

HUMBER ET CETERA[●]

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ONTARIO RAISES MINIMUM WAGE TO

\$15

AND IT'S TOO LITTLE, TOO LATE

Andrew Raghunandan
News Reporter

Eli Ridder
News Editor

Ontario's minimum wage will be \$15 an hour as of January.

Premier Doug Ford announced

the hike from \$14.35 on Tuesday, three years after cancelling a planned increase to \$15 scheduled for 2019 by his predecessor Kathleen Wynne.

The government's changes include scrapping the special pay rate for liquor servers and increasing the rates for students

under 18, wilderness guides and other industries regulated by the province.

"Workers deserve to have more money in their pockets because they earned it," Ford said flanked by union leaders in front of a Unifor union office in Milton.

The changes include elimination of a special minimum-wage rate for liquor servers, who would be entitled to the general minimum wage.

Students under 18, homeworkers and hunting, fishing, and wilderness guides would also see an increase in their spe-

cial minimum-wage rates.

Wynne and the Liberals hiked the minimum wage to \$14 from \$11.40 in 2018 and planned a dollar increase for January 2019, with the wage then tied to inflation.

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**DIWALI LIGHTS
UP CANADIAN
STREETS
P.5**



**HAWKS BASE-
BALL TEAM
WINS SILVER
P.11**





CASSANDRA SPURRELL

New data released by the Ontario Living Wage Network found \$15 an hour doesn't provide a living wage in any community in Ontario.

Ontario minimum wage increase doesn't cover cost of living, critics say

CONT'D FROM P.1

"At this point, the \$15 minimum-wage increase that they should have had back in 2019 just isn't going to cut it," New Democrat Leader Andrea Horwath said.

Ford's Progressive Conservatives cancelled the planned increase after winning the June 2018 election, saying \$15-an-hour would force employers to cut jobs.

Archie Chhetri, permitted to work only 20 hours a week as an international student, said the wage hike will put more money in her pocket.

"I understand that \$15 is only a dollar more, but it still makes a difference and is beneficial," Chhetri, a first-year Humber

fashion student, told Humber Et Cetera.

The premier's announcement comes within six months of the June 2022 election and amid a labour shortage as the economy reopens from pandemic lockdowns.

Green Party Leader Mike Schreiner criticized the government for its delay.

"Doug Ford is yet again flip-flopping with a delayed and lukewarm minimum-wage increase," he said.

"It is good that the Ford government has finally seen the light and revoked his previous

cancellation of the minimum wage increase to \$15 an hour," Schreiner said in a statement.

The Green MPP referenced the living wage, a measure of the actual cost of living in a community.

"But it's not enough to make life affordable for people," he said. "We need a living wage for workers in this province."

New data released by Ontario Living Wage Network this week shows the hourly living wage is \$22.08 for Toronto and \$19.80 for Peel Region.

Horwath accused the Liberals and Ford of using the mini-

mum-wage policy as a way to win elections.

She said she is "sick and tired" of watching the Liberals and Conservatives using minimum-wage workers as "political pawns" in election campaigning.

"It is disgusting, it is cruel, and it continues to happen. It is a shameful tactic and I'm sick of it, and I'm sure working people are sick of it too," she said.

"Mr. Ford talks a lot about being for the little guy. But I guess not when it comes to paying a decent wage that you can build a life with," Horwath said.



ELI RIDDER

Premier Doug Ford announced a minimum wage increase to \$15 from \$14.35 on Tuesday, three years after cancelling a planned increase to \$15 scheduled for 2019 by his predecessor Kathleen Wynne.

ETC •

Humber Et Cetera is the Humber College journalism program laboratory newspaper. It is created by second and third year journalism students. Et Cetera serves to inform the Humber community and give its readers well rounded coverage on the things that matter to them.

EDITOR-IN-CHIEF

Christian Collington
Erin LeBlanc

NEWS

Sofiia Rusyn
Eli Ridder

ARTS

Nicholas Seles

BIZ/TECH

Cassandra Spurrell

LIFE

Ayesha Raizada

SPORTS

Garrett Thomson

INTERNATIONAL

Nur Dogan

OP-ED

Hannah Clarke

ART DIRECTOR

Sierra MacPherson

ONLINE EDITOR

Cassandra McCalla

FACULTY ADVISER

Rob Lamberti

TECHNICAL ADVISER

Marlee Greig

FRONT PAGE PHOTO

Cassandra Spurrell

@humberetc
etc.humber@gmail.com
humbernews.ca

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205 Humber College Blvd., Etobicoke, ON, M9W 5L7

Students choose between gas, medicine as prices soar in Canada

Samantha Little
News Reporter

As living expenses rise so do the worries of college students working towards their future.

In October, the Consumer Price Index, showed prices increased in every major basket monitored in the monthly report by Statistics Canada.

Transportation costs jumped 9.1 per cent, shelter rose 4.8 per cent and food prices increased 3.9 per cent, leaving many college students unsure how they are going to afford such basic living expenses as gas and groceries.

"I have a part-time job, but it's hard to cover the costs of rent, school, food, and gas expenses as a student," Brooklyn Cook, a Humber College beauty program student, told Humber Et Cetera.

"It's becoming harder to afford these costs as prices are going up especially as a Type 1 diabetic," she said. "Sometimes I find myself choosing between

gas or medical equipment."

Gas prices were expected to jump to \$1.50 a litre on Friday, while prices at grocery stores are similarly spiking with Canadians expected to spend an extra \$695 on food this year.

"I tend to spend \$200 a month of groceries, but I have noticed things costing more recently," Logan Fargo, a Humber student in the Energy and Building Technologies program, said.

"Meat products have gone up

beef and pork chops," Fargo said. "We have also started to wait for sales before buying expensive products such as meat."

Meanwhile, Canadians hoping to buy their own homes have been dismayed at soaring real-estate prices over the last year. The median price of a single-family detached home in the Toronto area has jumped 24.2 per cent from last year to about \$1.3 million.

College students are looking at downsizing their housing dreams, real estate agent Monica Thapar said.

"The real estate market prices are so expensive because there is not enough inventory and there are a lot of buyers," she said.

"Many young people will likely have to buy something smaller, get help from their parents, or move out of the city to afford a place."

The Ontario Living Wage Network this week revealed higher costs to maintaining a living wage, a measure used to deter-

"IT'S BECOMING HARDER TO AFFORD THESE COSTS AS PRICES ARE GOING UP ESPECIALLY AS A TYPE 1 DIABETIC"

Brooklyn Cook

Humber College beauty program student

more than I expected, which has put quite a dent in my usual shopping habits," he said.

The costs of meat, dairy, and seafood are examples of food prices that have been going up this year. This has resulted in two out of five Canadians having to change what they buy to save money.

"To save money we've stopped buying meat such as ground

OPINION

Leaving most affordable option for young Torontonians



Nathan Abraha
Life Reporter

Toronto has three certainties. Cold winters, humid summers and rising expenses.

Everywhere you turn there's something new you can't afford. The hunt for stability grows more urgent with every passing year. The housing market has morphed into a beast that ate our future.

According to the National Bank of Canada, housing affordability in 2021 is the most dire it's been in 27 years. The average home price in Canada increased by \$89,000 from a year ago.

Living in Toronto on average wages has become close to impossible and an increasing number of people are moving away to find work and the chance for a decent life.

Statistics Canada reports that between 2019 to 2020 more than 50,000 people left Toronto, while such neighbouring cities as Kitchener, Oshawa and Cambridge saw a jump in population.

One day soon, I'll likely be looking at this place from afar. Maybe I'll miss the way the packed subway trains at St. George station make people look like sardines. Or how hot summer nights are cooled with

ice cream from Arctic Bites on Baldwin Street.

Lazy, ungrateful and unmotivated. Those are some of the tags attached to us by our elders, the Baby Boomers who point to this generation as the authors of our own hard times.

According to Statistics Canada, almost one in five Canadians is now 65 and over, a population already, or soon to be retired. From the comfort of their defined-benefit pensions, the cruise ship vacations, and homes now worth a small fortune, they wonder why the next generation struggles.

It's difficult to sympathize with Baby Boomers, their youth spent stumbling upon opportunities. All they needed, it seems, was to walk into an office and ask for work. Nowadays, five years of experience and a Yellow Pages-sized list of references

Consumer Price Index: 2020 in Review

Canada

The pandemic caused slower price growth in 2020 compared with 2019, mostly attributable to a decline in consumer spending.

All-items

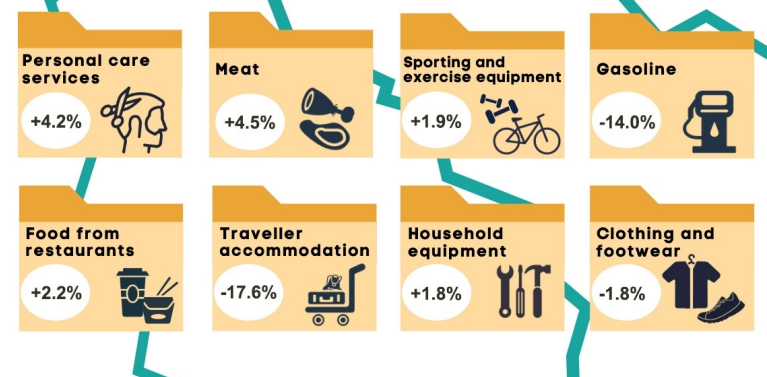
+0.7%

All-items excluding gasoline

+1.3%

Goods and services in the pandemic

Consumer spending patterns changed amid the COVID-19 pandemic as Canadians adapted to staying home, travelling less and buying more of certain items and fewer of others.



COURTESY STATCAN

mine the actual price to live in a community.

In Toronto, the living wage was calculated at \$22.

The Consumer Price Index

and the living wage updates were released the same week as Premier Doug Ford announced Ontario's minimum wage will rise to \$15 as of January 2021.

might place you in consideration for an entry-level position.

So many young people with bachelor's degrees are making your frappuccinos at Starbucks.

The expectation education would be the Phoenix to rescue us from the ashes of low pay, soaring costs and large debt is a delusion.

The number of graduates with a bachelor's degree working jobs that required only a high-school diploma rose steadily through the last decade, according to Statistics Canada.

I never knew I'd struggle to find a part-time job, that rent would be through the roof, or that homelessness would loom over a dangerously high number of us.

Once I dreamed of a home, a nice car, my own family. Now I chuckle at my naive self.

According to the Toronto Regional Real Estate Board, the average selling price for homes rose by more than 19 per cent this year to top \$1 million.

Nobody told me how the deck would be stacked. If I'd known, it might have been safer never to dream at all.

Yet life doesn't end in Toronto. The world is smaller now. Living in Toronto seems not much different than living in Singapore. Maybe the advantage of our global generation is that we have no home, that we are wanderers swept from one wave to another.

Soon it'll be time to be swept up again. I won't complain. I'll keep this city as a snapshot in my memory.

So, goodbye Toronto. Maybe I'll see you again one day, when my wallet is fatter, and my heart fuller.

Ontario faculty, CEC expected to return to bargaining table

Eli Ridder
News Editor

Negotiations for a new collective agreement between college faculty and Ontario's 24 public colleges are expected to resume.

Word the resumption follows a Monday request to the province by the College Employer Council (CEC) for a conciliator after mediation failed over a week ago.

The CEC accepted the request by OPSEU's CAAT-A bargaining team to resume bargaining, a source told Et Cetera. Specific details, including when both bargaining teams will meet, haven't been released.

The college's bargaining team announced Monday that it applied for conciliation, seeking from the provincial government the appointment of a neutral third party to help resolve outstanding issues. This step is required before the union can be in a legal position to strike or the CEC can be in the legal position to lock out its faculty.

OPSEU's CAAT-A team and the CEC entered mediated talks on Sept. 28 but it fell apart as the union was unwilling to negotiate, according to mediator Brian Keller.

"Many of the CAAT-A team's remaining demands are highly aspirational and completely unrealistic," Keller said in a



ET CETERA/BRETT MCGARRY

The last college faculty strike in 2017 lasted five weeks, derailing the education of hundreds of thousands of students all over Ontario.

report announcing the end of mediation.

He said prior to his appointment there were more than 350 items placed on the table for discussion by the union, and 14 by the CEC. The union bargaining team reduced the number of items to 150 following discussions with the mediator.

"The CAAT-A team claims to recognize that but has showed no willingness to sufficiently moderate its demands to give me any hope that further mediation at this stage could result

in a negotiated agreement," he wrote.

The union bargaining team denied allegations put forward by Keller, telling its members in an internal statement seen by Humber News that it aimed to "negotiate greater changes" that it says are "possible and necessary."

Despite the bargaining teams accepting OPSEU's suggestion to nominate Keller as the mediator for the talks, CAAT-A said it was concerned over Keller's approach.

"In particular, we believe Mediator Keller's conclusions about the proposals were arrived at on the basis of very little direct communication with the faculty bargaining team," the union said in a prepared statement.

"Realistically, Mediator Keller's position reflects that of the CEC and is a classic approach to collective bargaining: that the only changes possible in any round of negotiations are minor and few in number," it said.

Next steps could include a union vote on a final proposal

from the colleges.

If CAAT-A fails to approve an agreement, faculty could consider a strike vote.

A strike occurred the last time there was a collective agreement negotiation in the fall of 2017, knocking off track the education of hundreds of thousands of college students across Ontario.

When talks broke down then, a record-setting five-week strike took place that only ended when the then-Liberal government under Premier Kathleen Wynne legislated faculty back to work.

IGNITE considers bringing back student union president position

Sarah Hurtado
News Reporter

Some students may have wondered why IGNITE has not been represented by a student-elected president in the last couple of years.

Gabi Hentschke, a member of the IGNITE board of directors since 2020, said too much was expected of people occupying the position.

"It is a full-time job and it's something that it's really hard for someone who is also studying," she said.

"The decision actually came from the executives themselves, the president and vice-president

at the time, who were questioning, 'Are we actually doing enough for IGNITE? Does it make sense for us to have these positions?'" she said.

Monica Khosla, the last president of IGNITE who was a member of a decision-making team, declined to comment.

Hentschke confirmed the IGNITE board is looking into bringing back the position, although the idea is in its early stages.

"We're certainly going to look back as much as possible, in documents that we have access to, in why the position no longer exists," Hentschke said.

"So that, hopefully, if we propose something new, it's not going to have those weaknesses, that we're not going to create the same problems again, and luckily we're going to come up with something new that truly works for everyone who's involved," she said.

Shay Hamilton, board chair, said IGNITE decided to eliminate the president position after consultation with past presidents.

"A member of the board felt it was necessary to review the possibility of reinstating the president position," she said.

Such a move would likely not occur until 2023.



ELI RIDDER

Former President Monica Khosla and members of the board make the case for eliminating IGNITE's elected executive positions in January 2020.



Anand Iyer visits Sai Baba's temple in Scarborough every Thursday to pray for his sick daughter's health. ASHIMA AGNIHOTRI

Diwali brings joy to Canadian streets

Ashima Agnihotri
News Reporter

Pretty fireworks, delicious food and beautiful dresses, Diwali brought out the joyous colours among Indians in Canada.

Diwali or Deepawali was celebrated on Nov. 4 this year. The festival symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance."

To prepare for Diwali, people will clean houses, illuminate the front door and the roof with diyas (oil lamps) and draw rangoli (patterns with coloured powder). On the day, they pray to Lakshmi, the goddess of wealth, fertility and good fortune, wear traditional clothes, light up fireworks, partake in family feasts and distribute sweets.

Humber College decorated the North Campus, the cafeteria and the International Centre with Diwali bunting, stickers and the Indian flag. Indian students drew mehndi (henna) and wearing bindis (coloured dots) on the forehead.

Amya Khanna, a student in the culinary program, celebrated Diwali with her roommates.

"I was really sad. I always celebrated Diwali with my family but after coming to Canada... it's been so lonely," she said. "My friends tried to cheer me up and

bought me my favourite sweets. My day went better after that."

Because they're thousands of kilometres away from their loved ones, Indian students weren't able to fully enjoy Diwali. The nostalgia of home-cooked food, missing the smell of diyas burning and the now silent chatter of relatives made them miss their families even more.

"I will try to attend many events so I don't feel as sad," Khanna said. "I really wish to introduce Diwali to my other foreign friends, I am sure they will love it."

To celebrate Diwali in Canada, Niagara Falls will be illuminated in gold while Brampton announced fireworks across the region are permitted on the day. On Saturday people can go to Adda Bistro on Queen Street East to attend a Bollywood music party.

The Jai Shirdi Sai Baba Samasthanam in Scarborough decorated the figures of Sai Baba, an Indian saint that lived in the 1800s, with necklaces bound together with vibrant-coloured flowers. They draped his statue in blue cloth with golden details. His famous sandals were kept inside a circle of marigold flowers.

Amala Murthy has been worshipping Sai Baba since she was five years old.

"I know my connection with him is a bond stronger than

love," she said. "He looks the most handsome at Diwali, I try my best to dress him up pretty."

Murthy loves to light up firecrackers.

"They are the best," she said. "The adrenaline from lighting them up and then running away as fast as I can gives me so much joy."

The most popular firecrackers are sparklers, roman candles, fountains, rockets and the barrage.

Indian Prime Minister Narendra Modi celebrated Diwali with the Indian Armed Forces. He wished luck, prosperity and good health to all Indians.

New Delhi, being the most polluted state in India, banned fireworks from being sold and used. However, people found ways to light up these fireworks and the air quality in the state changed to severe.

Mayor John Tory said it was his pleasure to attend Diwali and Hindu New Year Celebrations at Shri Swaminarayan Mandir, in north Etobicoke near Humber College North campus.

"I wish all those celebrating in Toronto a wonderful Diwali," he said.

Prime Minister Justin Trudeau went to Brampton to help make boxes of sweets for families observing Diwali, and wished everyone a happy Diwali.



To prepare for Diwali, people will illuminate the front door and the roof with diyas (oil lamps) to symbolize the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance." ASHIMA AGNIHOTRI



Sai Baba's figures sit surrounded by flowers and diyas decorated by worshippers at the Jai Shirdi Sai Baba Samasthanam in Scarborough. ASHIMA AGNIHOTRI



Prime Minister Justin Trudeau visited Brampton, the city with the highest Indian population in the GTA, to celebrate Diwali on Thursday. TWITTER /JUSTIN TRUDEAU

2021 flu shots in high demand, but rolling out slower than last year



JESSE GLAZER

A flu shot poster in the parking lot of a Vaughan, Ont. Shoppers Drug Mart. Flu shots were made available to the general public on Nov. 1, 2021, as the province aimed to kick start another successful flu shot campaign.

Jesse Glazer
News Reporter

While the flu shot may be in demand in the same way it was last year, the evidence seems to suggest that perhaps the roll out hasn't been quite as smooth this time around.

As winter approaches, so-called "flu season" rolls around with it.

Ontarians locked down and masked up in 2020 — because of the COVID-19 pandemic — were eager to get their hands on a flu shot.

The Ontario Pharmacists Association said pharmacies in the province saw a 50 per cent increase in demand for the flu shot in 2020 compared to 2019.

This year, Dr. Kieran Moore, Ontario's chief medical officer of health, announced flu shots would be available to the public on Nov. 1, saying "The annual flu shot is the best defence against the flu this season."

Canada's National Influenza Annual Report for 2020-2021 said influenza indicators were at historical lows compared with the previous six seasons.

Through the entire flu season, "Canada only saw 69 positive detections of influenza," it said.

The National Advisory Committee on Immunization advised

people in four specific high-risk groups receive a flu shot through the early weeks of October.

Those groups included people at high risk of influenza-related complications likely to require hospitalization, people capable of transmitting the virus to those in the first group, people who provide essential services and poultry industry workers.

But in 2021, the public has waited longer for flu shots.

"It's highly in demand," said Josh Fletcher, a physician at

North York General Hospital.

He's seen the rolling flu shot carts being administered to staff and the pharmacy operating steadily, giving shots to patients and visitors.

"There's big uptake in the hospital, especially if you consider the policy hospitals have implemented regarding COVID vaccines," Fletcher said.

He said people should not be hesitant about getting a flu shot because severe side effects are highly unlikely.

"There's really very little harm from getting a flu shot," Fletcher said. "It'd be nice if people [con-

tinue to] want a flu shot." Malli Zworth, a registered hematology and oncology nurse at Hospital for Sick Children in Toronto, said being hesitant about the flu shot is understandable, but it's important to explore why and where that hesitation comes from.

"Is it the vaccine itself or some other reason? Then I'd explain the risks associated with not getting the flu shot, how sick you can get and so on," Zworth said.

She said while demand for flu shots seems high, she hasn't been seeing it delivered as extensively as last year.

"UNFORTUNATELY, MANY DOCTORS' OFFICES DON'T EVEN HAVE THE FLU SHOT YET SO PATIENTS ARE STILL WAITING"

Malli Zworth

Registered Nurse at Hospital for Sick Children

North York General Hospital.

He's seen the rolling flu shot carts being administered to staff and the pharmacy operating steadily, giving shots to patients and visitors.

"There's big uptake in the hospital, especially if you consider the policy hospitals have implemented regarding COVID vaccines," Fletcher said.

He said people should not be hesitant about getting a flu shot because severe side effects are highly unlikely.

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Democratic party takes gut punch in key state elections

Eli Ridder
News Editor

Democrats were left injured as the party lost the Virginia governorship to Republicans on Tuesday.

It was also close in left-leaning New Jersey, where Democrats won by a tight 1.6 per cent margin.

The results raised an alarm for President Joseph Biden's party ahead of congressional elections next year.

Despite Biden winning Virginia by a large 10-per-cent margin in the 2020 federal election, Republican Glenn Youngkin declared victory in the recently reliably blue state, the first time his party has held the seat in a decade.

Youngkin's achievement marks the first major race where a Republican found success without being overtly tied to the style and approach of former President Donald Trump, setting up what Republican campaign advisor Scott Jennings called a blueprint for future elections.

But Princeton Univer-

sity politics professor Nolan McCarty warned against reading too much into Tuesday's results, pointing out it was the strongest showing for the sitting president's party in off-year gubernatorial elections since 1985.

"The fact that appears the Democrats have held on to one of the seats and lost the other by only two points is much better than the typical result," McCarty told Humber Et Cetera.

Still, Biden returned from a climate summit abroad to a beat and divided Democratic Party still unable to pass his landmark trillion-dollar economic plan and popularity ratings that hovered at 48 per cent disapproval, mirroring his predecessor Donald Trump.

With history warning that the sitting president typically struggles to retain control of Congress in midterm elections, his party may have felt the urgency to appeal to the electorate as Democrats quickly added paid family and medical leave to their economic plan on Wednesday.



MARTIN FALBISONER

The Democratic Party's thin majority after losing the Virginia governorship in the House of Representatives and the Senate will be at stake as the 2022 Congressional elections quickly approach.

Breast cancer among men is a growing problem

Sarah Hurtado
News Reporter

Breast cancer in men accounts for only a tiny percentage of cases but there is still need for more research, doctors say.

Because male breast cancer accounts for only one per cent of cases and the chance of getting it is only one in 100,000, it is “not on many people’s radar,” said Dr. Danny Vesprini of Sunnybrook hospital.

Vesprini said rates of breast cancer are higher among Black men.

“Although there might be a small genetic component that they are predisposed to having breast cancer or aggressive diseases, it could be also all the socio-economic and racial factors,” he said.

“Breast cancer is so rare, it’s hard to really know,” he said. “But if you use prostate cancer as the surrogate, Black men who get the disease do worse than non-Black men, and it’s because they’re treated not as aggressively.

“There is also a lot of mistrust towards the medical system due

to the systemic racism, which makes it harder for Black men to come forward and receive a diagnosis,” Vesprini said.

Genetics play a big role in the chances of men getting the disease.

“About 10 to 15 per cent of men who get breast cancer will have a mutation in one of the genes that we know predisposes men to the illness, whereas in women, it is much lower than that,” Vesprini said.

Dr. Anne C. Koch from the Princess Margaret Cancer Centre said more research is needed because the current approach doctors take in treating male breast cancer has stemmed from women’s breast cancer research.

“Men typically present with breast cancer at a more advanced stage,” Koch said. “However, male and female breast cancer outcomes are comparable when you match for age and the stage of disease.”

Bret Miller is the founder of the U.S.-based Male Breast Cancer Coalition, through which he shares his story in order to help other men deal with the

disease.

Miller, of Kansas City, Kan., said he first felt the lump on his right breast when he was 17 years old.

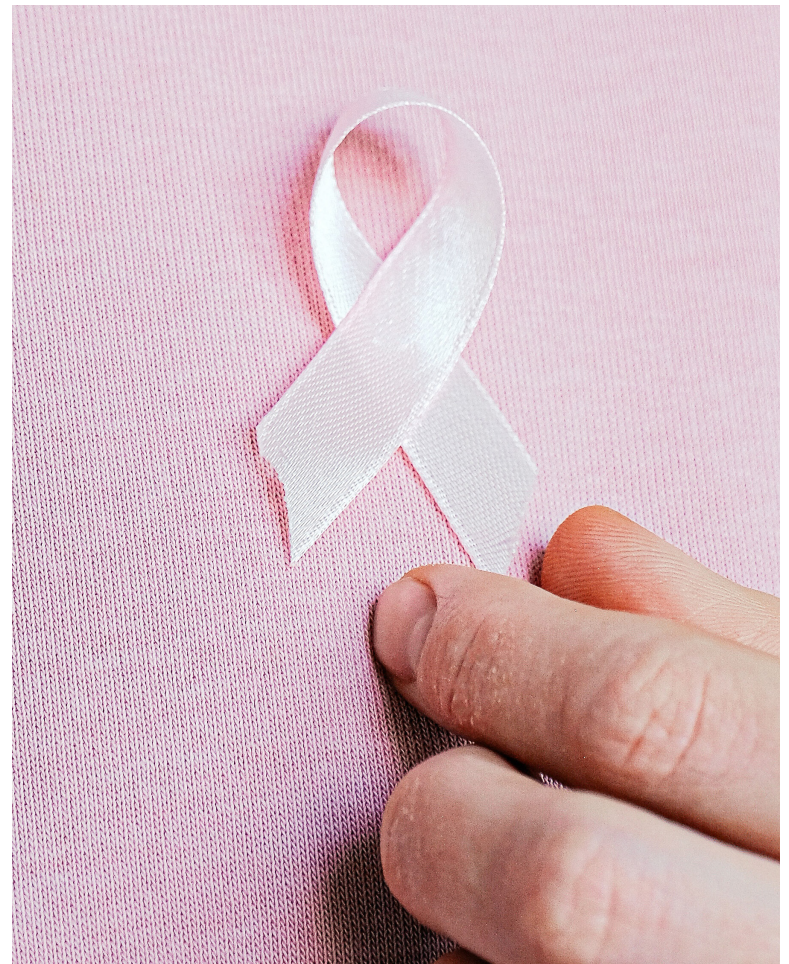
“We had no medical insurance at the time, so at a school physical night, I asked two doctors to check out the lump,” he said. “Neither doctor was concerned. All they said was, ‘Let’s keep an eye on this... it’s a calcium build up... you’re becoming a man... it would go away.’

“Well, that never happened,” he said.

Seven years later, the lump was removed and Miller got the shocking news that he had breast cancer.

In addition to sharing about 150 survivor stories, the coalition has created a mini-series called “Men Have Breasts, Too!”

“In it, you’ll meet men diagnosed with breast cancer, learn about male breast cancer and the impact genetic mutations have on them and their families, see stories from family members of survivors, thrivers and men lost to the disease, and much more,” the coalition said.



ANNA SHVELTS/PEXELS

About 200 men are diagnosed with breast cancer every year, says the Canadian Breast Cancer Network. Experts say more research is needed.

‘Compare despair’ symptom of social media glamour

Antonio Clarke
News Reporter

Many people turned to social media for distraction, entertainment and connection as the COVID-19 pandemic robbed people of so much during lockdowns.

However, a StatCan report showed 12 to 14 per cent of people aged 15 to 64 had a negative emotional experience from social media, including feeling depressed, angry or envious of the lives of others on social media.

And 75 per cent of people under 30 have been losing sleep because of their use of social media.

Andrea Fennell, a registered psychotherapist, said the image of ideal lives presented on social media can inevitably lead to comparisons that produce nega-

tive feelings.

“I’m not on vacation. I don’t have these fabulous friends. I don’t have this life, and so what it does is it reinforces that negative self-image or lack of self-worth for an individual, so ‘compare despair’ is rampant,” Fennell said.

“I’M NOT ON VACATION. I DON’T HAVE THESE FABULOUS FRIENDS. I DON’T HAVE THIS LIFE, AND SO WHAT IT DOES IS IT REINFORCES THAT NEGATIVE SELF-IMAGE OR LACK OF SELF-WORTH FOR AN INDIVIDUAL”

Andrea Fennell
Registered psychotherapist

While young people are usually seen as most comfortable and engaged with social media, older generations have enthusiastically moved online and can

be subject to the same dangers. Sixteen per cent of social media users aged 35 to 49 reported losing sleep from social media, while seven per cent of users aged 50 to 64 reported the same issue.

Krystal Meek, also a registered psychotherapist, said older social-media users are subject to the same dangers of comparison and dissatisfaction with their lot.

“What ends up happening now is people, especially older generations, are comparing somebody’s highlight reel of their life to their own reality of their life, and that can be actually quite devastating for older generations, too,”

Meek said.

It’s too easy to forget, these experts say, that the posts of other social media users have been curated, edited and pre-



THOMAS ULRICH/PLXABAY

StatCan report shows that 12 to 14 per cent of people aged 15 to 64 had a negative emotional experience because of using social media.

sented to show an idealized life.

“We often tend to project the person we want to be or the person that society tells us is the most desirable,” said Gordon

Gates, a mental health counsellor. “It’s really important to balance social media with face-to-face contact so that we get a reality check.”

EDITORIAL

When it comes to strikes, it doesn't matter who wins — students always lose

For students, the most frustrating challenge they face should be passing their classes. But there is another thing that every student dreads. It's one short sentence.

"There's going to be a strike."

There are ongoing disputes between the union representing college instructors and the Ontario government. As it stands, negotiations are expected to resume soon, and there hasn't been much word on what could happen next.

Students, already facing the anxiety of a pandemic, found it difficult where to find out what the disputes are about or why talks broke down.

So the worry about a potential strike is added atop a growing mountain of burdens the current cohort of post-secondary students has had to bear.

The pandemic forced students to pay

full tuition to study completely online for a year, an experience that left many feeling isolated and unsupported. The contemporary economy is an unwelcoming place. And the cost of living is soaring.

Now students face more bad news.

Consider the college strike in 2017, a five-week ordeal that left close to 500,000 students in limbo as staff walked picket lines. Students were in the dark as they were left without classes, refunds or a voice during the strike.

Learning was put on indefinite hold while the strike dragged out. Students lost five weeks of education with not much change when they came back, and they never got a chance to represent themselves.

When students hear the word strike, the first thing that pops into their minds isn't what the union claims to be fighting for,

but rather a sigh of resignation, because school is about to be closed, meaning all that hard work and tuition may have been wasted.

With a strike, students are at the mercy of politicians and unions. It's frustrating to know you're a pawn in a larger game, because students don't usually get a seat at the table.

Students have a pessimistic view on strikes, and for good reason. They aren't privy to what's happening. They could be going to school one day, then simply locked out the next.

Now they're in the same situation again, only four years later. Students didn't know negotiations were underway because of a media blackout. They don't even get to watch their futures being debated.

While a strike is still only a possibility,

the mere chance of it adds stress and uncertainty to students who have carried more than their share during their post-secondary years.

Transparency would give students a platform to be at least somewhat involved in affairs that certainly involve them.

Closed-door meetings are like friends talking about you behind your back, and none of us likes that. Perhaps if students could watch these meetings, it would put pressure on the parties involved to reach an agreement, because students would know exactly who to blame for a strike if negotiations fell apart.

It would definitely encourage participants to think of students' needs and concerns, which as most students could likely recall, was a promise that was made to each and every one of them when they first enrolled.

OPINION

Vintage guitars are not worth their beauty



Christian Collington
EDITOR-IN-CHIEF

Does that sound like fun to you? Not to me.

If it were true there was nothing new out there built to 1950s or 1960s specifications, then yes I could understand guitar players adoring antique axes. That, however, is not the case. You can get the exact same thing brand new for a lot less than the vintage item right now.

However, there are published price lists for vintage guitars, which promote the notion that guitars are comparable to stocks or investments. That's good for collectors and vintage dealers who all have a vested interest in pushing prices up. Unfortunately, for most of us, it puts a lot of beautiful instruments out of reach.

New instruments that are less expensive are performing as well as or better than coveted collectibles. It used to be fairly clear what's considered a collectible. Rarity is obviously an important factor for both vintage and boutique guitars, and the lore behind the instrument based on who used it.

But it can be tough to justify anything as a collectible.

High prices may work for a one-in-17 ever made Korina Explorer, but it does nothing to explain the price tag on the hun-



VIKTOR FORGACS/UNSPLASH

The beauty of vintage guitars leaves collectors fawning but for the average guitarist the instrument is a dud.

A Fender American Original '50s Telecaster. It's the modern remake of the famous original Fender that was released in the 1950s.

But I would take the modern version any day of the week over any vintage Tele for one very simple reason: I know it will work.

Vintage electrics are so delicate, so they can only be played lightly. You can't even rock out with a guitar that's more than 30 years old, let alone one that's 50 or older.

The only thing you can really do with a vintage electric is pull it out once a month to play it for a few minutes, then put it back in its case for preservation. That's it.

dreds of thousands of Stratocasters made in the 1960s.

Collectors are totally okay with guitars that are valuable but not playable. Guitar players on the other hand — those who use guitars — are not.

These vintage instruments don't look, play, sound, or even smell like the glossy new products spit out by big factories. The side hustle of pawing through pawnshops and scouring mom-and-pop music stores for the real deal is part of the attraction.

It was like mining for Bitcoin in the physical world.

The rush from finding old guitars formulated the whole vintage aesthetic and makes them desirable, collectible and increasingly more expensive despite the fact that modern guitars are just as amazing.

However, there's always going to be a market for those with really deep pockets to spend tens of thousands, hundreds of thousands or even millions of dollars on vintage guitars, like

the \$2 million dropped on Jimi Hendrix's Fender 1968 Stratocaster.

They're old and creaky with unstable wood, deteriorating electronics, crumbling plastics and other things that make them collector-only pieces.

The next time I look at a really expensive vintage electric, I won't feel bad about not being able to afford it. It's not like I could play it regularly anyway.

I'll stick to the new stuff. It works, and I get a warranty.

TALES FROM HUMBER



Jesse Glazer
News Reporter

Imagine it's 1944. You're one of 10 children living in Trnava, which at the time was Czechoslovakia. You're happy, healthy. Then one day, your mother and father wake you. It's time to go.

You don't have much time to pack, and you can only bring whatever fits into one case. You're loaded into a copper-coloured train car. It's dark and people are packed tight, like cattle.

You don't know where you're going. You're scared, confused. You're given no answers. Or food. Or water. There are no stops along the way to use a bathroom.

The car, with only two small windows, smells like urine and reeks of sweat. After days of travel, the train finally stops. The doors swing open.

You're confronted by soldiers carrying rifles, restraining

Holocaust education is more important as antisemitism rises

snarling German shepherds.

People scream, the dogs bark, Nazi officers yell orders, dividing the arrivals into two lines. Men on one side, women on the other.

If you're deemed fit to work, you have another day to live. If not, you're ushered off into the gas chambers.

This story is one of many for Holocaust survivors. Including my own grandparents, both of whom managed to survive some of the most infamous concentration camps in history. Auschwitz-Birkenau, Bergen Belsen, Mauthausen.

I remember what Auschwitz-Birkenau looked like when I visited on a trip in Grade 11. The infamous sign "Arbeit Macht Frei": work will set you free. One of the greatest lies ever told.

In what is now a memorial, a giant glass case stretches from floor to ceiling, filled with everything confiscated by the Nazis, suitcases to shoes, hair and jewelry.

The gas chambers were designed to look like showers. I can still see and feel the scratch

marks of the hundreds of thousands of people desperately clawing their way to the surface for air. To no avail.

Why am I telling you this?

Almost 80 years later, too many people still deny the existence of the Holocaust.

Just a few weeks ago, the same barracks I visited were defaced with vandalism claiming, the Holocaust wasn't real and denying it ever happened.

In September 2020, a survey by the Conference on Jewish Material Claims Against Germany found that 63 per cent of Millennials and Gen Z in the United States did not know that six million Jews were murdered in the Holocaust.

During the war, more than 40,000 concentration camps and ghettos were established. But nearly 50 per cent of respondents in the survey couldn't name one.

The U.S. Holocaust Memorial Museum says that, along with the six million Jews murdered during the Nazis, about 1.8 million non-Jewish Poles were murdered, 312,000 Serb civilians,

up to 250,000 people with disabilities, between 250,000 and 500,000 Roma, almost 2,000 Jehovah's Witnesses, as well as thousands of members of the LGBTQ+ community.

The Holocaust was among the darkest periods in human history. And while historical knowledge declines and misinformation spreads, the rate of antisemitic hate crimes is surging.

According to Toronto Police Services, of 210 hate-motivated crimes reported in 2020, 63

targeted the Jewish community. That represented a 43 per cent increase from the previous year.

I'm convinced there's a direct correlation between rising antisemitism and the Holocaust denial that's been drummed up in recent years.

That's why it's more important than ever to make Holocaust education compulsory in school curriculum.

We need your help. The silence is deafening. Don't be afraid to speak up.



MARCH OF THE LIVING CANADA

Toronto students pass the gate at Auschwitz-Birkenau, which reads "Arbeit Macht Frei." The Holocaust Memorial Museum estimates Auschwitz-Birkenau, the deadliest Nazi concentration camp in the Second World War, is responsible for the deaths of 1.3 million people.



Khiana Gutierrez
News Reporter

Human beings need the sun just as much as plants do to thrive.

But with the arrival of November and the end of Daylight Savings Time, the days are shortening, with less natural sunlight and, for many people like me, the onset of Seasonal Affective Disorder.

The family gatherings of

The dark, dreary days of SAD season

Thanksgiving and the fun of Halloween have passed. I wake up hoping to see the sun. When I don't, it takes longer to rise from bed.

I feel sluggish before the day has even started. It's draining to look outside my window and get dressed with my artificial LED light from my bedroom. I crave sunshine and the feel of its warmth against my skin.

I wake up in the dark, head to school as the sun rises, watch the sunset before dinner, then repeat the next day.

According to the Canadian Mental Health Association, two to three per cent of Canadians will experience Seasonal Affective Disorder (SAD) in their lifetimes. Women are more likely to be diagnosed with SAD than

men and it is most common in those between 20 and 50.

It is also thought to run in families. About 13 to 17 per cent of those who develop SAD have an immediate family member with the disorder.

Canadians are at increased risk of SAD because of our geographical location, with the disorder most prevalent in those who live farthest from the equator.

Researchers say the condition relates to how the retina processes light and ensuing abnormalities in our inner body clocks.

One of the main signs of the disorder is the impairment of work performance and social relationships. Other symptoms include increased sleep, decreased sex drive, feelings of guilt and hopelessness.

Combined, the effects of SAD create a deep sense of vulnerability. I feel like rolling up in a ball and blocking out everyone's opinions. My appetite diminishes and my feeling of loneliness increases.

During these months, I tend to focus on school rather than my mental health. I fall into a rabbit hole of darkness because I eat less and neglect the atmosphere around me.

I feel like a robot, programming myself to sit at my desk and focus solely on school when I am not motivated to do that.

Rather than studying, I procrastinate in my room, trying to find the motivation to start my homework, which turns into four hours at my desk.

It's difficult trying to squeeze

my days into the afternoon, I like walking my dogs at 6 p.m. However, I feel like I have to walk them at 4 p.m. because the sun is already setting.

COVID-19 has not made it any easier. After almost two years of drastic measures to deal with the crisis, I realize isolation only increases my seasonal depression.

I search for ways to shake SAD. Advice usually includes light exposure through lightboxes, seeking counselling or therapy, or trying herbal remedies. Southern vacations are suggested for those who can afford them.

The annual consolation is that symptoms generally ease in March or April with the return of spring.

In the early days of November, that seems painfully far away.



KATE SINCLAIR

Feminist adult film director Kate Sinclair hopes to create work that can be inclusive and representative of multiple communities in order to break down stereotypes and gender constructs for safer pornography.

Evolution of sex, porn, gender roles in society

Nathan Abraha
Life Reporter

Mainstream porn just isn't interested in male vulnerability, says Carlyle Jansen, a Toronto sex therapist and founder of the sexuality store Good For Her.

"When have you seen a porn flick where a guy lost an erection and it worked out just fine?" Jansen asked.

And that's a problem. Popular porn imagery often emphasizes male domination over women. According to a study published in McGill University's *Journal of Sex Research*, 88 per cent of the 50 most-rented porn videos contained physical aggression, almost exclusively against women.

"Stereotypes exist," Jansen said of the abiding clichés of pornography. "Men want to be aggressive, women orgasm from just intercourse, the louder you are the more realistic the orgasm."

To Jansen, feminist porn is an alternative that mirrors life instead of fantasy.

"You see women taking charge, (celebrating) their own strength and power," she said. "It's a different brand of sex education."

Jansen runs workshops through Good For Her, which she founded in Toronto's Harbord Village in 1997. In the workshops she stresses the need to communicate with partners, thereby avoiding embarrassment and creating an environment of honesty.

"Men are supposed to know

who they are and what they like without vulnerability," said Jansen. "Ironically, most partners who care about them want to uncover this vulnerability."

Alexander Shvarts, professor of Social Science at Humber College, sees toxic masculinity as the biggest factor in leading to negative behaviour among young men and it's often formed in childhood and running all the way to the halls of campus fraternities.

"It's about the toxic culture that's promoted in fraternities, looking at men as more powerful and women as sexual prey," Shvarts said.

"If a fraternity is promoting toxic hyper-masculine culture, they need to be reined in, and if necessary closed down for a portion of time until changes are made," he said.

Focusing on creating a healthier mentorship system for young men and building supportive group settings would lead to safer environments.

Schvarts acknowledges extreme pornography has become prevalent.

"They are one click away from extremely violent misogynistic pornography," he said. "Extreme explicit content is now available to anyone who basically signs onto sites."

Schvarts believes implementing feminist teachings into the education system would be a countervailing force, saying a sociology course he took as

a first-year university student changed his world.

"It radically changed my mind," he said. "I had no idea there were different types of feminism fighting for different things. I realized that you can be feminist and male."

For adult film producer and director Kate Sinclair, her journey began with an injustice.

"I was 19 years old and this person I was dating decided once we broke up to share our intimate photos on the internet without consent," Sinclair said. "It's commonly referred to as revenge porn, it's malicious and terrible."

Sinclair won a legal battle over the shared images and her experience became a catalyst for her work as an adult film director.

"I realized, all these people were trying to use sexuality as power to keep women down," she said. "Society's idea [that] people who are naked are sexual needed to stop."

Sinclair said she believes in establishing healthy working sets where adult film performers are not pressured into anything they feel uncomfortable with. Performers are paid before a shot and given a large break between shooting to avoid fatigue and stress.

"We're here to work," she said. "We're to be kind to each other and we discuss the issues of the day, kind of like any other workplace."

Improvements still needed for video game accessibility

Drew Chambers
Arts Reporter

Gaming possesses a power of connectivity and inclusion but those with disabilities can still feel they're being left out.

While gaming companies have tried to improve accessibility in gaming, many believe there's work still to be done as accessibility is more than just features in a game that make the game accessible. "When I first started, I used to think that features were the primary force behind accessibility," said Grant Stoner, a writer with CanIPlayThat?.com, a website that monitors gaming accessibility. "However, after interviewing numerous developers over the course of my years as a journalist, I realized inclusive design is just as important as features.

"It's very possible to develop a game that can be entertaining and challenging while still remaining accessible without the need for numerous features," he said.

He cited Pokémon games which allow those with physical disabilities essentially needing only one finger to move the joystick and be able to press any of the face buttons.

The freelance journalist and passionate gamer with Spinal Muscular Atrophy, has been using his stories to amplify the voices of the disabled in the gaming industry.

"Because my disability is progressive, I never really needed any form of accessible software or tech to play games until I was roughly 14 years old," Stoner said.

"At that point, I was unable to reach the triggers on the Xbox 360 controller, so my brother taped a Popsicle stick to the

left side, allowing it to lie over the right trigger," he said. "That lasted for several years until roughly three years ago when I was unable to hold any form of a standard controller."

At that time, Stoner was primarily a PC gamer because it doesn't have limitations with a mouse or keyboard. He then began using the Xbox Adaptive Controller with the Logitech Adaptive Gaming Kit to play on an Xbox.

"Currently, I really rely on features like single stick movement, customizable controls, toggling options like crouching, aiming, and sprinting, and occasionally the removal of button mashing and quick timed events," he said.

"I'm sure that I will need more features, tech, and design services in the future, especially as my disability progresses," Stoner said.

Gaming companies have begun to improve accessibility features in games but still, often fail to account for key elements that make or break the experience for a player with disabilities. Josh Miller, a deaf gamer, said accessibility issues are no longer neglected, "but I do think that games don't always provide the best experience.

"Sometimes key features are missing, design choices are incredibly inaccessible and create too many barriers, and a lack of accessible hardware can prevent many from enjoying a new title," he said. Amy Garcia, a gamer with partial blindness, said the disabled experience is "so personal that not accounting for as many experiences as possible will surely leave out a significant portion of disabled players."

"IT'S VERY POSSIBLE TO DEVELOP A GAME THAT CAN BE ENTERTAINING AND CHALLENGING WHILE STILL REMAINING ACCESSIBLE"

Grant Stoner
Video game critic

Hawks cap off season with silver medal as they look to future without Baning

Jacob Tye
Sports Reporter

It was a season to remember for the Hawks despite taking the silver medal at the Ontario Colleges Athletic Association (OCAA) final against Windsor's St. Clair Saints.

Coach Troy Black loved his team's efforts this season and is hopeful the team will win gold next season.

"While it's not the result we ultimately wanted going into the tournament, I'm proud of the way our guys battled adversity all weekend long," Black said after the Oct. 23 gold medal game in Oshawa, Ont. "We emptied it out on the field and even though we could've played better in some aspects of the game, I give a lot of credit to our guys for the character they displayed."

The team, which was 11-3 this season, returns next year without outfielder Dennis Dei Baning, who played his last season of college eligibility this past season.

Baning finished off his last season with the Hawks putting up historic numbers winning himself the triple crown for leading the league in batting average, home runs, and runs batted in along with winning the OCAA Men's Baseball Player of the Year award.

He was happy when hearing the news,

he had won.

"My phone started buzzing like crazy saying congrats and I didn't know what it meant till I saw the post on Instagram," Dei Baning said. I broke down a little when I got home, I worked so hard for this and it's just heartwarming to see an accomplishment like that. It's a huge deal that I can look back on for the rest of my life," Baning said.

Black couldn't agree more with the league's decision.

"Nobody deserves that award more than he does," he said. "He is one of the hardest working guys I've ever met, and having coached him for three to four years now, watching him mature and grow into the leadership role he's taken on has been a big deal, and I'm excited about what the future holds for him."

Liam Sutherland, former Hawk and past winner of the OCAA Player of the Year in 2017, reached out to his former teammate to congratulate him on the win.

"To see Dennis win it really makes me happy because knowing him personally and seeing how much time and effort he has put into becoming not only a better baseball player but a better person as well is really inspiring," Sutherland said. "He is what being a Humber Hawk is all about



HUMBER ATHLETICS

Dennis Dei Baning, the OCAA Men's Baseball Player of the Year, receives his silver medal.

and there is no one more deserving of such an award than him. He will go down as one of the greats in Humber Hawk history,"

The Hawks will certainly feel the loss of Dei Baning next season but the team is hopeful for the future as the team is built with young blossoming talent like Hawks catcher Tyrus Bath.

Bath is one of the players Black says he'll look to lean on to be a leader next season as he'll be one of the older players on the team. Entering his third year, Bath finished the season with four hits and six runs in the team's last five games. One of those hits was a clutch RBI double to put the Hawks over the Seneca Sting and into the gold medal game.

"Tyrus has been a vocal and emotional

leader for us all year. Having him come up big in some big moments last weekend was awesome to see because nobody wants to win and see the team succeed as much as he does," Black said. "We're lucky to have a guy like him around who is truly a 'team first' player."

Bath is hopeful for his play and his team next season as they look to place better than silver.

"As a team, we are young but talented and I believe a lot of these young guys got to learn a lot from our seniors like Dennis this past season and I believe they are ready to take that next step," Bath said, The future of this team is extremely bright and I believe we have the right group of guys to go do something special next season."

OPINION

Morgan Rielly's extended contract with Leafs is a good move



Cassandra Spurrell
BIZ/TECH EDITOR

seasons missing the playoffs and five first-round playoff exits.

Although Leaf fans have been through heartbreak after heartbreak after heartbreak, not having Rielly on the roster would be worse than those playoff exit.

Rielly last season placed 15th among defencemen, scoring five goals and 30 assists in the shortened season. So far into this year's NHL season, Rielly has six assists in the Leafs' first 11 games.

The day the organization announced Rielly extended his contract with the Leafs, his teammates, coach and management were happy to have him back for more years with the team. They swarmed him on the practice rink, congratulating him.

"As an organization we're thrilled to have Morgan's commitment for the eight years and looking forward to continuing to work with Morgan and help in continue to grow as a player," Kyle Dubas, general manager for

the Toronto Maple Leafs said at a press conference.

"It means a lot," Rielly said, "it means a lot, over time you get comfortable, you start to feel passionately towards what you do for a living. I've got to that point here in Toronto where it really feels like home."

An eight-year contract for Rielly is a good move for the Leafs' organization.

With the core four, Auston Matthews, Mitch Marner, John Tavares and William Nylander, already taking up more than 50 per cent of the cap space, Rielly's signing for eight years with an AVV of \$7.5 million per season isn't such a bad deal. If Rielly agreed to a shorter contract, his salary would move up, which is what the Leafs are aiming not to do, or able to do because of the tight cap.

"I think it's a really good contract for the team," Lucas Cullen, a die-hard fan for the Toronto Maple Leafs said. "Rielly could've went and got paid a lot more by



PAUL CHIASSON

Toronto Maple Leafs' Morgan Rielly, centre, celebrates his goal past Montreal Canadiens goaltender Carey Price during a NHL Stanley Cup playoff game in Montreal on May 24, 2021. The Leafs lost the series.

another team, but his teammates love him and he lives in the city of Toronto."

Some fans might disagree with this new long-term extension. Wanting to pay a little bit more and have Rielly for five years rather than eight, didn't seem right to some other Leaf fans. Rielly is the highest defence

point-getter on the team. Having him makes the team stronger on the back end, and newcomers can learn things from the veteran.

Rielly signed a hometown discount deal showing Leafs Nation he wants nothing more than to wear a Maple Leaf on his jersey for another eight more years. And that's good for the team.

The Toronto Maple Leafs have extended long-time defencemen and assistant captain Morgan Rielly's contract to eight years worth \$60 million.

Signing with the Leafs in 2012 in the fifth round of the NHL draft, Morgan Rielly has been a leader on and off the ice for the organization.

He's played with the Leafs since the 2013-14 season, through good times and bad, with four