

HUMBER

Et Cetera

HUMBER'S STUDENT NEWSPAPER

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YEAR OF EMPTY CLASSROOMS

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Humber's one-year milestone of remote learning approaches

Daniel Lonic

NEWS REPORTER

Humber College students will soon celebrate the not-so-momentous one-year anniversary of their transition to remote learning.

"At the time I thought online classes were going to be in place for maybe a few weeks but now I forget what it's like to be in a classroom," said Kimberly Dacosta, second-year Graphic Design major at Humber.

Humber shifted to online learning last March 16 at the outset of COVID-19 in Canada. Professors and students were jointly tossed to unfamiliar fields, required to adapt to new teaching and learning methods on short notice.

The school was closed for a week as administration and faculty prepared for online classes, relying heavily on Blackboard and Zoom platforms to quickly construct new teaching delivery models.

While select courses already had an online framework, the majority of courses relied on in-person teaching and required modifications to their curriculums.

One of the courses exempted from being restricted to online teaching was Pharmacy Technician Training.

"As healthcare workers, they are needed in response to this global pandemic," said Sandra Geroges, Humber's pharmacy technician program manager. "We have been allowed to offer in-person labs in order to ensure the skills of the students are adequate upon graduation."

Some other courses that are continuing to operate in-person include the culinary, construction and paramedic programs.

"It has been through the support of our faculty members and our instructors that have made this a good experience for the students," said Michael Auchincloss, one of four associate deans of the School of Applied Sciences and Technology. "You can see that what the instructor puts in, the student gets out."

He said student reception towards remote learning has been positive, in large part due to professors who made the best of a bad situation. Ensuring the transition was smooth as can be for their classes, as they learned and adapted alongside them.

"We push forward and we're able to move on and help the students migrate forward within their careers," Auchincloss said.

Some dropouts were to be expected in the first semester, he said. But overall, Humber has been virtually seeing many more faces as Auchincloss stated Humber's enrolment average has gone up.

The task now is finding professors to teach them. "Trying to find faculty to fill those spots has been interesting," Auchincloss said.

Adapting to online platforms in teaching has also been interesting.

"My teachers still run into technical issues and it gives me a weird sort of (comfort) knowing that students aren't the only ones still having trouble adjusting," Dacosta said.

She recalls teachers talking with microphones muted and classes with four students on camera — if that. Dacosta acknowledges how difficult it must be to teach when instructors are unsure if anyone's even listening.

Professors used to be able to judge a room by the confused faces

of students. But facial expressions are much harder to read when there are none to be observed.

"I miss staying after class and clarifying assignments with them [professors]. There are some questions that just can't be answered through an email," Dacosta said.

Although the hour-long commute to school is seldomly missed, she learned what significance the school environment held. It provided a routine and work area that isn't always as easily accessible at home.

"It was kind of awkward to connect because you're in a class with like, 60, 70 people and it's always the thing of okay, who's going to turn on their camera first, who's going to turn their

mic on first, who's going to talk first," said Kaylyne Fortune, a Police Foundations major at Humber.

As a first-year student, Fortune can't reminisce on past college experiences.

"This is what my normal is," she said. Still, her occasional in-person classes offer glimpses of what is being missed.

Fortune admits keeping her attention during online lectures has been challenging. Her curiosity sometimes gets the best of her, scrolling through the screen to see which students have their cameras on and reading the chat logs have become habitual.

She said she still has a long way to go with adjusting to remote learning. But within the

year of its establishment, Fortune said online learning has vastly improved and is now more polished.

Students who need extra help in handling online learning can reach out to Humber experts. The college said the mental health of Humber students remains a top priority and assistance is available through remote services to all who need it.

"Students can access services through a combination of remote option supports such as Career and Student Success Advising, Career and Student Success Advising, counselling appointments are also available virtually by telephone or video," said Humber spokesperson Nadia Arujo.



ANNA SHEETS/FLICKR

Learning through Zoom has become a new normal for Humber students and other colleges and universities around the world.

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DIEGO GUILLEN

Humber Hawks Women's Soccer team lining up to stand for the national anthem. Although the season hadn't started when the first lockdown began they were still forced to cancel all their games because of COVID-19.

A year without Humber varsity sports

Garrett Thomson

NEWS REPORTER

March 13 marks the one-year anniversary since Humber College went into COVID-19 lockdown. Education moved online this time last year and varsity sports was shut down.

That meant no basketball, no volleyball, no baseball, no softball, no curling, no badminton, no track and field, no golf, no rugby, and no soccer, outdoors or indoors. Humber has a large contingent of varsity sports athletes and one of the best post-secondary sports programs in the country.

Extracurricular sports were also shut down when schooling went online last March.

Varsity teams saw their season's end, also calling into question the potential for their following season. It was a tough pill to swallow for Humber athletes,

who saw at least a year of their sports career slip away.

Humber has won more provincial championships than any other Ontario college, 310 since 1967. Teams have also won 53 national championships, 38 of them since 2006.

This year without sports, however, didn't see varsity athletes spend time on the couch and dropping their sport because of COVID-19. The virus just changed how athletes trained, just like students changed the way they studied.

"The team gives us a workout builder, a new workout every day," said Noah Strong, a Media Communications student and a lock with Humber men's varsity rugby team.

The varsity teams established workout programs and other training exercises for their players, who are expected to return close to game ready for a

potential 2021-22 season.

"Our coaches have done zoom sessions and given us challenges," said Courtney Nadeau, a goalie for the women's varsity soccer team.

With no access to practice facilities, the coaches and training staff showed creativity during the past year.

"We are hoping we have a season next year, but we were pretty bummed out last year that we couldn't play," said Strong, explaining how he and the team felt when the news came that there wouldn't be a season this year.

Come fall the team is hopeful that they will be back on the field, he said.

One of the biggest setbacks for some players was losing their last year of eligibility.

"Some players extended to a fifth year to keep their eligibility," Nadeau said. But not all

took that route, and those who are graduating lost their chance to play because of COVID-19

Losing the season has been difficult for Humber Hawks players no matter the sport. But they all share one common wish,

that there will be a season in the fall. Although it is still too soon to tell whether that wish will come to fruition, the Hawks are preparing to be ready to step out on their respective playing surfaces when the time comes.



DIEGO GUILLEN

Hawks goalie Courtney Nadeau, seen in pre-game warmup at Redeemer in 2019, said that one of the biggest setbacks for players was losing their last year of eligibility.

Performing arts programs excel online despite COVID

Christian Collington

ARTS REPORTER

Music and performing arts programs at Humber College continue to be administered online but the standard of delivery hasn't wavered.

John Bourgeois, program director of the Acting for Film and TV program at Humber, teaches screen acting, notes the transition to an online environment for that course wasn't difficult.

"Screen acting is what we see every night when we turn on our streaming devices. So, given that we're working with cameras, making the adjustment to a webcam was not as insurmountable as it might have been," Bourgeois said.

The difficulties for Bourgeois appeared mainly when teaching concepts that involve movement such as blocking.

"There's a limited amount of blocking that can happen when the student is in their bedroom or their living room," he said.

Bourgeois' year of teaching from home exposed him to different methods of focusing on actors' faces rather than their bodies.

"It's surprising how effective it can be when you're working with a bunch of people looking into their webcams or laptop cams, you can isolate those people visually," he said.

Bourgeois notes since teaching online, the industry also shifted to conducting auditions online.

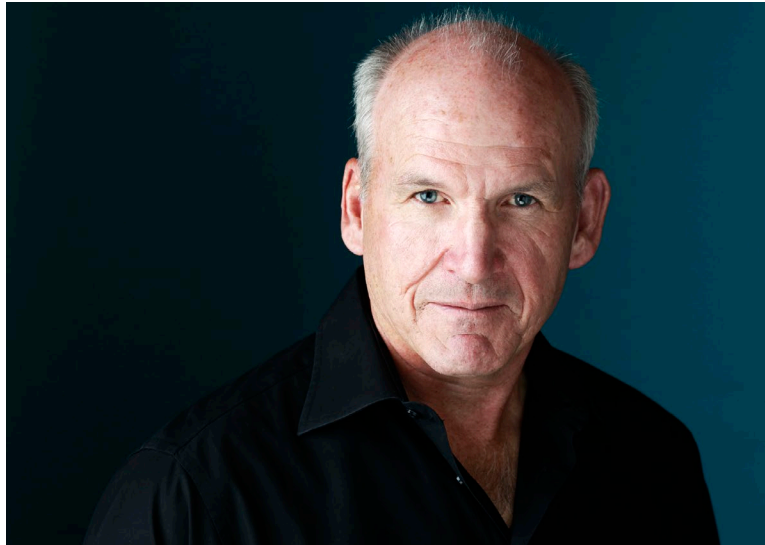
"The industry has adapted very quickly. There are no more in-person auditions for actors, everything is through self-taping and submitting an mp4 or using a software platform and uploading a video," he said.

Sharon Moore, a professor in the Theatre Arts Performance program at Humber who teaches movement training, found the shift to an online

environment familiar since she taught rehearsals online in the past.

"I think the interesting process was working with the students. Finding a way to keep the rigour of our training in a small space," Moore said.

She said the generosity of



John Bourgeois, upper left, said using technology to effectively teach classes was a new hurdle. Jocelyn Gould, upper right, is impressed with how well her students have adjusted to Zoom. Tatiana Jennings, lower right, notes that cutting down the syllabus was effective for her students, while Sharon Moore, lower left, looks to create new inventive ways to teach the film training program. All four are part of various performing arts programs at Humber College's Lakeshore campus. Photos courtesy of sources.



the faculty and the students attributed to making the online environment the best it can be at this stage.

"We have a masterful faculty and they have produced methodologies that are successful in actor training. The students' ability to be generous and forthright and very clear about what was working for them and what wasn't working," Moore said.

She notes teaching online has been effective for the students as they tackle training differently.

"I found personally that some students took more risks being in their own space than they might usually, because you're trying to embody the material, but there is a group and an ensemble sensibility to our training," Moore said.

Because there's no need to travel, commute time is nonexistent and offers more time for students to be rested.

"No one had to take an hour or

an hour and a half in some cases two hours of the day going and two hours coming back to the campus which means you can be more rested for your training," Moore said.

She also found the feedback from students to be valuable, as they were flexible with their program being online.

"Some of their viewpoints changed significantly about what can be done digitally, also how they can take that into a live performance, or that they actually learned much more about themselves," Moore said.

Tatiana Jennings, a Theatre Performance professor at Humber, agrees students have shown a great level of enthusiasm in their courses.

"Students have been amazingly brilliant. Their participation is inspiring to faculty," she said.

Jennings attributes the program succeeding in an online

environment for a year to the instructors finding new ways to teach their syllabus.

"We redeveloped things and adjusted to smaller assignments," she said.

"Everyone was open to new experiences and became more creative."

Jennings said teaching online has allowed her to discover new things that she didn't before.

"It's very eye-opening. Seeing the commitment that the students have and the high level of enthusiasm, the faculty has learned a lot from them. We learn a lot from each other," she said.

Jocelyn Gould, head of the Guitars Department at Humber College, says teaching improvised music has been difficult, but the students have made the most of being online.

"I've been super inspired by all the students and their willingness to make the best of such

an unprecedented situation," she said.

Gould found that digging into musical archives and listening to music with her students has been an aspect of online learning that's worked for her.

"It has been really nice doing conscious listening and attentive listening together," she said.

Heading into the fall, Gould hopes they can develop a hybrid form of teaching where ensembles can be played together in-person, and bigger classes can be administered online.

Bourgeois hopes to be vaccinated sometime in the summer and be back in his acting studio for the fall semester.

Moore and Jennings both hope to be back on campus for live training as the program has a commitment to that.

In the meantime, Moore hopes for some cross creation or new programs to be piloted.

Gamers seek scares and thrills through horror video games

Nicholas Seles

ARTS REPORTER

Horror video games continue to produce new content as developers find new ways to deliver powerful stories and frightening scares.

The horror genre is nothing new as games like Resident Evil, Silent Hill and DOOM date back to some of the earliest consoles.

A question some gamers get asked is: "If you play games to relax, why play something to scare you?"

Sociologist Dr. Margee Kerr said the context of choice is what allures people to horror games.

"When we're scared, our sympathetic nervous system increases the circulation of chemicals that, in the context of choice, can contribute to making us feel good," Kerr said.

"Basically, we're not thinking about what we have to do the next day, we're not worrying about school or work or money, we're totally grounded in our body and in the present moment, and that can feel pretty good," she said.

Kerr believes the sense of accomplishment from com-



TARSIER STUDIOS

Tarsier Studios' Little Nightmares 2 moments of serene silence are complimented by prolonged sequences of terror and mystery.

pleting something gamers find frightening is a contributing factor.

"I think it's the opportunity to challenge ourselves within a safe environment. We can test our skills, confront our fears, defeat the monsters and even though we rationally know the threat is not real, we still can feel a sense of accomplishment," she said.

One of the more recent horror games played among YouTubers and Twitch streamers is Phasmophobia, a game that places the player in the shoes of a paranormal investigator.

Adding to the immersion of the game is the option to play in

virtual reality.

Players can select from a number of tools such as EMF (electric magnetic field) readers, thermometers, UV flashlights and cameras to slowly uncover the mystery behind which paranormal entity the team is dealing with.

How players find out which being is haunting the location is all based on meticulous choices which can lead to some truly scary encounters.

Games editor Evan Millar of Rue Morgue Magazine agrees the element of choice and experience is what adds to the enjoyment.

"Just due to the more interactive nature of the medium, you're kind of the one steering the action, you're the one actually physically turning that corner, and that really elevates the elements," Millar said.

"All sorts of things are possible with games. You can really craft very, very personal stories or things that are more wide-reaching and really speak to other people's experiences," he said.

Tarsier Studios based in Malmö, Sweden, created Little Nightmares as well as the sequel Little Nightmares 2.

Both games were critically

praised for gorgeous visuals, engaging gameplay and horrifying monsters.

Six the main protagonist of Little Nightmares, and Mono the main protagonist of Little Nightmares 2, live in worlds that are much larger than them, trying to survive among creatures like a teacher whose neck extends to no end or a blind janitor with arms three times the size of its body.

Horror games showcase the creativity and fears of the mind, but looking to the future is always important.

Gianluca Rizzo, whose favourite horror game is Dead Space 2, said what's to come is hard to predict, but as a long-time consumer of horror games, there are ideas.

"It feels like the genre has slowed down in the last generation but there seems to be a desire to fix that recently," Rizzo said. "I'd like to see more games that do ideas that have proven to be not only unique but easy and exciting to replicate, like messing with the player's console and game, like PT or Eternal Darkness, or trying out 2D more," they said.

Release of Snyder's Justice League cut splits fan base, causing an uproar

Nicholas Seles

ARTS REPORTER

The release of Zack Snyder's Justice League brings to light the problem of studios bowing to fan demands, some of which are rooted in toxicity.

When the original cut of the DC superhero team-up film came out in November 2017, it collapsed under the weight of critic reviews, audience reviews and being plagued by production horror stories.

Four years on and what plagues the film now is the reputation the fanbase has for being toxic. John Kirk, who hosts comic book and celebrity panels at Toronto FanExpo, says fandoms can be split, which causes rivalry and toxicity to brew among themselves.

"You've got people who have recently discovered franchises like Justice League, Superman, Spider-Man and X-Men within the last 10 to 15 years. I think

there's one camp that's viewed as sort of pretentious upstarts and then you have the other extreme, who are like invested gatekeepers," Kirk said.

He said being able to accept what is not liked or appreciated in a franchise is important.

"I don't own it and a lot of fans don't have that perspective," he said.

"They think that they own it, they think that it's theirs and that's why they have so much ownership and in stating what they think should happen or why something is bad," Kirk said.

The original edit of Justice League had Snyder step away from the project after he and his wife Deborah Snyder, who is also his production partner, lost their 20-year-old daughter to suicide.

Cinematographer Fabian Wagner confirmed only 10 per cent of Snyder's footage was used in Whedon's iteration.

The #ReleaseTheSnyderCut movement was riddled in con-

trovery due to a select group of fans harassing Warner Entertainment and DC executives for a Snyder-directed cut of the film.

Diane Nelson, former president of DC Entertainment, deleted her Twitter account in September 2018 due to the online requests she received about the film with many of those messages being aggressive and harassing.

Humber grad Dylan van den Berge said the movement is a signal to studios.

"If ReleaseTheSnyderCut has shown us anything it's that audience want to see the movie's directors promise to us and that there's a demand for it," he said.

"If audience voices can be heard somewhere it'll be in WB's wallet," van den Berge said.

"I think the ReleaseTheSnyderCut movement was a very necessary movement that sets a really good precedent," he said.

Jim Slotek, a former film critic for the Toronto Sun and member



WARNER BROS.

The campaign for Zack Snyder's Justice League raised more than \$500,000 in 2020.

of the Toronto Film Critic Association, agrees allowing the film's release comes down to money.

"Warners wouldn't 'cave' unless there was money in it, and that's what this comes down to," he said.

The better side of the Snyder Cut movement then went on to raise more than US\$500,000 to date for suicide prevention charities in honour of Snyder's daughter.

Humber graduate and DC

comics fan Erik Dudley said Warner Bros. is wasting its time in trying to please a small group of fans.

"It's nothing special, I didn't mind the original cut of Justice League," Dudley said.

"It was fun, and the most important thing was it felt focused," he said.

Snyder's Justice League debuts on HBO Max in the U.S. and on Crave in Canada on March 18.

EDITORIAL

It's time to say thank you to Kyle Lowry and let him go home

People and things are in a constant state of change, and while it is uncomfortable, it is essential. If this year has taught us anything, it's that we all must be ready to adapt to anything, no matter the circumstance.

We see this in every facet of life, whether it's school, career, or relationships, sometimes it is important to recognize when a change is necessary, no matter how painful it may seem. But it does not have to be a negative thing; it could be an exciting new career or quitting a bad habit. The important thing to remember is it is a part of life — imagine doing the same thing over and over forever. It would be unbearable.

Toronto sports fans got a front-row seat to the necessity of change with news that Kyle Lowry, the second-longest tenured Toronto Raptor of all time, may want to return to his home city Philadelphia. The point guard, who is the franchise leader in

assists and was integral to their 2019 championship win, recently sold his Toronto home for more than \$5 million, and this along with the Raptor's disappointing performance this season has caused many fans to panic.

This move would not be the first to earn ire from fans. The trade of DeMar DeRozan to the San Antonio Spurs for Kawhi Leonard was met with similar outrage, as DeRozan had been the face of the franchise for years. That, of course, changed when Leonard brought an NBA championship North and highlighted the importance of change in sports. And in life.

Fast forward a few months after the parade, news broke that Leonard was going home to Los Angeles to play with the Clippers. Fans were upset but in large part understanding, doing what he said he would do, because he wanted to go home. But Leonard had only been here for one season. Lowry, meanwhile, has played in Toronto

since 2012. A generation of Raptors fans grew up watching him play. Letting that go is, to some, unthinkable.

But fans need to understand that this situation is a microcosm of life. Change is always scary; why go towards the unknown when you are comfortable with what you have? But it is necessary. Lowry has done everything he could for this city and now wants to return to his home and join the Eastern Conference-leading 76'ers. That shouldn't be scorned, it should be encouraged. We should want Lowry — who is expected to be in the hall of fame with a Raptors jersey beside him — to be able to ride off into the sunset. At 34 he is trying to cement his legacy, and we as fans should encourage that.

Life doesn't get better simply by waiting around, whether a basketball player hoping to get one more ring before their career ends or a college student trying to figure out what hap-



BRAD PENNER/USA TODAY SPORTS

There have been rumors Raptors point guard Kyle Lowry want to go home to Philly.

pens after graduation. The key is to take what life offers and make the best of it. See change as it is, an inevitable part of life. Say thank you to Kyle Lowry and

let him go home. The beautiful thing about sports, and life, is something new will always come along to be passionate about. You just have to take the leap.

OPINION

The final year of my program went left due to the COVID-19 pandemic



Pablo Balza
NEWS REPORTER

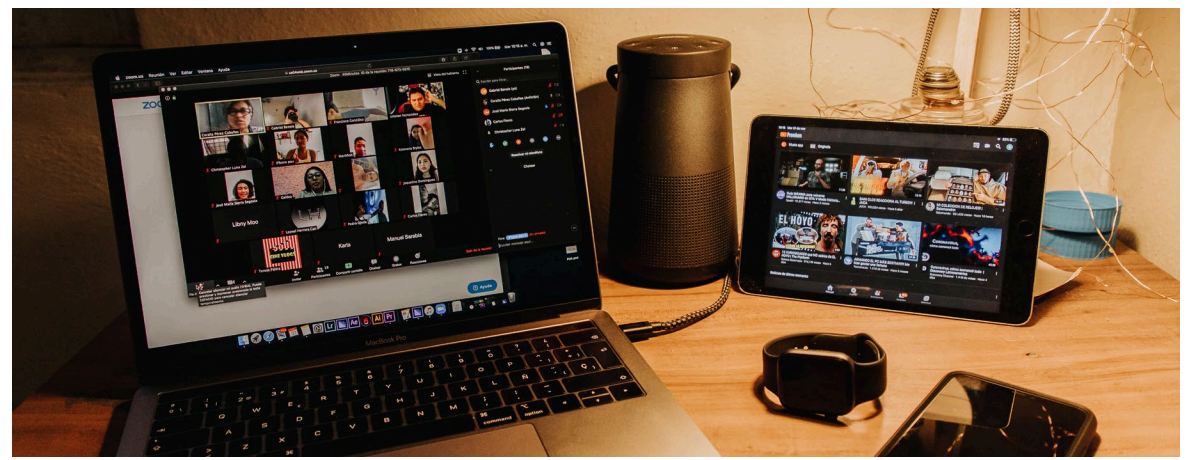
better photographs and stronger stories. Everything was heading in the right direction for me.

However, in March 2020, Humber announced it was cancelling classes on campus because of the COVID-19 virus. As a result, most programs were moved to online learning and graduation will now take place on a screen instead of a stage.

The newsroom transformed into our bedrooms, and as much as I tried, I felt I wasn't learning nearly as much as I did in the classroom. My only question as my second year wrapped up was, "are we going to be able to return to campus by September?"

But as cases continued to rise across Ontario this seemed less likely by the day, and sure enough, as I sat down in September 2020, it was at my desk at home instead of in the classroom.

Like everyone else, I was upset by this decision. I felt like I was losing not only time learning from my professors but also interacting with peers



GABRIEL BENOIS/UNSPLASH

Many students have not been able to adapt to online classes and most struggle to focus while being at home amid the pandemic.

I started my first semester of Journalism school here at Humber in September 2018, feeling both nervous and excited at the same time as I began this new chapter in my life.

The first year of the program was the hardest in terms of adapting to the environment and my classes but at the same time. I wanted to stay because I developed a passion for journalism.

In second-year I was starting to show improvement, producing

and getting the full college experience before my upcoming graduation. I still miss being on campus every day, covering stories important to fellow Humber students and working within the routine I had just started to become comfortable with.

Not only did I lose valuable time in the classroom, but my internship, something I had been looking forward to throughout my time in the journalism pro-

gram. It moved from being in a newsroom to right back in front of my computer.

It feels as if the pandemic has taken my education from me.

Hands-on learning, one of the reasons to go to college, has been near impossible, or at least, different. But despite the hurdles, I sit here having secured an internship. My classes are almost done. And I am beginning to realize my time at Humber is

coming to a close.

As I approach the end, it is bittersweet.

As hard as this year has been, I have gained skills it would have been impossible otherwise. I know now I have grown immensely since my first year, and feel ready to tackle the next step. My first term in 2018 seems like a lifetime ago, but in three short years, it feels like I've grown up.

History leads to vaccine hesitancy in Black communities

The Black population is just one that has been mistreated by the medical system

Cassandra McCalla

NEWS REPORTER

Black communities are wary of getting the COVID-19 vaccine and one expert said it's in part because of historical abuses in medical research involving the Black community which built distrust.

"There are many kinds of systemic racism incidents within the healthcare system that leave Black communities mistrustful of the acute care system," Alison Thompson, professor of Pharmaceutical Sciences at Dalla Lana School of Public Health located in the University of Toronto's St. George campus, said.

She said the history of mistrust dates back to the last century.

"The last century set tone," Thompson said. "There are the Tuskegee Syphilis trials that occurred in the States."

The Tuskegee Syphilis Study, which ran from 1932 to 1972, was an experiment the United States Public Health Services (USPHS) started. They performed on African-American men at the Tuskegee University (then called the Tuskegee Institute), blood tests, x-rays and spinal taps of their subjects. The purpose and goal were to obtain the natural history of untreated syphilis within Black populations. Instead, 128 of the 600 participants died, and others passed syphilis on to their wives and some children. The \$10 million class-action lawsuit by the NAACP did little to lower fears.

Black men who participated in the study were told they were receiving free health care and treatment for bad blood from the U.S. federal government. They did not receive any kind of treatment.

Canada had its own trials in the late 19th and 20th centuries when Canada's federal government operated the "Indian Hospitals" without receiving consent to test vac-



NOEL GALAI/SHUTTERSTOCK

Black populations are among those who have regularly been underrepresented in clinical trials for new drugs and vaccines, including the Pfizer/BioNTech COVID-19 vaccine.



NOOR AL-MOSAWI

Fatimah Jackson-Best, project manager for the Pathways to Care Project by the Black Health Alliance, said Black Canadians need to be better represented in clinical trials.

nations on Indigenous peoples. Minority groups have been disproportionately impacted and underrepresented in clinical trials. A 2020 study published by the New England Journal of Medicine found there was a significant lack of diversity in clinical trial populations of BIPOC persons.

The study showed in one COVID-19 test, Black people

accounted for 20 per cent of 1,063 people population, while Latin Americans accounted for 11 per cent and Indigenous people made up 0.7 per cent of the group.

The authors reported "trials included sites throughout the United States where Black, Latins, and Native Americans are over represented among people with COVID-19 and related

deaths," but the same groups were substantially underrepresented in the study samples.

Fatimah Jackson-Best, a public health researcher and project manager at the Black Health Alliance in North York, said having diversity in the clinical trials is crucial.

"Moderna is about 10 per cent of their clinical trial population for Blacks," she said. "That's a very small amount looking at the representation and overrepresentation within Black communities in COVID-19 cases, it screams the need for Black people to be included in clinical trials."

Black adults have historically had lower vaccination rates and had concerns surrounding the COVID-19 vaccine.

She said Black Canadians have to be willing to participate in the clinical trials to ensure more representation.

"It's an issue of mistrust with Black people as we're overrepresented in COVID-19 cases when it comes to the vaccine there are a lot of inequalities and inequities," Jackson-Best said.

Toronto recently unveiled the Black Community COVID-19 Response Plan to provide support to Black Torontonians, who are disproportionately affected

by and suffering from the virus. Black scientists who helped develop the plan in December 2020 with the Task Force on Vaccine Equity are hoping to reduce the risk of transmitting COVID-19 and hospitalization because of the virus.

The new response plan addresses the distrust and vaccine reluctance that Toronto's Black residents see as a challenge to overcome.

The task force partnered with other community organizations, including the BHA, to host virtual town hall meetings throughout Black History Month and March.

These meetings will focus on "the historical and contemporary issues of trustworthiness," among other topics concerning the misinformation, conspiracy theories, and mental health problems Black people may face.

"The Black Health Alliance has discussed the need for strategies and ways to address COVID-19 specifically for Black communities," Jackson-Best said.

Jackson-Best believes because of misinformation concerning COVID-19, asking questions from trusted sources and research can help Black people and other minorities be more trusting in getting the COVID-19 vaccine.

Broke and bored, students start businesses during COVID

Melike Hilal Gumus

NEW REPORTER

Despite the lack of in-person engagement to launch and grow a business, many young adults started a small business from home in the past year.

The COVID-19 pandemic created more free time in people's daily routines by moving everyone's lives online in 2020. The pandemic also caused many job losses and damaged people financially, Statistics Canada reported.

Many students and young adults found the solution by starting a business from home to stay productive and gain their financial freedom back.

"For someone who has been moving for so much in their life, to just sit at home after a while I needed something to take my mind off of it," Jasmine Puthoor, a fourth-year engineering student at Ryerson University, said.

Puthoor had the idea of starting Susthira Jewels, where she makes sustainable and lightweight versions of traditional South Indian jewelry, in late 2019.

She was only able to focus and improve her business in March 2020, when the first lockdown hit, as that was the first time she wasn't working since she was 16.

"It was the perfect time I had nothing else going for me," Puthoor said.

New businesses always come with risks and challenges, but COVID-19 created many more for small business starters in Ontario with stay-at-home restrictions and health and safety guidelines.

Simrit Dhaliwal, a second-year student

at McMaster University studying in Medical Radiation Sciences, started her business of customized press-on nails, Nails by Sim, in June 2020 in Brampton.

She said one of the most challenging aspects of the business during lockdowns was not being able to see her customers in-person.

"Everything is done over Instagram or online which can be difficult," she said.

During the pandemic, social media became the main platform for small businesses to survive and grow, Asset Digital Communications reported.

"You really need to realize that you have to use social media to your advantage," Anjelica Tzortzos said.

Tzortzos, a graduate from Ryerson University's Urban and Regional Planning program, launched Sugar Nest a month ago in Toronto to sell baked goods. She said a good social media presence for new businesses is crucial, as people cannot go out to talk to friends and gain attention to their brand.

Dhaliwal said COVID-19 restrictions limited many small business owners from personally inspecting raw materials for quality, as some of the stores they need only operate online due to the pandemic.

"Pictures online can be deceiving," Dhaliwal said, adding when she first started, she had to order different materials from online beauty supply stores until she figured out the ones that worked best.

Tzortzos said the pandemic made shopping for materials in the stores more challenging and increased the possibility of not being able to find the products she needed.

"You really have to think ahead of time what you're going to need, you can't do anything at the last minute," she said.

"You definitely need to have good time management skills, that's the only way you won't become overwhelmed," Tzortzos said.

She said managing a small business from home with additional responsibilities such as school and work can get people overloaded, so efficiency and time management is crucial.

Puthoor said starting a small business helped many young adults to be creative and gain the control in their life that they lost at the beginning of the pandemic.

"Right now, I'm trying to think how I can conduct this business productively and efficiently so that it balances with me," she said.

"It finally gave people time to actually do something that they were happy to do, something to share with other people," Puthoor said. "I love seeing all these small businesses that are coming up."

Jasmine Puthoor launched her small business last March and she creates alternatives to heavy traditional South Indian jewelry with lightweight and sustainable materials.

JASMINE PUTHOOR



Growth in home gardening, growing food soothes pandemic anxieties

Ayesha Raizada

NEWS REPORTER

Horticulture therapy is a comforting way to deal with the isolation and restrictions imposed by the coronavirus pandemic, experts say.

Home gardening is trending as more people are taking to it to occupy time, seek self-sustainability and to ease concerns over food security.

Leks Maltby, a gardener and a manager with Sheridan Nurseries in Toronto, said there was a spike in the sales of soil, seeds and plants after the province declared its lockdowns last year.

Sales quadrupled as people who have never tried gardening were buying all kinds of gardening items, Maltby said.

He said the demand for herbs,

seeds and plant rose because of perceived food insecurity.

"Gardening is a good vocation as breathing in fresh air is very healthy and positive, you can get vitamin D from sun and most importantly you can get as far away from the digital world," Maltby said.

Jade Paxton, a gardener and manager with Silver Creek Nursery in Wellesley, Ont., west of Kitchener, agrees the boom in gardening is driven by extra idle time, higher stress levels and a growing concern over food security.

She said the nursery saw a massive increase in sales both this year and last year following the onset of COVID-19.

"During this social turmoil gardening and being outdoors has a positive effect on people, it provides them a sense of purpose,

a sense of control and growing plants that produce food, provides a sense of comfort and security knowing that you are somewhat self-reliant," Paxton said.

Martin Laidla, a manager with Click & Grow Nurseries based in Estonia and is a distributor of seeds and plants worldwide especially in the U.S. and Canada, said food plants have seen boom in sales because of health and food availability reasons.

"Purchases for gardening gear and seeds and smart indoor gardens soared starting from last spring and here are many reasons, people started to care more about their health, fresh produce was scarce in many places and connection with nature like gardening is very relaxing and mindful activity," Laidla said.

A number of studies found

gardening provides horticulture therapy comforting for psychiatric health, including a Princeton University report that found gardening to be as therapeutic as biking, walking and offers emotional well-being.

Dalhousie agriculture professor Lord Abbey agreed as gardening provides horticulture therapy when people are stuck at home during the pandemic. Engaging in horticultural activities or landscaping promotes well being, helps ease mental and physical health issues.

"More people are gardening during pandemic due to therapeutic reasons, food shortages are a part of it not the main issue," Abbey said.

The Canada Food Prices Report 2021 suggests an increase of nearly three to five

per cent in overall food prices is expected, with the most significant increases predicted for bakery, poultry and vegetables.

This means Canadian families will pay nearly \$700 more in groceries compared to 2020 as food prices skyrocket amid pandemics.

A report prepared by Dalhousie shows one in five Canadians said the pandemic influenced their decision to start growing food at home.

"Key reasons more people started gardening during lockdown (are) to fill their time and as an opportunity to have their kids involved in activities as they were not actively engaged in sports or school," said Andrew Hammermeister, associate professor with the Plant, Food and Environmental Sciences Department at Dalhousie.

Ebola virus cases reappear in Guinea, DRC

Tina Nalova Ikome-Likambi
REPORTER

Mamadou Yaya Diallo said he was shocked to find out new Ebola cases had been detected in Guinea.

"I asked myself, 'how can this be possible?' We are yet to deal with corona and now Ebola has returned," he said.

Diallo is from the Fouta Djallo region in Guinea and is currently a student at Cité Collégiale d'Ottawa. He found out about these cases online.

"The next day I spoke to my mother in Guinea and she confirmed new cases were detected in the Nzérékoré region," he said.

The World Health Organization African Region tweeted on March 2, eight people have died of the Ebola Virus Disease and 17 cases have been detected as per an Ebola outbreak situation report of Guinea.

A cluster of Ebola virus cases was first detected on Feb. 14 in the sub-prefecture of Gouécké, Nzérékoré Region, Guinea, according to a World Health Organization's news article published on Feb. 17.

It stated these cases attended a burial of a 51-year-old nurse on Feb. 1 and later displayed symptoms of diarrhea, bleeding, and vomiting.

Ebola is considered a rare but deadly disease that is spread through the blood or body fluids of an infected person or with contact with tissue of an infected animal.

Several cases are currently in isolation at dedicated healthcare facilities in the capital Conakry and in Gouécké, in Nzérékoré region near the Liberian border, it stated.

Diallo said although these cases are in isolation, he is worried because Ebola spreads rapidly.

"The first Ebola outbreak led to several deaths, then corona happened and now Ebola reappears. It's very concerning," he said.

Diallo said he is deeply worried because Guinea is an under-developed country trying to cope with these viruses.

"I do not think my country is prepared for these Ebola cases. It is currently handling corona cases, but if Ebola adds to this, it will be difficult," he said.



YOUSOUF BAH

Dr. Georges Ki-Zerbo (left), a World Health Organization representative, said preparations for the COVID-19 pandemic have aided with the current Ebola outbreak in Guinea.

Diallo said his family and friends back home are troubled.

"They are worried. I hope these cases do not spread," he said.

A member of the outgoing

All that's left is to enforce what had been put in place before," he said.

Kokourouma said there is less worry, unlike the first outbreak where cases were reported in

tative, said the Guinean government is taking all necessary steps to control the spread.

"The government is using the experience from the last outbreak and also innovations such as the vaccine and also new therapeutics," he said.

The expert in public health, epidemiology, and infectious diseases said preparations for the COVID-19 pandemic have aided in the response to the Ebola outbreak.

"Preparations like infection control and prevention, hand washing or hygiene measures in the community and health facilities have helped with the Ebola outbreak," he said.

However, Ki-Zerbo said the World Health Organization grading for the country and region is very high even with these measures.

"Neighbouring countries have alerted their border teams. They do active case search along the borders to see if there are suspect illnesses resembling Ebola," he said.

Ki-Zerbo said no cases have been reported in neighbouring Liberia, Sierra Leone, Ivory Coast.

A separate tweet by the World Health Organization African Region on Feb. 26 stated eight cases of Ebola were detected in Congo and four deaths as of Feb. 25.

Ki-Zerbo said International Health Regulations should be applied in line with a risk assessment and grading.

He said Guinea's global risk is low.

Nevertheless the U.S. State Department issued a Level 3, which is considered a high risk, travel advisory which urged travellers to stay away from N'Zerekore region in Guinea and in the Democratic Republic of Congo due to Ebola.

Canada has issued the same general travel advisories for both countries where travellers are urged to avoid the areas but if they must travel there, to use proper precautions.

"What is more important is that we have a coordination and partnerships to contain the outbreak in the initial epicentre," Ki-Zerbo said. "Certainly, the World Health Organization committee for international health regulation may issue guidance and orientations as we move forward."

Even with all these guidelines and measures, Kokourouma said he is still worried about this outbreak.

"I am stressed, knowing there are COVID-19 and Ebola viruses and especially being so far away from my family," he said. "If these cases are not controlled, there could be huge destruction."



DIARRA ATOUMA

The World Health Organisation African Region stated there are currently 17 cases of the Ebola virus detected in Guinea and seven deaths as reported on Feb. 28, 2021.

committee of the Association of Guineans in Canada, Elahdj Mohammed Kokourouma said his family is less disturbed about this Ebola outbreak.

"My family tells me they are less worried because there are drugs, expertise, and protocols.

several cities.

"Things look like they are under control this time," he said. "The government is not lagging behind and are enforcing several measures."

Dr. Georges Ki-Zerbo, a World Health Organization represen-

Timmins launches anti-racism project with help from students, newcomers

Kelly Luke
REPORTER

TIMMINS, Ont. — Jean Jacques Fouda was walking down the street with his friends, when he noticed a few men pointing a cell-phone camera in their direction. The men were taking their picture without asking for consent.

Fouda, 27, wondered if in this small northern Ontario community, the men had never seen a group of black men before.

The second-year international student moved from Cameroon to pursue a bachelor's degree in management at l'Université de Hearst in Timmins. This isn't the first time he had experienced strange behaviour from other residents, he said.

"You cannot see directly the discrimination," Fouda said. "The discrimination is very [hidden]. When you walk away in the road, sometimes I'm with my friends [and] you can see some people, they're in their car, and they are

[looking] at you very weird."

Occurrences like these inspired Fouda to take action within his community.

The Timmins Economic Development Corporation (TEDC) announced a new project funded by the federal government as part of their Anti-racism Action Program.

The Timmins Diversity Awareness project will work to spread knowledge and awareness of the diverse cultures and residents that live within the community.

Timmins' population is just more than 41,000. Immigrants make up about 990, and Indigenous residents make up just more than 3,400, according to the 2016 Canadian census.

Although racism and discrimination may never be completely eradicated, reducing instances of discrimination and racism is the overall goal of the project, said Madison Mizzau, the Community Development Consultant at TEDC.

"When we applied for this

funding, it was because we are currently facilitating the Rural and Northern Immigration Pilot," she said. "Dealing with immigration, we know that there are barriers that newcomers face in getting [...] employment or in participating fully in the community here."

Both Mizzau and Fouda will work with other members of this project to develop a community-wide awareness campaign, and a workplace inclusion charter.

The awareness campaign will be on-going for six to eight months and will recruit members from Timmins' Indigenous communities, international students, and other newcomers.

The campaign will work to feature these recruits in a series of videos and posters that will be visible throughout the community to help educate residents of the various cultures and diversity that exist among their city, Mizzau said.

The workplace inclusion



JEAN JACQUES FOU DA

Jean Jacques Fouda, an international student at l'Université de Hearst in Timmins, Ont. said that racism in the community is hidden. Fouda is working with the Timmins Economic Development Corporation on the Timmins Diversity Awareness project.

charter will focus on encouraging local businesses to follow a series of commitments that are soon to be determined, he said. These commitments will help local workplaces create a more inclusive environment for immigrants and racially diverse employees, Mizzau said.

She said it would be good to see people be more open to learning about other cultures. Mizzau said it's important for newcomers and Indigenous people to know the community is welcoming and trying to change to eliminate discrimination.

Ontario's election laws are changing 15 months before the next election

Vrajesh Dave
REPORTER

Ontarians don't head back to the polls until June 2022 but their electoral system is quietly changing behind the scenes.

The Ontario government proposed a number of changes around an annual subsidy that supports the major parties, boosts individual campaign donations and increasing the number of advanced polling days — more than 15 months ahead of the next provincial election.

The electoral reforms are intended to "make it easier and safer for people to vote or become a candidate while protecting provincial elections," the Ontario Attorney General's office stated in a Feb. 25 media release.

Ontario has a \$13 million taxpayer-funded subsidy which was set to expire this year that would fund political campaigns based on how each party performed in the last election

Ontario Premier Doug Ford chose to extend the subsidy for another three years, instead of scrapping it entirely as he promised in 2018.

The Ford government attributes the extension of the subsidy to 2024 to "the financial impact of COVID-19," a media release from the Premier's Office stated.

Based on data from Elections Ontario, the subsidy will translate to annual amounts of about \$6 million for the Conservatives, \$5 million for the NDP, \$3 million for the Liberals and \$673,000 for the Greens.

Jonathan Rose, an associate professor of political science at Queen's University, with research interests including Canadian politics and electoral reform, said these initiatives preserve the importance of the government and are "generally good."

"Parties are the lifeblood of a democracy, so if you starve parties, you starve a democracy," Rose said. He said he believes

these initiatives "level the playing field" for smaller political parties.

"Not to be naïve though, it benefits the government usually. It's a bit of a double-edged sword," Rose said.

The Queen's University professor said that in a perfect world, there would be a more generous subsidy by the government since political parties have such a vital democratic purpose.

The government will also be increasing campaign donation limits on individual contributions, doubling the current maximum of \$3,300 from \$1,650.

This would bring Ontario "into the middle of the pack" in the limits on individual donations for Canadian provinces, according to the Attorney General's Office.

Rose believes this will greatly benefit the Progressive Conservatives and increase the chasm between large and traditional donors.

"So, on balance, I don't think

it's a good thing," he said.

Elections Ontario reported third party advertising in Ontario is greater than that at the federal level. The last provincial election in 2018 showed third parties poured more than \$5 million into the election season.

While a 2017 ban bars unions and corporations from donating to Ontario's political parties, they are allowed to donate to interest groups such as the Ontario Medical Association or the Ontario Real Estate Association.

The Ford government's proposed changes would cap their contribution limits to \$637,200 over the year-long run-up to an election.

Rose said this can be a bit of a "mixed bag", as limits on third party advertising can be controversial since they often drown out voices of government critics.

"The teacher's union has been a vocal advocate and critic of the government, and this would effectively silence them," Rose

said.

The government is also looking to make logistical changes, by increasing the number of advance polling days to 10, from five. The intention would be to encourage early voting and a greater voter turnout, if Elections Canada data is any indication.

The federal body reported nearly five million votes were cast at advance polls in the 2019 federal election, more than a quarter of the total votes cast.

"We have learned that if you give people more opportunities and avail themselves, people are more likely to take advantage of them," Rose said. "The incremental cost, the marginal cost is minor compared to the significant benefit it could have."

Other proposed changes include allowing the Chief Electoral Officer to issue fines for minor fractions of election laws, instead of the current process which refers all violations to the Attorney General.



ALL PHOTOS BY TYLER CHEESE

Snow, ice and other obstacles on Toronto sidewalks limits accessibility for those who use wheelchairs or other mobility devices. Snow clearing is one example of the social and environmental barriers disabled people face.

Toronto's sidewalk snow clearing policy example of institutional ableism

Tyler Cheese

REPORTER

Getting stuck in the snow can be deadly for Toronto's wheelchair users, one disability advocate said.

"I've known people that have died being stuck in the snow. They got out of their taxi, taxi left, they didn't make it to their front door," Russell Winkelaar said.

Winkelaar is an actor and wheelchair user who lives in Toronto because the city is more accessible than his hometown of Peterborough, Ont.

Despite this, there are reasons to be concerned about the accessibility of city streets especially during the winter, he said.

"You know, if I went wheeling out at night and got stuck ... it doesn't take long to get cold," Winkelaar said.

Though Toronto is often heralded as one of Canada's most accessible cities, ice and snow still present problems for people using wheelchairs and other mobility devices.

According to the city's Accessibility Design Guidelines, all accessible entrances, ramps, and steps should have snow and ice cleared as quickly as possible.

Main streets like Bathurst, Dundas and College Streets are usually pretty good, Winkelaar said.

The city's website states clearing ice and snow from most sidewalks is a municipal responsibility. But this can take up to 13

hours after a snowfall.

The problem, more often than not, is on smaller residential streets, Winkelaar said.

The city's Snow and Ice Removal bylaw states home and business owners need to clear ice and snow within 12 hours. But often this just doesn't get done, Winkelaar said.

"There's always some spots that are bad," he said. "Sometimes you have to go back half a block and cross the street and go the other way."

The city does not enforce accessibility on sidewalks unless someone calls 311 with an issue — whether that be snow, ice, delivery trucks, sandwich boards or anything else that may block a sidewalk.

Tim Ross, a scientist with Holland Bloorview Kids Rehabilitation Hospital and has a background in urban planning. His work focuses on institutionalized ableism, the idea that a mostly able-bodied society is ignorant of the needs of those with disabilities.

"It's pretty difficult to be an able-bodied person and to have a comprehensive understanding of how these issues are experienced," he said.

One solution to this problem is to include more people with disabilities in the conversations about how we build our cities, Ross said.

"People living with disability have a unique 'positionality' that



gives them a unique and truly valuable perspective that we need to engage in our planning and design and service of communities," he said.

Samantha Walsh, a sociology and equity studies PhD candidate at the University of Toronto, agreed.

"I'd like to see more marginalized people working together to inform city planning," said Walsh, who is also a wheelchair user.

Assumptions made about people with disabilities is one of the biggest sources of unintended ableism, she said.

"The social imagination of disability informs policy in ways that I don't think people think about," Walsh said.

She regularly encounters people who assume someone

with a disability can't contribute meaningfully to society. These assumptions also inform city policymakers, she said.

Winkelaar suggests one way to combat these assumptions is to shift society's thinking to a social model of disability.

Such a model recognizes the social and environmental barriers inflicted on someone with an impairment, rather than the medical model of emphasizing their physical limitations.

The Accessibility for Ontarians with Disabilities Act (2005) protects people with disabilities from outright discrimination, but the government can't mandate a change to society's unconscious biases.

Luke Anderson, the founder of The StopGap Foundation, a company that provides ramps to

businesses with stepped entryways, has used a power wheelchair since sustaining a spinal cord injury in 2002.

Education and awareness are the biggest tools in the accessibility fight, he said.

Able-bodied people need to have "conversations among their circles, around the dinner table, at home, in the office," Anderson said.

He suggested getting involved in diversity, equity and inclusion initiatives within different community organizations.

People need to step up and amplify the voices of people who are often ignored, he said.

Winkelaar said it takes allies to push the cause forward.

"And we need more eyes and ears and hearts open to it to push it forward," he said.

Ontario man set to run 4,200 km raising money for children

Danielle Dupuis

REPORTER

SAULT STE. MARIE, Ont. — A 10-year vision is finally coming into motion for Rick Fall, a local northern Ontario runner. For years now, he has had his heart set on the goal of running from Victoria, B.C., back to Sault Ste. Marie, Ont., in hopes of raising \$300,000 for Make-A-Wish Foundation Canada and Childhood Cancer Canada.

He will be leaving Sault Ste. Marie on April 2 to make his journey out west and begin to run back on April 12. Fall plans to run 42 kilometres a day and to complete his goal by the end of summer.

"I'm hoping to get it done in 100 running days, averaging a marathon per day. It is approximately 4,200 kilometres from Victoria back to Sault Ste. Marie," he said. "I've built in some rest days, and it will take about four to four and a half months for me to get it done."

Fall will be evenly splitting the funds raised between both non-profits and said these two foundations are often left behind, and he wanted to do something about it.

"There are so many children

that are in need," he said. "Children's research and children's foundations don't get nearly the recognition as much as adult cancer or research foundations do."

"I thought I should get out there and help the children," Fall said. "Also, I've seen several children through the school system who have suffered from cancer."

Currently working as a supply teacher, Fall has seen children bounce back from cancer and other childhood illnesses and some that don't.

He has seen firsthand the impact these organizations can provide children — considering his niece, some years ago, was a recipient of a Make-A-Wish Foundation wish.

"Some of the children don't have much life to live and may as well let their last years be enjoyable," Falls said. "For some of them who are granted their wish, it gives them a reason to live further."

Rachel Miller, the events senior coordinator, said Fall's contributions would have the potential to fulfill 15 wishes if he reaches his goal.

"The average cost of a wish is \$10,000, and the impact of a wish



RICK HILL

Rick Hill will be using this RV as a support vehicle as he tries to run across the country.

is more than a 'nice to have.' It is an essential component of a child's treatment protocol," she said. "Seventy-one per cent of wish children who are now adults believe the wish experience contributed to saving their lives."

Fall had previous experience with fundraisers and organizing events. Miller believes his drive to help others will give him the

focus to complete this goal.

"Rick's history and experience as a fundraiser for the Terry Fox Run shows his commitment to fundraising for a cause close to this heart, and we are so grateful to have him as a proud supporter of Make-A-Wish Canada," she said.

Kathy Motton, director of communications and marketing at Childhood Cancer Canada,

was excited when she heard the news from Fall. It has been a tough year with the pandemic as many of the Childhood Cancer Canada fundraisers had to be cancelled, she said.

"Having his support right now is really huge because a lot of foundations have been really hit by the pandemic. Our ability to fundraise has taken a really hard hit," she said. "Having someone like Rick step forward with this opportunity and being willing to move forward with it and with everything going on."

Fall will be accompanied by his wife for his journey and will be using an RV branded with his logo Fall-O-Rick Home-To-Home as his support vehicle.

He originally planned to start his endeavour in April 2020 but had to postpone it because of the pandemic. He does say the extra year provided him with more training time, and he feels better equipped for the journey than he did last year.

"I've had the extra year for training, and I feel a lot more physically ready this year than last year, but I think this is a doable thing," Fall said. "If I think I can, the only way to know it is to actually get started."

TALES FROM HUMBER

My brother prepares for a future with the Soo Greyhounds

Cassandra Spurrell

NEWS REPORTER

My brother Justin Spurrell is waiting for the next step in his life. COVID-19 has forced a halt to the Ontario Hockey League just as he was prepared to start in his hockey career.

The 17-year-old hockey player was drafted by the OHL's Soo Greyhounds in the 10th round this past summer.

Getting the call from Greyhounds General Manager Kyle Raftis was a great moment not only for Justin, but for our whole family. Sitting across from my brother, we waited patiently for his name to show up on the draft board. It was extremely nerve racking.

Throughout the years, I watched my brother play every game — from house league

when he was only four years old to the Brampton '45s AAA Midgets — with heart, strength and determination. Although I never missed a single game of his, it always amazed me of how talented he is on the ice. Justin looks up to some of his idols like Sidney Crosby, Blake Wheeler and Auston Matthews to try and copy the same work ethic they have and make it his own.

His biggest goal in life since he was a child was to make it to the highest level in hockey, which is the National Hockey League, and to play on the team he grew up watching.

"I would love nothing more than to get drafted into the NHL by the Maple Leafs," Spurrell said. "It is what I always wanted to come out of my hockey career."

And becoming a part of the

Greyhounds could be a big step towards that.

This is the Greyhounds once led by current Toronto Maple Leafs General Manager Kyle Dubas. Leafs' coach Sheldon Keefe is a Greyhound alumnus.

When I watched Justin's reaction while getting a call from the Greyhounds' Raftis, I felt both relief and joy. The trek to reaching his objective in life took a big step toward being accomplished.

It was extremely emotional for me and the rest of my family.

But he knew the COVID-19 pandemic would put that next step upwards on hold for the time being. Nevertheless, getting ready physically and mentally for the Greyhounds' training camp is now his number one priority.

"Training every day and

making sure I'm in good condition for the training camp, whenever it starts, is my main goal as of now," he said.

Nine months after Justin was drafted to the OHL, it still sparks conversation. I'm proud of my brother and all he has accomplished at such a young age. He continues to take me by surprise, in part because he's done so much while still having so much time to accomplish the rest of his goals.

With on-going support of my family, we believe he will do great things in the future, not only with his hockey career, but as a person. He especially feels the quiet guidance from his uncle, who recently passed away.

Justin knows Uncle Emilio is watching down on him and clearing a track on the ice for him.



COURTESY BRAMPTON 45'S

Justin Spurrell was drafted by the OHL's Soo Greyhounds in the 10th round after playing for the Brampton 45's AAA team.