

## WOMEN'S VOLLEYBALL ON 10-0 STREAK P.8

Humber Hawks women's volleyball team defeated the Niagara Knights to earn their 10th win of the season and continue their perfect record going into the last game of the semester

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PALESTINE LEADS  
DOWNTOWN  
PROTEST  
P.2**



**ABORTION  
PROTEST AT  
HUMBER NORTH  
CAMPUS  
P.3**







AYESHA BARAKZAI

Protesters march advocating for a permanent ceasefire in Gaza. Bombing resumed Friday morning after temporary seven-day ceasefire expired.

# Toronto 4 Palestine leads protest for International Day of Solidarity

**Ayesha Barakzai**  
News Reporter

Hundreds of protesters from Toronto and across the Greater Toronto Area (GTA) gathered early Wednesday afternoon at Yonge-Dundas Square across of the Eaton Centre.

The protest called for a permanent ceasefire in Gaza, along with ending the siege in Palestine.

The advocacy group Toronto 4 Palestine led the protest, and were joined by other movements such as Women Movement 4 Palestine (WM4P), and Toronto Indigenous Harm Reduction.

Despite the snow and the cold weather that dipped into the negatives, people stayed at the demonstration, showing support and solidarity for the people of Palestine.

"I have to be there. It's not really an option for me," said Lara Elmistikawy, a Palestinian-Egyptian protester.

Lunamar Morena, a young pro-

tester, joined the protest accompanied by her supervisor from work.

"We are privileged to be here protesting now," Morena said. "Not everyone has the power to come by themselves, so we wanted to raise the voice for those who are no longer with us."

Protesters could be heard shouting chants during a two-hour march from Yonge-Dundas Square, through area streets and then returning to the square. There were phrases such as "Free, free Palestine," "End seize on Gaza now," and "From the river to the sea, Palestine will be free."

Midway through the protest, organizers led the protesters on a walkout through the streets of downtown. People ended up in front of the Scotiabank Plaza at 40 King St. and the intersection of King Street West and Bay Street.

Scotiabank was called out for supporting the genocide, as it had invested half a billion dollars into an armed company called

Elbit System. People were being advised to boycott the financial company for its actions in supporting war crimes.

The United Nations called for the observance of the Interna-

tional Day of Solidarity with the Palestinian People in 1977. It has since been celebrated annually.

The protest lasted about five hours, ending in the late evening back at Yonge-Dundas Square.



AYESHA BARAKZAI

## ETC •

Humber Et Cetera is the Humber College journalism program laboratory newspaper.

It is created by 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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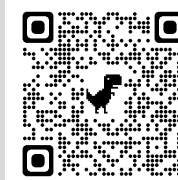
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# Anti-abortion activists protest at Humber

Asher Klaver  
Politics Reporter

The anti-abortion activist group Canadian Centre for Bio-Ethical Reform (CCBR) held a demonstration on Tuesday at Humber College's North campus.

The group was founded in 2001 and modelled after the Centre for Bio-Ethical Reform, an American anti-abortion protest group.

Protesters lined up between the bus terminal and the main entrance at Humber's North campus with graphic signs depicting aborted fetuses.

Christina, who declined to share her last name due to backlash, said she was there to create a dialogue about abortion and the "killing of innocent lives."

"We're here for human rights," Christina said. "[Abortion] is happening to 300 babies every day."

According to the Canadian Institute for Health Information, 87,485 abortions were reported in hospital and non-hospital settings in 2021, averaging just below 240 per year, with about 40 per cent happening in Ontario.

"I think an alternative to abortion could be various things," Christina said, citing adoption as an option.

According to the Children's Aid Foundation of Canada, Canada



ASHER KLAVER

A "pro-life" counter-protester standing up for abortion rights at Humber North Campus outside the LRC.

currently has 63,000 parentless children in care, with 30,000 available for adoption and only 2,000 adopted each year.

Christina is not registered to adopt and did not indicate that she would be willing to do so.

"If we look back on history, we said in order to have human rights, you needed to be human plus white, and we see the discrimination against people who are Black or human plus non-Jew. What happens?" Christina said. "Discrimination."

Christina claimed she wasn't

arguing an equivalency between race and the status of a fetus.

"I'm not saying they're equivalent," she said. "They're equivalent in the sense that they are both ways of discriminating"

Two counter-protesters sat on a bench nearby with signs. They said they believe abortion is a human right and, as women, it is important to fight for their human rights. One counter-protester held a sign that read, "Don't say you're pro-life if you only value certain lives."

Christine De Vuono, a spokesperson for the Abortion Rights

Coalition of Canada and mother, is very critical of the tactics and message of the CCBR and does not think targeting school campuses is ethical.

"[Students] are going through their day and not even thinking about [abortion]," De Vuono said. "They're worrying about an exam or worrying about getting groceries. I find it quite disrespectful to people."

De Vuono is also skeptical of the images that CCBR uses on their posters.

"Some of them I'm looking at

and thinking, 'that's a much older fetus,' and it's dubious where they get their pictures from," De Vuono said.

De Vuono is also unclear on whether or not human rights are an issue in the debate. She cited the Canadian Human Rights Act, saying that all individuals should have an opportunity to make for themselves the lives that they wish to have without being hindered by discriminatory practices.

"According to [Canada's] Human Rights Act, no individual can infringe on the rights of another person," De Vuono said.

CCBR has compared abortion to the Holocaust and lynchings, as well as other genocides, often using images of mass graves for their messaging and graphic imagery of abortions in public areas.

Co-founder of the CCBR, Stephanie Gray, compared her views to that of Martin Luther King Jr. when speaking to *The National Post* in 2013, saying that CCBR was using extreme tactics to reach a political end.

De Vuono was shocked by the comparison that the CCBR made of themselves to civil rights leaders.

"To compare abortion to that really strong and complex series of rights movements is trying to hack into other people's nobility and honesty," De Vuono said.

# Toronto steps back from Ontario Place development

Jeferson Quiros-Vargas  
Social-Justice Reporter

Ontario Premier Doug Ford announced on Monday that the province would take control of the Gardiner Expressway and the Don Valley Parkway (DVP) from Toronto.

The announcement comes after a deal was made between the province and the city. Toronto promised to stop interfering with the Ontario Place Revitalization plan.

Ford said the deal will provide Toronto with up to \$1.2 billion in operational support for the next three years.

Ford also said uploading the Gardiner and the DVP would save the city \$7.6 billion in capital relief.

"Anyone thinks that I want the DVP and the Gardiner, no I don't. But that is our responsibility," the premier said.

Under the deal, the city let the province take over responsibility for all of Ontario Place. The city owned a small piece of the park. This arrangement allows the province's redevelopment to continue.



THE CANADIAN PRESS/CHRIS YOUNG

Mayor Olivia Chow said the move would save the city billions.

"By uploading the Gardiner and DVP, the city will be able to spend billions more on affordable housing, fixing transit and building communities," Chow said. "This deal means that we can

do more for people."

Shelly Carroll, Toronto's budget chief, said the deal will allow the city to "breathe a little."

Chow was insistent on the "need [for] the federal government to step up and join us.

"When all levels of government

work together there is so much more we can do for the people of Toronto," Chow said.

Toronto is facing a budget deficit of \$1.5 billion which has to be balanced by Feb. 1.

Norm Di Pasquale, the co-chair of Ontario Place For All, said he

wonders why the premier is so determined to transform the park.

"I question why Ford continues to pursue such an unpopular project in the face of viable alternatives offered by the City of Toronto," he said. Chow was highly vocal about finding alternative solutions to building the Therme spa during her mayoral campaign.

Last June, Chow said she thought the plan was "headed in the wrong direction" and wanted to find common ground.

"The land belongs to the provincial government and we do not have the authority to stop the development," the mayor said.

Ford had also made it clear that if the deal had not gone through, the party was ready to exploit the land from the city.

Emmy Egulu, a member of Ontario Place For All, said they will keep up with their demands.

"[We] demand that the government halt its demolition activities to ensure the environmental impact of this proposal can be fully understood," she said.



## EDITORIAL

# Social media's negative impacts on mental health

The negative impacts on mental health is increasing along with the rising use of social media. Social media can make people feel sad, anxious, and like they're missing out on things. It can be toxic.

The barrage of incorrect and emotionally destructive statements surrounding a baseless rumour surrounding a Chicago Blackhawks player is but an example of the toxicity.

People are also constantly comparing themselves to others and trying to change themselves to fit in.

Studies have shown that the more time one spends on social media, the worse their mental health becomes.

According to a study by the National Library of Medicine,



UNSPASH/CAMILO JIMENEZ

while social media activity has positive effects on users, such as self-expression and community-building, it also has negative outcomes.

These effects include heightened

anxiety and depression, sleep disturbances, exposure to bullying, and concerns about body image and FOMO (fear of missing out).

These strong feeling can disturb sleep, which is essential for

the body to rest and recover. It's important to be aware of how social media affects feelings and sleep and try to find a balance that helps people get the rest their bodies needs.

Moreover, this study highlights the negative impact on sleep patterns, with nighttime social media usage linked to delayed sleep and poor sleep quality.

While social media can be used to connect people wherever they may be, it can also make it harder to escape hate and bullying.

A recent case was from India where a 16-year-old queer makeup artist killed himself after not being able to bear hateful comments on his Instagram.

Priyanshu Yadav, known as Pranshu, used to post makeup tutorials on his Instagram and

uploaded a reel on Diwali which got tons of hateful comments.

After not being able to tolerate such hateful comments, Pranshu hanged himself on Nov. 21, last month.

According to The Times Of India, the police have seized his phone to investigate further.

Even after his death, many people are posting hateful comments on his recently uploaded reel.

Social media such as Instagram, Twitter, and Facebook should be able to moderate such negative comments. This can help in reducing these cases and prevent mental health issues.

Social media should be able to create a safe space rather than a space that takes away a person's safety.

## OPINION

## There is a need for more queer representation in youth media



**Isabelle Ferrante**  
Sports Editor

Queer characters have been a part of the media since the early 1900s, but in the past few years, TV shows, movies, and books have made leaps in providing accurate, authentic representations of queer teenagers and young people as main characters.

Although there's been a rise in representation, we need more, especially for young people.

Children are exposed to television and other media from a young age and positive representation matters. Seeing themselves authentically represented in the media helps LGBTQ+ children and young people validate their experiences.

Queer characters on TV can provide respite, which is more impactful than many realize. A 2022 National Survey on LGBTQ Youth Mental Health said 89 per cent of LGBTQ+ youth reported seeing representation in TV and

movies made them feel good about being LGBTQ+.

Unfortunately, queer representations in the media are based on negative stereotypes or seen as token representations. It is when the LGBTQ+ character either doesn't play a notable role in the plot or doesn't have their identity meaningfully explored. This is generally done to placate the LGBTQ+ community, recruit their viewership and increase profits, usually based on queer-baiting.

Being surrounded by the expectation and general norms of heterosexual relationships in real life and the media doesn't allow young queer folks to discover themselves or see themselves represented in a positive light.

But now shows like Heartstopper, paint a much-needed authentic portrayal of LGBTQ+ individuals geared toward a younger audience.

Shows like that made me feel seen, which in turn helped me process my feelings surrounding sexuality.

Like many, the free time in lockdown had me thinking about it a lot, but I couldn't put what I was feeling into words.

That was until I watched Heartstopper.

The show is a Netflix adaptation of the graphic novel series written by Alice Oseman, telling the story of the main characters, Nick Nelson and Charlie Spring, as they



X/NETFLIX

Charlie Spring (left) and Nick Nelson are two lovers in Netflix's coming-of-age story called Heartstopper.

navigate their sexuality, crushes, friendships and high school.

Nick is a star rugby player portrayed as a stereotypical straight person. Throughout the show, he realizes he has developed feelings for Charlie and discovers he's bisexual.

When I saw his journey and the emotions he felt. The more I thought about it, the more I thought this was something I and so many others could relate to.

In an interview with NBC News, Kit Connor, who plays Nick Nelson, spoke about the type of show Heartstopper is and how it compares to previous attempts at

queer representation.

"A lot of queer representation over time, and currently, it's very dark and gritty and just an overwhelmingly pessimistic view," Connor told NBC News

"So, to have a show where it's just very positive, [with] a generally positive outlook on life and being a queer teen, I think that's an extremely important thing," he said.

"It's a show that younger audiences can watch with their family and their parents, and that can lead to very important conversations between parents and their children.

"I think that it just basically brings society steps closer to normalizing being queer," Connor said.

With Heartstopper filming the third and potentially final season, there is hope more shows like this will come from it because it not only assists queer teenagers in navigating their sexuality and gender identity healthily but also alleviates their feelings of isolation and contributes to the formation of a supportive community.

It also has power to humanize a marginalized community and dismantle harmful stigmas and prejudices.



## OPINION

# Barnes' improvement could be big for the Raptors



**Sam Belton**  
News Editor



AP PHOTO/DARREN ABATE

Toronto Raptors' Scottie Barnes drives around San Antonio Spurs' Keldon Johnson on Nov. 5 2023, in San Antonio

Since being crowned the NBA Rookie of the Year in his debut season in 2021-22, young Scottie Barnes has only gotten better.

The funny, goofy and talented Barnes is the third Raptors player in history to win this award.

Even during the 2021 Summer League when he first played for the NBA, his personality was already captivating people. Raptors Rupture said you couldn't not smile while watching him - and that was during a post-game interview.

Barnes has seen a jump in his point average from last year, from 15.3 to 19. He is directly competing with Raptors star Pascal Siakam as a shooter.

His improved shooting cor-

relates, at least partially, with a major increase in three-point percentage. He is scoring over 10 per cent more successful three-pointers this season.

With the Raptors being one of the lower-ranking teams for three-point percentage so far, they could use someone like Barnes.

The best game for Scottie this season showcased his three-point skills. On Nov. 5, he scored 30 points, 11 rebounds, and 6 assists against the San Antonio Spurs. He brought them back from

a 15-point deficit by the end of the third quarter, bringing the game to overtime and the Raptors to the victory. He scored five three-pointers during this game.

According to Raptors Rupture, a news and opinion site dedicated to the Raptors, head coach Darko Rajakovic said he was "blessed" to have Barnes as a player.

Further demonstrating his three-point strength, Barnes scored a successful three-pointer over Brooklyn Nets star Mikal Bridges on Nov. 28.

Scottie also has an immense talent for passing. He demonstrated this in a March 11, 2022 game against the Phoenix Suns. As Jae Crowder and Devin Booker converged on him to block a field-goal attempt, before they could block the ball, he passed it between them to a waiting Siakam without looking. Siakam then scored a two-handed slam dunk.

Showing his defensive skills, Barnes deflected a pass from Phoenix Suns star Kevin Durant on Nov. 29. Durant holds the sec-

ond-highest average number of points per game in the NBA so far this season - 31.4.

He has also blocked reputable players' shots - including those of Zach LaVine, Karl-Anthony Towns, and former Raptors star DeMar DeRozan.

Because Toronto only ranks 22nd of 30 teams in blocks per game, Scottie being the top blocker for the Raptors would help them as well.

His combination of three-pointers, assists, and blocks demonstrates his versatility.

In addition to Siakam, Barnes is slowly reflecting on the legacy of the Raptors' 2019 championship veterans, both still here and gone.

His statistics are akin to those of Kawhi Leonard during the 2018-19 season. In fact, Barnes is outperforming that season's Leonard in rebounds, assists, and three-point percentage.

Leonard is the superior shooter, but with him being an eight-year veteran by 2019, and Scottie practically still a rookie right now, the shortfalls are no surprise.

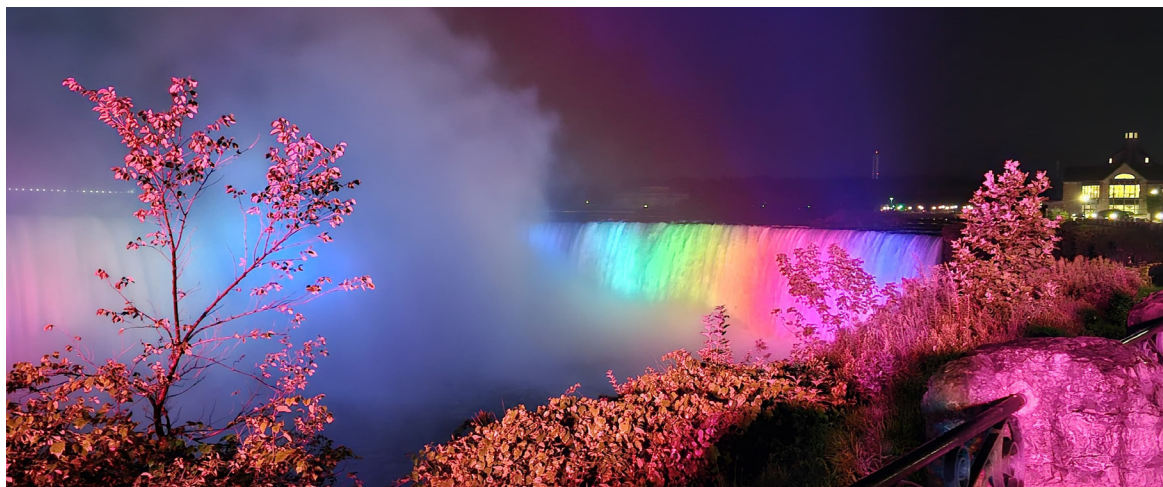
As a 22-year-old rookie of the year, Barnes will get better. One might predict the future, and identify Barnes as an up-and-coming legend.

## MY TALES FROM HUMBER

# There's more to being an international student than struggle



**Abhisha Nanda**  
News Reporter



ABHISHA NANDA

When I came to Canada a day before my birthday last year, I had no idea how this would change my life until the same day the following year.

I celebrated my birthday alone that day, jet-lagged, trying to fix my sleep schedule and not even realizing that it was my favourite day of the year. That day made me feel like I was going to be all alone till the day I was in Canada.

On my next birthday, I was at Niagara Falls, Ont., at 12:30 a.m. with a bunch of friends that felt like family.

I never knew these people before coming here, nor did I connect with them in an instant. It took time, and I felt alone, but it was all worth it.

The most important thing this country has taught me is to value people and relationships. When you leave the people you have lived

with your entire life and move to a new place to start from scratch, the only thing you want is that same connection again.

Because no matter how hard we try to hide it, this place starts to feel like home. And there is no home without family.

Before immigrating to Canada, I didn't think I had the maturity and sensibility to make and hold adult friendships. Because let's accept it,

none of us have time, and we are all struggling. But when you know that the person in front of you is feeling the same thing you are feeling, it gives you strength because they will get you.

This is the part of being an international student here that no one talks about enough. I think this country is not credited enough for the things it teaches you.

It teaches you no matter how

alone you feel, there is always someone out there feeling the same way.

I do have a few friends here that I knew from back home, some very close friends. If I wanted, I could have stuck with them forever. I would have never had to make new friends. But again, adult friendships are hard. No one has time.

I had to get out of my shell. I am generally an introvert around people, but those who are close to me know that I can be the loudest person in a room. I had to step away from being an introvert to building these new friendships.

So yes, another thing Canada teaches you is to step out of that comfort zone because it will not let you go anywhere.

So yes, this place does feel a little like home now, especially now that I have a second family here. But there is no home without teachings, learnings, and lessons.

Which is why I think this place feels like home now.



# Grief is a process, expert says

**Julia Vellucci**  
Social Justice Reporter

Registered psychotherapist Florence MacGregor believes that art is created as a response to grief and violence.

The former Humber theatre professor says grief comes in many forms, she said.

“A big aspect of the grieving process, which might be a long line, is this idea that we don’t feel like ourselves anymore, and that’s identity,” MacGregor said.

National Grief Awareness Week which runs Dec. 2 to Dec. 8 aims to provide a safe space for those who may be grieving a life transition or the loss of a loved one. It’s common, especially for students who are going through multiple life transitions to experience grief.

“We can grieve because we can grieve our childhood,” MacGregor said. “We go into our teenagehood and we can grieve when we were teenagers when we were kids. We can grieve in our 20s because we missed our teenagehood.

“The natural process of growing up means letting go, a big aspect of the grieving process,” she said.

Humber College student Adriana Tait went through a similar transition with grief. Tait grieved transitioning as a person

through Sheridan’s creative writing program and Humber’s media communications and journalism programs as she changed her mind about what she wanted to study.

“In high school, I knew I wanted to go into writing and then over time, I felt like I was being more and more in denial that that wasn’t really something that I was meant to do and that I wanted to do,” Tait said.

“I kind of felt like I owed it to my high school self to at least give it all that I got to make it into writing,” she said.

Tait said she evaluated where she was and where she wanted to go and realized she had been a lifeguard for six years, enjoys this field and is doing well in it, and is now enjoying studying Humber’s Recreation and Leisure Services diploma program.

“Being in a different program that is more removed from writing as the essential focus of my career, it kind of allows me to have that space where I can do what I enjoy at work while also maintaining that space of writing where I can be more passionate and individual with it,” she said.

MacGregor said grief is often about learning to take the best of what life has to offer and discard

the worst situations to become who we are meant to be.

“Going through adversity can make you a stronger person,” MacGregor said. “It can make you a hero for other people.”

Michelle Garibay, a college student at George Brown College, carries the grief of not belonging as a newcomer to Canada.

“Sometimes I still get that feeling, but at the beginning I remember when I went into any bus or streetcar, I was looking at the people and I was like, oh my God,

I feel like a complete outsider, like, I don’t belong here,” Garibay said.

“I didn’t feel a part of the life here and sometimes, I feel like I don’t belong here,” she said.

MacGregor said it’s normal for students transitioning to new surroundings to experience grief.

“Until you get used to this new life, there can be a lot of grief around—like leaving the house, leaving the home, leaving your family of origin, living on your own, there’s a lot of grief,” she said.

MacGregor’s solution for grief

is to have an outlet for it, instead of avoiding it. The former Humber College theatre instructor says that theatre gave her that safe space.

“It took me many years, like really birthing again who I was within the confines of the theatre and telling these extraordinary stories and just knowing from a very young age I’m a storyteller,” MacGregor said.

“[Grief] is a process,” she said. “It’s still really much like a never-ending thing. We carry our grief with us as we move forward.”



COURTESY/ FLORENCE MACGREGOR

An art piece titled Stillness, response to Florence MacGregor grieving her mother’s death in 2013.

## Humber music prof Grammy nominated

**Gabriel Noda**  
Entertainment Reporter

Humber music professor Hilario Duran nominated for 2024 Grammy for Best Arrangement, Instrumental or A Cappella for his song I Remember Mingus.

Duran, a Cuban musician who specializes in Latin music, has two Junos under his belt and was previously named Latin Jazz Artist of the Year by the Canadian National Jazz Awards. He told Humber News that he was shocked by his Grammy nomination.

“Can you imagine, for me?” he asked. “It was so crazy. I wasn’t hoping to get an award, but it is so important to me because this song is a tribute to one of the musicians that I most admire in my life, Charles Mingus. “Me being a Cuban, writing a tribute to one of the greatest musicians of the 20th century,” Duran said. “I am extremely happy because of this.”

Duran said he is fascinated by the way Mingus, who died in 1979, composed music and his ability to improvise and interact with musi-



COURTESY/ HILARIO DURAN

Hilario Duran teaches music at Humber’s Lakeshore campus. He is nominated for a Grammy Award for his arrangement I Remember Mingus.

cians. “For me, composing is always fun. I just imagine what I would write, you know, like colours,” Duran said.

The live version of “I Remember Mingus” showcased the horn section of a jazz band with trumpets and saxophones, highlighting Duran’s appreciation of jazz.

“I am so privileged that I got all

these great musicians on first call,” Duran said. “I am so blessed, so privileged to have this orchestra working for me. They’re great and they immediately got the intention and the sense of what I was writing.”

I Remember Mingus is one of nine songs on the album Cry Me A River. Duran said the album’s first track, Paca Por Juanito, is a rhythm

created by guitarist and musical director Juanito Marquez. Marquez mixed South American and Cuban rhythms to create a sound popular in the ‘60s and ‘70s. Duran continues to work as a professor at Humber College’s Lakeshore campus while still making music. When his colleagues and students heard about his Grammy nomina-

tion, he was greeted with congratulations by all of them.

“I’ll be walking in the halls [everybody] saying to me, congratulations,” Duran said. “My students, they are so sweet. This is a happy time for me.”

The 2024 Grammy Award show will be live in Los Angeles on Feb. 4, 2024.



# Humber hosts eco closet market

**Eleanor Kate Iglesias  
Zainab Raza**  
*Entertainment Reporters*

Final-year Fashion Arts and Business program students hosted a Bazaar In Bloom event to raise money for Youth Without Shelter.

The free student-run event was held at Humber College North campus in the E-concourse, across from Gourmet Express Cafe between 10 a.m. and 4 p.m. on Nov. 30. The sale included affordable clothing, personal styling tips, visiting booths that had local small businesses, contests, complimentary gifts and giveaways.

Huma Aslam, the professor and organizer of the Bazaar In Bloom, told Humber News the event is part of the course curriculum.

“The objective of the course is for the students to organize an event and the fashion art business departments want to focus on sustainability, we have created another illustration of the Eco-closet event this year event is Bazaar in Bloom,” she said.

The students planned this event together to learn and show each other how to plan an event, Aslam



ELEANOR KATE IGLÉSIA

Bazaar In Bloom event by Humber College North campus Thursday.

said.

Clothes sold at the event were donated. Organizers placed donation boxes around campus, the athletics desk, the Office of Sustainability, and the Academic and Career Success Centre.

The prices for the gently used clothing ranged from \$5 to \$15, depending on the item. Cash was not accepted and customers who purchased a minimum of \$20 before tax received a recyclable tote bag.

Helen Essien, the inventory manager of Bazaar In Bloom, said her role included knowing the prices of each item.

Being part of the event had a big impact on her.

“This event means a lot to me because getting people to donate what is used and they don’t have to let it go just like that,” she said. “We have beautiful clothes and at the end of the day we are going to donate the clothes, and giving back to society means a lot to me.”

As a cashier, she saw how much was sold. Knowing that all the money will go toward a good cause, is a great feeling, Essien said.

Many students enhanced their sales experience by interacting with shoppers.

Allana Maniquiz, who took on the role of a stylist, said her goal was to help customers gain their sense of style.

“I’m very big on customer service [and] my focus is always on the customer’s wants and needs,” she said. “If I can help them in any way, even if they just try on something and don’t buy it, as long as they feel like they have been helped by me, that’s all I want.”

The event wasn’t just about fashion but also touched on mental health. The name and theme of the event focus on the beauty of nature to help uplift people’s spirits, Maniquiz said.

Other students who worked the event provided service on selling and trying on the preloved clothing.

Atinuke Osinada, the student overseeing the change rooms, said they were there to promote sustainable fashion and support small

businesses.

“I feel amazing and satisfied with myself knowing I have to power influence someone to help their fashion decision,” she said.

Since fashion is her passion, the event provided additional experience in retail, Osinada said.

Another eco closet marketplace will be held at the Lakeshore campus in March 2024.

IGNITE and the Office of Sustainability supported the event.



ELEANOR KATE IGLÉSIA

Atinuke Osinada organizes clothing.

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ISABELLE FERRANTE

The Humber Hawks women's volleyball team has been dominant so far, with a perfect 10-0 record and only dropping two sets. They hope to close out the semester on a high note.

# A perfect 10-0 for Humber volleyball

**Isabelle Ferrante**  
Sports Editor

Another game, another win for the Humber Hawks women's volleyball team as they defeated the Niagara Knights in three straight sets to extend their perfect 10-0 record to start the season.

Although they came into this game as the only undefeated team in the conference and only dropped two sets the entire season, they knew the fifth-seed Knights would be a tough opponent.

But that did not stop Humber's dominance whatsoever.

Head coach Chris Wilkins spoke about the team's mindset and game plan going into it.

"We needed to exert pressure," he said. "We needed to make them feel uncomfortable and put a lot of emphasis on that. We just wanted to stay focused no matter what the scores were. We wanted to stay at our level. And for the most part, we did that."

"Niagara is a good team and we just tried to not let them be a good team," Wilkins said.

Humber didn't waste any time to show the Knights just how good they were, winning the first two sets 25-12 and 25-17 with the dominance of left-side hitter Cassidy Andrews, who finished the game with nine kills and 10

attacks.

Reese Cholette, Hawks' left-side hitter, said the recipe to success against a team like Niagara is to focus on the game plan.

"Niagara is one of the better teams in our league, but it's always good to just play at our level and not stoop down, serve tough, pass well, do our thing, and hold each other accountable,"

Niagara hoped to come back in the third set to continue to the game, but once again, that plan was foiled hugely early on in the set by the impressive offensive and serving power of the Hawks.

The Hawks faithful watched in awe as the team earned point after point to pull together an incredible 15-0 run to start the third set. This impressive set was led by a serving masterpiece by fourth-year middle blocker Keyome Ellis, who earned three service aces and was Humber's player of the match.

Wilkins said he was impressed by her performance.

"Fifteen-oh is tough to do. Within those 15, those were all tough serves," he said. "I was impressed with her focus, and that's the true reason why she was a player in the game."

Ellis said that run gave her a needed boost after struggling with her serves since mid-October.

"This brought my confidence back," she said. "Just being able to

have the support and get my serve over and have my coaches behind me and everyone behind me just makes me feel really good because I was struggling."

The teams' motivations for being this successful are not just the powerful serves, sound defence, or unstoppable offence, but according to Ellis, it's the idea of using volleyball as an escape.

"Everyone on the team resorts to this team as a way of letting go of everything," she said.

"Whenever we got on the court together, we're a family and we think, whatever is going in the world, leave that out and we translate all the good on the court so we're able to come together be a great team, be a family and just play," Ellis said.

The Hawks hope to close the end of the fall semester on a high note with a home game against the second-seed St. Clair Saints on Dec. 3. Although it's going to be tough, Wilkins isn't stressed.

"Our goal is to make sure we're getting better every game, so whether we're 10-0 or 2-0, we just want to be better than the last game we played," he said.



ISABELLE FERRANTE

A powerful serving performance by the team helped push a 15-0 run to start the third set and win 3-0.



# Old home for Toronto's new hockey team

Luca Tersigni  
Sports Reporter

With exactly one month away from the inaugural game of the Professional Women's Hockey League (PWHL), Toronto's team is getting settled in its two homes.

Toronto's practice and home rinks have been named after a months-long search.

The league announced on Nov. 13 that the Ford Performance Centre would serve as their home practice facility, just in time for training camp.

Defenceman Renata Fast says that finally having a place to practice has helped to instill a sense of pride that makes the inauguration of the new league a reality.

"I think that makes it feel a little bit real when you start to get some of the product, and being able to wear that Toronto logo with some pride, even to see kind of the stuff up on the wall, it's a little bit around the rink, it's starting to feel real," Fast said while being surrounded by Toronto PWHL logos all over the walls.

Although Toronto PWHL had found its perfect home for training, throughout camp and the off-season, one big question had lingered about where the team would



NICHOLAS PRENCIPE

After a long search, PWHL Toronto has found its home and practice arena for the 2024 inaugural season.

play their home games since the season begins on New Year's Day.

That is no longer an issue as Toronto's newest franchise will play in a storied arena. The team will officially host games at the Mattamy Athletic Centre (MAC) in downtown Toronto.

Many different arenas were rumoured to be in the sweepstakes to host Toronto's PWHL team, including the Coca-Cola Coliseum where the Toronto Marlies play. Toronto narrowed its search to the

arena once known as the Maple Leaf Gardens, where the NHL's Toronto Maple Leafs played from 1931 to 1999.

The MAC is currently used as the home ice of Toronto Metropolitan University Bold and will be shared with PWHL Toronto.

Mohamed Lachemi, president and vice-chancellor of Toronto Metropolitan University (TMU), said they're anticipating sharing the ice with Toronto's newest hockey team.

"We are looking forward to welcoming the Toronto Professional Women's Hockey League franchise to the TMU campus as they make the Mattamy Athletic Centre their home ice for the inaugural season of this highly anticipated league," Lachemi said.

"This partnership is important to the university and aligns well with our commitment to creating a diverse and inclusive campus culture for all," he said. "It is essential that we show our continued

support for the amplification of women's sports, and we hope that this wonderful community partnership will inspire others to join in, participate and cheer on not just the Toronto PWHL team but our TMU Bold teams as well."

As TMU has shown its support, Gina Kingsbury, PWHL Toronto's general manager, said she's ecstatic to call MAC their home.

"It is almost poetic that we are set to write the first chapter of our franchise's history in one of the most historic buildings in Toronto," Kingsbury said.

"It is an honour that we will call Mattamy Athletic Centre home and be under the same roof that housed the legendary Maple Leafs organization for so many years, she said. "We can't wait to write our story and represent this world-class city with great pride."

As for the fans, the MAC has a seating capacity of about 3,000 and although that might seem like a small number compared to its NHL counterpart, fans will surely be able to sell out the building and bring new fans to games.

Toronto opens up its inaugural season at the Mattamy Athletic Centre on Jan. 1 against New York as they look to claim their first win in the franchise's history.

# Fans react to new World Cup of Hockey plans

Rory Arthur  
Sports Reporter

The World Cup of Hockey is expected to return in 2025 after a nine-year hiatus, according to reports by ESPN.

However, this tournament is not expected to resemble a full Olympic or World Championship-style tournament, with a dozen or more of the best nations competing against each other.

Instead, the NHL has opted to trot out an abbreviated, four-nation tournament featuring only Canada, the U.S., Sweden and Finland.

Russia has been omitted due to the ongoing conflict with Ukraine, while nations such as Czechia, Slovakia and Germany simply will not participate.

While NHL fans are excited about the potential return of best-on-best international hockey, many are left disappointed by the condensed 2025 World Cup of Hockey.

Dylan Baker, founder of Hockey Worldwide, said he is unsatisfied with the format.

"The NHL including just four teams in their planned international event for 2025 is simply illogical," Baker said. "There has not been a true best-on-best tournament in a decade and this feels like a missed opportunity with the increasing development of talent across the globe.

"Just within the past two years, we have seen Slovakia win bronze at the 2022 Olympics, along with Germany and Latvia finishing second and third at the 2023 World Championships," he said.

Other NHL fans echo Baker's belief that only having four teams will hinder the tournament.

"I think it will have a significantly negative impact on viewership for the event as a whole. It all feels very rushed, unrefined and frankly unprofessional," hockey fan Nathan Leger said.

The 2025 edition won't be the first World Cup of Hockey format that's met with a fan backlash.

The most recent World Cup of Hockey in 2016 included Team North America, composed of under-24 players from North America, as well as Team Europe,

which featured players from European nations that weren't Russia, Sweden, Finland or Czechia.

While the initial consensus wasn't popular, after Team Europe's improbable run to the final as well as team North America showcasing incredible young talent, some fans grew to enjoy these "gimmick" teams.

"Keeping Team North America is essential because it allows for more young talent to play," hockey fan Ian Combest said.

Despite the disappointment of a the four-team tournament, the hope is that it will begin a consistent return to best-on-best international hockey.

"The NHL has mentioned they are interested in returning to the Winter Olympics," Baker said. "This could start a string of best-on-best events beginning with the 2026 Olympics, followed by a 2028 World Cup of Hockey, and then back to the Olympics in 2030.

"Their proposed international tournament in 2025 could possibly kickstart this change of motion in the international game, despite its underwhelming structure," he said.



THE CANADIAN PRESS/NATHAN DENETTE

Jonathan Toews, Logan Couture played in the 2016 World Cup of Hockey.



# PWHL TORONTO FINDS NEW HOME



After a long search, PWHL Toronto has found its home arena for the 2024 season at the historic Mattamy Athletic Centre formerly known as Maple Leaf Gardens.

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