

CALLS TO END VIOLENCE



Palestinian supporters gathered at Toronto City Hall to raise calls for peace in Palestine amid rising tensions after Hamas' launched an offensive in Gaza over the Thanksgiving weekend.

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Protesters march for 'Free Palestine'



JEFERSON QUIROS-VARGAS

Supporters showing solidarity with Palestinian liberation on Oct. 9 in Toronto. This was among numerous demonstrations around the world.

Jeferson Quiros-Vargas Social Justice Reporter

Thousands of Palestinian supporters marched for hours on Thanksgiving demanding a free Palestine.

The protest started at 2 p.m. in front of City Hall and lasted several hours until the crowd had reached Sherbourne TTC station.

The protest was organized by the Palestinian Youth Movement, an international pro-Palestine organization.

Similar protests organized by the same group were held across North America with rallies in Ottawa, New York, and San Francisco.

The event comes after attacks were launched Saturday by Hamas when they broke through the Israeli border known as the "Iron Wall."

Benjamin Netanyahu, the Prime Minister of Israel, addressed the public in a televised speech.

"We are at war and we will win it," he said.

"I have ordered an extensive mobilization of reserves and that we return fire of a magnitude that the enemy has not known," he said.

Meanwhile, in Toronto, police said they were maintaining their watch over Jewish places of worship.

"Earlier this week I met with leaders from Jewish communities and Palestinian communities to discuss our role as law enforcement, about public safety in our city, and how we can help our residents over the coming days and weeks," Chief Myron Demkiw said in a statement.

"While I am advised that these communities are grateful and supportive of the work of the Toronto

Police Service, this war has shaken their feelings of peace and security, here at home," he said.

Police released surveillance photos Friday of a man wanted for a hate-related mischief incident at a mosque in the Danforth and Donlands Avenues area on Oct. 12.

The Oct. 7 attacks are the most recent of the violence and land disputes between both states that have been happening for decades. This is not the first time Palestinian and Israeli forces have gone into conflict.

Prime Minister Justin Trudeau called for a ceasefire in 2021 after Gaza had become a war zone.

Yara Shoufani, a spokesperson for the Palestinian Youth Movement, told Humber News that the significance of the weekend protest was to show solidarity with the Palestinian people.

"Palestinian people have, for 75 years, been resisting a violent occupation and colonization of their land, and have a right to resist under international law," Shoufani said.

"What we call on consistently is for the Canadian public to try to get organized to support the Palestinian people's right to resist their colonization," she said.

She expressed her discontent with how the media is portraying the conflict, describing it as "consistently terrible."

"Only when Palestinians exercise their right to resist our Western media is involved in a mass condemnation of our people," she said.

Olivia Chow, Mayor of Toronto, posted a tweet on Monday denouncing the protest.

"The rally to support Hamas at

Nathan Phillips Square today is unsanctioned, without a permit and I unequivocally denounce it," Chow said.

Permits are not needed by the city to conduct demonstrations. The official municipal website reads "Permits are not issued for demonstrations or parades by either the TPS nor the City of Toronto."

None of the Palestinian Youth Movement leaders were ever heard announcing support for the acts done by Hamas.

Chow later apologized for her tweet, stating it sent the wrong message and did not communicate well enough.

"It was a mistake on my part," she said.

Abubakr Mohammed, a protester who showed up in solidarity with the Palestinians, was asked what he thought the protest represented.

"The protest is about resistance, it's about liberation," Mohammed said.

He clarified the protests were not in support of Hamas but "in support of the people of Palestine who have gone through immense suffering for years.

"Since the voices of those suffering in Palestine are never heard, it's high time we became the voice they desperately need," he said.

Humber News reached out to the Centre for Israel and Jewish Affairs, but they did not respond to requests for comment.

Nicole Amiel, in charge of media relations at the CIJA, said in an email her team cannot answer all media requests, redirecting Humber News to an official statement instead.

The statement expresses their

concern for the Front for Liberation of Palestine (PFLP) and the Palestinian Youth Movement.

"They regularly glorify and celebrate violence and terror," the statement said regarding both groups.

"The fact that we now see hundreds of people in the streets rallying in support of Hamas' barbarity is no surprise since these groups have operated without impunity," the email statement said.

The statement was also uploaded on the social media platform X, formerly known as Twitter.

The email said, "Until the status of these groups is addressed, and they are rightfully listed as terrorist entities in Canada, we will continue to see such hatred in our streets."

Public Safety Minister Dominic LeBlanc, said he was "in regular contact" with the RCMP about their efforts in keeping Jewish communities and their institutions safe.

"I have every confidence that they are treating these concerns with the utmost importance and will continue to exercise heightened vigilance around places of significance to the Jewish community," he said.

Pro-Palestinian protests were banned or shut down Friday in France, Germany, and Austria, and police battled with protesters in Italy.

Humber College alongside the University of Guelph-Humber stated on Oct. 10 in regards to the events that occurred during the weekend.

"We condemn terrorism, violence, antisemitism, and all forms of hate and discrimination," Humber said. It also mentioned that they were "saddened and disturbed" by the attacks.

ETC •

Humber Et Cetera is the Humber College journalism program laboratory newspaper. It is created journalism students in the Advanced Diploma and Post Graduate Certificate programs. 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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Cultural affirmation supports Black youth

Eleanor Kate Iglesias
Lifestyle Reporter

Imagine walking into a room and instantly feeling judged just by the colour of your skin. For Kayla Escoffery, a young Black activist, it is a reality.

She said there is more to her than the colour of her skin.

“That alone, that idea of being judged, especially in high school, when you feel judged already by your peers [and] to feel that by your teachers creates even more of a barrier for your mental health,” Escoffery said.

The Grade 12 student is the founder of the Black Student Association in her high school. This association provided Black leadership roles, a chance for Black students to have a voice in the school environment and an open space to embrace the Black culture.

“We do have talks about Black

mental health, which is a good concern, but the main thing for me when it comes to the Black Student Association is that Black students feel that their voice matters and they can see their culture at school,” Escoffery said.

Furthermore, Escoffery is the founder of the Young, Melanin and Feminine project, which provides a safe space for Black females to discuss what it is like being a Black woman and their mental health.

Escoffery started these organizations to support Black youth in a culturally affirmative and responsive way.

Michelle Herbert, the marketing consultant at Black Mental Health Canada (BMHC), said Black youth in Canada need specific mental health support.

“Mental health support isn’t a one-size-fits-all,” she said.

Herbert said cultural affirmation

and responsiveness involve understanding the Black individual and being able to relate to them. For example, having an accessible Black therapist for Black youth is effective because there is a stronger connection and relation.

BMHC is also a non-profit organization like Escoffery’s association and program.

The organization works towards improving the mental health and well-being of Black individuals and communities in Canada.

It advocates culturally qualified mental health services and promotes community education and empowerment.

BMHC provides programs, public speaking engagements, workshops, and a Black mental health provider to support Black individuals of all ages.

Leon Brown, a father of two young daughters, agrees cultural affirmation and responses will go a long way in helping the Black community and their mental health as he explains how it was for him growing up in Toronto.

Ever since middle school, there have been situations where racism happens this can be in school or at a store hanging out with friends, he said.

Brown said comedy is his coping mechanism when dealing with racism.

“With Jamaicans, what we tend to do a lot [is] we tend to walk on our feelings a lot, or we use the comedic relief and that’s always



LEON BROWN

Leon Brown, father of two young daughters spoke on his experience

been my go-to,” he said.

In addition, Brown guides Black youth to be aware of what could happen when individuals make assumptions based on someone’s skin, regardless of gender.

However, when it comes to Brown’s daughters, he hopes to have the racism and stereotype talk later than soon.

“There’s some part of your innocence and your youth that is taken away once you start talking about these particular things,” he said.

Brown hopes that in the future school systems provide more diversity among students and staff.

“I don’t just want Black people,

I want a diverse group of ethnicities, so no one feels the need to be left out,” he said.

As for what should be more accessible to support mental health for Black individuals, Brown explains how seeing your own people in an area that involves vulnerability leads to being more willing to open up.

“No matter where you go or what you do, you wanna see your own, you don’t want just want to see one majority race,” Brown said.

It’s different communicating to someone who can only show empathy compared to someone who can truly understand and feel what others are going through, he said.



ELEANOR KATE IGLESIA

World Mental Health Day essential for youth well-being

Julia Vellucci
Social Justice Reporter

Taryn Zeger described teenage years or early adulthood as a delicate balance between independence and autonomy, making their mental health all the more challenging.

The psychotherapist who works at three clinics across the Greater Toronto Area said initiatives such as World Mental Health Day are important for younger generations. Older generations did not

think as much about their mental health.

“Young people still need some guidance, but they also want to be able to learn and do things independently. They are still very impressionable by things that they see around them,” Zeger said.

“What their peers are doing, role models, social media, and all of those things play a huge role in teenage mental health,” she said.

World Mental Health Day has been around since 1992, yet mental health challenges have existed for much longer.

Youth Mental Health Canada stated in 2019 that 70 per cent of mental health challenges begin during childhood or adolescence, with those between the ages of 15 and 24 being more likely to experience mental illness or substance use disorders.

“Seeing influencers who are popular in social media, and they

also happen to be extremely thin or underweight, often inadvertently perpetuates the narrative that that’s how young people have to be to get attention or acceptance from their peers,” Zeger said.

“The pandemic made this issue much worse for young people by being isolated from their peers,” she said.

Claire Benny, a postdoctoral fellow for Public Health Ontario, said the influence of this “social environment,” paired with other factors, is a significant challenge for teenagers’ mental health.

“When you bring in other systemic factors such as poverty and discrimination, I think that’s one major reason why teens these days feel depressed or anxious. But it depends on the mental disorder,” Benny said.

“Oftentimes, teens aren’t aware of the resources that are available

to them. I think schools could be doing a better job of letting them know that there are guidance departments, but there’s also an entire world outside of that,” she said.

Kathryn Mettler, program coordinator of Humber College’s Addictions and Mental Health Post-Graduate Certificate, included what faculty are doing for youth mental health.

“At the program level, what we’ve been trying to do is look at how we incorporate and understand that mental health is not something that is experienced by a particular group within society, but that we understand mental health along a continuum,” Mettler said.

“In the classroom, we try to allow people the ability to participate in different ways and to be engaged in different ways, recognizing that there are different abil-

ities and different levels of comfort within the classroom setting,” she said.

Chloe White-Meaney, a Humber Lakeshore student, took this idea a step further and created a safe place in the form of a mental health club in September 2023, along with Ruta Baya, Tialynn Campbell, and Asia Smith.

“For World Mental Health Day, we are hosting our first general meeting,” White-Meaney said.

“All Humber students are welcome to attend and hopefully join our club. We offer guided meditation, resources, snacks, and activities to help de-stress.

“The most important aspect of spreading awareness is education,” she said.

“Through hosting events and beginning conversations, we can begin to end the stigma surrounding mental illness.”



EDITORIAL

Hockey must be for everyone, NHL thinks otherwise



X/MAPLE LEAFS

The NHL bans pride tape, special jerseys and symbols associated with special interests. The decision has the LGBTQ+ community and its allies questioning "Is hockey really for everyone?"

The NHL preaches hockey is for everyone, but a recent rule change makes it seem like it was all a sham.

OutSports revealed on Oct. 9, a few days before National Coming Out Day, the league doubled down on the initial ban on special jerseys last June.

Memos were sent to the 32 teams regarding guidance about what players and franchises could do this season for special initiatives nights such as Pride Night.

The initial memo stated: "Players shall not be put in the position of having to demonstrate (or where they may be appearing to demonstrate) personal support for any Special Initiatives. A factor that may be considered in this regard includes, for example, whether a player (or players) is required to be near any groups or individuals visibly or otherwise clearly associated with such Special Initiative(s)."

This policy is obviously not a result of Hockey Fights Cancer or Military Appreciation Night. It appears to be a reaction to seven NHL players publicly refusing to wear a rainbow during a warm up.

That's it, seven players among the about 1,120 players in the league.

A number so minuscule compared to the rest of the league, yet it still managed to change and put a damper on years of what seemed to be positive LGBTQ+ advance-

ments in the NHL through a partnership with the You Can Play Project and the Hockey is for Everyone initiative.

Those advancements now mean nothing. These new policies are distasteful as they are hurtful. They once again marginalize or outright erase the LGBTQ+ community and its allies from the league. Yet the league still insists that "Hockey is for Everyone."

The way they switched up so easily when players started to refuse the jersey is very telling that the league clearly values protecting homophobia over being inclusive.

The result is excluding an entire community.

This new policy by the league told the organization behind Pride Tape that no player this season would be allowed to use the tape on their stick during warm-ups, games or even practices.

Pride Tape was a statement piece during warmups during Pride Nights, but unlike the jersey, which is team-issued and affects every player, using the Pride Tape has always been an individual choice.

Now it's not even an option anymore.

Pride Tape is more than just colourful tape. It's a statement.

"Pride Tape is a badge of support from teammates, coaches, parents and pros to young LGBTQ+ players," Pride Tape's website states. "It shows every player that they

belong playing the sports they love. That we're all on the same team."

It is used as a reminder for LGBTQ+ folks that they do belong in the game although at times it feels like they don't because of sports culture.

Taking away the rainbow tape is taking away promoting diversity, equality and inclusion through sport.

As it stands right now, the message being sent to past, current, and future LGBTQ+ coaches, players, management and fans, whether they are out or in the closet, is they are not welcomed.

Fortunately, many players, including

Morgan Rielly, Connor McDavid, Sidney Crosby, and Scott Laughton, have already begun to speak out against these new regulations.

Hopefully, they use their power to overturn any rule or policy that hurts diversity.

All that is needed is one NHL star to challenge the pride tape ban, and the league will be embarrassed to change again.

It is time for players to grow a backbone, fight for LGBTQ+ folks and follow the slogan "Hockey is for everyone," something the league has suddenly and inexplicably forgotten.



X/MAPLELEAFS

The Leafs have been big supporters of the LGBTQ+ community, including walking in the Pride Parade.

OPINION

Hockey culture is far from being fully diverse



Rory Arthur
Sports Reporter

As the puck dropped last Tuesday in the NHL's opening week, the league also dropped some very disappointing news proving that hockey culture is still fractured.

The NHL recently sent issued a memo to teams with updated regulations preventing players from wearing altered gear during games, warmups, and official team practices.

These regulations prohibit players from wearing Pride tape, Hockey Fights Cancer, and military appreciation celebrations on their sticks during warm up.

This came a few months after the NHL decided to stop using special warm up jerseys from earlier in the summer after a small handful

of players refused to wear Pride jerseys during the 2022-23 season.

While the special jerseys were usually considered mandatory to wear to participate in the warm up, stick tape has always been an optional way for players to show their support to a larger audience.

Given there is still a problem with LGBTQ+ acceptance in hockey, this new rule fully eliminates players' capacity to support causes close to their hearts, especially Pride.

The NHL has chosen to protect the reputation of less than a dozen holdouts by alienating an entire community, yet still attempts to push a "Hockey is for Everyone" stance.

Players have already begun to come out against these new regulations.

"You'll probably see me with the Pride tape on that night anyway," said Philadelphia Flyers forward Scott Laughton.

"If [the NHL] want to say something, they can," he said.

Toronto Maple Leafs defenceman Morgan Rielly is also disappointed with the new guidelines.

"It's unfortunate," he told reporters on Oct. 10. "But I think as players and as people, we're

going to continue to support those causes that we think need it or are worthy and very deserving of it."

But hockey's fractured culture goes beyond just the removal of specialty jerseys and tape.

The Spittin' Chiclets podcast initially reported on Sept. 12 that former Columbus Blue Jackets head coach Mike Babcock had been going through players' phones and using AirPlay to show their photos on his office TV.

According to the Spittin' Chiclets podcast, Mike Babcock, the former Columbus Blue Jackets head coach, had been taking photos of players and showing them on his office TV using AirPlay.

After about a week of investigation by the NHL and its players' association, Babcock resigned on Sept. 17 just two months after being hired.

The investigations proved many young players were uncomfortable with the coach's actions, according to reports.

Babcock had previously been mentally abusive to players, including asking a rookie Mitch Marner to make a list of his teammates' effort level and then showing the list to veteran players during his stint with the Maple Leafs.

The incident reportedly drove Marner to tears, according to a report by Ian Tulloch.

However, the Blue Jackets still gave Babcock another chance this summer, and it failed miserably.

Hockey's culture is broken far deeper than just at the NHL level. The Western Hockey League (WHL) and NCAA hockey have both shown their problems over the last month.

Bill Peters was hired as the Lethbridge Hurricanes head coach with a multi-year contract on Aug. 30.

Peters was fired from the Calgary Flames job in 2019 after Akim Aliu alleged he used the "N-word" several times towards Aliu.

The WHL claimed it spoke to representatives from Shades of Humanity that Peters had gone through anti-racism training.

But can we trust what these leagues say anymore? Babcock was given a second chance and it didn't work.

Kevin Constantine also received a second chance. His tenure as coach of the Wenatchee Wild of the Western Hockey League was brief because of inappropriate behaviour.

These examples show hockey's background checks are not strong enough to warrant getting the

benefit of the doubt in these situations.

The NCAA is also dealing with its hockey-related issues.

University of Michigan defenceman Johnny Druskinis has been removed from the team's roster after he was alleged to be involved in homophobic vandalism on the university's Jewish Resource Centre, according to the Michigan Daily.

Bowling Green State University placed head coach Ty Eigner on administrative leave and suspended three players indefinitely after an alleged off-campus hazing incident.

Both of these incidents, coming from the beginning of their respective school years, show that hockey culture is still in a bad place.

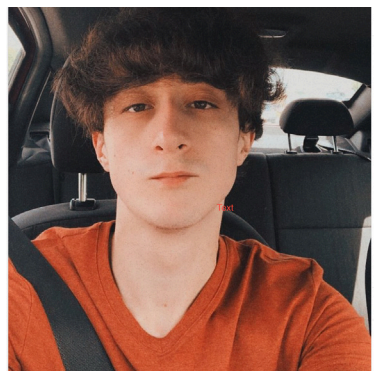
Rather than being proactive and teaching kids at a young age, the values of kindness and respect, teams and leagues are forced to be reactive in their punishments over situations that shouldn't happen to begin with.

It is not an easy process to change the thinking of a generation of young hockey players.

But hockey has proven it would rather try and avoid issues entirely than teach change.

OPINION

Caring for your body also helps with mental health



Sam Belton
News Editor

Fear of chronic health conditions gives me anxiety, but taking care of myself is reassuring that my risk of these conditions gets lower and lower with every healthy day.

From my experience and expert research, it is clear that a healthy body can help make a better mind.

Getting enough sleep is very important.

A Columbia University Department of Psychiatry study reports not getting enough sleep can

increase negative reactions to stressful situations and weaken positive emotions.

The Centers for Disease Control and Prevention cites sleeping at a comfortable temperature, avoiding screen time, caffeine, alcohol and large meals right before bed, and exercising during the day as ways to improve your sleep.

I often sacrifice sleep to either do schoolwork, procrastinate on schoolwork, do chores that I should've done during the day, drink alcohol, or just mess around on the internet.

When I'm suffering from insomnia, typically a result of anxiety, I am irritable, slow to understand and in lower spirits.

Exercise!

When I would go for runs on my treadmill or high-intensity bike rides, I would always crave the "cardio high."

This would improve my mood with improved self-esteem and a sense that I was doing my body a

favour.

According to the U.S. Office of Disease Prevention and Health Promotion, exercise improves brain health and cognitive function. It also reduces the chance of developing anxiety and depression. In the process, it will improve your physical health too.

It is also important to eat a healthy diet.

The Mental Health Foundation said grains, fruits and vegetables contain vitamins and minerals good for the brain. Also, protein has an amino acid that helps the brain regulate mood.

It also said eating healthy fats, found in things such as nuts, milk, eggs, oily fish, olive oil, and avocados, is also good for the brain.

Eating trans fats, found in processed food, packaged food, and your Big Mac meal, on the flip side, is detrimental and can increase irritability (and your risk of heart disease).

Eating too little is a problem,

too, because low blood sugar makes you tired and irritable.

In my experience, drinking tea is an enormous anxiety relief and improves my mood significantly. It gives me a calm wakefulness that coffee sometimes pairs with anxiety.

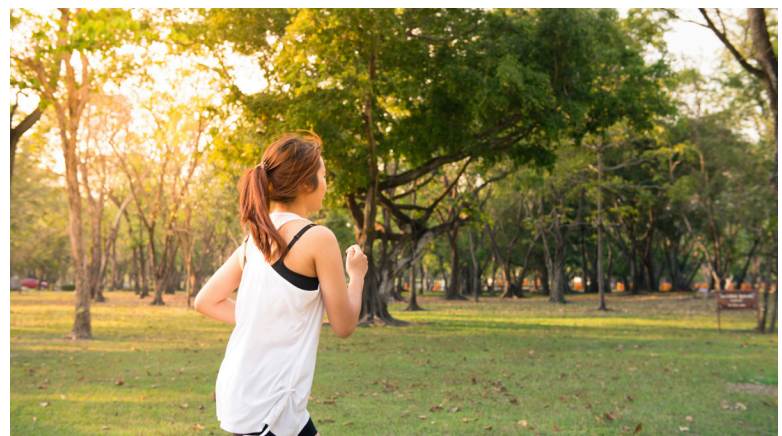
According to the Canadian Mental Health Association, tea can create an alert and calm state of mind. Tea leaves contain an amino acid called L-theanine, which

causes relaxation but not drowsiness.

Green tea had this effect. While coffee gives you energy, it can make you jittery, anxious, and irritable. In my experience, tea causes none of those.

UCLA Health said drinking black tea can also reduce blood pressure and your risk of dying from heart disease or a stroke.

It's hard to kick the bad habits. But trust me, being healthy feels better.



PEXELS/TIRACHARD KUMTANON

Pearson among the worst airports, survey says

Claudia Ovejero Pham
Skedline Reporter

Toronto Pearson International Airport ranks as the second-worst major airport in North America, according to a recent study published just weeks before the busiest travel season of the year begins.

The annual J.D. Power study, released on Sept. 20, measures overall customer satisfaction at airports throughout the continent. Pearson was 19th out of the 20 mega airports in North America in this year's survey, scoring 749 out of a possible 1,000 points.

Pearson, the only Canadian mega-airport, was among airports including Newark Liberty International Airport, which scored the lowest by passengers among the 20.

Mega airports handle more than 33 million passengers a year, according to J.D. Power.

The study looked at passenger satisfaction with the performance of airline carriers based on the aircraft, baggage, boarding, check-in, cost and fees, flight crews, in-flight services and reservation systems.

Traveller's satisfaction with Pearson Airport was considerably worse compared to last year when the airport was 16th among 20.

Mariia Lutskaia, a Humber College international student, said she isn't surprised by this low ranking.



CLAUDIA OVEJERO PHAM

Pearson ranked 19 of 20 in North America's mega airports for customer satisfaction in a J.D. Power survey.

She experienced significant delays upon arrival back to Toronto after her summer break because the baggage claim carousels were limited and only displayed serving flights from the United States.

After waiting, Lutskaia noticed her checked luggage from her flight from Lisbon was on a carousel serving a flight from Boston.

Airports received their score based on six factors: terminal facilities, arrivals and departures, baggage claim, security screening, check-in and services provided, including food, beverage, and retail.

Alexandra Monterroso, a flight attendant of 16 years with Air Canada, said she was surprised at Pearson's low score.

Monterroso works from Terminal 1, which is for mainly domestic flights. She said it usually operates quite smoothly compared to the more chaotic Terminal 3 with traffic from international flights, including the U.S..

However, she recognizes the experience for passengers and crew members is different. Cabin crews aren't personally impacted by the long wait times as they bypass most of the lines for trav-

ellers.

"When there are delays and cancellations for crew members, it's not always a negative thing. I realize for passengers, it's different, and it is a difficult time," she said.

Monterroso experiences complaints from passengers on almost every flight she works on regarding their experience at the airport but hasn't noticed an increase or decrease in feedback compared to previous years.

"If you tell me you had a bad experience, I can't do anything to fix it unless it's something happening on the flight," she said.

"I think Pearson is doing the best they can with the staff they have."

Her proposed solution is to add more staff and check-in kiosks to help with the customer experience.

In a statement to Skedline via email, the Greater Toronto Airport Authority, the organization responsible for overseeing operations and management at Pearson, said the organization works diligently to make travellers' time there a good experience.

"While we are disappointed with the results, the GTAA has been working non-stop with airlines, agencies and other partners to improve and streamline the passenger experience since last year's restart," it said.

In preparation for the high peak travel season ahead, Monterroso suggests travellers to check in online, give themselves lots of time and avoid checked bags unless necessary.

Lutskaia, who will be travelling for the reading week break, said she hopes for a positive experience and has chosen to travel with only carry-on luggage and will check in beforehand to streamline the process.

For real-time information regarding operational and flight statistics, including on-time performance, travellers can follow Pearson Airport's media page.

RCMP launches an investigation into Ford's Greenbelt plan

Andre La Rosa-Rodriguez
News Reporter

The RCMP launched an investigation into Premier Doug Ford's decision to open the Greenbelt for housing development.

The probe will be led by its Sensitive and International Investigations Unit. According to the RCMP's website, the division investigated cases involving fraud, financial crimes, corruption and allegations of illegal lobbying activities.

The announcement Tuesday afternoon came after weeks of pressure from the Opposition to look into the details behind the Greenbelt plan.

The Ford government said that they will be cooperating with the investigation.

"We have zero tolerance for any wrongdoing and expect anyone involved in the decision-making of the Greenbelt lands to have followed the letter of the law," the government said in a statement.

Ford announced on Sept. 21 that

he would be reversing his plans to remove 15 parcels of land from the Greenbelt to help meet the goal of building 1.5 million homes by 2031. At least 50,000 homes were expected to be built on those lands. His initial plan was announced in November last year.

Ford said he had established a process that left "too much room for people to benefit over others" and apologized for breaking his 2018 promise not to build on the Greenbelt.

In the months leading to Ford scrapping the plan, the Ontario Provincial Police (OPP) had begun probes into the decision process. The investigations targeted former Housing Minister Steve Clark for allegations that he had tipped off certain land developers about the changes.

Clark and former minister Kaleed Rasheed resigned from the Conservative caucus amid the probes.

A few days after the Greenbelt plan was scrapped, Ontario NDP Leader Marit Stiles led the charge



THE CANADIAN PRESS/CHRIS YOUNG

The RCMP launched an investigation into the Doug Ford government's Greenbelt controversy.

to put pressure on Ford's government to release the details surrounding his decision.

"The conservatives rigged the system to benefit their friends," she said in Ontario's question period. "It's so bad that it's been turned over to the RCMP."

The probes led by the OPP were handed over to federal officers on Aug. 23 and said the move aimed

to avoid any potential conflict of interest.

There has been no indication if the criminal investigations will affect the province's upcoming Greenbelt proceedings.

The government is currently conducting a "top to bottom" review of the Greenbelt two years earlier than its mandated date.

They are also set to introduce a

bill on Oct. 16 that will return all removed sites to the Greenbelt. The new bill will add a more lengthy process to any future Greenbelt changes by requiring the government to proceed through legislation instead of only regulation.

The RCMP has not placed a timeline on their investigation process and said they will not be providing any updates at this time.

KAWS opens first sculptures exhibit at AGO

Gabriel Noda
Entertainment Reporter

Acclaimed designer and artist Brian Donnelly, who now goes by the name Kaws, is making a splash with his Canadian debut at the AGO with larger-than-life cartoon sculptures that have gained a cult following in Brooklyn.

KAWS started his artist journey as a freelance artist for Disney, working on background art and later furthered his craft by doing graffiti advertisements for brands. Ever since, Kaws has become one of the most sought-after artists by musicians like J-Hope from BTS, Kid Cudi, Travis Scott and many more.

Kaws exhibits are in major international cities such as Tokyo, Paris, and London. Toronto was also on his list.

The KAWS: FAMILY exhibit opened exclusively to AGO members on Sept. 27 and opened to the public on Wednesday.

Astonishment and amazement filled the exhibit as onlookers entered. The KAWS: FAMILY characters greet visitors as soon as they walk in, with his iconic Micky Mouse-inspired character COMPANION with a baby COMPANION, CHUM, and an Elmo-in-

spired character named BFF.

Many Kaws fans and attendees took portraits in front of the sculptures.

The exhibit was full of audible excitement and intrigue. Maybe it was A MAN'S BEST FRIEND, a Peanuts-inspired wall piece showcasing the ever-famous dog Snoopy with the iconic KAWS X's as their eyes that had people intrigued, or it was the many different shoes that

KAWS has designed for Nike.

There was also the eye-catching, Sesame Street-inspired sofa called GANG SOFA, a collaboration between KAWS and Estúdio Campana.

Shakera Sawyers, an OCAD student, told Humber News she has been a longtime fan of KAWS's work.

"I mean, I've known KAWS for a while — I was hoping to see if there

was anything I haven't seen, like more of his background," Sawyers said.

She said her favourite piece at the exhibit is the Peanuts-inspired work.

"It's my favourite so far, something about simple black and white that I love so much," Sawyers said with a gracious smile.

Andre Kerry, another attendee at the exhibit, said he was not familiar

with KAWS but knew of his work.

"I don't follow him. I see his work around because of the t-shirts and figures," Kerry said.

Nicole Leandra, also at the exhibit, said the show should be placed in a larger area.

"Honestly, the exhibit is nice. I just wish it was bigger so they can fit it in more of his work like maybe move it to the fifth floor," Leandra said.

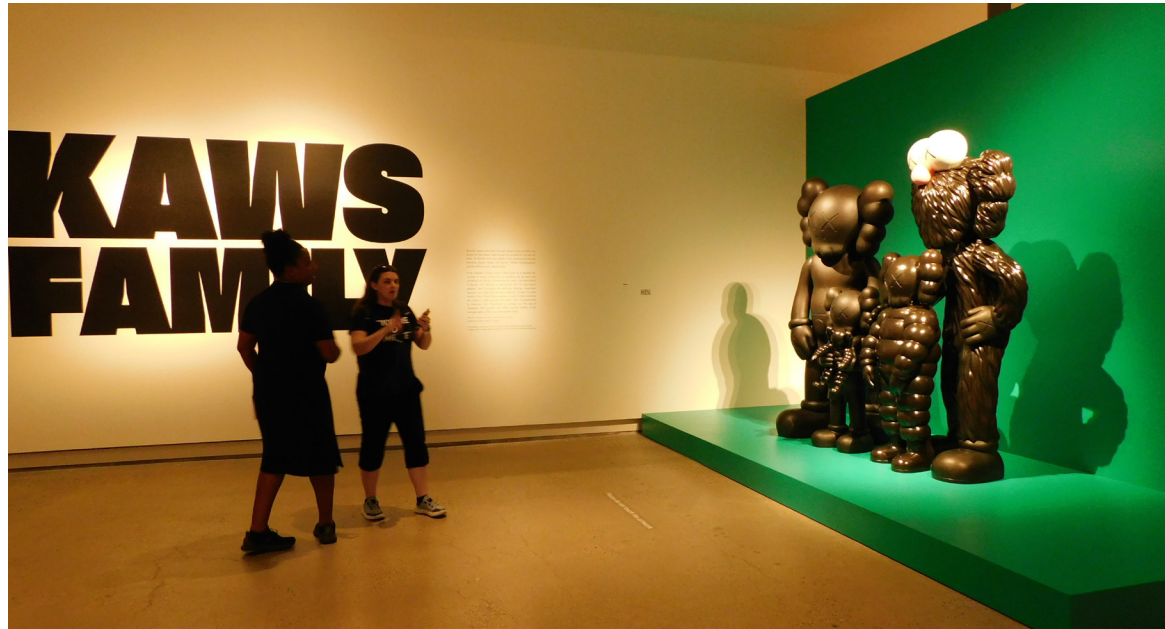
"I know his work is famous mostly through the collabs he's done," she said. "When you go all the way back and see his older work, it's just been like crazy to see his evolution."

Several people who came to see the exhibit have known Kaws from his experience as an artist and have followed him for several years. Most knew of his work through his many collaborations with brands such as Uniqlo, Nike, Christian Dior and iconic pop culture brands Peanuts and Sesame Street.

In a post on Instagram, KAWS thanked the AGO and everyone who visited.

"I really had the best time in your city," Kaws posted.

The KAWS: Family exhibit will run from Sept. 27, 2023, to March 31, 2024.



GABRIEL NODA

Two people standing in front of the entrance statue of KAWS:Family exhibit at the Art Gallery of Ontario.

Humber helping to develop education in Bhutan

Oleksandra Chorna
Skedline Reporter

Some Humber faculty will be heading to Bhutan, a Himalayan kingdom nestled between India and China, as the college is set to launch its biggest international project yet.

Nalini Andrade, the manager of the International Development Institute at Lakeshore, said the project is called The Bhutan Education and Skills Training (BEST) and is funded by the Canadian government.

The scale of the five-year initiative is bigger than past projects, with a budget of \$4.95 million.

"This is the largest development funding Humber has been working with and one of the biggest fundings Canada has given to Bhutan in the past couple of years," Andrade said.

She says such a major project wasn't a complete surprise. Bhutan officially requested Canada's support in education on a post-secondary level and since the two countries have a long history of diplomatic and educational relationships, the BEST initiative was



OLEKSANDRA CHORNA

The Humber International Centre at the Humber's Lakeshore campus. It includes the International Development Institute (IDI).

just a logical continuation of these international ties.

"Canada has a long history outside of Humber of supporting the Bhutanese education system, that's why it was open to such big collaboration," Andrade said.

Humber also wasn't chosen randomly. It was the only post-secondary Canadian institution with previous experience working with

Bhutan, making it a suitable candidate for the project.

Unlike previous smaller initiatives, which focused on promoting Humber, this one will include directly helping Bhutan to reform its education system and assist students in their job search.

Ana Garcia, an International Development practitioner from Humber and BEST project's lead,

said some of the college's staff will travel to Bhutan this month to work with local teachers to help develop the school curriculum, including preparing learning materials and rubrics and implement new classes in their educational program.

"Under the project, a few different courses will be developed, including solar, photovoltaic, electrical engineering and graphic

design," Garcia said.

Apart from that, Humber is going to help Bhutan develop career counselling for students, including how to create business plans and how to be an entrepreneur.

"We are going to help them create industry responsive courses that will allow youth in Bhutan to have a high-quality education and then go into employment," Garcia said.

Humber's Black excellence showcase returns

Pedro Briceno-Oros
Entertainment Reporter

Humber College spotlighted Black industry professionals and talented creators at the Black Excellence Showcase on Thursday.

IGNITE hosted an event that took over the Learning Resource Commons for three hours from 11 a.m. to 2 p.m. with food, music, performances and live demonstrations from different parts of the Black community.

The event provides opportunities for students to experience aspects of Black culture to interact with and learn from various experts in different industries across the GTA.

"It's important to show and teach young people these skills," said Aisha Loobie, natural hair stylist and founder of Crown N' Glory.

"A lot of people didn't know about proper hair care and a lot of the information that's on the internet is coming from people that are not professionals," Loobie said.

Loobie, who opened the showcase, gave a live haircare presentation and displayed her certification by sharing with the audience her

process from licensing to owning her business.

"My mom did hair, so I always had a bit of an interest in that area," Loobie said. "I eventually realized that there wasn't really anybody I can learn from who could teach me how to do my hair type."

She said it has always been her passion to educate herself about hair, open a salon and educate others about proper natural hair care techniques.

Students from all backgrounds stood in awe as the event proceeded. However, it was Hassan Adenola, a professional chef and founder of Chef Hassan's Kitchen, captivated the audience with his culinary skills.

Adenola's live cooking demonstration filled the air with an aroma which captivated the audience, his "how to" tips on how to make a quick and easy morning omelette.

Adenola said his path to becoming a chef stemmed from his love for food.

"I grew up in Nigeria and food was a big part of their culture, so when I came to Canada, I started working for a bunch of private restaurants and big companies and

I just loved everything about it," Adenola said.

He created his personal chef and catering company by using his love for food and guidance from a mentor in the catering business, Adenola said.

Teaching students different skills like cooking is very important, he said.

"One of the biggest things right now is food insecurity, groceries are going up, a lot of people are suffering," Adenola said.

"Even just to show people how to make the simplest stuff and show

them how to do it well instead of eating out or something, it's good to know you can do it by yourself," Adenola said.

The event allowed several students to talk, connect and receive mentorship from the presenters, take what they learned and apply it in their lives.

The student turnout helped make the showcase an overall success, said Melany Palacios-Naranjo, Master of Ceremonies and Student Advocate for IGNITE.

"They're actively getting involved, even if it's just for a second, they're

making the time to be a part of our team," said Palacios-Naranjo.

"I would definitely consider anything where students can come on down and just take a look, even just to spy around what's good, we consider it a success," she said.

Events like this give students a voice and representation on campus, Palacios-Naranjo said.

"It gives them the freedom to express themselves and let them know that we're here for them," she said. "Not just academically, but also as a part of their culture as well as who they are."



IGNITE's Melany Palacios-Naranjo opened the annual Black Excellence Showcase on Oct. 12.

PEDRO BRICENO-OROS

Poet says Canada must showcase more Black talent

Leshae Barrett
Entertainment Reporter

When Desiree McKenzie was a creative advertising student at Humber College in 2018, she didn't see much Black representation on campus.

"While I think there has been more, there is always, always, gonna be work to be done," McKenzie said. "I think little efforts like this [showcase] go a long way in terms of making that happen."

The Ignite team at Humber College North campus held a Black Excellence Showcase featuring Black artists and professionals of all kinds on Thursday.

McKenzie, who was also the emcee at the event, said it was an important moment to highlight people of colour.

"I think it's really special...[to] create that community and share that with the whole student body," McKenzie said.

"It's really beautiful to see," she said. "There's food, there's businesses being highlighted. There's so much at play. I think it's a really great thing and I'm so proud, so, so proud."

Poetry has become a major

part of McKenzie's life. She said her inspiration does not come from one single avenue but from a plethora of her own experiences, including her relationship with being mixed race.

"The joyous moments, the hard moments, the in-between moments is what I really like to share," McKenzie said. "Not expressing myself in a monolith."

That the grind in highlighting the Black and POC communities is seemingly never-ending means there should be more focused events on these matters, she said.

McKenzie said specifically Black History Month in February is not enough for a community so rich in culture.

"I think that is so important and so key in terms of how we learn and understand Black history, especially Black history in this country too, and the Black experiences of this country as well," she said.

McKenzie has an extensive career in voice acting, spoken-word poetry and have been featured in works for CBC.

"I think, absolutely, these [events] should happen more and I'd love to see [them] in many different communities and spaces, especially this one," she said.



Desiree McKenzie, poetry slam champion, Humber's annual Black Excellence Showcase, Oct.12, 2023.

Instagram/ Desiree Mckenzie

Desi diaspora cheers Indo-Pak cricket harmony

Etti Bali
Senior Reporter

India is hosting the 2023 ICC Men's Cricket World Cup. The games, which began on Oct. 5, have 10 teams, including Australia, England, New Zealand, Pakistan and South Africa compete for the coveted trophy over seven weeks.

But what makes the 13th edition of the tournament extra special for fans in India and Pakistan is that Pakistan is going to be playing in India after a gap of seven years.

The last time that Pakistan toured India was for the ICC Men's T20 World Cup in 2016.

Ibtisam Chughtai, a Computer Programming student from Pakistan, said he is rooting for the spirit of the game.

"I think it's a great opportunity to revive cricket in both nations. I am rooting for Babar Azam and my favourite, Haris Rauf," Chughtai said. "I will also request my college to have a viewing party if they can since the games go on till noon. This will bring together people from both nations and they can enjoy quality cricket."

Videos of fans cheering and welcoming the Pakistan cricket team in the Indian port city of Hyderabad did the rounds among media outlets in India and social media alike.



AP PHOTO/AJIT SOLANKI

Cricket fans, bodies painted in the colors of the national flags of India and Pakistan, Sept. 1, 2023.

Raja Muhammad Uzair Nasir, a first-year Supply Chain Management student from Gilgit, Pakistan, said he was touched by the warm welcome given to Pakistan by India.

"Pakistan playing in India is a good development for cricket," he said.

"Seeing that the team was received with so much honour and respect was heartwarming. I hope Pakistan can repay that when India comes to Pakistan. Cricket fans in both countries want to see these games," Uzair said.

Fans on both sides are waiting

with bated breath to catch the high-stakes match at 2 p.m. on Oct. 14 (IST), which unfortunately means a 4:30 a.m. for viewers in the Eastern Time zone.

Nitish Manrai, a first-year business accounting student from Chandigarh, India, said it is the suspense factor that makes him look forward to the match.

"More matches between India and Pakistan should be played in India as there is a huge crowd for these matches. Every ball holds immense suspense. I will be up all night because of the time difference

but I will watch it with my friends online," Manrai said.

In the history of the India-Pakistan One Day International (ODI) cricket rivalry, the odds have been in the latter's favour. A report on ESPNcricinfo pegs Pakistan's win rate between 1978 to 2023 at 56.58 per cent.

However, Pakistan have never beaten India in the ICC ODI World Cup.

Deep Patel, a first-year web development student from Gujarat, India, said the competition could be tough given Pakistan's bowling line-up.

"Their bowling line-up is very strong, we do have to watch out for Haris Rauf," Patel said.

Cricket between the two countries is often marred by security concerns owing to a long-drawn history of war.

During the Asia Cup in September, India refused to play in Pakistan even though Pakistan was the host country.

Similarly, Pakistan Cricket Board chairman Najam Sethi said Pakistan will not visit India if the Indian cricket team doesn't visit Pakistan for the Asia Cup.

Vats Josphipura, a second-year Computer Systems Technician student from Gujarat, India, said politics should not come in the way of sports.

"Sports should not be interrupted by political issues," he said. "More such matches should be encouraged. India and Pakistan should have bilateral series."

Syed Zeeshan Ahmed, a Web Design and Development student from Karachi, Pakistan, said there should be more chances for unrestricted movement between the two countries.

"Cricket ought to remain separate from politics, and there should be more opportunities for unrestricted movement between the two nations," Zeeshan said.

Buchanan to lead Team Canada women's soccer in 2024 Olympics

Delroy Davidson
Sports Reporter

After clinching their spot in the 2024 Paris Olympics, the defending Gold Medal Women's Soccer champs are looking to Kadeisha Buchanan for experience and leadership as she makes her third appearance at the Games.

The Reds punched their ticket to the Olympics after beating Jamaica 2-1 on Sept. 26 on home soil. Buchanan said it was a dream come true.

"Never in a million years would I have thought that I would have been making more than one appearance in the Olympics," the centre-back said.

Buchanan's parents migrated to Canada from Jamaica in the mid-'80s because they wanted a better life for themselves with endless opportunities to find work.

Beating Jamaica was very hard for her because her family was stuck in a hard spot between Team Canada and Jamaica, their homeland.

"My sister came to the game in my Canadian jersey but had a Jamaican flag waving, my mom was

just posting me next to (Jamaican forward) Khadija Shaw," she said.

Her family members are her biggest supporters, with six sisters on her mom's side and five brothers on her dad's side.

Growing up in a single-family household, Buchanan says she must give her mom all the praise because she knows it was hard raising her.

Being the youngest sibling, she remembers all the ups and downs she witnessed her mom go through.

"I have 11 siblings in total, and we all were raised in Jane and Finch in the same house," Buchanan said. "Imagine waking up and being responsible for 11 mouths."

Her love for soccer came when she was seven, watching her dad playing the sport. Watching her father compete locally against different teams was all the motivation she needed.

"I grew up watching my dad on weekends play the game. I used to play around with the soccer ball on his grounds and that's when I fell in love," she said.

Buchanan was only 17 when she made her first appearance for the

national team on Jan. 13, 2013.

As a two-time medal winner in the Olympics, a bronze in 2016 and a gold in 2020, she feels different going into the 2024 Olympics.

"How we qualified four years ago, that wasn't the case, we will do like a CONCACAF qualifying tournament, and the top two teams automatically went to the Olympics," Buchanan said.

"But this year if you won the tournament, you qualified and then the second runner-up plays that series and that's how we ended up facing Jamaica," she said.

One of her older siblings, Racheal Tate, says it's been amazing growing up in the trenches with her little sister and seeing her rise to superstardom.

"Kadeisha, being the youngest, who would have thought she would be the first one in the family to reach one of the biggest stages in all of sport," she said.

"Glory be to God, I'm extremely proud of my baby sister, the last of seven girls and to make it this far is more than heartwarming," Tate said. "It's a dream."

After the victory over Jamaica,

the team celebrated in the locker room with some treats that Buchanan was excited about eating after being overseas.

"We definitely had a glass of champagne and had a box of Timbits, which I was excited about," she said. "Just being away from home for so long I was drooling for one."

Buchanan has achieved a lot in her professional career, including winning the Canadian Player of the Year award in 2015, 2017 and 2020, and winning the FIFA Young Player Award at the 2015 Women's World Cup.

Looking ahead to what awaits

her team in the new year, Buchanan says the mindset will be different going into the Olympics.

"It wasn't easy getting to the 2024 Olympics, so I think we got to ride on that wave that things are not given, you got to earn it," she said.

When Buchanan is not around Team Canada, she spends most of her time with her club Chelsea FC in England.

Team Canada will defend its title next year and Buchanan has one message for everyone who doubted her.

"I'm going back to the Olympics, baby," she said.



INSTAGRAM/KEISHABALLA

Kadeisha Buchanan holding gold medal at 2020 Tokyo Olympics.

Historic bronze for Hawks softball team



MATT HANSEN

Humber Hawks softball team wins bronze medal in the Canadian Collegiate Softball Association Championship in British Columbia after defeating the UBC-Okanagan Heat.

Fernando Bossoes Skedline Reporter

Humber softball captured the first national medal in the program's history, but for the players and the coaching staff, the achievement was far more than just precious metal on a ribbon.

The Hawks departed to British Columbia on Oct. 6 to kick off their journey and battle to take the first national medal in the history of Humber softball.

That history was written in diamond Number 1 on Sunday, Oct. 8, at Centennial Park in the small city of Langford, where the Hawks defeated the UBC-Okanagan Heat and secured the bronze.

However, the greatest achievement for the players and coaching staff transcended the pitch. It extended to everyone who had been once part of this close family.

Senior player Alexis Ferreira said the win was not only on the shoulders of the current players.

She said many other people drove them, including former players and the people who started and helped push the Humber program to where it is today.

The achievement was also for everybody back home. The win was for everyone.

"We won, but the people who were here before us can look and see everything that they put into the program is just as important as what we have been putting in now because we would not be here without them. This is not just an us win, it is an everybody win," Fer-

reira said.

Earning that national medal is clearly seen among the players as a long-term process.

Graduating player Hannah Koziolk had one word to describe the emotion that overwhelmed her as the final out was recorded, marking a historic moment for Humber.

"Surreal."

Koziolk said leaving the program in a better state than they initially found it is a big thing often discussed among players and coaching staff.

"In the five years me and my other seniors have been here, we have seen a lot of change and a lot of culture shift," she said. "This was the cherry on top to prove that we did do something positive to change the program and put us on a good trajectory."

For Ferreira and Koziolk, setting a good example is key as fifth-year players. They understand the important role they play, especially for the young players coming in, and both emphasize how this group is more than a team, but a family.

Coach Duaine Bowles and the coaching staff are one of the main reasons why this sense of family is so alive between the players. Bowles does not only want to build great players on the pitch but also elite women who will leave a lasting impact on future generations of softball players.

"We tell the girls all the time. They are not just playing for themselves, they are playing for a little girl that potentially wants to play

at this level four or five years from now. Every time, try to make sure that when they leave this place, they are going to make a positive impact on the rest of the world. That's my role," Bowles said.

In his seventh year with Humber softball, the coach said it was difficult to contain his emotions when seeing his players rushing onto the field to celebrate after the victory.

"Watching them through my eyes, being able to see them jump and celebrate was everything for me. This isn't about me, this is about them," the coach said.

Bowles emphasizes the importance of the sense of family.

"We have been really trying to make sure that the girls can trust each other and we are hoping they can trust us. And the only way you

can trust is when there's a bit of love there," he said.

Ferreira said the assistance from the coach meant everything to her. The senior player believes that without his absurd support, she does not know if she would have achieved the things she did.

"I can thank him endlessly and he will tell me he has nothing to do with it because it's all me. But I think the acknowledgement of, you helped me become who I am, needs to be made and I will be definitely telling him that after provincials," Ferreira said.

"That's his biggest thing, trying to push people past what they think they are capable of doing," Koziolk said.

While the national accomplishment holds significant impor-

tance for the program, players and coaching staff know the job is far from finished.

The OCAA provincial championship is still ahead, and the team is locked in to end the season bringing another medal home.

For the two graduating players, Ferreira and Koziolk, their varsity years might be coming to an end, but once you have been a Humber Hawk, you will always be part of the family.

"Even though I'm leaving, I'm not really leaving. I trust in the team, I trust in the coaching staff, I trust in everyone who's going to come after me and play for the team. Regardless, a win without me is a win for me anyway. The best way you can say is, you are a family," Ferreira said.



INSTAGRAM/FULLCOUNTPHOTOGRAPHY-HEATHER GROVE

The Humber Hawks softball team values the family aspect of sport which is the answer to their success this season.

Cross-country team balances pain, joy

Antoni Canyameras Rojas
Senior Reporter

Humber varsity cross country runner Liam Bauman balances the thin line between sport-related pain and passion.

All cross country runners know they will go through hell in a race, the extreme fatigue, the shortness of breath and burning muscles. The whole body just hurts.

“But that is the fun part, dealing with that pain,” said Liam Bauman, one of the members of the Humber cross-country team. “I embrace the pain because it is going to happen, even in the workouts, you have to go with that mindset.”

Pain management is a big part of cross country and can separate those who win, and those who don't reach the podium. Those who beat the pain, wins the race.

Hawks head coach Scott Skimming suggests there is a complex inner struggle runners have with themselves, the battle of wanting to give up and stop, and the self that wants to compete.

“Athletes need to understand that their brains are hardwired to protect the body and that the safety factor between their mental



HUMBER HAWKS/YASH PATEL

Hawks cross-country runner Liam Bauman balances the thin line between sport-related pain and passion.

breakers and their actual physical limits is large,” he said.

Skimming said pushing past the mental barriers takes practice and athletes need to get comfortable being uncomfortable.

The suffering in cross-country training and competition is not vain. Bauman has reasons he endures it.

“You can think cross country is individual, but is also a team

sport, so you have to fight for the team and yourself,” the first-year Kinesiology student said.

“You don't want to finish knowing that you could have done more or you could have gone faster. When you overcome this suffering, it's definitely rewarding,” Bauman said.

Skimming said part of what runners do is keep a clear mind and focus on their objectives

during a race.

“Ideally athletes stay extrospective when racing,” he said. “If they focus on their goals, their environment and reading their competitors, they can minimize the hardship they are enduring and the negativity introspection might offer.”

Although long-distance runners train to tolerate pain better than others, the strain on body and

mind can be part of the training, the Hawks' head coach said.

“Training is where we prepare athletes for the rigours of racing,” he said.

“The goal is to reduce the safety factor by providing specific pieces of work that push them past their current mental breakers for short, controlled amounts of time so they know they can go there and what it is going to feel like.”

It's in training as well where athletes learn the different ways to deal with the different kinds of fatigue and aches like calf cramps, annoying during practice, but devastating in a race.

Whenever problems like that arise, that's where Bauman uses the mental aspect of the sport.

“You have to keep talking to yourself. You have to tell yourself that you are capable of it,” he said.

But the cramps are but one of the ways the stressors appear along with a lack of breath or a side stitch.

Bauman is more than familiar with all of them as he works out six days a week. The pain is a way of life. The pain is a pleasure.

“Is it possible to enjoy suffering? I think so,” he said.

Maple Leafs take season opener in comeback fashion

Luca Tersigni
Sports Reporter

The Toronto Maple Leafs launched its 2023-24 campaign on Wednesday night at Scotiabank Arena beating the Montreal Canadiens in the heart-stopping fashion fans have come to embrace.

Before the action, Maple Leafs head coach Sheldon Keefe talked about getting off on the right foot, as the team had its fair share of inconsistencies in the past couple of seasons.

“It took us too long last year to really find our game and play with purpose and all those kind of things,” Keefe said. “It's the NHL, you got to put in the work and be ready.”

The puck hit the ice and fans got a glimpse at the rebuilt first line of Auston Matthews, Mitch Marner and new addition Tyler Bertuzzi.

Early in the first period, both teams developed chance after chance, but the Habs took the lead after Leafs defenceman T.J. Brodie tripped up on the Canadiens' blue line opening a breakaway lane for Canadiens centre Jake Evans.

The first goal had Toronto looking sluggish until another new addition to the team, Ryan Reaves,

laid a huge hit on Habs Kaiden Guhle, leading to a fight between Reeves and Montreal defenceman Arber Xhekaj.

This sparked an energy in the building that rallied the crowd.

The fans' silence became overwhelming again after Montreal increased their lead to 2-0 on an Alex Newhook tap-in early in the second period.

Toronto finally put their foot on the gas as newcomer Noah Gregor, who had a strong preseason with the team, fired it past Habs goalie Jake Allen making it a 2-1 game.

The Leafs struck again, this time on the power play, as Matthews found the back of the net, giving him his first goal of the season — and his 300th of his career while breaking a team record of getting to that level the fastest — and tying the game at two a piece.

The scoring didn't end there. William Nylander gave the Leafs a 3-2 lead with less than a minute left in the second as he blasted one past Allen on the powerplay for his first of the year.

“I think the power play, obviously that was big for us, came up with a couple of big goals just to get us back into it,” Matthews said after the game.

The Canadiens crushed the Leafs' momentum early in the third by scoring two goals a minute apart to take a 4-3 lead.

Toronto's D-core would end up making another costly mistake as Timothy Liljegren fanned on a clearance in his zone setting up Canadiens forward Jesse Ylonen for a goal that would make the game 5-3.

With this game seemingly in the grasp of the Canadiens, Keefe pulled goalie Ilya Samsonov with five minutes remaining to give the Leafs a man advantage.

The risky decision from the coach would pay off as Matthews slid the puck underneath Allen's pads for his second, getting the Leafs back within one.

With time winding down and the Leafs pushing to tie the game, Nylander would intercept a clearance attempt and start a scrum in front of the Habs net. Matthews, who would not be stopped at two goals, found a way to force the puck into the net, giving him his 8th career hat-trick and tying the game in the last minute of play forcing overtime.

The Leafs looked vicious in the added period but took a late penalty that would give the Canadiens

a power play for the remainder of overtime. The Leafs penalty kill heroics shut the door bringing the game to a penalty shootout.

Both goalies were unbeaten through the first four shooters until Mitch Marner made a nifty move and scored to give Toronto the advantage. The Leafs netminder shut the door on the Habs final shooter giving Toronto a 6-5 win on opening night and their first win of the season.

Leafs' Captain John Tavares said it was good the team took the home-opener.

“Obviously (it's) good to get the two points,” Tavares said. “Winning in this league is difficult, so just staying with it at many points in the game and finding our way to get that done, but no doubt we need to defend better.”

The Leafs take on the Minnesota Wild in their second test for the new season on Saturday, Oct. 14.



THE CANADIAN PRESS/FRANK GUNN

Leafs' Mitch Marner scores shootout game winner against Montreal.

BRONZE FOR HUMBER SOFTBALL



Humber Hawks softball team captures a bronze medal in the Canadian Collegiate Softball Association Championship in British Columbia after defeating the UBC-Okanagan Heat.

HISTORIC INDIA-PAKISTAN CRICKET MATCHUP
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CROSS COUNTRY RUNNERS BALANCING PAIN AND PASSION
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