



RUTH ESCARLAN

About 90 per cent of demand at Humber's Child Development Centre at North campus comes from surrounding off-campus community.

Child care centre funding freeze

Lucia Yglesias

NEW REPORTER

Child care centres are short of funding from the City of Toronto, despite high demand for child care services from the community and even college students in particular.

Since 2004, an increase of 30 per cent of college students in the United States are raising children, according to a recent report from the Institute for Women's Policy Research.

Meanwhile, Humber's Child Development Centre is running at only 60 per cent of its capacity due to lack of funding.

Carolyn Ferns, public policy and government relations coordinator for Ontario Coalition for Better Child Care, says that in the last six years, 13 colleges and universities closed their child care centres to deal with decreased budgets or remain within them.

"We are going in the wrong direction by closing centres when what we need is their extension across the

province," said Ferns.

Humber's Child Development Centre has a capacity of 98 children, including 20 spots for infants, 30 for toddlers, and 48 for preschool kids. Monthly fees range from \$1,259 for a preschooler to \$1,787 for a newborn to an 18-month-baby.

Jeff Feke, manager at the Humber facility said in previous years, June to September were the months

going struggle for funding spots for toddlers and preschoolers.

"Since September, funding still hasn't come back. It's almost nine months and nothing. The city said there is no more funding for this particular (need)," said Feke.

There are two ways to get into all Toronto Child Care Centres: applying directly with a self-paying method or through a subsidized spot

CURRENTLY THERE ARE 17,000 PEOPLE ON THE LIST WAITING FOR THE FUNDING TO SEND KIDS TO TORONTO CHILD CARE CENTRES.

when funds tended to dry up until the new school year began.

"We rely a lot on subsidies. There are no more funds left. We are lowering enrollment, which affects our bottom line moving forward. When the city cut off the funds, I can run with a maximum of 98 children, now I'm running with 64," said Feke.

Feke recognizes that babies are always covered, but there is an on-

campus for our students and staff?"

Based on IWPR report, 26 per cent of all undergraduate students in the United States – 4.8 million students – are raising dependent children.

"I have a passion for seeing quicker application processes, quicker adjudications and more subsidized spots for our students who can't afford to pay that amount of money," said Powell. "We need to believe in child care centres. We need to get those children off the list."

Although the centre is located on the Humber North campus, 90 per cent of the demand it receives comes from the community.

"I've never gotten to the point where I have 34 spots unfilled because the city is not helping with the funding," said Feke.

"People from the community are people we rely on to make sure we are fully enrolled. They require help, and there are plenty of them. I receive calls daily, and I'd love to do more, (but) I can't because there is no funding and they can't afford the cost of the childcare."

Fall reading week vote for Guelph-Humber

Javon Walker

SOCIAL MEDIA EDITOR

Three days before University of Guelph-Humber students vote for a fall Reading Week at their school, they were invited to an Ignite student government information session structured as a debate on Wednesday.

Ammar Abdul-Raheem, Ignite Vice-President of Student Life at the North campus, was the moderator while the event was live-streamed to Facebook, with over 1,600 views.

While there were two people representing both the 'yes' and 'no' side, the members didn't necessarily support the side they were on, and were only debating for the purposes of relaying information.

Although Humber College students were this year accorded two days off attached to the Thanksgiving long weekend to create a five-day break, University of Guelph-Humber, which has a shorter semester, does not have such an interval in fall.

Both schools have a week-long Reading Week in February. Should a fall Reading Week be implemented at GH, it could extend the semester until closer to the December holiday period.

"The good thing about this debate is that we're able to show real situations or facts, the pros and cons of it," says Maja Jocson, Vice-President of Student Affairs at Guelph-Humber, who also advised both sides in the debate.

One point that was brought up repeatedly during the debate was the potential mental health benefits to having a reading break.

The 'yes' side said the extra days would allow students to relieve stress and shop for school supplies.

The 'no' side said there is no proven correlation between a reading break and improved mental health.

Opponents argued it's also possible that increased homework during an implemented reading break would create increased mental stress.

CON'T PG 4

Chinese lantern festival draws first year students to diversity event

Judy Pham

NEWS REPORTER

Humber First Year Experience has hailed its Chinese Lantern Festival at the North campus on Monday to be a major improvement compared to last year's event.

"Last year, we learned what the demands were and this year we were able to provide for that demand," said Davi Lall, senior peer mentor for FYE, which helps new students get involved in campus life.

"There's a few things that we have today that we didn't have then. We weren't great with the lantern making, we've improved on that. We didn't have a riddles table, we didn't have as much staff for calligraphy," said Lall.

Although FYE only expected 300 people to turn out, the event was estimated to reach 500 people. The event had many activities, including an information booth, riddles with prizes, calligraphy, DIY lantern making,

Free food was also available, including spring rolls, wontons and green tea from David's Tea. To top it all off, there was a raffle for a \$100 Mandarin restaurant gift card for students that participated in at least four of the five activities and submitted their names.

FYE committee co-chairs Alex



JUDY PHAM

Close to 500 students participated in First Year Experience's Chinese Lantern Festival on Monday at the Humber North campus concourse.

Woodley and Glen Dobson believe it is important for occasions such as this to continue.

"It's great to learn and share in others' cultures. Lanterns are symbolic to the culture as light represents fire, a new beginning of sorts," said Woodley.

Dobson highlighted the calligraphy booth, saying, "it may encourage students to learn the language. It gives them an introduction to it," he said

Stephanie Geller, FYE facilitator, said FYE "tries to run as many diverse events as we can.

"We know we have a large international population here. The First Year Experience program puts on these events for the first year students to get involved, get connected, and feel like they have a home here at Humber," said Geller.

The event brought out a diverse crowd.

Ryerson Media Productions stu-

dent Tyrone Niranjana was keen on the lantern-making booth.

"I just really like the East Asian culture. I'm hoping to learn even more about it here so that's what I'm looking forward to," said Niranjana.

Humber Paralegal student Thi Bui came out to get her name written in calligraphy.

"I saw they have the Chinese words (in) calligraphy. I love that stuff, so I wanted to get it. Definitely I'm going to come back next year,"

said Bui.

Dobson said FYE will continue hosting diversity events throughout the year.

"This month is for the Year of the Rooster (in Chinese tradition). But coming in March, we'll be having more diverse events with Caribbean folks, Asians, and people from North America. So a mix of people, not just one culture but a whole broad spectrum to get to know all people."

Changes coming to blood donor rules

Alanna Fairey

LIFE REPORTER

After advocating for lifting the restrictions on gay men making blood donations, fourth year Paralegal student, Christopher Karas is bringing the issue to the Canadian Human Rights Commission.

The motion was originally sparked after Karas, 21, filed a complaint against such restrictions by Canadian Blood Services back in November. Karas felt that there wasn't a scientific basis for the ban and found it to be discriminatory.

"Discrimination doesn't just happen once, it has a reverberating factor and so you may experience it more than once," Karas said.

When I went to go and donate blood I was denied on the five-year deferral period (after sexual contact with a man), which has now gone down to a year."

Karas retained a representative to challenge the restriction and after months of advocating will be bringing the issue to the CHRC. He hopes to soon learn when the matter will be brought to a decision.

"This has taken much longer than we were expecting and I am hoping to go to the Tribunal," Karas said.

Karas noted that this step comes

at a time when a new policy blocks trans people from donating blood. Bill C-16, which would update the Canadian Human Rights Act and the Criminal Code to include the terms 'gender identity' and 'gender expression' for protection against discrimination, still has not yet been passed by legislation.

"It's really important that legislation goes through so that we can protect both human rights and legal protections for trans people in Canada," Karas said.

"I'm hoping that this case can bring about a lot of important conversations about blood and how LGBTQ people are being affected by these policies."

Communications officer at the Canadian AIDS Society, Janne Charbonneau said that the organization's position is straightforward.

"We believe that there should be behaviour-based screenings for blood donations rather than one that focuses on populations based on their sexual orientation or gender," Charbonneau said.

Charbonneau also noted that Canada is not the only country trying to change the MSM (males who have sex with males) policy, remarking that the United Kingdom, Australia, New Zealand and France are also making strides in this direction.

"We are moving to evidence-based

alternative screenings for blood donations that will not be based on populations and will not discriminate against specific population groups, in particular against men who have sex with men and transgender persons."

Recently the federal government held a forum in Toronto to discuss the MSM deferral policy and the trans policy. Karas did not feel that the issues were given enough transparency.

The Toronto Star had reported that the delegates wanted to do more research before making any changes to the legislation.

"I think that's really disappointing because we know at this point that there isn't any need for more research," Karas said.

"The fact that we are demanding for more research is homophobic and transphobic and we are oppressing LGBTQ people, marginalizing people and that's really disappointing."

Karas said the next step is to wait at least a month for the government to respond and decide that the case will go to the Tribunal.

"At that point, we hope to make our arguments in Ottawa as to why this ban is discriminatory, and hopefully (highlight) a lot of important issues through protests and I hope that we can have more important conversations about this."



ALANNA FAIREY

Donation-change advocate Christopher Karas at Humber North campus.



Hundreds of protestors marched down the streets of Yonge Street in downtown Toronto.



Naima Hassan reads her poem to share her experiences as a black Muslim woman.



A protestor holds up a sign declaring “White people are immigrants.”



Protesters walk down University Avenue during National Day of Action.

ALL PHOTOS BY LATOYA DAVIDS

Toronto marches ‘Against Islamophobia’

Lotoya Davids
NEWS REPORTER

Thousands of people faced frigid weather on Saturday in downtown Toronto in support of what the organizers labeled a National Day of Action Against Islamophobia and White Supremacy.

People of all ages energetically exchanged chants promoting inclusion and solidarity with chants of “All of us or none of us” and the aim to “Rise up (and) fight back” against poverty, sexism, and other issues seen as rooted in discrimination. Indigenous rights and colonialism in North America were also highlighted with chants of, “No Muslim ban on stolen land.”

The protest began in front of the U.S. consulate on University Ave-

nue with speakers. It then moved on to a march to Yonge Street, ending on Queen Street with more fervent speeches and memorable performances. While protests were organized across Ontario, the Toronto-based demonstration was led by Walied Khogali, community organizer and activist, as well as Black Lives Matter members, and the organization’s co-founder Yusra Khogs.

Comparisons between Donald Trump’s ideologies and those of Nazi Germany continued to be made as the Second World War holocaust survivor and activist Suzanne Weiss spoke.

“Jews fell victim of fanatical hatred born of white supremacy. This evil doctrine is still alive today,” she said.

Weiss continued, “White supremacy today targets, above all,

people who are Black, Latino, Asian, and Islamic... racist hate leads white supremacists to massacre in a Quebec City mosque, just as in a South Carolina Black church.”

The comparison referred to the nine murders committed by Dylann Roof two years ago.

A performance by Naima Hassan shared her experiences as a Black Muslim woman in Canada through poetry. She described herself as feeling constantly “on foreign soil” due to racism, sexism and the Islamophobia she has faced throughout her life.

The protest was not only an event to show solidarity but also provided a platform for people to express the experiences that inspired the movement.

Khogs’s speech has been receiving strong criticism after she called Prime Minister Trudeau a “white

supremacist terrorist.”

Hassan Elbaytam, President of the Humber Muslim Students Association commented on the statement made by Khogs.

“Personally, I find this comment to be cruel and uncalled for. Prime Minister Trudeau was nothing but supportive to the people affected by the Quebec shooting and the ban imposed in the U.S. ... People might disagree with some of his policies, but the best thing to do is to discuss the disagreements [without the] name calling,” he said.

Of the larger event last weekend, Elbaytam said he appreciates and thanks the organizers for all the support they have given.

“It brings joy to my heart that the majority of the public opinion is towards tolerance and acceptance to

all people, and not the idea based on hate and discrimination,” he said. “The protest shows a large format of solidarity with the people affected by the ban.”

Elbaytam also said he thinks the protest will pressure the Canadian government to act against the ban ensuring that no Canadians are affected; however, he confirmed that the Muslim Students Association is not planning to host any events in correspondence with Saturday’s protest. He said the MSA is mainly focused on helping students on campus and prefers not to take any political stances.

“The MSA holds Friday prayers on campus in room D223. The sermon this week was in response to the Quebec incident and a prayer was held in their memory,” said Elbaytam.

Humber stands in solidarity with Muslim community

Sarah Watson
NEWS REPORTER

“It has been a difficult weekend for many people, and I would like to begin this week by affirming our commitment as a college to valuing diversity, inclusion and respect,” said Humber President and CEO Chris Whitaker in a statement posted in Chris’s Corner: The President’s Blog, last week.

The statement was a reaction to recent Islamophobic events which made headlines across the globe.

Here in Canada, an attack on a mosque in Quebec City left six dead the day before Whitaker’s remarks, while across the border in the United States, President Donald Trump

created an executive order for a travel ban which restricted the entry of citizens from seven Muslim-majority countries.

The ban has since been halted by a U.S. district judge in Seattle, a ruling upheld this week by the 9th Circuit Court. Trump has vowed to continue fighting the decision.

President of the Muslim Student Association at Humber College, Hassan Elbaytam said news of the Quebec city shooting was disturbing.

“There was a feeling of shock all around,” Elbaytam said, “Canada is such an open space, an accepting space, we never expected it to be here. But we can never say never.”

Despite that feeling, Elbaytam, and others in the Muslim commu-

nity, have experienced a wave of support from those at Humber.

“They’ve been very supportive, from day one,” Elbaytam said.

He’s been contacted by the dean of students, the director of student life, and the chaplain’s office, all offering their support.

“And one of my teachers actually, on Monday, she came to me and she started apologizing,” said Elbaytam. “I’m not sure for what, but it’s just a show of solidarity.”

Some found another way to show their solidarity.

Dan Shaikh, a 26-year-old business analyst, attended a protest on Saturday, known as Against Islamophobia & White Supremacy - National Days of Action, that started outside the US

consulate in downtown Toronto.

“It gave me a new perspective on the whole movement of inclusion and what it means,” said Shaikh.

Shaikh had never been to a protest and wanted to see what would happen. Despite the cold, hundreds turned out for the event.

Shaikh said that everyone at the protest was strikingly friendly; a stranger even gave him some tea to warm up. The speeches he saw, including some spoken-word poetry, were impassioned.

“It seemed like they cared a lot,” Shaikh said, “All types of races were there chanting to stand by Muslims. Never seen that before. Having been born in a Muslim environment, it was cool to see so many people cared.”



LOTOYA DAVIDS

Signs were given out from Against Islamophobia protest in Toronto last Saturday.

Humber Literary Review launches debut themed issue on mental health and arts

Lindsay Newman & Chris Besik
SENIOR REPORTERS

The Humber Literary Review launched its latest edition on Wednesday with a first-time theme focus on mental health and the arts.

Mental health concerns are something that affects everyone, said Meghan Strimas managing editor of the review and English professor, who was at the Lakeshore G space event.

“You can’t go throughout life without knowing someone who has experiences with mental health issues,” said Strimas, “I think it’s really important that we continue to talk about issues like depression or whatever it might be.”

For the edition, the publication teamed up with Humber Student Wellness & Accessibility Services and Workman Arts, an organization working to empower emerging and established artist with mental health and addiction issues.

The current issue is the sixth edition of HLR, which is created by the college’s Department of English and uses the work of an array of academics, critics and visual artists. The new HLR features contributions from



LINDSAY NEWMAN

Meaghan Strimas, Humber English professor and managing editor of Humber Literary Review, speaks at launch of publication’s sixth edition.

Humber journalism students Brandon-Richard-Austin and Ieva Lucs.

Third-year student Austin wrote a book review of Leesa Dean’s *Waiting For The Cyclone*, while Lucs is a postgraduate student who contributed to the online portion of the

magazine.

“The best part was being asked to write the review, because I knew it was a good opportunity to get some writing done and be published in a magazine that has a good readership,” said Austin.

Lucs’ work featured moderating an interview between two people involved in both arts and mental health.

“What I got to do was take these two amazing people who are working in the arts, and with mental health and addiction, and learn all about their program. I got to ask them questions and facilitate this conversation that they had with each other,” said Lucs.

There was a strong turnout of students and Humber faculty at the gathering, including deans and associate deans. Meg Houghton, Director of Student Access Wellness and Development, Wanda Buote, Principal of Lakeshore Campus, and Vera Beletzan, Senior Advisor on Essential Skills, were all present and spoke at the event.

Austin believes the event is important for bringing the writers and readers together.

“It gives people who work on the magazine a chance to be in the same room and communicate. It also gives you a chance to speak about your work with people who know about it,” said Austin.

Cont’d from READING WEEK pg 1

According to the information session it would take at least two years for changes to come into effect if the student body voted ‘yes’, due to the decision being brought before the Guelph University senate in addition to other levels of authority.

“We’re thinking about the future students,” said Amelia Savoie, who was arguing for the ‘yes’ side. “We need to decide what is the most appropriate measure for our student body.”

“I want to ensure that students are not disenfranchised because of how long the process takes,” said Abdul-Raheem. “Whether the process takes long or not, it shouldn’t disenfranchise you from making the right decision.”

Ben Eppel, Promotions Assistant for Ignite who debated for the ‘no’ side, agrees with this sentiment.

“A lot of people complain about things but don’t actually participate. The only way to change things is to do your part and let your voice be heard.”

Paris is Burning doc precedes panel on LGBTQ+, Black communities

Chris Besik
ARTS & ENTERTAINMENT EDITOR

A screening of the iconic gay ‘drag ball’ documentary *Paris is Burning* last night at Humber College was followed by a discussion with four panelists well versed in the Black and LGBTQ+ communities.

“What was most important is having good dialogue, which I think was a success. After the film, the discussion really allowed folks an opportunity to hear from people in the community which really share those identities,” said Natalie Elisha, Student Diversity and Inclusion Initiatives coordinator.

Organized by the LGBTQ+ Resource Centre, Ignite and The Bridge program and held at the North campus LGBTQ+ space, the presentation featured activists and public speakers Leslie Ramsay Taylor, TravoyintheFlesh and Pirom Houth, and film maker and photographer Jonathan Thiang.

Aimed at extending ties between the black and LGBTQ+ communities, the discussion also specifically targeted the effects of homophobia on the black LGBTQ+ community, and other issues that face these groups.

“We have to teach each other, we have to teach and learn from each other, we need more allies, we have to come together, it’s harder when we’re fighting these battles by ourselves,” said Travoy. “It makes it easier when you know someone is in



CHRIS BESIK

Panelist TravoyintheFlesh, with microphone, responding to a question from host Natalie Elisha (left), Student Diversity and Inclusion Initiatives coordinator. Other panelists at Humber North campus LGBTQ+ Resource Centre from left are Leslie Ramsay Taylor, Jonathan Thiang and Pirom Houth.

your corner and you have a strong support system.”

First released in 1990, *Paris is Burning* was focused on the trans-community in New York City and their culture, community and struggles. The filmmakers followed the ‘Extravaganza’ balls and the drag queens of the Bronx, recording the creative and colorful lifestyles but

also the dark and violent treatment that members of these communities often received.

“Without conversation there is no learning, there is no lesson, there is no understanding, there is no change at the end of the day,” said Travoy.

The film has been long celebrated for its success in humanizing its

subjects and showing that all people require a place where they can be themselves and express their beliefs and emotions. It provided a vivid inside look into a community most people had not been exposed to.

“Sometimes the most important resource we have is that community, it’s our family it’s our community and I really hope that this message

transcends through the event is that we are here for each other,” said Ammar Abdul-Raheem, Vice President of Student Life at North campus.

Abdul-Raheem added, “The people behind the Bridge program, behind the LGBTQ+ Resource Centre, behind Ignite, there are so many people there that are willing to hear you out and are willing to support you.”

Millennials have less sex as dating apps create new problems

Meaghan Wray
LIFE REPORTER

With the popularisation of dating apps and hookup culture it seemed obvious to many that Millennials and Generation Z were having more sex than previous generations.

According to recent research published in the *Archives of Sexual Behavior*, however, this isn't true.

Millennials are actually less sexually active than their predecessors in Generation X and have a fewer sex partners as well, determines the General Social Survey run at the University of Chicago through the NORC research centre, employing data between 2015 and 2016 on adult sexual habits.

The prominence of online dating is the most likely factor in dropping rates of sexual activity, according to a *Forbes* report last year. Jean Twenge, a millennial-expert, told the *Washington Post* that this is because of a new emphasis on physical appearance, meaning those of "average appearance" have fewer choices in the dating pool.

Registered psychotherapist, Barbara Morris works specifically with sexual issues. Online dating and Internet pornography, she believes, are the most significant factors that challenge Millennials.

"Dating [applications] make it so much easier for some people to hook up and much harder for others," Morris said. "There is more emphasis on physical attributes than there used to be. The dating playing field is very un-level now."

Baby Boomers, she said, missed



FLICKR/DENIS BOCQUET

While Millennials are resorting more to dating applications, research shows sexual activity is decreasing

the boat in terms of protecting their children from early exposure to pornographic material online. This has contributed to sexual anxieties for Millennials.

"I've determined that porn has flooded the sexual field of many Millennials and I believe that it's been eroding their capacity for intimacy," Morris said. "It seems to promote the 'f-k first, talk later' style of dating... [They] end up experiencing performance anxiety, unnecessary sexual pressure and unrealistic expectations of themselves and their partners."

Intimacy isn't just sex, Morris said, but is nonetheless important to a healthy relationship.

"Intimacy and sex are crucial in the maintenance of healthy relationships," she said. "If you have the intimacy, and can really share your

thoughts and feelings safely with each other, sex is easy."

A law student at the University of Toronto, Michelle Polster frequently uses dating apps and websites such as OK Cupid, Tinder, Bumble and Coffee Meets Bagel.

Online dating has allowed Polster to overcome certain fears towards intimacy and relationships.

"I'm pretty introverted and I've got anxiety, depression and PTSD related to a sexual assault when I was 18," Polster said. "Dating [applications] have been a real safe haven for me because they allow me to structure what I'm walking into in advance."

Yet while online dating has opened doors that may not even have been present without web-based access, Polster allows she is ambivalent about it.

"I've had some really lovely conver-

sations with folks," she said, "On the flip side, sometimes it can feel like a chore to sort through people, matches and messages... I also have this back-burner concern that it's turned dating into a bit of a game."

In some aspects, online dating can be a bit dehumanizing, she said, with the distance technology and a keyboard create.

"It's a lot easier to forget that there's another person on the end of the line," Polster said. "Sometimes that keeps me up at night."

Online dating has increased accessibility to sexual partners, she said, but today's high speed culture may work against pursuing them.

"Millennials [are] distracted by a million things all the time," she said, "It's just as easy and rewarding for me to take a few swipes as it is to read a

news article or a recipe."

A 25-year-old Toronto resident, Tristan James said he has mixed feelings towards dating applications. His main experiences are with Grindr, Scruff and Hornet — applications focused on LGBTQ+ dating.

Using the applications, he said, is frustrating because most of the services aren't free of charge, with added fees for the ability to limit a search to find an ideal match, rather than just matching based on vicinity.

"Users are represented solely by a thumbnail photo and brief line of text, so it's difficult to decide who you'd get along with on a personal or romantic level," James said. "Interactions can range from the banal to more aggressive harassment such as sending multiple unsolicited explicit photos at once."

While at first his desire to seek out sexual partners increased, after about three months of use he experienced a significant decrease.

"In our heteronormative society, it's rare to find potential partners en masse," he said. "As time passed, however, the faces became familiar as long-term users popped up again and again... The exchanges became repetitive and stale."

Sex will always be something in the forefront of the human brain, James said.

"The value placed on it, however, has become lower as 'supply' has increased in the form of easier access to a wide range of potential partners that you can connect with instantly," he said. "It's almost like ordering a meal for delivery at this point."

Commuting stress negatively affects health, home relationships: experts

Hiba Traboulsi
LIFE REPORTER

A report in a recent edition of *Evening Standard* magazine declared the stress of even a 30-minute commute can be severely detrimental to your well being.

Moreover, for some Humber students that time can be doubled or more depending on where they are coming from.

Ryan Williams, a third year Media Studies student at University of Guelph-Humber drives up to 90 minutes from Pickering to get to school. When he takes the bus, he spends two hours on the road in one direction.

"There's times when I doze off while driving, so I'll have to stop the car and take a nap because my commute is so long," Williams said.

Williams' long commutes do not allow him to spend much time to maintain his health.

"With two hours on the road, there's not a lot of time for me to exercise. I also end up eating a lot of fast food because I'm always on the go," he said.

Other students feel restless and achy on their long trips. Fourth year Interior design student, Nour Kassab commutes to Humber North campus from Mississauga. Her bus

ride is two hours long.

"It's a killer, especially in the morning when I have 8 a.m. classes. I have to wake up three hours before," Kassab said.

"Getting stuck in traffic in rush hour and finding no where to sit on a full bus ruins my mood and unmotivates me," she said.

According to a 2014 study by the University of Waterloo for the Ontario Trillium Foundation, Torontonians have the longest commute, averaging around 65 minutes one way.

Associate professor at Ryerson University and director of Regionomics Inc, a consulting firm that analyzes urban systems, studies commuter stress says studies he conducted show that the mode of transportation is not a significant stressor in commuting.

"Stress levels were not as dependent upon whether they [the participants] travelled by public transit or by car, and not necessarily as dependent on how long the commute was, but if you would control for all the factors, it was based on how frequently they encountered congestion," Murtaza said.

Haider also said individuals who used public transportation experience more stress than drivers, as



HIBA TRABOULSI

An average commute of 60 minutes can significantly impact stress levels and health, experts say

public transit users have no control over their commute.

Toronto's Medical Officer of Health, Eileen De Villa, says that such stress influences people's relationships at home.

"You come home and you're stressed out because of your commute, you're less likely to be patient with those around you and that has a negative impact on the health of your relationships," said De Villa.

Health implications are further stressors, as movement is limited during commutes.

"We know that students do spend a fair amount of time, even outside of travel, sitting at a desk, and if you

add that to sitting in a car for hours at a time, it adds a fair amount of sedentary time to one's day, which we know you can't simply make up for by going to the gym," said De Villa.

Spokesperson for the Ontario Chiropractic Association, Dr. Stacy Irvine says there are many risks that lack of movement can cause to our health such as weight gain, increased risk of mental health issues, lack of blood flow, increase risk for diabetes, heart disease and stroke.

"When you don't use your muscles all day because you're commuting, we see a lot of muscular atrophy and lot of postural changes so it becomes more difficult to be active

without getting injured," said Irvine.

Irvine encourages daily physical exercise, especially for commuters. Sitting in a car, bus or train for long periods of time can be detrimental to bodies. Adding 30 minutes of physical activity can help keep the blood flowing and exercise muscles.

Some ways to make your daily commute easier whether you're driving or taking public transportation is to leave 10 to 15 minutes earlier. This can help alleviate stress as it will give you extra time in case there is traffic. Eileen De Villa suggests reading, listening to music or podcasts as they can make great diversions while making your commute less stressful as well.

EDITORIAL

Black History Month needs to broaden

This February, institutions, communities, and nations are celebrating Black History Month. Performances, exhibits and lessons are offered in support of black heritage. However, how broad an understanding of African-heritage culture and contribution is gained from these commemorations? It's tough to say.

According to the American National Biography, Black History Month, originally Negro History Week, was established by Carter G. Woodson, an African-American historian and the founder of the Association for Study of Negro Life and History. Woodson began the celebration in 1926 on the second week of February to coincide with the birthdays of Frederick Douglass, renowned former slave who became an anti-slavery activist, and Abraham Lincoln, the U.S. president who brought about emancipation from slavery.

Woodson began Negro History

Week to increase awareness of black history and the figure who contributed to the society, but were omitted or given little significance in most accounts of U.S. history.

It can be mutually agreed that Dr. Martin Luther King, Frederick Douglass, Rosa Parks and Harriet Tubman, to name a few, are well-known key figures who fought for the civil rights movement down south. At least, well known to most Americans other than President Trump, who recently made mistaken reference to Douglass, who died in 1895, as if currently alive.

Every February these names are seen and heard in a ceremony or other reference paying tribute to them. But what of the many others? While the most prominent names are thoroughly covered, it's time to shine light on those who aren't acknowledged.

Does it take a movie to bring important people into limelight?

The film *Hidden Figures* was able to showcase the struggles of three black women (Katherine G. Johnson, Dorothy Vaughan and Mary Jackson) who were brilliant minds that worked in NASA. The movie portrayed racism and the oppression of women during the 60s at its finest.

That still leaves the other 99 per cent of African-heritage contributors who aren't given the recognition they deserve for all the work they have done to better individual lives and society as a whole.

Even putting aside a number of eminent African-Canadians who should be cited in our country during this month, there are African-Americans that typically go unrecognized even in the United States for their contributions:

Robert Smalls was a sea captain, ship's pilot and politician during the American Civil War. He freed the slaves aboard the Confederate

transport ship on May 13, 1862. His bravery helped persuade Lincoln to accept African-American soldiers into the Union Army.

Charles Drew was a surgeon and researcher. He spearheaded the idea of storing blood plasma for transfusion, and invented the concept of blood banks during the Second World War.

Garret Morgan started as a sewing-machine mechanic. He invented one of the first traffic lights after witnessing a collision between an automobile and a horse-drawn carriage. Morgan invented a respiratory device that was later used as a blueprint for emergency care in the First World War.

This month, have a novel experience with black history. Go online and discover key African-American and African-Canadian figures who contributed to our societies, and get involved in a Black History event – no matter what your race.

It's time for us to converse with tolerance for opposing views



Javon Walker
SOCIAL MEDIA EDITOR

I know we're in Canada, but this Trump roller coaster is one hell of a ride.

Everyone is still in uproar over the executive order to keep out any visitors from seven Muslim nations, and Trump supporters are being painted in an ever worse light as the days pass.

It's ironic that the United States is the most divided country in the western world.

Democratic candidate Hillary Clinton divided the country to an extreme when she said half of Trump supporters were "deplorable". I'd always thought Clinton was just a mouthpiece for whatever was popular at the time, but having a leading contender for presidency say this out loud was wrong for so many reasons.

After this, people started taking things to another level by publicly crucifying anyone who showed an ounce of support for the Republicans.

When you punish, attack and condemn someone for their personal views, the only thing you ac-

complish is to make the person hide their true feelings. This is why all the polls had Clinton winning.

Almost 63 million people voted for Donald Trump. There's no doubt that there's going to be homophobes, racists and sexists amongst that group, but that statement could be true for any political party. Instead of making sweeping generalizations, why doesn't anyone ask why these people were Republicans or Trump supporters?

Have we really reached a point where political dialogue has dissolved? To the point where we can't talk about things or understand each other? There are too many extremes and no middle ground.

You can see this problem on just about any major online publication's comments section. Arguments would get so heated on these political issues that most websites have to remove the commenting feature altogether.

At the end of the day, despite everyone having their own attitudes and beliefs, it's silly to allow something man-made like political parties to separate us as individuals. Instead of being loyal to parties, let's be loyal to ourselves and understand one another.

We're in an age where critical thinking is more important than ever before. We're experiencing a Butterfly Effect here in Canada, where the winds of change in America are going to create a storm here before we know it. We can see it already with the waves Kevin O'Leary is making in the political stratosphere.

Before it's too late, let us have a conversation. Let's understand each other. And maybe - just maybe - we don't need to be taken for the same ride America is on.

Distracted pedestrians cause some of Toronto's dreadful accident stats



Jesse Bonello
SPORTS EDITOR

In 2016, an estimated 43 pedestrians died in Toronto, making it one of the deadliest years since 2002, when Toronto saw 50 pedestrians die.

Drivers are more distracted than ever before and receive the vast majority of blame in accidents involving pedestrians -- but pedestrians aren't immune to distraction.

Most people, at least once in their life, are told, 'You have your whole life ahead of you', but how often have you seen someone walking while looking down, with a mobile device in hand?

According to State Farm Canada, just over four out of every 10 Canadians admits to distracted walking at some point during the day.

The firm also found in the survey that 45 per cent of Canadians admit to wearing headphones and listening to music while walking, and over 70 per cent admit to jaywalking.

RCMP's definition of distracted driving is a driver's judgement being compromised when they are

not fully focused on the road. What seems like a harmless conversation with your buddy in the passenger seat can actually be a form of distracted driving. That same definition should apply to pedestrians when they aren't fully focused on their surroundings.

Many pedestrians lose that focus once they feel their phone vibrating in their pocket, or when their not so favorite song starts playing through their headphones.

It's those exact moments when the phones are in hand that people's tunnel vision kicks in. Four out of every 10 Canadians admit to having those experiences on a daily basis.

The same argument can be made for drivers who, despite the laws and legislation, still reach for their phones while driving, but that's yet another good reason for pedestrians to stay alert.

After all, two wrongs don't make a right, and could well lead to a devastating accident.

Last October, Global News reported on a poll from Insights West that found 66 per cent of Canadians would support "distracted walking" legislation in their municipality.

Such a legal move would presumably forbid the use of hand-held cell phones by people who are in a roadway.

Such considerations have reached the political level.

Last July, Toronto city councillor Frances Nunziata put forth a motion, proposing the provincial transportation minister consider a regulation under the Highway Traffic Act.

The latter would forbid pedestrians from "actively using a handheld wireless communication device or handheld electronic entertainment

Humber Et Cetera serves to inform the Humber community and give its readers well rounded coverage on the things that matter to them.

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device" while on "any travelled portion of a roadway."

The Council passed the motion with a vote of 26-15, and Toronto Mayor John Tory was among the supporters.

Despite that momentum, the transportation minister rejected the regulation.

Last year saw 43 pedestrian deaths in Toronto, up from 38 in 2015. Fatalities are rising and "close calls" continue to happen far too often.

Laws and legislations are in place for drivers because of rising distractions behind the wheel, but more numbers show that getting Torontonians to look up while walking can also be a tough task.

Everyone focuses on why the chicken crossed the road, but the important aspect is how you crossed the road because no one ever mentioned a cellphone, headphones or jaywalking.

Valentine's Day: Special moment or manufactured marketing grab?



Neha Lobana
LIFE EDITOR

candies, flowers and much more. If you walk into your local supermarket or pharmacy sometime this week, you'll find an entire section devoted to Valentine's gifts. Companies such as jewelry makers launch commercials around this time showcasing pieces ranging from engagement rings to necklaces and bracelets for that significant other. These marketing and commercial tricks often add pressure to those in relationships, making them feel that Valentine's Day is more about splurging than spending time with their loved one.

Anti-Valentine's Day individuals say that love doesn't happen on one day of the year, and getting gifts doesn't validate a person or the love within the relationship. Moreover, people who aren't in romantic relationships shouldn't feel bad about their situation.

In a recent interview on Global News, observer Rachel Wallace said Valentine's Day just doesn't make much sense to her.

"I don't think people should feel horrible to be alone on Valentine's Day because it's supposed to be about love as a concept and not about your own current status. I don't think the strength of a relationship should be measured by the



WIKIMEDIA

Valentine's Day is just around the corner and while some people are planning what to do with their special someone that night, others scornfully refer to it as a made-up "Hallmark holiday."

A recent survey done in the United Kingdom found that more than half of British couples will not be celebrating Valentine's Day this year for two key reasons: excessive cost and over-commercialisation. Similarly, RetailMeNot.ca conducted a survey which revealed 78 per cent of Canadians feel that Valentine's Day is overrated.

Valentine's Day is garishly paraded in commercialized cards, hearts,

level of effort put into a celebration of the one day," said Wallace.

Founder of Friend of a Friend Matchmaking, Sofi Papamarko told the *Toronto Star* that individuals should embrace the love instead of celebrating Valentine's Day.

"Throwing my arms around a Hallmark holiday felt disingenuous. Not unlike the holiday season, Valentine's Day can be a painful and lonely time for many. So instead of embracing February the 14th and all associated ephemeral trappings of romance (fancy chocolates, flowers, marriage certificates)... I'm embracing the

free expression of love itself?"

Conversely, a writer for the *Lewis-ton Tribune*, Ruthie Prasil encourages everyone to love Valentine's Day.

"Anyone can celebrate Valentine's Day and that's a fact: parents with their children, married couples, dating couples, best friends, you and your favourite barista, teachers and students, employees and employers; Valentine's Day is a time to tell people you care about them," she wrote on the site.

Whether you're anti or pro Valentine's Day, the day itself is a special reminder to everyone that you do not need to be in a relationship to cele-

brate love. The reality is you most likely have a flock of people such as your family, friends, or even pets whom you love and care about. With the busy lives we lead, we often forget to remind these people how much they mean to us -- and that's where the reminder of Valentine's Day can help.

And whether you're spending this Valentine's Day with your lover, friends, family, pet or by yourself, just remember that there's always a bright side to this holiday: you can always depend on stores discounting their candies and chocolates the day after.

Running on painful feet showed me what I was capable of

Esther Klein
NEWS REPORTER

"You are walking funny, Esther," said my mother on a constant basis from when I was age 11.

I was finally brought to a podiatrist where I was told it was too late to correct the non-existent arches on my feet. I was told my feet were paper flat and I would suffer tremendous pain in my knees and back the majority of my life. Being the 11-year-old that I was, the amount of tears that I shed was immeasurable.

Shortly after, I began wearing orthotics. My doctor said that the arches on my feet will never be formed but these would minimize the pain my joints would endure. They only fit into certain shoes, of course, so I was that girl wearing sneakers at all events.

I am 23-years old, I wear my orthotics every day, but on Jan. 29 I completed my eighth half-marathon, that being my fifth 21-km race in the Miami Marathon.

When I tell people the amount of pain my feet have put me through, I am asked why I keep running. The answer is always simple.

I began running at the age of 14. The idea of needing a good pair of sneakers and the outdoors seemed effortless. I began hitting my feet against the pavement and learned how rewarding it was.

What mostly appealed to me was the idea that running was a game against your mind. You could train months prior to the big race day,

but if you stopped pushing yourself, you wouldn't get anywhere past the first mile. It was a challenge and I instantly was addicted.

Pushing myself distances I never thought imaginable was such a refreshing feeling. Growing up, your teachers and parents always remind you that if you set your mind to something, it's achievable. I experienced that with running. It was a form of physical activity that showed if I just believed in myself, I could journey through lengthy paths. And that is when I decided to run my first half-marathon at the age of 15.

Since then, I have completed three 10-km races, eight half-marathons, one 30-km marathon, and participated in my first full marathon in October 2016.

Do my feet hinder my performance? I am not sure, because this is what I am used to. Do I suffer tremendous pain on a consent basis? No. But I would be lying if I told you I feel no pain at all. Every race my right knee stings with pain, and my back is knotted from top to bottom. But it is pain that goes away, and the feeling of completion overrides all the discomfort. The feeling of knowing your strength and willpower is what got you to that finish line.

Twelve years ago, my doctor had me believing that my body simply could not handle sports. But my love for running has shot past that. I continue to run to show myself what I am capable of.



COURTESY ESTHER KLEIN

Humber Reporter Esther Klein runs the Miami Marathon in January 2017

QUOTED Do you engage in political discussion with friends you don't agree with?

A lot. I [argue] like almost every single time we discuss something (when) I don't agree with them.



Yuval Arnan
ELECTRICAL MECHANICAL ENGINEERING
2ND YEAR

No, honestly, because mostly people I'm friends with don't really care about politics at all.



Arjun Bedi
CREATIVE PHOTOGRAPHY
2ND YEAR

I would probably say never (but) my girlfriend and I disagree on some things. I guess we discuss that.



Josh Apter
BUSINESS
3RD YEAR



TO THE NINES

Dress: Forever 21
Tights: Ardene
Belt: Ardene
Boots: Walmart

"It's Friday and I wanted to feel pretty, but comfortable and casual."

Karen Macwan
Business School Receptionist

HOROSCOPES



JAN. 20 - FEB. 19
Aquarius season is almost over. Do something magical this weekend.



JUL. 23 - AUG. 22
If you buy coffee at Tims, chances winning with Roll Up the Rim is like Donald Trump using common sense.



FEB. 20 - MAR. 20
Your birthday season is just a few days. Time to shine, Pisces!



AUG. 23 - SEPT. 22
Take it easy this week. No matter how hard you'll try, the universe won't be on your side..



MAR. 21 - APR. 20
You're loud and always yelling. It's making people uncomfortable.



SEPT. 23 - OCT. 22
In the next few days, you will meet someone who was born once.



APR. 21 - MAY 20
Something you ate yesterday was rotten. Be prepared for a rough couple of days.



OCT. 23 - NOV. 21
The moon entered Leo which means your life is about to be lit. Keep soaring, Scorpio, you're going places.



MAY 21 - JUN. 20
Your first instinct this week will be to run. Your second instinct will be to find your legs.



NOV. 22 - DEC. 20
You will see an opportunity, but it will not see you.



JUN. 21 - JUL. 22
You've been searching for the truth. Reach deep inside and you'll find it. Not that deep though, you'll find something squishy.



DEC. 21 - JAN. 19
Not a lot is happening for you this week. Catch up with your shows on Netflix or something.

Professional soccer path could emerge in Canada

Analia Sordi
SPORTS REPORTER

The pathway to a professional career for Canadian soccer players has always been blurry. They often find themselves moving abroad to turn their dream into a reality.

That's why the rumoured Canadian Premier League (CPL), a professional soccer league in Canada that would be sanctioned by world soccer body FIFA, could be a game changer.

In 2013, rumors surfaced of the Canadian Soccer Association looking into developing a professional league. However, it wasn't until last year that the projected league's first official employee was announced. After the hiring of project manager Paul Beirne, soccer fans started to believe in the Canadian Premier League. Beirne was also the first employee in 2006 of Major League Soccer professional team Toronto FC and served as vice-president of business operations.

Gianlucas Scorzafave, a first-year midfielder for the Humber Hawks, has personally experienced the drought of professional soccer opportunities in Canada, returning to his native Uruguay in 2012 for his opportunity.

"It was hard to leave my family, even though I was born in Uruguay. All of my family had immigrated to Canada and I was away for almost four years," Scorzafave said.

Scorzafave would have liked the

opportunity to pursue that same dream in Canada, which he proudly refers to as his home.

"Having a professional league here would be great, especially with the opportunity to stay locally," he said.

Currently, Canada doesn't have a professional soccer league. The Canadian Soccer League used to be recognized as the top-flight league in the country, but the CSA was decertified due to match-fixing scandals. The league still runs and self-proclaims to offer the highest league level of soccer in Canada.

The CSA currently sanctions just two semi-pro leagues, League1 Ontario (L1O) and Premiere Ligue de Soccer du Quebec (PLSQ). These two leagues are young, but are playing a vital role in youth development. L1O often draws comparisons to the Ontario Hockey League by focusing on a young demographic of players (ages 16-21) and providing players with a competitive environment to develop as athletes. These two leagues will likely become feeder leagues for the proposed Canadian Premier League.

"The structure of the league will demand a lot of Canadian players, some of them are going to be established professionals already, but a lot of them are going to be young," said Duane Rollins, a reporter for Canadian Soccer News.

It is believed the intended league will have a strong Canadian player quota of between 70 per cent and



SHELBY COCKHILL

Humber Hawks men's soccer team huddles during a game against Seneca College on Oct. 18, 2016.

75 per cent, creating a possibility for college and university athletes to pick up a few spots in the high rankings of the sport.

Marcos Nunes, a third-year forward at Humber and 2016 OCAA Men's Soccer Player of the Year, welcomes the idea of a professional league in Canada.

"It would be amazing. Players that maybe didn't get the opportunity to play in the MLS (Major League Soccer) won't have to look somewhere

else to play, and they could stay in their country."

The new league is projected to kick-off early in 2018, but the sense is that nobody should be surprised if the start date gets pushed back. There is a feeling among those involved that they want to get it right, and if it requires pushing back the kick-off time, they will.

The pathway to a professional soccer career in Canada may have been obstructed over the last de-

cadecades, but those involved in the sport believe the CPL could fill the gaps for future generations. It has the potential to give Canadian soccer players more opportunities to compete in a professional environment, which will ultimately benefit the men's national team.

"It will create more awareness for the sport itself, it will draw people in to follow the sport. Soccer is growing in Canada and it is the most popular sport worldwide," Scorzafave said.

Time management is biggest struggle for first year student athletes

Dylan Perego
SPORTS REPORTER

Academics and time management are commonly the root of stress that first-year college students face, but for student athletes, academics are just half the battle.

Whether it's an in-season schedule or an off-season training regimen, student athletes are challenged every semester with the responsibility of fulfilling their academic goals while dedicating themselves to their craft. This can sometimes be a tall order, one that not every person has immediate success with.

Tyler Greenwood, a first-year student on the Humber men's baseball team seeking a Bachelor of Journalism degree, says that at times last semester he struggled with managing his time between school and sport.

"My time management wasn't very good," he said. "I found it very hard, especially on the weekends when you expect to get all your work done and we're out for four games in London and Windsor, for example. You're travelling all night, you don't have that much time, you get to the hotel and you just want to sleep."

Greenwood added that at times, the impending academic workload weighed on his mind during preparation for games.

"When your mind's not on baseball, or any sport in particular, it takes

away from your effectiveness, especially in baseball, where there is such a mental element. There is a very short leash when you are expected to perform, especially if you are on a scholarship. If I don't perform, then that just elevates the stress."

Georgia McIntosh, a first-year athlete on the Humber women's junior-varsity basketball team, says that a strong support system is key, and she has been able to keep a balanced structure between all of her commitments.

"Honestly, I haven't found a lot of struggles trying to juggle both academics and athletics but I have found that I had a good support system," she said. "My family and coaches knew that I knew what to expect and not let myself get behind"

Current career and student success advisor and former acting varsity athletic coordinator Crystal Pole-Langdon says that time management is one of the universal tools that first-year students often struggle with out of the gate.

"I would say that one of the biggest things is time management and getting started on assignments early on because the school year kind of comes in with a bang," Pole-Langdon said. "Some students actually do better when they are in season because it forces them to manage their time better, but time management is an important tool for the

majority of them."

But first-year student-athletes are not left simply to swim on their own after being thrown into the deep end that is post-secondary education, according to third-year student-athlete and Humber men's baseball player Andrew Thomson.

Thomson spent three years at the University of Western Ontario before his time at Humber began and, as a student-athlete mentor, he holds the responsibility of meeting with athletes each year to set aside goals and plans for the upcoming academic year.

"We have a basic form we go over with each athlete that takes you from where you are at coming from high school, or previous school, and we discuss what your goals are in terms of the semester, any targeted areas that you know may be a problem based off of subject matter," Thomson said.

"We then go through some options of support that's available to outline and see if any of them could be useful and flag anything that can be useful for future meetings."

Thomson agrees that time management is one of the big things that first-year student athletes struggle with, but other factors can come into play at various points throughout a given semester.

"For some of them it's time management, but for some it's nutrition



JAKE BOWEN

Hawks' Tyler Greenwood pitches against Durham on Sept. 24, 2016.

during season. Things like eating right and getting meals in between class, especially if they are in residence," he said. "Also, organizational skills that can pair with time management, just scheduling study breaks and time to work on assignments ahead of time."

Humber offers its Varsity Athletic Centre for any student athlete to use. Complete with workout facilities as well as areas to work on academic assignments, student athletes can collaborate with peers and seek assistance from the Varsity Academic

Coordinator.

When it comes to advice from those currently learning how to manage a packed schedule, Greenwood says it's always a good time to plan ahead.

"Get something to write your stuff in so you can stay on top of things. Write in all your due dates, have updates on your phone and use Blackboard a lot. Make sure your teachers are aware of your schedule as well, so you don't have any last minute conflicts. That's a situation you don't want to be in."