



Nursing students hosted an information fair on safe sex and sleeping patterns. See **SEX FAIR** on page 7.

Fahmy brings press freedom fight home

Alana MacLeod
NEWS REPORTER

The main floor of the LRC building at Humber College's North campus buzzed with excitement last Tuesday as students and faculty scrambled for seating as Egyptian-born Canadian and award-winning journalist Mohamed Fahmy arrived.

Fahmy, who was working in Egypt as the International Bureau Chief for Al-Jazeera English, was arrested in his hotel room in December 2013.

He only returned to Canada in October after spending 438 grueling days in an Egyptian prison after trials for operating without a press licence and broadcasting information harmful to Egypt. He was convicted in June 2014, along with fellow Al-Jazeera journalists Baher Mohamed and Peter Greste and the court ruled the trio were part of the banned Muslim Brotherhood, considered a terror group in Egypt.

A retrial was ordered in January and Fahmy and the other two were convicted again in August.

Greste was eventually deported to his native Australia, while Fahmy was released in September. Mohamed was also freed and he returned to Doha, United Arab Emirates.

"I've been free for about a month now and it's just great to gather the pieces and decompress," said Fahmy at the HSF-hosted event Real Talks. "Being back home here in Canada just means the world to me and my wife. I just think that we should not take anything for granted."



ALANA MACLEOD

See **FAHMY** on page 3 Mohamed Fahmy speaks animatedly to an attentive crowd in Learning Resource Commons at Humber College's North campus on Tuesday.

All Nations Powwow supports Humber's Aboriginal community

Delia MacTaggart
NEWS REPORTER

Aboriginal languages in Canada are endangered.

In the 2011 National Household Survey just more than 17 per cent of those with an Aboriginal identity were able to speak an Aboriginal language fluently. This is down from 21 per cent in 2006.

Chris McGregor smiles warmly at curious attendees viewing her jewelry, some of it hand crafted, as the Humber community celebrated an All Nations Powwow on Nov. 10, an annual event in its fifth year. She is part of that

17 per cent, a fluent speaker of Ojibwe.

"It's up to you if you want to learn some of the language," said McGregor, believing it is the responsibility of Aboriginal youths to keep their languages alive.

McGregor now lives in South Etobicoke, but is originally from Manitoulin Island. She was a banker for 35 years before becoming an entrepreneur. She also teaches people how to make moccasins.

"We travel throughout Ontario on the powwow trail," said McGregor.

The public event was hosted and organized by the Aboriginal Resource Centre. Grace Esquega, is

an events co-coordinator at the Aboriginal Resource Centre, helped to organize the event.

"We set up the day before, chairs and tables." They also decorated the auditorium in the Humber College North Campus cafeteria before the celebration started at noon, said Esquega.

Emcee Daniel Delacry welcomed everyone to the event and helped to explain the historical significance of the music, dancing, and powwows.

"We give thanks for life," Delacry said as he introduced the Grass Dancers for the Grand Entry as the Eagle Heart singers chanted and played drum beats that felt like a

heart echoing in the auditorium.

"A powwow is a contemporary version of song and dance. The powwow originated in Buffalo Bill's Wild West Show," Delacry explained.

He thanked President Chris Whittaker for being present at the event and making a speech, noting not every school president makes that kind of effort.

Delacry also pointed out that Humber College has one of the largest Aboriginal populations among post-secondary schools.

A variety of vendors set up at the powwow, too.

One of the vendors, Patrick Hunt-

er, is an artist who works on canvas in acrylic paint and digital.

"I'm from Red Lake Ontario. I'm inspired by the land and culture, it's very boreal," Hunter said of his artistic inspiration. His work is also influenced by Ojibway traditions.

Brooke Kakepetum, another vendor, had a table of arts, crafts, and general supplies. She said many of the items including porcupine quills, a rabbit pelt, and clothes pin dolls can be found throughout northern Ontario Aboriginal communities.

Humber's All Nations Powwow happens each November and all are welcome to join in.

Humber opens doors

Katherine Aylesworth
NEWS REPORTER

Humber College swung its doors open last Saturday to give prospective students a chance to explore what the biggest college in Canada has to offer.

At least 6,000 people were expected at the North, Lakeshore and Orangeville campuses on Nov. 7.

Humber had stations set up to represent every school within the college, along with general sessions to answer questions about transferring, financial aid and counseling services.

"They can come in with the different programs they have in mind, come up with a bunch of questions and just ask the faculty and staff," said Thu Dang, 20, who was working at the North campus event.

Staff and students volunteered at the booths and informed prospects about programs and what the school had to offer. Many of the labs were opened for tours offering people a look at what technology and equipment would be available if they chose Humber. Denica Bittner and Leanna Gouin, both 17, are best friends finishing up their Grade 12 year at St. Thomas Aquinas Catholic Secondary in Lindsay, Ont. They had begun the hunt for a post-secondary institution, and Humber was their first stop.

The interior design program intrigued both, but after visiting the open house, they found a lot more potential programs that drew their attention.

"It's been good," said Gouin about the open house. "It's very welcoming, and very, very informative."

Rachel Deltorre, 17, from Robert



KATHLEEN AYLESWORTH

Courtney Eves and Tesla Danyleleo from the Broadcast Radio program at Humber College, sporting Movember 'staches, welcome people to take a photo with them at college's North campus open house.

F. Hall Catholic Secondary School, attended the open house and found people were helpful. She is interested in Humber because they had her program and the campus is close to her house.

"I want to do ER nursing because

there is always something new," said Deltorre. "There's always a different emergency."

The open house ran from 10 a.m. to 2 p.m. Individual campus tours at other times can be booked on the Humber Website.

TTC price hike worries students

Nicole Williams
SENIOR REPORTER

Students say they are anxious about what could be yet another price increase to TTC fares to offset a projected \$53 million shortfall.

The hike, potentially beginning next year, would also help meet demands for subway maintenance and operations to start an hour earlier on Sundays, Toronto city council was told at a meeting on Monday.

The transit commission's budget committee discussed implementing potential fare increases of up to 25 cents.

Day passes, senior fares and student fares would see a 10 cent increase in their cost.

However, the committee voted to freeze the cost of the monthly Metropass.

Kyana Fletcher, a second-year psychology student at the University of Toronto-Mississauga, said Tuesday that TTC fare increases over the past five years are a source of stress as she travels to school.

"It's so much money to commute every day. I'm actually considering a car to see if it's cheaper," said Fletcher.

And Fletcher is not the only student considering an automotive alternative.

Second-year psychology student Alicia Pisco takes two buses to Humber College's North campus every day, and said the higher prices mean having to put in more time at her job.

"I have to work to pay for my tuition, and I also have to pay for bus fare," says Pisco, "I'll have to work extra hours to do that now."

The Canadian Federation of Students told Humber News the increase would be a step in the wrong direction.

"These fare hikes disproportionately affects students who rely on transit to get to school," said Rajean Holett,

chairperson for CFS of Ontario.

Holett said affordable transit needs to be a priority for the TTC.

"We haven't seen enough improvements over the past couple of increases to make it worth it for students," said Holett.

One local politician said the public should voice their concern.

"The TTC is always under a lot of financial pressure every year," Toronto city councillor John Campbell told Humber News.

"If riders are frustrated, they need to let the TTC know."

Campbell said that increasing fares is necessary if riders want to see improvements.

"The more you add, the more subsidies are required," said Campbell.

When asked if rider budgets could be relieved with support from the new Liberal government in Ottawa, Campbell said it wasn't likely.

"The federal government is supportive of major track improvements and subways," said Campbell. "But I don't think they'll get into the habit of funding our operation because then they would have to look at an ongoing cost of supporting all municipalities."

A proposed earlier Sunday start means the riders will have to pay more if they want to see changes like the subways operating an hour earlier, which Mayor John Tory last week said he wanted to see happen.

"Another hour is another cost pressure. The city is going to have to get a subsidy or dip into the wallets of the fare-paying public," said Campbell.

As well, Campbell said most TTC riders come from middle to lower class jobs and don't have a lot of extra cash to be paying for these changes.

"But that's where we have to go."

With files from Nick Westoll.

Humber Spa paints town red in support of United Way

Ashly July
NEWS REPORTER

The Humber Spa teamed up with the United Way last week for its annual Paint the Town Red fundraising event.

Students in Humber College's Esthetician and Spa Management program join forces every year to give back to the community, one manicure at a time.

The three-day event was held Nov. 4 to 6 and Assistant Manager Jessica Ellison said the partnership with United Way is beneficial to the charity but is also a great way for students in the program to get valuable practice.

"We have always had a partnership with United Way, and we polish nails because everybody loves a hand massage or a polish change. The client contributes \$5 to the cause, and 100 per cent of those proceeds go to United Way, so it's a really good way to give back to our community," said Ellison.

"I'm a regular spa visitor, and it's a



ASLY JULY

Humber Esthetician and Spa Management students performed \$5 manicures for donation to United Way.

great easy way to support the United Way campaign. Five dollars for a manicure, can't beat that," said Jane Lever, the Annual Giving Officer at Humber's Department of Advance-

ment & Alumni Relations.

The United Way's history in Canada dates back to 1917. Its mission is "to improve lives and build community by engaging individuals and

mobilizing collective action."

It's a sentiment echoed by 20-year-old esthetician/spa management student Sarah Kennedy, who says Paint The Town Red is not

only about working on her craft, but also about engaging in meaningful conversations with clients.

"We're educating the clientele on the United Way and our program," the second-year student said.

"Things like this are important because our community needs to know what's going on," Kennedy said.

The event was held at both North and Lakeshore campuses and Ellison says the turnout is typically a little better at Lakeshore.

Although the event is called Paint the Town Red, clients had a choice of polish colour.

Ellison said red is encouraged to get people into the holiday spirit.

"We do try to encourage a red polish, just because of the cause, and also Remembrance Day, she said. "You'll see the students were sporting red lipstick just to further that message."

"They could choose from an array of polishes, but we recommend they do red for the charity and United Way's color," Ellison said.

Fahmy draws crowds at Humber, details ordeal

Continued from page 1

Even behind bars, journalism was an important part of life for Fahmy, who launched a mock radio broadcast show from his cell.

“We started this radio mock show inside solitary confinement,” he told the audience.

“We had a hatch, which was seven-by-three, you could look from your door and you could see the other cell in front of you.

“So we’d call everybody to the hatch,” he said.

The crowd was attentive as Fahmy recalled his time in prison and his ongoing battle for justice, not only for himself, but for journalists around the world.

“When you see someone who’s a living historical figure, it’s a bit surreal, especially when you’re that

close and you can see them perspiring,” said Oren Wry, a second year broadcast radio student.

Fahmy’s wife Marwa Omara sat in the front row while her husband addressed an excited crowd.

“I feel that he is a different man,” said Omara. “He is stronger than before. Now he feels it’s not about him, he’s fighting now for the freedom of press.

“He’s keen to help other journalists,” she said.

“This is part of his healing process, this is part of him giving back for everyone who did something for him.”

Professors and other faculty paid rapt attention to Fahmy as did students, packing the hall.

“I think he illustrated just how complex the Middle East is and it’s even more complex than I think

most of us probably thought before he talked,” said Jamie Killingsworth, a media and globalization instructor at the University of Guelph-Humber.

“I think he’s an impressive individual. It’s an inspirational story but he’s also got a real cautionary tale there, too,” he said.

Fahmy is now trying to give back, but he is still a journalist at heart.

“I got into this business because I do believe that making a difference in journalism is very important,” he said.

“It’s a craft that is honourable, fighting for the underdog, searching for the truth, really going out to get answers. And that’s what keeps a journalist going,” Fahmy said.

Humber College is one of many colleges and universities Fahmy has spoken at and is one of the many ways he is trying to give back since his release and pardon.



ALANA MACLEOD

Mohamed Fahmy with wife Mawra Omara at the Learning Resource Centre

Lakeshore hospital tunnels not a ‘haunted house’ tour

Ruth Escarlan

NEWS REPORTER

When the Lakeshore Tunnel Tour emerged five years ago, it raised concerns for a professor about historic authenticity and sensitivity.

Anne Zbitnew, a photography teacher at Humber College who has been on previous tours, said she was concerned the tour wasn’t telling the real story.

“I think history is really valuable, and I think that looking at the authentic history of the Lakeshore Psychiatric Hospital is very important for people to know and understand,” Zbitnew said.

The Tunnel Tours showcase the historic architecture of the Lakeshore campus. The buildings were built for a psychiatric hospital in 1890. Cottages were built for patients and staff. Patients ranged from people suffering from a mental illness to homeless and gay people.

“They used to have them [the Tunnel Tours] on Halloween, which is appalling to me. You can’t celebrate Halloween at a place that used to be a psychiatric hospital in my opinion,” Zbitnew said. “Would you go to a concentration camp on Halloween and expect to hear ghost stories?”

“I will admit, three years ago we talked about ghosts during the tour,” said Steve Bang, the Humber Business professor who created the tour. “People thought we were demonizing psychiatric patients.”

Bang said that he’s had the help of Tara Mazurk, a curator at Humber, with the history research and over the last three years they’ve changed a lot of the tour content.

“We’ve heard many concerns [regarding the tour], and we offered for them to come and critique the tour, but no one took it,” said Bang. “We don’t tell lies, we don’t

sugar coat it.”

The historical past of the facility is disturbing to many.

“The Lakeshore Psychiatric Hospital was built with unpaid patient labour,” Zbitnew said. “Those tunnels were dug by three men who spent over 500 days working 12-hour days underground digging the tunnels and that was their therapy.

“As they’re patients at the hospital, they work for free and it was exploited,” she added. “But in the past, none of that was mentioned.”

Bang noted, “What you see is what the patients created with no visible means of centre support, so there’s nothing holding it up except the bricks that are all mortared in, in an arch.”

During the tour, students walk up steep steps leading to a web-filled attic and through the arched red brick tunnels of the Lakeshore campus.

Britanny Sabharwal, a 21-year-old in her last year of Child and Youth Care at the Lakeshore campus, said she discovered in her first year that the campus used to be a mental asylum.

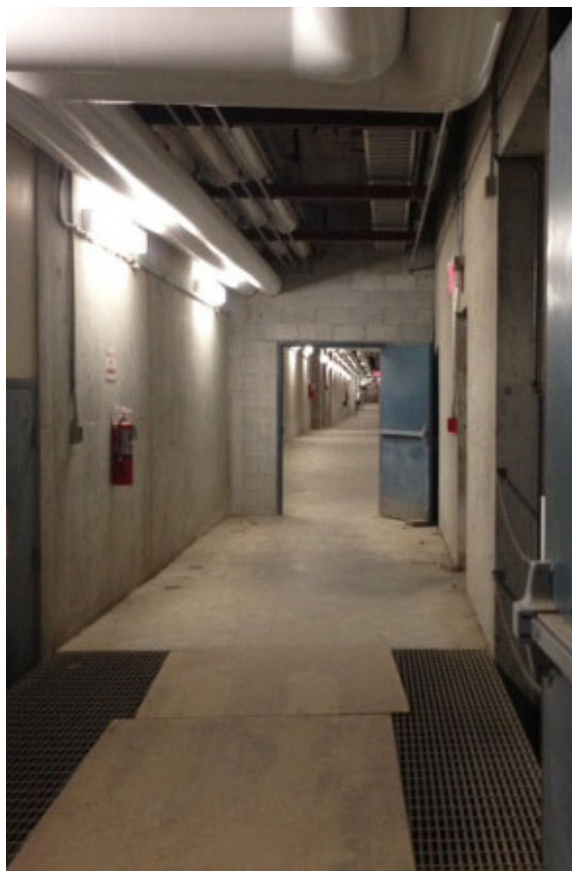
“The tour overall was very informative, very educational and I can kind of see patients actually working here as we went into the attic — when we went through the tunnels,” she said.

“Things that they might have been doing based off of the history [research] I did before the campus tunnel tours. It was just really, really, amazing,” said Sabharwal.

The recent Tunnel Tour took place on Nov. 4 with a purpose: the United Way.

“This is the United Way campaign month — November,” said Bang. “We started doing the tours a couple of years ago because students wanted to go on the tours and pay the \$5, so it’s a good United Way fundraiser,” he said.

The historic underground tunnel system at Lakeshore campus highlights its past as a psychiatric hospital. Tours of the tunnel have traditionally been a Halloween-themed activity but now organizers are responding to calls for more sensitivity to their context, implementing historical accuracy in the tour content.



Police criticize Humber lockdown protocol

Hiding beneath desks led to added fatalities at Columbine, officer said

Matthew Pariselli, Javon Walker and Eric Wickham

SENIOR REPORTERS

At 10:10 a.m. Thursday, an announcement over the Humber North P.A. system directed students and staff to comply with specified lockdown practices outlined on information boards in classrooms.

The guidelines advise people to enter an enclosed safe space, lock the door, cover windows and lie on the floor or crouch beneath a desk.

It is these last two that particularly concern police.

Lockdown officer Tony Santeramo said instructions to crouch beneath a desk is a misstep that led to several fatalities in the 1999 Columbine High School massacre in which 12 students and one teacher were killed in Colorado.

He said the students who lost their lives in Columbine were “sitting ducks” under their desks, especially in wide open spaces like a library or a study hall.

Observing the mock lockdown exercises at Humber, Santeramo said locking doors, hiding and getting out of plain sight is of the utmost importance.

Taking coverage beneath a desk is not sufficient protection, and the key is to find a spot you will not be seen..

The lockdown elicited mixed reactions from students.

Not all members of the college community demonstrated concern or even responded to the procedure.

Some students were indifferent to the exercise, unfazed by the orders rung out over the P.A. system and by security officials monitoring the operation.

Toronto Police Constable Ryan Willmer addressed the students who seemed unmoved by the efforts of the college’s Department of Public Safety.

“They think it’s a joke. All you have to do is go up to them and

kind of educate them. It’s all about education. I’m not going to say most students are ignorant to the fact but they don’t really take it seriously until something real happens,” he said.

“Our goal is to get them to realize it before something real happens.”

Rob Kilfoyle, director of public safety at Humber College, echoed the sentiments.

“We do want them to think about if there was a real situation where they would go and what they would do,” he said.

Kilfoyle stressed the importance of safety throughout the process.

“Our instructions to folks are to do what makes them feel safe,” he said.

“People feel safe in different ways. We encourage people to participate in the exercises.

“But there are those who say, ‘No, I’m good. I’m safe where I’m at.’ We’re not going to strong-arm them and force them into rooms.”

The Department of Public Safety did due diligence by instructing people on the protocol to follow.

Humber College has a video detailing lockdown protocol in the event of an armed attacker.

There are more mock lockdowns scheduled at Humber North for Saturday, Nov. 14 and Tuesday, Nov. 17.

Willmer said both upcoming lockdowns will include the presence of a simulated assailant.

Aboriginal vote rose in bid to oust Harper

Hunter Follon

NEWS REPORTER

The Liberal Party’s promise to invest in education for Canada’s First Nations sparked Humber College student Harlie Southière to vote.

The 19-year-old North campus student who identifies as Métis saw how the lack of educational opportunities could harm a community.

So she voted. Liberal.

The 2015 federal election was historic for Canada’s First Nations community, with 10 indigenous candidates elected to the House of Commons and a large increase in voter turnout throughout Aboriginal communities.

A record-breaking 54 indigenous candidates ran in total, a major step

in political engagement for First Nations. Some heavily Aboriginal ridings reported a 20 per cent increase in voting from the 2011 election, which resulted in some polling stations running out of ballots.

For Humber Liberal Studies professor Kerry Potts, a change from Harper was the driving force behind surging numbers in First Nations voting.

“(In past elections) there’s been a sense of disenfranchisement by the Aboriginal community when it comes to voting. But the message from the Harper government was that Aboriginal people aren’t very important,” said Potts.

Potts, who identifies as Teme-Augama-Anishnaabe and teaches indigenous perspectives on music, film and media, says Harper’s disinterest

regarding an inquiry into missing or murdered indigenous women, or the Truth and Reconciliation Commission (TRC), which investigated the abuse of First Nations’ children at Indian Residential Schools and the lingering effects it had for generations of First Nations children, were major factors in motivating Aboriginal voters to make a change.

Jodi Harrington, a third-year student in Humber’s professional baking and pastry arts management program, who identifies as Ojibway, says it was clear that it was time for a change.

Harrington, 20, admits she didn’t vote, but is optimistic for change through the newly elected government.

“I hope the Liberals make good changes,” she said.

Eight of the 10 Aboriginal MPs are Liberals, which made great strides in reaching out to indigenous communities during the campaign. Prime Minister Justin Trudeau made it clear working with First Nations groups would be one

of his top priorities in office, starting with a follow-up to the TRC.

“(Liberals) seem to have the interest of Aboriginal people in mind,” said Potts.

Trudeau vowed during the election campaign to end boiled-water advisories on reserves within five years.

“We have 93 different communities under 133 different boiled water advisories across the country,” Trudeau said at a town hall hosted by VICE on Oct. 5.

“Within five years, there should be zero. And a Canadian government led by me is going to address this as a top priority,” said Trudeau.

In the nearly three months before the election, Trudeau preached the importance of rebuilding First Nations’ roles in Canada. At a campaign stop in Saskatoon last August, Trudeau said he would commit \$515-million a year in First Nations education, \$500-million over three years for school infrastructure, and an extra \$50-million annually for

First Nations post-secondary student support programs.

Southière, a second-year student in Humber’s funeral services program, says she voted Liberal for the party’s commitment to education.

“My sister and I are the only ones in our family with an education past grade 9,” said Southière. “It would mean so much if we could invest in education (for First Nations), make up for the lost generations.”

Southière, 19, grew up beside the Delaware Nation at Moraviantown Reserve, on the outskirts of Thamesville, Ont. She remembers seeing Aboriginal friends drop out of high school, develop bad habits at a young age and lose sight of their roots.

“They were out of touch with their heritage,” she said. “No one took pride in what it means to be Aboriginal.”

“What I’m hoping for is Trudeau acknowledging that there needs to be a culture change in how we educate Canadians on First Nations history and their place in the country.”

MINUTE OF SILENCE FOR THE FALLEN



JAKE WILSON-HAJDU

Remembrance day ceremony, lead by School of Media Studies professor Carey French took place at 10:50a.m on November 11 at Humber College North campus Central Concourse. Hundreds of people attended annual event which includes traditional Scottish bagpipes and a minute of silence.

Sunnybrook uses ultrasound to treat brain

Nicole Williams
SENIOR REPORTER

Scientists at Sunnybrook Health Sciences Centre are the first to use a new procedure that will deliver life-saving drugs to the brain without intrusive surgery.

The new method uses focused ultrasound technology to non-invasively breach the blood-brain barrier, a sheath that protects blood vessels in the brain and prevents any harmful substances from entering the bloodstream.

Allison Bethune is a clinical research co-ordinator at Sunnybrook's neurology department, and was a part of the team who researched this new treatment.

"It has the potential for scientists to more effectively treat brain tumours, Parkinson's and Alzheimer's and other brain diseases without the risks associated with invasive surgery," Bethune told Humber News.

"This technique will open up new opportunities to deliver potentially much more effective treatments to the targeted areas," said Todd Mainprize, the principal investigator in the study, in a statement.

Rather than earlier methods, that invaded the blood-brain barrier, this new technique allows the medication to reach the patient's brain,

non-invasively. Bethune explained that the process begins with an MRI machine that opens the blood-brain barrier where micro bubbles are injected into the blood stream and

temporarily to allow medications to reach their targeted location.

"Breaching this barrier opens up a new frontier in treating brain disorders," said Dr. Neal Kassell, chair-

man of the Focused Ultrasound Foundation. She is the first of 10 patients with brain tumours who have been listed for the treatment.

Hall's tumour is classified as a gli-

oma, which spreads out into a web-

like shape that is difficult to remove in surgery. Parts of the tumour are often left behind, which is the reason survival rates for gliomas are particularly low.

With this new technique, chemotherapy drugs will have access to the cancer that remains.

Hall underwent surgery at Sunnybrook earlier this week and Mainprize said the new technique worked "exactly as hoped."

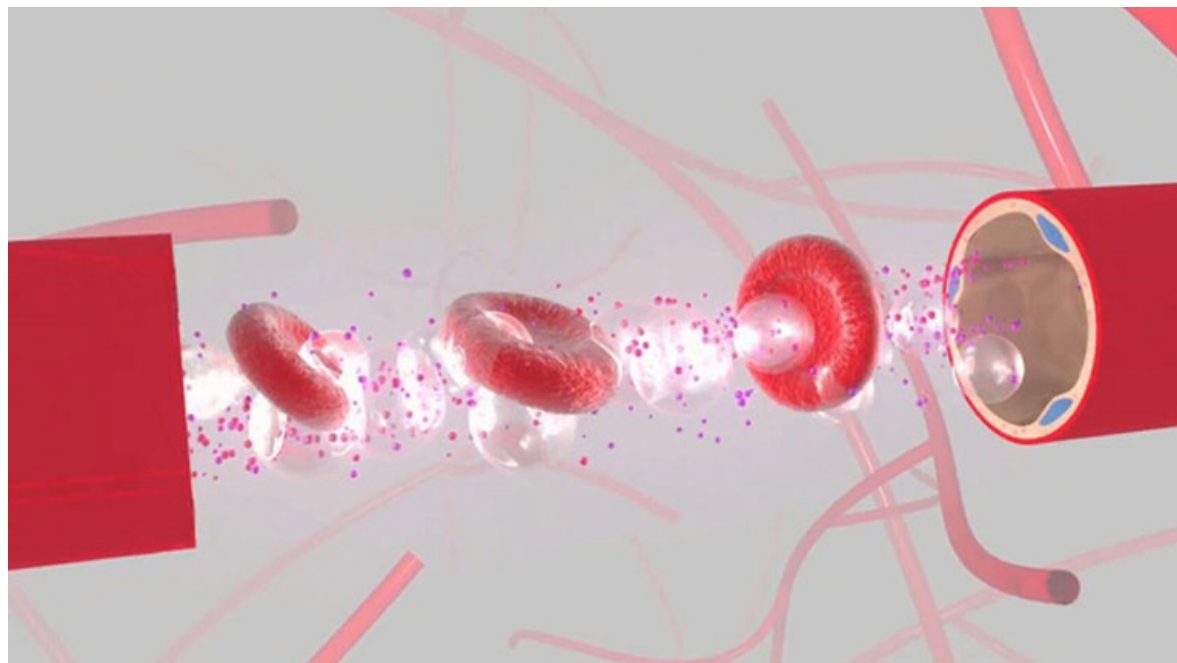
Bethune said the treatment is still very much in the research phase and it could remain that way for up to two more years. However, the new treatment method is already showing promise following Dr. Mainprize's successful procedure. Humber Practical Nursing professor, Eva Hearn said she believes this new method is a better brain treatment than any intrusive method used before.

"With a less invasive method like this, it could relieve patients and family because it might not require an overnight hospital stay," Hearn said. "It's more cost-effective for the family."

Hearn said this process could be a quicker way to diagnose brain diseases and the idea of a non-intrusive procedure will appeal to patients, who are usually nervous about brain surgery.

"We need to determine its safety and feasibility first," said Bethune. "But we already have a large number of patients phoning in to see if they can get the treatment."

WITH FILES FROM JELANI GRANT



COURTESY OF COLUMBIA ENGINEERING.

Focused ultrasound technology creates micro-bubbles in patients' bloodstreams. This allows doctors to safely administer life-saving drugs that will treat brain-disease.

timed with an ultrasound beam that targets blood vessels in the brain. When the bubbles arrive and hit the beam, they become excited and loosen the cells, opening the barrier

man of the Focused Ultrasound Foundation.

The first patient to undergo this new technique was Bonny Hall who has had a benign brain tumour for

eight years that became malignant. She is the first of 10 patients with brain tumours who have been listed for the treatment.

BIZ/TECH IN BRIEF

New York State bans fantasy sports

DraftKings and FanDuel have been issued cease and desist orders to stop accepting bets from the State of New York. DraftKings said they are currently exercising every legal option that would allow New Yorkers to continue enjoying the service. The New York based fantasy sports company, FanDuel released a statement contending that the game is played legally. Following their individual statement releases, both companies are facing various lawsuits and could face new regulations to their service.

Labatt buys Mike's Hard Lemonade

Labatt Breweries has announced it will buy Mike's Hard Lemonade and Okanagan Cider for \$350 million US. For years, Labatt has only manufactured beers, but according to the company's president, Jan Craps, the addition of the Canadian owned beverage manufacturer will bring diversity to their expanding collection of more than 60 beers.

Admission fee for Christmas market

Due to 2014's chaotic weekends in the Distillery District, organizers of the Toronto Christmas Market announced that admission to the market would cost \$5 on weekends. The admission fee is an attempt to regulate the large crowds that are brought to the district each year, after an average of 40,000 people per day visited the 21-day event. During the Christmas celebration, admission will still be free on weekdays.

Largest data theft in United States history

Two men held in Israel and one U.S. citizen believed to be in Moscow have been charged in connection with the 2014 theft of contact information from customers of American financial institutions. More than 83 million JPMorgan Chase & Co. accounts, containing names, addresses, emails and phone numbers, were cyber-hacked during the summer of 2014. The theft is being marked as one of the largest thefts of financial-related data in U.S. history.

Twitter launches browsing tab as part of effort to attract new users

Hailey DeWitt Williams
NEWS REPORTER

Twitter is the first place many millennials go before TV, radio or newspaper when they wake up in the morning.

The social media site reported 36 million new users since last year. But the boss isn't happy.

"We are not satisfied with our growth in audience," said interim CEO of Twitter Jack Dorsey, in the company's 2015 second quarter results report. "In order to realize Twitter's full potential, we must improve in three key areas: ensure more disciplined execution, simplify our service to deliver Twitter's value faster, and better communicate that value."

Growth in the U.S. has been stagnant for the past three quarters while the service grows slightly internationally, according to the report.

Twitter has 320 million active users and is a sharing option alongside Facebook on practically any post found on the Internet; so it may come as a surprise that Twitter isn't doing very well.

"I think the challenge with Twitter is that we haven't identified what the real use of it is," said Jerry Chomyn, program coordinator of Media Studies at University of Guelph-Humber. "We're still sort of toying with it and it's much like many other forms of media... People are still treating it as a novelty," said Chomyn.

Stock prices are bouncing around but continuing to drop. The company is trying to figure out how to convert its billion reached

readers into users.

"I would use it more if they expanded the word count and came up with a way for me to filter my own feed instead of just searching for a hashtag and having to read through everyone's tweets," said Alina Kniaseva, 19, Bachelor of Commerce e-Business Marketing at Humber College.

This month, Twitter released both a commercial and a new browsing function in an attempt to draw in new users. The commercial focuses on drawing in the young, mobile and connected users, while the browsing tab aims to simplify the Twitter experience for those who want to use the site more casually and at their own pace.

The commercial focused on the MLB season, illustrating fans real-time reactions to a number of plays from the last season. The ad effectively contrasted Twitter's new browsing tab with a number of action shots.

The browsing tab, called 'Moments', allows users to look through top stories from the day. Devoted primarily to big news stories, the tab allows users to stay updated on news without filling their timeline with news organizations in order to stay up to date.

"We're finding out that it has power and it has influence, but we're not quite sure how to harness that. And from Twitter's standpoint, they haven't figured out how to make money on it," said Chomyn.

The commercial and Twitter 'Moments' are what some believe to be the company's last chance to recuperate after their stock price plunged about 13 per cent in shares.

Humber sustainability sets a standard



DANIELLE FURTADO

Humber's efforts to remain sustainable extends to the 'green roofs,' with gardens covering roughly 80 per cent.

Sveta Soloveva

LIFE REPORTER

Eco-friendly development is vital today, Humber College officials say, but the sustainability efforts made at the school are not always reflected in efforts elsewhere, particularly with the creation of resort properties.

"Making certain adds (additions), we try to be environmentally-neutral," senior director of capital development for Humber College Angelo Presta said.

"We are not adding more challenges, and we are trying to look into some little strategies like the green roof. If developers take everything out and then put a new resort there, it goes against the nature around it. I think it's a problem," he said.

He called green roofs, parking struc-

ture and energy efficiency the key points in building the college facilities.

Humber already has some green roofs that absorb storm water and roofs with dipper parapets that hold the water longer.

The school has also done other things that could be a model for properties elsewhere. For example, the parking area has not increased significantly over the last few years. However, it is important to look at the storm drainage system challenges when adding new parking spaces in the future, Presta said.

According to the senior facilities director, Humber has solar panels that help to use less energy.

The college is planning for new buildings in the future to replace older buildings and not take away more green space.

Humber's efforts stand in stark contrast with many other examples in the country where developers think about money first and forget about nature, Humber safety director Rob Kilfoyle said.

"If you take primarily forest area that is native for deer and bears and you start to build there, houses, the animals get displaced, and they end up coming in the conflict with humans," Kilfoyle said.

He said First Nations' grounds have been suffering from ongoing or proposed construction across the country.

An example is a proposed ski resort in British Columbia's Jumbo Valley, which threatens Aboriginal sacred ground and a population of grizzly bears. The animals use the Valley to roam between Canada and the United States.

The documentary *Jumbo Wild* that was screened on Nov. 5 in Toronto's Patagonia store on King Street told about the problem and inspired visitors to sign a petition to save the sacred ground from the construction.

Bradley Foster who works for Patagonia said similar problems exist in northern Ontario's Ring of Fire near James Bay. The government and developers plan to exploit the region for mineral resources, and it will have a negative effect on the environment, not allowing inhabitants to determine the future of their land, he said.

Presta said instead of focusing too much on economy, people need to develop a higher value for the environment, so they can use it in a way that benefits the economy with

little impact on the ecosystem.

"I think there should be studies done on what the potential effect is on wildlife. Right now we want to make sure that here are jobs and economy, and this and that. But the environmental piece is more important," said Presta.

Foster, who just finished a degree in geography, confronts people who think development can boost the economy because the jobs it provides are usually low-paid and low-skilled.

"They don't provide the training to create sustainable work within the area. So it's like short term jobs or jobs that don't have a lot of mobility. When the project is over, workers don't have the skills for another project," he said.

New library space at LRC expands study areas, light

Krystal Mohan

LIFE REPORTER

The library in Humber's Learning Resource Commons opened this past spring and offers students a better studying experience than the former facility, including more private study space, and a beautiful view.

"I think [the LRC] is very nice. I love the view, and it lets me work while still having a very nice outlook," said Maria Arenas, 21, a Humber liberal arts and science student. "I think there are a lot more study rooms and resources, and any little thing we might have a problem with, there's somebody there to help."

The library occupies both the third and fourth floor of the North campus LRC, providing nearly 200 computers to students, a 200,000-volume book and DVD collection, and nearly 30 group study rooms.

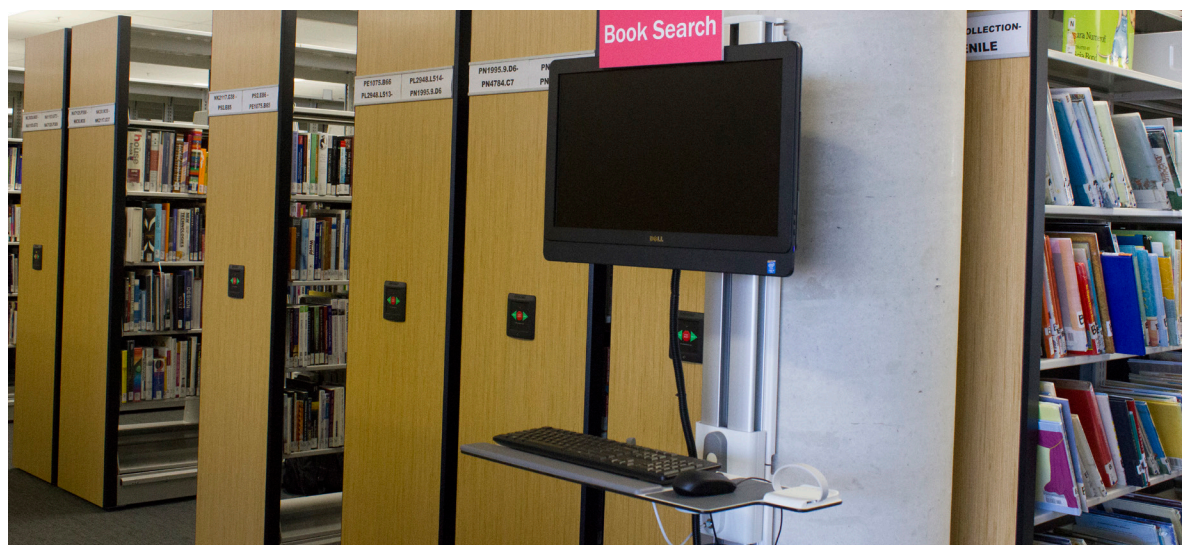
"The library is much bigger and

better here for sure," said Aliya Delfin, a Humber librarian for Liberal Arts and Science. "We have 28 study rooms between the Learning Commons and the library, and we had only nine in the last building. So study space wise, we have so much more than we ever had."

The library's hours of operation are perfect for students with morning classes during the week, and even for non-students like Kiran Jit, a 27-year-old member of the community who enjoys reading on weekends.

"I like coming to the library here. The view helps me somehow focus more on whatever I'm doing," she said.

The library now has plenty of room for students who prefer to work from their laptops, something the previous library did not provide much of. The one concern is the great numbers of students flocking to the library, so it can get busy pretty fast.



KRISTAL MOHAN

The revamped library now boasts a new system to help you find the books you need.

"There are more electrical outlets for laptops, more tables, things like that," said Delfin. "Issues-wise though, because this is such a beautiful bright space that even though we have three times the space that we had before, it's packed. There are just so many students who want to study in here as opposed to everywhere else on campus."

The building operates Monday

to Thursday from 7 a.m. to 10 p.m., Friday from 7:30 a.m. to 6 p.m., Saturday from 8:30 a.m. to 5 p.m., and Sunday from noon to 5 p.m. There are computers situated within the library's book aisles for quick inventory searches, and the new shelving is user-friendly for students.

"I think everyone really likes the compact shelving because it's high-tech and fun to use," said Delfin.

"During the time that we moved, we got to do a little bit of weeding and got out a lot of the books that were too dated to be carried. So I think that our collection is a lot stronger now."

"There are more books and they're all on one floor, so it's very easy to find what you're looking for," said Gajin Lee, a 33-year-old Humber Baking and Pastry Arts student.

Safe sexuality, healthy sleep info at nursing fair

Fair held to inform students on importance of sleep and STI awareness

Adriana DiSanto

LIFE REPORTER

Yesterday students swarmed the first floor of Humber's Learning Resource Commons building to receive free condoms and information packages.

Third year nursing students held a Sex and Sleep Fair in order to raise awareness for both STIs and unhealthy sleeping patterns.

The students put together a survey to see what areas students are struggling in when it comes to their health.

They found Humber students are the least educated in healthy sleeping patterns and how to engage in safe sexual intercourse.

"This is a promotion strategy," Gusharan Nagra, a third year nursing student said, "We're trying to get the message across about safe sex and how to prevent early pregnancy and sexual transmitted diseases."

Nagra also said they want to expose Humber's Health Centre to students because many are unaware of their services.

"Students can get things like condoms from there, and birth control," Nagra said.

The centre not only offers forms of birth control, but gives sexual transmitted infection tests without charge to Humber students.

"They've engaged in a primary health prevention strategy to help

protect, promote, and maintain a healthy student body," Stefanie Santorsola, a clinical professor at Humber said.

"We've found that with our research, STIs are prevalent amongst the 24 age group which is our target population," Santorsola said. "Lack of sleep does affect academic performance."

The main goal of the event was to raise awareness and give students options even when they think they may not have any and, at the same time, prevent the spread of misinformation.

"A lot of students may think they have knowledge on this," Santorsola said. "These students want to transfer their knowledge to the student population."

Other information that was offered at the fair was the sleeping booth, which included a lot of tips on how to sleep better.

"Here we talk about sleep cycles and some tips," Kale Boyer, a third year nursing student said about the colourful display about sleeping patterns.

"As a student it's always going to be hard to get sleep," Boyer said, "but a lot of it has to do with technology (smart phones, iPads, televisions) being in the bedroom."

Eating heavy meals and using a phone before sleeping are both key reasons as to why students struggle the most with getting a good rest at night.

"I wouldn't recommend doing strenuous exercising two to three hours before sleeping," Boyer added.



ADRINA DISANTO

(Above) There was a substantial amount of condoms to be given away to students. (Below) Kalee Boyler, third year nursing student, shows off her sleeping booth at Humber North.



Cured meat popular despite WHO study

Ed Hitchins

LIFE REPORTER

When it comes to breakfast, Humber College General Arts professor Teresa Cheng is extremely specific with her preferences.

"I always wake up and have a bulletproof coffee," says the general arts professor. "I'll fry up about half a dozen slices of bacon and the smell is what really wakes me up."

Cheng says she loves red meat and she consumes a lot of it. Her meat preferences includes prosciutto, ham, as well as bacon. She estimates that in a 30-day period, most of her meals involve processed foods.

She said the recent news regarding carcinogenic properties of those foods isn't what it seems.

"There weren't enough factors used in the report (which) didn't really throw other factors in like exercise and balanced diets," said Cheng.

The World Health Organization (WHO) study states there is a correlation between processed meats, such as bacon, with bowel cancer. It suggests that just 50 grams of processed meat – the equivalent to two slices of bacon – per day increases the chance of developing cancer by as much as 18 percent.

Culinary Management student



ED HITCHINS

According to a new report these sandwiches contain processed meats which contributes to developing bowel cancer.

Martine Haller says when it comes to feeding herself, there is only one constant factor: cost.

"The thing is, a lot of people will go and eat these processed meats because it's a lot cheaper," said Haller. "I have a job, but I'm only getting minimum wage. I have a lot of other stuff to pay for. I have tuition and books to pay for. Amongst all that stuff, I have to eat as well," she said.

Yet, diet and food nutrition program coordinator Tracie Sindrey says that even so, processed meat can be prepared in a healthy way, even on a budget.

"Try steaming your meat instead

of frying, using orange juice or alternate oils," Sindrey said. "Red meat is a great source of iron and protein. The key is lean cuts, prior to cooking."

Meanwhile, Cheng said the report doesn't change her love of a favourite breakfast meal.

"I will continue to eat cured bacon and ham," said Cheng. "I have the knowledge. I am very privileged and know how to balance my diet. It is all about balance."

"If you eat wings or drink a whole load of beer, don't feel crappy about it. Hopefully you have the discipline to eat vegetables for three days after," she said.

Winter coats being sought for visiting students

Shaunte Sterling

LIFE REPORTER

Humber international student Shaunak Pandyer didn't bring a coat with him when he arrived in Canada eight months ago.

He's grateful for being in the country but not prepared for what winter has in store for him.

Humber campuses at North and Lakeshore are collecting lightly used jackets and other winter gear like scarves, mitts and hats for international students and others in need through Nov. 19.

"We are suffering with so many financial problems. We have to pay for tuition and all that stuff, it's stressful," Pandyer said.

Pandyer, 23, from India and in his first year at Humber studying global business management, is thankful for programs like this one that helps international students.

The new Learning Resource Commons building includes the International Centre on the second

floor to help students settle in.

Business administration student Valentine Mburu, 19, who is not an international student, feels Humber is succeeding in helping students in need.

"I don't need [certain] things as much as others (but) Humber's always going out of the way to accommodate their students," Mburu said.

Giving back to the community doesn't only happen at Humber but throughout Toronto. Goodwill employee Danny Shaortell says donating is important.

"It's [important] to help not only the homeless [but] people in need. We all struggle and need some sort of help, rich or poor," Shaortell said.

International student advisor Matthew Keefe says the event will benefit many students.

"It benefits the international students for sure. I know that there is a lot [of students] that don't have the appropriate jackets or the money to purchase them," he said.

Donations have been brought since Oct. 22 to D224 at North and H100A at Lakeshore.

"Then we'll be distributing it out to them," Keefe said.

International students can pick up their free coat at North LRC Concourse on Nov. 16 and Nov. 17 between 11 a.m. and 3 p.m.

Jazz legend Billy Strayhorn honoured

Humber Lakeshore music students, faculty pay tribute with concert

Jimmy Kakish

A&E REPORTER

Most people have heard of jazz giant Duke Ellington, famed for compositions such as “Mood Indigo” and “It Don’t Mean a Thing (If It Ain’t Got That Swing),” which featured jazz singer Ella Fitzgerald.

However, many are unfamiliar with his innovative co-composer Billy ‘Swee’ Pea’ Strayhorn, responsible for co-composing one of Ellington’s best known tunes, “Take the ‘A’ Train.”

“Take the ‘A’ Train’ is pretty cool. I’m in a big band ensemble where we obviously play a lot of this type of swing music. I love it,” said Alex Lugli, 18, a musician and first year Humber Bachelor of Music student at Lakeshore campus.

Strayhorn’s skills are highly revered by composers and jazz aficionados and have been cited for influencing an entire generation of jazz musicians.

This evening, two weeks before the 100th anniversary of his birth, Strayhorn will be honoured by the Humber Studio Jazz ensemble and the Humber Faculty Quintet.

“I hope that we can introduce some people to Strayhorn’s music. I hope that when they hear it, they’re as captivated by it as those of us who play the music are,” said Nancy Walker, 58, an award-winning composer, pianist and adjunct professor in the music department at Humber Lakeshore campus.

“I also think that people who already know his music will be delighted to hear a few more obscure selections, along with the more familiar compositions,” she said.

“His compositions were groundbreaking at the time. No one else wrote songs in either pop music or jazz music [that were] as adventurous as [Strayhorn’s],” said Denny Christianson, Humber’s Director of Music at the School of Creative and Performing Arts.

It comes as no surprise that more people haven’t heard of Strayhorn, as Ellington took much of the credit for his work. This vague lack of attribution didn’t

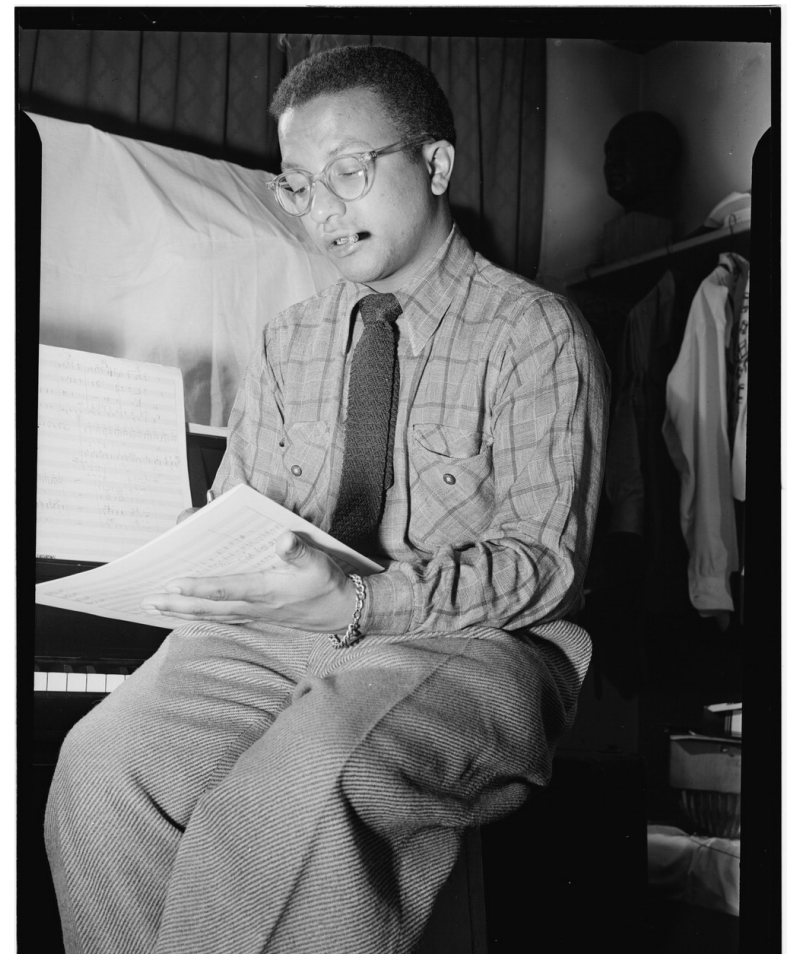
appear to be malicious, though, as ‘Swee’ Pea’ was given credit verbally, as opposed to on the album itself. Ellington would sometimes make jokes during his performances like: “Strayhorn does a lot of the work but I get to take the bows!”

‘Swee’ Pea’ died on May 31, 1967, of esophageal cancer in New York City. For many Humber students, Billy Strayhorn is just another name associated with times past. However, members of the student body still recognize the importance of the tribute.

“It’s important to honour [artists like this] because most artists that become famous are famous for doing what they did in their own authentic way,” said Tyler Wood, 21, a musician and second year Humber College tourism management student.

“To me, anyone who does [music] for their own reasons is someone worth being praised for or looked up to,” he said.

The tribute costs \$5 for students and seniors and \$10 for general admission and will be taking place in auditorium A128 at Lakeshore campus at 8 p.m.



COURTESY WIKIMEDIA COMMONS

This month marks 100th anniversary of birth of jazz composer Billy Strayhorn, a major influence on Duke Ellington and many others in field.

Lovebot creator giving Toronto a heart



CHRISTINA MCALLISTER

Toronto-based artist and Lovebots creator Matthew Del Degan spoke to students at Humber’s Real Talks event held at North campus Learning Resource Commons Tuesday.

Del Degan spreads mission of love to Humber students

Christina McAllister and Christine Tippett

SENIOR REPORTERS

Matthew Del Degan is changing the physical and mental landscape of Toronto, one robot at a time.

The Toronto-based artist and designer is responsible for creating the Lovebot, a 113 kilogram concrete robot with a heart. The bots have invaded downtown Toronto and can be found at local businesses throughout the city.

He spoke at the Humber Students’ Federation’s Real Talks event held at North campus on Tuesday, where he gave the audience advice on following their dreams and not letting fear be a guiding force.

“Trying not to be afraid is the main answer. It’s hard work, but it works,” he said.

Del Degan said his inspiration for the lovebots came from his daily commute to the Ontario College of Art and Design (OCAD).

He said he was having a friendly conversation with a stranger on a streetcar when he noticed they were the only ones talking. The rest of the passengers were preoccupied

with their phones.

“They were acting like faceless robots going to work every day, and just ignoring one another,” said Del Degan.

This insight gave him the idea to create loving robots as a reminder for the people of Toronto to be kind and compassionate.

By adding a heart to these faceless robots, Del Degan hopes to inspire people to share the love and give a robotic city a heart.

“It’s a positive symbol of kindness and love and compassion, giving some positive vibes to the city,” he said.

Each Lovebot is unique and

corresponds to a particular act of kindness. For example, Robot #3, located at a store on Mount Pleasant Road, is dedicated to Mable’s Fables, a bookstore that donates books to underprivileged children.

Del Degan has been working on this project for over six years, but said the Lovebots gained serious media attention in 2013. He calls his brain-child a “global love invasion.”

The crux of the whole project, said Del Degan, is to create a global movement that will last for hundreds of years.

The bots are currently Toronto-based, but Del Degan hopes

this movement will gain traction all over the world. He aspires to do so by trading stickers of his iconic Lovebot with stories of acts of kindness.

While Del Degan’s sculptures have gained popularity, they haven’t been well-received by everyone.

Del Degan recounted a few run-ins with the law and said there are skeptics who believe he is trying to monetize love. Despite these “haters,” he said he is a strong believer in not needing permission or approval to do what you love.

To date, there are more than 100 concrete robots throughout Toronto’s concrete jungle.

HOROSCOPES



JAN. 20 – FEB. 19
There's days you wish you could turn back time, but don't fret. That person is more understanding than you think. Open up about that mistake you made and things will get better.



MAY 21 – JUN. 20
Working all those extra hours is causing you to stress about time management. Stay grounded by taking a few minutes each day to do something peaceful.



SEPT. 22 – OCT. 22
You have some important decisions to make in your love life. Can you see a future with them? Stay honest with your feelings and make your decision based on your happiness only.



FEB. 20 – MAR. 20
Your charismatic personality draws everyone in, which makes you super likable and attractive to all your peers. Keep your close-knit circle of friends and stay friendly but passive with the others.



JUN. 21 – JUL. 22
True love is definitely in your future. You're one of the lucky ones who will experience that rare love you see in the movies and dreamed of having. It's all yours so be ready with open arms.



OCT. 23 – NOV. 21
Do something you really love this week. You've been trying to please everyone else but now it's time to reconnect with your inner passions.



MAR. 21 – APR. 20
Take some deep breaths and try not to rush into anything. Don't forget that life is about the journey, not the destination.



JUL. 23 – AUG. 22
Your usual type might not necessarily mean that he/she is truly right for you longterm. You have a pure heart, don't let them take that for granted.



NOV. 22 – DEC. 20
Don't be afraid to put yourself out there. Judgments are strong but it's only because they're jealous of you. Try not to let bitter tension get in the way of your success.



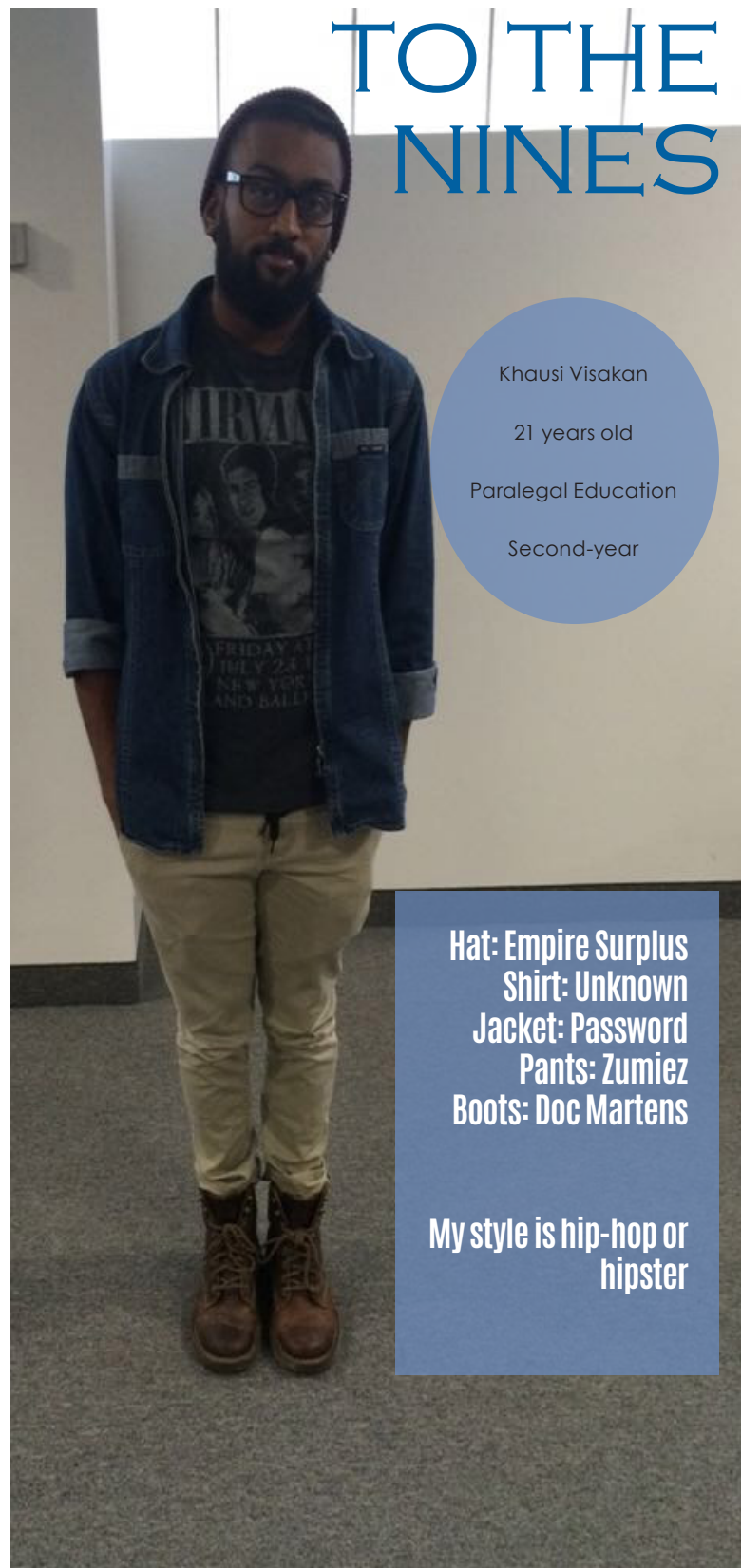
APR. 21 – MAY 20
Self-doubt has been holding you back from what you really want to do. You're the best at being you so don't be afraid to find your inner confidence.



AUG. 23 – SEPT. 21
You're back on the dating scene and you're ready to mingle again. Stay clear of those red flags you promised yourself you would stay clear of. You would hate to relive the past.



DEC. 21 – JAN. 19
It's time for some retail therapy! Buy that perfect pair of shoes or that stylish Christmas sweater you've been wanting and don't look back. You deserve it.



TO THE NINES

Khausi Visakan

21 years old

Paralegal Education

Second-year

Hat: Empire Surplus
Shirt: Unknown
Jacket: Password
Pants: Zumiez
Boots: Doc Martens

My style is hip-hop or hipster

QUOTED

How did you participate in Remembrance Day?

We put the Remembrance Day music on and stood for about 2 minutes. There was about 10 people in the classroom and it felt kind of surreal.



Daniel Shumka, 25
RADIO BROADCAST, 2ND YEAR

I was at home when 11 o'clock hit and I wasn't feeling great, but when I stepped out of the shower I realized that it was that time so I took a moment of silence.



Stan Musial, 20
RADIO BROADCAST, 2ND YEAR

I take a moment to think about where I came from and the sacrifices people make. I take a moment of silence at 11 o'clock to reflect on something other than myself.



Katt Bozzo, 20
PARAMEDIC, 2ND YEAR

Struggle for peace reminds us of tragedy

What is the meaning of Remembrance Day?

Remembrance Day is held on Nov. 11 because it represents the end of hostilities from the First World War on the same date in 1918.

The ceremony is observed in Commonwealth countries under the name of Remembrance Day and in other countries by other names – like Veterans' Day in the United States.

The ceremony represents unification under the ideals of democracy, human rights and rule of law. The purpose is to remember the fallen that defended our ideals and our beliefs in the face of death.

The First World War was the first war that an official Canadian military

participated in. It was a conflict between empires, a creation in politics that we idealistically regard as being antiquated and damaging to the cause of peace.

When the war ended, the Paris Peace Conference was attended by representatives of the major participating nations in the war and tried to create a state of tranquility in global affairs by assigning responsibility for the conflict and developing a plan to repair.

A result of the conference was the creation of the League of Nations, an international body that took on the challenge of maintaining peace through conflict prevention and the cooperation of competing nations through disarmament.

The tragedy is there. The League of Nations failed and the world was thrown into global conflict for a second time, just 21 years after the Armistice of the Great War.

The end of the Second World War was a triumph over fascism, extreme right-wing ideology, extreme nationalism, protectionism, isolationism and opposition to liberalism.

It also represented a triumph

over mass mobilization and “total war,” the idea that conflict should spread throughout a country and possess the minds of soldiers and citizens alike to unify everybody against an enemy and not tolerate any criticism of the war effort.

The United Nations came up from the ashes of the Second World War. A flawed, yet hopeful organization of global cooperation that wishes to prevent conflict and facilitate economic development.

Now we arrive at the current state of war on the planet. What are these wars that we fight in the modern age?

Some people say they are reflections of imperialism, colonialism and failed politics.

On the other hand, they can be seen as nation building, cooperation, peacekeeping or a struggle against extremism.

Regardless of what one thinks of these wars, the truth is that people around the world are affected by them and are, as a result, victims of the same cyclical violence that has existed since the birth of humankind.

Do we appreciate tragedy? Do we have the ability to understand something that is tragic and feel the real human emotions that go along with that?

Alternatively, some wars, like the Second World War, are not absolute tragedies. War is occasionally a necessary evil.

This is a struggle. Without fighting and defending ourselves we become a target for more powerful groups that would try to make us less free and less democratic.

However, the fighting does not make this reality go away. There is a slight chance that one day the whole world will disarm and we will all live in peace. But this may not be in the near future.

There is much work that needs to be done before countries can abandon racism, fear, the pursuit of power, enslavement, conflict, inequality and the abuse of our resources and allies.

But there is hope. Canadians and many other people around the world hold high ideals of equality and perfection. A cynic would ask why we have these ideals if the struggle is endless.

The obvious response is to educate that person about the course of history and how these ideals have been the most important, if not the only thing, that has created progress and change towards more democratic and tolerant societies.

We want to establish something important. There is a difference between educated patriotism that is hopeful for progress and aware of flaws and blind patriotism, which symbolizes ignorance of real criticisms of the current state of the world and the countries that exist in it.

Canada is not a perfect country. But, much like the United Nations, it attempts to create a free and peaceful world that tolerates differences and works towards a brighter future.

We are all flawed. But the struggle will continue and we should never forget the people who have participated in this struggle for the sake of our ideals and our beliefs, the things that are most painful to part with.



Blame politicians, not veterans, for endless war



Serge Halytsky
SENIOR REPORTER

During the first two weeks of November we remember our soldiers' sacrifice in different conflicts starting from the First World War until now.

We reflect on the past conflicts, and honour those who died. We also honour those alive who put their lives on the line for their country.

Their sacrifice will be gracefully remembered. They are heroes and no one would be able to deny that.

War through history was and is a status quo of human affairs. It has been said that for one year of peace we have five years of war throughout

history.

And it is not soldiers who start wars, but politicians, who can rarely be caught on courage or heroism. That is where the injustice comes.

Looking through our latest history we regretfully understand that our earlier wars are the cause for the latter ones.

The Soviet invasion of Afghanistan in the 1970-1980s ultimately caused the rise of the Taliban and the United States' Middle East policies through 1990s brought up Al Qaeda, and the last U.S. invasion of Iraq and the civil war in Syria gave birth to ISIS.

On the other hand, it is not only aggression that causes war. Sometimes it is also inaction.

The U.S., lead by George W. Bush, incorrectly justified the invasion of Iraq with the “war on terror” and then the U.S., under Barack Obama, failed to intervene in a humanitarian crisis in Syria that had huge civilian casualties, with an estimated 250,000 dead, and a massive refugee crisis.

Lack of military action against Russia over invading Ukraine emboldened Russian aggression and let it extend further to Syria, which may yet bring other challenges that we are not prepared to face.

Both the injustice and inaction eventually translated into destroyed cities, burned land, military and civilian casualties and other unwanted consequences.

The Second World War was intensified by hesitation. Hitler was rattling arms for a long time before the world community finally decided to stop him. Nazi expansion had consumed much of Europe before allied intervention.

The same mistake is repeated today and we still can't comprehend the consequences of this inaction. Considering the speed of current developments, I don't think we're prepared for the consequences of inaction.

Our politicians seems to live in another universe, concentrating on things that would let them win the next elections, inventing issues that hardly exist and making the least effort to maintain peace and order in the world.

The United Nations seems defunct considering the last few decades. The UN Security Council wasn't able to make any decisions as all of them were vetoed by its permanent member – the arrogant and aggressive state of Russia.

The Globe and Mail talked about the “unremembered.” We for-

get our soldiers' sacrifices and let them decline with physical and especially mental injuries often to the point of suicide.

This is the most ungraceful step, an ultimate betrayal of all our values.

In the bigger picture it is our soldiers who correct our politicians' mistakes, put things back in order, clean the mess others make and ultimately pay the price for politicians' mistakes with their own lives.

They deserve the most honour and respect for their honest sacrifice in order to keep the rest of us safe and defend our country against all odds.

The Armed Forces is one of the first attributes of statehood. Any state has to have means to defend itself.

It is known that if it doesn't want to take care of its own army, it will take care of someone else's army. That's the rule. And there are quite a few nations that learned that lesson on their own skin. I'd prefer Canada wouldn't become one of them.

Si vis pacem – para bellum. This Roman proverb says: if one wants to live in peace, one should prepare for war.

That is why we have to honour and to take good care of our army and memory of those who died.

HUMBER
Et Cetera

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

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How is exclusion still an issue on campus?



Mahnoor Yawar
NEWS EDITOR

The unrest at University of Missouri about the administration's lack of intervention with racial slurs has raised a host of questions about campus culture. All venerable institutions have a tenuous relationship with racism, or more broadly, the politics of exclusion. Colleges and universities tend to be no exception, much as they often tout their progressive, accepting culture.

After weeks of protest, Missouri's president and chancellor both resigned on Monday, marking a victory for protestors. One student, harkening to mid-20th century civ-

il rights movements, remained on hunger strike until said decision was made. In many ways, the fight for social justice is long overdue. The consequences tell us that the fight for social justice is never done.

But in response, the protestors effectively shut the media out from public property as they camped out in protest, citing their campsite as a "safe space." A student photographer was shoved away from the protestors' campsite on the public quad. Another student journalist was confronted by a communications professor who called for "muscle" to move the reporter out.

The fallout of Mizzou's victory highlights a certain institutional failure of understanding the role of news and reporters. The media is not a convenient mouthpiece only to be entertained while it pushes a pre-approved narrative or agenda. It tells the stories that matter long after you've packed up and won your victories, in the quest for meaningful change that society fails time and time again to normalize.

Granted that this is a story that should've gotten coverage a lot sooner. Campus media outlets are insulated much like any other academic group. It took the Mizzou

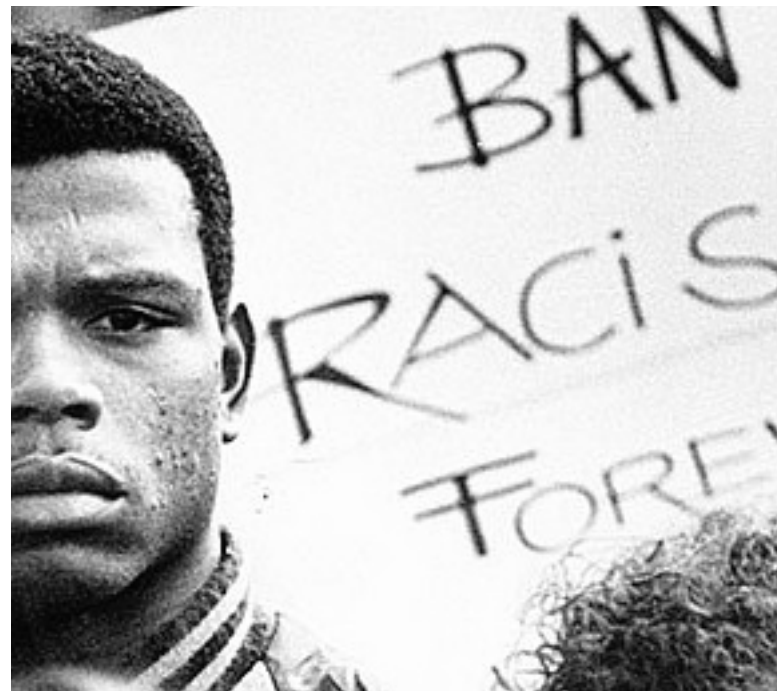
football team walking out on a game for people to sit up and take notice. But where media often lacks in their timely understanding of social impact, they make up for in addressing the urgency of justice.

The Mizzou story also highlights the insidious ways that campus culture insulates itself from difficult conversations and contrary perspectives. "Safe spaces" are important - they help subcultures flourish in relative security. But to use them as an excuse for isolating oneself from any form of challenge is a disservice to their very purpose.

We at Humber enjoy the relative disengagement that comes from being part of a commuter campus. Students segregate into their sub-communities, retreating into a cocoon of selective protection that ignores a larger issue of safety. Why worry when we, as a subset, are not bothered?

Only last month did we finally implement a regulated safe space for our LGBTQ+ community, after years of seemingly ignoring their existence.

The powers that be remain tight-lipped about circumstances surrounding the suspension of our championship rugby team, ignoring



FLICKR COMMONS: UWDIGITALCOLLECTIONS

The struggle against racism has consumed many generations. The end is possibly in sight but we can not know for sure unless people are unified.

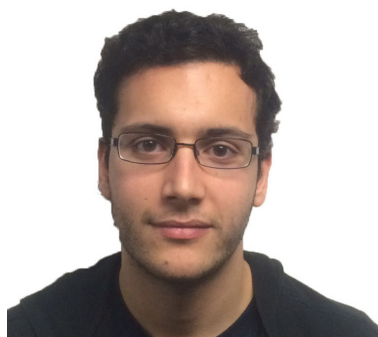
the public's right to know. A "culture problem" can very well penetrate the halls as much as a locker room, but we are not afforded the dignity of answers.

The day after shunning the media, protest leaders distributed a

leaflet explaining that journalists not only had a First Amendment right to the campsite, but that they also should be welcomed.

The leaflet was titled "Teachable Moment". Let's hope Humber gets a copy.

Honour of veterans delegitimized by wall of silence



Ali Amad
ARTS & ENTERTAINMENT EDITOR

Remembering the forgotten questions:

Remembrance Day is one of the most important days in the Canadian calendar. It's a day of recognition that evokes emotions, passions and memories of soldiers lost and sacrifices made.

Politicians dutifully use it to bolster their public image, while reporters in flashy suits and red poppies eulogize narratives of heroism, selflessness and courage that are guaranteed to get good ratings.

Veterans bedecked in immaculate uniforms march, flags wave, anthems sound and moments of silence play out. It all looks worthy and beyond reproach on the surface. But beneath the glossy veneer, the question that never truly gets asked is 'why?'

'Why what?' you might ask. Why should we honour veterans? No, not that. Why should we have a day dedicated to memorializing conflicts that squandered Canadian lives? Good question, but not that either.

The unasked question, forgotten along with the Unknown Soldier, is why do we still send troops to kill and die for us in 2015? What we must ask ourselves is why we continue to produce psychologically and physically damaged veterans year in and year out?

The answer we'll hear is that our troops protect us overseas and at home, that they safeguard our cherished values and uphold our liberties and freedoms. Our way of life depended on them and continues to do so. But is that even true?

The justification for Canada's involvement in the First and Second World Wars is nowhere near as righteously clear-cut and noble as populist history and Canadian conservatives would like it to be, and the dubious motivations behind our military engagements persist to this very day.

The U.S.-led combat mission in Afghanistan, otherwise known as Operation Enduring Freedom, lasted until 2014 before the plug was ignominiously pulled on the "enduring" military quagmire. Canada was a member of the American coalition committed to fighting the Taliban. Or was it fighting Al Qaeda? Or was

it terror? The answer's unclear.

One hundred and fifty-eight serving Canadian soldiers died in Operation Enduring Freedom, but for what? For very little, if we glimpse at the state of Afghanistan today. The Taliban continues to exist, and thrive by some estimations. Al Qaeda remnants and other religious extremists are still there in droves as well, their numbers perhaps even swelled by the invasive presence of Western powers such as Canada.

It is the latest example of what happens when armed foreigners are dropped into a country where, for the most part, they don't speak the language or fully comprehend the historical, social and political makeup.

Along with the 158 dead are the countless surviving veterans who returned from Afghanistan with PTSD, depression and other crippling conditions. In the midst of its extensive Remembrance Day coverage this year, the CBC highlighted the story of Rob Martin, a 34-year veteran who served two tours in Afghanistan. Martin was wracked with guilt, blaming himself for the death of 25 soldiers during his second tour in 2009. He's struggled with debilitating depression since.

It's a saddening story, and one that should give us pause for thought. The question of why he had to go through such a harrowing ordeal is never put forth in the article. The conviction that it was for

a righteous and just cause is never questioned, obviously. The fact that the Canadian government should be vigorously blamed for those 25 deaths is never stated.

Even today, the casualties continue to fall. Canada's suspect involvement in bombing missions and special ops "advising" against ISIS since 2014 has predictably led to casualties. Last March, Sgt. Andrew Doiron was killed by friendly fire from Kurdish allies in what was purportedly a case of mistaken identity.

Why did he die? To protect our freedoms, naturally. The proposition that he (and many others) died for nothing in an avoidable situation is one too controversial and painful to bear. Canadians aren't exempt from the fact that most wars are costly failures or that soldiers are expended at the whim of political manoeuvrings and strategic alliances.

Now let's take it a step further. Why does Canada even have a standing army numbering over 68,000 active personnel?

We have no great enemy. There are no hordes of ISIS converts emerging from our children's bedrooms or our immigrant population, no matter what sensationalized (and nauseatingly repetitive) media headlines or Bill C-51 might imply. No amphibious assault by Arctic seals appears to be on the horizon either.

For those who argue that our army protects oppressed peoples, like the Yazidis of Iraq or the women of Afghanistan, why stop there?

The abuse of peoples and ethnicities has no bounds and extends to every continent, from the Boko Haram-abducted Nigerian women to the enslaved denizens of North Korea. It even exists within our own borders with our government's abhorrent treatment of First Nations peoples. Our government cynically picks and chooses where it sends troops based on strategic considerations and ideological leanings, just like everyone else.

The line between remembrance and propaganda is always blurred on November 11, and 2015 was no different. Damned if Remembrance Day is not a perfect occasion to unite divided people, to get the right soundbites and photo-ops in. And damned if it's not a great opportunity to gloss over blame on a government that has long been culpable for neglecting the veterans it is purportedly revering. In the wake of new Globe and Mail revelations that over 50 Canadian soldiers who fought in Afghanistan have taken their own lives, it's the perfect misdirection and one that screams hypocrisy.

For all of the above, we should ask why on Remembrance Day. We must always question, for the sake of the very veterans in whose honour the event is orchestrated

Assess your sleep dreams, they mirror your reality



Haley Falco
ART DIRECTOR

Do you ever wonder what your dreams really mean? Do they mirror reality? Statistics show that people spend 25

years of their life sleeping. Six of those years are spent dreaming and most of them are forgotten when woken up.

Everyone dreams when they fall asleep, whether they remember it or not and researchers have been discovering the meanings behind your subconscious mind when you sleep.

Although Sigmund Freud had described dreams as the “royal road to the unconscious” over a century ago, dream interpretation is still not an easy concept, especially when there are countless symbols and visuals in dreams that connect to waking life.

This makes it a difficult field to study for scientists, who can only grasp how it relates to brain function, without understanding why it happens at a specific time in life and what it means psychologically.

But dreams are a series of

thoughts relating to your personal life and experiences when you're awake and everyone interested in better self-awareness should give them serious consideration.

Sometimes, for instance, you wake up in a panic because your dreams feel so vivid, whereas other times, you feel déjà vu but you can't decide what's triggering the sudden flashbacks.

Dreams express terrors, desires and past experiences, which helps people understand their true meaning.

I, along with countless others, believe that dreams are mirror images of what is happening in reality from what we see, hear, think and experience. Making sense of dreams helps us better understand our struggles, pleasures and deepest thoughts.

Some of the most common dreams are falling, being chased, fly-

ing, death and being naked, which resembles reality's most common fears. They can feel completely real, which is why you could wake feeling at ease, in shock, or covered in sweat, to name a few responses.

I've experienced the same reoccurring dream since I was young, where an unidentifiable man is chasing me. I'll run for miles, but the man will never actually catch up to me. I've now come to realize that the man in my dream represents a situation in my life that I am running away from.

Carl Jung, psychologist and expert on dream interpretations, believed with Freud that dreams were an opening to the unconscious mind. He articulated that while you sleep, your mind is finding resolutions to stress and problems you

face in your conscious mind.

Jung strongly believed in the unconscious mind and its spiritual powers. Dreams are a way of interacting and becoming familiar with the unconscious part of your brain.

Many times, dreams are confusing and scattered. A friend that you haven't seen since childhood or a stranger's face on the subway peers into your dream and you can't figure out what it means. I tend to dream about strangers whom I have no personal attachments with, but I've realized that it's not about the people necessarily, but rather the situation.

Making sense of dreams helps you better understand your struggles, pleasures and deepest thoughts. Your nighttime subconscious visions provide insights into your life and you should explore them.

Raptors again start with promise but playoffs will be key



Jelani Grant
BIZ/TECH EDITOR

The Air Canada Centre and 'Jurassic Park' have begun to fill on a regular basis indicating a start to the National Basketball Association season, and another chance for The Toronto Raptors to be part of the playoff championship.

The 21-year organization that became the best NBA team to represent Canada is finally looking like, at the very least, they could push through to the second round of the playoffs. There is no doubt, based on their last month from the 2014-15 season, that one of their biggest challenges will be their ability to maintain their play once they reach the post-season.

The Raptors' playoff appearance last season, when they lost in a four-game sweep against the Washington Wizards during the first round, crushed fans standing outside Maple Leaf Square, as well as any other T.O. supporters. Throughout most of the regular season, the Raptors played exceptionally, beating dominant teams like the Cavaliers, Rockets, Spurs, and Thunder. Yet, going 3-1 against the powerhouse Atlanta Hawks had no impact on their post-season play in April. Even after taking the Atlantic Division title with a 49-33 record,



FLICKR KEITH ALLISON

The Raptors fight their way to the playoff championship, exciting fans on their journey.

the fourth-seeded Raptors took loss after loss of at least a seven-point deficit each game.

Last season's playoffs hardly lasted long enough to properly assess what may have gone wrong, though there must be reasons for the difference in play across a few months. During the post-season, Demar DeRozan averaged 20 points per game consistent with his regular season statistics. However, Kyle Lowry's 17.8 points per game was lowered to 12.8 points in four games. Individual player statistics do hold their significance but the chemistry of the entire team will always be the main feature of a championship team. The once energetic team from the beginning

of the season demonstrated slow defense and looked unfamiliar to each other's play.

This year, like many others before, the Raptors have stormed out of the gate, taking the first five of nine games. Their 10th game commences tonight at 7:30, but the Raptors' history book deems any good start of the season as irrelevant. The last few years have been a bright fresh start from an organization accustomed to losing multiple all-star players.

The organization has only made it as far the second round once, in 2001, with players such as Vince Carter, Charles Oakley, Antonio Davis and Morris Peterson. Though the team's playoff history is less

than promising, this year's roster has shown the chemistry and passion that many former champions showed during past regular seasons. Even with the loss of Sixth Man of the Year Louis Williams, and Amir Johnson, the Raptors maintained a solid roster with the addition of Luis Scola, Cory Joseph and Toronto native Anthony Bennett.

The starting line-up looks efficient all-around, but it could easily change with players like Scola and Patrick Patterson on the bench. Starting point guard, Kyle Lowry was voted in as an all-star starter for the first time last year and the group surrounding him has complimented each other's talents and energy on

the court to make the Raptors one of the most dominant teams in the Eastern Conference. While the 10-year vet averaged 18 points and seven assists, his fellow guard DeRozan averaged 20 points, four rebounds and three assists despite missing more than 15 games in the regular season. Not much has changed between both stars, Lowry averaging 19 points, 7 assists and 5 rebounds and DeRozan averaging 21 points, 4 rebounds and 3 assists. As well, starting center Jonas Valanciunas continues to contribute, raising his stats to 14 points and 10 rebounds thus far so on paper the team deserves its current +.500 record.

However, in the last month of last year's regular season, the Raptors demonstrated some of their worst basketball all year. After beginning the season with dominance over the Eastern Conference, they moved down to the third best team in the east with a 49-33 record. Although they still led the Atlantic division, the club only won two of their last 12 games. Eight of those matches were against clubs above .500, and with less than a month left until the post-season began, Dwayne Casey voiced his concern about the Raptors' focus, taking steps back with their chemistry. In fact, even the head coach had to remark on the team's much-needed energy similar to the beginning of the season.

The Raptors used their youth and athleticism to propel them to a higher level of play throughout the last few seasons. Whether it was their post offense in Valanciunas, their solid defense or perimeter offense that consistently spreads out the opponent, "The North" team has grown into a formidable force in the Eastern Conference. Without a doubt the team's various player options can lead the Raptors to another strong regular season, though the x-factor that will guarantee their success appears to be consistency.



LINDA HUYNH

Margaret Akuamoah-Boateng, first year Humber Health and Nutrition student, gives strength ropes a whirl as she uses Life Fitness area at Athletic Centre for first time.

‘Jungle gym’ gives students new avenue for health and fitness

Linda Huynh
SPORTS REPORTER

Margaret Akuamoah-Boateng walked into Humber College North’s gym for the first time last week and was smitten with the new contraption known as the jungle gym.

“It was the first thing I saw,” she said. “It’s already been so beneficial because you can do circuits.

“You go from the rope tossing to the crunches to the weight ball. It’s like a multi-purpose room,” said Akuamoah-Boateng, a first year Food and Nutrition student.

The new Life Fitness area at Humber College is welcoming new members and has opened the floor

to new and different exercises.

“I love it,” said Nelson Bolarinho, a personal trainer at the Athletics Centre gym.

“It’s a great addition that allows for more functional training and can allow for many people to use it at the same time. It also has a lot of different options for variety in training sessions,” said Bolarinho, who has been a trainer at Humber for eight years.

The Life Fitness area, informally known as the jungle gym, offers a new variety of exercises in the cardio section.

The jungle gym allows for weights, platforms and resistant bands to be attached. There are also

monkey bars in the middle section that allow users to do a variety of pull-ups or just swing along. There are also strengthening ropes attached to the side.

The new edition also has a space on its side to keep dumbbells, mats, medicine balls and stability balls for floor workouts.

Although the new edition is welcome, it is intimidating, said Jessica Gavito, a second-year fitness and health promotions student and an Athletics employee.

“I feel like a lot of people don’t know how to use it or what to do with it,” she said.

Gavito said during her shift at work, members always question

what to do, but once they learn how to use it, they love it.

She also trains her lone client for her on-campus internship on the jungle gym.

“He loves it so we like to stick there for a while. It’s a lot more space, and anything you do in the weight room you can do there,” said Gavito.

The jungle gym also attracted new members into the gym, like Akuamoah-Boateng who walked into the gym last Thursday for the first time.

She said she enjoys the jungle gym more than she does the weight room.

“The weight room limits people to specific weights and exercise but this [the jungle gym] allows me to

do whatever I want,” said Akuamoah-Boateng.

Last year the area was used only for ping-pong and a few couches.

“Well, I hated the ping-pong tables,” said Bolarinho. “The tables made the area more of a lounge and it didn’t really fit in with the gym environment.

Plus having the tables on the second floor and having balls fly over to (the) front of Athletics didn’t look too professional,” he said.

A few members were disappointed to see the table moved. “I use to love playing a game [of ping-pong] after a workout. It was relaxing,” said Radima Mahalar, second-year culinary student.

Where are our Hawks? Rankings for Varsity Hawks looking good

List of upcoming Humber Hawks varsity games you should be attending

NOV 14 MEN'S VOLLEYBALL HUMBER AT MOHAWK	6:00 PM	NOV 14 WOMEN'S VOLLEYBALL HUMBER AT MOHAWK	4:00 PM
NOV 14 MEN'S RUGBY HUMBER VS. OCAA PROVINCIALS	TBD	NOV 15 WOMEN'S RUGBY FLEMING VS. HUMBER	12:00 PM
NOV 19 WOMEN'S VOLLEYBALL HUMBER AT NIAGARA	6:00 PM	NOV 19 MEN'S VOLLEYBALL HUMBER AT NIAGARA	8:00 PM
NOV 19 WOMEN'S BASKETBALL HUMBER AT SHERIDAN	6:00 PM	NOV 19 MEN'S VOLLEYBALL NIAGARA AT HUMBER	8:00 PM
NOV 19 MEN'S BASKETBALL HUMBER AT SHERIDAN	8:00 PM	NOV 20 BADMINTON HUMBER AT FANSHAWE INVITATIONAL	TBA
NOV 22 WOMEN'S VOLLEYBALL HUMBER AT ST. CLAIR	1:00 PM	NOV 22 MEN'S VOLLEYBALL HUMBER AT ST. CLAIR	3:00 PM

David Tuchman
SPORTS REPORTER

Six teams from Humber’s varsity program vaulted into the top 15 across the nation, according to the recent rankings by the Canadian Collegiate Athletic Association (CCAA).

The six teams include the men’s soccer team who are ranked first, men’s and women’s cross country, women’s basketball, and women’s and men’s volleyball. The lowest ranked of those teams is men’s volleyball at 15.

It was unexpected good news even to Humber’s Manager of Athletics, Jim Bialek.

“I think anybody should be surprised when you have that many teams being represented,” said Bialek.

Least anticipated among the Hawks’ squads was the men’s basketball team. Last year, they won the national championship but they aren’t even in the top rankings.

“Every one of our sports have been ranked. The surprising part here is our men’s basketball team. Every single CCAA directed sport we are in the rankings except for men’s basketball,”

said Bialek. “They will find their way back in the rankings, I’m sure.”

The CCAA national championships are only a week away and it looks like the men’s soccer team is primed to win it all with a first place ranking. Some had hoped to see the ranking ahead of this.

“I thought it could have been sooner,” men’s soccer head coach Michael Aquino said. “It took a little longer than we would like...but I think everyone is happy.”

For most teams, being the top ranked team means the expectation is to win the championship or bust. But for the men’s soccer team, it’s no big deal.

“(There has) just been pressure from ourselves,” said Aquino. “The expectations are to (reach the CCAA championships) and see how far we can take it.”

Men’s soccer is not the only team that’s just business about top spot. In fact, all of Humber’s teams going into the CCAA championships this week are taking this approach.

Ray Chateau, Head Director of Athletics at Humber, says the Hawks are too confident to feel the pressure.

“Our cross country team is confident that they can medal...for our women they lost the national medal last year by a hundredth of a second so I think that’s far more motivational than rankings. I don’t think the rankings will alter the amount of pressure they put on themselves to perform,” Chateau said.

But when you’re at the top, everyone else is going to be gunning for you.

“It’s nice but it’s also a burden,” said Ajay Sharma, head coach of the women’s basketball team. “Where the rankings can make things challenging for you is there’s no night off for you.

“Nobody is going to do us any favors,” said Sharma.

Many people don’t place importance on the rankings because its effect on seeding for the national championship is minimal to none.

“For me, rankings are more of a media driven thing,” Chateau said. “At the end of the year they have very little impact.”

“It’s good media exposure for our conference but there’s no bearing on (seeding) for nationals,” said James Depoe, varsity coordinator.