

MIGRANT WORKERS SEEK STATUS



Activists occupy the intersection of Yonge and Dundas Streets as part of a demonstration calling for Status for All during a protest on Sept. 17.

**FORD SCRAPS
PLAN TO BUILD
IN GREENBELT,
RETURNS LAND
P.2**



**MARCH FOR
CLIMATE ACTION
DEMANDS END TO
FOSSIL FUELS
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LIAM NEILSON

A crowd of protestors at Yonge and Dundas in Toronto stand amidst a cloud of yellow smoke while advocating for Status for All.

Migrants demand permanent residency

Liam Neilson
News Reporter

Migrant protesters and many Canadian supporters filled Toronto streets on Sunday urging the federal government to honour its promise to ensure permanent residence access.

Protesters are calling on Prime Minister Justin Trudeau to fulfill his 2021 promise of ensuring permanent residence access to all migrants, documented or not.

Organized by the Migrants Rights Network, the march kicked off at Bloor and Yonge Streets, eventually making its way toward City Hall.

A participant from the Migrants Worker Alliance for Change (MWAC), Jane, who didn't want to share her last name, told Humber Et Cetera she joined the protest because she had been abused at work.

"I have been mistreated at work, I have been pushed, one of my clients spat on me. I have been called names because of my colour," she said.

Jane said she couldn't find other work because she was undocumented.

She said that it goes back to Trudeau keeping his promise so that people like her have the choice to find jobs in better situations, where they are treated justly and as equals.

Sarom Rho, an organizer from MWAC, says migrant workers will continue to face struggles as long as access to permanent residence is

withheld.

"Every day of delay means migrant and undocumented people are exploited at work, denied access to life-saving health-care, and live in daily fear and pain from deportations and family separations," Rho said.

"Every year there are hundreds of thousands of people coming to Canada on temporary work and study permits, including international students. The largest cohort of non-permanent residents of migrants in this country are current and former international students," she said.

Rho said international students make up such a large percentage

of migrants coming to Canada and pay significantly higher fees in tuition than domestic students, often three to four times more.

Despite this, international students have a cap on the number of hours they can work weekly off campus due to their lack of permanent residence status.

"What ends up happening is that many are forced to work for cash, and that means they're pushed into more dangerous jobs where employers will exploit them," Rho said.

Toronto Ward 9-Davenport Councillor Alejandra Bravo supported and advocated for the rallying migrants.

"Post-secondary institutions are largely funded by the tuition of international students, who are being lured with promises that there is a road to permanent residency and find themselves often exploited by landlords, employers, even while they're studying," Bravo said.

"We need for them to fairly be able to work, regularization is a critical piece. Without it, we're just saying here, take advantage of them and I don't want to live in a society like that," she said.

Similar protests organized under the Migrants Rights Network were held in 14 Canadian cities on the same day. About 3,000 people marched in Toronto.



LIAM NEILSON

A Migrants Worker Alliance for Change activist speaking into a megaphone to the crowd of protestors.

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.

EDITOR-IN-CHIEF

Santiago Helou
Quintero

NEWS

Drew Chambers
Sam Belton

POLITICS

Upkar Singh

CULTURE

Karl Lewis

SPORTS

Isabelle Ferrante

OP-ED

Shayonna Cole

FACULTY ADVISER

Rob Lamberti

TECHNICAL ADVISER

Ishmeet Singh

FRONT PAGE PHOTO

Liam Neilson

BACK PAGE PHOTO

Rory Arthur

@HUMBERONLINE

ETC.HUMBER@
GMAIL.COM

HUMBERNEWS.CA

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Etobicoke, ON, M9W 5L7



THE CANADIAN PRESS/NATHAN DENETTE

Ontario Premier Doug Ford rides on a float towed by a tractor at the 2023 International Plowing Match and Rural Expo.

Doug Ford announces to scrap plan to build in Greenbelt

Andre La Rosa-Rodriguez
News Reporter

Premier Doug Ford has announced that he is reversing his plan to open the Greenbelt for housing development.

“I made a promise to you that I wouldn’t touch the Greenbelt. I broke that promise. And for that, I’m very very sorry,” he said. “It was a mistake.”

Ford said it was a decision made after two days of meetings with his caucus and cabinet that shared what they had been hearing from people in their communities.

He assured the province he was listening and that no changes would be made in the future.

He later announced he would be expanding the Greenbelt by 400 acres.

Last year, Ford removed 15 parcels of Greenbelt land for housing development to help meet the goal of building 1.5 million homes by 2031. The initial backlash from the province grew as investigators probed over findings that prominent land developers would be benefiting from the plan.

Ford’s stag-and-doe event for his daughter in February which had taken place a year before added to the controversy after it was found

some of those developers had been in attendance.

He said at a Thursday media conference that the integrity commissioner cleared him of any allegations amid questions about his cabinet’s ties to developers that owned the removed Greenbelt lands.

MPP Kaleed Rasheed resigned from Ford’s cabinet on Sept. 20 when contradicting accounts were found on his relationship with a developer whose land was removed from the Greenbelt.

He was the second minister to quit the conservative caucus amid investigations following former housing minister Steve Clark in early September.

“Even if you do something for the right reasons, with the best of intentions, it can still be wrong,” Ford said.

“This process left too much room for people to benefit over others. It caused people to question our motives,” he said.

In early September, Ford announced the province would be conducting a “top to bottom” review of the Greenbelt two years ahead of schedule. He didn’t rule out that the results could lead to more land being removed.

Further pressure to reverse the plan came in August when the

auditor general’s report said targets could be met without cutting into the protected lands and that the government did not factor in the environmental and agricultural implications that could occur from those changes.

The report also found that 76 per cent of the lands are actively used for agriculture and that the majority is recognized as the highest quality in land classification.

Its top recommendation was to bring the removed lands back into the Greenbelt.

Max Hansgen, a farmer near Lanark, Ont., and president of the Ontario National Farmers Union, said the Greenbelt contributes to more than 50 per cent of all fruit grown in Ontario.

He said that this plan could have set a “precedent” for future development, but is “optimistic” that Ford will not break his promise again.

“Public outcry was so loud. I think that the Ford government has realized this could have been a deal breaker,” Hansgen said.

However, he remains concerned farmland in Ontario is still under threat of development.

“Development is happening in my area on top of farms already,” Hansgen said. “That fight is not

over.”

Ford said the way homes are being built will be reworked by building more density in growing cities and building homes that are financially attainable to “young families and newcomers,” and have homes close to public transit.

But he admitted scrapping the Greenbelt plan will have its implications.

“We’re in a crisis, make no mistake about it,” Ford said. “The intention was right. We need to build homes.”

“There’s now going to be 150,000 people who will not have a roof over their heads,” he said.

Ford said he will be holding builders and municipalities accountable to get homes built as quickly as possible.



MAX HANSGEN

Max Hansgen, President of the Ontario National Farmers Union

EDITORIAL: Status for All needed to protect migrants, int'l students

It is long overdue for Canada to implement a Status for All policy and end the exploitation of migrant workers and international students.

Last Sunday, more than 3,000 people took to the streets of Toronto to march to support status for all. Earlier this month, The United Nations special rapporteur on contemporary forms of slavery, Tomoya Obokata, visited Canada and described the temporary foreign worker program as a “breeding ground for contemporary forms of slavery.”

He echoed the same calls made by the Migrant Workers Alliance for Change that the federal government must provide a genuine pathway to permanent residency to end the exploitation.

Prime Minister Justin Trudeau promised the federal government would implement a program to give migrants a pathway to Permanent Residency status in 2021. He has yet to deliver on this promise.

Meanwhile, more than 1.7 million people are without permanent status, including more than 500,000 who have no status at all. Also, Canada hosted more than 800,000 international students last year, a number which continues to grow.



SANTIAGO HELOU QUINTERO

Activists occupy the intersection of Yonge and Dundas Streets as part of a demonstration asking for Status for All.

As Canada deals with several overlapping crises of affordability including food and housing, the blame often falls on migrants, who themselves are victims of the same crises.

It is too easy to claim if there were fewer mouths to feed and bodies to house, these problems would not be as large. But the reasoning behind these beliefs is fundamentally and intentionally flawed.

It ignores the hard work of migrants who, in the history of this country, built the foundation of our society.

One has to look no further than the masses of Italian and Portuguese immigrants whose labour built countless homes and infrastructure across the GTA.

The answer is not to get rid of migrants. Instead, we should embrace them with open arms and

give them the rights and protections every person deserves.

Here at Humber College, it is an open secret international students keep the lights on and subsidize the continued divestment in education by the Ford provincial government.

Indeed, a recent report found international students are outpacing the Ontario government in funding colleges. The commodifi-

cation of international students is nothing short of exploitation and the results of a system that treats education more like a business than as the foundational block of any dignified society.

That exploitation is not limited to our campuses as international students and migrant workers are subject to heightened exploitation at work, in housing and healthcare.

Five Jamaican agricultural migrant workers were sent home last month after exposing the working conditions they were subject to at the farm that employed them.

Under current regulations, workers under the Seasonal Agricultural Workers Program (SAWP) are tied to their workplace and cannot remain in the country if they leave that workplace.

There is no shortage of stories of international students crammed into rooming houses with dozens of other migrants. The solution is simple. The best way to ensure migrants are not vulnerable to exploitation is to grant them the protections Canadians have by providing Status For All.

It is not a radical proposal.

It is the ethical imperative of any nation that wishes to uphold worker and human rights.

OPINION: Leave healthcare policies to professionals, not politicians



Isabelle Ferrante
Sports Editor

Healthcare is a fundamental human right, but a policy statement adopted by the federal Conservatives threatens to take that away from transgender youth.

At its policy convention in Quebec City earlier this month, a majority of representatives voted for a motion stating children under 18 should be prohibited from gender-related “life-altering medicinal or surgical interventions.”

Wisely, Conservative Leader Pierre Poilievre said he is not bound to adopt any of the policies passed at the party convention in his election platform.

But the proposal follows the

wave of laws in the U.S. and across Canada blatantly directed at — and suppressing — the LGBTQ+ community.

Creating laws that limit the life-changing procedures of gender-affirming care for trans youth can do more harm than good. It could be a matter of life and death.

“Gender-affirmative health care can include any single or combination of several social, psychological, behavioural, or medical (including hormonal treatment or surgery) interventions designed to support and affirm an individual’s gender identity” when it conflicts with the gender assigned at birth, the World Health Organization said.

These interventions are vital in helping transgender align various aspects of their emotional, interpersonal, and biological lives with their gender identity to help eliminate gender dysphoria and other mental health issues.

At the convention, Michelle Badalich, an Edmonton delegate, did mention dysphoria, a profound state of unease or dissatisfaction, but said it is a “mental health disorder.” She said it shouldn’t be treated with “irreversible procedures.”

Although it’s unclear which

medical treatments the Conservatives would target, banning any or all steps can be detrimental and demoralizing to the overall well-being of trans youth.

Ironically, Badalich and other politicians have used “protect our children” as an excuse to pass the recent anti-LGBTQ+ laws. But they are doing the opposite while putting them at an even higher risk.

Research led by the Stanford University School of Medicine found transgender people who began hormone treatment in adolescence had fewer thoughts of suicide, were less likely to experience significant mental health disorders, and had fewer problems with substance abuse than those who started hormones in adulthood.

Gender-affirming care is health-

care. It saves the lives of trans youth and should be accessible if needed.

Kids deserve to live their truest lives and should be able to choose what they want to do with their bodies with the help of medical care professionals and parents.

Politicians should protect all children, not just those they think should be protected.



THE CANADIAN PRESS

Counter-protesters advocating for trans rights marched in downtown Halifax in response to anti-trans protest.

OPINION: What the fork, Humber? Stop charging students for eating utensils



Karl Lewis
Culture Editor

After two long years of closure, Humber College's North campus finally opened its Food Emporium. The variety of available food confuses me, let alone a first-year student. The facility mimics a mall food court with cuisines from Italian to South Asian.

However, it was the checking out process that took me by surprise.

"That will be \$16.95," the cashier said.

Confusion took its toll. I zoned out.

When did a cup of rice, two shrivelled broccoli and a spoon of chicken breasts tossed in sauce cost \$16.95?

To make matters worse, the cashier asked for an extra 25 cents for a fork.

What the actual fork?

In an era where the cost of living and food prices are at an all-time high, students are finding it hard to stay focused in school, let alone manage their finances.

It is disappointing to realize students will now have to pay an additional fee for utensils in addition to already expensive lunches.

"It will be an additional 25 cents for forks, and additional for chopsticks," she said.

I immediately thought of using my hands as I exclaimed my disbelief loudly, "a weh yuh nah seh!" That's Jamaican for, what do you mean?.

I know that 25 cents may seem like a small amount, but if I am supposed to eat five meals weekly at the maximum price of \$17, assuming that I attend all my classes for the month, the total which I will pay for food — and forks — will amount to \$345.

In a recent interview I conducted on Radio Humber discussing food insecurity among young people, Valerie Tarasuk, a nutritional sciences professor at the University of Toronto, said



food insecurity affects not only the overall nutritional health of young people but also their mental health.

Providing accessible and cost-effective food options in institutions will remedy the causes and effects of food insecurity among youth.

With everything happening worldwide and a batch of students who have lived their first-ever major world event, why does Humber's food contractor believe it is fitting to charge students 25 cents to address the permanent ban on single-use utensils?

Arguably, climate change is as important as one's mental health.

After all, they work hand-in-hand, but we can not deny that despite having a law which bans the use of single-use containers, forks and plastic bags, Humber's Food Emporium continues to contradict its policies by selling plastic forks.

Canada implemented the single-use prohibition in 2022. A fact sheet instructs restaurant owners, manufacturers and food service providers on how to deplete their stocks before the ban becomes permanent.

The fact sheet lists a dollar amount for which said parties should charge their customers in the depletion process.

The practice might have been adopted by Restaurants Canada who on its website said, "charging consumers a visible fee for single-use cutlery may also discourage their use."

Restaurant Canada also said providing alternatives to single-use cutleries such as moulded fibre, bamboo, wood, and edible cutlery made from wheat, oats, corn and rice could be an innovative way of encouraging consumers to go green.

Humber, on the other hand, does not provide the options and continues to charge its 25-cent levy.

While no one expects to have a cost-free dining experience, there has to be a middle ground where a balance exists between unreasonable charges and the financial well-being of students.

I believe it is high time that an institution of higher learning is transparent with its students and looks out for their best interests.

Because one day, I will not give a fork and eat with my hands.

TALES FROM HUMBER: I lost blood due to Humber's delay in health insurance



Upkar Singh
Politics Editor

My left hand was drenched in blood while I was scrolling through my laptop screen with my right hand to download my health insurance.

But the website told me my health insurance was not there.

Having lived here as an international student for two years, this was the first time I had a serious injury. I was about to have dinner when I dropped a plate and pieces cut into my left arm.

With the hope that my old health insurance would work, I sat in the car with my cousin putting cotton on my arm to stop the blood.

I was taken to the emergency ward of the hospital because I was losing blood.

While waiting for my turn, I called the insurance company about my health insurance card not being available.

"It's because your college hasn't sent the list of currently enrolled students," the lady on the phone told me.

I was shocked because I had always heard that international students are covered by the college. Indeed, international students are covered from the first day of school

With a ray of hope my old health insurance would work, I went to the counter when it was my turn.

"You will have to pay \$850 before seeing the doctor," the nurse at the counter told me.

I tried to tell them I was an international student covered by insurance.

They told me that I would need to make the payment and send the receipt to insurance so they could pay me later. As an international student, I couldn't afford to pay such a large amount just for dressing a wound.

Currently, many international students are struggling with their finances.

I returned home with my injured arm and decided to visit a local clinic the next day.

The next day I paid \$95 at a local clinic and the doctor did my dressing.

Thankfully, I didn't require stitches but I can't even imagine the situation if I had an even more serious injury.

Will they not let me see the doctor just because my college didn't send the list even though I paid my tuition on time? I thought about this while traveling back home.

Just six days after this incident, I received an email from the college indicating my health insurance was ready to download.

I got this email three weeks into this program. I wonder how Humber could be so careless when it's about the safety of international students.

Even after paying full tuition, which is four times the tuition paid by domestic students, we have to struggle with basic health insurance coverage. I needed Humber in a crisis, and it let me down.

International Centre Team <noreply@humbermessages.ca>
to me



Dear Upkar,

We hope you are settling in well to the Fall 2023 semester at Humber. Your health insurance card is now available for download!

Topics:

1. How to download your health insurance card
2. Coverage duration
3. OHIP Alternative opt out for students with existing OHIP coverage
4. Family opt in
5. Health insurance webinar recording

Climate action march seeks end of fossil fuels

Carlo Cantisani,
Luca Furlano
News Reporters

Medical student Grace Kuang believes climate change is the most significant public health issue of the era and says action is needed to end the use of fossil fuels.

The University of Toronto student was among thousands who took to the streets at Queen's Park on Saturday demanding action against climate change.

"I want people to know that climate change is the biggest public health issue of our time," Kuang said. "I think climate justice is the most effective preventative health measure because you're preventing all of the things from happening downstream."

The event was one of more than 400 demonstrations of the Global Fight To End Fossil Fuels. It was part of a worldwide mobilization last week leading to the United Nations Climate Ambition Summit 2023.

Climate justice organizations marched under the banner of the Toronto Climate Action Network. Local groups and organizers included Fridays For Future Toronto, Seniors for Climate Actions Now!, For Our Kids Toronto, ClimateFast, Toronto 350.org, healthcare workers, labour federations, and students.

"Fossil fuels are literally killing us," said Dr. Mili Roy, regional co-chair of the Canadian Association of Physicians for the Environment (CAPE) in an email statement to Humber's Et Cetera.

"They escalate the climate crisis, now recognized as the single greatest human health crisis of our time, and also create lethal air pollution which kills over 15,000 Canadians prematurely every year," Roy said. "The only livable way forward to the sustainable thriving future we can still achieve must be fuel-free."

Environmental liabilities and pay reparations were among the protestors' main demands. The rally's website wants the oil and gas industries held responsible for damages to communities and pay the cost of disrupting the environment.

"We have to make sure that we're making the polluters pay and that we're not making working people face the brunt of the transition, which is what's going to happen if we don't act on it," said Amy Mann, co-coordinator for Climate Justice U of T.

Mann cited the tailing ponds in Alberta as an example of how inac-



CARLO CANTISANI

Various climate activists marched in downtown Toronto in one of the 400 protests held globally in End Fossil Fuels protests on Saturday, Sept. 16.

tion and the economic cost of large fossil fuel companies affect the population, especially Indigenous communities.

"We're going to be left to clean this up," Mann said. "Fair means that we have to be proactive and we have to make sure that we're making the polluters pay to clean up the mess that they made."

The Ontario Provincial Climate Change Impact Assessment assesses the risks of climate change in the province by the 2080s. It said the number of extreme heat days, with temperatures over 30 C, will be between 55 to 60, four times the current average of 16 days.

The findings from the January 2023 assessment are drawn from five main categories: food and agriculture, infrastructure, business and economy, natural and environment, and people and communities.

Zoe Keary-Matzner, one of the organizers for Friday For Future Toronto, said it is important to take action to stop governments from subsidizing the fossil fuel industry.

Keary-Matzner is part of an ongoing lawsuit against the Ford government for lowering the province's climate targets.

"We said that was unconstitutional against our Charter rights, our right to life and the security of the person, and also discrimination towards youth and Indigenous youth," she said.

"What we can do is actually work together because we know climate change is a systemic problem



LUCA FURLANO

Climate protestors gather at Queen's Park on Saturday, Sept. 16.

caused by our addiction to fossil fuels," Keary-Matzner said. "So really what young people can do is get organized, join a group and raise awareness."

Toronto Public Health reports air pollution is the leading cause of 1,300 premature deaths and 3,550 hospitalizations annually. This summer, Environment Canada released numerous Special Air Quality Statements for Toronto due to the deteriorating air quality related to forest fires. The global air quality tracker IQAir reported Toronto was the worst city for air quality among major cities on June

28.

University of Toronto medical students Kuang and Machal Leckie say climate change is a serious health issue.

"If you go all the way back, the root of the problem is fossil fuels," Kuang said.

Kuang said stopping pollution at the root is preventative of health, "and that is public health."

Leckie said it is important to understand that climate change is linked with other justice and social issues.

"Climate justice isn't just limited to green initiatives like recy-

cling, but also related to affordable housing, anti-racism, and democracy," she said. "All of these things affect health."

NDP Leader Jagmeet Singh and Ontario Green Party Leader Mike Schreiner joined the demonstrators. Days after the demonstration, Ford made an announcement on Sept. 21 saying he was rescinding all plans to swap Greenbelt lands.

Schreiner said it is crucial to protect the Greenbelt to be prepared for the climate crisis.

"The forests and wetlands of the Greenbelt are vital to protecting us from extreme weather events, especially flooding," he said. "So I think that's why you see all these signs here today saying Doug Ford, keep your hands off the Greenbelt."

He said building multiplexes, four-storey walk-up apartments and six to 11-storey apartment buildings along major transportation routes would help people afford homes. That could be done on land already approved for development, Schreiner said.

"Those are areas that have sewer, water and hydro lines and roads," he said. "That's the way that we can meet our housing goals while protecting the Greenbelt."

Singh supports demonstrators in their demand for action.

"We're living through the climate crisis right now," he said. "We need to end fossil fuel subsidies, put a cap on emissions, and invest in clean energy and in an economy that works for workers and for the planet."

Humber hosts eighth Take Back the Night march

Etti Bali

News Reporter

It was the second consecutive Take Back The Night march for Abbey Molina, 22, at Humber College's North campus on Thursday night.

But the fourth-year student in the business program at the University of Guelph-Humber said this time it was about more than marching.

She decided to tell her story of surviving sexual violence through a lyrical drama act.

"My piece had references to suicide, hearing voices and getting bad thoughts," Molina said. "I am still healing and even though it was once upon a time ago, you never get over it."

"But I also wanted to show that there's hope," she said.

Humber College and the University of Guelph-Humber hosted their eighth annual Take Back the Night (TBTN) march on Sept. 21 at Humber North campus.

The event is a hyperlocal extension of Take Back the Night held across the U.S. and Canada in memory of Susan Alexander Speeth. She was a Philadelphia microbiologist who was murdered while walking home alone in 1975.

Take Back the Night at Humber College saw students, teachers, and staff join together in solidarity with survivors of sexual violence to reclaim the night and reinstate the right to safe spaces.

"The space to be received, to be told that you matter, that your stories are important and that you are believed are key components



ETTI BALI

Take Back the Night participants posed with their posters before beginning the march at Humber College's North campus on Thursday, Sept. 21.

in helping someone feel that they belong," said Sterling Crowe, the Humber College Associate Dean of Student Wellness and Equitable Learning.

"Seeing that demonstration of community and getting that response is what helps reignite that for us," Crowe said.

The event had a line-up of keynote addresses, activities and marches around campus.

Molina said she was 13 years old when she was assaulted. During these nine years, she said

she has made significant strides toward healing.

"I used to be reserved. I didn't like to be touched or hugged. Now I am a huge hugger," Molina said.

She said the ability to forgive herself has helped her through this journey.

"I found that the strength to tell my story comes from forgiving myself. It wasn't my fault," she said. "I am not responsible and I shouldn't be held accountable for that."

With an event like , there is

hope that more survivors will find the courage to come forward and report incidents of violence, said Chris Mahon, the coordinator for Sexual Violence Prevention, Education, at Humber College and the University of Guelph-Humber.

"The hope is that people see something like that [Abbey's performance] and if they have experienced sexual violence or know someone who has, they have the courage to seek the healing that they need and the support they deserve," he said.

"I often talk to students who are happy that this space is there," Mahon said.

The evening also opened dialogue around the Consent Peer Education Program that encourages peer support and consent culture on campus.

Maria Jose Gonzalez Duvon, a student of the Child and Youth Care program at the Humber Lakeshore campus, is a Consent Peer Educator.

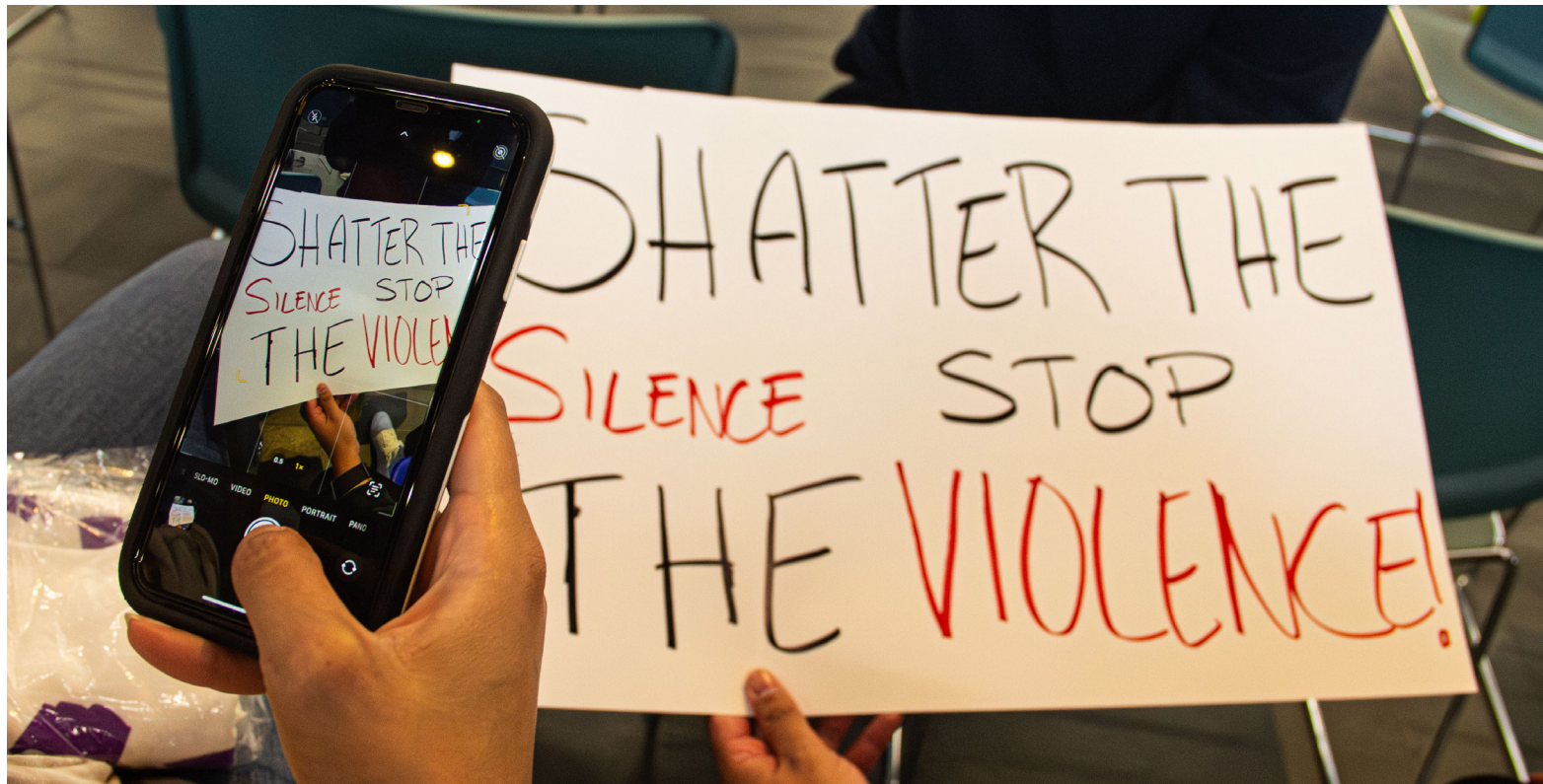
She said student survivors find it easier to confide in peers or people their age, a step that ultimately helps them report incidents of sexual violence.

"We try to support students by letting them know that even though it is scary and overwhelming to report, you have support on campus that we want you to access if you wish to do so," she said.

Gonzalez Duvon said consent peer educators talk about how people should react to self-disclosures by supporting the person, believing them and letting them tell their story.

"When sexual violence happens, you have your agency taken away from you. In a sense, you want to get back that control. It is very important to let survivors decide the next steps for them," she said.

Take Back the Night ended on a spirited note as participants marched around the campus carrying posters and chanting slogans along the way.



ETTI BALI

Participants at Take Back The Night made posters with messages against sexual violence

Students have mixed reactions about cafeteria as it reopened

Annicca Albano
Social-justice reporter

Sanskriti Mansotra, a computer engineering technology student from India, said going to a Humber cafeteria on a hungry stomach could be a difficult task, as she often worries whether she'll find food she's allowed to eat.

"In the early hours for breakfast, it's mostly eggs, pancakes and bacon," Mansotra said, referring to some food options at Humber.

Mansotra, who hails from a Hindu family, welcomes the reopening of Humber's Food Emporium since there are more options other than beef or pork, which she's religiously forbidden to eat.

The Food Emporium website said the college's outlets "offer students, staff and guests a diverse selection of high-quality balanced meals daily."

"For vegetarians, pancakes may be the only option," Mansotra said.

While the available option might suit a student's taste, it might not fit their budget. This is why some flock to the in-campus Tim Hortons for cheaper alternatives, Mansotra said.

Michael Classens, assistant professor of food systems at the University of Toronto, said schools that can't provide food security undermine their core principle of educating students.

"You can't educate students if they're hungry," he said.

A 2021 study conducted by Meal Exchange revealed 60 per cent of post-secondary students cannot afford to eat balanced or nutritious meals.

The study also found that racialized students are more likely to experience food insecurity than others.

"Racialized international students are disproportionately impacted," Classens said.

Inflated tuition fees and rising housing costs force them to scrimp on food, he said.

To cater to Humber's diverse student population, the college outsourced most of its food services to Chartwells, the country's largest educational food service provider.

Chartwells did not respond to questions in time for publication for Humber News' Et Cetera.

The importance of having diverse food options in schools is widely recommended by experts in Canada. For Jennifer Brady,



HUMBER NEWS/ ANNICCA ALBANO

Sanskriti Mansotra, a Humber second-year international student.

cultural food security researcher and associate professor of nutrition at Acadia University, students unable to access the diet they grew up with struggle to fit in.

"Food provides you a connection to your home, your family and who you are. It gives you a connection to your spiritual heritage or culture you come from," she said.

"It's more than a craving. It's your fundamental identity," Brady said, adding food stereotyping and making Halal versions of Western foods fail to acknowledge individual food preferences and nutritional needs.

Brady said school location is another determinant of food accessibility affecting everyone, from students to faculty and staff.

If students study in downtown Toronto, "chances are you'll be able to find a grocery store that caters to your sort of cuisine from your country of origin," she said, noting that often only those who have the means to buy imported goods can access culturally affirming foods.

Like Acadia University, the college's North campus is largely suburban. The addition of microwaves — few are available in the school cafeteria — is one of

the eight recommendations the Canadian Federation of Students—Ontario made a decade ago. It enables students to bring homemade lunches, saving money while making healthier food choices.

Food insecurity isn't unique to newcomers, however. Statistics Canada reported that in 2021, 18.4 per cent of Canadians or 6.9 million people, were reported to live in households that experienced varying levels of food insecurity.

IGNITE has reopened the Soupbar this week in response to the chronic food insecurity.

For Mansotra, the Soupbar and the Food Emporium's salad bar aren't enough.

"Because how long are you going to eat soup," she told Humber News.

Classens, whose research on alternative campus foodscape mentioned the IGNITE Soupbar and other student-run food co-ops, said academic institutions need to do more to reduce hunger.

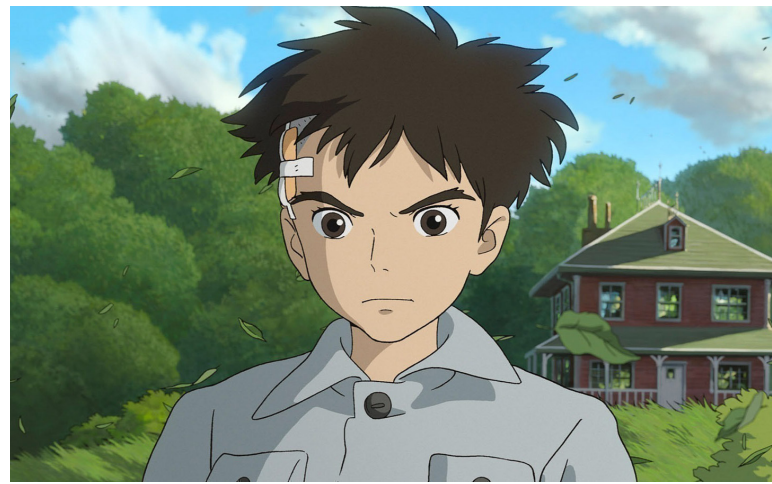
"This absolutely should not be falling to students to address," he said. "It's almost revictimizing them."

The Food Emporium is located on the lower level of K Building and is open Monday to Friday.



HUMBER NEWS/ ANNICCA ALBANO

Food Emporium in Humber College North Campus reopening event.



Scene from Hayao Miyazaki's The Boy and the Heron (2023).

Hayao Miyazaki opens Toronto film festival

Pedro Briceno-Oros
Entertainment Reporter

Famed director and Studio Ghibli co-founder Hayao Miyazaki's newest film, *The Boy and the Heron*, made its international debut to open the 48th annual Toronto International Film Festival (TIFF) on Sept. 7.

It is the first time that a Japanese or animated film has opened the festival and is only one of two films that a director from outside of the U.S., Canada or Europe has been given the honour in the last decade.

The film first made its debut in Japan on July 14 before its screening at Roy Thomson Hall on Sept. 7 at TIFF's opening night gala.

Miyazaki and Studio Ghibli's films have a long history in the city with multiple films being screened at TIFF, including the Academy Award winning film *Spirited Away* (2002).

The work of Miyazaki and Studio Ghibli has influenced many around the world to pursue animation and creative storytelling while opening doors for international and animated films.

Bekky O'Neil, a director, animator, writer and instructor at OCAD University and Loyalist College, said the films Miyazaki has created have inspired people to pursue storytelling.

"We're looking at a generation now that's really grown up watching his entire body of work," O'Neil said.

"I think his work is inspirational on a number of different levels," she said. "I don't think it's always students who want to create work like his but who want to create stories and are really interested in the narrative of his films."

Being able to see a foreign filmmaker bring so much attention to this festival and to other films is important, said Gabriela Barros, an international student in the film

program at York University.

"Opening a festival is such a privilege because they want the first one to be remarkable and I think just being chosen for that position gives you the validation that you actually made something important, something people want to watch," Barros said.

"Big companies from every country just come to watch the movies and they choose if they want to sponsor and share these movies in their own countries," she said. "Festivals like TIFF just brings the attention to films that would normally not get enough exposure."

Barros said having a major Asian artist representing their culture is important.

TIFF did not respond to Humber News' request for comment at the time of publication.

Cyn Papia, a professional animator and freelance artist, said having Miyazaki debut internationally in Toronto is huge for animation and film in the city.

"Toronto does have a lot of studios and a lot of animation work going on in the city but to have something as grand as a Miyazaki film screened and debuting in the city, it's amazing," Papia said.

Seeing a film like one of Miyazaki's open TIFF sparks inspiration for many aspiring animators and industry professionals, Papia said.

"I feel like it all makes us want to reach our full potential with our careers and kind of be there one day," they said.

"Personally, when I see animation, I want to do what the animators have done to me," Papia said. "I think that it's extremely influential to make people want to better themselves and just become great animators like they see on the screen."

Hayao Miyazaki and Studio Ghibli's *The Boy and the Heron* is set to release in North America on Dec. 8.

Humber Esports is back in business this fall

Gabriel Noda

Sports reporter

Humber is rolling out the red carpet to its after-school programs as getting back to normal picks up speed, and that includes the college's esports teams.

Humber and other colleges built teams and programs around esports leading to international collegiate leagues for students. COVID-19 forced all schools to press pause on collegiate play, but they haven't stopped building their teams.

Humber announced Bernard Mafei as the new senior administrator of Humber Esports.

Mafei, also known as RaynEX, is a veteran in the Canadian esports world. He said he joined Humber with one goal: to return Humber to where it was pre-pandemic, which was a championship-winning team.

The Humber Esports Call of Duty team was the College Call of Duty League (CCL) champions in 2019 and won the Tespa Varsity Call of Duty Invitational Tournament in 2020.

The team struggled to recruit members in 2022. Mafei hopes a rebrand will draw more members and create a different dynamic.

"I want to bring that family atmosphere to Humber. I come from a community, grassroots kind of background through Super Smash Bros. and other games," he said.

Considering his history in the Super Smash Bros world, Mafei said having a team is inevitable but will see some changes from past years.

"I think we had 12 players on the team last time," he said. "Maybe make it like four or five" players in

the future.

Humber's Valorant team was the first team ready for tryouts because of the Red Bull Campus Clutch, an online global collegiate competition hosted by Red Bull that runs between July and November in various countries.

Schools across the globe will compete for a spot in the Red Bull Campus Clutch World Final in Istanbul. Canadian qualifiers started Sept. 16, while the national finals are on Oct 28 and 29.

Mafei said Humber has a team playing League of Legends and he was planning to include a team playing Rocket League.

"It's a really popular game, easy to spectate, nonviolent, every school plays it, so I want a team for it for sure," he said.

In terms of launching these teams, Mafei first seeks general managers and coaches, he said.

"I'm bringing in a team lead as a paid position who will support the varsity teams with everything," he said.

Mafei said what he's looking for in a team lead are those with management experience with time management skills.

Coaches need to be able and capable to help players improve, be supportive and open-minded, he

said.

"It's about empowering the players to do it themselves," Mafei said.

"Can you show up on time because a big problem in collegiate is (that) teams, players don't show up and they get disqualified for matches," he said.

Mafei said he also like to add the Collegiate Fighting Game League which is bringing competitive fighting games to schools.

"There's already a movement among colleges, and universities to bring FTC into their teams," he said. "If there are two or three players that are really interested, 100 per cent we can give them jerseys...and give them some funding to enter tournaments on behalf of Humber."

So far, the rebrand is focusing on the image of Humber Esports and creating an atmosphere of fun and caring for everyone involved.

They started by contributing to the First Year Experience with games like Mario Kart, Super Smash Bros., NHL 23 and other games played at the E concourse and their small area at the recent HawkFest Carnival.



Screen grab of the 2020 TESPA Humber Hawks Esports Championship for Call of Duty offering a \$25k prize.

WNBA players seeking more media coverage

Delroy Davidson

Sports Reporter

Women's basketball has been growing these past years, yet the media still has it on the back burner.

Retired Canadian professional basketball player Miah-Marie Langlois says the media should approach women athletes just like men.

"Women have great stories too, we're all humans at the end of the day and we all go through our trials and tribulations and we all have made it, how we overcame obstacles," said Langlois, who played for the national team and the Russian Women's Premier League.

As she looks back on her time as a player, Langlois is proud of the direction the sport is going in.

"It has come such a long way," she said.

"When I was 19 years old, I barely knew about the women's national team. I had to leave Canada at the age of 17 to go to the States if I wanted to get any exposure," Langlois said.

Toronto hosted a WNBA exhibition game on May 13 for the first time at Scotiabank Arena where the Chicago Sky took on the Minnesota Lynx.

In that game, Chatham, Ont., native and Lynx forward Bridget Carleton became the first Canadian to play a WNBA game on home soil.

The support from the city was overwhelming as tickets were sold out almost immediately.

As the league looks to expand from 12 teams, WNBA commissioner Cathy Engelbert released a list of potential cities for a franchise.

Toronto is near the top.

Retired professional basketball coach Allison McNeill says it's been a long time coming for Toronto to get a team.

"I lose my breath when I'm talking about it, really exciting I think," McNeill said. "I know people are saying different things about expanding this or doing that, but I feel like with the Raptors here just seems so natural, why wouldn't we have one."

She said the game has grown with many more athletes playing and parents encouraging their daughters to play.

"Providing opportunities through school clubs, provincial national team, your non-profit, everybody is trying to get more girls involved in sports for all the right reasons," McNeill said.



THE CANADIAN PRESS/CHRIS YOUNG

Minnesota Lynx forward Bridget Carleton seen in May 2023 during first half WNBA preseason in Toronto.

She feels a reason the media isn't supporting the league is because the game is not interesting enough to them.

"People think it's not good basketball," McNeill said. "You're not going to see a Ja Morant dunk, but there are unbelievable teams playing in women's basketball, more than the men's game."

McNeill said the media should be on the clock 24/7 and not just when a notification pops up on their phone screen.

"It can be a more year-round thing where we don't jump on the bandwagon when a player gets

drafted or plays on the Olympic team," she said. "Sometimes I go online and see 10 stories on Canadian NBA players but can't find one about WNBA players."

Savanna Hamilton, host of SWISH: INSIDE THE WNBA and former Ryerson University basketball player said TV networks are starting to see a shift.

"It's been on TV more, the broadcast itself is more accessible, TSN is airing WNBA games and the viewership is picking up," she said.

Being in media herself, Hamilton says everybody must do

their part to put women's basketball in the higher rankings with the other leagues.

"It's on us to talk about it, when you tweet about it if we post about it or repost, it just gets more widespread," she said.

Some media outlets might not be interested in women's basketball, but Toronto is going to change that narrative when the WNBA team arrives.

"I don't think the concern is about the first season, but it's going to be about who wants to take that risk and invest in the team," Hamilton said.

Wildcard keeps Jays playoff hopes alive

Nicholas Rego
Sports Reporter

The Toronto Blue Jays find themselves in a close battle to keep their playoff hopes alive as the season winds down and fans are worried about where the team might end up come October.

The second wildcard position may be the only thing keeping Jays fans hopes alive but unfortunately, the Seattle Mariners and the Texas Rangers are making it difficult.

Long-time Blue Jays fan Mike Perricone said the team needs to create its own luck rather than hoping it finds them.

“You can’t wait for others to fail to find success,” Perricone said.

As it stands, the Jays are only half a game ahead of the Mariners and Rangers for the second wildcard spot as of Sept. 22.

Every game matters for these teams to solidify their playoff spot. One error can prove to be costly.

Blue Jays fan Carter Vahrmeyer said the Jays haven’t been playing

their best game in and game out, which is frustrating to see as a fan.

“It’s hard to watch them at times. They’ve been inconsistent the entire season,” Vahrmeyer said.

Despite that, he said he believes the Jays could turn it around and get on a run.

“I believe this team can go on a six-game winning streak to separate themselves from the rest of the pack,” he said.

Indeed, the Jays won five of their last six games.

According to Fangraphs, the Toronto Blue Jays have a 76 per cent of chance of making the playoffs as of Sept. 22.

Fangraphs states the Blue Jays have the toughest remaining schedule — a series with Tampa Bay Rays — between them, Seattle, Texas, and Houston.

Laura Allen, a Blue Jays fan who came from Alberta to see them play said she is frustrated with their recent performance in an

important game

“I came all the way from Alberta to see the Blue Jays lose 10-0 to Texas, unbelievable,” Allen said.

Jays’ manager John Schneider said in a Sept. 14 media conference that his players’ confidence levels are still high after recent performances.

“I don’t think confidence is a thing to worry about and you just go to move on to the next day,” Schneider said.

Frank Smith, a season ticket holder for 10 years, said recent performances have been poor, and the fans deserve better.

“Just watching them seems like a punishment,” he said. “I’m proud of the fans for booing this team because they are playing so bad.”

Fans however remain hopeful the Jays make the playoffs.

“I will be supporting this team all the way,” Perricone said. “Even in the darkest of times, I’ll be cheering them on.”



NICHOLAS REGO

Blue Jays find themselves tight race for the second wildcard position.

Transition from high school to college athletics

Nicholas Prencipe
Sports Reporter

Transitioning from high school to college is a big jump. The difficulties and obstacles in secondary school to post-secondary sports are no different.

Bigger crowds of people with fewer familiar faces, alongside having to balance a larger workload, can be challenging for many rookies.

Kassandra Genova, a first-year General Arts and Science student and the newest winger to the Hawks women’s soccer team, said athletes shouldn’t be hard on themselves.

“Don’t count yourself out,” she

said. “Don’t let others affect your mindset, play for you, and play the sport you love.”

Genova said when she arrived on the team, she faced the challenge of fitting into a new environment and system while feeling like she had something to prove to everyone else.

“You may feel uncomfortable or out of place sometimes, but these are just feelings and they don’t define you as a player,” Genova said.

She said that includes building solid relationships with veteran teammates and coaches is important. Being able to learn and grow from more knowledge-

able people is one of the best ways to become a more valuable player and teammate while making the transition into college sports much smoother.

The intensity of play in college sports is much greater than that of the high school game.

Thus, practices and training sessions in college are much more extreme.

Coaches and trainers will take workouts and training to levels beyond the basic high school practice regiment.

College sports is the next stepping stone for young prospects to make it to the professional sports leagues. For Humber athletes,

the ability to maintain high performance while also maintaining high academic excellence is essential.

Ezequiel Carrasco Ayala, a third-year veteran goalie for the Humber men’s soccer team, said he stresses the importance of keeping fit and healthy for the sport you play but never forgetting about school work.

“We all have lifts and recoveries and training sessions, but at the end of the day, we are student-athletes, so you have to put

that student first,” he said.

Carrasco Ayala said rookies should take the initiative with their work and build a good rapport with their teachers by showing up to class and letting them know the sports schedule so that together, they can manage tests and assignments more reasonably.

“Another big thing, definitely practice time management,” he said. “Make sure you allocate a place and a time to study and do your work.”



HUMBER HAWKS

Third-year member of the Hawks men’s soccer team Ezequiel Carrasco Ayala poses as OCAA champion.



HUMBER HAWKS

Rookie Kassandra Genova is still getting comfortable on the team



RORY ARTHUR

On behalf of PWHL Minnesota Billie Jean King announced the they selected hometown centre Taylor Heise first overall in the historic inaugural draft held at the CBC building in Toronto.

Inaugural PWHL draft launches new era

Rory Arthur
Sports Reporter

The inaugural Professional Women's Hockey League (PWHL) draft saw 90 players find their new homes and teammates during what's described as a monumental event for women's hockey.

Women's equality activist and tennis legend Billie Jean King announced the first-ever draft pick on behalf of the Minnesota team to select hometown centre Taylor Heise.

Heise described the Sept. 18 event as a key moment for women's hockey.

"I think the fact we were able to dress up, show our personalities on the purple carpet, come out, give interviews, see little girls be a part of the draft, it's just an iconic moment that some people didn't

expect would happen," the U.S. international star said.

"For us we always had faith, we always knew that we would get what we deserved one day, and I'm glad today's that day," Heise said.

She said the PWHL will be an important stepping stone in the growth of women's hockey.

"In women's hockey, we've been looking for more media coverage, we've been looking for building foundational sources for young girls," Heise said. "We're making our way, and we're making it with a proud step forward right now."

Switzerland international forward Alina Müller became the first European player to be selected, going to Boston with the third overall pick during the draft held at the CBC building in

Toronto.

Müller said she hopes more European players play in the PWHL shortly to help close the talent gap between Canadian and American players and the rest of the world.

"We want to have the best players in this league no matter where they come from," she said. "It's going to help, closing the gap, it's going to make it more competitive for everybody."

Müller had signed a contract with the Boston Pride of the Premier Hockey Federation (PHF) earlier this summer before the league folded in June.

However, she said creating a centralized league with the best players was even better. "Obviously I was excited when I signed with Boston in the PHF"

the Northeastern University alumna said.

"I was looking forward to it of course, but creating a league with the best players, just one unified league was always the dream," Müller said.

"We all knew it was going to happen one day, now it came quicker than expected."

Toronto picked defenceman Jocelyne Larocque with the second pick in the draft.

The veteran blueliner said she was excited to be drafted by Toronto, where she previously played with the Brampton and Markham Thunder in the defunct Canadian Women's Hockey League.

"It's exactly what I was hoping for," Larocque said. "I've been living in Toronto or outside of

Toronto for over 10 years.

"I would have been happy with any team, but this is the team I was hoping to get picked by," she said. "Especially [with] Gina Kingsbury being the GM, and Troy Ryan being the head coach."

Larocque said being reunited with longtime defensive partner Renata Fast, who signed with Toronto as a free agent before the draft, was exciting.

"We're close friends, we obviously have played together for five-plus years now," she said. "There's a comfort there, and I'm excited that we'll be on the same professional team together."

The inaugural PWHL season begins January 2024 with exact details around the schedule, arena locations, and team branding still to be determined.

Hawks Rugby unveils new Truth and Reconciliation jerseys

Isabelle Ferrante
Senior Reporter

The Humber Hawks rugby teams have unveiled new jerseys designed by Indigenous youth at their first home game this season

The jersey pays tribute to the historical lands on where the College is located and where the games are played.

The jerseys, which will be worn for the first time ahead of National Day for Truth and Reconciliation

They were designed by Tribal Lands, a youth-run streetwear brand that merges traditional Indigenous aesthetics with an

urban twist.

Profits from the company are reinvested into programming for the youth, creating a virtuous cycle of empowerment.

Tribal Lands crafted a custom jersey featuring the Humber 'H' on the right arm sleeve, a powerful image of a hawk on the front, and the iconic Tribal Lands tipi logo with the slogan 'Still Here' on the shirt's nape.

This collaboration with Tribal Lands and Humber's Indigenous Education & Engagement Team captures the enduring spirit and resilience of Indigenous youth in the face of adversity.



ISABELLE FERRANTE

Members of the men's and women's rugby team pose in the new jerseys.



ISABELLE FERRANTE

Men's Rugby player Declan Forgie



HOCKEY DREAMS MADE

RORY ARTHUR

Taylor Heise hugs her dad as hometown Minnesota selects her first overall in the inaugural Professional Women Hockey League (PWHL) draft at the CBC building in Toronto.

**HUMBER
ESPORTS
MAKES A
COME BACK
P.9**



**BLUE JAYS FANS
WORRIED AS THE
SEASON WINDS
DOWN
P.10**

