

RUN YOUR NEGATIVITY AWAY



Humber held its 16th annual five-kilometre run or walk race through the Arboretum at North campus on April 13, 2023. The event is organized by students in the Fitness and Health Promotion program. All donations from participants will go towards Stella's Place, a Toronto-based organization providing free mental health services for young adults ages 16 to 29.

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Humber unveils Bring It campaign's mural by local Toronto artist

Fernando Bossoes
Lakeshore Correspondent

Humber College revealed Bring It campaign's new mural at the Lakeshore campus after partnering with local Toronto artist Ben Johnston, who put the finishing touches on the mural on Thursday morning, April 14.

The Bring It campaign is the new recruitment plan designed by Humber College to encourage prospective students to come to Humber.

The campaign invites students to bring their authentic selves, talents and creativity to the college to learn the skills and gain the experience necessary for their success.

Humber College president Ann Marie Vaughan said the campaign speaks to the total experience at Humber.

"What we are saying is for students to bring their uniqueness, their talents, their passion, what makes them, them. And we will provide them with the best learning and student experience that you can find," she told Humber News.

The decision of partnering with

Johnston is related to how his artwork matches the Bring It campaign.

"I think that Ben's approach to artistic design, which is very strong both on typography and dimensional designs that he does, is really reflective of uniqueness and being transformative," Vaughan said. "And his artwork is a really great reminder of what Humber provides, and it is a really good symbol of what we are trying to bring forward in this campaign."

Johnston is well-known for his bold text-based murals and innovative creations. His portfolio includes collaboration with major brands and organizations and his work can be found in more than 10 locations around the world.

"I think the Bring It message, you want to create something bold and vibrant to go alongside that. That was what we ended up putting together and I think it fits well," Johnston told Humber News.

Khazel Espiritu, an Advertising and Marketing Communications student at Humber, said the mural and the campaign are reminders of the vibrant and diverse commu-



FERNANDO BOSSOES

Humber revealed Bring It campaign's new mural at the Lakeshore campus after partnering with local Toronto artist Ben Johnston, who put the finishing touches on the mural on Thursday morning.

nity of Humber College.

"You can bring who you are, you don't have to pretend or fit into a certain box. I think it is very welcoming and embraces what makes

you unique," Espiritu said.

The mural is located at Humber College Lakeshore campus at the northeast corner of Kipling Avenue and Lake Shore Blvd. West.

Humber journalism students shine in Columbia University's press awards

Humber students won a total of 14 awards and honourable mentions at Columbia University's Gold Circle Awards.

Melody Lam
Senior Reporter

Humber journalism students won a total of 14 awards and honourable mentions at Columbia University's 39th Student Work Gold Circle Awards.

They included nine awards for the newspaper, Et Cetera, two for the news site, Humber News, and two for the magazine, Convergence.

The association selected 606 winners for yearbook and digital media, and another 690 for print news and print magazine, among 51 news categories and 35 magazine categories.

Santiago Arias-Orozco, now a third-year journalism diploma student, received an honourable mention in the First-Person cate-

gory for his story about the negative stereotypes Colombians faced based on the country's history of drug cartels and mobster violence.

Arias-Orozco wrote about his personal experience of being targeted and questioned at airports.

He said even though his country has been making progress, Colombians are still being negatively portrayed in the media, and constantly associated with drugs, mobsters or warfare.

"It was kind of sad seeing that that's the only way people see my country, and realizing that it goes beyond the screen," Arias-Orozco said.

"That stigma triggers and enacts people to take actions that are actually discriminatory against Colombians."

He said through his story, he wanted to break the negative stigma about Colombians and convey another reality of his country.

Nathan Abraha, another third-year student, received honourable mentions in two categories,

including a sports feature about a Canadian professional boxer, Nick Fantauzzi.

Abraha said he wanted to show another side of a professional boxer and humanize the story.

"He is a big guy," he said. "But everybody can see this. I don't need to make him intimidating."

Fantauzzi mentioned during the interview he watched the movie Rocky in his teenage year, which caught Abraha's attention.

"I knew right away, that was going to be my lead," he said. "It's about just being obsessively listening to people, and just trying to find things that stand out as much as possible."

Abraha said even though he knew as a student, his work may not be read, he put much effort into writing the stories.

"We carry the people we cover with us," he said. "Whether that's negative or positive, I want to represent the topics and the people that I cover with as much respect, as much honesty, and as much love and care as I can."



COURTESY

Nathan Abraha.



COURTESY

Santiago Arias-Orozco.

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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UNICEF calls on world leaders to address water crisis

Melody Lam
Senior Reporter

A newly released UNICEF report says a lack of water, sanitation and hygiene pose a deadly triple threat for millions of children.

UNICEF said in a report released on March 20 governments should work hard on addressing threats related to water, sanitation and hygiene (WASH) across the globe.

The Triple Threat report said WASH threats, diseases and climate change can create a deadly combination that haunts millions of children.

There are 600 million children worldwide who still lack access to safely managed drinking water, the report said.

The report also said 1.1 billion children lack safely managed sanitation, and 689 million do not have access to basic hygiene services.

The top 10 countries that bear the brunt of the triple burden are all in sub-Saharan Africa, according to the report.

UNICEF said while the world has made progress increasing household access to basic drinking water and sanitation, the poorest, most vulnerable and marginalized communities are left behind.

The percentage of households with access to basic drinking water increased to 90 per cent in 2020 from 82 per cent in 2000, according to the report.

The report also said access to basic sanitation increased to 78 per cent from 56 per cent over the same period.

However, some countries in sub-Saharan Africa, such as Nigeria and Somalia, have less than 50 per cent access to either basic drinking water or sanitation services, according to the report.

UNICEF said population growth and urbanization are increasing the demand for water and creating water stress.

Areas prone to armed conflicts, like the central Sahel, are more vulnerable to water insecurities as there are increasing attacks on water facilities to forcibly displace communities, according to the report.

UNICEF said 58 water points in Burkina Faso were attacked in 2022, causing more than 830,000 people, more than half of whom were children, to lose access to safe drinking water.

The report also said climate change is causing more frequent droughts and creating huge water stress in vulnerable communities.

Climate-related shocks like strong storms and flooding could destroy water and sanitation facilities and increase the risk of waterborne diseases, the report said.

Unsafe WASH services are responsible for the outbreaks of waterborne diseases such as cholera, according to the report.

Almost all cases of cholera between 2010 to 2021 were from countries with the poorest WASH services, the report said.

UNICEF said unsafe WASH services are responsible for the deaths of 400,000 children under the age of five every year.

Diarrhea is the fourth leading cause of death among children under five globally, UNICEF said.

The report said one of UN's sustainable development goals (SDGs) is to ensure access to water and sanitation for all by 2030.

However, UNICEF said at the current rate of countries' progress, the world will only reach 81 per cent coverage of safely managed drinking water and 67 per cent for safely managed sanitation by 2030.

UNICEF said governments should scale up spending on WASH services.

They should spend US\$114 billion per year, three times the current investment, to help development countries meet WASH-related SDGs by 2030.



PEXELS/NYAU MIMI

A UNICEF report concluded there are 600 million children around the world who still do not have access to safely managed drinking water.

Triple Threat



Source | UNICEF

UNICEF released the report **Triple Threat** to examine how the lack of access to water, sanitation and hygiene (WASH) services, WASH-related diseases and climate change threaten the well-being of children globally.

WHAT IS HAPPENING

600 million children lack safely managed **drinking water**.



1.1 billion children lack safely managed **sanitation**.



689 million children lack basic **hygiene** services.



149 million children practice **open defecation**.



Frequent **droughts** create huge **water stress** on vulnerable communities.



Climate-related shocks like strong storms, cyclones **damage water and sanitation facilities**.



Every day, **unsafe water, sanitation and hygiene** kill around **1,000 children** under the age of five.



THE TRIPLE BURDEN IS...

1

Less than half of population has access to basic **water or sanitation services**.

2

20 countries have the highest number of **WASH-related deaths** among children under five.

3

Top 25% of countries facing the highest **risk of climate and environmental hazards**.

WHO BEARS THE BURDEN



THE WAY FORWARD

According to the **SDG goal of clean water and sanitation**, the world targets to ensure **access to water and sanitation for all by 2030**. UNICEF is calling on governments and world leaders to:

Scale up global WASH spending **three times** the current investment.



Prioritize on the **poorest, most vulnerable and marginalized** communities.



Strengthen WASH sectors and communities' **resilience against climate change**.



Increase **effective and accountable coordination** and capacities across humanitarian sectors.



Feds issue grocery rebate for low-income Canadians

Alex Muzychko
News Reporter

North York grocery store employee Axel Retanan, is feeling some financial relief from the recent federal budget that will provide a one-time payment to low-income Canadians struggling to help with the rising cost of food.

"I mean, yes I am glad to be getting a payment, but if you really think about it, it's not going to really do anything," Retanan said. "I am happy that the government is thinking about low-income Canadians like me, but I really think they should save that money and use it to actually solve the real problem, which is inflation."

Ratanan is grateful for the benefit but his biggest concern is the long term.

"This is only a one-time payment. So what about the rest of the year?" he asked. "I think if Canada focused on lowering food costs rather than giving out money, it would benefit everyone better."

With global inflation rising, the 2023 budget has made space for a one-time payment to low-income Canadians to help with the cost of



ALEX MUZYCHKO

The grocery shoppers are paying at self-checkout at a Metro grocery store in North York on April 6, 2023.

food.

"Our more vulnerable friends and neighbours are still suffering from higher prices, that's why our budget contains targeted, temporary relief from the effects of inflation for those who need it," Minister of Finance Chrystia Freeland

said in a statement after releasing the 2023 budget on March 28.

This benefit will be included in the GST/HST rebate system. No specific date to release these funds has been announced yet, but GST/HST credit payments are set to be released on April 5, July 5 and Oct. 5.

According to Canada's Food Price Report, a family of four will spend up to \$16,000 this year. The rebate will be giving a family of four \$467. Canadians without children will be receiving \$234 and single Canadians will be getting \$225.

Retanan is not the only one who

feels that this benefit is underwhelming. Sylvain Charlebois, the senior director of the Faculty of Agriculture at Dalhousie University, believes there are many other ways the Canadian government can help.

"The grocery rebate really to me is a missed opportunity to look at the issue of insecurity over the long-term. It's not going to help much, and people can actually spend that money outside of a grocery store," Charlebois said.

He said he believes the Canadian government used an opportunity to help people very poorly.

"If you are to help people at a grocery store you may want to support a program that will actually help them with groceries," Charlebois said.

The program he is referring to is the food stamp program in the U.S. This program gives low-income Americans stamps they can use at the store to pay for food, and this way they cannot use the stamps for anything that is not food.

"I think we are at a point where we really need to think about how we can we actually support people who are permanently in a food insecurity situation," Charlebois said.

Toronto's homeless communities lack sense of security, advocate says

Alexa Gregoris
Senior Reporter

Lorraine Lam is actively involved in local advocacy and actions for unhoused individuals, as well as other underserved communities.

Lam wears many hats as an outreach worker, a case manager at Regent Park Community Health Centre, alongside working with various organizations like Queen Street West Business Improvement Association and Street Health.

Lam said the city relies on faith groups and volunteer services to keep people off the street, rather than assuming the city's budget will allocate enough resources for housing.

"Instead of money going towards things like women's centres and shelters and housing, we're seeing the money go to policing and transit," she said. "I think the language is framed around safety, but it really doesn't actually contribute to safety."

Lam thinks Toronto's leadership have not addressed the realities of the homelessness state of crisis, but rather displaces more people in spite of a greater solution.

"I think this city's focus is not often on actual root causes, but instead it's often on figuring out

how to just keep homeless people invisible," she said.

Social Planning Toronto said emergency shelters and allied services were used by around 22,000 people in Toronto in 2022.

More than 10,000 people as of February 2023 were considered actively homeless, as they could not find permanent housing after using shelter systems, and the majority reside in park encampments and shelter in the transit system.

"For too many, there is simply nowhere to go," Social Planning Toronto said in a statement. "It takes many years to reach the top of the waiting list for affordable and supportive housing."

Social Planning Toronto said the city and all orders of government should invest in deeply and permanently affordable housing, as well as provide services to prevent further homelessness and support unhoused individuals.

Lam said even when congregate shelters were available in the city, it was not a safe option.

Safety is greatly lacking in the displacement and treatment of homeless communities, she said.

"For people who are unhoused, most of them, I would say, are not experiencing a sense of safety when police are around because



LORRAINE LAM

Outreach worker Lorraine Lam said that Toronto's leadership have not addressed the realities of the homelessness crisis, but instead chooses to displace more people in spite of a greater solution.

they're the ones that are actually most often targeted," Lam said. "So, it's usually either poor or racialized people."

Toronto Police Services were contacted for a response with regard to clearing of homeless encampments and ticketing, and their goals moving forward.

Media Relations Officer Shannon Eames told Humber News the City of Toronto is in charge of the issues in question and police may only attend the clearing of encampments if requested to keep the peace.

Anthony Toderian, media relations with Parks Toronto, told

Humber News the city's staff utilize contracted security services to monitor key parks and report encampment-related issues.

Lam feels there is a criminalization of low income and unhoused people.

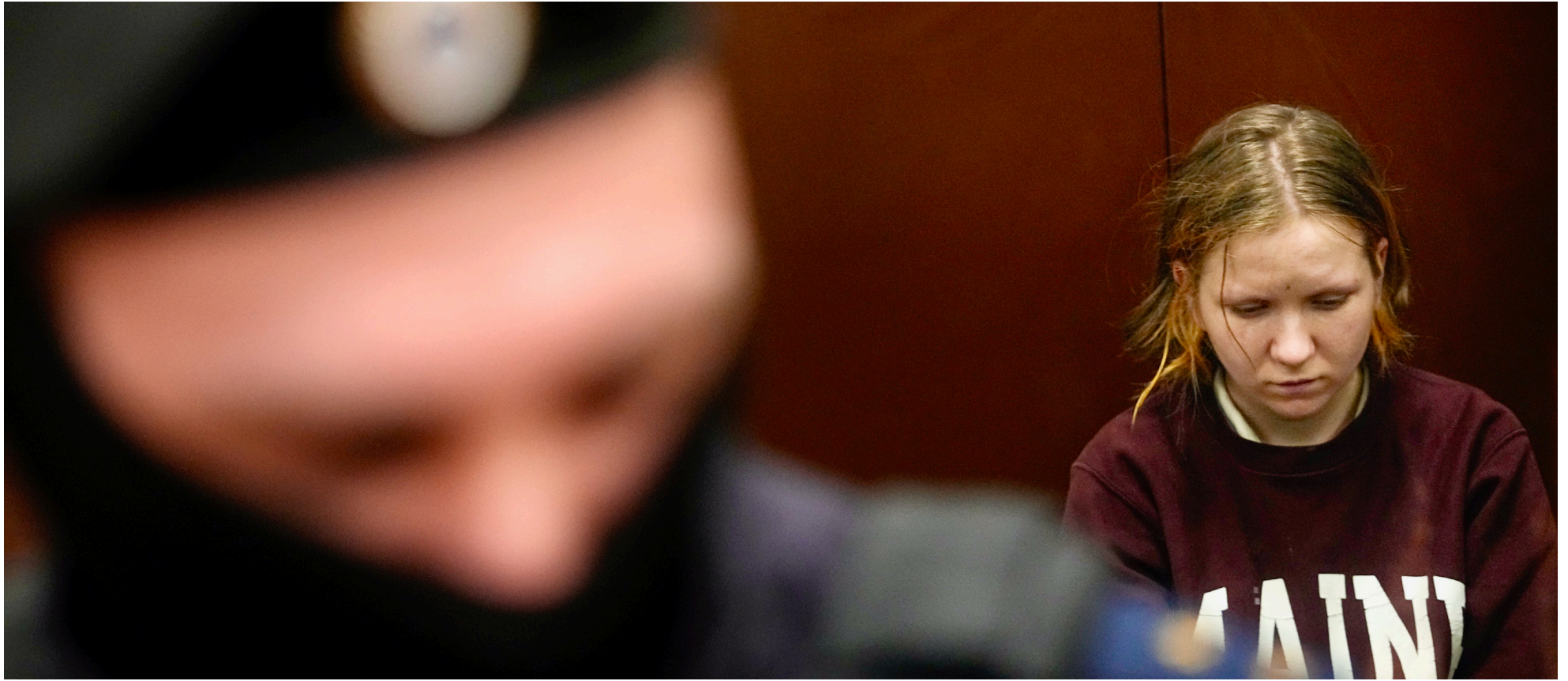
"Issuing people trespassing notices when the police are here because they're not wanted in certain places again," she said. "Like, that's not actually contributing to any form of safety and I think, you know, if we're going to look at the more extreme cases, where the police will arrest people, that's definitely not safe at all."

"You clear people out of the

parks and then what? People will end up somewhere," Lam said.

She said in working towards societal change, and betterment for people in all walks of life, people must focus on political action and movement.

"Some of the ways that I think people can get involved is honestly, just contacting your local commerce office to say that you are paying attention and it matters to you how they vote and what they stand for," she said. "As the individuals that are supposed to represent you, I think it's really important that they hear from their local constituents."



ALEXANDER ZEMLIANICHENKO

Darya Trepova, a 26-year-old who is suspected of involvement in a bombing in St. Petersburg, sits in the courtroom before a court session in Moscow's Basmanny District Court on April 4.

Bomb kills Russian propagandist in St. Petersburg

Daryna Vieniartseva
News Reporter

A pro-war blogger assassinated by a bomb hidden in a gift when he was delivering a speech at a cafe in St. Petersburg, Russia, made himself a target, an expert says.

Vladlen Tatarsky, who was born in Donetsk, Ukraine, was a Russian supporter and took a very hard line on the war, said Arne Kislenko, an associate professor at the Department of History of Toronto Metropolitan University.

"That would make him a very viable target," Kislenko said.

Kirill Makarov, Youth Policy Minister of the unrecognized Donetsk People's Republic (DPR), said on his Telegram channel that Tatarsky died in a terrorist attack.

"I knew Maxim personally, he was a real and fair man," Makarov wrote on his Telegram channel in Russian. "No one could have imagined the fatal blow would be struck

in St. Petersburg."

Russia's Investigative Committee said it has opened a terrorist act investigation and arrested who they described as the main suspect, Darya Trepova.

The committee also posted a video in which Trepova said she brought to the cafe the gift statue which exploded.

The Russian government said the attack was connected to Alexei Navalny, the Russian opposition leader who is now in jail, and Ukrainian Special Forces.

Kislenko said the Kremlin's statement is a giant cover-up.

"How on earth would [Navalny] be able to engineer this from a prison cell?" he said.

The cafe where the explosion took place is owned by oligarch and founder of the Wagner Group, Yevgeny Prigozhin, according to Fontanka, a St. Petersburg's news website.

Prigozhin has been reported to have risen over the last decade to

become one of the most powerful voices in the Kremlin, according to an investigation by the Project, an independent Russian media specializing in in-depth journalism.

He is also the founder of the Wagner Group, a private military organization that has supported the Kremlin's war effort in Ukraine.

Prigozhin said on his Telegram press service channel the explosion had nothing to do with Ukraine, but was most likely caused by a group of radicals inside Russia.

Kislenko said the killing could even be an inside job, whether from Putin or other officials in the Kremlin, or just a Russian anti-war group.

Kislenko also said Tatarsky's radical comments online amounted to open calls for violence against civilians.

"He really was extraordinary in the sense of how vitriolic he was, how angry he was and how far he was gone," he said.

Tatarsky was a different blogger because he actually went to war, Kislenko said.

Tatarsky said in an interview on April 30, 2022, with Business Online, one of the leading business media sites in Tatarstan, Russia, he was imprisoned for armed robbery in 2011.

Tatarsky said he was released from prison in 2014 after Russian-backed separatists in Donetsk and Luhansk unilaterally declared secession from Ukraine.

He returned to Donetsk, was pardoned by the DPR leader and immediately joined the Russian army, he said.

Tatarsky started his Telegram channel in 2022 following Russian full-scale invasion of Ukraine, where he released propaganda videos called Evening Vladlen, which currently has about 570,000 subscribers.

Kislenko said it is unclear how many of those subscribers have signed up for the war.

"Of his core audience of 500,000, maybe less than half are really deeply committed to that, and then half of that is dedicated to the war," he said.

Lubomyr Luciuk, a Ukrainian professor at the Royal Military College of Canada, said Tatarsky was more than just a blogger and became a target.

"He was a member of the Russian military and so a legitimate target in terms of Ukraine's defenders, even more so given how often he spewed out odious comments about Ukraine and Ukrainians for the entertainment of a large online audience of other fascists, war mongers and racists," he said.

Kislenko said Tatarsky was a target of opportunity because he put himself out there.

"No matter who killed him, they're probably thinking, 'well, that's our guy,' because he's got a loud mouth and he's really violent, so we'll take him down," he said.

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EDITORIAL: Vaping puts health at risk according to studies

Young people using e-cigarettes with nicotine is causing grave concerns as evidence of the health risks they pose grows.

Nicotine is absorbed while vaping through the lungs and enters the bloodstream quickly, where it then enters the brain and other organs in the body.

It can cause a short-term increase in blood pressure and heart rate, which can cause cardiac arrest.

According to a report published by Health Canada, vaping aerosol contains some harmful chemicals that, if taken at high temperatures, can cause cancer.

These vaping products also contain metal contaminants, like nickel, chromium, tin, and aluminum. Although the amount of toxic chemicals and substances is small in vaping products, they are still enough to cause cancer, the report said.

Health Canada said the most common types of side effects of vaping include throat and mouth irritation, headache, cough, and nausea.

Physical dependence and addiction can develop because of nicotine in vaping products, it said.

The report said vaping cannabis has its own health implications. It may affect the physical or mental health of the person using it.

Statistics Canada reported vaping is more prevalent among late adolescents.

The report published on July 20, 2022, showed vaping rates among people aged between 15 and 17 were 21.3 per cent, nearly four times higher than those aged 12 to 14.

According to statistics from the Canadian Health Survey conducted in 2019, 89.3 per cent of people aged between 15 and 19 who reported vaping in the past 30 days used e-liquids containing nicotine.

The survey found e-liquids with candy, dessert and fruit flavours were more popular among those aged 15 to 19.

The report said peer influence, their activities and behaviours, and parental supervision could also be factors in vaping.



MUHAMMAD HAMZA

There are various flavours used in vaping devices. Candy and fruit flavours are the most popular among youth.

Both early and late adolescents were more likely to vape if they had peers who engaged in harmful behaviours or consumed alcohol, the survey said.

The report also found teenagers aged 12 to 14 with attention deficit hyperactivity disorder (ADHD) had a higher risk of vaping, whereas those adolescents whose parents

knew who they were hanging out with had a reduced risk.

According to a report published by the Lung Association of Canada, a national organization that supports lung health research, education, and the prevention of disease in Canada, vaping has detrimental impacts on lung health.

The report said asthma and other

lung conditions can be made worse by vaping. Inhaling dangerous chemicals from vaping devices has the potential to result in lung cancer, chronic lung diseases, and irreversible lung damage.

While vaping is popular among young people, they should stop because it can seriously harm their hearts and lungs.

OPINION: UBI should be the most ambitious social policy of our time



Andrea Pozo
Art Director

The basic idea of Universal Basic Income (UBI) is the government gives out a set amount of money every month to all its citizens. This non-taxable money would ideally cover everyone's basic needs.

Having our basic needs taken care of through UBI would allow us to participate in a labour market that does not rely on its workers fearing starvation to produce goods and services.

UBI has been a contentious topic for a long time. Political parties from the right and centre-right have said the policy would encourage laziness and immediately cause people to stop working.

However, UBI has already had a few trial runs in Canada.

In 1974, the city of Dauphin, Man., ran an experiment where

they offered people a basic income based on the number of people in each household.

The Manitoba basic annual income experiment, also known as the Mincome project, came to an end in 1979 when the Progressive Conservatives gained control of the provincial government.

But the project provided insight into how people reacted to UBI.

The experiment showed under one per cent of the people who participated in the experiment stopped working.

Those who did were almost exclusively women who used their time and money to take on extra child caring duties in their homes.

The experiment data also showed participants only reduced their work hours by an average of 10 per cent.

Participants mostly used these extra hours to go back to school, look for other jobs and engage in their hobbies.

The importance of having time for leisure and hobbies should not be understated.

A Statistics Canada report from 2022 showed one in three people working in Canada felt at least some form of work related burnout in the previous year due to long working hours.

Working for fewer hours is often seen as a problem when it should be taken as a huge advantage. The



CANADIAN MUSEUM OF HUMAN RIGHTS

Amy Richardson shows her family photographs to the camera. These photos are kept in the Human Rights Museum.

problem is not working less, but rather we, as a society, view productivity solely through a financial lens.

Having a UBI would begin to eliminate the idea that spending all of our time working is necessary in order for our economy to survive.

A 2017 McMaster University study said a UBI would "improve people's lives in every way."

Skeptics will often pose the question of how a UBI system could be funded, implying this is an unrealistic and utopian system.

However, the UBI system would give people more financial security while keeping the free market intact.

The case could be made the whole welfare system could be converted to a UBI system. A less radical approach would be to fund a UBI by raising taxes for the richest one per cent of the population.

A UBI would give citizens more spending power which in turn would grow the country's economy.

More importantly, it would allow people to significantly improve

their lives and help in the fight to decriminalize poverty.

Canada already has a number of organizations that work under the UBI model such as the Old Age Security or the Canada Child Benefit.

The country would be a perfect candidate to implement a UBI, especially now when the idea is more popular than ever. Having a policy that would drastically reduce poverty and increase quality of living should no longer be up for debate.

OPINION: My pain is valid, please take me seriously



Sabrina Soosaimuthu
Senior Reporter

People of colour are often reluctant to attend hospitals for fear they will be told they are fine when they know they are not.

“Your results are normal. I don’t know what to tell you,” the surgeon who completed my endoscopy said.

I was at my desk at work when I received the phone call. It was only a five-minute call, but those five minutes filled me with a plethora of emotions.

Anger, confusion, hopelessness – I felt many negative emotions crashing down on me at once.

In my head, I was screaming,

“How am I normal? This is not normal.”

I started second-guessing myself. I worked out five times a week. I ate mostly vegetables, watched my carb and calorie intake.

Maybe the pain wasn’t as bad as I thought. Maybe it was just in my head.

For the next year, I continued to live with the pain thinking it was normal until my symptoms worsened.

They repeatedly completed the same ultrasounds and X-rays and kept telling me I was fine.

I could not understand why the doctors were dismissing my pleas. I wondered if being a woman of colour was the reason.

According to a study by Jack Gieger with the City University of New York Medical School, visible minorities are not taken as seriously for their health care concerns compared to their white counterparts, due to conscious and subconscious biases.

Medical gaslighting occurs when patients’ symptoms are blamed on psychological factors rather than physical illnesses.

According to a report by Mich-

igan medical researchers published in 2020, people of colour experienced a higher rate of medical gaslighting because of institutionalized bias and racism.

Dr. Harun Khan, based in England, wrote about the medical stereotype undermining elderly South Asian women in his piece on Media Diversified, a non-profit media aiming to represent marginalized voices.

He recounted in his article some British inner-city hospitals using the term Mrs. Bibi Syndrome to refer to South Asian women that doctors say exaggerate their symptoms.

He said this term has silenced the voices of South Asian women. This has led to people of colour looking for other alternatives to health care.

Dr. Vaidya Shweta, an Ayurvedic practitioner specializing in alternative medicine with Indian roots, told Humber News most clients seek her assistance with holistic health after they felt the health care system failed them.

Heather Boon, a professor at the University of Toronto who specializes in the safety and policies of traditional health practices, told Humber



MANISH SWARUP/ THE CANADIAN PRESS

A doctor makes homeopathic pills, a type of alternative medicine.

News 75 to 80 per cent of Canadians had tried natural products for health benefits at some point.

American medical researchers, in a 2015 report, collected data from 108 studies to understand the use of herbal medication among minorities. It found 18 per cent of African-Americans, and 30 per cent of Hispanics and Asians use herbal medicine for health benefits.

I turned to holistic health at one point to keep my symptoms at bay while I waited for our health care system to help me.

It took years to get answers for

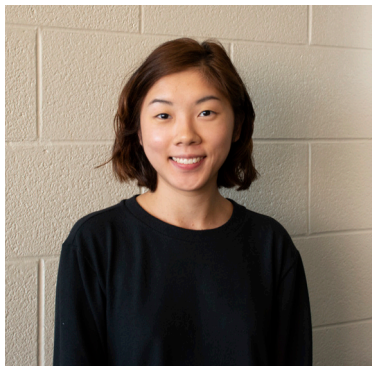
my own health condition. I finally saw a specialist who listened to my concerns and is conducting more tests and searching for a diagnosis.

But I can’t help but wonder, did it take this long because of the colour of my skin?

It is evident that racism and bias are prevalent in medicine. More needs to be done than simply acknowledging the problem, especially when Canada is a diverse country with growing minority populations.

Change is needed because years of pain is not okay.

OPINION: We shouldn’t leave autistic women, girls behind



Melody Lam
Senior Reporter

Clémentine Pirlot, a software engineer, started to suspect she might be autistic after reading an article about autism in women.

Pirlot flew to Montreal from Toronto for a series of autism assessments. In 2019, at the age of 30, she was finally diagnosed with autism.

Pirlot, now 34, is one of many autistic women who was overlooked and spent most of her life undiagnosed.

“It’s a big, giant confusion in my experience,” she said. “It’s like you try to navigate [the world] but you never understand.”

Autism spectrum condition (ASC) is a lifelong neurodevelop-

mental disability, in which individuals experience challenges with social communication and interaction, sensory processing, restricted interests and repetitive behaviours, according to the Centers for Disease Control and Prevention.

Autism has always been seen as a male condition.

According to the 2019 Canadian health survey on children and youth, males were diagnosed approximately four times more frequently than females.

The most widely reported male-to-female prevalence ratio for autism is either four to one or five to one.

Based on the available numbers, it is easy to draw a conclusion that autism is more common in males than females. However, research shows autism assessments and the understanding of the condition have been substantially biased toward males.

In research published in 2014, a group of researchers from the University of Cambridge reviewed 329 published articles related to females, sex, gender and autism.

Results showed most autism studies tend to include participants based on the existing male-to-female ratio or even exclude females in the studies.



FRANK GUNN/ THE CANADIAN PRESS

Hundreds of parents, therapists and union members gather outside Queen’s Park in Toronto on Thursday, March 7, 2019 in protest.

The research also reported the diagnostic criteria for autism were male-biased and did not consider the influence of sex and gender.

According to the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), to meet the diagnostic criteria for ASC, a child must have persistent deficits in social communication and interaction, and have restricted repetitive behaviours.

Deficits in social skills include challenges in making eye contact, initiating or responding to social interactions, or making friends.

In short, autism, like other psychiatric conditions, is a behaviorally defined syndrome.

However, there is numerous

anecdotal evidence which shows autistic females are more likely than males to adopt a social strategy, known as camouflaging, to mask their autistic traits and appear neurotypical.

In research from 2011, an expert with the National Autistic Society in the U.K. found autistic females have greater social motivation than their male counterparts and can study and imitate the behaviours of neurotypical people.

Through social interactions, they receive feedbacks on their behaviours and over time learn to appear less autistic.

Pirlot said in her teenage years, she would always offend people for something she said.

When she was rejected by a group of peers, she would go to a different one and try again, she said.

“It’s kind of like your computer programme, and every time you’re rejected, every time you are grounded for something, it’s an input you add,” Pirlot said.

When diagnostic criteria are based on expressive behaviours and do not consider how autism is manifested across sexes and genders, autistic females can easily be overlooked or even denied of their needs because they are not autistic enough.

The autism spectrum is a complex and dimensional condition, with numerous variations of how autism can be manifested.

Dr. Stephen Shore, an American autistic professor of special education, said autism is as unique as the individual.

“If you’ve met one person with autism, you’ve met one person with autism,” he said.

As the understanding of autism evolves, recognizing autism in females is the first step to closing the gender gap in autism diagnosis.

Autistic girls should receive timely diagnosis and support to overcome their challenges. No girls should be left behind.



UNSPASH/KILYAN SOCKALINGUM

Comedies and romantic comedies were amongst the highest-grossing genres of films of the late nineties and early 2000s, but this popularity started to rapidly decline in the 2010s.

Raunchy, romantic comedies are making a comeback

Sarah Hurtado
News Reporter

The '90s brought some iconic romantic comedies such as *Clueless*, *Pretty Woman* and *10 Things I Hate About You*, same with the early 2000s, which premiered some quintessential raunchy comedies like *Superbad*, *The Scary Movie* film series and *The 40-year-old Virgin*.

These types of movies are integrated in many people's childhoods, as a matter of fact, many romantic movies have inspired young girls in their academic and professional journey.

Many girls grew up watching romantic comedies from the '90s and 2000s, where the main character lives an independent and exciting life while working at a magazine, or a TV station, a bookstore, as a chef or writer. Many girls felt inspired by the lifestyle in the movies.

This is the case of Charonn Gutierrez, who studied Film and Media at Trent University.

"I remember watching *The Holiday* with my mom when I was seven years old, and Cameron Diaz's character was a movie trailer producer, and I just thought that was so cool because I had never known that was even a job and seeing her doing it planted the seed for me wanting to work in film and TV," Gutierrez said.

These movies not only impacted

the lives of many, but also the box office.

The success of these comedies, both raunchy and romantic, can't be denied, as they were one of the highest-grossing genres of the time.

Comedies were among the highest grossing genres of the late '90s and early 2000s.

The Numbers, a premium provider of movie industry data, shows that the Comedy genre was dominating the box office back in 1997, holding 20.4 per cent of the box office market share that year, making it the second to the top genre, which was Action.

Comedies maintained an average share of 20 per cent until 2008, but that quickly came down, with 2020 seeing a significant decline in revenue with comedies only claiming 3.8 per cent of the box office that year.

Romantic Comedies had a similar trajectory, according to Statista the highest-grossing year for romantic comedies was 1999, gaining US\$835 million across the United States and Canada from romantic comedies alone.

According to The Numbers, in 1999 romantic comedies commanded a 11.4 per cent share of the box office shares, being the highest amount claimed by the genre.

Before the 2020s, romantic comedies managed to hold an average of five to seven per cent of the box office share per year, however, that

amount has decreased significantly in the last few years.

Romantic comedies didn't exist in 2021, but it is now slowly increasing, with 2022 seeing a 1.4 per cent of share. As confusing as these numbers might seem, what seems more confounding to the public is the reason why this is happening.

People share their longing for these types of movies on social media every day, with multiple reddit and twitter threads discussing the apparent disappearance of the genres.

Dayanna Romero, a Toronto elementary teacher's assistant and a movie enthusiast at heart, said she's enjoying the resurgence of romantic comedies.

"It makes me so happy when I see that there are new movies coming out and they feel like my all-time favourites," she said. "Especially this year, and a little of 2022, it's like Hollywood is making fun movies again instead of only superhero dramas."

She agrees her favourite movie genre was being neglected the past years, but feels hopeful for the future as it seems to be making a comeback.

The resurgence of the rom-com is something seen mostly in the last five years, starting with movies like *Booksmart*, *Crazy Rich Asians*, *The Set Up* and Netflix's screen adaptation of the trilogy *To*

All The Boys I've Loved Before.

These movies brought audiences a new perspective on the all-too-well known comedy and romantic genres, while also maintaining the exact amount of nostalgia, enough to make them both a success commercially and amongst the public.

Gutierrez said she hopes this is not just a trend, but that this means that these beloved genres are coming back to stay.

"I love all of the new movies that are coming out, I like how there are more different stories now rather than before because I also get to learn from this movies, so I hope they are here to stay instead

of fading away again in a couple of years," Gutierrez said.

American author screenwriter and cinephile Mike Jones said in an article for Screenrant, the return of the rom-com film is significant.

"Now more than ever, perhaps, viewers can look past the fantastical elements of rom-coms and just allow themselves the guilty pleasure of forgetting about the real world," he said.

"Just what the future holds for the romantic comedy is still taking shape, but for now at least, what was once thought to be a dead concept is proving it's still got some life in it yet," Jones said.



UNSPASH/KYLE SMITH

In the last 30 years, raunchy, romantic comedies dominated Hollywood.

Humber's Athletics head nabs big honour at banquet

Angelo Ventura
Senior Reporter

When you think of Humber's Athletics department, the name Ray Chateau should be synonymous with the program.

It's been quite the year for Sault Ste. Marie native Chateau claiming the 2023 OCAA Administrator of the year, adding to his laundry list of a resume.

Earlier in the year Chateau was named the CCAA Athletics Director of the Year for 2022. He won Gold in 2023 CICan's Awards of Excellence. He even had his banner raised to the rafters in Humber's North Campus gym.

Chateau had his banner forever raised to the Humber rafters after his dominant run with the Men's Golf team from 2001 to 2013.

But for him, Humber's multiple championships are his biggest accomplishment.

"The winning makes it all worth it, and a lot of my fondest memories have been attending those national championships, and there's been many," Chateau said. "My mindset has been let's not only have success provincially but let's be the best in the country."

This year Humber Athletics won more national championships than any other Canadian College this year – a record eight gold medals. Humber also boasted twenty-three CCAA Academic all-Canadian student-athletes.

Chateau started at Humber coaching the Men's Golf team from 2001 to 2013 with a nations-best ten national titles.

He became Athletics Director in the 2013-14 school year, taking over from Doug Fox, who spent 35 years with the program.

"I had big shoes to fill," said Chateau.

"Doug Fox was extremely successful during his time here; he



HUMBER ATHLETICS

Humber Athletics raised a banner for men's golf coach Ray Chateau.

was well-liked and essentially built the entire varsity program. Above all else, he was a friend, so I wanted to meet the standards he set while also moving things forward," said Chateau.

As Director Chateau has now led Humber to a nation's best 24 CCAA Championships across seven sports for both men and women, a provincial best 84 championships, and an additional 84 CCAA academic all-Canadian student selections after a decade at the helm.

"Now ten years later the program is significantly better than it was, but nothing has been an enormous jump from one year to the next," said Chateau.

Chateau has focused on improving facilities and equipment at both the North and Lakeshore campuses. He's focused on building the strength and conditioning programs, enhancing mental and physical therapy services, growing fitness opportunities and resources

for both the athletes and students in general, and focusing on student excellence in the classroom to build successful careers outside the students' respective sports.

"Going from the golf coach to the position I'm in now gives you a much broader perspective; It's totally different. I was focusing on about eight or nine athletes and all of a sudden I'm responsible for nearly 300, plus the staff, coaches, events, facilities and all that," said Chateau.

Chateau is also proud of the higher participation and graduation rates among his athletes and says their success will help Humber attract future students.

"All the underlying support services we provide for the student-athletes and staff allow them to want to be here, to represent Humber, compete on the highest level and ultimately finish their Humber experience with success," said Chateau.



HUMBER ATHLETICS



CANADIAN PRESS / ALEX LUPUL

Chicago Bulls guard DeMar DeRozan (11) drives past Toronto Raptors forward Pascal Siakam (43) during the first quarter of an NBA preseason game at Scotiabank Arena in Toronto on Oct. 9, 2022.

Bulls' DeRozan ends Raptors' season after play-in nail-biter

Scott McLaughlin
Senior Reporter

A Toronto Raptors season full of disappointment came to an end in a dramatic fashion following a collapse to the Chicago Bulls on Wednesday night.

After leading the game for the first three quarters, the Bulls shocked the Toronto sports world by coming back from a seemingly insurmountable 19-point lead in the fourth quarter.

This was the biggest deficit a team came back from all season against the Raptors. It also marks the first time a No. 10 seed has ever beaten the ninth seeded team in the NBA's play-in tournament.

The biggest problem for the Raptors was free-throws, missing 18 of their 36 attempts from the line. This was a season worst for the team.

Bulls guard Zach Lavine led his team with 39 points, including a dominant 30 in the second half. Former Toronto all-star DeMar DeRozan also helped with the upset victory, contributing 23 points on 10 of 19 shots.

This was a surprise for Raptors fans after the all-time leading scorer in Raptors history was limited to just 14 points per game during their matchups in the regular season.

DeRozan's daughter also became a talking point for broadcasters in one of the stranger subplots following the game. During Raptors

free-throws, she let out a high-pitched scream which could be heard from the broadcast.

Following the game, head coach Nick Nurse acknowledged the poor free-throw shooting as the biggest reason for the loss.

"We left a lot of points on the board there, for sure," he said. "I've said before, if you ever miss more than 10 in a game it's hard to win."

Pascal Siakam led the Raptors with 32 points to go along with nine rebounds and six assists. However, the all-star power forward missed two crucial free-throws in the dying seconds of the game.

"We didn't have our best fourth quarter in terms of the way that we play, we couldn't get stops," Siakam said. "I've got to be better, I can't be five for 11 from the free-throw line."

The Raptors head into the off-season with uncertainty, as Nurse said last week he needed time to reflect on his future with the team. This was his fifth season with the team, after winning the NBA championship during his first season in 2019.

The Raptors finished the year with 41 wins and 41 losses. This is the second time in the last three seasons the team has failed to make the playoffs.

DeRozan and the Bulls will now face another former Toronto all-star, Kyle Lowry, and the Miami Heat to determine the final playoff seed in the Eastern Conference.



CANADIAN PRESS / NATHAN DENETTE

Canada forward Marie-Philip Poulin (29) gets tripped up by USA forward Hilary Knight (21) into USA goalie Aerin Frankel (31) during overtime at the IIHF Women's World Hockey Championship.

Canada beats U.S. in shootout at IIHF World's tilt

Isabelle Ferrante
News Reporter

BRAMPTON — A disallowed goal, a clock malfunction, last-minute heroics in the final minutes and a nine round shootout in the Canada and United States preliminary round game gave fans of the IIHF Women's World tournament a taste of what could potentially be another intense gold medal match.

The dramatics and bizarre situations made for a great game, with the Canadians ultimately came away with a 4-3 shootout victory against their North American rival.

Everytime the two teams play, it is going to be close. This game was no different. This game marked the 33rd time the two teams have played at the worlds. Canada now holds a slim 17-16 advantage with a goals differential of 95-91.

Going into this game, both teams and their fans had this match-up circled on their calendars, and it did not disappoint.

"They are by far the best games, you always know they're going to be interesting," Canadian goalie Ann-Renée Desbiens said after the victory. "I don't think this rivalry could get any better, and we saw another version of it today. That was pretty interesting."

The events in the final minutes had 4,322 of fans at CAA Centre at the edge of their seats.

Going to the third period with a 2-1 lead after goals by Sarah Fillier and Marie-Philip Poulin, forward Laura Stacey would cushion their lead with an empty netter with just over two minutes remaining.

It looked like the game was headed toward an easy victory for the Canadians.

But the Americans had other plans for the night.

Shortly after Stacey's goal, Canada's Fillier had a goal of hers waived off for goalie interference. Then, American captain Hilary Knight capitalized on the no-goal and scored to cut the deficit in

half. But there was a problem: The scoreboard at the CAA Centre went dark during the play. Confusion ensued, and no one knew how much time was left.

"When there wasn't a clock, I was like, 'I have no idea how much time is left. Hopefully, we've got another minute or something,'" Knight said.

The clock returned, but it was followed by a lengthy review of an offside challenge that was denied.

Although there were only 39 seconds left in the third, it was all the Americans needed to tie the game.

Amanda Kessel scored with 3.5 seconds left, stunning the CAA Centre crowd and sending the game into OT.

U.S. head coach John Wroblewski applauded his young team for not backing down against the strong Canadians.

"Being in the game against that Canadian team, in the end, is all you can ask for," he said. "I mean, look at them. They're loaded.

They're big, they're fast, they're skilled, so I'm super proud of our girls for holding them at bay and then being able to take our swings when we can."

Both goalies Desbiens and Aerin Frankel went toe-to-toe the entire night and that continued into the shootout. After each allowed a goal on the first shot, it was lights out until forward Jamie Lee Rattray ended it for Canada in the ninth round.

Desbiens, celebrating her 29th birthday, stopped eight of nine shooters, adding to her 26 saves across regulation and overtime.

"It's definitely my favourite birthday so far. Pretty special," she said. "Obviously, I had to make it interesting at the end of the third period to keep that game going. I guess I wasn't ready to go back to the hotel just yet."

The win gives Canada the top spot in Group A with a 3-1-0-0 record, and they will play the third-place team in Group B in one of the quarterfinals on Thursday.

Germany edged Hungary 2-1 on Day 7 of the tournament to clinch the second spot in Group B, while Sweden crushed France 8-2 to lock up the third spot.

The results mean Canada will get Sweden in the quarterfinals on Thursday at 5 p.m. ET, while the U.S. will play Germany at 1:30 p.m. ET that day. Czechia plays Finland at 10 a.m. ET, while the Swiss play Japan at 8:30 p.m. ET.

Considering the history, the North American rivalry will likely be renewed in the championship game. Canadian head coach Troy Ryan said they will use the lessons from this game for the rest of the tournament.

"A lot of times it's who learns the most from that game that's gonna be successful moving forward," Ryan said of Monday's win.

"So it's not about the final, it's not about playing them again," he said. "It's who's going to be most successful in the quarterfinals and semifinals moving forward."



Canada forward Jamie Lee Rattray (47) scores past U.S. goaltender Aerin Frankel (31) to defeat U.S. in a shootout during IIHF Women's World Hockey Championship on April 10, 2023.

**ATHLETICS
HEAD NABS
BIG HONOUR AT
BANQUET
P.10**



**RAPTORS FAIL
TO MAKE
PLAYOFFS IN
LATE COLLAPSE
P.10**

