



BRETT MCGARRY

Close up of the intricate beading and detail on handmade regalia from the Omaha nation



BRETT MCGARRY

The drum circle as part of the Aboriginal Resources Centre's annual All Nations Pow-wow



DANIEL CAUDLE

People dancing during the All Nations Pow-wow in the IGNITE Student Centre, Thursday

All Nations Pow-Wow highlight of Aboriginal Education Month

Daniel Caudle
NEWS REPORTER

Beginning with a grand entry, the dancers made their way into the drum circle where members of the Cree, Ojibwe, Inuit and Metis showed off the traditional dances from their nations.

The annual All Nations Pow-Wow is part of Aboriginal Education Month, where members of the Humber community are encouraged to learn the history of Canada's

indigenous people.

"Today is all about bringing a community together to not only celebrate our culture, but to celebrate Aboriginal awareness month," said master of ceremonies Biindigaygizhig Deleary.

The event, which took place in the IGNITE Student Centre Thursday, featured dancers, singers, drummers and multiple vendors selling traditional apparel.

"The intent of this day is for people to be involved and see what

the Humber community can do," said Jason Hunter, VP of Student and Community Engagement. "It is an opportunity to welcome the Aboriginal culture, as well as provide a social opportunity."

Throughout the afternoon students were encouraged to learn about Aboriginal culture, and also to participate in the dances and festivities.

"This is a great opportunity to share our culture through music and dancing," Humber Elder Shelly

Charles said. "It's about building on an existing community that already exists, but also incorporates Humber."

"Everyone is very friendly here and helping to release my stress," said first year law clerk student Jasreet Kaur. "All the music and dancing is just so beautiful."

The swirling of the traditional regalia mesmerized those in attendance, as the Skyriver drummers and Youngcreek singers added to the atmosphere throughout the

event. After the dancers were worn out and the drums had been beaten, the ceremony closed with a prayer.

"First Nations people are here to educate everyone on our culture, and with open arms accept anyone who is willing to learn with us," said Deleary.

To learn more about the culture, or volunteer for upcoming events, visit the Aboriginal Resources Center on the second floor of the LRC.

Sports fair champions everyone's right to play

Omar Jaber
NEWS REPORTER

Whether you wanted to throw a ball, or a pie, the sports fair had something for everyone.

Humber's North campus concourse was flooded with participants for the International Sports Fair. Right To Play, which provides children in need the opportunity to play sports, teamed up with Humber College Recreation and Leisure student to showcase sports from around the world.

"This event not only represents those in third world countries, but also students of Humber College, who come from all over the world to study," said Rebecca Atkinson, a second year Recreation and Leisure student.

Students were given the opportunity to channel their inner Cristiano Ronaldo, or Stephen Curry, with soccer, basketball and rugby stations set up around the concourse.

"It's a fun way to raise awareness.

Instead of just standing around you get to actually participate and socialize," said Eric Lam, who was running the basketball station for the event.

For the less athletically inclined, there was the option to donate for the opportunity to throw a pie in a volunteer's face.

Second year Recreation and Leisure student Jones Santiago wiped the whipped cream from his eyes as another satisfied student handed him their donation.

"The least I can do is get a pie in the face, I mean, it is for a good cause," he said.

While the event supported a good cause, it also provided recreation and leisure students with the hands on experience they'll need once they enter the work force.

"We could potentially be working for these kinds of organizations when we graduate, so it's beneficial and also helps us work together as a class," said Atkinson.



OMAR JABER

Jones Santiago, a second year Recreation and Leisure student, took pies to the face in exchange for donations.

Humber Room struggling to increase customer turnout

Sveta Soloveva
HUMBER NEWS

Culinary and hospitality students need more hands-on experience at The Humber Room, but only a few people dine there, say HRT faculty.

The Humber Room is the main space for students in Culinary Management and Hospitality programs to practice their fine dining service skills. However, the on-campus restaurant doesn't have enough customers for the students to train, said culinary instructor Trevor Meynert.

"We have so many students waiting to serve. We have so many students waiting to cook. And we have more than 500 people walking up and down. But for some reason not a lot of people come here," said Meynert.

Knowing that the students are usually very busy and they need to grab something quickly, the restaurant added Gustropub menu that allows the guests to dine in 30 minutes.

"You can get a full pizza in ten minutes. You can get short ribs in ten minutes," said faculty of The Humber Room Robin Fraser.

The new service brought some more guests to The Humber Room, but it still looks empty.

Some hospitality students said their fellows find the place too upscale for a casual lunch on their breaks between classes.

"They think it's too formal just because they see us wearing the tie," said hospitality-event management student Roxanne Figueiredo.

However, only the service is upscale there, not the prices and dress code, said Fraser.

"They [the students] can't really see into the room that we are a little bit more student-friendly," she said. "I had two girls come in their paja-



SVETA SOLOVEVA

HRT students Sarah Booth and Roxanne Figueiredo, along with culinary instructor Trevor Meynert. They are working to counter the misconception that the on-campus restaurant is too formal.

mas' bottoms. And we served them."

The students can have a lunch at The Humber Room under \$10. They pay the same amount of money going to fast-food places such as Tim Horton's or PizzaPizza, said Meynert.

"Where else can you get a nice meal such as chicken or pizza for ten bucks prepared every day with fresh, local ingredients," he said.

The faculty always thinks about benefiting the students through changing the atmosphere and the menu. For example, this year they started hosting an event called 'Snap Friday,' transforming the restaurant to a pub during the dinner every week.

"Snap Friday is the culmination

of your whole week," said Fraser. "We change the music. We dim the lights. We put on a Raptors game if we have to. You can have beers, wine, soft drinks. You can get a pound of chicken wings for like \$7.99."

Most kids who come in for Friday dinner are shocked because fine dining is usually way more expensive, added Fraser.

The faculty says they hope that more and more students will share Snap Friday in Snapchat, one of their favourite mediums, so The Humber Room becomes more popular.

Some students in the Hospitality-Event Management program say they prefer The Humber Room to

any other eatery on their campus.

"At lunch time it's pretty good," said Sarah Booth. "It's pretty quick."

"It's fresh here. The chefs make it every day," said Figueiredo. "And we have stuff that we grow at Humber. For example, the honey is made here."

"You not only benefiting the school. You are benefiting your fellow peers giving them experience they need to go into the industry they are trying to work towards," she added.

The Humber Room is open for lunch from 11:45 a.m. to 1:15 p.m. and dinner from 5:15 to 7:45 p.m. Reservations are recommended for large groups.

Reducing toxic landfill waste aim of e-waste collection drive

Annual sustainability event sees steady donation of old electronics

Kassandra DaSilva
NEWS REPORTER

This past week Humber students and staff were able to get rid of their old and used electronics sustainably during E-Waste Collection Week.

The Office of Sustainability teamed up with the department of Information Technology Services to give the Humber community a convenient place to get rid of old electronics such as computers, telephones, answer machines, projectors in a more environmentally friendly way.

Amelia Velasco, coordinator of the E-Waste collection said that their objective is to help students, staff and faculty reduce the volume of waste sent to landfill in any way they can.

"It is important to recycle these items properly as old electronic devices contain toxic substances such as lead, mercury, cadmium and chromium, therefore proper processing is essential to ensure that these materials are not released into the environment," Velasco said.

Not only does recycling old electronics help keep toxins out of our air, but they can also be used towards making brand new products without using as many resources.

Information Technology Services staff member Eric Robertson said that being able to reuse old electronics is very important in helping the environment.

"Instead of recycling them they will just end up sitting in a landfill, where they could have had a second life," Robertson said.

The Office of Sustainability has organized this event for the last couple of years, and has had plenty of success.

"We actually get a lot of folks asking us when the event will be each year, as they are aware of how bad it can be for the environment," Velasco said.

Stephanie Baulk, a second year event management student had no clue what to do with her old broken laptop until she heard about the E-Waste collection.

"I did not just want to throw it away because I knew that some of the parts could be reused, but I had no idea where I could take it until I heard about the collection," Baulk said.

This year's E-Waste collection week was just as successful as ones in the past as many old electronics were recycled, which had helped make the environment more sustainable.

Humber Press launches two new books by faculty

Technology and art skills are focus of two new releases by faculty

Aleema Ali

GENERAL NEWS REPORTER

Humber Press launched two new books written by Humber faculty on Monday afternoon in the North Space Gallery.

Full-time faculty member at Humber Lakeshore's Business School, Mike Dover, wrote *Dante's Infinite Monkeys: Technology Meets the 7 Deadly Sins* while Michael Baldwin, professor at the School of Applied Technology, authored *Drawing the Line: The How-to-Draw Book*.

Dover said the process of researching his book took about three years, but the writing took a year. This is not his first book, as Dover co-authored Wikibrands: Reinventing Your Business in a Customer-Driven Marketplace released in 2010.

He said his first book was focused on business technology while Dante's Infinite Monkeys looks business philosophy, outlining how technology intensifies evil, and is viewed and explained through the lens of the seven deadly sins.

Dover said there have been a lot of books written about the positive parts of technology, and he's all for that.

"I think technology has done a lot



ALEEMI ALI

of good, but there's also some dark sides as well, and that's what I wanted to explore," he said.

Although the turnout for this release did not impress him, he will be having his own book launch on Nov. 23, and he's hoping it sells out.

Baldwin said his book is a detailed guide to art of drawing and is useful to students and instructors in design or arts programs.

This how-to-draw book isn't so much geared towards beginners and is unlike other how-to books available at any store. It's made specifically for artists that have been doing it for a long time and want to take their craft to a new level.

Baldwin said he addresses two key questions he has always been asked by students: how long did it take to draw it, and where do these

people that you draw come from?

"Like most designers, I'm influenced by the people I meet, people I know, or people that I have known,"

he said. "In high school, I would look at people and pay attention to their features, and really not listen to them."

Dover said the book has numerous characters influenced by everyday people, and features anatomical drawing, as well as perspective drawing which is making a three-dimensional character or scene on a two-dimensional surface.

Although this is Baldwin's first book, he said it is not his last.



ALEEMI ALI

Students face tough choice; pay tuition, rent or food?

Recent study found that 39 per cent of students experienced some degree of food insecurity in the past year

Julie Arounlasy

GENERAL NEWS REPORTER

Kraft Dinner and instant ramen noodles are the stereotypical post-secondary student diet. This may seem bad, but not eating anything is worse.

Jokes aside, a new survey shows students not eating enough is a real issue.

Hungry for Knowledge, a report conducted by the non-profit organization Meal Exchange, who seek to end hunger in Canada, found about 40 per cent of Canadian students were considered "food insecure".

This result of the online survey of 4,500 students from eight Canadian universities means that nearly half have limited access to food because of other expenses such as tuition and rent.

Hungry for Knowledge researcher Drew Silverthorn said college and university administrators need to have a better understanding of students' financial struggles, specifically in understanding how it's a more often an ongoing struggle for students

from low income families, Indigenous students, and people of colour.

"Ultimately this issue is going to affect student's grades, their ability to participate in campus life, and participate in projects that could end up leading them to jobs or future career opportunities," said Silverthorn.

With the rising costs of tuition and rent in Ontario cities, students are forced to choose between basic necessities like their shelter, education and nutrition.

"It's disgusting having to choose tuition and rent over food as a student and we shouldn't have to if we are spending so much money to go to school already," said Nick Van Amstel, a culinary student at Humber.

Humber's Emergency Food Bank was replaced last year by the Financial Relief Program.

IGNITE president Ahmed Tahir said the new program is more flexible than the Emergency Food Bank and is better able to deal with more complex financial needs of students.

The Financial Relief program offers bursaries aimed at helping students in emergency financial situations such as being kicked out of home or physical and health issues.

However, many Humber students are unaware of this program and are struggling with finding resources to help them with affording basic necessities like food.

"My friends and I have never

heard of this program," Humber culinary student Isabella Zeeb said, "Students should know when the school switches important programs like that."

Silverthorn said Meal Exchange hears a lot about how students don't know these programs exist in their schools and that the programs are poorly advertised.

"I do think it was a good decision for Humber to replace the food bank with a program where the money could be spent on anything that students are struggling with, but it does sound like it's too bad that it wasn't advertised more," Silverthorn said.

Meal Exchange advocates for more college and university campuses to do their own research so schools can have a better understanding of what the issues are on their campus.

Silverthorn said he found different campuses had different rates of food insecurity and that might be for a variety of reasons like housing or transportation costs.

"Some students didn't even know they were food insecure until they took our survey. Doing your own research is a good starting point with helping student's financial needs because it raises awareness of the issue in themselves as well," he said.



LISA BUCHANAN @SPORTLISA / TWITTER

Humber's Sport Management students held a food drive this month, with the donations going to Toronto's Daily Bread food bank.

Lakeshore campus displays sound exhibit

Gabriela Argueta

ARTS REPORTER

Humber music grads hit the studio to create EP for Sonic Identities exhibit

Humber Bachelor of Music graduate students are leaving their mark with a final project like no other. Students produce an EP of their own music, showing their creativity and musicianship within the music industry.

The *Sonic Identities* exhibit, held in the Humber L Space gallery, gives students an opportunity to interact with the space and listen to different music projects.

From R&B to country music, the exhibit has individual listening stations for students to listen to more than one genre of music.

The exhibit also featured replicas of studio layouts. Sound equipment, audio recording programs and interactive beat-making equipment was set up for students to recognize the process of music making.

"This exhibit gives artists a professional platform to showcase their

works," said Humber graphic design student Jacqueline Simpson, "the music that each of these students created is so diverse from each other."

"The end project gives a sense of accomplishment to these aspiring musicians," Simpson said.

Graduating students use these creations to show their music production skills and give light to their talents.

Full time music production faculty Andrew Mullin said the exhibit is a "less typical" way for students to share their work.

"Our exhibit is about listening and visualizing sonically," Mullin said.

"Those who complete the project communicate themselves through this work, hence why most musicians and artists create," he said.

In hopes that students will relate to the musical projects, Mullin wants visitors to enjoy the art and let it resonate.

"Anytime you encounter art it can resonate emotionally," Mullin said, "this exhibit gives students a chance to see what art comes out of Hum-



GABRIELA ARGUETA

The Sonic Identities exhibit which creates interactive music experiences

ber and a chance to watch these upcoming artists develop."

The exhibit is running till Dec. 16, to give students an opportunity at listening to music created in their

own school. For more information on the exhibit and featured artists, visit the Sonic Identities at Humber Lakeshore L Space.

Province-wide anti-racism campaigns aims to be controversial

Olivia Morris

LIFE REPORTER

The Ontario Council of Agencies Serving Immigrants (OCASI) and the City of Toronto launched a new campaign on Nov. 2 to trigger conversation about anti-black racism in the city.

The campaign ads, featured on bus shelters throughout the city, are meant to provoke people to confront their own anti-black biases and to confront black stereotypes. The anti-black racism campaign aims to educate people about the injustices that Black Torontonians face, such as racial profiling, carding and issues of discriminatory housing policies.

On one of the two poster ads, the faces of a white male and a black male are beside each other. The ad's tagline is, "Quick, Hire One." The second poster ad is similar, with the faces of a white woman and a black woman beside each other. The ad's tagline reads, "Quick, Rent to One."

OCASI communication consultant Bassel Martins said an in-depth consultation with the City of Toronto gave OCASI a much clearer direction for the campaign ad, in terms of triggering conversation among Torontonians.

"What we want is to start a conversation, bring it to the surface and see what people do with it," Martins said. "We had a press conference on Tuesday and the mayor was there, so it's getting exposure and that's what we want."

"Hopefully the people that are already involved in anti-black racism missions can point to it and say, 'look

this campaign is so relevant because this is still going on," he said. "Maybe they can add ammunition to the struggle and to their cause."

Martins said the posters have received both negative and positive feedback from the public since the new campaign ads were revealed.

"We got positive and negative, which we expect," he said. "The city funds it, OCASI runs it and Public Inc. is the creative company that was behind the design. There's no point in having an ad that nobody notices."

Social justice lawyer and an advocate for Toronto's Black community Anthony Morgan is pleased with Toronto taking OCASI's leadership on bringing this issue into public discourse.

"The statistics and the data are out there, the City of Toronto would not have put its resources or its moral authority behind it if it didn't know that there was this problem," Morgan said.

"What's important about the posters is the conversation," Morgan said. "For folks who aren't black, I would encourage them when they do see the posters, instead of coming from a place of defensiveness, to think about what you know about the conditions experienced by black people when it relates to housing, employment and education."

"Why do you see this marginalization and discrimination faced by this community? Have a conversation, not just with black people, but also with other white people in the spirits of good faith and the willingness to learn," he said.

A Toronto Star investigation using census and Toronto Police data in 2013 tracked the likelihood of a black male being stopped by police. The possibility of being carded by police was higher for black people than whites across the city between January and June 2013 when thousands of people were being carded every month.



COURTESY OCASI

Divisive poster campaign comes at a time when anti-Black racism and Toronto police carding practices are under intense debate.

Carding decreased between July and October 2013, but the likelihood of black people getting stopped compared to white people increased and was 17.3 times more likely in some areas.

Director of the Centre for Human Rights, Equity and Diversity at Humber College Nancy Simms believes OCASI's campaign is one of the ways to raise awareness about anti-black racism in Toronto.

"All forms of hate crimes are unacceptable," Simms said.

"The Ontario Human Rights Code is a provincial law that gives

everybody equal rights and opportunities without discrimination in specific social areas such as jobs, housing, services, facilities, and contracts or agreements," she said. "OCASI is mandated to do exactly as they have done."

The anti-black racism campaign is the second in a series of campaigns focusing on issues of oppression and discrimination to the surface in the City of Toronto. The first Toronto for All campaign last summer focused on anti-Islamophobia.

GH students hosts dinner in support of CNIB

Chihiro Miya

LIFE REPORTER

For Kim Marsden, dining in darkness isn't a new thing, but for nearly 40 patrons at the Humber Room on Nov. 10, it was.

The Humber Room hosted a Dine in The Dark event to raise awareness for those living with vision loss. The event had people eat a meal despite not being able to see it, just like Marsden has been doing for the past 16 years.

"Please just say hello to us," said Marsden, a client in the Canadian National Institute for the Blind (CNIB), who was joined by her black Lab guide dog Zephyr. "We can remember who tend to help us only doing that."

Marsden, 37, lost her vision because of diabetic retinopathy, a progressive eye disease that affects 500,000 Canadians, according to the CNIB, the country's support organization for the blind and partially sighted.

Marsden said CNIB gave her understanding, freedom and friends as well as a less stressful life despite her vision loss.

Andrea Roylance, manager at CNIB, said the agency offers personalized rehabilitation programs and teaches people how to live an independent life after vision loss.

Since CNIB is a charity, it is important for it to raise funds to maintaining the organization.

"We hope to create more wellness, and to allow an experience a little bit to understand what people would be in the life without sight," Roylance said.

Dining in The Dark was planned by five University of Guelph-Humber students: Richard Roberts, Sasha Pirjamali, Annmarie Abdool, Priti Purhit and Priya Purhit, all business at Guelph-Humber students who wanted to support the CNIB.

"We are very exciting and nervous," Pirjamali said before the event.

They thought of the charity event to raise money for CNIB, and they did pretty well, bringing in \$500 in donations for the charity.

"We expect to acquire a large amount of funds for the charity," Roberts said. "And a lot of people will come out to have great time together and know what the CNIB is."

Patricia Peel, a professor in teaching entrepreneurship in University of Guelph-Humber, said the event idea came from the students. It offered them a chance to learn about the not-for-profit sector and some of the fund-raising issues it faces.

Peel said the project also hosted a silent auction where a few hundred dollars more was expected to be raised for the CNIB. "It's a real learning opportunity for them, not just to understand the not-for-profit sector and charities and some of the issues they face, but it's a real opportunity for them to practice their project management skills, their event management skills and their organization and marketing skills," she said.



KEYSHA WATSON

Humber aligns on defense as Sheridan brings the ball down-court

Fourth quarter collapses continue to plague Hawks

Keysha Watson

SPORTS REPORTER

It was a hard-fought game on Saturday Nov. 13, but Humber Hawks men's basketball team fell to the Sheridan Bruins late last Saturday night.

The teams were tied after every quarter, with the Bruins pulling ahead by five points in the last frame.

Two Hawks notched personal bests in the 79-74 loss on home court. Forward C.J. Bennett, finished with a season high of 15 points, and Ancil Martin added a team high of 16 points just 30 minutes into the game.

Scarborough native Tyrone Dickson made his mark too, posting his second double-double of the season.

"Tyrone Dickson is incredible,

he is one of the best players in the country," said Hawks assistant coach James Depoe.

Despite moments of glory, Hawks head coach Patrick Au has concerns about the team.

"We need to do what we do better and work on poise and focus in our fourth quarter to be able to finish games strong," said Au.

Humber shot a measly 2-20 from beyond the arch and a mediocre 35% from the field. Late game troubles were accentuated by hitting only one of 12 three's and missing five free throws in the second half.

"Offensively we hit a low," said Au. "We couldn't get the balls to fall, it's frustrating."

Similarly, in the Hawks' last game against Niagara, their offence fell com-

pletely off track in the fourth quarter.

However, when the Hawks fell down, the Bruins stood up. The CCAA's third ranking Sheridan Bruins staged an aggressive offense beginning in the second quarter and got their team primed for a late game strike.

"We cannot just settle for three point shots, we have to get it to the rim," said Depoe, "We need to get better in transition and focus on our transition."

There isn't reason to panic considering game three of a long season. Humber still has some time to clean up their offence.

The next Hawks game will be at Sault College the weekend of Nov.19, as they face off against the Cougars and look to bounce back up over .500 with games Saturday and Sunday.



ELLIOTT WILLIAMS

Hawks Devan O'Connor with one of her team leading ten kills with a viscous spike into Bruins territory.

Humber women's volleyball team shows no mercy against visiting rivals Sheridan Bruins

The women's volleyball team look to extend a nearly decade long OCAA gold winning streak

Elliott Williams

SPORTS REPORTER

It is extremely early in the season, but Humber's women's volleyball team has yet to lose a set.

"We did a good job against a good team tonight," said Hawks head coach Chris Wilkins. "I was pleased with our girls, our level of effort, and us staying to our game plan and what we wanted to do. We made a good team look

average."

Wilkins is happy with the performance of his team, and rightly so, but they have played only four while some have played six. The Durham Lords are 6-0 and the Niagara Knights are 5-0, both with very similar stats to Humber, who is sitting at 4-0. Both Durham and Niagara however have lost three sets each.

The Hawks had a rocky start to the game, but were able to regain their composure and win the sets 25-15, 25-18, and 25-14.

"We pulled through, played the Humber way," said Hawk's Breanna Golding. "We did get some encouragement from the coaches, just to pick up some players that were having

some difficulties, but other than that we definitely brought our A game by the end of it."

The Hawks lost a few veterans last year, but their six rookies have done more than impress according to the coaching staff.

"They've looked really good, definitely contributed to our team a tremendous amount," said assistant coach Taylor Hutchinson. "We lost a lot of key players last year, but it's been made up for by these rookies. They've been doing a really good job at adapting to how we play, our style of ball and just what Humber is all about."

"They bring a lot of energy to the team," said Wilkins about the rookies. "They work hard, they push the vet-

erans, and it's a tribute to our overall group. They play fearless, feed off the veterans and the veterans are showing them how to succeed. It's a nice thing to watch."

Golding said the most impressive thing about the team so far is how quickly they've been able to gel.

"The majority of us are rookies coming in, so we've really been focusing on the team bonding aspect and making sure that we all work together and make sure that we have each other's back," said Golding. "I'm really proud of us for that, we come through for each other every time."

Despite the dominating start, the coaching staff thinks there's room for improvement for the team. Wilkins

Hawks take OCAA silver after loss to Seneca Sting

Eugenio Garro

SPORTS REPORTER

The 2016 Humber women's soccer team had hints of being a special team from kick-off. When this band of sisters opened this season it was safe to say it was a new team, a team preparing to take 22 players, 15 of them rookies.

"The hardest part was to put a system in place that will adhere to the talent these girls had," said Assistant Coach Jose Caro. "We had speed, agility and good ball control, so rather than focusing on those elements, we focused on making sure they all played their position to the best of their ability."

Early in the season they looked like a contender, a young team with grit and determination who would do anything they could to win.

Through just a few games into the season, the team was doing just that, winning.

"What made us successful was their desire to want to compete against bigger and more experienced teams," Caro said. "That's something you cannot teach."

Through the team's first six games, they remained undefeated going 5-0-1, tying one game. Many people would look at the five wins but it was the one tie that had many believing this team was special.

"I figured after we tied Seneca at their home field 0-0 this group was special," Caro said. "You look at the experience Seneca had on their roster in comparison to ours and you realized we might be in trouble."

"After the game I told the rest of the coaching staff that this group is special," he said.

The Seneca Sting would finish in first place in their division after defeating Humber 1-0 in the second match up on Oct. 18. But when it all came down to it the Hawks got the better of the Sting 2-1 in the semi-finals on Oct. 28 via penalty kicks and

would play for provincial gold.

The Hawks walked away as OCAA silver medalists, losing to powerhouse from Ottawa, the Algonquin Thunder. It was the first time the Humber ladies made the finals since 2012 when they won gold.

Justine Robb was a defender on that team four years ago and sees many similarities between the two teams.

"The girls are all friends and they always want to be around each other," Robb said. "I think it takes a family and cohesion to be the best team, and this is what is so similar."

Robb believes this team also has what the team has been missing the past few seasons: passion.

"They have the passion that the team had been lacking over the last few years," she said.

Team captain Alexandra Giannone is in her final year with the Hawks and she was on the team that won OCAA bronze

in 2013. She was always very vocal but heading into the final against Algonquin she had a simple message for her teammates.

"I told them it was a feeling like no other," she said. "I told them this was what you worked for your entire soccer career and that it was something they deserve."

She has been through the highs and lows in her time at Humber but is happy she finished on a high note.

"I'm at a loss for words when it comes to this team, it was truly an honour and privilege being their captain," Giannone said. "Every single girl on this team made my last year worthwhile."

The Hawks have a bright future ahead if the core of this team can stay put. With some good recruiting and leadership, a gold medal could be well within reach.

"These girls weren't just teammates, they were sisters and best friends, they were family," Giannone said.

said that consistency is one aspect the team can improve on.

"Staying focused in the moment, controlling things on our side of the court," said Wilkins.

"Our communication, I think we can improve on a little bit," said Hutchinson. "I think taking that next step and always being ready and never taking any points off. Being more consistent with that and playing our style and not worrying about what's on the other side of the court."

The Hawks head down to Niagara to face-off against the high-ranked Knights on Wednesday Nov. 23 where one undefeated team will leave with a loss.

Lakeshore tunnels tour explores haunted history

Daniela Gitto

ARTS AND ENTERTAINMENT REPORTER

Just below Humber Lakeshore student's feet lies the history of the Mimico Insane Asylum's and the tunnels that connect what is now Lakeshore campus buildings C through K.

Tuesday afternoon students were transported back to the late 1800's as business professor and tour guide, Steve Bang led the group through the underground system.

The tour followed the land's history and started at the first tunnel in the system which was built in 1890 by the patients of the hospital as a job option to pay for their treatment and residency.

Mimico Insane Asylum's patients were allowed to pick from various jobs like construction, carpentry, cooking and laundry, Bang said. The patients were also required to farm their own food which included maintaining an apple orchard.

The tunnels were used to transport supplies and patients between buildings using a metal railway similar to a coal car.

"The patients were split by gender, where woman resided on the south side of the facility while men were housed on the north side," Bang said. "So the tunnels were very convenient."

The tunnels were painted vibrant colours because hospital staff believed it would create a happy atmosphere for patients and improve their mood.

After more than a century, there are still traces of yellow and green on portions of the decaying walls.

Throughout the tunnels, students would come across the odd jail-cell which was used for the criminally insane patient, but they're now used for tool storage.

Bang pointed out what seemed like an irrelevant sewer cover, but ended up being the same sewer Suicide Squad shot the crocodile scene at, one of many film scenes shot at Lakeshore campus.

The end of the tunnel led students



DANIELA GITTO

Students walk through an attic as part of the tunnel tour.

back outside where Bang pointed out Tim Horton's in the M building which was used to store the transportation buggies and horses in the late 1800's.

The tour moved into H building covered every corner and wooden beams made for a narrow hallway.

"In 1952, it became really crowded in the G building (which was) the administration building so they had to move many of the staff up here," Bang said.

The K building stood for kids, which is where they cared for

parents had children with epilepsy, it was thought they were possessed by the devil and parents would drop them off at Lakeshore for staff to find."

Unlike today, there were no drugs to treat the patients so they used many experimental and traditional techniques to deal with the resident's ailments.

"This is where they did the frontal lobotomy's and in fact this is where they performed the first electric shock therapy in Canada," Bang said referencing building H which back then stood for hospital.



Business professor and tour guide Steve Bang pointing out building from the late 1800s when Lakeshore campus was Mimico Insane Asylum.

children with mental disorders as young as four-years-old.

"If you suffered from ADHD as a child, your parents might have dropped you off here," Bang said. "If

The hospital's cemetery is located at the corner of Horner and Evans Ave. where 1517 patients are buried.

In 1979 the hospital was closed because of the trend of

deinstitutionalization, which suggested that patients would benefit more by joining society. The neighborhood locals got together and made the hospital cottages provincially historic property so that they cannot be taken down.

In 1991 Humber College Institute signed a 99-year lease to build the campus, but were instructed to keep the cottages standing exactly as is besides the few structural and indoor renovations that were necessary.

"I thought it was very interesting and I liked it more than I expect," said Linh Tran, advertising and marketing communications student at Lakeshore. "I thought it was just going to be another boring campus tour, but I ended up learning a lot."

After all the ghostly rumours floating around campus, it ended up being a great learning experience for students to understand the history behind their school.

"There's a lot of history on Lakeshore ground that many people don't know about, and a lot of people should come check it out and enjoy a history lesson," Ellie Knight said, hospitality and tourism management student at Lakeshore.

Lakeshore plans to host public tours in May for any Torontonians who want to learn a little more about the history of their city.

Toronto gets first 4DX Cineplex theatre

Sully Akbari

BIZ/TECH REPORTER

Grab a seat, get the popcorn, and prepare for an adventurous movie experience.

Cineplex Cinemas' anticipated new 4DX movie experience splashed onto the scene a couple of weeks ago with the debut of Marvel's Doctor Strange at Cineplex's Yonge-Dundas location.

The Yonge and Dundas Street location is the first movie theatre in Canada to have the new 4DX technology.

The 4DX experience adds motion and environmental effects to correspond with the movie. The effects include motion seats, vibration, water, rain, snow, wind, lightning, and scent effects.

First-year Humber College computer engineering student Quentin Amina, 18, said the new experience would entice him.

"The added effects sure does get me excited to watch an action-pack film in 4DX," Amina said. "It will definitely make me feel like I am in the movie."

Ellis Jacob, president and CEO of Cineplex Entertainment, has high hopes for the 4DX technology.

"We're passionate about offering our guests new entertainment choices and we're proud that today we can officially add 4DX to our growing list of premium movie experiences," he said.

Amina said this the way to go with advancements in technology.

"It was bound to happen," he said. "Technology has come so far and the 4DX technology shouldn't come as a surprise."

Amina said Cineplex has given Canadians more options to watch a movie on the big screen, in 3D, IMAX 3D, in the VIP section, and now 4DX.

Third-year Humber College accounting student Joshua Balana, 19, said he is not a fan of this new technology.

"I prefer watching a movie on a large screen because I want to watch it in the comfort of my seat," Balana said.

Balana said he thinks it takes away the original movie experience.

"I know it is meant to enhance someone's experience but to me it just ruins it," he said.

Balana said he thinks Cineplex is trying to offer a new taste to everyone with the 4DX experience.

"This is a good opportunity for Cineplex to see and follow the trends of movie experience and technology," he said. "Yes, it's in its early stages but it's only a matter of time when this becomes a mainstream service."

Both Balana and Amina said they will try the 4DX experience but it would only be a few times a year.

For regular movie-goers, 4DX is going to cost you. The ticket alone is around \$25 but with food, a night at the movies could be around \$50.

North Space exhibit showcasing the beauty and complexity of coding

Brett McGarry

ARTS AND ENTERTAINMENT REPORTER

Every year humanity becomes more reliant on computers to help us through our lives and the *Art of Coding* exhibit on display at Humber North Space gallery is here to show the beauty in coding.

Whether playing a video game, using an app on a smart phone or even paying for groceries online, the modern person uses devices that run on coding in almost every aspect of our lives, yet it is a language foreign to most of us.

Although it is complex and exact, program coordinator for the Humber Web Development program Bernie Monette and professor and program coordinator of the Multimedia Design and

Development George Paravantes asks viewers to see coding in a different light.

"Beautiful code is easy to read, is fully explained, and works on any device. If the output is also beautiful – then it is wondrous to see," Monette said.

The exhibit on display aims to break down barriers that would prevent people from being involved in this aesthetics medium and that it can be pleasing in both form and function.

"Coding is an important facet to both visual design and the interactive aspect of programing. There has always been an intrinsic partnership between code and design," Paravantes said.

"Coding is accessible to anyone who wants to use it. The problem is that code is so picky and as

a result humans tend to avoid code. As faculty we spend a lot of time supporting our students as they struggle learning these new languages and new means of expression," Monette said.

For the future hopeful coder there are many ways to begin practicing and learning. From the Khan Academy, Coursera, W3Schools and even YouTube, the rewards from the practice stem directly from personal ambition.

"People think understanding math is important to understanding code when that's not necessarily the case. Understanding logic and flow is more important. When we start our day everyone goes through a logical process similar to what happens in code and it's subconscious. If I do this task, then I can do that. We call

it pseudo-code," Paravantes said.

Student involvement has also been central to the exhibit. It displays bits of code and programs that have been developed by students in Humber's web development and multimedia programs.

"It is great to have a progression of student work in the space. Not only can the entire Humber community see what they're doing but they get to see what they're doing in a public space," Head Curator Ashely Watson said.

Coding is the path that lies directly between the worlds of creativity and functionality and even if a career in coding is not in the plan, there is no disadvantage to understanding the processes that are governing modern lives. A long the way some may even find a new creative outlet for expressing themselves.

Comic find success by using his nerves to fuel stand-up routine

Julie Arounlas

LIFE REPORTER

Second year Humber College comedy student Taylor Smith is making Toronto laugh every Tuesday at Yuk Yuks Comedy Club.

Smith, 20, said making people laugh while on stage is the best high he can get.

“Comedy has gotten me through so many hard times in my life,” he said. “When I get up on stage and I can make people laugh, I feel like I’m doing something important for the world.”

Smith started performing on stage when he wrote and acted in student plays in high school.

During the first performance of a high school play he wrote, Smith said he was blown away that the show had laugh breaks from the audience.

“I realized I wasn’t as concerned about telling serious teen dramas as I was with just making people happy,” he said.

Performing runs in Smith’s family. With a comic book artists father and a CBC singer, pursuing the arts was encouraged.

“The idea of pursuing your dumb, childish fantasy was a genuine possibility in my family,” he said.

Smith dealt with intense stress and OCD growing up. He said listening to his favourite comedian, American stand-up comic Mitch Hedberg’s album made him feel better.

“That feeling is what I want to give back to others,” he said.

Tuesday night’s stand-up show was not the first for Smith. He has been performing at the comedy club’s Humber amateur night shows almost

every week since his first year.

His first performance was a two minute stand-up set at an open mic night at Etobicoke’s Placebo Space bar.

“There were 10 people in the audience and I knew about five of them. I panicked about that performance for days,” he said.

Smith still gets nervous before every set he does. The only time he is not panicking is the two to five minutes he’s performing on stage.

He said it took him a long time to get comfortable with being on stage and he was terrified before he started performing stand-up. He wished he knew how easy it was to just get on stage and not be so afraid of it.

“I roll with my nerves now. I let them fuel me,” he said.

Alumna Brie Watson joined students on stage for the Tuesday amateur night, which featured an hour of stand-up by Humber comedy students.

She said having Humber alumni perform with students is a great learning experience for them.

Interacting and performing alongside alumni is what Smith loves about the Humber comedy program.

“My favourite thing about performing at Yuk Yuks is performing with peers, other comics, and alumni because you’re able to talk after your set and give each other tips, pointers and help each other out,” he said.

Smith said he advises aspiring comics who are looking to join the Humber program to get out there and perform as much as they can.

He also advised that aspiring comics not hate other comics and their peers.

“You’re going to be stuck with your classmates for two years, so learn to work with them and to love



COURTESY TAYLOR SMITH

Taylor Smith encourages students to take advantage of the connections the comedy program offers.

them,” he said.

“A part of comedy is being a social, interactive person, so collaborate with other comics as much as you can, network, and make professional friends who are willing to support you,” Smith said.

Smith urges Humber comedy students to take advantage of their resources, like going to the after school comedy sketch sessions and pitching their stand-up to Yuk Yuks co-founder and Humber comedy professor Larry Horowitz.

“It’s such a short program, squeeze every minute of it for what it’s worth,” he said.

Horowitz said students try their material and then video their shows for him to evaluate them, upon request.

“It is required that they try a few sets there but they don’t have a required

number of performances to do. It just so happens that most utilize the opportunity as much as possible,” he said.

Smith said a lot of people think his program is just “clown school” and is easy. In reality, the comedy writing and performance course at Humber is an intensive program, but he doesn’t let it faze him.

“I love it. Comedy is all I’ve wanted to do in my life so just finally being in it is so exciting to me,” he said.

Smith said the ability to laugh at the end of the day was very appealing to him, so when he heard of Humber’s comedy program he decided to go for it.

That being said, Smith didn’t always plan on pursuing comedy. He almost auditioned for Humber’s theatre program and intended on becoming a stage actor. However, comedy was still

always a huge passion of his.

Smith used to go by stage name “Snake” to disassociate his real self from his stand-up self.

He said his stand-up self is more confident and says things he normally wouldn’t say. He also said he seems to bully himself a lot more on stage than he ever would off stage.

“No one’s ever going to complain like, ‘Hey! Stop picking on that tall, white guy,’” he said.

“I try to make it, at the end of the day, that I’m targeting nobody but myself.” Smith said his stand-up is more like having a conversation with someone at a table, rather than performing to an audience. He doesn’t feel like he’s talking to an audience when he’s performing.

Instead, Smith feels like he’s talking to friends.

Hollywood orchestrator behind Jurassic World and Star Trek music gives workshop at Lakeshore

Brett McGarry

ARTS AND ENTERTAINMENT REPORTER

Music is what adds humanity to films and Norman Ludwin, a long time orchestrator and session musician who has been working in Hollywood for decades, understands this completely.

Ludwin came to Humber College Lakeshore Wednesday to share with students some ideas and tips behind his process of orchestration and what it takes to work in Hollywood.

A distinction worth making is the difference between orchestrator and composer. To put it simply an orchestrator writes the music and the composer decides which instruments play the parts and how they are arranged.

Like any aspect of Hollywood, working in music for movies is cut throat.

“An entire score will sometimes be put together and recorded in as little as 8 weeks. To make it at this level you have to be extremely organized, confident and experienced,” Ludwin said.

He has worked on major motion pictures such as Jurassic World, Star Trek Beyond, Star Trek into darkness, Super 8 and Priest.

During his workshop he went over how the industry has changed in recent years and what it means for musicians, orchestrators, and composers. Lately there has been an increase in what is called ‘pop scores’. A pop score is when pop songs are used in place of original music and this has started to cut into the amount of work available to industry musicians.

“This can be a big selling point for some studios. They want their money back and having well known songs will put people in the seats,” said Ludwin.

This does not mean the end of the industry though. Many still feel the need for orchestral scores and often licensing songs by big artists will end up too costly. Ludwin mentioned how some director’s favorite part is coming to oversee the production of the music and how they

“are like kids in a candy shop.”

The amount of high profile work Ludwin has done has not diminished, even with his busy schedule of teaching music, public speaking, writing and publishing.

“I had always wanted to work on Star Wars movies and I am excited to admit that I was able to work on the new Rogue One movie,” Ludwin said.

Ludwin’s involvement at Humber came by a chance meeting with instructor Paul Novotny.

“We had met at an event with the Screen Actors Guild and I was pleased to invite him to speak at Humber,” said Novotny.

Though some of the concepts he discussed were esoteric and specifically for students of music, his messages about work ethic could be well received by anyone in a creative field.

“You must do as many things as you can. The variety of things I do is good for my brain and my soul. Don’t get too locked in, you always have choices.”



BRETT MCGARRY

Norman Ludwin at the office for the Humber music department.

EDITORIAL

Despite awareness mental health still a major problem

We're becoming desensitized to mental illness in the same way we are desensitized to violence and longer flinch when we see gratuitous, graphic images on TV. Everyone either knows someone or has heard of someone suffering from mental illness and a recent study has shown things aren't getting any better. The study actually claims that it's getting worse at an alarming rate.

In the research of Johns Hopkins University in the journal *Pediatrics* outlines the rise in depression rates in teens and young adults, with an emphasis on girls being at greater risk. The survey looked at men and women between the ages of 12-25 in the United States. Researchers found that between 2005 and 2014 the number of adolescents who reported having a major depressive episode jumped 37

per cent. While in Canada, CAMH in 2015 reported a 34 per cent increase in students who experienced anxiety and depression. To put things into perspective, suicide has become the second leading cause of death in adolescents aged 15-19.

The most worrisome part about these numbers is while cases of mental illness are on the rise, the number of those actually receiving mental health treatment is not. Beyond that, no one really seems to have a definitive answer as to why things are getting so bad. Some suggest the reasons revolve around our increased use of cellular devices, excessive use of social media, cyberbullying, and interpersonal issues. It is possible the cause is all of those things combined, or none of them.

While numbers overall are rising, girls are showing to be more at risk

of depression than boys. According to researchers, girls use their cellular devices more than boys and are more likely to experience negative texting incidents leading to a depressed mood. But texting alone can't be to blame for this stark new reality. It seems that adolescent girls tend to place more pressure on themselves to fit into the standards set by society. As any woman can attest, it's not an easy place to be and it's difficult to imagine anybody wanting to go back there.

Bullying is an obvious factor, and with younger people there are twice as many ways to bully someone than there used to be. Millennials can remember the days when bullies had to be mean to face-to-face. Today, bullying can take place from the end of a send button. It also seems that teens these days are not letting themselves be teens. There is more pressure than

ever for children today to have their entire life figured out by the time they set foot in high school.

Although it is unclear why exactly depression is on the rise, the safe answer would be to say it's a culmination of all the ways our current society model is failing us. Although this is extremely vague, until more time and effort is spent legitimately and scientifically figuring out what is going on, speculation is all there is to go on. More needs to be done to encourage teens to seek help for their depression or other mental illness. There needs to be increased initiatives and outreach efforts in schools and colleges so people don't suffer in silence, and when they do speak up, something can be done about it.

As with any problem, solving it at the roots is usually the best place to start.

Unequal pockets make for unequal people



Hayley Michaud
ARTS AND ENTERTAINMENT EDITOR

There are plenty of faults to find in the fashion industry but my biggest qualms lie in practicality, or lack thereof, in women's clothes. It's 2016 and the search for women's jeans that have pockets deep enough to actually use is like its own kind of search for the Holy Grail.

I get it, if women have tiny useless pockets, then they're forced to buy purses, which in turn makes the designers more money. However, sometimes you just want to run to the grocery store and pick up a few things, and only really need your keys and debit card. If you have one lone key you might be able to shove it into the inch-deep crease masquerading as a pocket, but take two steps and your debit card will likely fall out and get lost in the parking lot.

I can't tell you the number of times I've had comments on my jeans and then excitedly demonstrated how great the pockets are because I can actually fit most of my six-inch-tall phone inside. That excitement is doubled when I manage to find a great dress that also gives me a place

to stash my I.D. and some cash so I don't have to drag a purse around with me all night.

I'm also baffled by the cropped trend. I have no issues with exposed midriffs, but it's not what I feel comfortable in, and the number of times I have seen a seemingly perfect sweater only to pull it off the rack and see that there is no chance of it even meeting my stomach. It's frustrating. High-waisted jeans are in right now, and as a tall person I love it, my butt is covered and I probably don't need a belt, but charging fifty bucks for what I see as half a sweater so the two don't overlap seems ludicrous to me. This is Canada, it gets so cold here in the winters and I definitely want a whole sweater to keep me cozy.

It really has me wondering: If retailers know that if they gave us practical clothes - with things like real pockets - not only are we as consumers more likely to repeatedly buy that product, we're also going to tell all of our non-existent-pocket-hating friends about how great those full pocket jeans are.

I suppose the other option would be to ditch women's clothing retailers all together. It never fails to amaze me just how much crap my guy friends and family can carry around in one pair of pants. They've got cellphones, wallets, key-cards, mountains of random change and even a video game console shoved into the front pockets of their jeans (which cost less than women's). Time for a change. Not that I can fit any in my pocket.

Sexual assault at clubs should not be normalized



Jessenia Feijo
LIFE EDITOR

Some nights call for going out with friends and letting a bit loose. For me, such a night starts off looking something like this: you get home, hop in the shower, put on some makeup, spend hours on the hair and the outfit and then finally head out to meet with friends. An adventure to the desired establishment for large amounts of fun ensues.

But when women are going out, sadly, the chances are high of you or one of your friends, getting sexually harassed or even assaulted. Example of bad contact you might encounter include strange fingers that creep up your skirt and grope your ass cheek; blank stares directed at your chest; someone will graze your crotch over your clothes; or just plain grab onto your arm and demand attention.

Perhaps such things sometimes happen to men as well.

Clubs are breeding grounds for sexual assaults on any given day. Statistics are difficult to find on this topic because these experiences are seldom reported, and if they are they vary greatly.

The Criminal Code of Canada

does not define rape in terms of specific acts. The crime of sexual assault is codified within the general assault provision (s. 265(2)), which makes it a crime to intentionally apply force to another person without their consent.

This broad criminal definition of a sexual assault ranges from both relatively minor acts, such as a tap on a bum, to full-blown forced intercourse. In fact, s. 265(b) takes the definition even further to include instances when the accused merely "attempts or threatens, by an act or a gesture, to apply force to another person, if he has, or causes that other person to believe on reasonable grounds that he has, present ability to effect his purpose." In other words, you could be charged for sexual assault even without even touching the victim.

In Canada, reports by police in Toronto and Vancouver showed higher levels of sex crimes in the cities' respective club districts.

A few weeks back, I went to Bar 244 on Adelaide Street West with some of my closest friends. One of my girlfriends was approached by a man. He walked up to her, grabbed her arm, brought his face close to her ear and said, "Let me buy you a drink." There are many things wrong in this scenario. It is never acceptable to touch a stranger like that and then demand something (see the Canadian Criminal Code). She did not humour the man in any way and actually shook herself free. A security guard saw the exchange and to everybody's surprise ended up ejecting my friend from the club.

After a few of us argued with him, but he ignored us and we went outside where he left her. We left and automatically said we wouldn't go back to this club.

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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Why was the person getting grabbed getting thrown out? The man who initiated the contact being ejected would have made sense. Not only was he left free to run around and commit more offenses, but he didn't receive any punishment for his behaviour and would assume that what he did is okay.

Sexually motivated grabbing, fondling or demanding in public spaces needs to be taken much more seriously.