

'FORCE FOR CHANGE'



Marit Stiles has been elected leader of the Ontario New Democrats. She and her team gave various speeches including one from Jagmeet Singh, leader of the federal New Democrats.

**HOUSING
ADVOCATES
STAGE DIE IN
AT CITY HALL
P.3**



**HOUSE FIRES
NOW BURNING
HOTTER THAN
EVER
P.4**





SCOTT MCLAUGHLIN

Marit Stiles, the newly elected head of the Ontario New Democrats, hugs her husband Jordan Berger while celebrating at her election party.

Stiles elected as new leader of ONDP

Andrea Pozo
Art Director

The Ontario New Democrats (ONDP) announced and celebrated the official election of Marit Stiles as its new leader on Feb. 4 at the Metro Toronto Convention Centre in downtown Toronto.

Stiles ran uncontested in the race to become the new leader of the party, which remains the official opposition at Queen's Park.

She will take over from interim party leader Peter Tabuns on March 23.

The voting period was shortened by a month because of the lack of opposition, but the ONDP said it was still important to hold a vote and practice the democratic process their party is built on.

Reverend Eric Hébert Daly, the chief electoral officer, said the vote should be faithfully represented.

"Democracy is key," he said. "It's in our name."

During her speech, Stiles thanked both Tabuns and previous ONDP leader Andrea Horwath for their strong and committed leadership.

"We're starting on a strong foundation," she said. "We have Andrea Horwath to thank for that."

Stiles also outlined in her speech legislation that she aims to focus on as leader of the ONDP. Among her top priorities she mentioned

her intention to create real change for workers.

"I want them to know that they deserve a government who's not afraid to talk about labour issues, who's not just going to put on a hard hat and safety vest when it's election time and make a lot of promises," she said.

Stiles also condemned the Ford government for its proposed development plans on the Ontario Greenbelt.

The sentiment was echoed by Jagmeet Singh, the leader of the federal NDP.

"The Greenbelt grows our food, cleans our water and protects our homes from flooding," Singh said. "Doug Ford wants to let his millionaire friends run a bulldozer through it so his millionaire friends can become billionaires."

Stiles and Singh were not the only speakers at the event to comment on Ford's Greenbelt plan.

Sol Mamakwa, MPP for Kii-etinoong and ONDP Deputy Leader, also spoke out against the Greenbelt plan.

"Our ways of life must be protected," Mamakwa said. "We can do better, we must do better."

The ceremony also hosted speakers from various labour groups.

Leaders from CUPE and other labour unions across Ontario



SCOTT MCLAUGHLIN

Jagmeet Singh, the leader of the federal NDP, at the leadership showcase.

were present at the inauguration and emphasized the need for the ONDP's commitment to working toward the best interests of working people.

Kevon Stewart, a staff representative with United Steelworkers, also voiced his discontent with the Ford government's treatment of workers across the province.

"The Ford government has

clearly shown us that they do not care about the working class," Stewart said.

Singh agreed that the Ford government's policies had led to "greedflation."

He enthusiastically introduced Stiles as the new leader of the ONDP.

"She's a force for change," Singh said.

ETC •

Humber Et Cetera is the Humber College journalism program laboratory newspaper. It is created journalism students in the Advanced Diploma and Post Graduate Certificate programs. Et Cetera serves to inform the Humber community and give its readers well rounded coverage on the things that matter to them.

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TYRIKE REID

Housing advocates staged a die-in outside Toronto City Hall as a form of protest to demand that the city invest more funds into warming centres, protecting those who are unhoused.

Housing advocates stage die-in for 24 hr warming centres

Tyrike Reid
Senior Reporter

Bodies lay face up across the icy pavement outside Toronto City Hall on Feb. 6, 2023.

“This is a way to honour people who have died who are unhoused,” said Lorraine Lam, outreach worker for the Shelter and Housing Justice Network.

Housing advocates staged a die-in as a form of protest to demand that the city invest more funds into protecting those who are unhoused.

The protest, organized by the Shelter and Housing Justice Network and Health Providers Against Poverty, called on the city to open warming centres 24/7, just days after temperatures in Toronto dropped to minus 29 degrees celsius on Feb. 3.

Dr. Talveer Mandur, resident physician and member of Health Providers Against Poverty, read a statement to protesters and said the lack of warm shelter space is driving unhoused people to dangerous lengths to survive.

“In desperation to stay warm and find respite, people are riding the subway, on overnight buses, sleeping at Union Station, and going to free business that are open late” he said.

“These options are unsafe, unethical and put people at risk of violence and increases policing,” Mandur said.

Toronto currently operates four warming centres across the city with



TYRIKE REID

The protest, organized by the Shelter and Housing Justice Network and Health Providers Against Poverty, called on the city to open warming centres 24/7. The vote for the city’s \$16.16 billion budget is next week.

a total capacity to fit 195 people.

According to the city, warming centres open when temperatures reach at least -15 C, but advocates argue that even higher temperatures can still put unhoused people at risk of illness.

“Local research from the Map Centre for Urban Health Solutions shows that 72 per cent of cold-related injuries and hypothermia-related deaths happen in periods of low to moderate cold, which is between zero and -15 C,” Mandur said.

The Ontario Human Rights Commission released a statement Feb. 3 declaring that Ontario is in a homeless crisis.

“The OHRC urges the provincial government, District Social Services Administration Boards (DSSABs) and municipalities across Ontario to uphold the rights of people experiencing

homelessness and adequately fund and provide enough indoor spaces around-the-clock for anyone seeking shelter, either in warming centres or in community spaces,” the statement said.

The statement follows a recommendation by the Toronto Board of Health that City council declare a public health crisis and urged the city to open 24/7 respite sites for those seeking shelter from cold weather.

City council voted on Feb. 8 not to open warming centres 24/7. Scarborough Centre Councillor Michael Thompson tabled a motion that was supported by 14 other councillors and the mayor seeking help from the provincial and federal governments to make the shelters available.

This defeated a motion to open warming centres 24/7 tabled by

several councillors, including the recently elected Davenport Councillor Alejandra Bravo.

Bravo told Humber News the city should be investing funds into protecting unhoused individuals instead of increasing the police budget.

“We know these solutions cost money, but that’s about making priorities,” she said. “We saw how quickly 80 officers were deployed to TTC at a cost of millions and millions of dollars a month, we want the real investment in things we know are actually going to keep people safe.”

However, a supplementary report by Gordon Tanner, general manager of Shelter, Support and Housing Administration (SSHA), said the city lacks the funding to operate 24/7 warming centres.

“The estimated monthly oper-

ating costs to activate a warming centre in a city building to support 50 people with no lease costs \$400,000,” the report said.

The report also said that the city’s 2023 operation budget of \$16.16 billion does not include funding to support these centres.

At the Feb. 7 council meeting, Tanner noted a lack of human resources as another challenge in operating 24/7 warming centres.

“Moving to a 24/7 model means you need a three-shift rotation, means you need to provide people benefits, time off, a variety of things, it’s a more resource intensive response,” he said.

While warming centres are closed, the city offers temporary homeless shelters as a safe solution. However, advocates argue that people are being turned away due to low shelter space, leaving unhoused people turning to hospitals.

“People are going to hospitals because they have nowhere else to go, leaving hospital staff scrambling to find options for safe shelter and coming up empty,” Mandur said. “They are often discharging people with nothing more than a referral to central intake, maybe a gift card to a 24-hour restaurant.”

While city officials deliberate on the best solutions, Lam continues to reiterate that the situation is “dire.”

“We are here to say that we are in a public health emergency and they need to take action right now,” she said.



TESSA BENNETT

A firetruck in the garage of Oakville Fire Station 8 on Pine Glen Road gets changed over and reset after returning from a dispatch call the fire department received on Feb. 7, 2023.

House fires are burning hotter, faster than before

Tessa Bennett
Sports Editor

Ontario has seen a steady rise in fatalities and injuries caused by structural fires over the last few years, with 2022 seeing a record high of 133 deaths.

The frequency of structural fires has not increased, but the danger associated with them has.

According to the Office of the Fire Marshal and Emergency Management (OFMEM), last year's record broke another record set in 2021 of 106 civilian fatalities caused by structural fires in Ontario. Those numbers are a stark contrast to the 63 recorded in 2019.

Don Lawson, former City of Toronto firefighter and program coordinator for Humber's Fire Services Diploma program, said the two main reasons for this are new construction techniques and the contents of modern homes.

"Houses themselves are being built differently," Lawson said. "They used to be built from solid lumber. Now, most houses are held together with lightweight engineered wood components."

He said that these new wood components are "basically scraps all pressed together in glue to form beams."

Owner of Omega Construction, George Georgiou, said that these new materials are being used both as a cost-effective alternative to solid wood and as a response to a

decline in lumber supply.

This new type of engineered wood allows for the construction of larger open concept spaces, which have become very popular in interior design.

Lawson said since these materials perform well under normal conditions, they meet all building code requirements. But once subjected to heat and fire, they pretty much dissolve.

He said the contents of people's

homes have also changed.

Houses tend to have more things now, he said, and furniture from companies like IKEA are made of plastic polymers, which burn quickly.

"Where people used to have 20 minutes to escape a house fire, they now have two to three minutes on average," Lawson said.

Glenn Barwell, public education officer with Oakville Fire Service, said that a quick response time

from the fire department is not enough to close this gap.

Oakville Fire Service's average response time is five minutes, which he said is very good.

But when two minutes is all it takes for a home to collapse, that's not enough.

"So, the message we need to get across is that if you're not outside by the curb by the time the firetruck pulls up, it's more likely to be a recovery than a rescue,"

Barwell said.

He stressed that the best fire prevention is fire education.

People should be testing their smoke alarms once a month and should have emergency escape plans in place, he said.

However, a report on emergency calls in Ontario released by the OFMEM said that in only about 50 per cent of cases where a fire team was dispatched were there functioning smoke alarms present in the home.

"We can hire a thousand more firefighters, but we still can't get there," Barwell said. "So, the only way to decrease the structural fire issues is to prevent them from happening in the first place."

Fully detached homes are the most common structure to catch fire, and residential occupancies make up about half of the fires that have occurred in Ontario over the last few years, according to the OFMEM.

"The most common residence in Canada is a wood structure, and they're made now of much thinner materials and burn much faster," Lawson said.

He said the fires are still the same fires, but the results are much more severe.

"How sad is that? That's where you keep the things that matter most to you, your prized possessions, your loved ones. It's all in your home," Barwell said. "Everything you work for is there. And that's where the fires are."



THE CANADIAN PRESS/FRANK GUNN

Firefighters put out a house fire on Friday, Jan. 29, 2021. The fire ripped through a home near Gerrard Street East and Coxwell Avenue, killing four people. The OFMEM found there were no smoke detectors in the house.

Quake death toll in Turkey and Syria passes 11,000

Carter Roy
News Reporter

The Canadian government said on Wednesday it would match donations up to \$10 million to help rescue and recovery efforts after a deadly earthquake this week in Turkey and Syria.

“The people of Turkey and Syria need our help and I know Canadians are stepping up. We are too. Between Feb. 6 and 22 we are matching your donations to @Red-CrossCanada’s Earthquake Turkey and Syria appeal up to \$10 million,” Prime Minister Justin Trudeau said in a tweet on Wednesday.

The \$10-million figure represents an “initial” response, as “Canada is currently conducting a ‘needs assessment’ to determine what the next steps should be,” said International Development Minister Harjit Sajjan as he left a cabinet meeting in Ottawa on Tuesday.

The earthquake, which hit on Monday morning, had a magnitude of 7.8 hitting southeast Turkey and Syria. Later that same day another 7.5 magnitude earthquake struck.

As of Wednesday, the death count had reached at least 11,000.

More than 100 aftershocks were recorded during the day and a half following the quake, including its highest aftershock at a magnitude of 7.5, as reported by CNN.

About 23 million people, including around 1.4 million children are likely to have been impacted, according to the World Health Organization.

Those affected are staying hopeful.

In one video posted by the BBC people changed “God is good” when a family of two adults and four children were pulled from rubble in Idlib, Syria.



AP PHOTO/HUSSEIN MALLA

People pass a destroyed building in Iskenderun town, southern Turkey. An earthquake hit Turkey and Syria early Monday, toppling hundreds of buildings and killing and injuring thousands of people. The Canadian government is matching donations up to \$10 million for recovery efforts.

Turkish President Recep Tayyip Erdogan has declared a three-month state of emergency in the country’s 10 southern provinces hit by the quake, Global News reported.

Rahul Singh, the executive director of the disaster relief charity GlobalMedic, which is based in Toronto said his group “is working on deploying two teams:

one to find and rescue survivors out of debris, and another to help distribute essentials like makeshift-housing, toiletries, water and food,” Global News reported.

Istanbul’s stock exchange operator suspended trading for five days and announced that all trades that took place on Wednesday would be canceled because to the

earthquake.

“Due to the increase in volatility and extraordinary price movements after the earthquake disaster, in order to ensure the reliable, transparent, efficient, stable, fair and competitive functioning of the markets, Equity Market and Equity & Index Derivatives in the Derivatives Market have been

closed,” Borsa Istanbul, the Stock Exchange Operator, said in a statement on Wednesday.

Foundations like Unicef Canada and Doctors Without Borders are asking for donations to help the people of these countries. Canadians wishing to donate can go to their websites, where donations are being accepted.

Tamils protest mistreatment on Sri Lankan Independence Day

Sabrina Soosaimuthu
Senior Reporter

Sri Lanka celebrated its 75th anniversary of independence from Britain on Feb. 4, but while this is a joyous event for the country, the minority Tamils see the day as representing the violence and inequality they continue to face to this day.

The Tamil Guardian reported Tamils in Jaffna, Sri Lanka, named the anniversary as “Black Day,” as Tamils protest military occupa-

tion and their lack of basic rights.

The protest began at the University of Jaffna on Feb. 4, where black flags were raised across the University’s campus to mark Black Day. Storefronts across Jaffna were closed for the day, according to the Tamil Guardian.

The protest continued from the north to east of the country until it ended on Feb. 7 in Batticaloa, which is in the Eastern province.

Protesters were seen demanding justice for enforced disappearances, an international investiga-

tion into the Tamil genocide in Sri Lanka, and the release of all political prisoners, alongside a number of other requests.

Gary Anandasangaree, a Liberal MP for Scarborough-Rouge Park, spoke in the Parliament on Feb. 6 telling the House that in order for Sri Lanka to reach its potential, there needs to be accountability for the horrors committed, a reduction in militant supervision, and self-determination must be given to the Tamil people.

“Sri Lanka must deal with its

demons,” he said. “The island must reduce its bloated military spending, address accountability for its atrocities committed, recognize the Tamils’ right to self-determination, and be a country governed by the rule of law.”

Bruno Swampillai, a Scarborough resident, said for there to be equality in Sri Lanka, Tamils should be given the ability to govern the Northern and Eastern provinces.

“Accept Tamil people need the same rights in Sri Lanka like

everyone else, we should be able to govern the north to east,” he said.

Pearl Action, an organization which promotes the human rights of Eelam Tamils, released a statement on Feb. 8 surrounding the protests in Sri Lanka.

In its statement, they supported the Tamil protesters who are being faced with intimidation from Sri Lanka’s security forces.

To show support for the Tamils in Sri Lanka, Tamil Diaspora in England and Australia held mass protests to mark “Black Day.”

Unravelling a historic food price increase

Daryna Vieniortseva
Senior Reporter

Annual price increases for food purchased in stores rose by 11.4 per cent in September 2022, the fastest pace since 1981 according to Statistics Canada.

The Food and Agriculture Organization of the United Nations (FAO) claims this is the highest food price increase in the world since July 2011. The main reasons for this are climate change, politics, inflation and pandemic disruption.

Days of extreme heat and heat waves are increasing in almost all land areas, and destructive storms are becoming more intense and frequent in many regions, according to the United Nations.

One example of this is Brazil, which is the world's largest exporter of coffee, sugar, soy, and beef, according to the International Monetary Fund.

The droughts Brazil faced in 2021 were the worst in 91 years, the Electricity Sector Monitoring

Committee said, and a huge decrease in grain cultivation was caused by the lack of rain.

Ivan Nechet, a Ukrainian grain inspector whose family has spent their lives growing wheat, corn, and sunflowers, said that his country also experienced weather changes.

"We had floods in 2021," he said. "The water washed all the grains out of the ground in my parents' field, and we suffered great losses. We can't predict the weather because in 2020 we had a drought."

Rising temperatures, longer growing seasons, changing precipitation patterns, and increased frequency and intensity of extreme events due to climate change will bring challenges to Canada's agricultural sector, according to the Canadian government.

According to the Global Supply Chain Pressures index, pandemic supply chain disruptions still have an impact on prices.

Gunter Ortwig, a restaurant chef from Germany, said that his restaurant had to increase prices to

continue its existence.

"The pandemic period was hard; we lost lots of customers and to survive with all of these price increases, we also raised the prices for the whole menu," Ortwig said.

He said businesses had losses not only because of fewer customers, but also because of workers who couldn't work due to COVID-19 or tried to find other jobs.

"We lost many workers during the pandemic and consequently lost money to teach the new ones. I think all spheres had the same problem, so prices rose in general," the restaurant chef said.

Another reason for price increases is that companies that have decided times of crisis are a good time to raise the cost of their services, Ortwig said.

"Many companies speculate on the topic of war to increase prices because they think that it is a good reason and they want to increase their income," he said. "I read that the government is going to look into whether companies had reasons to raise their prices or if they only care about profit."

According to the Federation of German Consumer Organizations (Verbraucherzentrale Bundesverband, or VZBV), some food price increases are neither justified nor understandable. The VZBV added the German government plans to check whether companies are using the situation to improve their earnings.

Annual inflation in the euro area of 19 countries reached a record high of 10.6 per cent in October, according to the European statistics office Eurostat.

The average inflation rate in Canada in 2022 was 6.8 per cent (two times higher than in 2021), according to the consumer price index published by Statistics Canada.

Tetyana Davidova, a Ukrainian woman who moved to Canada eight months ago and works at a Toronto supermarket, said she noticed the price changes.

"As I see it, prices are changing once every two months for most items plus one dollar," she said.

"In the supermarket we have lots of groceries from Europe,

and I found my favourite Roshen (Ukrainian confectionery) chocolate bar, it costs 99 cents, but now the price is two times higher. In Ukraine, it costs seven hryvnas (25 cents); I miss such prices," Davidova said.

There are different predictions for food inflation in 2023. The World Bank expects global food prices to decrease by five per cent this year. However, the U.S. Department of Agriculture said an all-food increase of four per cent was likely, except for beef, pork, and fresh fruit.

The comparison between grocery prices in Germany, Canada, and Ukraine showed that Canada remains the most expensive.

A kilogram of whole chicken costs \$8.35 in Canada, five euros (\$7.30) in Germany, and 160 hryvnas (\$5.80) in Ukraine. Tomatoes cost 3.18 euros (\$4.64) per kilogram in Germany and \$6.60 in Canada. In Ukraine, a loaf of bread costs 20 hryvnas (70 cents) and in Canada, it costs \$4.29. A kilogram of apples costs 1.35 euros (\$2) in Germany and \$5.50 in Canada.



DARYNA VIENIORTSEVA

A shopper compares prices in the fruit sale section before putting items into his shopping cart in a Toronto supermarket. Food prices have spiked by record levels across the globe.



JOHN WONG

Immigration Minister Sean Fraser announced on Feb. 6, 2023 that the Canadian government would continue helping Hong Kong residents to come to Canada with looser policy terms.

Ottawa extends, expands HK lifeboat

John Wong
Senior Reporter

Hong Kong residents who completed their post-secondary studies in the past 10 years now have two more years to apply for open work permits.

Immigration Minister Sean Fraser announced on Monday that Ottawa is allowing Hong Kongers who graduated within the past 10 years from a post-secondary institution to apply for work permits in Canada.

Fraser said the federal government would also extend the application deadline for the program by two years, to Feb. 7, 2025.

The announcement came one day before a temporary scheme for Hong Kong residents was set to expire on Tuesday.

Fraser said the expansion is a

win-win for both Hong Kongers and Canada.

"It gives Hong Kong residents more opportunity to gain work experience in Canada," he said. "But it also allows them to support the Canadian economy by bringing workers at the time when we needed most.

"Canada will continue to support the many meaningful exchanges between Canada and Hong Kong while standing up for the people of Hong Kong," Fraser said.

Ottawa announced the special program in 2021, in response to Beijing's sweeping National Security Law imposed on the city in July 2020. The program includes a three-year open work permit and special pathways for permanent residency.

However, Humber News reported last week that some Hong

Kong residents in Canada are finding it difficult to stay in the country.

The program said Hong Kong residents can apply for permanent residency after working in Canada for at least one year and fulfilling the five-year post-secondary requirement at the time of application.

Although Ottawa has relaxed the requirement to apply for open work permits, Fraser said the five-year requirement for permanent residency remains unchanged as of now.

Non-profit groups said some might have to opt-out from seeking permanent safety under the existing requirement.

Those who graduated in 2016 and 2017 can fulfill the requirement for open work permits, but

not for permanent residency by the time they have worked in Canada for one year.

Anna Victoria Wong, executive director of the non-profit organization Community Family Services of Ontario, said the federal government's announcement was disappointing but has taken necessary steps to resolve some of the problems.

"We have provided the statistics clearly to the IRCC (Immigration, Refugees and Citizenship Canada) that most of the 2016 and 2017 graduates (find it) hard to get into other immigration pathways," Wong said.

"It's clear that they didn't react to our demands," she said.

Wong said while the new policy allows more Hong Kongers to come to Canada, it is not clear

whether they will be able to stay in the country as barriers to permanent residency pathways remain unresolved.

"I think this is incremental progress that more people become eligible for the temporary work permit," Wong said. "But I'm also concerned there will be more people stuck between the two doors as there are still many uncertainties unresolved after they arrive."

Fraser said the government needs time to examine whether there is any room for adjustment for permanent residency pathways.

"When we are dealing with permanent residency, we want to make sure we are creating pathways for people who are going to have the biggest impact on the Canadian economy," Fraser said.

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KRYSTAL YEUNG

The Canadian Olympic Committee announced that it will be ushering Russian and Belarusian athletes in domestically-held competitions from now on, yielding heavily mixed reactions.

EDITORIAL: Olympic Truce becoming vulnerable as IOC gates reopen

The Executive Board of the International Olympic Committee (IOC) announced on Jan. 25, 2023, that they are re-authorizing Russian and Belarusian athletes despite the continuing war in Ukraine.

The IOC called for the exclusion of Russian and Belarusian athletes from international competitions in a written statement on Feb. 28, 2022, shortly after the attack on Ukraine had just started.

The IOC said it was done to “protect the integrity of global sports competitions.”

The President of the IOC, Thomas Bach, said it was a protective measure “because of the deep anti-Russian and anti-Belarusian feelings in so many countries following the invasion.”

Above all, the IOC called for the ban because while Russians and Belarusians continued to engage in sports events, the invasion prevented Ukrainian athletes from competing, they said.

Since then, almost a year has passed and bullets and missiles continue to rain on Ukraine.

Despite this, the IOC reopened the gate for Russians and Belarusians to compete again. They said this was done under the desire to “unite the entire world in a peaceful competition.”

Athletes with Russian or Belarusian passports will be allowed to compete as neutral competitors under “strict conditions,” they said.

The conditions require these athletes to participate in competitions as neutral athletes without a flag, without supporting the war in Ukraine, and comply with all relevant anti-doping rules.

The IOC feels the condition of athletes not showing pro-war behaviour publicly separates governmental decisions from individuals.

Yet a recent survey from the Levada Center showed that only 17 per cent of Russians did not support the war.

The IOC wanted to make Olympic

sports into “a catalyst for mutual understanding in our society,” they said in *Olympism in Action*. However, the line between conversation and indoctrination is thin.

Ukraine’s President Volodymyr Zelenskyy said in his written statement on Jan. 27, 2023, that tyrannical governments always promote their ideological interests with sports.

Zelenskyy feels the president of IOC did not outline what he could do to protect sports from propaganda.

The President of the Russian Olympic Committee, Stanislav Pozdnyakov, said “in modern history, no attempts to boycott major Olympic events have ever led to the country winning” after Ukraine warned of a boycott of the 2024 Paris Olympics.

“We call upon our Ukrainian colleagues to abandon this line of boycotts,” he said.

There have been a number of Olympic boycotts in the past,

including 28 African nations skipping the Montreal games over apartheid in South Africa and the Moscow games in protest of the Soviet invasion of Afghanistan.

Worse still, sports has become a topic for debate on a diplomatic level.

Maria Zakharova, Russian Ministry of Foreign Affairs spokesperson, said on Jan. 27, 2023, that any attempt to exclude Russia from international sports because of their invasion on Ukraine was “doomed to fail.”

It was barely a week since the IOC’s re-introduction of Russians and Belarusians, but tension has been building up inside and outside the bubble of sports.

Alongside the changing power dynamics, athletes were not happy competing with Russians again.

Ukrainian former boxer Wladimir Klitschko said in his statement that he did not welcome “this monumental mistake.”

“The Russians are Olympic champions in crimes against civil-

ians,” Klitschko said. “They have their gold medal in deportation of children and rape of women.”

Athletes who are not from Ukraine echoed this sentiment.

Silver medalist of the European Figure Skating Championships from Italy Matteo Rizzo said, “we are happy with our competition right now.”

Olympic officials from Estonia, Poland and Latvia even joined Ukraine in threatening a boycott at the next Olympics.

The IOC responded to this potential boycott and said that “it is extremely regretful to escalate this discussion with a threat of boycott at this premature stage.”

They seem to disregard the opposition and insist on bringing Russians and Belarusians back for peaceful competitions.

But many still feel that peaceful competition does not happen when people feel disrespected, or when outsiders are trying to use sports as a political tool.

OPINION Giving priority to youth mental health



Sajel Mistry
Online / Photo Editor

2000 to 2021, there has been a constant downward trend in youth crime from the age of 12 to 17.

“From the ‘90s, it’s been fairly flat with maybe a slight decline,” said Tyler Frederick, a criminology professor at Ontario Tech University.

“But it does bounce around. So what I think that tells us is there are these periods where we might see some spikes or high-profile events. We might be in one of those moments right now,” he said.

Frederick received his PhD from the University of Toronto in sociology with a focus on crime and deviance. His research focuses on youth crime and mental health.

Statistics Canada indicates that while youth-related crime overall dropped three per cent in 2021, the violent youth crime category increased by six per cent in the same time period.

The sudden increase in youth offenders sparked the question of why this is even occurring.

According to the Canadian



FREPIK

According to CAMH, only one in five youth aged 12 - 17 years who need mental health services receive them.

Mental Health Association (CAMH), only one in five youths who need mental health services receive them. Greater emphasis on providing resources to youth from an early age could deter them from getting involved with the wrong crowd and engaging in violence.

There is a group of young people considered at risk of engaging in violence and can be defined by early risk factors, Frederick said.

He said they were people who started having trouble in school at a pretty young age, and already

showing signs of potentially dangerous behaviour.

“Those folks, if they kind of don’t get the supports they need, they’re the ones that are going to become young offenders, potentially,” Frederick said. “Then they’re likely to be, if certain pathways sort of get set in motion, likely to become adult offenders as well.”

Mental health care in Ontario is very underfunded, receiving only seven per cent of healthcare dollars, the Centre for Addiction and Mental Health (CAMH) found.

Barriers such as underfunding and mental health not being a priority can make it difficult for youth to address their issues early on.

This could potentially prevent possible bad decisions and outcomes later in life.

“We need to get better at that early intervention. If I was thinking about what I would like to see change in society, I think it would be to really improve our school-based supports, even starting in primary education,” Frederick said

The lack of mental health support and care for youth in Toronto may be a contributing factor to the recent rise in young offenders.

New headlines in Toronto show that people involved in criminal activity are getting younger. Multiple incidents were caused by perpetrators as young as 13 years old.

The youth crime severity index for Canada indicates that from

OPINION Students continue to put academic success above sleep



Maegan Lee
Op-Ed Editor



MAEGAN LEE

Humber College’s North Campus reopened its designated Sleep Lounge for students needing rest between classes to combat student burnout.

Students sacrifice sleep in order to finish their assignments on time, study for their tests, achieve good grades and have future career success.

Hustle culture emphasizes the idea that sacrificing sleep and self-care are required to succeed.

Danny Moriana, a biomedical engineering student at Toronto Metropolitan University (TMU), said sacrificing sleep is necessary to succeed, but it shouldn’t be the case.

“Especially during exam period, I like straight-up do not sleep for some nights,” he said. “I think that’s just the way it is, you just have to put in the time and hours.”

A report by the Public Health Agency of Canada said adults aged 18 to 64 are recommended to sleep seven to nine hours of sleep per night.

However, students like Moriana

are going to sleep at two or three in the morning and are only getting four to five hours of sleep each night.

Akash Grewal, a medical student at the Michael G. DeGroot School of Medicine in Hamilton, said he does not agree with hustle culture but that making small sacrifices is necessary.

“I feel like as long as you do other things, somewhere down the road that keep you on track. I think it’ll be fine,” he said. “Like, for example, I did sacrifice my sleep a lot of the time. But I made the

effort to spend time with friends, I think that kind of countered the burnout.”

Grewal said even though he didn’t sleep as much as he should have, getting good grades gave him a sense of delayed gratification.

Making small sacrifices in order to achieve his big goals, like getting into medical school, was his motivation, he said.

Sleep directly impacts one’s mental health, according to a study done by the Centre for Addiction and Mental Health (CAMH).

Having good sleeping habits can

lessen the effects of depression and can improve “the psychological well-being and quality of life,” the CAMH study said.

Although the study emphasizes the importance of sleep to students, achieving career success and socializing with their friends is more important.

“Those hours of, you know, hanging out with friends and doing things that are not school are a sort of relief,” Moriana said.

Despite the idea that hustle culture has a negative effect on people’s mental health, students

understand that many things take priority over sleep.

To mitigate the effects of the lack of rest and sleep students get, universities and colleges have created spaces for students to rest.

At Humber College, the student union, IGNITE, has reopened its sleep lounge after being closed for two years because of the COVID-19 pandemic.

Creating a safe space for students to go and rest in between classes, or before their commute home, is incredibly helpful and should be practiced at all schools.

Mental health care part of diabetes management

Alexa Gregoris
Senior Reporter

Holistic nutritionist Izzy Ansary said living with Type 1 diabetes while managing her mental health is a constant balancing act.

Ansary, now 29, was diagnosed with the disease at age 11 in 2004.

"I didn't know what it was," Ansary said. "When the doctor came in and let us know, my mom burst out into tears, and my mother is not a crier. So, I knew it was something serious."

Type 1 diabetes is a chronic autoimmune disease in which the pancreas cannot produce enough insulin to support the body's needs, the Juvenile Diabetes Research Foundation (JDRF) said.

The CDC said without insulin, sugar builds up in the bloodstream, which results in many high-risk complications of diabetes and damage to the body.

"Diabetes is a 24/7 disease, and you don't get any breaks, there's no vacations from managing your disease, and that constant burden of having to manage yourself is one of the biggest struggles that people living with diabetes experience," said

Amanda Hailman, JDRF National Manager of Mental Health.

The two most common mental health illnesses related to diabetes are depression and anxiety.

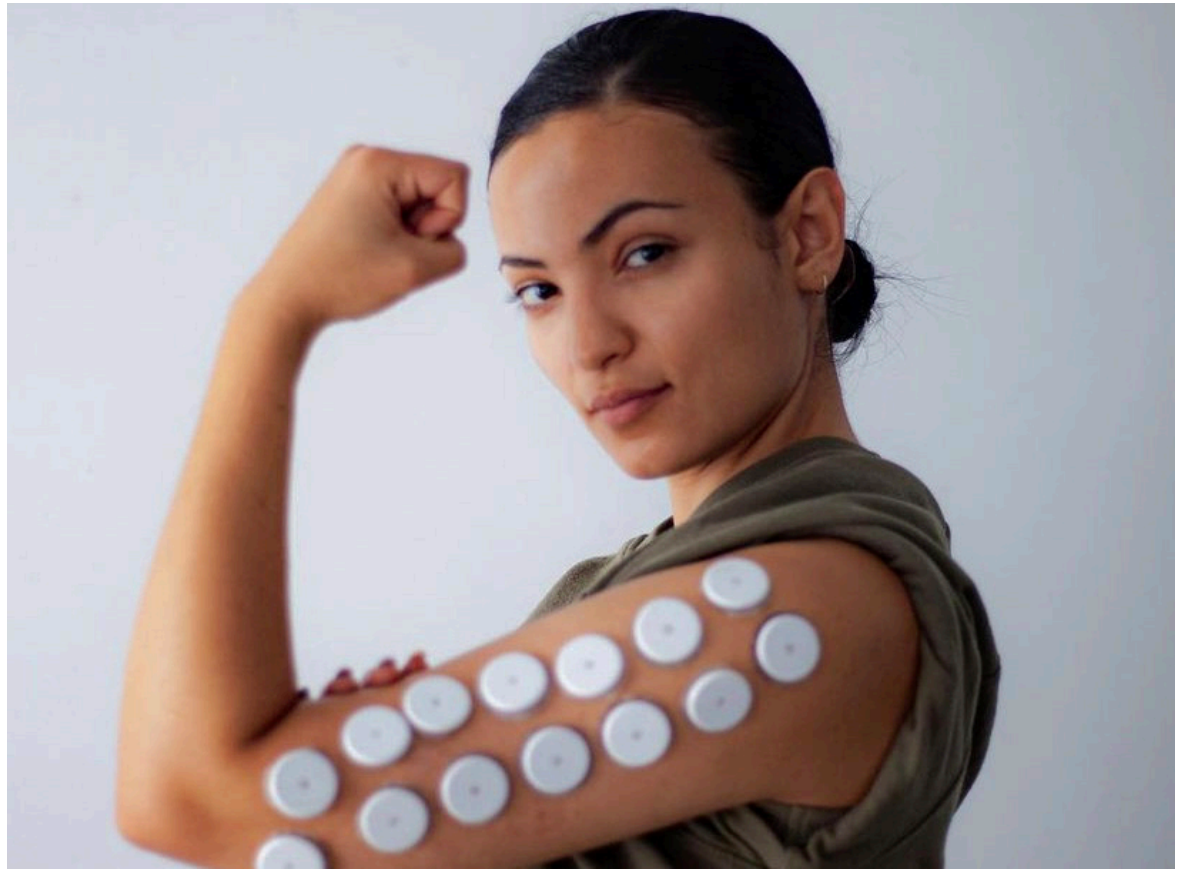
Tina Drossos, an associate Professor of Psychiatry and Behavioral Neuroscience at University of Chicago, said diabetics are 20 per cent more likely to be diagnosed with anxiety and depression than those without diabetes.

"Depression affects 1 in 4 people with diabetes. The prevalence rate of depression is about three times higher in patients with type 1 diabetes," Drossos said.

Hailman claims there is a term unique to mental health and diabetes called diabetes distress, which encompasses the powerlessness, stress, and guilt that comes with living with diabetes and the burdens of self-management.

"Up to 50 per cent of adults with Type 1 diabetes experience diabetes distress," she said.

Ansary said when her blood sugar levels go too low or too high, it feels as though her brain is not functioning. Many non-diabetics may not realize just how dangerous Type 1 diabetes can be and



IZZY ANSARY

Diabetes advocate Izzy Ansary said that diabetes is an invisible illness and people are quick to stereotype.

the importance of time.

"Anything can change in a matter of minutes, that's what I want people to understand," Ansary said. "We can change our moods, our sugars, our amount of urgency, everything in minutes."

She said that diabetes is an invisible illness and people are quick to stereotype.

She has been told she does not look diabetic because she looks

healthy.

Ansary said regardless of people looking at her diabetic technology — the insulin pump and the continuous glucose monitoring (CGM) device, the majority of people are still unaware of their purpose.

"People still think the pump is a pager, like people stopped using pagers in the '90s," Ansary said. "We're still out here advocating for

diabetes awareness and people still don't know what it really is.

"They're not really seeing how it's truly affecting us on the inside," she said.

Drossos said invisible chronic illnesses can be treated differently because other individuals cannot see the disease.

"When people cannot see the disability, they do not know it exists or even if they know it exists, they may assume it is not serious because it does not cause a physical disability," Drossos said.

Hailman said there is a stigma around diabetes, as well as mental health disorders, which can cause added hardships for those managing both.

She said balancing both invisible issues might keep diabetics from disclosing their conditions and seeking help from social services support or health care providers.

Ansary said even her family did not realize how much she went through on a day-to-day basis until she started her online platform, advocating across social media.

She said the more years that she lives with diabetes, the more she realizes how much of a mental impact it has and how important it is to speak to oneself with kindness and grace.

"We have a little bit of extra weight to carry, but that doesn't mean we can't keep going, you're just going to be stronger than the average person," Ansary said. "Although sometimes we make it look easy or like that it's not heavy, it doesn't mean it's not heavy, right? "And I can still carry it!"

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**WE ARE
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AGO showcases Black artists to celebrate Black History Month

Asma Sahebzada
News Editor

The Art Gallery of Ontario (AGO) hosted an artist talk on Feb. 4 to celebrate Black History Month.

This was the second event of the “Black Futures Month” program at the gallery, according to the AGO Insider.

The program kicked off with singing performances from RISE Edutainment artists on Friday, Feb. 3.

Saturday’s talk was organized by the gallery’s department of Arts of Global Africa and the Diaspora (AFGAD), which is managed by curator Julie Crooks. The department gives voice to Black Atlantic histories and incorporates both past and present works, according to the AGO Insider.

“Now in its second year, going into its third, it’s the AGO’s newest department or collecting depart-

ment so it represents a strategic collection building focus,” Crooks said.

Nine artists took the stage at the event and spoke to the crowd about their featured works associated with the department. Artists include Paul Anthony Smith, Jorian Charlton, Emmanuel Osahor, Isabel Okoro, Bidemi Oloyede, Sandra Brewster, Jan Wade, Preston Pavlis and Mordija Kitenge-Banza.

Emmanuel Osahor, the Toronto-based artist behind the oil paintings titled “I Have Been Thinking of my Father’s Garden” and “I Have Been Thinking of my Mother’s Garden” spoke about his inspirations for the two artworks.

When living in Nigeria, Osahor said his dad always talked about starting their own garden in their home, but it never ended up happening.

“It was always something we would talk about, like when I have

time or when I have enough money, we’ll dig up the ground and put in some compost and it’ll be great but it just never happened because there was never enough time,” he said.

Osahor’s two paintings are currently on display for the public on the fourth floor of the AGO.

A common theme among the artists who attended was their art as a symbol of their cultural and historical identity.

Sandra Brewster said she uses gel transfer images in her art to express her connection to her roots and her family’s stories from back home.

“I have always had this connection with this other place, Guyana, although I was born here,” Brewster said. “And so whenever I see these old photographs, they’re not just a simple picture but they’re related with all of these stories and this history and this past, whether good or bad,”



ASMA SAHEBZADA

The AGO has put on an exhibition for Black History Month.

She said her goal is to let viewers immerse themselves in her art.

“You want people to experience what you’re experiencing,” Brewster said.

Brewster’s large-scale artwork, “Untitled (blur)”, can be found on the gallery’s second level.

The AGO will continue

their Black History programs throughout the month with the next event featuring a performance from Canadian singer-songwriter Molly Johnson on Friday, Feb 10.

More information on the program’s schedule can be found under the programs and events calendar on the gallery’s website.

‘Love yourself’: Black Heritage Month event spreads positivity and self love

Sajel Mistry
Online Photo Editor

The Black Student Support and Engagement (BSSE) and First Year Experience (FYE) kicked off Black Heritage Month with the Love Thyself: Mind, Body, and Soul event at Humber College’s North Campus.

The event spread awareness and support for health and wellness resources within Black communities on Feb. 7, 2023, in the Learning Resource Commons (LRC).

“Today’s event is called Love Thyself. This is important because Valentine’s Day is glamorized as loving other people, when really, especially during Black History Month, due to all the racial oppressions and things that happen in Black history, it’s important to love. Love yourself,” said Tenisha Noel, an organizer with BSSE.

Vendors set up their stations showcasing the services and resources available to students. Various tables had small activities for students to

enjoy, such as soap-making. Complimentary Jamaican patties and fruit were also handed out.

Attendees were given bracelets upon arrival, with ‘Black History Month’ printed on them in red, yellow, green and black.

Alonzo Lee-Abbey, a health promoter, shared information regarding his booth. It showcased the peer and wellness coaching resources that are open to students.

“Peer and wellness coaches are students who do one-on-one coaching sessions virtually. It’s focused on different specialties, such as wellness, and relationships and we also do workshops,” Lee-Abby said.

Vendors spoke about what the Love Thyself event meant to them. “Today is definitely really

important because it brings everybody together while also raising awareness and just spreading the love,” said Melany Palacios-Naranjo, a student advocate for Ignite.

Aashish Arora from First Year Experience (FYE) shared why he thinks it’s important to celebrate Black Heritage Month.

For a long time, a lot of voices around the globe have been stopped, he said.

“Everyone deserves the same type of respect and recognition. Everyone deserves that, and it’s important to recognize every single voice out there. Whatever wrong has happened in history, we cannot undo that. But we can at least do better for the future,” Arora said.

The event brought together students, staff, and allies on Humber’s campus, filling the LRC with positivity and black culture.

Hawi Tulu, a second-year journalism student at Humber College, said Black Heritage Month is about representation.

“Black history is important as a Black student. It’s a way of telling that where I come from matters,” she said. “So, having today to reflect on who we are and having showcases and remembering our history plays a good part in who we become in the future.”

“I think it’s really nice that to have a Black History Month where every Black student will get the chance to know where they come from and learn about themselves,” Tulu said.



SAJEL MISTRY

Two representatives gave a talk for Black Heritage Month at the LRC.



SAJEL MISTRY

Two organizers with BSSE stand at the register table at the Love Thyself: Mind, Body and Soul event.

Distance for Valentine's ... 'it sucks'

Humber News spoke to multiple couples in long distance relationships and found it takes a toll on the relationship, especially as Valentine's Day approaches.

Maria Kestane
Culture Editor

When Susana A. Arkarakas made the decision to give up on love following her divorce, the universe had other plans.

An aspect of those plans? More than 4,000 km of distance between her and partner.

"We've known each other for many years but our lives went in different directions," Arkarakas said. "He followed his passion and moved to LA as an actor."

The two recently reconnected through mutual friends and have been talking every day since.

Arkarakas said they have been planning for their first Valentine's Day since rekindling. She said her partner planned to fly to Toronto to see her, but at the last-minute, work will keep him in California until a couple of weeks after the day passes.

Until then, all the love celebrations for the two will be held virtually.

Whether it's a rain-checked dinner or a virtual date-night, Valentine's Day looks different for those celebrating from afar.

Folks in long-distance relationships are navigating the love-filled day as best as they can, considering roadblocks such as conflicting schedules or high travel prices.

Long-distance looks different for everybody. For some, it means requiring a plane ride to be able to see their partner.

For others, like Maria Guirguis, it's having her fiancé live in the same province, but with a three-hour car ride that separates him from her.

Even though the distance is manageable, she said it still takes a toll on the relationship.

"Sometimes it feels like you're putting a pause on your relationship until the next time you see each other," Guirguis said. "Long distance sucks."

For their first Valentine's Day last year, Guirguis and her fiancé, Mina, got the chance to spend it together in person.

This year is a different story.

"His work schedule is a mess and we don't know when he'll be able to



SHERIF LOUIS

Mina Ibrahim proposed to his girlfriend, Maria Guirguis, in August 2022. His family drove from Windsor, Ont., to Burlington, Ont., and stayed with her family for the weekend to celebrate.

come," Guirguis said. "I don't know when I'll see him next."

Even though the possibility of a virtual date presents itself, Guirguis said that life can get too hectic for even that sometimes.

For Tyler Nason and his partner, however, they're using the opportunity of a virtual date as something to make the best of an unfor-

Although they were still able to celebrate considering the circumstances, it just wasn't the same.

"I remember feeling pretty bad FOMO on Valentine's Day," Saleh-Briek said. "I would see people posting cute things and just feel kind of bummed that I can't be near my boyfriend and properly celebrate.

stand the benefits that come out of long-distance.

Guirguis said that not seeing her fiancé on a more frequent basis left her with no other choice but to have trust in their love.

"The level of honesty, communication, trust and commitment makes your relationship so much stronger in a much shorter time period than if you had the safety of seeing this person everyday," she said.

For others like Nason, he said time apart makes the time they do have together that much better.

"We know it's hard to be apart from one another, however it gives us more of an appreciation of our time when we are together," he said.

Although Arkarakas thought it was the end for her journey of love, she's sure that regardless of the situation she's in, the distance has offered more good than anything else.

"We have learned so much about each other, more in this short time than we would have in a typical relationship," she said. "I have never made a deeper connection with anyone."

Arkarakas said she's ready for this new chapter in her life, and is open to receiving all that the universe has planned for her.

"WE KNOW IT'S HARD TO BE APART FROM ONE ANOTHER, HOWEVER IT GIVES US MORE OF AN APPRECIATION OF OUR TIME WHEN WE ARE TOGETHER."

Tyler Nason

In a long-distance relationship

tunate situation.

"We'll probably order dinner and watch one of our favourite shows," Nason said. "I'll send him flowers and a little present."

Although couples try to make the best of it, virtual dates come with their limitations.

Lidia Abu Saleh-Briek recalls virtual Valentine's Days, when she and her now-husband were doing long-distance work for four years.

Humber rolls out multi-factor ID for logins

Alex Muzychko
Senior Reporter

As of Monday, Feb. 13, logging into Humber services may take a little longer than usual.

The College is requiring all students to set up multi-factor authentication on their mobile devices to help protect their personal information from being leaked or stolen by hackers.

"This service is able to block 99.9 per cent of account compromises," Michelle Moore Director of Technology Security and Project Management at Humber said.

"Account compromises happen all the time. We had over 250 student accounts compromised just last semester. So we want to make sure we do the best for our students to protect their accounts and their information."

Multi-Factor Authentication (MFA) will require students to enter a code generated on their mobile device in addition to their password when logging in to one of Humber's online services.

It is supposed to provide students with peace of mind that if their password has been compromised, hackers will not be able to access their account without this additional level of personal security.

"I didn't know about this new service until today, but I understand why the college is doing it," Ali Fazal, Media Communication Student said.

"Security is key, students' SIN numbers are on their Humber accounts and I'd hate to have that kind of information fall into the wrong hands," Fazal said.

However, despite the extra security, some find this new service a little inconvenient.

"If I sign into my email, I don't want to sit there and wait for a text on my phone for however long," Amie Chudnovsky, Media communications student said.

"It's never as quick as you want it to be at the worst times."

An email sent to students earlier this week gives further instructions on how to install this authenticator. Students are able to access their accounts with a verification code that can be found through the Microsoft Authenticator app. Once you log into the app it sends you a verification code through text.

TO bars ramp up for Super Bowl LVII on Sunday

Rheegan Goodale
Culture Editor

Chris Murie expects to serve over 200 pounds of chicken wings this upcoming Sunday.

Murie owns The Dizzy Sports Pub on Roncesvalles Avenue in Toronto, and is working in advance to prepare his Superbowl Sunday menu.

He said chicken wings are in high demand and pose an issue every year.

“You got to get your chicken wings in early,” Murie said. “So I’ll be placing my order this week, because if you wait until the weekend to order, they’re going to be all over.”

Murie isn’t the only one making plans for the big night. He said many bars are struggling to accommodate the demand for Super Bowl seating, and will require all hands on deck.

“We’ll have to be fully staffed,” Murie said. “We’re doubling it.”

Wayne Cowley has owned The Bottom Line Restaurant & Bar for 18 years. He said he expects his bar to be at full capacity, seating up to 280 guests this Sunday.

“We’re sold out,” Cowley said.

Cowley is an ex-NHL player. Regardless, he said Super Bowl



RHEEGAN GOODALE

Wayne Cowley once played as a goalie for the Edmonton Oilers. 18 years ago, he opened The Bottom Line sports bar.

Sunday is the bar’s biggest event of the year.

He said they are working with their sponsor, Molson, to attract new customers and bring the event to life.

“We generate advertising throughout the whole year to get prepared for the Super Bowl,” Cowley he said. “And we do a special menu just for the Super Bowl.”

This year marks the first restriction-free Superbowl since 2020. Last year, capacity and masking restrictions were still in place due to COVID-19 mandates.

“In my area alone, eight restaurants have closed and none have reopened,” Cowley said. “Before COVID, eight bars would close

and 12 would open.”

He said owning a larger bar has been both a blessing and a curse throughout the pandemic.

“My rent here is over 40,000 a month,” Cowley said. “Our landlords have been good to us, so we’re very lucky.”

Coming out of the pandemic, Murie said Torontonians are

looking for an excuse to celebrate. He said as a result, Super Bowl crowds will be extra large this year.

“People are just dying to cheer about something,” he said. “People are calling every day. They’ve been calling for two weeks, and we’ve been sold out for two weeks,” he said.

Cowley and Murie said they expect to turn many people away on Sunday.

Cowley said anyone without reservations will have to rely on last-minute cancellations, and even then, he said he has a waiting list.

“We’re just not even entertaining it,” he said.

To secure a spot at their favourite bar, Murie said Torontonians should look to make a reservation.

“If your spot is taking resos, which we’ve decided to do this year, go for it,” he said.

Murie said not all places will be taking reservations, though, and may operate on a first-come-first-serve basis. In those cases, he said it’s best to arrive around 4 p.m.

“Show up early, or send one person down early to scout out a spot and hold it for the rest of the group,” Murie said. “Let them hold the seat down for you and you’re good.”

Former Hawk Riley Ferrazzo signs with HFX Wanderers Football Club

Krystal Yeung
Sports Editor

Former Humber Hawks men’s soccer team member and Canadian defender Riley Ferrazzo will be living away from home for the first time.

He is getting mentally prepared to leave his family, friends, and girlfriend.

All of these sacrifices pave the way for a big milestone in his career, his relocation to Halifax for the HFX Wanderers.

This is his first contract with the Canadian Premier League.

“[This] is probably the hardest part for me,” Ferrazzo said. “But other than that, I think I’m ready for this decision.”

Ferrazzo, who played for Humber during the 2018-2019 season, is heading to Halifax in late February to embark on his journey with the professional club.

He said he was excited about the opportunity and the season ahead.

Ferrazzo said he chose to make the transition because of his coach, Patrice Gheisar.

Gheisar, who previously coached Ferrazzo with Vaughan Azzurri, took over the HFX Wanderers as the head coach.

“He asked if I wanted to come,” Ferrazzo said. “Without hesitation I said of course!”

He said some of his teammates from his time with Vaughan Azzurri, as well as the players he played against, will be joining the club as well.

“It’s like home away from home,” Ferrazzo said.

He said he wants to give a huge thanks to the Vaughan soccer club where he spent 12 years.

Ferrazzo said coaches like Carmine Isacco and Sergio De Luca put in the hours and worked with him, which has made him who he is today.

He said his new club managed his relocation, all he needed to do was get mentally and physically prepared. He wants to see himself grow as a person and as a player under this big change.

“Just being able to express myself and play with confidence,” he said.

He said his experience as a

Hawk helped him link with different people, and those people have supported him along the way.

“Mike Acquino from the men’s soccer team has done so much for me and believed in me,” Ferrazzo said.

He said the time he spent at Humber led him there and would put him where he wanted to be.

Head coach of Humber Hawks’ men’s soccer team, Michael Aquino, said Ferrazzo had been a star player who was talented and versatile at the college level.

Ferrazzo could serve in multiple roles with his high IQ, Aquino said. “I wish him all the best,” he said.

Ferrazzo acknowledges he has to “work very very hard and make a lot of sacrifices” to make himself shine on the field and progress in his career. He said he would like to climb the ladders and advance in the next four years.

“I would like to be at a higher level, maybe enjoying some trophies, or Premier League, or Canadian Championships,” Ferrazzo said.

He also said he wanted to go to



CANADA PREMIER LEAGUE

Riley Ferrazzo signed with HFX Wanderers after playing for Vaughan.

the World Cup.

“I know there’s a lot of work and time to put in to possibly get there,” Ferrazzo said. “It’s something definitely I would dream of.”

Aquino said Ferrazzo’s transition could motivate the current, or even future Hawks.

“It sounds a little bit cliché, but

you have to believe in yourself,” Ferrazzo said. “There will be times you will doubt yourself.”

Faith in oneself can fuel you to push through those moments, he said.

“It will get at least better, and closer to where you want to be, at minimum,” he said.



THE CANADIAN PRESS/FRANK GUNN

Toronto Raptors centre Khem Birch (24) was traded to the San Antonio Spurs before the deadline in exchange for forward Jakob Poeltl. The team has established themselves as sellers.

Raps sell, Leafs look to buy ahead of deadline

Rheegan Goodale
Cultural Editor

As the winter doldrums kick in, Torontonians are locking into their sports.

Seasonal attention has invited speculation into Toronto teams' upcoming trading decisions. Specifically, the process of becoming a buyer, or a seller, during the annual trade deadline frenzy.

As the NHL and NBA trade deadlines approach, the two Toronto franchises are taking very different positions.

Blake Murphy, a Raptors analyst and co-host of Drive Time on Sportsnet 590 The FAN, said the Raptors will be sellers this year.

"It's time this year to just sell," Murphy said. "Not tear the whole thing down, but try to get back to a competitive point for next year and retool."

The Raptors won their last championship in 2019, and many of those players still remain with the team. Murphy said while this group has proven they can be winners, they haven't been clicking this year.

He said the Leafs, on the other hand, are feeling the pressure to add to their existing squad.

The Leafs have not made it past

the first round of playoffs in nearly 20 years, and have not won a Stanley Cup since 1967. They currently hold the record for longest Stanley Cup drought in NHL history.

Nick Alberga, who has been analyzing and covering the Toronto Maple Leafs for more than a decade, said they feel pressure to win, from the fan-base and ownership alike.

"The urgency is there," Alberga said. "So they're a perfect example of a team living in the now, who have to put pressure on themselves to win."

NHL teams can continue trading until March 3, but Alberga said the Leafs have established themselves as buyers. He said a number of key players and their contracts will come to an end in the next few years, so the time is now.

But others offer slightly different perspectives.

Ryan Kennedy, editor-in-chief of The Hockey News, said there may be less of a rush.

"[The Leafs] have a pretty big window open right now," Kennedy said. "They're going to be good for a pretty long time. It's just a matter of how good, exactly."

Kennedy said making big, substantial trading moves is difficult

"IT'S TIME THIS YEAR TO JUST SELL... NOT TEAR THE WHOLE THING DOWN, BUT TRY TO GET BACK TO A COMPETITIVE POINT FOR NEXT YEAR"

Blake Murphy

Raptors analyst, Sportsnet 590 The FAN

lost a significant amount of money during the COVID-19 pandemic, which has made the past few trading seasons difficult for buyers.

"We've called it a dead cap era, or the flat cap era, where not much is happening," Alberga said. "If

you're a contender, you want to have the best players available, but a lot of teams are really handcuffed, hardcore."

The NBA doesn't have the same restrictions when it comes

to trading, Murphy said their salary caps are riddled with loopholes.

"The NHL has a cap that you under absolutely no circumstances can go over, whereas the NBA has a salary cap, but there are all these loopholes to go over it," Murphy said. "That's why you see teams with ridiculous payrolls and luxury tax bills."

The evidence is in the money. Alberga said the Edmonton Oilers' Connor McDavid is the NHL's highest-paid player, cashing in at \$12.5 million. In stark contrast, the NBA's highest-paid player, Stephen

Curry, will earn a whopping \$48.1 million salary this year.

Murphy said as a seller, future value is at the forefront of the team's decision making. Even though NBA salary caps are convoluted, he said selling ultimately risks the team's future success.

"The Raptors want to be back in the playoffs next year, but they're selling this year," Murphy said. "It's hard to picture trading one of their core players, and then somehow finding something better for next year."

After the 2019 season, where they achieved the league's second best regular-season record, Murphy said the Raptors are hoping to return to the playoffs.

Murphy said in order to achieve this goal, the Raptors will have to make some moves. He said he would be surprised if they didn't trade this year.

"I think there will be a trade or two," Murphy said. "My only real prediction on it is that it'll be busy."

Conversely, the Leafs' last win was more than five decades ago. Alberga said the Leafs' decision to become buyers will add players this year.

"Without question, they're going to be very, very active," he said. "The pressure is on."

Volleyball coach Wilkins gets 400th win

Krystal Yeung
Sports Editor

Humber Hawks men's volleyball head coach, Wayne Wilkins, stood up from the bench as Humber was losing by seven points when playing the Mohawk Mountaineers.

He chanted and instructed his players on the side, only sitting back down only after the Hawks returned the serve.

"Of those 400, there's probably half of those [frustrating moments]," he said.

Wilkins hit the benchmark on Feb. 5, 2023.

He achieved this with the Hawks scoring 3-0 against Sheridan College. He is the second coach to hit 400 in Humber's history.

Wilkins said in an interview that it took a village to get to that milestone.

"I give all the credit to the administration here in Humber and my family," he said. "Also, to [Doug] Fox, who hired me on this journey."

He gave special thanks to the players he has worked with throughout the years.

Wilkins said he has been here with Humber Athletics since the '90s.

His former coach invited him to rejoin as an assistant, Wilkins said. The opportunity to be head coach came after a few seasons.

Opportunities from other organizations came to him along the way, but he stayed, Wilkins said.

"I knew what we were building here, definitely until we won a national championship, we had no intention of leaving," he said.

Invitations knocked on his door again after winning the 2012 CCAA National Championship title, Wilkins said.

He stayed, however, because he "enjoys the blue, gold, and white," he said.

"Humber has sort of been a family for me," he said. "It's hard to leave your family, right?"

He wanted to see how players grew over the years, where Humber Athletics could lead them, he said.

It took a lot of labour to get where the team is today.

He said the experience of losing several matches in the first semester emphasized the importance of not being too controlling.

The team lost 75 per cent of their offense after having two players graduate, he said.

He realized that any team who experienced such a change would need time to rebuild, and the process can be painful.

Wilkins worked hand in hand



KRYSTAL YEUNG

Wayne Wilkins (right) gave instructions to captain Jake Gomes during the timeout session in the game against the Fanshawe Falcons on Jan. 19.



KRYSTAL YEUNG

Humber Hawks men's volleyball team celebrates on Jan. 26 with their coach Wayne Wilkin for his coaching career's 397th win.

with the players and improved a lot in the second half of the season, he said.

In his 400 wins, he witnessed lots of player transitions.

He said one of their objectives was to "help them transition from young men to men outside of the school [with] full-time jobs and paying taxes."

"I reminisce watching some of these kids when they were baby faces, and then when they grad-

uated, they got these full beards," Wilkins said. "I think to myself, we have had a huge impact, not just on the court, but also off the court."

Middle blocker Maximum Crowder said Wilkins emphasized to players the importance of evolving into their mature self.

"He's teaching us to grow from boys to men so that one day he can retire knowing we're smart tax paying citizens," he said.

Crowder and captain Jake

Gomes both said Wilkins was a coach who was authoritative, fatherly, and friendly.

Crowder said Wilkins wouldn't push athletes by yelling at them, but instead, he gives the players small critiques to make them better.

Gomes said Wilkins was a fatherly coach to him.

He said Wilkins was the person he would go to for mentoring. Wilkins would spend hours to talk

to him about life, which made Wilkins feel like his second father.

Going forward, Wilkins set eyes upon adding to his 400 wins.

"We would love nothing better than to win the national championship at home this year," he said.

He said he knew their road to the throne was long and uncertain.

"Whether they win or they don't win, what I can tell you is, they are going to work their butts off," Wilkins said.

HAWKS' COACH SMASHES 400 MARK



KRYSTAL YEUNG

Wilkins gives instructions to the Hawks men's volleyball team during a timeout in a match against Fanshawe Falcons. He is the second coach to hit 400 wins in Humber's history.

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