

# HUMBER ET CETERA<sup>•</sup>

Humber's Student Newspaper

OCTOBER 7, 2022

Vol.64, No.3

# BRAMPTON OFF THE TABLE



Humber College and the University of Guelph-Humber announced in a statement on Thursday, Oct. 6, 2022, that they were withdrawing from a nearly year-long discussion to relocate the school from Humber College's North Campus in Etobicoke to Brampton's Centre for Innovation (CFI). A major concern for the school to withdraw was due to space at the CFI.

**MAJOR FLOODS  
IN PAKISTAN  
LEAVE MILLIONS  
DISPLACED  
P. 3**



**HUMBER'S  
FASHION STORE  
RETURNS TO  
CAMPUS  
P.5**



# UofGH backs out of Brampton move



JOSHUA DRAKES

The University of Guelph-Humber announced its withdrawal on relocating the school from Etobicoke to Brampton, on Thursday, Oct. 6, 2022.

**Jesse Glazer**  
*Editor-In-Chief*

The University of Guelph-Humber's plan to relocate from Humber College's North Campus in Etobicoke to Brampton's new downtown Centre for Innovation has been scrapped.

The school announced in a statement Oct. 6, that after nearly year-long discussions, the Humber community along with the university informed the city council of the decision to withdraw the proposal.

"Earlier today, the University of Guelph and Humber College informed the City of Brampton of our decision to withdraw from discussions regarding the proposed relocation of the University of Guelph-Humber (UofGH) to Brampton's planned Centre for Innovation (CFI)," the statement said.

In a statement, the school explained that a major contributing factor in withdrawing from the discussions was space concerns at the CFI, located on Nelson Street West in the city's downtown core.

The proposed structure will be a 256,000-square-foot centre for post-secondary institutions including Algoma University,

Toronto Metropolitan University and, it was hoped, the University of Guelph-Humber.

"These discussions included detailed space analysis and refined requirements for instructional and study spaces," the statement said. "It became apparent that space constraints were a concern, notably that the CFI would not

the University of Guelph-Humber," Jackson said.

"In the spring, the former president of Humber and the president of Guelph (University) had written a letter to [city] council to express that we would need to have additional space beyond what was being proposed in order to meet the needs of a high-quality student

**"THEY REALLY SHOULDN'T ADMIT MORE STUDENTS INTO THE PRESENT FACILITY, IT'S OVERCROWDED"**

**Robert Gordon**

*Co-founder of University of Guelph-Humber, in 2019*

be able to meet (the) University of Guelph-Humber's current and future needs."

Kelly Jackson, Vice-President of External Affairs and Professional Learning at Humber College, told Et Cetera the space designated by the CFI for the university would've been smaller than expected. That ultimately led to their decision to withdraw from discussions.

"The actual footprint that was being proposed within the CFI would have been smaller than what is currently the footprint at

experience," she said.

Just a few years ago, there was concern there wasn't enough space for students and staff at the current facility for the university at Humber College's North campus. The issue was raised by Robert Gordon, former Humber president and co-founder of the University of Guelph-Humber.

"They really shouldn't admit more students into the present facility, it's overcrowded," Gordon said.

However, Vice-Provost John

Walsh, who was in charge of the joint venture at Guelph-Humber, released a statement in 2019 via Communications Manager Elissa Schmidt saying, "We do not believe there is an overcrowding problem on campus."

The statement released yesterday was adamant on the timing being foundational to their decision-making process as the date for the expected relocation approaches.

"Timing is critical for Guelph-Humber as it enters a new recruitment cycle," the statement said. "Current students and prospects who are considering attending the university in the fall, as well as employees, must have certainty about where they will study and work in the coming years."

The school's decision to withdraw from discussions doesn't change the university's desire and commitment to grow and evolve, Jackson told Et Cetera.

"The team at the University of Guelph-Humber, supported by the teams at Humber, are going to continue to look on how they can build on the reputation of academic excellence that Guelph-Humber has," Jackson said.

Next steps for the university have yet to be announced and weren't specified in that statement.

**ETC •**

Humber Et Cetera is the Humber College journalism program laboratory newspaper. It is created by second and third year journalism students. 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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AP PHOTO/ZAHID HUSSAIN

A man carries some belongings as he wades through floodwaters in Jaffarabad, a flood-hit district of Baluchistan province, Pakistan, on Sept. 19, 2022. An estimated 1,700 people died.

# Nations call for climate action after Pakistan floods

**Upkar Singh**  
News Reporter

Arslan Barjio, who lives in the southeastern Pakistan province of Sindh, said the death toll caused by torrential monsoons washed away villages and people's lives are threatened by high waters, water-borne diseases and malnutrition.

"Five to six people are dying daily in my district, especially the children and females," Barjio said.

United Nations (UN) officials say it could take six months for floodwaters to recede in the hardest-hit areas.

The worst flooding in the country's history affected all four of the country's provinces and approximately 15 per cent of its population.

The disaster has caused damage to hundreds of thousands of homes, as well as public water systems,

schools, and health facilities.

A study by a group of international climate scientists found that climate change was the cause for such heavy rainfall.

Human Rights Watch has said

## "THESE PEOPLE DIDN'T CONTRIBUTE TO CLIMATE CHANGE, THESE PEOPLE WERE INNOCENT"

**Hania Mahmood**

*International computer science student at Algoma University*

the floods show the need for climate action.

"Everyone must do their part in climate change. It is time for international communities to come and do something," Barjio said.

With the support of the government and partners, UNICEF is delivering safe drinking water, medical supplies, food supplies,

and hygiene kits to children and families in need.

The Pakistani Red Crescent is also providing assistance and was one of the first organizations to provide families affected by floods

with humanitarian assistance.

"Pakistan's Red Crescent has mobilized its mobile medical health teams and is providing free health services and serving more than 20,000 people," Jamie Hofing, manager and media relations for the Canadian Red Cross.

Non-profits such as the Alkhidmat Foundation have opened

an appeal for food relief funds, including tents, tarpaulins, flood and medical camps.

The floods in Pakistan have caused immigrants living in Canada anxiety and anguish about the effects of climate change while living a half world away from their homeland and families.

"If climate change was under control, this wouldn't have happened and people wouldn't have died," said Hania Mahmood, an international computer science student at Algoma University.

Zainab Zahid, a Pakistani environmental activist, said that the majority of the population's economy depends upon agriculture and the flood had a major impact on it.

"It's definitely gonna impact the rehabilitation process of these people because as of now, they

don't even have their homes", said Zahid.

Pakistan is paying the price for climate change despite accounting for a small amount of emissions

According to Our World in Data, Pakistan contributed 0.67 per cent of global emissions in 2020 while the U.S. and China amounted to 13.54 per cent and 30.65 per cent respectively.

"These people didn't contribute to climate change, these people were innocent," Mahmood said.

The floods and their aftermath killed at least 615 children and about 520,000 children face Severe Acute Malnutrition, said Abdullah Fadil, the UNICEF representative in Pakistan.

"Right now, almost 10 million children are now in need of immediate, lifesaving support," Fadil said.

# Soil depletion, mismanagement lead to decreased farm land

**Charley Crocker**  
News Reporter

Earth's arable land is vanishing. And what is being used to grow crops is at risk of being depleted.

According to a report sent to the United Nations Convention to Combat Desertification (UNCCD), almost one-third of the world's farmable land has disappeared in the last four decades.

This is a cause of soil depletion, which occurs when soil fertility components are removed without being replaced.

"In recent decades, land resources have been subject to persistent degradation and loss due to global patterns of human domination," the UNCCD said.

"When we had taken this farm over, they had planted soybeans after soybeans after soybeans. That depletes the soil," said Dave Birnie, an Oro-Medonte farmer.

Soil depletion is caused by soil pollution, insufficient soil management, nutrient leaching, loss of topsoil by erosion, and continuous cropping.

The UNCCD United Nations Convention to Combat Desertification states soil degradation could result in the loss of \$23 trillion in food, ecosystem services, and income worldwide by 2050.

According to National Geographic, soil depletion has caused whole foods to no longer be packed with the same amount of vitamins and nutrients as they were 70



CHARLEY CROCKER

Dave Birnie standing in his pea field located in Oro-Medonte, Ontario. The farmer introduced crop rotation when he took over managing the farm as the soil had been depleted due to the previous management.

years ago. But some experts disagree.

"Modern cultivation techniques involve applications of synthetic fertilizers, manures and composts so I doubt very much that fruits and vegetables are less nutritious," said Paul Voroney, a Guelph University professor and researcher in soil management and cropping patches.

A 2020 book called *Agrochemicals Detection, Treatment and Remediation: Pesticides and Chemical Fertilizers*, edited by M.N.V Prasad, analyzed the use of

synthetic fertilizers and their more natural counterparts. The book supported Voroney's position that despite the differences, synthetic fertilizers can provide effective growth.

"Most inorganic fertilizers dissolve readily in water and are immediately available to plants for uptake," the book said. "When used according to recommendations, these types of fertilizers efficiently supply the required nutrients for plant growth and are safe for the environment."

Despite the position of Voroney,

many farmers in the province say soil depletion can be avoided by alternating deep-rooted and shallow-rooted plants with crop rotation to improve soil structure and fertility, a method known as crop rotation.

"We grow corn, peas, winter wheat, oats and red clover. Now we have a proper crop rotation that helps the soil a lot," Birnie said.

Rotating crops have been used since the Neolithic Revolution, more than 11,000 years ago to control disease and improve plant nutrition. A study in *Nature's The*

ISME Journal suggests crop rotation can significantly enrich soil with bacteria, fungi, and protozoa.

The use of fertilizers also helps reduce soil depletion by replacing the nutrients that crops remove from the soil.

While fertilizers help replenish soil nutrients, they can also cause significant greenhouse gas emissions when used in crop production processes.

The federal government plans to reduce fertilizer emissions by 30 per cent below 2020 levels by 2030 in order to meet Canada's emission reduction targets.

Inorganic fertilizers can also cause health risks such as ammonia, and damage the environment with the use of nitrate and other nitrogen compounds that are released into rivers, groundwater, and oceans.

The presence of these toxins in our water reduces oxygen levels, which increases algae growth. Aquatic life may suffer injuries or even die as a result.

President of the Simcoe County Federation of Agriculture Jim Partridge said that despite inorganic fertilizers' harmful effects on the environment, many are concerned that reducing its use will result in crop loss.

"If you reduce the amount of nitrogen used, you are going to cut your crop yield by at least a third, that means prices in grocery stores will go up about 20 per cent," he said.

## Addressing the varied ways misogyny impacts Black women

**Krysti Jaglal**  
News Reporter

Misogyny, how it manifests, along with ways to combat it, were all topics covered during "Uprooting Misogynoir In Our Everyday Lives," a presentation that took place on Sept. 29.

The online event was hosted by Moya Bailey, an associate professor in the Department of Communication Studies at Northwestern University and the author of *Misogynoir Transformed: Black Women's Digital Resistance* and an activist who coined the term misogynoir.

However, the event was also organized by Humber's Centre For Equity, Diversity and Inclusion, focusing on how misogyny impacts the lives of Black women

daily.

Ann Marie Vaughan, the new president and CEO of Humber College, introduced Bailey, saying equity and inclusion should be a part of everything the school is and does.

"The matters of ETI (equity, diversity and inclusion) need to be woven in every aspect of who we are as an institution and that will take some time, but I really believe that we are on the road," Vaughan said.

According to Bailey's definition, misogynoir is a term that describes when misogyny is directed towards Black women, where race and gender both play roles in bias.

Bailey explained that there is a lot of stereotypical representation in the media when it comes to Black women.

She used a Google search as an example. When topics about Black women are searched, the results are drastically different compared to searching for topics about white



MATTHEW MODOONO

Portrait of Dr. Moya Bailey.

women.

"I think the issue is not necessarily that Black women shouldn't or should be careful about how they present themselves," she said.

"I think part of the issue is that whatever Black women do, there will be a way that it is turned against them and used in a way that perpetuates the already established stereotypes," Bailey said.

The second half of the presentation focused on what Bailey called the abuse and misogynoir playbook. This playbook is the cycle that Black women face when they experience misogyny.

It begins when contributions a Black woman makes but goes unnoticed. Bailey said that the dominant class then responded with disbelief.

This disbelief and constant dismissal can appear to be discrediting towards a Black woman's work or making it seem like they're being gaslighted.

The presentation ended with discussions about uprooting misogynoir. These include standing up against racism, sexism and learning not to compare whose issues are more important to discuss in the community.

Part of this process included acknowledging the power and ways in which white supremacy has been a contributor to these issues.

Humber Dean of Students, Ian Crookshank, said it's easy for people who have not experienced misogynoir to discount it or not acknowledge its systemic nature.

# Fashion boutique reopens after two-year hiatus

**Annabelle Berry**  
News Reporter

After a long, two-year hiatus, the Humber Boutique is re-opening its doors for the new school year.

The boutique, operated by fashion arts and business students, has been closed for the past two years due to the pandemic.

Miranda Patton, a fashion arts and business student, is the acting manager for the Humber Boutique this year.

Patton said that it seemed a lot of people didn't realize the boutique was happening this year.

"A lot of people didn't even know we had a fashion boutique, since they've been here it's been closed. So, I know a lot of people are excited to see it," Patton said.

The store is often used for second-year field placements for fashion arts and business students, but anyone enrolled in the program can work there.

"So, any fashion students are welcome to join. It's mostly for the third semester Fashion Arts as well as Business Students because they do have a field placement," Patton said.

"If anyone was interested in working at the boutique for their placement, they could just help out," she said.

The boutique's grand opening was held on Oct. 4. But Patton said that's not the only thing patrons should be excited about.

"And then we also have a Halloween countdown kind of sale going on," she said.

"We'll have [it] in the future. So, I'm excited for the pop-up events and pop-up shops that we're gonna have," Patton said.

While there has been a lot of excitement surrounding the grand re-opening, there is also growing concern amongst Fashion Arts and Business students that the boutique at H334 on North campus a

has been forgotten.

Raven Scott, who is in her second year of the program, said the business needs support from students.

"The most challenging part for fashion students with running the boutique would have to be getting the engagement from our fellow peers," Scott said.

"For the boutique to be successful, we will need all the support we can get from the Humber community," she said.

The boutique offers a range of both men and women's clothing, accessories, shoes and more.

Coal Dymock, a third-year Film and Television Production student, is looking forward to seeing what the business has to offer.

"I'm excited to see what kind of things they'll have," Dymock said.

"I didn't know we had a boutique, but it's really cool that they have their own business so they can get experience."



ANNABELLE BERRY

The Humber Boutique is an event space and store located in H334 operated by Fashion Arts and Business students at Humber College.

# BIPOC people mistreated in film history, new generation hopes to make changes

**Brandon Mair**  
News Reporter

Even as mainstream media tries to reflect the world around it, underrepresentation still exists.

Jay Neal Siazon, a film student at Humber's Lakeshore campus, is looking to make a difference in his film career.

"I think the film and media industry are still underrepresenting people of colour," Siazon said.

"I'm an Asian immigrant, and I want to be able to make films based on my experiences and have the opportunity to share them with others who deal with the same adversity as I did when growing up," he said.

Despite the inclusion of people from different ethnicities appearing in more mainstream media shows and events, there are still those who are underrepresented.

In the 1900s in early film, Black characters were portrayed in unethical and racist ways.

"People sitting outside eating watermelons was a typical way in which Black [people] were depicted," said Ronald Stagg, a professor and film historian at Toronto Metropolitan University.

"One of the earliest films featured a character named Uncle

Tom, described as the gentle, docile, easy-to-get-along-with Black [person] who had helped you with anything," Stagg said.

Uncle Tom appeared in various films and was a positive representation for Black people. However, in 1915, the film *The Birth of a Nation* caused controversy.

The film is about the Civil War and the period after, Black people were depicted as violent rapists, and the heroes of the film were the Ku Klux Klan who, in today's society, are looked down on as trying to maintain white control, Stagg explained.

After this movie was released, films featuring Black people slowly started being made.

Asian people faced racism when it came to being a television or movie star, too.

"If you look through the history of Hollywood, that's where you do find exclusionary practices. That's where you find things like a yellow face, white actors playing Asian characters," said Timothy Iles, a professor of Asian cinema at the University of Victoria.

But there's been a recent shift in the last decade or so where films labelled as breakthroughs for Asians were released.



BRANDON MAIR

Film students, from left, Ruba Al Wahami, Sophiia Eruk and Jay Neal Siazon review their work on a film assignment at Lakeshore campus. For decades, the BIPOC community have been misrepresented in film.

One of them was 2018's *Crazy Rich Asians*, which showcased Asian culture in a sensible and non-stereotypical way. The movie

proved diversity sells, as it was a smash hit at the box office with \$239 million made worldwide.

"It showcased the diversity and

complexity of a culture that is seen from the outside as monolithic and presenting that as anything but monolithic," Iles said.

# EDITORIAL: Soaring cost of living complicates Gen Z's future

A question this generation has been often asking itself lately is, will we have to rent our entire lives?

Young adults look forward to owning property one day that they would like to call their own, but increasingly this is becoming nothing but hopeless dreaming.

Although renting is easy and the most realistic for those in their early 20s, rental prices are increasing at a rapid pace.

According to Rentals.ca, the average price of a one-bedroom property in Toronto is \$2,329 per month as of August 2022, which is an annual increase of 11.1 per cent.

Toronto was only second on the most expensive list, number one being Vancouver, costing around \$2,574 per month for a one-bedroom property.

During the COVID-19 pandemic when the market was at its lowest, the average price monthly for a one-bedroom property was \$1,676.

Countless people hope that pandemic pricing is the norm because sadly, it doesn't look like those prices are coming back anytime soon.

"With further interest rate hikes coming, uncertainty in the ownership market, and the high-demand fall rental season upcoming, expect further outsized rent increases over the next few months," said Ben Myers, president of Bullpen Research & Consulting, a real estate advisory firm, in a statement accompanying the Rentals.ca report.



ANDRE BOYSEN - UNSPLASH

New condo buildings in the financial district, where more are expected to be built, with climbing rent prices.

ca report.

Many people move out on their own from a young age and have to provide for themselves, something that before the pandemic was more sustainable. But within the last year, it's gotten increasingly more difficult.

Not only because of the cost of rent but everyday expenses, too.

Getting groceries for one person and planning meals for a full week used to be about \$70 to \$80, now one can expect to pay at its lowest around \$150 for groceries for a week.

From April 2021 to April 2022, the cost of food prices rose by 9.7 per cent.

A survey conducted by Statistics Canada reported that when Canadians were asked which areas they were most affected by rising costs

of living, 43 per cent answered food.

It appears the pandemic is easing its way out, and many young Canadians have been looking to travel. For those itching to get away from their home city, another stressful thing they look at are the increasing travel costs.

Flying within Canada has proven to be more expensive, as opposed to flying from a Canadian city to the United States.

Simple Flying reports that in Canada, we use a "user-pay model," which has a large sum of costs, from security to airport infrastructure, passed down to customers. So essentially, travellers pay higher fees and taxes to support the Canadian airline industry.

Whereas in the United States, airlines and airports are supported by capital contributions and grants.

For example, a flight from Toronto to Vancouver is around \$500 with Air Canada. However, a trip from Toronto to Miami using the same airline, is \$350.

It's no wonder so many young people are flying out of the country to vacation rather than explore the provinces and territories. If it's cheaper to travel abroad, or even to neighboring countries, many would rather do what's better for their wallets.

Toronto is a great city with a lot to offer, but young adults are going to need more work from the Canadian government to make the cost of living affordable.

## TALES FROM HUMBER: Working with the challenges of ASD



Julian Arwen  
News Reporter

In many creative fields, such as art, writing, or film, you are often advised to 'think differently.' With Autism Spectrum Disorder

(ASD), that takes literal physical meaning, to put it simply.

The ASD webpage for the Centers for Disease Control and Prevention (CDC) describes ASD as a developmental disability caused by differences in the brain.

Certain lights and sounds may be uncomfortable. We may have trouble picking up specific social cues, like jokes or how someone may feel.

Some interests will be hyper-focused. We can be frank in our communication and may prefer straightforward communication with ourselves. Some of our social behaviours might seem odd to others. But not to us.

We are all different in subtle

ways, better measured on a spectrum rather than a measuring line, hence the "spectrum" part of Autism Spectrum Disorder. This part of me is both a blessing and a curse when it comes to my education, both on campus and at home. Distractions can come easy, but what is and is not a distraction can be in constant flux.

This makes it difficult for a journalism student, like myself, to complete assignments. I often feel an urge to stop and watch a video or a TikTok to ease myself when I feel agitated.

Sometimes, it can feel necessary, yet a very easy abyss to fall under if not careful.

In journalism, you interact

with others on a regular basis, by pitching stories, booking interviews, conducting interviews, and writing. All of them require more succinct personal interaction between myself and another.

It's difficult to get myself to interact with others since anxiety is a very gripping issue. When I'm interacting with others, I have to train myself to recognize certain social cues and emotional ticks that a neurotypical person can usually pick up on with ease.

There have been times when I couldn't complete assignments, or they've been late. As a result, my marks suffer. This feels like a form of writer's block, except that the creative material is still in purga-

tory stuck in my head.

The need to work remains.

I just simply stop and can't apply myself. It feels like it stems from discomfort with the creative process in some form. It's simply frustrating.

Yet despite it all, ASD does not disable me. It impedes but does not incapacitate and I think that distinction is important to make.

To impede is to have a car wheel that needs adjusting and tinkering, and works better on some terrain than others. But it still functions. To disable means to have that car wheel utterly broken or missing, preventing the car from moving.

My ASD does not stop me, it simply means I must adjust myself and my methods of learning.

# OPINION: Trappings of modern dating: it's you, not me



**Emma Posca**  
News Reporter

It was so much easier in the '90s. A friend would tell you she knew this guy who owns his own business, he's super nice, good looking and you totally have to meet. You say, why not? It's been a while. You talk on the phone with him a few times, he sounds like your type.

You meet him at a bar – he's great – the rest is white picket fences and Sunday dinners.

This still happens a lot, but it seems like now, the rest part is a tad different – the rest is actually, “waste my time for three months, then back to the drawing board.”

This is modern dating, or what I like to call, “swiping for love.” You

can swipe all day if you want to. It's exactly like online shopping, only you're shopping for someone who you think is attractive.

Why is it so hard for me to find chemistry? You know, that “spark.”

One of the most popular dating sites, eHarmony, states that almost one-quarter of Canadians have used dating apps. There are hundreds of single people in this country and it seems I've matched with them all.

Still, I've not had any lasting outcomes with emotionally-available people.

Is it me? After all, I am the only common denominator in these “situationships.”

Samantha Joel and Geoff MacDonald, two Ontario university professors of psychology, investigated why Western-cultured people choose to stay in relationships even if they see red flags.

Ultimately, the professors found it's “evolutionarily advantageous” to be with a partner in a long-term relationship. Also, cultural beliefs tell us that long-lasting relationships are a sign of social status.

“I am desirable because this person chose me for a long time.”

The dilemma is always the same, If you give up at every inkling of

a red flag, you'll never progress. If you overlook every red flag, you'll invest your time in someone who causes more headaches than happiness.

Where is the sweet spot?

A little self-reflection and I found out why this doesn't work for me: any red flag in someone who I am not “crazy” about is too much of a headache.

Cue my type: emotionally unavailable and slightly narcissistic. They're attractive and charismatic, and tell you what you want to hear. When you have them, you have them, but when you don't — you absolutely don't.

Dr. Annie Tanasugarn, a psychologist, writes about the different kinds of emotional unavailability and why you might be attracted to them. She writes that you could be emotionally unavailable, immature, wanting what's easy rather than healthy, or seeking people to validate your negative self-feelings.

“Emotionally unavailable relationships hand us the ‘Golden Ticket’ into our own self-awareness if we allow it,” Tanasugarn said. “Their purpose is to show us where we're falling short in showing up for ourselves.”

Look, I'm a 28-year old, single mother to a beautifully chaotic

three-year-old. I've been through my share of long-term and short-term relationships. I'm invested in myself, my daughter, my close friends and family, education and my future career.

I've learned so much, so much to the point where I can realize that I am attracted to emotionally unavailable people.

In fact, I can wait until I find that “sweet spot” between “walking red flag” and the “emotionally available” person who comes along. I can't help who I'm attracted to, but I can decide who's good for me.

After all, the heart wants, what the heart wants.



PRISCILLA DU PREEZ- UNSPLASH

A Cloudwards survey, found 25 per cent of men and 21 per cent of women hoped for long-term romance.

# OPINION: Happiness can feel like a loop amid depression



**Samuel Belton**  
News Reporter

Most people think of a depressed person as someone who is extremely sad.

Obviously, that's true. But it's not that simple.

Not for me at least. In my case, depression is primarily an “empty” feeling. As we get further into the new millennium, it gets harder to make people care.

According to the Depression and Bipolar Support Alliance, “major depressive disorder affects approximately 17.3 million American adults, or about 7.1 per cent of the U.S. population age 18 and older, in a given year.”

The World Health Organization (WHO) said “although there are known, effective treatments for mental disorders, more than 75 per cent of people in low- and middle-income countries receive no treatment.”

In my case, my depression started when I lost confidence in myself.

I feel lonely because I don't have many friends. I try to make friends, but I'm terrible at small talk and don't have the best sense of humour. Even if I was good at it, my anxiety further complicates my ability to make friends.

In terms of the future, I feel like I don't have one. At least not a promising one.

The vision I have is a 35-year-old me leaving my job working the cash register at McDonald's to go to my high school reunion and see all my successful classmates. They have master's degrees and PhDs, can afford detached homes in Ontario and have spouses who are just as successful.

I know that everyone feels down from time to time. Some people even feel worthless from time to time. But I feel worthless most of the time, like I have somewhere between little and nothing to contribute to the world.

People tell me I'm not worthless, but I don't know what I've done to prove that to them.

There are moments when I either feel better or forget about it. When I'm with my family, at school doing the little socializing I do, and celebrating successes such as getting a good grade on an assignment.

But it feels like a loop. No matter how happy I feel one day,

on another, I relapse into all the negative feelings and thoughts. When you truly believe you have no future, you lose the motivation to try and make a better one because you ask yourself, “What's the point?”

One challenge I face is people who try to invalidate my depression.

They say something along the lines of, “you're depressed? But why? What do you have to be sad about?”

Those words don't help at all but truthfully make it worse. My advice to a depressed person who hears someone say that is to stop talking to them about it.

In my case, the things they have said, at times, convinced me that my depression is fake. That made me feel guilty, pathetic, weak, and...you guessed it, made it worse.

Finding someone who understands will help. Especially if, like

me, your depression is related to loneliness. But, even if I have friends, if none of them relate to what makes me depressed, I feel isolated nevertheless. So, find the right people to help.

At Humber, there's the Student Wellness and Accessibility Centre, which offers various different mental health resources, including counselling and access to 24/7 community support.

Community support provides access to different crisis help lines like the Distress Centre and Good2Talk. Help for Indigenous students is available from Anishnawbe Health Toronto.

Depression is a void out of which someone needs to be pulled. Trying to invalidate it can push someone deeper into that void and make you a bad person.

If you don't believe someone is actually depressed, you're entitled to your incorrect opinion, but please leave us alone.

# Ottawa lifts 20-hour work limit on int'l students

**Jesse Glazer**  
Editor-in-Chief

International students across the country will no longer be hamstrung by the legislation that previously held them to work a meagre 20 hours per week.

The move comes as Ottawa struggles to fill jobs across the country. Under previous legislation, international students were only allowed to work a maximum of 20 hours per week while school was in session.

Minister for Immigration, Refugees and Citizenship, Sean Fraser, made the announcement this morning.

“With the economy growing at a faster rate than employers can hire new workers, Canada needs to look at every option so that we have the skills and workforce needed to fuel our growth. Immigration will be crucial to addressing our labour shortage,” Fraser said in a statement.

According to a 2021 report that was released by the auditor-general, international student enrollment had increased by more than 342 per cent.



THE CANADIAN PRESS/ADRIAN WYLD

Immigration, Refugees and Citizenship Minister Sean Fraser, seen here in a conference held in Ottawa on April 6, announced that as of Nov. 1, international student work hours will no longer be limited to 20 hours.

ment had increased by more than 342 per cent.

International students in Ontario's 24 public colleges made up roughly 30 per cent of the student population, but were responsible for 68 per cent of the tuition the

colleges received.

Santiago Arias Orozco, an international third-year journalism student from Colombia at Humber College, said while it's exciting news for international students, they should be cautious as to not

be exploited.

“It's not as good as it seems, it's an opportunity for employers to take advantage of international students who need the money and now there's no more limit for them,” he said.

“We need the money and they need us to cover for them, but there's just a human limit to how much we can work while also being students,” he said.

Barbara Patrocino, an international third-year journalism student from Brazil at Humber College, said that it's a good thing because it has interfered when she applied for jobs in the journalism field.

“I lost a lot of opportunities because of that,” she said.

“On the other hand, maybe it's not even humanly possible for someone to be a full-time student and a full-time employee, particularly those who work physically demanding jobs,” she added.

Patrocino explained that the reason this was in place was because during the visa process it is written there so that students can be reminded that they want them to focus on their studies and not only work.

“What triggers me is, ‘Why did they change it now?’” Patrocino said.

# Nuit Blanche shines a light on BIPOC artists and their work

**Isabelle Ferrante**  
News Reporter

This year, Nuit Blanche included works by more than 150 local, national and international creators, highlighted by numerous BIPOC artists across Toronto, Etobicoke, and North York.

“To see that many people, young and old, together walking down the streets of Toronto celebrating and embracing the art of many cultures of the city was truly special,” said Nuit Blanche-goer Julianna Perez.

Artist Destinie Adalokun, an award-winning contemporary Canadian multi-disciplinary artist, was one of the artists there, displaying her photographic essay “Daughters of Diaspora.”

“I try to educate and bring back these stories but through modern conceptualized contemporary art,” Adalokun said.

The work covers the significance of women from the African diaspora, a journey she started in 2016, researching West African ancestral practices and created a new-age diaspora to visualize a piece of themselves and their ancestors through these photographs.

“I join in the quest of liberating people of the modern diaspora, which includes women of colour, the LGBTQIA+ community, visible minorities, and the immigrant population,” she said.

This year's theme, The Space Between Us, invited artists to build bridges between cultures and connect with communities and the environment, transforming the city by telling stories about their connections through different forms of art.

Adeyemi Adegbesan, also known as Yung Yemi, is a Black Toronto-based multi-disciplinary artist who displayed his art at Nuit Blanche in North York and Etobicoke.

“From a very young age I remember feeling that any time I was in a group with friends in a public space, our presence was unwanted,” he said. “When we found new spaces to exist, the signage followed: ‘no loitering,’ ‘keep out,’ ‘smile, you're on camera - trespassers will be prosecuted.’”

The series, called Those Who Watch Over Us, is an art installation of what he says is a subversion of surveillance and private property signage which in his life has often felt like it is directed at the

Black community.

“Art is a reflection of society. In a city where the population is over 50 per cent BIPOC, it wouldn't make sense if we weren't displaying art by BIPOC artists at events like Nuit Blanche,” he said.

Yemi said he hopes the future of BIPOC artists' representation in public art moves forward because of the value it has on others.

“My job as an artist is to introduce new perspectives, free from the social constructs we inherit at birth,” Yemi said. “So I'm imagining a narrative whereas as a Black person I feel that my presence is valued in public spaces.”

“I feel welcomed. I feel surrounded by the presence of our ancestors,” he said.



YUNG YEMI

Art by Adeyemi Adegbesan, aka Yung Yemi, a Black Toronto-based artist whose work was part of Nuit Blanche in North York and Etobicoke.







ANDRE LA ROSA-RODRIGUEZ

Luca Uccello shoots a free-kick from the edge of the 18-yard box during the Hawks matchup against St. Clair Saints on Oct. 1. Uccello earned Hawks athlete of the week honours.

## Late winner maintains Hawks' flawless record

**Andre La Rosa-Rodriguez**  
News Reporter

Hawks' defender Alex Meczarski fired the ball past St. Clair Saints goalkeeper Nedeljko Malic in the 90th minute of their Oct. 1 game. That last-second tally kept Humber's still-perfect regular season record intact.

The defending OCAA and CCAA champions are now only a couple of games away from an undefeated season.

The Humber Hawks men's soccer team has two more games to go before the playoffs, and getting there with a perfect season offers powerful momentum for their post-season.

On Saturday, they faced their first test after a close 2-1 win against the St. Clair Saints.

"I'm glad that we won, but it wasn't the best of performances from our side given the quality of our team," head coach Michael Aquino said. "I was expecting more. I think they took their foot off the pedal a little bit."

That late-winner by Meczarski shows he's determined to prove that his addition to the team this year will bolster their performances.

"Getting the three points at the

end of the day is all that matters, keeping that undefeated record," he said.

"This is my first year on the team so I haven't been a part of their winning culture before," Meczarski said, adding Humber's success provincially and nationally is "no secret."

Despite this being his first season, he brings experience with 49 appearances for the Toronto Metropolitan University Bold (formerly Ryerson Rams) over four years.

He is one of the many new faces on the team's roster. Meczarski said around half the team has changed

since last season and that this means they need to continue working on their chemistry on the field.

"A lot of people are coming from different environments. It's all about being on

the same page every moment of the game," he said. "It's nice that we have a bunch of new faces on the team and the level has stayed the same."

Former Toronto FC II and U-20 team Canada midfielder Luca Uccello said close games can be good for teams.

"It was a close game and close games help you become a better

team at the end of the day," Uccello said.

"We maintained our undefeated streak through the season and now that we're in the second half of the season, we're just looking for ways to improve with the squad we have," he said.

Uccello earned himself Humber athlete of the week honours following his offensive dominance on the pitch.

He has been one of the Hawks' star players with six goals and nine assists this season — one of the top

goal-scorers on the team. This is his second season with the Hawks.

Aquino said Uccello is one of the team's captains and considers him one of Humber's best.

"He's a leader and each and every game he comes to compete. He's got the right mentality and approach to every game," he said.

In the Saints match, Uccello scored the first goal and assisted the second, capitalizing off a free kick from outside the box.

"In the end, it's the sign of a good team," Aquino said. "Good

teams find ways to win even on not so hot days."

He noted that "more quality in front of goal" and "consistency" throughout the game are the lessons he took from the match.

The Hawks went on to convincingly win 7-0 on Sunday against the Lambton Lions and another dominant 5-0 performance against the Conestoga Condors on Wednesday.

They will face the Niagara Knights on Oct. 12 and close out the regular season at Sheridan in Oakville on Oct. 15.

**"GOOD TEAMS  
FIND WAYS TO  
WIN EVEN ON  
NOT SO HOT  
DAYS."**

*Michael Aquino*  
Head Coach



ANDRE LA ROSA-RODRIGUEZ

Alex Meczarski scores a last-minute winner against the St. Clair Saints on Oct. 1, securing the Hawks' perfect record in this year's OCAA season. Humber's dominance on the pitch has them ranked first in the country.

# Deans strikes out 16 as Hawks win 11th straight



HUMBER ATHLETICS

Hawks pitcher Brandon Deans threw seven innings, striking out 12 in a 5-2 rout over the Fanshawe Falcons on Sept. 30. He set record with 54 K's.

## Jacob Tye Sports Editor

Second-year outfielder Hudson Lockwood credited the team's sweep over Durham to the Hawks record-breaking pitching staff.

"We weren't hitting the ball great, but our pitchers saved us

with only letting up three runs in the two games," Lockwood said. "That was huge."

"It really helps me do my job when we have the strikeout king [Brandon] Deans on our team," he laughed.

The Hawks are on a tear with a 13-1 record heading into their last

two series after beating Durham in a doubleheader sweep Oct. 6, winning 11 straight games. The Hawks won the first game 9-1 with pitchers Dalton Brownlee and Corey Vandegriff sharing seven innings. Deans led the charge in the second game of the doubleheader, pitching seven innings and

winning 3-2.

Pitcher Brandon Deans has been the Hawks' most influential player when he pitches. In last night's win over Durham, Deans pitched a full seven innings with 16 strikeouts, setting the OCAA single-season record for strikeouts with 54.

The Mississauga native appreciates being back home this season and getting to play in front of loved ones again after playing at Oakland University for three seasons.

"Getting to spend quality time with my loved ones again is really special and having them at all

Deans suffered a fully torn UCL injury to his elbow that led to him having Tommy John surgery before coming to Humber. It made him question how good he'd be following the surgery.

"I always believed in myself and it made me want to work harder so when I had the Tommy John surgery, I knew I was determined to come back stronger and be the best player I can," he said.

"To bounce back from a major injury like that, it really boosts my confidence and just shows that my hard work is paying off," Deans said.

The 2019 OCAA All-Star and former Humber outfielder Liam Sutherland played against Deans in the Intercounty Baseball League (IBL) and knows his talent is for real.

"I've played against him this summer in the IBL a few times and what he is doing is pretty absurd and it is just pure dominance," Sutherland said.

"Having a guy like that come to the league will be an eye opener to a lot of other players as other people will see what Deans is doing and use it as motivation to get better on the field and the league will generate more interest as a legitimate option for college baseball," he said.

Sutherland used former St. Clair pitcher Kyle Brietner as an example of the kind of talent Deans has and how Brietner's talent made him elevate his game and made him better.

Brietner won OCAA Pitcher of the Year award three times in a row and finished with a career record of 19-2 with a 1.62 ERA and 135 strikeouts.

Sutherland helped the Hawks win the CCAA national championship in 2018 and thinks this year's team has the makings to win

**"IT REALLY HELPS ME DO MY JOB WHEN WE HAVE THE STRIKEOUT KING [BRANDON] DEANS ON OUR TEAM,"**

**Hudson Lockwood**  
Second-year Hawks outfielder

my games means a lot since they weren't able to for a while due to the pandemic," Deans said.

"To be here, back home, breaking records and most importantly helping our team win and reach the end goal of a championship, it truly means a lot," he said.

it again.

"Winning at any level requires good pitching, defence and timely hitting," Sutherland said.

"When we won we had all three things clicking at the same time. It takes everyone on the squad to contribute to that," he said.



HUMBER ATHLETICS

Second-year outfielder Hudson Lockwood lays out for a ball in last night's 9-1 win over the Durham Lords.

## HAWKS SCORE DRAMATIC WINNER



Kadell Thomas dribbles past Saints defender Fares Akhdar during their Oct. 1 matchup. Humber 2-1 with a last-second goal. Thomas is currently the Hawks' top goal-scorer.

**UN WARNS GLOBAL FARMLAND AT INCREASING RISK OF SOIL DEPLETION**  
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**DEANS CONTINUES TO BREAK RECORDS AS HAWKS EXTEND WINNING STREAK**  
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