

GUELPH-HUMBER MAY MOVE TO BRAMPTON



ELI RIDDER

Gabi Rana, a University of Guelph-Humber student who currently sits on IGNITE's board of directors, views the move as a positive one for future students that live in Brampton.

Ashima Agnihotri News Reporter

The University of Guelph-Humber will relocate to Brampton's new downtown Centre for Innovation by 2025, creating several employment opportunities and turning the city into an educational hub.

The university opened its doors at Humber College's North campus in 2002, birthed from a partnership between the college and the University of Guelph.

It was the first in Ontario to offer the opportunity of earning both a university honours degree and diploma in four

years of full-time study in one location.

Brampton has been a point of interest as a potential location for Guelph-Humber for more than a decade given its strategic location in the growing Greater Toronto Area and the fact many students come from the Brampton and the rest of Peel Region.

"It's a natural fit for Guelph-Humber to be a key partner in the Brampton Centre for Innovation and support current and future students with a unique and proven model that allows them to earn both a degree and a diploma within four years," said Charlotte Yates, president

and vice-chancellor of the University of Guelph.

Guelph-Humber student Gabi Rana, who also sits on IGNITE's board of directors, told Humber Et Cetera she views the move as positive for future students.

"U of GH in Brampton will offer a full range student experience. There are places to see live performances, eat at many restaurants and it has multiple entertainment venues," Rana said.

"Brampton has a good university demographic, I am sure the students will have a nice out-of-classroom experience and build relationships with other students,"

the media communications student said.

The university proposed a relocation plan in 2015 but it did not come to fruition at the time due to funding issues, Rana said.

Guelph-Humber has long-suffered from complaints of overcrowding, with students unable to find seating for studying or eating.

Former Humber president Robert Gordon previously told GH360 the school "really shouldn't admit more students into the present facility."

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Mental health issues rose among students during global pandemic

It's estimated that one in five post-secondary students are affected by mental health issues

Samantha Little
News Reporter

Celeste Foesenek is just one of many college students struggling with mental health challenges during a time when rates of anxiety, depression and other conditions are spiking.

"I know so many college students who struggle with mental health issues, including myself," said Foesenek, a Humber College beauty program student.

"It's definitely hard to deal with, however, it's really helpful to have someone to talk to about it with," she said.

"I personally go to therapy, however, there are many different options depending on each person's needs," Foesenek said.

More than 6.7 million people live with mental health issues in Canada.

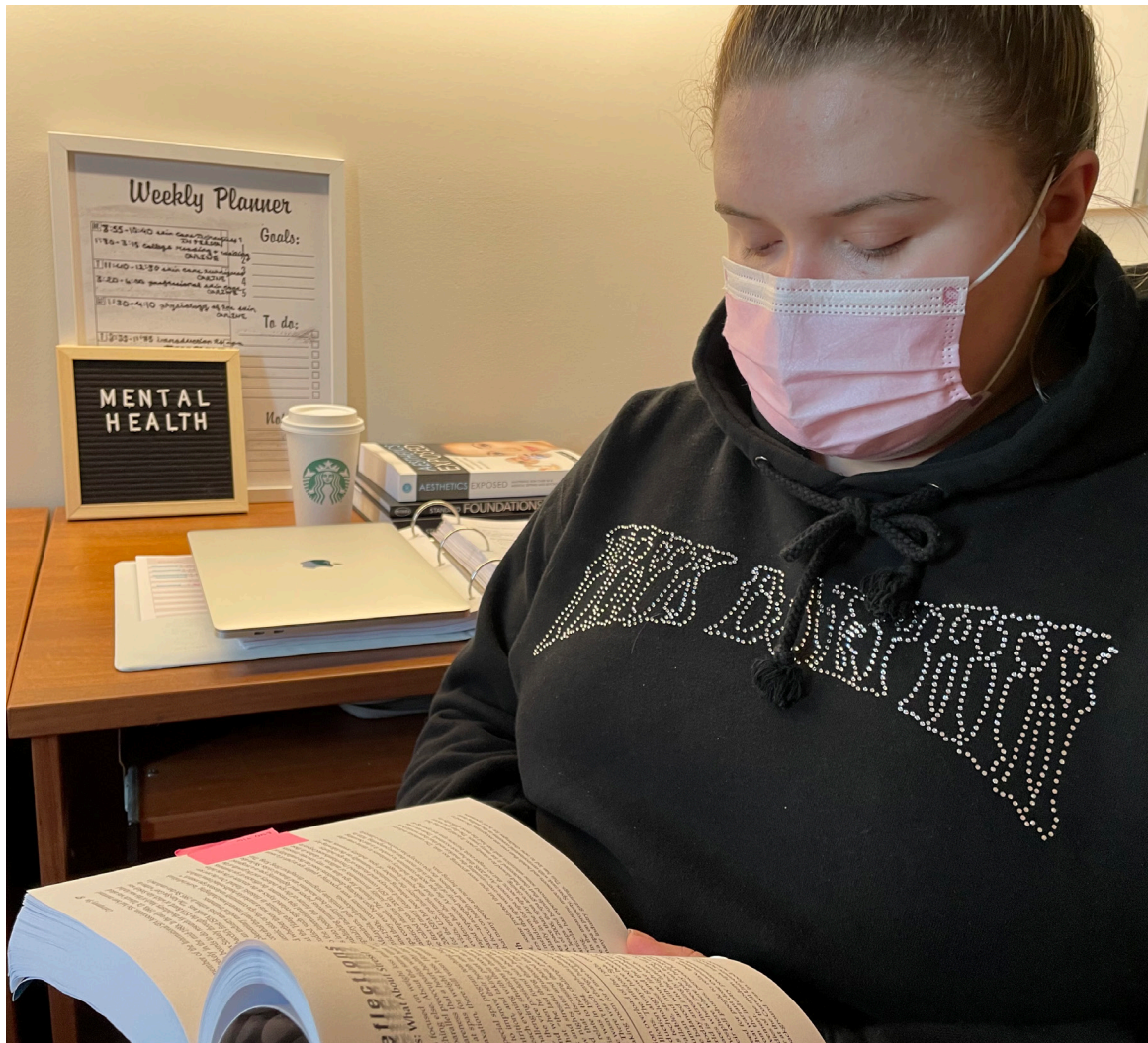
It's estimated that one in five post-secondary students are affected, rates that have been increasing under the stress of the COVID-19 pandemic, the impact of social media, financial anxieties, pressure to succeed and the uncertainty of the future.

With midterms and assignment due dates coming up, it's important for those feeling stressed to ask for help finding suitable coping mechanisms and healthy ways to destress.

Humber College offers many forms of support, including counselling services and virtual events.

But there may be a wait for support as there are only 10 counsellors for the 56,000 full-time and part-time students at Humber, OPSEU Local 562 Acting President Milos Vasic told Et Cetera.

Free, confidential counselling



SAMANTHA LITTLE

Celeste Foesenek knows of many Humber students who struggle with their mental health, including herself.

is available online or by phone, which can be booked through the Student Wellness and Accessibility Centre by emailing counselling@humber.ca or by phone at 416-675-5090.

“Counsellors can support students by helping them work through their problems, setting wellness goals, or getting them connected to college and community resources”

Vicki Digiovanni

Department of Student Success and Engagement

selling@humber.ca or by phone at 416-675-5090.

Appointments are available from 8:30 a.m. to 4:30 p.m. Monday to Friday. For immediate support, there are help-lines available such as Good2Talk at 1-866-925-5454.

“During a counselling appoint-

ment students are welcome to discuss difficulties including school, home, in relationships, or just personal life,” said Vicki

Digiovanni of the department of student success and engagement.

“Counsellors can support students by helping them work through their problems, setting wellness goals, or getting them connected to college and community resources,” she said.

Humber also offers programs to help students learn healthy coping skills. These include Peer-led Wellness groups, Healthy Minds for Stressful Times and Learn to Manage Your Emotions Group.

As well, the college offers programs for LGBTQ+ students and virtual events that discuss self-care, body image and body positivity, wellness and yoga.

Marina Mikhail, who works at the LGBTQ+ Resource Centre, said programs offered at the Resource Centre “focus on building community and supportive relationships among 2SLGBTQ+ students.”

Although not all Humber's virtual events are about mental health, there are many that allow students to open up to one another, find comfort in knowing they are not alone and have fun in a safe space.

ETC •

Humber Et Cetera is the Humber College journalism program laboratory newspaper. It is created by second and third year journalism students. 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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Brampton will become a students' city

CONTINUED FROM PG. 1

An operational review was undertaken during the 2017 college faculty strike that involved student input on the future of the university.

The University of Guelph told student reporters in January 2020 that it would not be moving locations amid a strategic plan review process. It now says the City of Brampton and Guelph-Humber are working together to relocate the university.

This will shift 5,000 students to downtown Brampton. Guelph-Humber has more

than 400 employer partners in Brampton that provide students with work-integrated learning and on-the-job experience, built into its programs.

Brampton City Council made a historic commitment in July, providing up to \$150 million for the new university and centre for innovation.

This is the second major post-secondary education announcement for Brampton this year, with Ontario Premier Doug Ford announcing funding and plans for a Brampton Ryerson University medical school in March.

Guelph-Humber's current and future programs will join Ryerson's planned medical school as new education opportunities in Brampton. Sheridan College also offers programs in the city.

"We pride ourselves on supporting student success and producing well-educated, experienced graduates who are ready to make an impact on society," George Bragues, interim vice-provost of Guelph-Humber, said.

Downtown Brampton Business Impact Analysis group also welcomed the efforts to bring Guelph-Humber to Brampton.



ELI RIDDER

Gabi Rana, IGNITE board member at the University of Guelph-Humber.

Queen's Park allows colleges to offer more degrees

Jess Kerr
Reporter

College leaders in Ontario have applauded the provincial government's proposed measures to let them expand degree-granting programs, but a student organization says affordability, housing and mental health still need vastly increased support.

Linda Franklin, president of Colleges Ontario, said having more college degree programs, part of a package of reforms included in the Red Tape Bill introduced in the Ontario legislature on Oct. 7, will mean more opportunities for students.

"We're excited that the government has announced its intent to

move to three-year degrees and applied masters," Franklin said. "There's a whole lot of areas where businesses are clamouring for students with these credentials, and we haven't been able to deliver."

Franklin told Humber Et Cetera that alumni might also choose to return to school to complete an advanced degree.

"It's wonderful that we may have an opportunity to do that for them now by using micro-credentials to help and using our resources online to fill any courses that they are missing," she said.

Jason Baryluk, with the College Student Alliance, said college students have urgent needs

beyond the changes proposed by the Progressive Conservative government.

"It was nice to see the credential reform, it will help students," said Baryluk, the CSA's advocacy director.

"[But] we need more support," he said. "There's a massive affordability issue. There is a serious issue in terms of housing and mental health. And the government has not moved on those."

Franklin said the credential change will boost an economy in urgent need of skilled workers.

"We're going to come out of this pandemic into an enormous labor shortage," she said. "So, great for graduates because

there'll be a lot of jobs looking for highly qualified people."

"This edition of masters' credentialing, the removal of the four-year degree cap and then the addition of three-year degrees will mean that colleges have more flexibility to make sure they meet the needs of the labor market, help our students graduate into great jobs, and make sure that local employers have the talent they need," Franklin said.

Baryluk argued, however, that without increased support students will have trouble completing programs to get out of the starting gate.

"Our graduates and our students need support so that

they're able to get out there and work to their best ability and kind of kickoff their lives," he said.

"When it comes to situations that are once-in-a-lifetime as a pandemic what needs to happen is spending, and we need to spend a lot to put people back to work... we need to make sure that happens," Baryluk said.

Humber College student Erin Simmonds told Et Cetera she agreed the expansion of college degrees means "more students will want to apply for post-secondary education."

"With more degrees coming, I think students would want to have a good education with the credentials they need for their career," she said.

Ontario seeks to eliminate 'period poverty' for students

Jess Munday
News Reporter

Ontario schools will start giving out free menstrual hygiene products for students who need them after a recent Ontario government partnership with Shoppers Drug Mart.

"Our government is committed to reducing stigma and removing barriers that prevent women and girls from achieving their full potential," said Jane McKenna, associate minister of Children and Women's Issues.

The Ontario government's new partnership with Shoppers' to get students through their time of the month also remove the stigma about conversations surrounding menstrual hygiene.

"Ensuring that menstrual products are free and readily available to students who need them will help create more equitable environments in our schools," McKenna said.

Shoppers Drug Mart announced last week that about six million products will be sent to schools across the province this fall. The company will provide free menstrual products over the next three years and also plans to install product dispensers in school washrooms.

Many post-secondary schools already have programs to give

students free period products.

Emmaline Scharbach, IGNITE communications manager, said Humber College's student union offers free tampons and pads for students on campus.

"IGNITE has been offering free products for years," Scharbach told Et Cetera. "Students can find free menstrual kits in most bathrooms at North and Lake, or you can grab them from any IGNITE office."

IGNITE teamed up with the brand Aisle to bring students a free virtual event on Oct. 21 to

hygiene products. Almost six in 10 have "felt the need to lie about being on their period or hide a menstrual product," it said.

Those who have a period spend about six years of their life on their menstrual cycle and spend around \$6,000 on menstrual cycle products throughout their lifetime, a study shows.

And the Plan International survey found that 34 per cent of Canadian women and girls had to regularly or occasionally sacrifice something else within their budget to afford menstrual products.

Kiiwetinoong NDP MPP Sol Mamakwa told the Ontario legislature during Question Period Oct. 20 the Shoppers' deal doesn't offer Indigenous students the same help.

"For those of us that live in the north, we often pay double for the same products found down here," he said. "This gap is even wider when you go into fly-in First Nations.

"Get this, Mr. Speaker, a regular box of tampons can range from \$16 to \$45, leaving people to choose between menstrual products or food security," he said.

"Young people attending First Nations schools have high needs for these products, but they are being excluded.



COURTESY SOL MAMAKWA

New Democrat Sol Mamakwa pointed out inequalities impacting Indigenous students.

inform students how to make their time of the month more sustainable.

A 2019 survey by Plan International Canada said almost two-thirds of females aged 14 to 55 in Canada have missed out on an activity because of their period and concerns about not being able to access menstrual



JESS MUNDAY

IGNITE has provided free menstrual kits to Humber and University of Guelph-Humber students since 2017.



GRETA HOFFMAN

More people are relying on food banks as the cost of living continues to rise. The COVID-19 pandemic has made the situation worse for many.

Pressure on foodbanks rises with cost of living

Trishelle Dotson
News Reporter

Sarah Yonge knows the feeling of being hungry all too well.

Once a ward with the Children's Aid Society of Toronto, then a foster child who left home at 18, Yonge has faced more than her share of challenges.

"I guess you would think I'm a walking poster for food banks," she said. "I fit the stereotypical image. But you'd be surprised."

Since the COVID-19 pandemic hit, the number of people relying on food banks has increased.

Once thought of as a last-resort service for the homeless, dispossessed or distressed youth, food banks are seeing more blue-collar families and singles as clients.

The 2019 HungerCount report indicated almost 1.1 million people visited one of Canada's 4,700 food banks before the pandemic.

"I think it's people running out of resources, and you know, getting lower on resources," said Joel Gelwarg, supervisor for Regeneration Outreach Community Food Bank in Brampton.

"It's scary because people are hungry," he said.

Gelwarg said governments were ill-prepared for the pandemic. He knew businesses were going to be closed for months, some with coolers filled with food waiting to be distributed to those in need.

"The government saw that these things weren't going to be dispersed and waited. At that point, a lot of it was unusable," he said.

The rise in food bank usage has

been affecting those not only in rural areas but also in suburbia.

Christina Armstrong, manager of the Wasaga Beach Ministerial Food Bank, said even in areas such as Wasaga Beach — where residents are mostly retirees and young families looking to escape the high costs of the city — have been hit hard.

"We've seen a lot of larger families that have now been down there," Armstrong said.

"Food is going up; rent is going up; hydro is going up," she said. "Gas, everything, everything increases."

Armstrong said people living on Ontario Disability Support Program benefits and families on Ontario Works are visiting food banks, along with those who are working but can't seem to make enough.

"We have a lot of a lot of people that are working hard, but the money just doesn't stretch," she said.

Armstrong said the food bank relies solely on donations and the community for help. She urged the Ontario government to step in and help more with outreach and making grants more accessible.

Many people are in the position of choosing either housing or food. With the cost of living rising and wages stagnant, increasing numbers of people know the anxiety that being vulnerable brings.

"I knew hard times before the pandemic, but this, this is another level of difficulty," Yonge said, fighting back tears.

"This is another level of difficulty. Mothers need diapers and formula," she said. "It's heart-breaking."

Ford slammed for his immigration comments

Andrew Raghunandan
News Reporter

Premier Doug Ford refuses to apologize for comments he made earlier this week about immigrants that opposition leaders and commentators described as racist and divisive.

Ford told a news conference in Tecumseh, Ont., on Monday that with a labour shortage in the province, immigrants were not only welcome, but needed.

He continued by setting out his conditions.

"You come here like every other new Canadian," he said. "You work your tail off. If you think you're coming to collect the dole and sit around, it's not going to happen. Go somewhere else."

Gabi Hentschke, an International student in Humber College's International Development program, said Ford should have acknowledged his mistake in suggesting immigrants were



ELI RIDDER

Ontario Premier Doug Ford has refused to apologize for comments he made about immigrants. Critics have described the comments as racist.

somehow scheming their way to a free ride.

"I think that he should've apologized for his comments, which would've made everyone forgive and move on from this controversy," she said. "But he didn't and only made matter worse."

"I'm pretty sure that he will lose some support leading up to the next provincial election," she said.

New Democrat Leader Andrea Horwath said on Twitter that is trafficking in "demeaning stereotypes about new Ontarians" who are trying to build a better life for their families.

"He should apologize," Horwath said. "But we've been here before. Sadly, this is who he is. Our diverse, welcoming province deserves better."

Liberal Leader Steven Del Duca said such "divisive language is deeply disappointing."

"A premier is supposed to unite Ontarians, not wedge us further apart," he said. "As a son of immigrants, I know first-hand how people like my parents helped to build Ontario. Doug Ford should apologize for his callous comments."

Ford's news conference was to promote a new Windsor-Essex hospital, where he talked about the labour shortage.

Health Minister Christine Elliott, who is also the deputy premier, defended her boss.

"What the premier was saying is that we need more immigrants in Ontario. We have lots of work," she told a news conference.

"We know that when people come here they do work hard, they provide for themselves and their families, they contribute largely to our communities and we need more people in Ontario,"

she said. "That's what the premier was indicating yesterday."

As for Ford, he told the legislature on Tuesday "I have been pro-immigration from day one."

"All you have to do is come to a 'Ford Fest', and you'll see the support from people around the world," he said, referring to the annual summer barbecue his family hosted prior to the COVID-19 pandemic.

NDP MPP Doly Begum also called on Ford to apologize, saying his comments were offensive to families like hers who immigrated to Canada for a better future.

Horwath continued to criticize Ford's remarks on Tuesday.

"What he is doing is showing stereotypes of immigrants that create dislike, that create division, that creates a situation where people assume that what the premier says is correct and it is not correct," Horwath said.

Ontario votes on June 22, 2022.

Communist Party leaders seek youth attention in elections

Nathan Abraha
News Reporter

Sam Gindin says he senses something stirring in the widespread dissatisfaction with economic inequity and political ineffectiveness.

"There is something in the air, people are interested in this question of communism," said Gindin, a retired research director at Canada Auto Workers and professor of political activism at York University. "This hasn't happened for generations."

Gindin noted that "Communism isn't something against individuality, it's a recognition that to be a full individual, you need collective solidarity and support."

"I just came to the conclusion that capitalism wasn't the highest possibility for human beings," he said.

He sees a new dawn of politics on the rise in the far-left party with Syriza in Greece, and of Senator Bernie Sanders in the United States, who's wide popular among the young.

"There'll be ups and downs, we'll lose things, look like we're winning at some points then we might have setbacks," he



COMMUNIST PARTY OF CANADA

The Communist Party of Canada collected 4,700 votes in the 2021 federal election, but remains hopeful.

said. "We have to believe human beings are more than just consumers."

Elizabeth Rowley, leader of the Communist Party of Canada, joined the party at the age of 17 in 1967 and hasn't looked back.

She remembers being hosed down by authorities while protesting with university classmates against tuition increases.

"Young people at that time really thought they could change the world and I was one of them," she said.

Rowley noted the struggles of contemporary youth mirror those of her own generation.

"I think the aspirations are the same but the conditions are very different, much harder for young people today," she said. "But I have a lot of confidence in young people, I don't think that they're any less willing to fight for a better future."

The party celebrated its 100th anniversary this year, a history that brought forth countless union leaders, freedom fighters, and an elected member of the House of Commons, Fred Rose, yet their origins were far from celebrated.

Communists were infiltrated, raided, and jailed for decades, beginning with the War Mea-

sures Act of 1914 which gave the government the power to detain anyone thought to be a communist sympathizer.

"In the 1920s and 30s it was important for the capitalist countries to make communist parties illegal," Rowley said. "They saw the danger in our ideology."

Today the party is much smaller, collecting only 4,700 votes in the 2021 election, but never losing hope. That low support won't get a Communist member into the House of Commons, but younger voters are looking for a change.

A Leger-Postmedia survey

between Aug. 20 and 21 — before the recent federal election — showed Canadian voters aged 18 to 34 tilted towards to the democratic socialist New Democratic Party,

"The last two years we've had a growth in our ranks, it's a reflection of the capitalist system that strives at the expense of working people and they're waking up to that," Rowley said.

Anna Di Carlo's Marxist-Leninist Party of Canada was founded in the 1970s by students disillusioned by a system that failed them.

"The goal was to create a mass democracy, everybody that wanted to participate in the organization had to be part of decision making, they had to be informed," Di Carlo said.

"What's going to solve the problem is for young people to put forward their demands and build an organization that will realize those demands," she said.

One of the beliefs of the Marxist-Leninist Party is the rejection of party government as a whole.

"Political parties have been taken over by big monopolies and corporations, they're not organizations that involve the people anymore," Di Carlo said.

Apple unveils new MacBook Pros, and the new generation of AirPods



APPLE

Apple's new laptops bring back the ports professional creatives will find useful for the first time in five years.

Eli Ridder
News Reporter

Mac is bringing the SD slot back. Apple brought the world the next generation of personal computing more than 20 years ago and this week the latest iteration of its pro laptop line is poised to take the professional computing world by storm.

The richest by market capitalization company in the world revealed 14-inch and 16-inch editions of its new MacBook Pros on Monday, complete with massive two-terabyte storage options and advanced versions of its self-made silicon chips first introduced last year.

"The new MacBook Pro simply has no equal and is by far the best pro notebook we've ever built," Greg Joswiak, Apple's senior vice-president of Worldwide Marketing, said in a statement.

The MacBooks feature a new screen — already controversial for its included iPhone-style notch — that is both a higher resolution Liquid Retina XDR display and is capable of up to a competitive 120hz.

Mac designers opted for a two-tone design, with the keyboard inset entirely black, contrasting with the industrial gray or silver finishes that continue with the new generation laptops.

What has risen to be the favourite set of external features — returning after five years of notable absence following years of complaints — is an SD card slot.

"I feel like bringing back expansion slots is a huge thing," Luis Morales, an audio engineer in Arizona told Humber Et Cetera.

"Yes, it is a return to the old style but, to be quite honest, I'd choose usability versus streamlined," he said.

Filmmaker Eli McGowen uses Mac laptops and desktop products on set for editing.

He told Humber Et Cetera the return of the SD, HDMI and MagSafe ports to the Pro line will make it significantly easier for creative professionals like himself to use the MacBooks as useful tools.

"It will be so nice, because those dongles, they break, they fail, they disconnect," McGowen said, referring to adapters needed for the previous generation.

Despite the external upgrades, the headline feature of the new Pros is what's found on the inside.

The M1 Pro and Max built on the first Apple-made CPU released last year in its entry-level MacBooks.

The flagship M1 Max doubles the already competitive performance of the original M1 with an up to 10-core processor and 32-core graphics chip comparable in power to that of a high-end gaming graphics card.

McGowen said the processing power of the latest Apple chips is just a continuation.

"Apple silicon has been really good for many years," McGowen said. "I'm definitely looking forward to the three but also whatever is coming down the line."

The MacBook Pro evolution follows a striking redesign to the 24-inch iMac desktop line earlier this year.

Apple also unveiled on Monday its third-generation AirPods, continuing a popular wireless earbud lineup. A variety of new HomePod mini colours were rounded off the presentation.

October's Apple Event marked only the latest reveals for the \$2-trillion-value U.S. company amid a very busy year of releases.

In September, its annual iPhone update revealed the iPhone 13 and 13 Pros. The redesigned edge-to-edge iPad mini was handed off to the public. AirTags, a new Apple TV and a new Apple Watch 7 have also made it to shelves.

Ontario Liberals to propose vote on four-day workweek

Barbara Patrocino
News Reporter

Ontario's new Liberal Leader Steven Del Duca wants Ontarians to vote more and have longer weekends.

Del Duca revealed during the provincial Liberals' annual general meeting in Toronto last weekend that he will fight for a ranked ballot system in provincial elections and push for a four-day workweek.

Ranked voting allows for voters to number candidates based on preference.

Within this proposal, the ranked ballot option for municipal elections would also be re-established.

Del Duca also said a pilot project would be launched to analyze the potential of a four-day workweek, where the number of hours worked in five days would be condensed into four.

"Personally, I'm not sure if that would be the best option for me," said Camilla Ferreira, a Toronto-based immigration consultant.

"It would be difficult to accommodate all my clients within this working period, and perhaps it would have the reverse effect, making me even more tired," she said.

Marcos Reis, a Toronto-based filmmaker and casting director, told Humber Et Cetera the impact on his work would be less disruptive.

"This four-day journey may work better for some professions than others," Reis said.

"In my case, it would be a relatively smooth adjustment, but for my wife, who is a housekeeper, maybe the working-day would get too intense," he said.

Ranked ballot voting was scrapped for municipalities last year by the Progressive Conservative government.

Del Duca is not the first Liberal to propose a new way of choosing political leaders. Prime Minister Justin Trudeau



LIBERAL PARTY

Liberal leader Steven Del Duca has proposed new work regulations and voting reform.

promised electoral reform during his 2015 campaign when his party won a majority in Ottawa.

However, the ranked ballot system proposed by Del Duca — and one that Fair Vote Canada claims is favoured by Trudeau — would still use a winner-takes-all approach, but would take second- and third-place rankings in its calculation.

A simulation run by Antony Hodgson, president of Fair Vote B.C., revealed a ranked ballot system without proportional representation would have increased the number of seats won by the federal Liberals.

"When forced to rank parties, most voters who supported other parties ranked the Liberals second, not because they wanted Liberal representation but because they disliked other parties even more," Fair Vote said in a statement.

Premier Doug Ford, the elected leader of his party through ranked voting, defended the maintenance of the current system, saying it would avoid voter confusion.

The first municipality in the province to use ranked ballot voting was the city of London in 2018 during its civic election, and other communities such as Guelph have explored the option.



HISPANIC CANADIAN HERITAGE COUNCIL

A Bolivian dancing group celebrated Latin-American culture by performing the Tinku ceremonial dance in the newly-online Annual Latin Fall Fiesta and Parade on Oct.13, 2021.

Twenty countries, one celebration of culture

Latin America Heritage Month highlights 'a minority in Canada that passes as unnoticed'

Santiago Arias Orozco
News Reporter

Like a puzzle that's missing a piece. That's how Juan Orozco feels when living outside the culture in which he was raised.

"We say that Latin spirit flows to your veins, so whenever I have the chance to be surrounded by Ecuador's culture, I feel whole," said Orozco, a Humber electrician student.

Orozco's home country is one of the 20 that comprise the Latin American community. Similar but still different, all share a historical background, with intertwining customs and lifestyles, in a heritage celebrated in Canada every October since 2018.

"Canada would be mobilized by a Latin American Heritage month to jointly celebrate, share and promote their unique culture and traditions with all Canadians," the Latin American Heritage Month Act said.

Designated by Toronto City Hall as a celebration to educate and remember Latin American contributions, October is

studded with cultural events held online over the month.

Oscar Vigil, executive director of the Hispanic Canadian Heritage Council (HCHC), said this year's festivities explore the "chameleonic" expressions of Latin American culture in the Northern Hemisphere.

Latin American culture is a community of communities with Indigenous, African and European strains, Vigil said.

Maria García, a Humber Visual and Digital Arts student, said that in Toronto it is easy for her country of Honduras to be overwhelmed by more dominant Latin cultures.

"Honduras culture is as rich as Mexican or Brazilian, but people do not give (it) the same importance," García said. "Most people relate Latin-America as (if it was) one country, but we are different countries with different realities."

As a newcomer to Canada, García misses her mother's homemade tamales de pisque, a corn dough stuffed with fried beans, or tuning the radio to salsa music stations.

"I am proudly Honduran, but I am also proudly Latina, it is my identity, it is who I am, and I am more than happy for people to know more about my cultural background," García said.

The opening ceremony for Latin

America Heritage Month live-streamed theatrical and dance performances from each of the 20 countries during the recent Latin Fall Fiesta and Parade.

"People had the opportunity to grasp the peak of the iceberg, and now a little bit from every country that builds up this family," Luis Gonzáles said.

Gonzáles, Hispanic Canadian Heritage Council (HCHC) cinematographic events coordinator, said this year's commemoration

would look beyond arts and culture to delve into the political and economic contributions of the Latin-American community in Canada.

Supported by and embassies and GTA-based Latin American consulates, Toronto City Hall planned to screen 20 films, five of which are Latin-Canadian productions. Gonzales said themes celebrate the entrepreneurship and resilience of the Latin-American character.

"Latin America, it is more than just cultural representations, our contribution begins in the way we behave and how this has built upon Canada's progress," Gonzáles said.

Orozco and Garcia agree that Humber College's International Centre should mark the heritage month with so many international students of Latin-American heritage enrolled at the school.

"We are a minority in Canada that passes as unnoticed," Vigil said.



HISPANIC CANADIAN HERITAGE COUNCIL

A Cuban salsa group performed musical group Sol de Cuba's song in the Latin Fall Fiesta and Parade 2021.



DC FANDOME

The Batman, Aquaman and Black Adam were among some of the highly anticipated films and TV series that Warner Bros. and DC premiered at their second virtual event, setting an industry standard for conventions.

DC FanDome hosts second online convention to debut new content

Jesse Glazer
Arts Reporter

DC Comics and Warner Bros. announced a wealth of upcoming content at the second annual DC FanDome event this past weekend, from TV series to films and video games.

Four major DC films will be arriving in theatres in 2022: Matt Reeves' *The Batman*; *The Flash* starring Ezra Miller; *Aquaman and the Lost Kingdom* starring Jason Momoa; and the long-anticipated *Shazam!* spin-off *Black Adam* film starring Dwayne Johnson.

Before the COVID-19 pandemic, most comic book companies, including DC, saved their big announcements for massive events including the San Diego Comic-Con (SDCC). But because of the pandemic, SDCC was cancelled in person in 2020 and DC decided to create its own event called DC FanDome.

"This massive, immersive digital event will give everyone new ways to personalize their journey through the DC Universe without lines, without tickets and without boundaries," said Ann Sarnoff, chief executive officer at Warner Bros..

"With DC FanDome, we're able to give fans from around the world an exciting and unpar-

alleled way to connect with all their favorite DC characters, as well as the incredible talent who bring them to life on the page and screen," she said.

This year, the event lasted three-and-a-half hours and hit on the announcements DC fans have been waiting for — with a few surprises. The event also tripled its viewership from last year, bringing in 66 million viewers compared to 22 million the previous year.

Jessica Bay, a doctorate candidate in Communications and Culture at York University, as well as an avid DC fan, said this type of event is a cost-effective way of promoting content by reaching a global audience. Events such as SDCC are only available to the thousands who attend.

"This way they can have a direct connection to the audience and this year they had a lot more content available in person, online in advance," she said. "They had all kinds of extra stuff that they didn't have last year because they kind of threw it all together."

Jonathan Gootgarts, an avid movie-goer and fan of the DC films, agrees.

He said events like DC FanDome could ultimately replace SDCC, which showcases many comic book companies while DC

FanDome is exclusively DC.

"With the new online world in full effect, virtual events will be huge," he said.

Gootgarts said the superhero genre is sweeping through the cinema industry and an event announcing big upcoming projects online effectively reaches a global audience.

Adam Hlavac, a YouTuber, podcaster and VFX artist whose work includes *Captain America: The Winter Soldier*, and *Mad Max: Fury Road*, is a huge DC comics fan and enjoyed DC FanDome but said it should be shorter.

"At nearly four hours, I did start to feel the length of the show," Hlavac said. "Talking heads are always going to be tricky to navigate."

Hlavac said he hopes SDCC returns in 2022 and if so, DC FanDome might also become an in-person event like a "mini-convention."

"I don't think anything replaces the excitement of 6,000 people in one room reacting to the latest footage from an upcoming film or series," he said.

Hlavac said he's seen firsthand the excitement Marvel movies generate after working for Marvel Studios on films including *Guardians of the Galaxy* and *Avengers: Age of Ultron* on their VFX team.

AGO celebrates Andy Warhol with exhibit

Carter Roy
Arts Reporter

Gillian McIntyre knows that showcasing the art work of the prolific and eclectic Andy Warhol does not make for a typical exhibit.

The current Warhol exhibit, which runs at the Art Gallery of Ontario until Oct. 24, features a large variety of Warhol's groundbreaking art, focusing on consumerism, the artist's Catholic faith, sexuality, death and New York City's underground culture.

"We tried to get beyond the mess, which is tricky with Warhol because he creates his own mess," McIntyre said. "However, we got his incredible art from that."

"There were various influences in the exhibition and his work," she said. "One was his parents being immigrants, him being gay in that era - which was differently perceived from now -

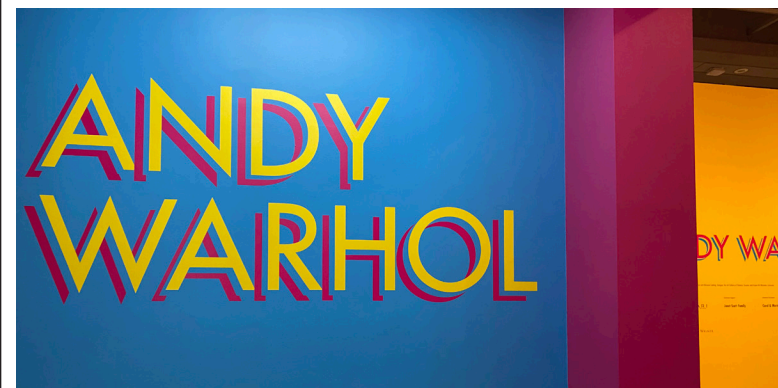
Interview Magazine, which he co-founded in 1969.

Born in 1928 as Andrew Warhola, the artist grew up poor during the Depression in Pittsburgh (where the Warhol museum is now located) as a shy, gay, introverted child. His parents had immigrated to the U.S. in the early 1920s from the former Czechoslovakia.

Warhol fell ill when he was six and was confined to bed. His parents entertained him by teaching him how to draw, trace and print images. These skills shaped Warhol — who used that surname for the first time when he moved to New York City at 21 — into the artist that remains so recognizable today.

"I don't know all of his work, but I do know some, like this one," gallery-goer Jennifer Gamey said, pointing to Warhol's Marilyn Monroe canvas portfolio from 1967.

Warhol had a huge fear of



CARTER ROY

The pop-art colour that greets guests at the beginning of the exhibit which is signature of Warhol's style and work and made him famous.

and religion and death."

His work ignored established restrictions, reflecting the seismic social and economic upheavals around the world from the 1950s until his death in 1987. In transforming contemporary art, Warhol used mass-production techniques such as silk-screening to make photographically derived art.

His recurring themes were the beauty and glamour of youth and fame, the passing of time, the inevitability of death.

Visitors are immediately struck with pops of colour and a '60s flair, from Warhol's signature Campbell's soup can photographs to his spreads in

death, as illustrated in his work of art "Gun," featured at the exhibit. That fear was not unreasonable. In 1968, artist Valerie Solanas was convinced Warhol was trying to steal her work. She went to his factory and shot him three times. Two shots missed but the third struck the artist.

"I think health is the most important thing in the whole world," Warhol said later in an interview. "If you have health, you feel like \$1 million."

This is the second time the AGO has shown a Warhol exhibit — the first was in 1998 — and the current show takes a different theme and offers museum-goers different pieces of his work.



AP PHOTO/CHRIS PIZZELLO

Matthew Loeb, president of the International Alliance of Theatrical Stage Employees (IATSE). The union said its 60,000 members would begin a nationwide vote to ratify or reject a tentative deal. Some of the major issues involved fair and safe working conditions. The AMPTP, which represents industry studios and producers, was able to reach a deal with IATSE.

Possible film strike averted as IATSE, AMPTP reach tentative agreement

Union members voted unanimously on Oct. 3 to authorize a strike which would have affected hundreds of film productions across North America, but a deal was struck hours before the deadline which allowed the union to rally for worker's rights which was long overdue

Jesse Glazer
Arts Reporter

A deal at the eleventh-hour was reached on Oct. 16 between the International Alliance of Theatrical and Stage Employees (IATSE) and the Alliance of Motion Picture and Television Producers (AMPTP), potentially avoiding a strike.

IATSE, the union that represents thousands of crew members across film and TV productions, threatened to strike after following an overwhelming vote supporting a walk-out, according to a news release from its official website. No date has been set yet for a ratification vote.

The news release said IATSE was demanding improvements to unsafe working hours (a minimum of 10 hours between turnaround and a 54-hour weekend), low wages, consistent meal breaks and workers who are on "new media" streaming projects to be paid improved wages in line with their film and TV production counterparts.

"Our people have basic human needs like time for meal breaks,

adequate sleep, and a weekend," said Matthew Loeb, IATSE International President, in a news release. "For those at the bottom of the pay scale, they deserve nothing less than a living wage."

If a deal was not reached, the first strike in IATSE's 128-year history would affect productions across the United States and North America.

Some of the affected productions would have included HBO's *The Last of Us* series, based on the video game of the same name, as well as Disney+'s *The Mandalorian* which is currently in production on its third season. Had the strike moved ahead, all productions would have halted progress as hundreds of below-the-line workers per production would have walked off the job.

The tentative agreement includes "a living wage for the lowest-paid earners," better working conditions for streaming, retroactive wage increases of three per cent annually, increased meal period penalties, daily rest periods of 10 hours without exclusions, and weekend rest periods of 54

hours. The deal also adds Martin Luther King Jr.'s Day along with the adoption of diversity, equity and inclusion initiatives, the news release said.

Jessica Bay, a doctorate candidate in Communications and Culture at York University, said a strike would have massive implications across the industry, halting and slowing everything down.

"It means these people, who have basically lost a lot of their money and a lot of their income for a year and a half are willing to go without money again," Bay said.

"What it says to me, is it's about time," she said.

Bay said the harsh reality this industry is about to face is people in these types of jobs have been undervalued and the conditions they've been a part of have put a strain on their health, physically, mentally and emotionally.

"The people that nobody sees, are the people that are going to shut down the whole industry if you don't pay attention to them," Bay said.

Roham Abtahi, a unionized

daily grip, said that he's been fortunate.

He's had a largely positive experience working with a team that gives it their all each and every day. But because he isn't full-time, he's able to balance a social life with work, but the tough conditions production staff face are very real.

"In the union, [there] are people that it's their livelihood," Abtahi said. "For those people who are full-timers, it takes a toll on them, you know, I can see the decay."

Randy Sayer, a business representative for IATSE Local 706 in California, reaffirmed that no strike is good news, saying they are in the process of ratifying the contract so that their 50,000 members can improve their working conditions.

It's a dark reality that crew must live by with the types of working conditions they face and the wages they receive for it. But people in IATSE and in other unions are hopeful that the threat of a strike changes that reality.



IATSE

Some members within IATSE are reportedly still unsatisfied with the current agreement, raising concerns about the deal being ratified.

EDITORIAL

Everyone deserves to play the sport they love without fear

Inclusion and diversity in sports should be a normal practice, especially today, but it is still a big issue in all sports no matter the level being played.

Sports are for everyone no matter the ethnicity, race, or gender. But sadly for so many athletes they still face discrimination and hear the demeaning comments from others in the sport questioning them playing.

Scotiabank came out with a powerful ad surrounding inclusion and diversity in the sport of hockey. Whether players are of different ethnicity, race, or gender they all belong and deserve to play hockey. It showed what these players have heard throughout their careers and still sadly hear today.

The sports community is built around a team mindset, everyone on that team should be supported and included. When

that doesn't happen, it can really make the team as a whole noticeably different and most likely not perform to the level that it should.

In a community that is rich in so many different sports from all over the world, we should be welcoming to everyone no matter who they are. Being a member of a team should only mean that the players are there to play the game and help the team. They should not be judged on anything else but that.

Another incredible step to inclusion and diversity is being done by the Toronto 6ix, the city's professional women's hockey team. "The Movement" was started by the organization and its players to use both the team and its players to grow the game and promote diversity and inclusion for women in the sport of hockey.

Humber College is a school that is lucky

to have a diverse and unique student and faculty population. For its sports teams — varsity, extramural and intramural — are open for everyone to participate and try out.

Being a part of a team is incredible and playing the sport that you love is an indescribable feeling, when there is inclusion in your team and that diversity becomes your family.

When we hear in the media about discrimination in the sporting world, athletes across all sports feel pain in their chest that there needs to be more done to make sure that it does not happen.

Two recent incidents reveal the breadth of the problem. England's Black soccer players faced a barrage of hate and racism after failing to score in penalty kicks in the final game of this year's Euro Cup. And American hockey player Jalen

Smereck was taunted with a racist gesture by Andriy Deniskin during a Ukrainian Hockey League game in September.

Athletes should walk into the dressing room or walk right out onto the playing surface and not have to worry about being questioned as to why they are there. The only answer to that question should be because they have the skill, drive, and heart to be.

There is always more to be done, no one that is starting a sport or that has been playing a sport for their entire lives should ever be questioned as to why they are there based on something like their ethnicity, race, or gender.

Everyone belongs in sports, the beauty of the team and its fans at any level is seeing that all players, fans, coaches, and all participating are included and welcomed.

OPINION

Finch LRT should have been built a long time ago



Cassandra McCalla
ONLINE EDITOR

If the Finch West LRT — linking the Finch West subway station to Humber College North campus — had been built sooner, the line would have reduced travel time for many students to get to campus. But it will only be complete after many of us have graduated from Humber.

On May 7, 2018, Metrolinx and Infrastructure Ontario (IO) announced the contract signing for the Mosaic Transit Group to finance, build, and design the Finch West LRT subway extension line. Many Ontarians were happy about the announcement but wondered how long it would take to build and launch.

Ontarians, including myself, who rely on transit to commute to school and work in Toronto have been frustrated with Toronto's fabled failed attempts of building new subway lines in the past.

Toronto has a long history of failed subway plans that various governments announce but seem to find ways of not getting them off the ground.

The Eglinton Crosstown LRT subway line is another line under construction. It will help commuters to travel from the west of the city to Scarborough. The Eglinton line was supposed to have opened this past September, but the COVID-19 pandemic has caused a delay in building and opening.

The pandemic delayed many of the projects that were supposed to be completed. Workers continued building the Eglinton Crosstown during lockdowns, but it was still not completed.

Toronto is one of the biggest and busiest cities in Canada, and the world, and it needs as many accessible modes of transportation as possible to get around, not only throughout the city, but outside of Toronto.

Many Ontarians including drivers are taking transit to help get around the city. Being stuck

in traffic because of construction from building subway lines makes it harder for those who rely on cars and the TTC to get to school or work.

Construction seems to claim every corner you turn. This makes it difficult to commute in the city. Public transportation is important and convenient. Torontonians have asked for decades for more. Plans for expanded subway and LRT lines seem they were always on Toronto's agenda, but have been largely abandoned, scrapped or

denied, such as David Miller's Transit City dream.

If expanded rapid transit systems were built 10 years ago — 20 years ago, 30 years ago and maybe even 40 years ago — the city would not be this gridlocked.

Along with the Crosstown and Finch West, the Ontario Line is expected to link Exhibition Park with the Ontario Science Centre, cutting through the downtown core. All these subway extensions that are being built are great but should have been done sooner.



This is where the Light Rail Vehicle (LRV) will enter and exit the station at Humber College. Concrete pours are continuing for the station's base and preliminary construction for track installation starts later this year.

Eastern Europe shuns trick-or-treating



Sofia Rusyn
NEWS EDITOR

It was my first Halloween abroad in 2018. I remember it was a very cold fall day when we already started to wear winter clothes. There wasn't any snow yet, but I felt the frost in the air while it rained.

I was troubled with choosing the character I wanted to be for that evening. Being a simple ghost or witch was too childish for me at 17.

I had so many ideas and most likely just one chance. Halloween trick-or-treating for kids is not common in Eastern European countries.

Halloween portrayed in popular American Halloween franchises or teen tv-shows is a dream during childhood. Most people never get to do it.

And those who moved to Canada or the U.S. are usually too shy to go from house to house demanding treats.

But I went trick-or-treating anyway.

Just a week before Halloween, I rewatched the 1961 movie "Breakfast at Tiffany's" by Blake Edwards and it was my inspiration. Audrey Hepburn, who was cast as Holly Golightly, was always an example of an elegant lady for me.

So I chose Holly to be my Halloween costume.

I had nearly everything in my wardrobe for being Holly Golightly: a small black dress, black gloves, pearls and a big jewelry hairpin.

I needed just to find one of those long cigarette holders common in that era to complete my look. I doubted I would find it in a couple of hours, so I just made something that looks like

that from the paper.

Getting the courage to go house-to-house was not that hard.

We have a similar thing in Ukraine for Christmas. But Christmas is a working season for Ukrainian kids because we get paid for singing Christmas carols.

Wandering from one house to another singing a song can get you between 10 to 50 hryvnias (from 50 cents to C\$2). If you go to the homes of relatives, you can earn 100 or more hryvnias (from C\$5).

The salary rises when you go with a group. But we earn the most when playing in Vertep — a theatrical portable Christmas stage where a large group of people participate.

This Halloween walking tradition is talking hold in Ukraine and it may be implemented there and other countries as a younger generation grows up. We already have Halloween-themed parties in school, restaurants and around cities in Ukraine.

And I doubt people living



HALEY PHELPS/UNSPLASH

A girl in her Snow White costume as she trick-or-treats with her parent. Religion may be the reason why Halloween is shunned in Ukraine.

in Ukraine will never hear of Halloween in their lives. But in my opinion, the issue of it not becoming as popular as in Canada is a religious question.

Although the meaning of the holiday is the day of all saints, it is practiced as a day where you get into a spooky costume and scare each other.

Religiously, it is hard for

Ukrainian Orthodox leadership and followers to approve of Halloween.

As I spend more time in Canada I find myself being indifferent to Halloween, as a lot of other my friends. Decorating houses and taking kids trick-or-treating is something that sounds cool, but doesn't seem to be worth that much attention.

LIFE AT HUMBER

What it's like being a BIPOC woman in the journalism program



Trishelle Dotson
News Reporter

I have absolutely no filter. I get in trouble for saying what I know most people are too polite to say or ask questions. Often, I'm told to either "keep my mouth shut or think before you speak."

That's funny because my brain is overactive, and I can't seem to turn it off.

Most women I know are free-thinking, strong-willed, and

highly opinionated. So why is it that women of colour, especially in the journalism field, are branded "difficult" for speaking their minds? When did being opinionated turn into being disagreeable or "unCanadian"?

Recently there have been stories about female BIPOC (Black, Indigenous, People of Colour) journalists and the cruelty they face. For example, Brandi Morin — a freelance Indigenous reporter based in Alberta and covers stories on human rights, the environment, cultural strength, and injustice towards Indigenous people — receives hate mail. And it's bad.

"Is it true that dirty Indians are spreading COVID?" was in the subject line of one of Morin's emails. Another email the Cree, French, and Iroquois writer received threatened "smashing her vocal cords" and told her that she existed because

"good people made residential schools."

Unfortunately, stories like these happen every day. In 2018, then President of the United States, Donald Trump humiliated three black female reporters live on air in front of the entire nation. Abby Phillip, April Ryan, and Yamiche Alcindor were doing their jobs as reporters when the president insulted them.

Alcindor was dismissed because her questions were "racist." Ryan was pegged a "loser" because Trump didn't like the questions she was asking. And Phillip's questions were called stupid because she asked questions he didn't want to answer.

"I watch you a lot. You ask a lot of stupid questions," Trump said.

I find it interesting that when non-women-of-colour ask the same questions, they are considered go-getters. But when BIPOC

women ask questions, why are we considered aggressive? Hostile? Too much?

I have always been taught that to fair well in any work environment, you have to work four times as hard as any white person. This confuses me because women must work twice as hard to get recognition from men in general.

There is no secret my favourite teacher in the journalism program is Kelly Roche. She is a BIPOC journalist of Indian descent. Roche has told us countless times she's been harassed or called names while writing a story because she is a woman of colour.

One of the lessons I take from her is to never give up. She is a walking billboard for never giving up no matter what is thrown your way. When life gives you lemons, you make lemonade. That's the kind of advice Roche gives. "You got this, T.

Keep your head in the game."

When I am interviewing someone or having a conversation, my demeanour changes based on who it is. Thinking that I might "frighten someone," I behave docile. Low voice, mild-mannered, and absolutely nothing like me at all.

My ambition says I am doing the right thing. Morally I feel like a clown. Performing so that way I can get a good story. Why should I? If someone misinterprets my personality, why is it my job to correct them? BIPOC journalists are asking themselves this question and realizing our worth.

BIPOC journalists are not here to please people and do a little dance. We are not here for your personal fetish or entertainment. We aren't the tokens or stereotypes either.

Journalism always has been and will be my passion.

You got this, T. You got this.

Colours' influence on daily life goes beyond art

Mandy Li
Life Reporter

Colours have an influence on people's moods and it isn't only about being aesthetically pleasing.

"Finding the right colours can be therapeutic and a very few people take advantage of that happy fact," according to Janice Lindsay, an interior designer and owner of Pink Color and Design on Willcocks Street in Toronto.

She strives to help others learn about colour with her consultations and Power of Colour workshops.

"Colour choices come from a set of questions and observations," Lindsay said. "When you personalize, it creates joy. Colour is an unbelievable superpower."

She said when she teaches colour and design to people she always asks them if they took in the space when they arrived.

"At first they look at me like 'what do you mean?'" she said. "But when they take time to think, it's amazing how much they come up with without realizing they were impacted."

"You don't notice it because you're reading it with your heart and emotions; the non-verbal parts of your being," Lindsay said.

Kristen Lee, a student in the Esthetician/Spa Management program at Humber College, said colour impacts her life on a daily basis.

"When I don't see colour, I'm probably not having the best day," she said. "But going out into the world and seeing it lifts my mood."

"I don't change up my style just because my mood is down or want to be perceived a certain way," Lee said. "I wear a lot of black because it makes me happy."

Red, however, reminds her of emergencies but she said that doesn't stop her from liking the

colour "because it still makes me feel good."

Colour theory is an art and a science. Colours both suggest different moods and have an impact on them. For example, pink is comforting and calming. The term "in the pink" means in good health.

A 2014 study by researchers Sevinc Kurt of Cyprus International University and Kelechi Kingsley Osueke of Zedrock and Herman Architecture in Nigeria found that red, orange and yellow convey heat or warmth. Blue and green are cool, with blue said to lower blood pressure and green symbolizing peace.

People often think certain colours in fashion don't work for them, but others believe that is not the case.

Patricia Legette, owner of Fashion by Patti, a personal business and blog, hopes to

help people find their best look without letting their insecurities or negative sides of colours turn them away.

"Primary colours, red, blue, and yellow work for everybody," Legette said. "Start with one and work your way up from there."

She said knowing the meaning behind colour and how it makes people feel is important.

"We don't have words to describe these experiences," Legette said. "So they're often diminished."

Arianne Rivet, a student in the Business Administration program at Humber College, said when people wear bright colours, it's perceived as being friendly.

"People have their personal preferences, but you say something about yourself when you wear colour," Rivet said. "People stand out, are authentic to themselves, and feel comfortable in their own skin, so it makes them

more approachable."

She said although she finds happiness in colour, it's a double-edged sword.

"It brings me joy, yet serves as a distraction at times," Rivet said. "If there's colour, it's more prominent, and you tend to realize it more; it stands out."

For others, there is no difference when wearing light or dark clothing.

However, Legette said society puts labels on colours, which is discouraging for some.

"Sometimes, when people wear too much black it's considered gothic," she said. "But honestly, who cares? Who cares about what society and your peers label people based on colour?"

"Colours should connect with who you are based on your personality and energy flows," Legette said. "It should resonate with your identity and what defines you."

Retailers cut corners, putting consumers at risk

Megan Rampersaud
Life Reporter

Fast fashion trends are too often based on toxic practices of the fashion industry.

Chemicals used in the fashion industry to manufacture clothing can have damaging health risks for consumers.

"We have clothes produced with toxic smells and with chemicals that come into contact with our skin, we get rashes and wonder why our skin is dry or irritated," said Rossie Kadiyska, the co-ordinator of Fashion Arts and Business program at Humber College.

Kadiyska said companies use synthetic materials as a cheaper alternative to natural materials. Synthetics are prone to fire and companies need to infuse chemicals to withstand the environment during long transportation times.

"When you go to different stores you notice there is a very distinct smell that you get from the chemicals, that gets into our lungs, and those chemicals are known to cause cancer," she said.

A recent study by Professor Miriam Diamond of U of T's Department of Earth and Sci-

ences, found 38 samples of clothing from one retailer exceeded the lead limit for children set by Health Canada by almost 20 per cent.

Factories source cheap materials and pay their employees inadequately, cutting dangerous corners to make fashion cheaper for consumers.

"It's kind of ridiculous now to think that you actually pay for a T-shirt (at the same price) you pay for a sandwich," said Kennedy Berchard, a Fashion Arts and Business student at Humber college Lakeshore.

During the pandemic, online shopping has increased and young people may not realize what the clothing they order is made with.

According to research conducted by Health Canada on Risk management Strategy for Lead and research conducted by Agency for Toxic Substance and Disease, lead is a natural element used in textile dye pigments can cause severe damage to the heart, kidney, and reproductive systems.

"We, as a healthy and wealthy country, need to be protecting everyone involved," Diamond said.



MEGAN RAMPERSAUD

Fashion Art and Business student Joanna Basdeo buys new clothes from online retailer Zara. She says she strips the clothing of chemicals before wearing them to avoid a reaction because she has sensitive skin.

"If the final product isn't safe for me, it's definitely not safe for the workers handling the chemicals."

Diamond said there are safer alternatives factories can use for textile dye pigments like natural dyes obtained from plants or mineral compounds. Another safe

alternative is fibre-reactive dyes, which do not contain toxic chemicals and have a high absorption rate to reduce wasting water.

"Before I stopped buying from these types of retailers because of ethical considerations, I knew that one thing you have to do is

wash your clothing with solutions that will strip the chemicals before wearing them from the store," Kadiyska said.

Along with clothing, bed linen, tea towels, and certain tablecloths can be stripped from their chemicals before using them.

Hawks women's soccer 'staying focused to keep the momentum going'

Megan Rampersaud
Sports Reporter

Jose Caro attributes the fast start of the Humber Hawks women's soccer team this season — and its success over the years in the OCAA — to some traditional values and perspective.

"You have this family environment not only within a team, but you have it with other teams as well as Humber," said the Hawks' lead assistant coach.

Caro's responsibilities include suggesting ideas to help players with academic studies, while supporting head coach Mauro Ongaro in tactics and strategy.

"Moe will be the head coach now for around 25 years," Caro said. "He started the program and he's been quite successful with the most wins in the OCAA as a coach."

Humber thrashed the George Brown Huskies 9-0 on Sept. 17, with midfielder Elisa Oliveira's leading the Hawks' attack.

The Hawks thumped Sault Cougars at 10-0 on Oct. 9, with midfielder Giulia Zanardi scoring four goals.

A week later, Humber edged the Durham Lords in a penalty kick shootout, winning 2-1. Vet-

eran goalkeeper Vanessa Fiore stifled the Lords, while Humber shooters gave Humber a 4-1 edge in the penalty shootout and the victory.

"I don't think we should have went into penalties, I think it should have been our game, but you know things happen, we went into overtime — but we ended up winning in PKs," forward Kaitlynn Russell said.

Russell worked hard towards a 13 regular season goal record at Humber, which is the third-most in program history. Her 2.17 goals-per-game standard sets a new program record, exceeding the legendary Joanna Vitale's record of 1.67 goals in 1999.

"Thirteen goals for the total season was definitely not something I expected," Russell said.

Keeper Fiore said the team uses every opportunity to become stronger and after every game it's back to the drawing board, then back to the field for practice.

The Hawks travel to Niagara College on Saturday afternoon for their fourth game of the season.

"This season has been great so far, so we're staying focused to keep the momentum going," Fiore said.



HUMBER ATHLETICS

Kaitlynn Russell letting a shot go in the penalties against Durham, the Hawks came away victorious. She previously put up a hat trick performance against the George Brown Huskies on Sept. 29, 2021.



HUMBER ATHLETICS

Alexis Ferreira with the ball looking to make a play during game one of the back-to-back against Mowhawk College, the Hawks feasted on the Mountaineers with back to back double digit wins on Wednesday's thriller.

Humber's softball team dominating OCAA as the 2021 season finishes

Joshua Drakes
Sports Reporter

Humber's softball team has an energy that could only be described as electrifying. It continues to dominate the Ontario Colleges Athletics Association and demonstrate that team spirit makes all the difference in sports.

"This team is a family," said Hayley Pasma, a recent athlete of the week and first base player. "You really can't go wrong with the positivity that comes from supporting coaches and teammates,"

Humber's softball team has been performing exceptionally well lately, winning a string of games against Durham, Mohawk, and most recently, Seneca. Their victories have been accompanied with a new home run record.

The team has shown incredible determination to play the game, which, Pasma said, is the very building block that has allowed their success.

Pasma said one of the best aspects of the team is how well they work together. She credits their success to how they build each other up and work hard to make every play.

That support, from both players and coaches, has created a powerful atmosphere of synergy.

"It's like a group of friends,"

Pasma said. "It makes you feel as if you're at home, and even for people that come to our games and see us interact with each other, they all say things like, 'Oh my god, you guys have such good chemistry.'"

"And we honestly are all just rooting for each other," she said.

The connection the team shares appears to be working. In the last 11 victories, Humber has blown away the competition with final tallies such as 14-3 against Seneca, and 15-0 followed by a 13-3 against Mohawk back-to-back.

The skill demonstrated by the players is equal to their powerful spirit.

For shortstop Alexis Ferreira, now the record holder of the most home runs with five in a game for the OCAA, the passion and practice for the sport were there even before Humber. She started playing softball when she was nine, following a family dedication to sports, and no other game but softball would do.

"My dad played baseball, my mom played softball," Ferreira said. "I never really played any other sports, I always just waited for the summer to play softball, no other sport gave me the same feeling that softball did."

Ferreira credits the team's

success to plenty of practice with the team. Softball isn't an easy sport, and psychologically, players have to be prepared to lose in order to improve. The key, Ferreira said, is to have a short memory and get right back into the game after every play, good or bad.

"If you hit a ball three out of 10 times, you have a really good average, meaning you're destined to fail those seven other times," Ferreira said. "The mental game of softball is big, you have to understand it's kind of just trusting your own mental state and that's the biggest thing for softball, being able to strike out and then go back out onto the field and make the next play,"

The result is what Ferreira vividly describes as an electrifying sensation on the field.

"If you ever come to a Humber softball game, you will know which one we are because we are the ones that are yelling," she said. "It's just such a confident feeling, doing those chants helps keep you in the game as well because your mental game is there, you're focusing entirely on the moment,"

Focus, determination and teamwork all seem to be the key ingredients for success, and they are ingredients Humber's softball team has in abundance.