campus, but Lakeshore's public safety coordinator, Keith Pua, said public do-

main gives them free reign on campus and there isn't much that can be done about it.

"The college is private property but it is public access, so we don't restrict access solely to Humber students or Humber staff. Anybody can really walk into either campus, North or Lakeshore," Pua said.

Redmond students are easy to spot because of their school uniform, Pua noted, but it doesn't mean they are not welcome.

"We also have Lakeshore Collegiate Institute which is

just a block away...and I know their students come here as well and the only difference is Redmond wears a uniform so they're easily identifiable. We don't want to discriminate based on age. We're always looking at behavior. We're always addressing behavior and not simply based on what they're wearing," said Pua.

Isabel Kania, 19, is a business administration student at Lakeshore and she said the constant flow of high school students makes her time at school more difficult.

"They make the lines at Tim Hortons a lot longer than they should be. I already push it coming in for an 8 a.m. class. So coming in and wanting to grab Timmies right before class, and be on time is mission impossible," said Kania.

Just like the students who attend Humber, staff members deal with same lines and lack of space due to outside visitors and Pua said it is just a part of life.

"I think the students do have a right to feel that it is

their space, but they need to understand that its public domain...I face the same challenges. I need to deal with the same line up that all the other students need to. I sometimes don't get a space to eat my lunch, but you know, it's just the world we live in," said Pua.

Despite the aggravation that some college students feel towards sharing space with high school students, business administration student Brooke Klintworth, 21, said most of the time she doesn't even bother waiting

in line behind Redmond students.

"Usually I go in there and just end up leaving before I even get to the line because it's so long," said Klintworth.

Pua said students need to realize that Redmond high school students have the right to access Lakeshore's facilities.

"You got to remember they're still customers so if they do make a purchase they're entitled to drink their coffee or eat their food in the space provided," Pua said.



KELSEY COLES

Photos taken by students overseas are being showcased at L Space Gallery at Lakeshore campus through Nov. 27.

Global Lens shows Humber abroad

Kelsey Coles

RESIDENCE REPORTER

Humber Lakeshore campus L-Space Gallery celebrated International Education Week this week by hosting a visual demonstration titled Global Lens: Student Images from at Home and Abroad.

The Global Lens interactive exhibit magnifies students' experiences on an international level. Rebecca Fitzgerald, Humber's manager of international mobility, said she hopes the display opens the eyes of students to the international community at the college.

"We hope that visitors will gain a new appreciation of

Humber's global networks and the many different cultural perspectives present in our community."

Dozens of photos taken by students adorn the walls of the gallery, some with a detailed caption posted beside them and some where the photo said it all.



We hope visitors will gain a new appreciation of Humber's global networks.

Rebecca Fitzgerald

MANAGER OF INTERNATIONAL MOBILITY

"Gallery visitors are invited to contribute their journeys to a large-scale map, share their views on global citizenship and participate in creating a global tapestry," Fitzgerald said.

The interactive exhibit showcases students' experiences as they travel across the world and brings a global perspective to a personal level.

"Each year more than 300 Humber students go abroad for enriching study and work experiences around the world," Fitzgerald said.

Fashion Management student Thu Ngo, an international student from Vietnam, enjoyed the hands-on aspect

of the event and was busy creating a self-portrait patch to add to the global tapestry.

"It's really interesting. It gives us space to create," Ngo said. "I think this is the coolest exhibit they've had here so far."

L Space Gallery curator Tara Mazurk believes the hands-on activities will help promote awareness in the international community.

"The idea is that the map and the tapestry will have a long life," Mazurk said. "The International Centre wants to find a home for it (the tapestry) and the map. It's nice to see what people create."

While International Education Week ends today, the Global Lens exhibit will continue to Nov. 27.

International Education Week celebrates culture

Tamara Shade

NEWS REPORTER

The sharp edges of the paper crane formed under the creative fingers of Humber College international student Miku Yodoi.

The third-year Public Relations student sported a kimono while teaching students the art of origami at the Humber Goes Global event, part of International Education Week which ran Nov. 17 to 21.

Yodoi said that she wanted people to enjoy her culture and she wanted to do something nice for IEW.

She travelled from Osaka, Japan, four years ago to study at Humber.

"It's very challenging because when I first came here I couldn't speak English," Yodoi said. "I found Canadian people are really open to everybody else and very understanding and that makes us feel a little bit better...comfortable to live in this country."

She said she likes that she gets to communicate with a lot of people at Humber and it helps her to develop her English skills.

"I love Humber," Yodoi said. "In terms of studying at Humber it's really very meaningful to me."

Student ambassador Diana Longhi said that this year's events were held to showcase Italian, Japanese, New Zealand, Nigerian, and Barbadian cultures to Humber students.

"We try to expose (attendees) every year to a different culture," said Longhi.

International mobility manager Rebecca Fitzgerald said this event gives the school a chance to celebrate and recognize the diverse perspectives of its community.

"International Education Week is celebrated at Humber and also around the world every year in the third week of November," Fitzgerald said.

"It's a chance to celebrate international education and also the global experience that's present among our students, staff and faculty here at Humber."

Humber College international student advisor at the Lakeshore campus, Christina Mathias helped coordinate the week's events.

"We've done two language cafés," Mathias said. "Monday we did Hindi, so Indian students ran that language café for us, and on Tuesday we had



It's a chance to celebrate international education and also gain global experience.

Rebecca Fitzgerald

MANAGER OF INTERNATIONAL MOBILITY

Cambodian students running a language café where students were able to come in and learn a few new words."

Yodoi said she is unsure if she wants to work in Canada after she graduates but she wants to give it a shot.

"I want to build my career in Canada because Canada made me grow, so I just want to contribute to the Canadian society," Yodoi said.

She also recommended that people travel to Canada for education.

Mathias said that she is really happy about the turnout for this year's IEW and she hopes next year will be bigger and better.

Humber's recycling efforts getting trashed

Clare Jenkins
ENVIRONMENT REPORTER

Humber College is getting trashy.

Recycling is getting mixed with garbage and it's all being thrown out.

Humber College has gone to some lengths to make campus an environmentally responsible place. From water refill stations to colour-coded recycle bins, Humber has been trying to shrink its carbon footprint.

But it's not working as well as it should.

Gus Fournouzis takes care of general clean-up on North campus. He is a familiar face that many students will have seen in the cafeteria.

"I generally take care of the school. I take garbage from tables, clean tables, take the garbage and put it outside," he said.

Fournouzis pointed out one of the colour-coded bins in the cafeteria. He said he often finds garbage and recycling in the wrong bins, though the bins are clearly marked.

When students discard their garbage or recycling incorrectly, they are making the final decision on where it will end up. When recycling is contaminated it is all thrown out.

Fournouzis said it's not his job to sort through the mixed-up items.

"People mix the recycling all together, they make mistakes. To me it's no problem but I don't separate it," he said.

Fournouzis said the things

he finds in the wrong bin most frequently is paper pizza trays. Humber Sustainability's website said clean trays should be put in the paper bin.

"It's a mistake. Students don't know and they make mistakes," he said. "But people should pay more attention. They must be careful and read the signs, put the waste where it should go and the recycling where it should go," Fournouzis said.

John Demaria, 18, is a first year Humber Marketing stu-

dent. He said he ends up throwing all of his waste into one trash receptacle.

"I kind of just put it all into one. Sometimes I remember to separate it but not always," he said.

Demaria said he thinks students are ignoring the signs on the recycling bins.

"We're lazy, I guess, or we just don't think about it," he said.

Lindsay Walker, Humber's Sustainability Manager, said they have been working on

improving garbage and recycling bins.

"We've done a lot to improve the messaging around the bins on campus in the last two years. This fall we introduced videos on HumberTV and had students stand beside bins during the first two weeks of September to educate all about what goes where," she said.

Walker said she believes some students aren't recycling on campus out of apathy but there could be other reasons.

"Some people don't know what is the right way and they don't have time to stand and try to figure it out," Walker said. "Some people from other countries and cultures that haven't recycled most of their lives aren't used to it and don't know they are supposed to."

She also said there isn't enough social pressure from the people who do care.

"(People) get discouraged if they see someone else doing it wrong, they don't think it matters for them to do it right."



CLARE JENKINS

Gus Fournouzis takes care of Humber North campus cafeteria where he often sees students tossing their trash in wrong bins.

Exemption tests for trade students with experience

TRADES from page 1

Cost has been an inhibiting factor for women and men alike in seeking to train in the trades. While apprentices have jobs, students in the introduction courses are looking for work.

"There are so many levels of trade school that students need to complete, but if they feel their job experience or life experience is equivalent to a level of trade school, the ministry does give them the option to do an exemption test," said Melissa McKinnon, student support officer at Humber College Trade School.

"For the test exemption testing, especially electrical, it's a very challenging exam," said McKinnon.

She said the basic trade school program is eight weeks, with a 30-hour per week minimum.

"At least more than half of the people who come to trade school pass," she said.

"I got signed on with an employer first and then the employer sent me to school, there was no exemption test I had to write," said William Coyle, a electrician journeyman with Panson Electrical Services Ltd. "Once you find a sponsor for your apprenticeship, you're in."

Abducted journalist Fung at Lakeshore for national lecture tour

Giancarlo Di Peco
BIZ/TECH REPORTER

Former CBC journalist Melissa Fung spoke about women in Afghanistan and answered questions on Wednesday from

Humber students on the last stop of her seven-school tour.

Fung toured Canadian schools with Aga Khan Foundation Canada (AKFC), a non-profit development agency that works in continents such

as Asia and Africa to create sustainable solutions for global poverty. AKFC felt Fung, who reported during a seven-year period from Afghanistan and was taken hostage during the conflict, offered significant experience as a Canadian journalist.

"My first tour in 2007 I was embedded with the Canadian military at the base in Kandahar," Fung told the gathering of journalism students at Lakeshore campus. "Halfway through my six-week rotation I started getting restless, I wanted to get off the base and talk to women and children, start doing stories on real people."

Fung, who was kidnapped October 12, 2008 in Kabul, spoke about the trials Afghan women face in the country and how their way of life has been improved since 2001. She focused on the three major areas of development in the country: education, health care, and hu-

man rights. She was released from captivity in November of 2008 after 28 days in captivity that left her with physical scars from multiple stabbing wounds and mental ones she finds much harder to discuss, instead choosing to write about them in her memoir, *Under an Afghan Sky*.

When she returned to Afghanistan after her abduction, she was asked a number of times why she decided to return to the country.

"For me, the stories become personal," Fung said, "We're all journalists in this room, you never want to become the story and I became the story in a big way, at the expense of the stories I went there to tell."

Fung returned to Afghanistan with the mission to finish the stories she never finished because of her kidnapping. The trips back to the area were "a little about trying to make it right again, put the spotlight back on

the Afghan people." Fung added that she wasn't sure if foreign intervention helped, and she needed to investigate herself.

"We wanted to bring Melissa to journalism schools across the country because we think that the reporting she does on Afghanistan tells a really important part of the Afghan story," said Rosemary Quipp, public affairs officer at AKFC.

Fung displayed a short video that detailed positive developments in the country, and participated in a Q&A with the students and faculty that attended the event.

"We were really fortunate to have Melissa Fung here today," said Carey French, a professor in the journalism program. "She is so integral to our understanding of Afghanistan."

Journalism student Adam Jönsson, 23, editor of the J-Source International Bureau at Humber, a project to

link information about Canadian journalism across the country, found the seminar especially helpful.

"It is important especially for me who wants to do journalism work abroad," Jönsson said.

Fung's presentation was passionate and she felt that she needed to talk about the women in Afghanistan, aside from her own experiences.

"Starting from my first tour there I always thought I needed to meet the people, especially the women," said Fung. "The Taliban were oppressing women there and girls weren't allowed to go to school, it was something I needed to explore whether or not foreign intervention meant a better life for women and girls."

Fung hopes that her tour will increase the attention on what is truly occurring in Afghanistan and not about what she went through.



GIANCARLO DI PECCO

Melissa Fung spoke to Humber journalism students about her experience as CBC foreign correspondent in Afghanistan.

Students should not fight suicide alone

Depressed people may appear standoffish but there are signs to see and help to give

Jessenia Feijo

LIFE REPORTER

Despite efforts to raise awareness about suicide, the persistence of the phenomenon among Ontarians is sobering.

Suicide is often looked at as a permanent solution to temporary problems, said Dr. Dan Andreae, a psychology teacher at the University of Guelph-Humber.

“At that point people just see no hope and no way out,” said Andreae. “Hard to imagine if you’re not in that position but it’s like all doors are closed and the world is down and it darkens and there’s just no way out.”

Andreae said people are trying in part to find a way to end their pain.

It comes down to one’s emotions and how overwhelming they can be.

“It’s a time-limited event whatever they are facing and they have lost hope,” said Dr. Esme Fuller-Thomson, Sandra Rotman chair of University of Toronto’s Factor-Inwentash Faculty of Social Work.

There are a lot more people who are depressed than suicidal, noted Fuller-Thomson.

The Chief Coroner of Ontario’s office, said in 2010, the

total suicides in the province were 260, in 2011 it was 264 and in 2012 there were 269.

“That deep feeling of despair does not mean people cannot get through it. While we hope for the best, sometimes people, in the acute phase of despair, lose perspective and think death is the only option,” said Fuller-Thomson.

Sometimes, depending on the depths of the depression,



That deep feeling of despair does not mean people cannot get through it.

Dr. Esme Fuller-Thomson
UNIVERSITY OF TORONTO SANDRA
ROTMAN CHAIR OF
FACTOR-INWENTASH FACULTY OF
SOCIAL WORK

people either can talk their way through therapy or they might need to take medication to help them, said Andreae.

“Acute depression, for example. When someone who is very close to you dies, you go into acute depression but you will get over it at some point. Then there’s chronic

depression,” said Andreae, when depression is an ongoing challenge to the sufferer.

There could be genetic predisposition to depression as well. But the biggest effect can be due to stress within certain circumstances.

The body’s reaction to stress turns into depression and can most certainly take a person to suicide, said Andreae.

“The problem is there is a lack of carotene in the brain. Carotene has been identified as a major neurotransmitter in modulating depression,” he said.

But because the development of depression is different for everyone, it is difficult to diagnose the problem.

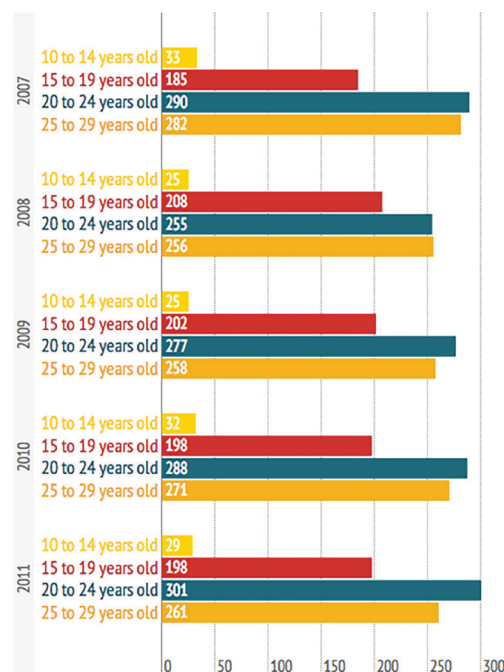
People who are deeply depressed and have suicidal thoughts need “substantial” intervention and ongoing supervision to help them monitor their depression, said Fuller-Thomson.

“Even though people who are depressed don’t appear to want social interactions and appear standoffish, the more supportive you can be with someone going through a rough patch and the more consistent you are with it, the better off they are likely to become,” Fuller-Thomson said.

It all starts with awareness and education, Andreae said.

“There has to be more open talks about it, about

Canadian suicide rate by age and year



Information provided Statistics Canada: Suicides rate and age group

CREATED BY JESSENIA FEIJO ON INFOGR.AM

symptoms and signs and what to look for,” he said.

“Also the fact that there are people there to help, whether it be a talk-line or clinic. Suicide is something people feel and they need to know that there is support out there. We

need to break down the walls of stigma,” said Andreae.

The easier it is for students to build a sense of community, stay healthy and thrive academically, the easier it will be for them to mitigate depression, said Meg Hough-

ton, director of Student Access, Wellness and Development at Humber College.

“It’s important for students to know that they do not need to battle through difficulty alone,” said Houghton. “We also facilitate free, confidential counselling support for students through the counselling centre as our primary means of assisting students who might be experiencing depression.”

The minimum schools should do is let students know there is someone they can turn to, Fuller-Thomson said.

“They actually say whether that’s a coach, a teacher or a guidance counsellor, a person who is clearly overwhelmed will need to feel that there is a listening ear who can reach out and help them,” she said.

“That’s important. That message needs to be spread,” said Fuller-Thomson.

The wegotyou.humber.ca campaign that Humber’s Student Success and Engagement launched this fall is intended to promote help-seeking behaviour among students and to get them connected to necessary supports and services, said Houghton.

Once people aren’t afraid to speak about suicide is when serious positive changes start, said Andreae.

Can Japanese Reiki massage heal stress?

Light touch approach done over clothing, said to calm emotions

Chelsea Alphonso

LIFE REPORTER

A little time, no work, and some cash could be all it takes to get rid of your depression, anxiety, and stress.

Reiki is a Japanese technique for stress reduction and relaxation. “It’s an exchange of energy,” said Ann Connor-Lewis, a local energy therapist who specializes in Reiki.

Reiki is administered with the patient fully clothed and in contrast to most forms of massage uses a light touch over their body. Rates in Toronto by qualified practitioners generally run from

\$60 an hour upwards.

“Reiki works through clearing blockages within our chakras that obstruct our flow of energy,” said Connor-Lewis.

“Everyone who is on a self discovery path will find that Reiki is an amazing healthy opportunity which works on all the levels: mental, physical, emotional, and spiritual,” said Maria Sidorova, a Toronto Reiki therapist who has been working for 10 years.

Sidorova has seen patients who have experienced recent trauma which resulted in black and blue bruises. These patients come back after treatment with the areas that were treated showing accelerated healing, in contrast to the untreated areas that remain very sore, and raw.

Even if someone comes



COURTESY OF WIKIPEDIA

Reiki is said to be an exchange of energy that can soothe mental, physical, emotional issues. A common technique is palm-healing used to clear the body’s chakras or points of energy.

for treatment for a physical symptom, they can walk away with emotional healing they didn’t intend on con-

centrating on, according to Sidorova.

Because Reiki affects all aspects of our being, Reiki

can work for anyone, even if they are skeptical, said Connor-Lewis.

Reiki, although still in

the underground of western medical practice, has been acknowledged as an effective treatment from the likes of television medical personality Dr. Mehmet Oz.

He uses Reiki for postoperative care for his patients.

For Leanne Henwood-Adam, Humber’s fitness coordinator, it took an unexplainable experience to get her past her skeptical thoughts to realize the capabilities around the ancient practice.

“Reiki reinforced what I’ve always believed in that we all have the ability to make a change in this world,” she said.

The interesting thing about Reiki therapy is that anyone can learn how to practice it; the key thing is a desire to help those in need.

“I am just a cable or a wire that energy is flowing through, so every time I do a healing, this intelligent energy knows what needs to be done,” said Sidorova.

Enraged Leafs Nation in state of revolt

We are a city of more than two-and-a-half million Canadians.

Yet there is another nationality that for many exceeds that identity in terms of importance.

That is Leafs Nation – and after one trip to the playoffs in 10 seasons, Leafs Nation is pissed.

Last weekend, the boys in blue lost to the Buffalo Sabres, the worst team in the league, by a three-fold margin, 6-2.

They followed that with an abysmal 9-2 loss to the Nashville Predators on Nov. 18.

During that game, a fan fed up with the underperformance of the team he once idolized threw his blue and white jersey on the ice. It was far from the first time that's happened in the league or on Toronto ice.

That action drew the ire of the Leafs' star forward Phil Kessel, fed up with the fans who are fed up with him and his teammates.

"It's disrespectful, right?" Kessel said in an interview. "Not just to us but to the organization, to all of the Leafs players that have ever played for Toronto. If you want to boo us (that's fine) – but you're disrespecting all of the great players and the



REUTERS

One of nine goals scored Nov. 18 by Nashville Predators against Toronto leading to intense disgust among many of the Leafs Nation faithful.

great teams that they've had before us (by throwing jerseys) here. That's the way I look at it.

"I think that's pretty classless to throw your jersey on the ice like that." He is right; throwing your jer-

sey on the ice is a disrespectful act.

But why should these fans continue to hold their team in such high regard when the team walks all over them?

Tickets to see the Leafs play at home are the most expensive in the league – averaging around \$380, nearly \$100 more than the Vancouver Canucks.

If you'd blown \$400 or more to see your favourite players and they don't show up to play, you'd be pretty ticked off too, possibly ticked off enough to throw another \$200 in jersey form over the boards.

How else are fans to show their disgust?

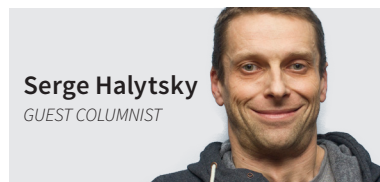
If they stop buying tickets, the team won't notice. Someone else will step up to buy them.

They could send an angry letter or take to social media, but what impact will that really have?

Throwing a jersey over the boards can get your name on the permanent ban list, but it's the only vote fans can visibly cast in the dictatorial Leafs Nation.

Yes, it's disrespectful. But what's truly classless is publically maligning the citizens paying your \$8 million salary that you collect just for showing up.

Ukraine: Time to call Russian invasion what it is



Serge Halytsky
GUEST COLUMNIST

Last week, CTV news reported tanks and armoured vehicles crossing the border from Russia into Ukraine and then went on to refer to those fighters as "Ukrainian rebels" and "separatists."

On Nov. 12, a New York Times article called Russian mercenaries and soldiers "pro-Russian separatists." The article cited NATO's Supreme Allied Commander carefully referring to it as an "incursion", even though the scale of the situation demands a stronger word.

It calls for the truth.

Being a journalist, and a Canadian-Ukrainian, and having memories of Ukraine still fresh in my mind it makes me wonder: why does the western media repeat Russian propaganda myths about civil war or some mysterious "rebel-fighters" and let the Kremlin claim a propaganda victory?

Why are western leaders still waiting to define events in Ukraine properly, that is, as a Russian invasion?

The people fighting are not Ukrainian, neither are they rebels, by definition. In the best case they are Russian trained, Russian armed, Russian paid, Russian recruited mercenaries; in the worst case they are Russian Army regulars.

It seems like Russian President

Vladimir Putin is laughing at us now while sending more troops and tanks to Ukraine's east.

Yes, Stephen Harper and other G20 leaders demanded Russian troops leave Ukraine at a recent summit in Australia (when Harper famously said he would shake Putin's hand but Russia needed to get out of Ukraine). But Putin stayed defiant and instead pulled out of the meeting early; and there has been no followup to date on Canada's part.

The U.S. ambassador to the UN, Samantha Power, condemned Russia for its tanks crossing the border but wasn't prepared to call it an invasion, either.

What makes the entire free world media avoid telling the truth? Everyone can see what really happening, but no one wants to state it unambiguously. It's no secret that Russia actually brought that war into Ukraine, that conflict was created artificially with the annexation of Crimea in March, yet our media has continued calling it a civil war or rebellion.

The number of Russian citizens in the "armies" of the so-called Donetsk/Luhansk People's Republic in eastern Ukraine varies from 75 per cent to up to 90 per cent in some specific units, even according to the invaders.

And we keep calling them "Ukrainian rebels".

Captured "rebels" have repeatedly admitted to Ukrainian officials that they are Regular Russian Army soldiers, identifying their ranks and units.

Yet we keep calling them "separatists."

In many cases they are not even trying to hide their unit's insignia. And we pretend they come in unmarked tanks with no insignia.

Hundreds of tanks, artillery, armoured vehicles, all of which are only used by the Russian army, cross the Ukraine border from Russia on a regular basis, according to innumerable reports in the world press.



There is more than enough evidence to start calling it what it really is: Russian imperial expansion carried out by Russian forces, and yet, our media and even politicians, keep avoiding the problem.

Yet we fail to call it an invasion.

There are many reports from Russia of its soldiers refusing to fight the war in Ukraine, or of secret burials of Russian soldiers and mercenaries who died in combat. There are also reports of mercenary recruiting centres all around Russia, specifically invader training camps around the Rostov region, which is close to Ukrainian border.

There is more than enough evidence to start calling it what it really is: Russian imperial expansion carried out by Russian forces, and

yet, our media and even politicians, keep avoiding the problem.

Of course, any statement of this kind would draw dismissive denials from Moscow. Ever since the conflict started we didn't hear a word of truth from the Kremlin. It seems these people are living in some kind of Orwellian bubble. But as journalists, we have an obligation to tell the truth, call things what they truly are.

Telling the truth would also mean recognizing a Russian threat to the entire western world, ringing a bell that western politicians try to avoid. But we can't avoid war by ignoring it. Russia poses a threat to our whole post Second World War world order, to the things that we now take for granted.

Clearly, Russia is determined to use its military strength to achieve its imperial objectives and even if the world decides to ignore it, it will not go away. But before we fight this problem we have to define it, start to see a clearer picture.

We have to tell the truth. We owe it to ourselves, our society, no matter how worrisome it is.

So before anything else we have to recognize one thing. This was said by one of the real Russian journalists. "There's no civil war in Ukraine. There would not be war if there was no Russia."

Would we make enemies by telling the truth? Yes. But as former U.K. Prime Minister Winston Churchill said, "Good! That means you stood up for something in your life."

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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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Not to be boastful or rude, Argentinians are a distinct people

Alejandra Fretes
ASSISTANT NEWS EDITOR



but being named Alejandra has definitely made me stick out from a young age.

Very few people have been able to pronounce it correctly, but really I'm not at all offended or surprised. I mean, why should they?

I am Argentinian-Canadian, born in Toronto. My parents are both Argentinian, immigrating to Canada at a young age in the 80's. We frequently take month-long trips to Argentina, often visiting new provinces, along with visiting our family that still reside there.

My name, although not my identity, plays a huge factor in how people perceive me, both fortunately and unfortunately. Alejandra

Arrogant, proud, boastful, vain, rude. How many of these words would you use to describe yourself? If you're Argentinian, apparently we're all those things.

Growing up in predominantly white neighbourhoods, minus a stint in California as a child, I went to school with a lot of Kaitlynn's, Heather's and Stephanie's. And not that those are not beautiful names,

is quite Spanish sounding, which automatically characterizes me into the most dramatized versions of Hispanics who are popular in mainstream media.

"Oh, you don't look Spanish." "Why are you so pale then?" "You must have a typical Latina ass." "I thought you were <insert other race here>." "You must have a fiery temper!" and lastly, my favourite, "That's because you're European!" (Argentina is in South America.)

Under the belief that we live in much more progressive times, it comes to a shock that people still find this acceptable commentary. Imagine these same questions and comments being directed at visible minorities?

Stereotypes are hurtful and offensive. And not to say that I don't have a sense of humour, but there is a huge line separating ignorant comments made about an entire nationality or race and observations directed at a single person.

Comparing all Hispanics is like assuming all Canadians are all the same. Again, we are not. There are Spanish-speaking nations on three continents with many cultural and historical differences among them.

Along with that part of my identity, I'm also first-generation Canadian, raised in Canada but with a strong Argentinian influence. I'm not the same as my friends with deep Scottish and Irish heritage

and long Canadian roots stretching back for generations.

So what can be done? For starters, let's cut back on the judgmental stereotyping on complete strangers. If you're not certain, ask! It's incredible how people of different ethnicities are so open and willing to share about themselves.

Canada is made up of immigrants, and there are none who have as extensive a lineage on this land as our Aboriginal peoples.

That being said, hence, nearly all of us are immigrants or come from families who left their home countries to Canada.

Let go of the generalizations, ask questions and inform yourself.



HAMMERIN MAN VIA FLICKR

Photoshopped celebrity and model photographs stir body image issues in as many men as they do in women.

Men also suffer body image anxiety

Mario Belan
ONLINE EDITOR



What you see isn't always what you get when it comes to celebrity photos. But it's not just women who are plagued with insecurities.

Kim Kardashian's "Break the Internet" photos have caused quite a stir on social media, undoubtedly causing some women to compare their derrieres. It's common knowledge that women are constantly pressured to look a certain way, but men also feel this way.

Yes, we do feel bad about our bodies.

Whenever I hear ladies talking about hot male celebrities, I get jealous. I don't feel perfectly great about my body. When you see all these images and videos constantly tossed in your face, you start to feel bad about yourself.

I know that many of these images may be enhanced to make their abs and muscles stand out, but I still don't feel good about myself – why should I?

It's all about looking sexy, looking thin, and tips for those less fortunate to "improve" themselves.

I have never been confident about my body. I hardly take off my shirt anywhere, for fear that people would laugh at my body.

I would describe myself as a skinny-fat kid. I don't have abs – I wish I did. I don't have huge arms – I wish I did. I have been told I am "fit", but I don't agree. We are our own harshest critics.



I know a chiseled physique is something you must work for, and I'm trying, but I just feel like it's not working for me. I don't want to give up, but the feeling of hopelessness always sets in.

Am I stubborn?

Maybe. I'm trying to get back into shape doing workouts again, but I'm confused by my motivations. Am I working out to become healthy? Or am I working out because society is telling me I should look a certain way?

Part of me is saying I'm doing it to be healthy, but the other part says I want to be this super-hot buff guy that makes all the heads turn.

I do want to have abs and muscles to impress my girlfriend, but she says doesn't care how I look.

So why should I care?

I shouldn't, but I know I will always be worried about my body as long as there are celebrities "hotter" than me (which is about every celebrity). As long as society has these unrealistic expectations for me, I will always look down on myself.

I recall many times where I would look down at my stomach and say – why?

Why can't I be tall and have a "perfect" body? I know a chiseled physique is something you must work for, and I'm trying, but I just feel like it's not working for me. I don't want to give up, but the feeling of hopelessness always sets in.

I'm not sure when I will ever feel perfectly comfortable with my body, but I'm trying. The only way is to accept that I won't ever look like a celebrity, because regular people don't get photoshopped.

And most importantly, I have to feel like there is nothing wrong with my body.

'Feminist' on Time list of banned words: Stupid

Jasmine Kabatay
ART DIRECTOR



ment poll," a list of words from the year that are either over-used, annoying, or cringe-worthy. Sometimes all three. Usually the words on the poll are funny to me, but this year I was taken aback when I heard feminist was on the list.

It's worth noting that this is not presented as the view of *Time*, but rather its readership who voted for their selections.

Time threw this word in with the dumb, stupid, and other pop-cul-

When I think of feminism I think of equality for both sexes, not the word "bae."

Recently, *Time* magazine published their annual "word banish-

ture-inspired words. A word, 'feminist, that has a more important meaning than "yaaasssss." Yes, this is on the list.

Feminism has grown into this huge sensation in the past couple of years, and I can't help but love it. Yes, the last wave of feminism has been around for 50 years but there's definitely a renewed stirring lately with prominent examples of sexual assault allegations and impatience for women to really gain the equality they've been promised for decades. I love seeing women calling out for equal rights, because they should.

So, just because more women and men are starting to say they're

feminists, does that mean you should throw it on a dumb poll? It doesn't seem right to me.

Not to mention the half-assed apology written from *Time* editor Nancy Gibbs: "TIME apologizes for the execution of this poll; the word 'feminist' should not have been included in a list of words to ban.

"While we meant to invite debate about some ways the word was used this year, that nuance was lost, and we regret that its inclusion has become a distraction from the important debate over equality and justice."

Which is basically just a big "sorry not sorry" to everybody.

What threw me off was when I



Just because more women and men are starting to say they're feminists, does that mean you should throw it on a dumb poll?

heard that it was actually leading in the survey response. Are we so stupid we don't even know the definition of feminist or its importance?

A feminist is a person who supports political, social, and economic equality to men, and is not in a comparable realm to a word like "turnt."

Kubrick exhibit marks cinematic genius

Lucy Hagerup-Labrosse

A&E REPORTER

Toronto International Film Festival is hosting Stanley Kubrick: The Exhibition, which showcases American film director Stanley Kubrick's most famous works and runs until Jan. 25 at TIFF Bell Lightbox.

The exhibition also displays some of his unrealized films such as *Napoleon* and *The Aryan Papers* from Kubrick's nearly 50-year career.

Laurel MacMillan, director of exhibitions at the Lightbox, said it's their largest exhibition yet, and that she feels very fulfilled seeing all of their hard work coming together so well.

MacMillan said building the exhibit was almost like building an entire house. It consists of a series of rooms dedicated to different films, although as *2001: A Space Odyssey* is so elaborate, they felt it needed two rooms.

Danyl McLachlan, an alumni of Humber's post-graduate Public Relations program, has been working at the Lightbox for two years as a full-time employee and said this was her favorite exhibit yet.

"It's really exciting to see people coming in and connecting with the rooms and artifacts, and really getting to explore behind the mind of this creative genius who you

wouldn't normally get to take a closer look at," she said.

Based in England for most of his career, Kubrick is famous for such acclaimed major motion pictures as *A Clockwork Orange*, *Dr. Strangelove*, *The Shining*, *Barry Lyndon* and *Full Metal Jacket*.

Some of the more intimate pieces in the exhibit include Kubrick's bookcase, filled exclusively with books about Napoleon, and most famously his personal chessboard. Kubrick was well known for his adoration of the game. Jesse Wenthe, Director of Film Programmes at the Lightbox, said Kubrick played chess on every set he directed on.

Wenthe said there are many quotes from Kubrick talking about chess, the precision of it and how it helps to think several moves ahead.

"I think if you look at (not only) the way he produced his movies, but also probably the way he lived his life, it was not completely separated from the rules of chess," he said.

The fourth floor of TIFF Bell Lightbox was used to showcase the unrealized projects, some of his early photography, lenses Kubrick used and some very interesting personal belongings that his family lent to the traveling exhibit.

Tickets are available to purchase on tiff.net for \$12.50.



LUCY HAGERUP-LABROSSE

Original Star Child from Kubrick's *2001: A Space Odyssey* among items on display at TIFF Bell Lightbox.

Comedy school has weekly laugh at Yuk Yuks' bar

Persis Abraham

A&E REPORTER

Humber College's School of Comedy students from the Lakeshore campus showed off their talents on Nov. 18 at Yuk Yuks Comedy Bar.

It was a full house in the dimly lit Richmond Street bar with the crowd drinking beer and sipping martinis as they watched different acts.

Each comedian had to do stand-up for at least five minutes to earn laughs from the audience, a time frame mandatory to achieve good grades.

Patrick Ronan, 19, in his second year of the program, talked about hating the month of November.

"November is depressing, looks grey all the time like a French foreign film," Ronan joked.

Ronan also read out his bucket list to the audience and talked about his experiences and struggles as a hipster.

"So basically, I look like a hipster Shrek," he said.

Humber Comedy Writing and Performance graduate, Robbie Woods told the audience about his life in Barrie before he moved to Toronto.

"Barrie is only famous for four things," said Woods. "Number one is for the Barrie Molson plant, number two is the plant closing down, number three is the glow in the dark mini putt and number four is someone got murdered at the mini putt."

Second-year George Brown College human resources student Cheryl Pulimoottil, 19, attended YukYuks with her friends.

"I love coming out every Tuesday night," Pulimoottil said. "The price isn't bad at all and I was not expecting this night to be so hilarious. All of these students have so much potential to grow and gain bigger audiences."

Humber comedy students perform at Yuk Yuks every Tuesday night at 7:30 p.m., with a talent showcase held at 9:30 p.m. Tickets are \$4.



PHIL WITMER

The Humber Studio Jazz Ensemble's Andrew McAnsh (L) and Mjaa Danielson (R) performed the music of Kenny Wheeler at a tribute concert at Humber Lakeshore auditorium on Nov. 14. Wheeler died of cancer in September.

Tribute honours late jazz great Kenny Wheeler's music career

Phil Witmer

A&E REPORTER

Humber music students and faculty paid musical tribute to the late Canadian jazz great Kenny Wheeler on Nov. 14 at Lakeshore campus.

The two-and-a-half-hour performance, part of Humber's Composer Nights, covered material across

Wheeler's half-century-long career in jazz composition and performance. Acting music program director Andrew Scott, said the concert was initially planned earlier this year as a benefit for the then-ailing Wheeler, but became an in-memoriam show after he died in September from cancer.

"We want people to recognize

this singular voice in jazz music who made a huge impact as a composer with his lyricism and melodic skills," said Scott of the noted flugelhorn player.

The night opened with the seven-piece Faculty Small Group, led by Piano Department head Brian Dickinson. Befitting Wheeler's primary instrument, horns played by



We want people to recognize this singular voice in jazz music who made a huge impact as a composer.

Andrew Scott

HUMBER ACTING MUSIC PROGRAM DIRECTOR

Humber music faculty members, Mark Promane, Kirk MacDonald and John MacLeod dominated many of the lively pieces the group performed. Dickinson told stories of Wheeler in between songs, relating his love of punny song titles, such as "3/4 In The Afternoon," which refers to both hours of the day and the time signature of the song.

After a short intermission, the Humber Studio Jazz Ensemble took the stage under Promane's direction. It took on Wheeler's more ambitious and involved compositions, blending Latin and classical influences using its larger, big band styled arrangement.

Andrew McAnsh, 25, a fourth-year Bachelor of Music student, served as a surrogate Wheeler for the set, ably handling the extended flugelhorn solos for each piece. When asked about what it was like to stand in for such an accomplished musician, McAnsh said that it was "euphoric" and he felt honoured to be selected for the role.

Promane MC'ed the rest of the concert. He shared a story about playing a show with Wheeler, which, according to him, "easily ranks in (my) top five" music performances. He also said that this was among the few times that these particular pieces had been played in North America, as Wheeler was based in Great Britain for much of his career and made his name there.

Poignantly, the concert ended with "Kenny [getting] the last word...as he would want it," as the PA system played a recording of a short solo flugelhorn piece by Wheeler that sang and sputtered before slowly fading out into applause from the crowd.

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HOROSCOPES by JORDAN BIORDI



JAN. 20 – FEB. 19
You're everyone's favorite Pokemon, Pikachu! You're fast and electric, exciting anyone around you. People are often underestimating your abilities because of your small stature.



FEB. 20 – MAR. 20
Today you are the iconic Super Mario. You're well rounded and balanced. People find you approachable, which is why you're so lovable. Consider growing a mustache to get in the zone.



MAR. 21 – APR. 20
Speed, power and grace, you have it all this week much like the intergalactic bounty hunter. Your flexibility will help you navigate your problems with ease, and the power in your arm will let you them!



APR. 21 – MAY 20
You channel the Hero of Time, Link. You have the strength and enough helpful items to get you through most battles with a sturdy shield for defense.



MAY 21 – JUN. 20
You're the newest member to the crew, Pac-Man. You're a classic soul basing all your moves around your old-school origins. You work best with simplicity. Don't ever change.



JUN. 21 – JUL. 22
You're all power this week, like the massive ape Donkey Kong. Use that strength to your advantage to do some serious damage to whatever challenges you're faced with this week.



JUL. 23 – AUG. 22
You're the blue streak, Sonic the Hedgehog. What you lack in strength, you make up in versatility and unmatched speed.



AUG. 23 – SEPT. 21
You may be small, but you pack a mean punch, like Little Mac. You channel your inner boxer; fancy footwork and quick jabs. Don't be surprised if you're bobbing and weaving through the week.



SEPT. 22 – OCT. 22
Your speed and strength make you much like Captian Falcon. Your burning determination is matched only by your style. When in doubt, never forget to show them your moves.



OCT. 23 – NOV. 21
This week you harness the power of Mega Man. You bring variety to each situation, and you're always dependable. After you face each opponent, you gain their powers which is why you can't be kept down.



NOV. 22 – DEC. 20
You're the lovable pink fluff ball Kirby. While some might underestimate your cute appearance, you're always a formidable contender. You're versatile and able to adapt to any battle.



DEC. 21 – JAN. 19
I can't let you do that Fox! You have all the qualities of a leader this week, coupled with speed and skill. Your reflector will ensure that anything bad coming your way is sent right back!

QUOTED: What do you think about feminism?

"People are people whether you're a guy or girl."

"I believe in better equality"

"Feminism is about being equal and getting the same rights"



Victoria Hammond, 23
Cosmetic Management,
1st YEAR

Ben Swallow 20
Computer Engineering,
1st YEAR

Joanna Cardoz, 20
Broadcast Television,
1st YEAR

TO THE NINES

Gibson Eduful
25
Radio Broadcasting
1st Year

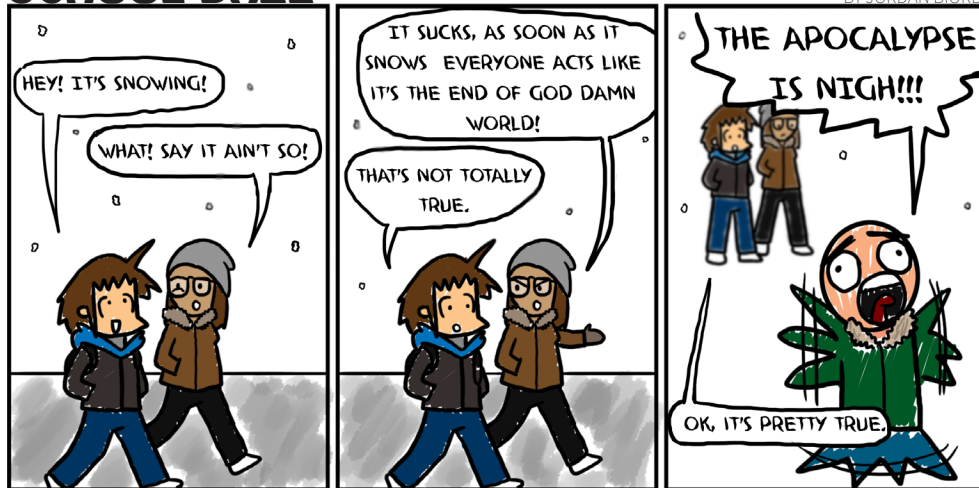
Shoes: New Balance
Pants: H&M
Jacket: Zara
Shirt: Forever XXI
Hat: Forever XXI

Gibson looks to Farrell and Kanye, to take style inspiration, although this time he's dressed more sporty-chique.

PHOTO BY ALEJANDRA FRETES

SCHOOL DAZE

BY JORDAN BIORDI



Men's v-ball loses tough five-set match with Sheridan

Ashleigh Darrach

SPORTS REPORTER

The Humber Hawks men's volleyball team dropped their first match in a fierce five set battle with the Sheridan Bruins on Wednesday evening.

Although the Hawks swept the Bruins in last year's season series, they knew that this game would be tough considering the different dynamic of the team.

Humber had a great warm-up leading into the first set, and despite coming out strong, their defense allowed Sheridan to take the first set 25-22.

"Our defense is usually our strongest asset, and tonight it wasn't where it needed to be," Alex Lewicki, outside hitter said.

With a roaring crowd behind them, the Hawks came back full throttle ready to compete. It was good blocking that allowed the Hawks to take the second set 25-22.

The game went back-and-forth, both teams bringing their 'A' game. Sheridan was digging up everything, and although they were scrambling a little at times, they were working hard. The Hawks were hitting well, managing to score with smart plays.

The Bruins won the third set 25-23 and Humber came back winning the fourth set 25-19.

The fifth – and final set – was a dogfight. The Bruins took the lead early, Humber miss-hitting a few balls and also a few serves.

"We are usually a great serving team, arguably the best in the OCAA, but we missed a lot of serves. A big thing too is that we were kind of selective about when we pushed and when we eased off. We needed to push the whole time," said Patrick Richardson, first-year setter for the Hawks.

When it came time to switch sides, the Hawks scored the next few points. Each team went back and forth with great serves but it was another miss hit that finished the game 17-15 for Sheridan.

"We need to get into practice and remember the team values and expectations and what is required to compete at this level every day. Back to the drawing board," head coach Wayne Wilkins said

UNDEFEATED HAWKS



DOMENIC LOSCHIAVO



The Hawks look to finished the first half of the 2014-15 season undefeated after starting 8-0, winning their last two games against rivals Sheridan Bruins and Niagara Knights.



Men's basketball streak at eight

Hawks use timely defensive stops to defeat Sheridan Bruins in emotional home game

Domenic Loschiavo

SPORTS REPORTER

The Humber Hawks men's basketball team beat archrivals Sheridan Bruins in an 83-69 win last weekend, extending their winning streak to seven games.

In a fast-paced affair, the Hawks were able to get momentum on their side early, thanks to small forward

Baryden Gohn's two-handed dunk, which gave the crowd at Humber North campus Athletic Centre an early rise.

"It's always a live atmosphere when we play Sheridan," said head coach Shawn Collins. "If you're a player, I think it's exciting. A live atmosphere definitely adds to the experience."

The Bruins came out shooting strong in the final

quarter, bringing the game within three points (62-59), nailing three-ball after three-ball. But the Hawks were able to settle down and go on a scoring run of their own, thanks to a pair of fast breaks by point guard RJ Ramirez, and key threes by power forward Chad Bewley to finish off the game.

Ramirez and center Vule Grujic led the team in points with 18 each, with Grujic grabbing 16 boards to go with it. The Hawk's player of the game, Bewley, collected

17 points, nine rebounds and seven assists.

Collins said key contributing factors in the victory were getting timely defensive stops and Hawks' ability to follow the game plan.

Point guard Gibson Eduful said games against Sheridan always bring up high emotions.

"Coaches tell you about the rivalry and some of us, like myself, have been playing the last two years and every single time the crowd has been crazy, so it's a great atmosphere whenever we play them."

Hawks power forward Tyrone Dickson said defense in the last few minutes of the game was important when the team was looking to close out the win.

"It's really important because it's a close game and obviously you want to play good defense and we finished strong," he said. Dickson led the team with a total of 18 rebounds.

The Hawks now have an 8-0 record after blowing out the Niagara Knights 90-77 on Nov. 20.

Women's basketball drives to first place

Hawks share division lead after downing rival Sheridan 85-61

Aaron D'Andrea

SPORTS REPORTER

The Humber Hawks women's basketball team sit tied for first in the OCAA West division after cruising to an 85-61 win against Sheridan College on Nov. 15.

Sheridan games are circled in every Humber calendar when the schedule is released. No matter the sport, Humber-Sheridan games always bring extra intensity and promise to be a good match.

"We know it's a big rivalry," Hawks point guard Melissa Szilagyi said beforehand.

"We're excited, we're motivated and we know what we have to do," said the 24-year-old Humber Print and Web Graphic Design student.

The fit and composed Hawks, with the support of the home crowd, started on the right foot, taking a 17-12 lead at the end of the first quarter.

Hawks defence stood its ground in the second quarter, only allowing Sheridan to net 14 points, while the Hawks scored 27, giving them an 18 point lead (44-26) at half time.

Head coach Ajay Sharma



AARON D'ANDREA

Hawks point guard Ceejay Nofuente shoots a three-pointer against Sheridan College inside a packed Althleic Centre at North

wanted his team to continue to go "hard to the net" in the second half, and they listened.

The Hawks pounced on

their opportunities, while Sheridan's lack of substitutes showed and they gave up 23 points in the third quarter,

while only scoring 10.

Playmaking from point guard Ceejay Nofuente helped the Hawks gain 18

more points, but the Hawks eased off the pedal towards the end, allowing Sheridan 23 points in the fourth quarter.

"I thought the girls played really hard, and they executed our game plan, for the most part, close to perfect,

Ajay Sharma

HEAD COACH, WOMENS BASKETBALL

The buzzer went off, and the Hawks secured bragging rights until these two sides meet again Feb. 6, extending their record this season to seven wins and one loss.

After the game, Sharma was pleased with the team's performance.

"I thought the girls played really hard, and they executed our game plan, for the most part, close to perfect," Sharma said.

Nofuente, 21, a Humber Recreation and Leisure student, said the team would build on its performance going forward.

"Don't play down to their level, and just know mentally and physically that we're better than everyone, and we need to play like we are," she said.

The Hawks head on the road for their last two games of 2014, and then enjoy their winter break before stepping back on the court Jan. 9.

JUNIOR WORLD RUGBY TROPHY

Tierney seeks second time representing Canada

Humber first year student, 18, hopes to make it to Portugal

Jessica Dempsey

SPORTS REPORTER

Representing your country is a once in a lifetime opportunity, but star rugby junior Matt Tierney may get his second chance at next year's Junior World Rugby Trophy in Portugal after representing Canada last year in Romania.

Tierney, 18, a first-year Humber General Arts and Science student, started playing rugby when he was in Grade 7. A friend had convinced him to try a new sport, but his first practice wasn't all he thought it would be.

"I go to the first practice and I ended up hating it... my dad told me to stick with it, and don't leave until you play the first game. I played the first game and I fell in love with it," said Tierney.

Tierney plays the prop position on the field, a front row spot somewhat like a lineman in football. He said he fits the position perfectly when it comes to his height and strength level. His stature has helped him reach high levels in the sport.

"Matt has something you can't coach, and that's physical size," said Tyler Leggatt, president of Upright Rugby Canada (URC). But his size isn't the only thing to make him effective: "He is very focused, motivated and driven to be successful."

It wasn't all natural talent that got Tierney to where he is today. He has had help from many different coaches throughout the years, such as URC president Leggatt, Canada's national under-18 rugby team coach Jim Delaney, as well as various Ontario rugby coaches and Humber rugby coaches.

Tierney is now a candidate to play for Canada's

under-20 (U20) rugby team. In October, Tierney and over 44 other guys were invited to the assessment camp in British Columbia.

"It was my dream to get to this point, and now that I've gotten here it's hard to describe with words," said Tierney.

"Singing the national anthem in another country with all your teammates beside you is an amazing feeling.

Matt Tierney

HUMBER RUGBY AND CANADA NATIONAL U20 PLAYER

The assessment camp is just the beginning and there is still a long way to go to reach the final team.

"We tested everybody for fitness and speed standards. We will test them again for

fitness in the new camp in January, and we expect everybody to be a lot better at that camp. It will show how many people have been working in the months between the two camps," said U20 rugby coach Ben Herring.

Tierney said going into the camp he felt that he was on the unfit side, which worried him.

"Luckily I got called back, and I'm not going to make the mistake of not following up with what they told me to increase," said Tierney.

Herring said the two things that Team Canada is looking for when making their final decision will be attitude and work ethic.

With the 2015 Junior World Rugby Trophy set for Portugal, Tierney is hoping to be on that team to represent Canada.

"Singing the national anthem in another country with all your teammates beside you is an amazing feeling," said Tierney.



JESSICA DEMPSEY

Matt Tierney participated in Canada's national U18 team that played in Romania. He has now been called to up for U20.