

HUMBER

Et Cetera

HUMBER'S STUDENT NEWSPAPER

VOLUME 60, ISSUE 5

FRIDAY, NOVEMBER 1, 2019

A photograph of a young man with a beard and short dark hair, smiling while sitting in a mobile blood donation chair. He is wearing a dark, patterned t-shirt and red pants. His left arm is extended, with a blue blood pressure cuff and a white bandage on his elbow. A clear plastic bag containing a small amount of blood is attached to his arm. In the background, there is a table with various medical supplies, including boxes of 'Prima Touch' gloves, a mobile phone, and other equipment. The setting appears to be a mobile blood drive unit.

HAUL-OWEEN

CANADIAN BLOOD SERVICES DRIVE EXCEEDS GOAL

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ONTARIO'S FAILED
CANNABIS ROLL OUT

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HUMBER'S GOT
SPIRIT

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MENS SOCCER TAKES
OCAA TITLE

P 10



EMILY WILSON

A year after legalization, legal cannabis costs \$130 more per year than buying an ounce of illegal cannabis every month, making it harder to dissuade users from buying on the black market.

Consumers buying cheaper black market weed

Emily Wilson
NEWS REPORTER

It has been a year since the federal government legalized cannabis across the country and most would say the ride was a little bumpy.

Daniel Bear, a drug policy expert and professor in the Faculty of Social and Community Services at Humber College, said the main argument to legalize was to keep cannabis out of minors and take production and sales away from the black market.

But many problems have arisen since the roll out last October.

“The biggest issue we see here in Ontario is a lack of access to retail stores,” he said.

Bear said this problem is in part due to Doug Ford’s win as Premier in June 2018 when he scrapped the plan of 40 physical stores across Ontario. There are currently only 25.

“Based on the current allocation

of licences, of the 40 stores which will soon be in Ontario, seven will be on Queen St. in Toronto,” he said.

To put into perspective, Ontario has a population of 14.6 million. Alberta, with a population of four million, has 300 stores.

Physical stores are necessary for many people who may not know a lot about cannabis and understand what they are buying, Bear said.

“They want to go talk to someone, see the product and smell the product,” rather than buying off of a website, he said.

Cameron Brown, the communications officer of The Hunny Pot in downtown Toronto, which was the first retail store in Ontario, said he sees the roll out a little differently. He said fewer stores meant more product on the shelves when the roll out first happened due to supply.

“The approach the government ended up taking was the right ap-

proach because if we had opened any more than 25 stores, we would have had stores sitting there open with no product,” he said.

The process of having physical retail stores was a long and complicated one. Originally the former Liberal government planned for the LCBO to sell legal cannabis. Once it was scrapped the Ontario Cannabis Store (OCS) was created, who decided to become a distributor instead of being a retailer. Ultimately, a lottery was used to give equal opportunity to prospective businesses.

“Ontario took a wait-and-see approach to understand better how the [other provinces] did it and find out how they wanted to do it a little bit differently,” Brown said.

Bear said many people are using the online stores provided by the government due to the lack of physical access to products, which has its own problems.

Apart from being slow, he said many people have been wary of

providing their credit cards and information “into sources that say ‘I buy cannabis,’” particularly because people can be barred from entering the U.S. if they have information about anyone using or buying a drug on its banned list.

Bear said keeping sales away from the black market has been difficult for the government considering legal cannabis has been more expensive since legalization. He said it’s about \$4 a gram more than illicit cannabis, meaning an ounce a month is an \$130 annual difference.

“It has been very enticing to go to the black market,” he said. “[They have] been dropping its price to interest people. It’s the way to keep customers.”

Raymond Marshall, a medicinal and casual smoker in the Travel and Tourism program, said his main concern was the high cost associated with legal cannabis.

“I order online now because I

just moved to the city, but I’ve actually been getting pretty decent prices online, so I guess it’s been getting better,” the 35-year-old said.

Another concern of his is the quality of the cannabis provided by the government. Marshall said being a smoker before the roll out he noticed a difference in the standard of cannabis in stores.

“The quality in stores is just not worth it,” he said.

Bear said buying cannabis legally is also made difficult when the black market offers products not currently offered legally such as edibles. However, edibles will be legally on shelves by Dec. 16 because of recent legislation.

Brown said the second year of legalization sees 50 more stores coming online in Ontario, improving distribution and accessibility for customers. Cannabis 2.0 will also introduce beverages, edibles and vapes for those who choose not to smoke.

HUMBER
Et Cetera

Humber Et Cetera is the Humber College journalism program laboratory newspaper, publishing 10 times per term in fall and winter. 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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205 Humber College Blvd., Etobicoke, ON, M9W 5L7

Plans to tackle paper waste come on top of other green initiatives

Donna Akbari

NEWS REPORTER

Where some Humber students see a printer in the LRC building, Alliyah Somcio sees piles of wasteful copies made by students who need to up their environmental game.

“The excess use of paper in the library when students use the printer, they end up leaving used paper,” The first-year Early Childhood Education student said there is an excessive use of paper with the library printer. Much of it is wasted, she said.

“They aren’t very responsible,” Somcio said. “Students do this unknowingly — sometimes they just forget that they already printed something and reprint it. But we should think about the impact that each print makes and take the effort to double check if we already printed.”

Other than the issue of paper, she finds Humber is quite the eco-friendly college.

“I’ve seen that Humber College makes a lot of emphasis on the importance of sustainability from the way that the building is constructed — the windows especially stick out the most — Humber has large glass windows that not only provide a great view but also reduces the use of lights,” Somcio said.

As a student going to her classes

one of the things she said she takes pride in the Water Bottle Refill stations.

“It’s not something big and impressive but it has had a lot of impact on students,” she said. “I’ve seen students, my own classmates and even myself bring their own water bottle to fill up rather than using wasteful plastic bottles.”

Somcio said the refill stations are one of the successful campaigns of the Office of Sustainability.

“The Water Bottle Refill Stations has been met with extreme positivity, which had been in part the reason why we were able to reduce 28 per cent of water usage per student,” said Spencer Wood, Director of Facilities Management.

“Humber College has come a long way in sustainability,” Wood said. “We’ve been able to not only reduce our water but also we’ve had a 15 per cent reduction rate in our energy usage per square foot since 2014 and we still have further projects underway.

“Our goal by 2030 is to have a 30 per cent reduction in greenhouse gases,” he said

Lindsay Walker, associate director of the Office of Sustainability, said she hopes to guide Humber College students to be eco-friendlier by using one of the institutional learning outcomes.



DONNA AKBARI

Alliyah Somcio, a first-year student of the Early Childhood Education program, said students need to think about the impact that each print makes and make sure they do not make unnecessary wasteful copies.

“For example, a nursing student. The provincial ministry says you will teach nursing and it will include these things and when they graduate they must know X, Y, Z and at Humber we’ll teach them our Humber Institutional learning outcomes and those outcomes include sustainability, equity and diversity and inclusion, systems thinking, Indigenous knowledge which is

based on the feedback from our community and what is important to them,” Walker said.

“Paper waste is a big issue at Humber Campus right now,” she said. “IT is re-deploying all the prints across the campus and I’m working with them to make sure that all defaults are standardized on the printers so all of them are double-sided.

“All of them are hold and re-

lease,” Walker said. “One of the main issues is that people will print and then forget that they’ve printed and then print again. So (now) you have to walk up to the printer and let it print, that saves a lot of paper and that it’s phase one for a paperless college.”

Wood said sustainability is one of Humber’s key principles.

“We should be living it,” he said.

FAST and FMCA light up lasers to carve jack-o’-lanterns

Melanie Valente-Leite

NEWS REPORTER

From hollowed out turnips to carved pumpkin competitions, carving jack-o’-lanterns around the fall season is quite the old tradition but now, Humber College is shaking that up.

David Neumann with the Faculty of Media and Creative Arts and Tracy Goldfarb of the Faculty of Applied Sciences and Technology eliminated the customary tools, like knives, with lasers to carve out creative designs into a pumpkin.

Neumann said he’s keen on showing faculty potential ways they can share the technology with their students.

“If you’re from the English, science, engineering or even from the art programs, it’s about having some sort of way of introducing students to a different concept then what they’re used to by using some kind of technology,” he said.

The only carving tools available in the 1900s were knives and other sharp-edged tools but the expansion of technological gadgets, something as simple as carving a pumpkin can have lasers do all the work.

“So, the first step in any of these things is trying to get exposure to those people who are at the forefront, which will be faculty and staff, in a fun and engaging way, by having this technology and kind of play,” Neumann said.

Faculty used Adobe Illustrator to develop a design which was sent to a printer. A pumpkin is then safely contained in a machine before a laser begins to cut the image onto it.

Goldfarb, a technician with Applied Sciences and Technology, couldn’t contain her excitement as she explained the process.

“Basically, what it is, is a couple of mirrors, a really strong light, which is what the laser is,” she said. “It gets focused in the mirrors,” and



MELANIE VALENTE-LEITE

Tracy Goldfarb shows Humber faculty how to carve pumpkins without having to use tools but lasers instead.

can carve out any design.

Jack-o’-lantern carving is a tradition dating back to 19th

Century Ireland, where they were used to ward off evil spirits or to represent souls in purgatory. It was

part of the Christian feasts of All Saints’ and All Souls’, occurring immediately after Halloween.

Canadian Blood Services drive exceeds donation goal

Jeremy Yudin
EDITOR-IN-CHIEF

Humber surpassed donation goals set by the Canadian Blood Services for its visit to North campus on Tuesday and Wednesday.

Students donated blood in the Concourse for those in need who are undergoing medical procedures, cancer treatments and managing diseases.

The Canadian Blood Services, a not-for-profit charitable organization, set a goal of 64 Humber donors each on Tuesday and Wednesday.

Skip McWatters, a volunteer leader, said they were short one donor of their goal on Tuesday but exceeded their goal Wednesday, with close to 70 donors.

The Canadian Blood Services visited University of Guelph-Humber on Oct. 8 and had around 40 people register as donors. They set up a donor clinic at Lakeshore on Oct. 18 but McWatters said the turnout was disappointing.

“We had a lot of bookings, just a lot of people didn’t show up to that particular clinic,” he said.

McWatters manages the schedules of about 40 per cent of volunteers in Toronto. He remembers doing clinics at Humber in the 1980s and ‘90s.

There was an estimated 10-year gap where the organization didn’t visit the college until 2007. They have been here every year since, except in 2017 during the Ontario colleges strike.

Canadian Blood Services visits twice a year, once in the spring and fall. Each visit consists of two days.

McWatters said it’s important to reach out to students for blood donations.

“They got to start somewhere, right? So, it’s good to get them while they’re young...some of them just walk by and just notice that we’re having a clinic and they decide they want to donate,” he said.

Chelsey Rewald, a first-year Emergency Telecommunications student, has been donating blood for the last seven years.

Even with her discomfort of needles, Rewald said her dad always donated blood so she started feeling accustomed to it.

“It feels good to give back in



JEREMY YUDIN

Third year Kinesiology student Michael Calabria donates blood during a donor clinic at North on Oct. 30.

some way. Especially with a lot of accidents that we’re seeing nowa-

days, with shootings and all that,” she said. “A lot of people need to get

blood transfusions or any sort of medical procedure done.”

eSports community launches inaugural two-day Play Days event

Nathaniel Marksman
BIZTECH REPORTER

FMCA hosted its very first Week Eight Play Days event on Wednesday and Thursday, which promotes video games and eSports through tournaments and board games.

The event was held over two days in the LRC Concourse and was open to all Humber students. It was organized by eSports staff, players and volunteers and run by the media studies program, who collaborated with students in game programming, 3D animation and film program.

Attendees played games such as Super Smash Bros., League of Legends, Counter-Strike, Call of Duty and Shadowverse, as well as a variety of board games. Students were also encouraged to meet people outside of their program.

The objective was to show Humber students the benefits of playing video games and how it can be a great social event.

“Going outside to events and conventions, meeting up with friends, getting that social connection built is what it’s all about,” said Oz Beyle, the executive assistant to



NATHANIEL MARKSMAN

Humber eSports Coordinator Jacqueline Manor jumped into a game of Super Smash Bros. Ultimate on Wednesday. The event was held over two days in the LRC Concourse and was open to all Humber students.

Humber eSports who in his third-year in the Marketing program.

For students of the media studies

section, this was a great opportunity to explore video game related programs.

Gina Badali, a student in the 3D Animation program, won first place in the Super Smash Bros. Ultimate

Tournament on Wednesday.

During the event, students interacted with other gamers about their favorite games. Play Days also had students getting in on the competitions and experiencing something new for the first time.

Alfredo Debasa, a third-year in game programming, was very pleased with his time spent trying the different games.

“It was a nice event and my first time participating in a tournament,” he said.

For all staff and volunteers, events like this are what they would like to see being implemented in colleges.

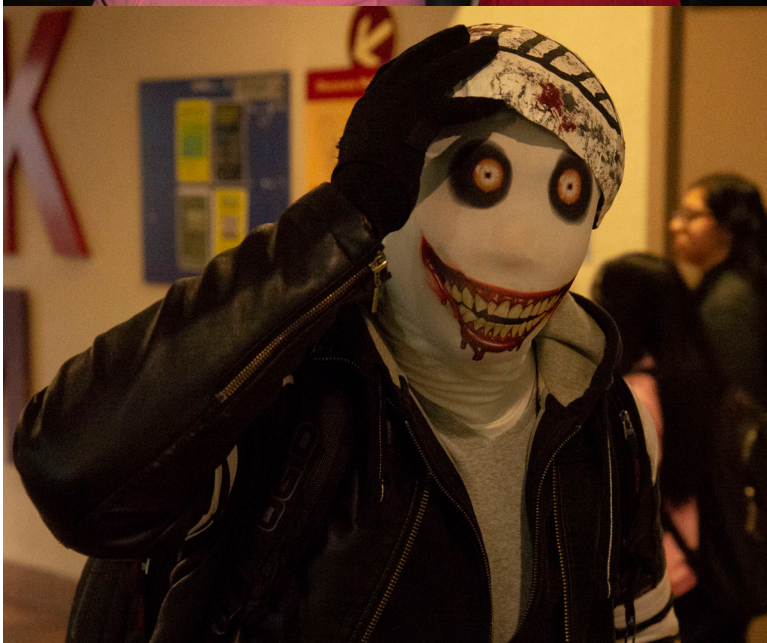
Geoffrey Lachapelle, the eSports director and a game programming lecturer, is a huge advocate for Humber eSports and would like to see the industry grow more rapidly going forward into the future.

“One of the things we’d really like to work on this year to try and accomplish is building a better sense of community at Humber,” he said.

Lachapelle said anyone wanting to join the gaming community competitively, or just for fun, only needs a controller and reaching out to their local gaming communities.

SPOOKY SCENES

Students at both Lakeshore and North got into the Halloween spirit.



Kevin Vose-Landivar, a coordinator in the Aboriginal Resource Centre invited students to their Halloween party on Thursday (Top left); First-year Arts Administration and Management students Sheriza Guzmann and Amanda Singh (Middle left); Danny Nguyen, a second-year Heating Refrigeration Technician (bottom left); Second-year Justice Studies students Alex Martin (middle) and Ian Mawirat (left) with Joshua Fontaine, a fourth year Kinesiology student (Top right); Percy Shulman, a St John Ambulance therapy dog. On Instapuma, @percyperceptions, Percy has over 3,000 followers and 600 posts (Bottom right).

PHOTOS BY HARMONY MULTANI AND JEREMY YUDIN

EDITORIAL

Chile protest symptom of failures in global neoliberal policies

As with the recent protest movement in Lebanon demanding an end to rampant corruption, it was impossible to predict an increase in the price of the Santiago metro would trigger a conversation over overhauling the ruling class and restructuring the economic system.

However, looking back and examine the history of the South American country, it is unsurprising. Indeed, inequality in Chile has been the constant fixture of the country's national character, and even though it is considered Latin America's most prosperous nation, middle-class Chileans live in precarity.

Now Chile is experiencing citizen uprisings with deep-rooted economic grievances, forcing the government to declare a state of emergency across the country.

A cursory look at the data shows the country has a structural economic problem prevalent in many advanced industrial economies: inequality and stagnant wages. The per capita income of the poorest segment of the population is less than \$140 a month. Nearly half the population earns about \$550. Tax evasion is endemic and has cost the country \$1.5 billion. The majority of the population believes the political and economic system is fundamentally unfair.

The images of discontent around the world might be shocking but should not come as a surprise. From Latin America to Asia and Europe to the Middle East, anger rages on, especially among the young. Each of these upheavals had its own trigger, but the common thread is the anger towards the political class and its inability to address the economic, social and ecological collapse.

Meanwhile, in Chile, the administration's response has been inexplicable and authoritarian.

"Chile is at war," President Piñera said as the protest intensified, framing the population's disillusionment and response to economic hardship as a nefarious foe aiming to threaten national security. His comments invoke the harrowing era of Pinochet rule, who used the same slogans to demonize political dissent during his 17-year military dictatorship.

Repression is often justified in the name of preserving national security, as young Hong Kong residents could tell you. Other culprits include Iraq, Egypt and Ecuador, where distrust of politicians and resulting public alienation, is the common theme.

But in reality, this global uprising is directly connected with the unfulfilled aspirations of the young in this current economic arrangement, which rapidly forming into a political tinderbox. The youth population



REUTERS/JUAN GONZALEZ

A demonstrator protests against Chile's government in Concepcion, Chile on Oct. 31. The sign reads "That's how I feel about your democracy. And change of the government cabinet." Younger citizens want change.

is larger than ever before. About 42 per cent of the global population is under 25 years old, and their politics are vastly different than their elders.

As for Chile, the longer it takes the government to understand this generational shift, the harder it will be to get out of this tumultuous political environment.

In an era of the financial crisis,

climate breakdown and the abuse of the neoliberal political and economic model, popular mobilizations led by the young also raise the spirit of hope instead of cynicism.

Given the nature of the crisis, structural solutions need to go beyond the usual top-down politics that have allowed extraordinary amounts of wealth to be appropri-

ated by a tiny elite.

It is also worth remembering the increasing concentration of economic power and, in turn, political power is not a Chilean phenomenon but a global one. Perhaps these protests will one day translate into credible political power against injustice, inequality, environmental derogation and attacks on democracy.

OPINION

Remake of anime Fruits Basket highlights the importance of being true to yourself



NATHALIE LEVEILLE
ARTS EDITOR

With the rise of the new adaptations dominating our culture, classic movies and TV shows including

anime series, Japanese cartoons adapted from manga comics are being brought back to life.

Fruits Basket, a slice of life classic from the late '90s to the early 2000s, began its remake over the summer. The plan is for the series to cover the entire source material instead of a portion like a previous version released in 2001.

I feel the first season of Fruits Basket released in 2019 is better than its 2001 counterpart. This is because it shows that it's ok to be yourself despite any personal issues, and shows the relationships that come with a feeling of acceptance through its characters.

The plot revolves around Tohru Honda, a young girl who now lives

with the Sohma family. The twist is that some members of the family are cursed to change into one of the 12 animals of the Chinese zodiac, and the cat. Honda in turn changed their lives by accepting them.

I think the feeling of acceptance, especially when the truth comes out like when Honda finds out the truth about Kyo Sohma, the cat spirit – who has another form, goes hand-in-hand with the sense of relief that long-suffering individuals need and want.

"I'm scared, I don't know what's going on," she said. "But I want us (Honda's form of accepting Kyo) to work it out together."

Fruits Basket's characters also experience "loss" similarly to the

ways we lose people we love. In addition to car accidents, sickness or suicide, they lose family and friends by memory erasing.

Hatori Sohma, the family's doctor had to erase the memories of several family members. This is shown and told delicately and with a heavy dose of drama and very touching moments in the season, like when he erased the memories of his betrothed Kana Sohma. The characters all have to deal with trauma because they turn into animals, and most of the episodes focus on how they deal with these experiences.

This is especially the case for Kyo who has to deal all the bullying and manipulation from the rest of the fam-

ily including his own mother.

"Curse you, stupid cat," people said. "Get away from us."

Kyo deals with this trauma restricting his emotions and practicing martial arts. He also fights with Yuki, the rat spirit because he believes Yuki, as the favourite child, was the reason he was excluded.

"This is all that damn rat's fault," Kyo said. "I swear the day will come when I'll beat Yuki in a fair fight!"

Most people go through things that affect them on a personal level and find ways to cope with these issues.

In the end, the first season of this remake conveyed a beautifully honest message of acceptance. I cannot wait for the second season, in 2020.

Dealing with mental health requires courage and support



Jared Dodds
NEWS REPORTER

match what was inside my mind.

I hadn't submitted an assignment in weeks or been to a class in months. I was lying to my parents, my girlfriend, saying school was going great.

By Christmas I had stopped inviting people to my apartment. I didn't want anyone to see my bed was surrounded by trash or a growing collection of beer cans.

And finally, the beautiful snowy morning on a date I can't even remember, paradoxically became the worst day of my life.

The day I considered suicide.

Sleep had begun to fill most of the day, before staying up all night, planning how to hide how bad my depression had gotten.

But the rope was beginning to unravel; people were starting to ask questions.

I frantically searched for a way out, another lie I could tell to patch this mess together. Hours of spiralling led to one conclusion; I could jump off the bridge over the highway.

I'd finally be able to escape the

web I had caught myself in; more importantly, I'd avoid the disappointment of my loved ones.

It struck me as I walked out into that fresh snowfall what I was considering. Luckily, I had just enough sense to take a cab to my girlfriend's house, who dragged me kicking and screaming to a local hospital.

On the way I resorted back to lying. "It really wasn't that bad, I think I was overreacting," I told her. "We don't need to go all the way to the hospital, I feel better now."

She ignored me.

I spoke to a nurse, then to a doctor, then to a counselor. I begged them to not keep me in, and they agreed on the condition I would leave university and St. Catharines to move back home.

The only time I've returned was to collect my things.

This is the abridged version of my story. It doesn't cover the hours I spent in therapy, or the multitude of medications I had to try before I found the right one.

All this led to my turning point,

which was starting at Humber College last year. Even after two years of growth, I could feel another collapse coming. Looking back, I still had no faith I would succeed.

Thankfully, I exceeded my own expectations, though not without struggle. But in struggle I have learned lessons anyone, depressed or not, can use to help get them through the stresses of being a student.

The first is admitting you need help.

Talking about your problems takes away some of their power. The biggest thing leading to my spiral was simply trying to hide it.

This is what makes events like Humber's Mental Health Month so important. This conversation is difficult to have, especially for people suffering. Anything that can make it easier is a positive.

The next is structure.

Simplify your life, plan ahead, allow yourself room to stumble.

Sometimes I still struggle to just get out of bed. Starting an assignment a day early lets me prepare for

that possibility.

The last piece of advice is almost certainly the hardest: learning to cut yourself a break. Trust me, it's easier said than done.

Life is already hard, and mental health issues add to the pile. If you have done your best to fight through whatever you're dealing with, then that day is a win, no matter the outcome. All anyone, including you, can ask for is your best.

Normally writers end these pieces with some flowery platitude to make you think it'll all be ok.

I refuse to indulge in that fantasy.

The truth is I still don't have this fully figured out, and there is a good chance many people who say they do are lying to you and themselves.

What I do know is how to make sure I never end up where I was on that snowy February evening again.

Work hard. Be honest. Pick yourself up, and the next time you fall, pick yourself up again.

And remember the most painful days are those that sometimes bring the most important lessons.

I remember the snow, falling gently, almost picturesque.

It was sometime in early February 2016. About 4 a.m.

My world view had compressed to almost nothing. I couldn't recognize the positives each day brought, only experiencing the impending dread of every morning.

I had spent the entire night pacing around my tiny St. Catharines apartment, the floor covered in garbage and laundry. Physical chaos to

Raptors remain a powerhouse but won't repeat



PIRASANTH GUNASEKARAM
SPORTS EDITOR

of seven series and win its first NBA championship in the franchise's 24-year history.

Usually the team that wins the Larry O'Brien Trophy would be one of the favourites to do it all again.

But the Raptors are in a unique place this season because they are not the favourites to win the championship, most significantly because Leonard left the Raptors to sign a three-year contract worth \$103 million to join his hometown team the Los Angeles Clippers.

Masai Ujiri, president of the Toronto Raptors, knew the risks when he traded franchise player DeMar DeRozan, Jakob Poeltl and a 2019 first round pick on July 18, 2018 for Leonard and Danny Green, who signed up with the LA Lakers.

Ujiri — along with almost everyone else — suspected Leonard wasn't interested in staying in Toronto for more than a year, but he still made the trade.

But what does that mean for the 2019-20 season and their chances to go back-to-back?

Without Leonard, they do not have a superstar player that can bail the team out when it struggles.

They do have Kyle Lowry who is the heart and soul of the team and

Pascal Siakam who has potential to be the franchise player and an all-star.

But will the Raps win the championship with Lowry and Siakam as the two best players in the team?

No, because realistically they could go to the second round of the 2020 NBA playoffs depending if they keep everyone during the year.

The Raptors are in this weird situation where they are good enough to make the playoffs in the east, but not good enough to go all the way to the finals.

There are a couple of options Ujiri could do with the team's future.

One option is to start over by rebuilding through the draft and keep with the young players. They could also trade their veterans like Lowry, Marc Gasol and Serge Ibaka for draft picks and young players.

Another option is to focus on its cap space since seven players on the team are free agents except for Lowry, OG Anunoby, Patrick McCaw, Norman Powell, Cameron Payne, Isaiah Taylor, Matt Thomas and DeWan Hernandez on June. 30, 2020.

In 2020, the cap space is about \$45 million and, according to fan speculation, the team is saving room to sign Milwaukee Bucks small forward Giannis Antetokounmpo for



USA TODAY SPORTS/JOHN E. SOKOLOWSKI

Toronto Raptors players point to the the 2019 NBA Championship banner at Scotiabank Arena before a game against the New Orleans Pelicans.

2021. So, they could focus on 2021 where could have about an estimate of \$100 million of cap space to sign the Greek Freak and build the team around him.

What I feel is the best and the most realistic option is to keep the team the way it is at least for a few months into the season and then re-evaluate them.

If they're doing well, keep the team the way it is. If not, then tank the season and rebuild the team.

None of these might not be the options because Ujiri is one of the best when it comes to building a basketball team. But then again, he might have something up his sleeve because no one thought the Raptors would win the championship last season.

Everything went right for the Toronto Raptors in the 2018-19 season, but the odds of a repeat championship is almost zero.

Unlike last season, we never had someone like Kawhi Leonard.

He hit the famous "is this the dagger" that ends the series with the winning shot against the Philadelphia 76ers during game seven of the Eastern Conference Semifinals.

With Leonard's help, Toronto defeated the Milwaukee Bucks 4-2 best of seven series of the Eastern Conference Finals. And in the NBA Finals the Raps eventually beat the back-to-back defending champs Golden State Warriors, 4-2 in a best

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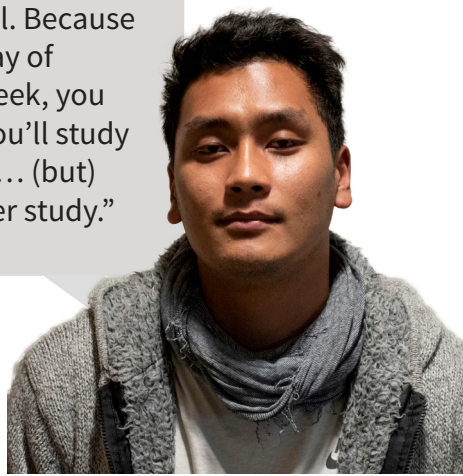
DO YOU PREFER FALL STUDY DAYS OR A FULL READING WEEK?

"I think it's good to have seven days instead of four because on the weekend, you have work to do, you have other stuff to do, groceries, and all that kind of stuff."



ANMOL GIDDA
ACCOUNTING, 4TH YEAR

"Fall study days are good. One week off means you won't study at all. Because the first day of reading week, you say that you'll study tomorrow... (but) you'll never study."



DORJEE D SHERPA
EVENT MANAGEMENT HOSPITALITY, 1ST YEAR

"I'll prefer one week purposely because I like my program, I think it's pretty easy going but other kids might have harder programs and they need more time to work on their stuff."



OLIVEYA HENRY MORRISON
ESTHETICIAN SPA MANAGEMENT, 1ST YEAR

PHOTO OF THE WEEK

POP-UP GREEN SPACE GIVES STUDENTS A PLACE TO CHILL

Dewey Nguyen, a fourth-year International Business student, relaxes in the pop-up green space in Lakeshore Campus' L-building. The green space was part of Humber's Mental Health Month programming.

HARMONY MULTANI



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!

96⁺9 FM | radio.humber.ca

INDIE WEEK LAUNCH PARTY

The 2019 edition of Indie Week Canada's Pre-Launch Party was held at The Hideout, located in Toronto last week.

Among the bands that performed were Ghost Caravan (right), led by vocalist Shaina Silver-Baird and Mountain Head, composed of the brothers Kyle and Ben Hannah.

Mountain Head (below) put on a unique and exciting set full of original songs and a cover of the classic ODB song "Shimmy Shimmy Ya."

"The importance of being an independent musician is being empowered as an individual and having your own point of view," said Ben Hannah, bassist and vocalist in Mountain Head.

Indie Week will take place from Nov. 13 to 17 across a variety of different venues across the city including The Horseshoe Tavern, The Mod Club, The Cameron House, and many more.

PHOTOS AND COPY BY JAKOB GORDON



ARC celebrates Halloween with annual pumpkin carving

Donna Akbari
NEWS REPORTER

Although Maria Agaiby grew up in a conservative family, she embraces the Halloween spirit at this year's annual Pumpkin Carving event.

"Halloween wasn't really a part of my childhood," the fourth-year University of Guelph-Humber Social Service student said. "There was no candy, no trick or treating, no costumes, no pumpkin carving and definitely no horror films — Halloween was generally considered the devil's holiday."

Agaiby said she never believed Halloween was something demonic but rather an opportunity to be someone else.

"At one time or another everyone wishes to be someone else," she said. "Halloween gives people to transform — into a witch, a wizard or, like me, a scarecrow."

Agaiby always had an interest towards the holiday and the pop culture associated with it. But as a university student she finds she doesn't have the time to indulge herself.

"Between working two jobs and

school, I never have time for myself," she said.

The people who organized the event are satisfied with how the event took place.

"We've been running this event for three years now and it's been running smoothly and met with success," Kaitlin Phillips, a member of the Aboriginal Resource Centre staff said.

"It was a team effort and we couldn't have done this without the help of the other staff members and the encouragement of students," she said.

Agaiby said she looks forward to these events because it gives her an opportunity to do what she enjoys and to interact with others who hold the same interests within the school environment.

"The event was nice, there was candy, free food, and pumpkin carving," she said. "What's not to like?"

This year she made a one-eyed monster.

"I don't consider myself an artist — but I'm pretty satisfied with my work," Agaiby said.

The event was enjoyed by many others.



DONNA AKBARI

Bella McWatch, a first-year Fire Service student, said pumpkin carving is one of her favourite seasonal activities.

"I look forward to this event, I've been carving pumpkins for two decades now it's one of my favourite things to do," said Bella McWatch, a first-year Fire Service student.

McWatch said her pumpkin was her canvas and she was interested in seeing what a pumpkin could trans-

form into.

This year her pumpkin was transformed into a possessed Elmo.

"My favourite thing about Halloween has to be the costumes," said Classica Ibana, a second-year Interior Decorating student, who dressed as a pumpkin.

"Some people say Halloween is for children, but with everything going on I feel that Halloween gives us a chance to reconnect with our inner child and be someone or something that we're not," she said.

This event had been her first and she hopes to come back next year.



COURTESY OF HUMBER ATHLETICS

The Humber Hawks Men's soccer team posing with the OCAA championship plaque and banner on Oct. 26. The Hawks beat Fanshawe for their eighth OCAA title in the last 10 season.

Back-to-back OCAA soccer champs look for repeat at Nationals

Jonathan Frasco

SPORTS REPORTER

The Hawks soccer squad persevered through an emotional year, wracked with the unfamiliar feeling of losing, to once again winning the provincial OCAA Championship.

For the eighth time in the last 10 seasons the men's soccer team won the Ontario Colleges Athletic Association championship, defeating Fanshawe 3-0 on Saturday Oct. 26. The defense of the team's national crown next week is now on the to-do list.

Hawks assistant coach Alex Sa-

batini said it means a lot to the program to maintain a consistent level of greatness.

"With us, we are very competitive in nature, so we don't become complacent and we keep pushing year after year," Sabatini said.

The coaching staff put much emphasis on watching game footage on opponents throughout the season, which became crucial for the final game against Fanshawe.

The Hawks beat Fanshawe 5-0 earlier in the season, but the coaching staff made it a key point to keep the players prepared and motivated.

Sabatini said the players were confident but knew they had to follow the tactical game plan in order to pull off the win.

Brian Lepp, Humber Hawks Sports Information and Marketing Specialist, said the most impressive part of the program's consistency is that despite the turnover in players year after year, they still continue to win.

"We know what coach [Michael] Aquino and the coaching staff can do," Lepp said. "they're always bringing in the best players, always making these players reach their full ability."

Being a part of the winning culture is what new Humber athletes strive to accomplish," he said.

For first-year phenom, Leaford Allen it was something he became accustomed to right away.

"You can feel the strength behind not only just the players but behind this logo that we represent," Allen said, pointing to the Humber Hawks crest on his chest.

It was that strength that kept the team together to push through the adversity of what he described was an emotional season.

"We went through almost ev-

erything you can go through as a sports team," Allen said.

The team went through its longest winless streak since 1981 and dealt with injuries and ejections throughout the entire season, making it an uphill battle to the top.

"Honestly, going to nationals, there's no situation we can't handle," Allen said.

Humber men's soccer has won five of the last seven national championships and is heading to Oshawa to defend their national title on Nov. 6.

"We got this," Allen said. "It's Humber versus everyone."

Wheelchair basketball lets student try something new at Lakeshore

Kyle Drinnan

SPORTS REPORTER

Students had the opportunity to try out wheelchair basketball for the first time as part of an event hosted by Lakeshore Recreation.

"The event was about bringing people together and try something new," said Sonya Herrfort, Recreation and Facility Coordinator for Lakeshore.

It wasn't a formal sports event that followed a tournament-based structure. Students just had to sign up and do whatever they want during the Oct. 16 event.

Some played in a pickup game while others kept to themselves.

Students like Fatimah Almadameghe, an Advertising and Graphic Design student, were delighted to experience the event.

"Humber has always been very accommodating to me," she said. "This event is just one of those things that I get to experience and I can make myself better."

Some players used wheelchair for the first time and struggled with their shots.

About 10 students participated in the event that lasted around five hours.

When they were finished, prizes were distributed.

Those who participated got to spin a wheel to win prizes that ranged from sunglasses to phone cases.

"All of our events are about fun with exercise," Herrfort said.

Lakeshore Recreation is planning on doing more events for people motion-restrained, including hosting a sitting volleyball tournament in November.



KYLE DRINNAN

Lukasz Studzinski dribbling the ball during a pickup game at the Lakeshore wheelchair basketball event.

Hawks' season goal is to win Nationals at home

Francis Commey
SPORTS REPORTER

The Hawks are looking to win national gold at their home gym this year after capturing the CCAA bronze medal in Vancouver last season.

There should be no shortage of star power for the Humber Hawks in 2019-20 with the likes of forward Jaylan Morgan who was a named first-team all-star last year. Guard DeQuon Cascart and last year's rookie extraordinaire guard Kevin Otoo are leaders on the team.

OCAA's West Division Coach of the Year Samson Downey returns in his second year as head coach with assistant coaches Chad Bewley and Omar Miles rejoining him. That trio set After a first-year record that included a 17-game winning streak, the Hawks were undefeated at home and had an overall record of 24-4.

Bewley said it's all about creat-

ing chemistry and building blocks through the entire season to get ready for nationals.

However, the season hasn't started off on a winning note, as the Hawks dropped their first two games against the Redeemer Royals and arch rivals Sheridan Bruins. The teams turn-around could begin this Saturday with a game in Hamilton against the Mohawk Mountaineers.

The Hawks' home opener is on Nov. 6 against Fanshawe Falcons.

"End in [the] nationals for us one way or another," Bewley said. "Everything now is about building to that point."

There's a lot of talent on this team. Potentially, this could be one of the best teams Humber constructed in years.

They will rely on their veterans this season for their ability to organize the team's offence and defence.

Newcomers will be put in bigger roles to succeed. Second-year guard



FRANCIS COMMEY

Hawks point guard Fowzi Mohamoud guarding Sheridan Bruins guard/forward Nick Campbell on Oct. 29.

Khalid Ismail is set to make the leap and become one of the more consistent contributors and a leader.

Guard Shevon Noël said he and the other rookies have big chips on

their shoulders and they're ready to prove everyone wrong.

"I came to play for Humber to win a national championship," Noël said.

He also said they have a lot to prove and they'll be ready to prove any doubters wrong.

"We're a group of unselfish guys and we're hungry to win," Noël said.

Last years' OCAA champions looking to repeat during Provincials

Jayvon Mitchum
SPORTS REPORTER

Head coach Dale Essue knew the Hawks women's rugby team would need to "build, build and build" for a chance to be back-to-back OCAA champs.

The Hawks compiled a 12-2 record this season.

That's good for first in the Ontario College Athletic Association's west division.

and for the OC'S (OCAA championships) in two weeks," the back said.

Fellow back Christina Branch also saw improvement as the victories piled up.

"I think our hands have gotten a lot better, and also our spacing on the field, so we can move the ball pretty wide," Branch said.

In her fifth year on the team, she finished second behind teammate Cheyenne De Luca in the OCAA scoring leaders and said Hum-



HUMBER ATHLETICS

Hayley O'Donoghue catches a pass during a game against the Conestoga Condors. The Hawks are the top team in the Western Division and will compete in the OCAA championships in Belleville on Nov. 2.

Humber's opponents haven't been announced yet, but they will play at 11 a.m.

De Luca was optimistic about the team's chances at the OCAA tour-

namment, hoping the Hawks could "go back to back and win a gold medal again this year."

Essue also has high hopes. "We've been able to establish

growth from August, all the way into October," he said. "We're in a good position going into our last tournament, and we should be great."

"We've connected more as a team as the season has gone on, so we're working more together with the people we're on the field with"

-CHRISTINA BRANCH
HAWKS RUGBY 7S PLAYER

They recently finished their final tournament at Seneca, with a 2-1 record with victories over Sheridan and Conestoga Colleges. Already, they are preparing for their next challenge.

Hayley O'Donoghue said the team "started out very strong" and continued to fine-tune its skills throughout the year.

"We're just getting ready for the competition that we have this week

ber's running and passing were its strengths.

"We're the best passing team, because we can move the ball sideline to sideline," she said. "We've connected more as a team as the season has gone on, so we're working more together with the people we're on the field with, whether it be starters or the second line."

Provincials will start on Nov. 2 at Loyalist College in Belleville.

Lords reign supreme at baseball Nationals

Patrick Amaya, David Pastor,
Remi Drouin

SPORTS REPORTERS

One team's disappointing season-ender is another's victorious swan song.

The Hawks chances to repeat as back-to-back national champions came to an end as Humber lost to the eventual National champs, the Durham Lords.

But Sam Dempster, who has been a part of the Lords' coaching staff for 28 years and has more than 400 wins, won his second national title in the season that will be his last coaching the Oshawa-based team.

Sometimes the best coaching doesn't involve much direct involvement by the manager, but letting the players carry the game, and the tournament.

"I'm feeling excited," he said after winning this year's tournament between Oct. 24 and 26 in south Etobicoke and Brampton. "[I] just sat there and watch these guys play," he said.

"It's great to see that nobody let down when we got down," Dempster said. He said the Lords' top hitters stepped up to the plate and gave it their all at the right time.

The Hawks' chances at gold ended with a 5-2 loss to the Lords on Oct. 25 in the National College Baseball Championship semi-finals.

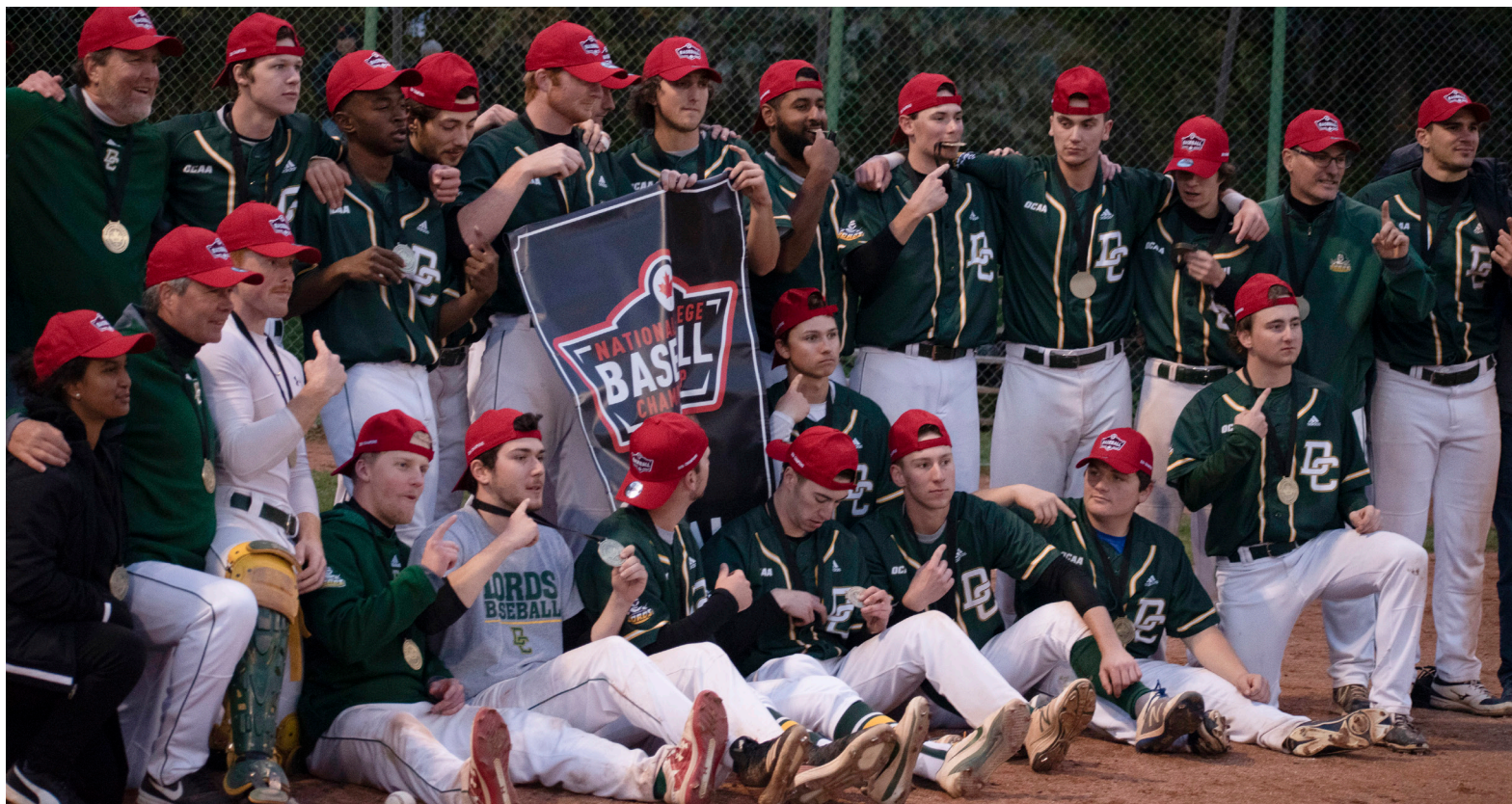
It wasn't the same result as two weeks ago when the Hawks defeated the Lords 9-2 to win their second consecutive OCAA championship on Oct. 19.

Humber hosted its second consecutive National tournament as the best schools in the country came to Etobicoke's Connorsvale park and Brampton's Teramoto park vying for the National Championship.

The participants in the NCBC besides the host and the 2019 National Champs were the Thompson River University Wolfpack from Kamloops, B.C., the John Abbott Islanders from Sainte-Anne-de-Bellevue, Que., the Holland Hurricanes from Charlottetown, P.E.I., and the Lionel-Groulx Nordiques from Sainte-Thérèse, Que.

Teams can only participate if they were invited by Humber College, who volunteered to host the tournament.

"This is the first national tournament we've had where we've had teams from the east coast and the west coast," Lords head coach Sam



DAVID PASTOR

Durham Lords won their first national title since 2011. The Lords defeated Thompson River University 2-1 in extra innings. Hawks finished fourth.

Dempster said.

The Hawks opened the tournament winning a nail biter against the TRU Wolfpack 2-1 at Connorsvale Park.

Cam Hibbs got the win, going 4-1/3 shutout innings while striking out four along the way.

Later that night at Teramoto park, the Hawks beat the Islanders 6-0 as Anthony Goddard threw a complete game shutout, going all seven innings, while allowing only two hits and struck out a career high 13 batters.

"I felt pretty good," Goddard said. "It was a big win for me personally and got the team a bye to the semis, so it felt good for me especially leading the team to a dub (win)."

First baseman Aidan Murphy led the offence, hitting his second home run of the season and first of the tournament.

Humber's dreams of repeating as champs were crushed the next day by the Lords in the semi-finals

"We want to be competitive like Humber is," Dempster said before their game. "They're a great club and we respect them greatly."

Starting pitcher Steven Hough took the mound for Humber but was taken out of the game after just three innings. He allowed five runs on seven hits before Matt Stoddart



DAVID PASTOR

Sam Lebel drove in one run in Humber's 8-7 loss to the Holland Hurricanes in the bronze medal game.

took the mound to finish the game, but it wasn't enough for the defending national champions.

"It's tough, I feel bad for them," said Humber's head coach Jeff Gibbs. "It hurts when we don't do well."

Humber finished the tournament in fourth place, losing 8-7 to the

Hurricanes after giving up six runs in the bottom of the sixth inning in the bronze medal game.

In the finals, Durham defeated the Wolfpack 2-1.

Lords' pitcher Jake Legros went all eight innings allowing only one run while striking out six.

Centre fielder Riley Gray, who

led the Lords with a batting average of .533, one RBI and three runs scored, was awarded the NCBC's top hitter award, all-star and MVP.

"I mean, it's an amazing feeling, we started out the year two and six" win-loss record, Gray said. "So I mean, to make it here [and] win it all, it's pretty impressive."

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HUMBER'S STUDENT NEWSPAPER

VOLUME 60, ISSUE 5

FRIDAY, NOVEMBER 1, 2019



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