

HUMBER

Et Cetera

HUMBER'S STUDENT NEWSPAPER

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Polarization and politics, Meslin talks

Reforming Canada's first-past-the-post electoral system could be a solution to low voter turnout and civic disengagement, says advocate

Abigael Ruto

SENIOR REPORTER

The political system breeds apathy in young voters, says an activist author.

"The political system is broken," Dave Meslin said at the President's Lecture Series on Feb. 13. "I am encouraging the young generation to be the ones that fix our political and voting systems that are thoughtful, meaningful and less polarized."

The younger generation is poised for a better future which can only come by them demanding action, he said. The youth should participate in creating an inclusive space for political discourse for voices unheard.

He told an audience of about 40 people that hostility has seeped into political culture.

"A lot of people are feeling cynical and frustrated about politics and they don't want to participate, so how can we reimagine our political culture," Meslin said.

Governments have no regard for the people they represent, he said.

45-year-old activist said.

"The building is made of two kinds of curved shapes with windows facing each other and the outside walls opaque," said the author of *Teardown: Rebuilding Democracy from the Ground Up*. The Toronto councillors' way of thinking mirrors the building they are in.

"Councillors don't have a background in anything, politicians are not experts in anything except looking great, getting elected, smiling and kissing children and saying inspiring things that are actually hollow and might not mean anything," said Meslin, who is also a community organizer.

He noted low voter turnout is due to poor civic literacy in part from a lack of faith in the system as an institution, Andre Real Ouellet wrote in his 2019 University of Windsor dissertation studying the decline in voter turnout.

Further, Meslin said a 2015 study by Broadbent Institute showed 44 per cent of Canadians want the federal Liberals to keep their promise of changing the voting



ABIGAE RUTO

Dave Meslin, who advocates for reforming Canada's first-past-the-post system, spoke at North campus.

“Politicians are not experts in anything except looking great, getting elected, smiling and kissing children and saying inspiring things that are actually hollow and might not mean anything.”

-DAVE MESLIN

ADVOCATE FOR ELECTORAL REFORM

The Toronto City Hall building, its barriers and recently installed metal detectors are architectural symbols of alienating and locking the “ordinary citizens” out, the

system as opposed to 24 per cent who are comfortable with the existing system.

The remaining 32 per cent were not clear with their views.

Meslin suggested the voting age should be lowered to 16 from 18 considering people at this age are already allowed to drive and have credit cards among other things. It

may also boost engagement.

London, Ont., is the first municipality within Canada to adopt the ranked-choice voting replacing the former first-past-the-post voting system.

In past elections, the first-past-the-post electoral system distorted the electoral preferences of Canadians. For example, in 2019 the same system imbalanced in the results for federal Liberals' across the country.

Meslin said it can be difficult to convince the first person to change the voting system. However, once they understand the advantages of the change, others can easily follow.

"When you knock one down, they all fall over," Meslin said. "I am hoping that all governments will now start to follow."

Daniel Kozłowski, a North campus graduate student, agrees with Meslin's views that political awareness and contribution among youth is important.

He requests that topics dealing with the culture of engagement should be brought up in college campuses often.

"I am 27, so I have gone through the voting system a couple of times and made my own decisions that is why I think young people should be more informed," Kozłowski said.



ASHLEY RADCLIFFE

Poet who goes by the name Prince performing at Black History Month open mic event at North campus.

Black History Month open mic offers heartfelt stories

Ashley Radcliffe
NEWS REPORTER

People danced, sang and spoke at a Humber Black History Month open mic event.

The Feb. 11 poetry slam at North campus — hosted by Speak BLAC in collaboration with BASE, the University of Guelph Humber, and FYE Humber — allowed for the opportunity to showcase people's creativity.

Humber hosts numerous events in February that showcase the cultures and history of Black communities.

The two-day poetry slam — including Feb. 12 at Lakeshore — gave people with in the Humber community an opportunity to showcase their creativity through a multitude of art forms.

The evening at North began with home cooked meals and poets were required to present two compositions that could be read in under three minutes.

"I create communities for folks who invest in themselves and each other's wellbeing, through storytell-

are feeling."

"Events like this gives us the chance to not only celebrate but also educate other people on Black culture in history and in today's society," said BASE member Efe Chehore.

Many Humber students participated in the poetry slam, most of them performing spoken word others singing Gospel melodies that emotionally moved the crowd.

His Eye is on the Sparrow, originally by Mahalia Jackson, was sung by first-year culinary student Akeelah Reid.

"This song has always been really close to my family coming from a Christian background, so I felt like it was important for me to perform a song that resonates with me, my family, and my community because to me it represents freedom," Reid said.

"With events like this at Humber I hope to create spaces for people to creatively express what they are feeling."

-IGHO DIANA

POET & COMMUNITY EDUCATOR

ing and communal learning experience," said Igho Diana, poet, community educator and coordinator of the event.

"So, with events like this at Humber I hope to create spaces for people to creatively express what they

No candidate forum for next IGNITE election

Jared Dodds
NEWS REPORTER

IGNITE's 2020 election was already set to be significant, as it will be the first-time candidates are only eligible to run for positions on the board of directors.

But students will have to prepare for more changes in this voting season, as a mainstay of years past appears to be heading to the wayside.

For the first time IGNITE will not host a candidate forum.

The change was first noticed by Eli Ridder, a first-year journalism student and potential candidate for IGNITE's board of directors.

"My first reaction was I was pretty disappointed," Ridder said. "Almost any other election there's a debate, whether you're running for city council or even a school trustee, there's always at least one. Debate is essential for democracy."

Ridder noticed there was no forum on the list of important events included in the nomination packet and inferred there were no plans to host such an event this year.

In past years IGNITE has hosted these forums for students to get to know the candidate's platforms and hear them talk about the issues.

The events were also recorded and posted for voters who could not be present to watch.

When IGNITE was asked to clarify if plans for an event existed, they confirmed they had no plans to host a forum.

"This year, IGNITE is strongly encouraging candidates to focus on peer-to-peer conversations and outreach, emphasizing the importance of meaningfully connecting with students," said Emmaline Scharbach, communications coor-

dinator for IGNITE, in an email to reporters.

Ercole Perrone, the executive director of IGNITE, said the decision to eliminate the forums was made based on exit interviews with candidates from previous elections.

"Part of the constant feedback we get is that our election period, from nominations to end of voting, is pretty demanding on their time," Perrone said. "When it comes to the forums in particular, I think attendance hasn't always been great in terms of the candidates, let alone students at large."

He said IGNITE is looking to modernize the election process at Humber, floating ideas like live-streams featuring the candidates to better entice a younger electorate.

Perrone said they had not advertised any of these potential methods because they wanted to wait until they had a confirmed number of candidates on Friday.

Confirmation for candidates involves Humber affirming the candidate meets the academic requirements for running, all while IGNITE verifies they have secured the requisite number of signatures needed to run.

Ridder said he is encouraged by the prospect of IGNITE holding other events leading up to the election, but losing the forum will create a void nothing will be able to fill.

"I think it's critical to have a forum to have something on the record, which is important for students," he said. "I understand debates aren't well attended even for adults, but I think they're still important to have."

Campaigning for the election begins on March 2.



GALVIN ZALDIVAR

IGNITE student union meeting at Humber North campus on Jan. 22.



ALEJANDRO SANTIAGO

Nathaniel Zane playing Norman Page and Hannah Beatty playing Alison MacKenzie having a picnic on stage in *Pandora in Blue Jeans* on Feb. 14 at the Humber Studio Theatre on Birmingham Street. The play runs until Feb. 21.

Theatre students open Pandora's Box with sinful tales from Peyton Place

John Grant

A&E REPORTER

Humber Theatre students opened Pandora's Box during their play *Pandora in Blue Jeans*.

The play *Pandora in Blue Jeans* was about the life of American author Grace Metalious and her ground-breaking novel *Peyton Place*. The 1956 novel sparked outrage due to its themes of adultery, classism, incest, murder and abortion in a small New Hampshire town.

Metalious died in 1964 due to her addiction to alcohol. Her alcoholism started when she became rich and famous because of her debut book. She followed it with *Return to Peyton Place* in 1959.

Pandora in Blue Jeans's underlying message was that people should be careful what they wish for. Metalious wanted to be famous, and in the process, she lost everything, including her life. The play's title is from her nickname because she opened the Pandora's Box of sin in small town America.

Daniel Sutherland played two characters in *Pandora in Blue Jeans*, Doc Swain and Metalious' second husband T.J. Martin. Sutherland felt the last line from Metalious' character captured the essence of the play, and indeed her life.

Metalious believed as she neared death due to cirrhosis of the liver that she would rather be poor and happy, rather than famous and unhappy.

"I think one of the most important lines is right at the end of the play when Grace says, 'be careful what you wish for, you might just get it,'" Sutherland said. "It's a tragedy in a way, and it's actually a really poignant kind of lesson. She dreamt of becoming a writer, and she got her dream and then it all falls apart."

Director Karin Randoja combined the two worlds of Metalious' life and book to show the irony that ensued when Metalious created a world of distress for the characters in her novel, and later faced similar adversities to the characters she created and wrote about.

Moreover, Randoja also wanted to contrast how people lived then with how people live now, and that despite the passage of time, some of these issues are still common.

"I don't think much has changed although the outside veneer has changed, but not really, the (issues of) abortion, racism, classism, sexism, violence, all of those things are still with us," Randoja said.

Lorena Villegas played the character Selena Cross. Her character would become pregnant because she was raped by her alcoholic fa-

ther. Regardless of all of these obstacles, Villegas believes there are many positives to take away from her character.

"What happened to Selena Cross, I have never experienced that, but I think, she always finds the positive because she's a dreamer and things like that, and that's a great way of thinking," she said.

The role Metalious was played by Keely Krall. She believes people are in an age of mental health, and people feel lonely and are losing their sense of community and that there is a resemblance to life now to *Peyton Place*.

"We kind of hide things under a facade and I feel like everyone in Grace's life was hiding under these facades, like facades of small towns and that we're so nice and so perfect," Krall said. "But, really, there's so much grit going on, and no one wants to talk about the truth."

However, she is thankful theatre brings people together so they can interact as humans.

"Every piece of theatre brings people together, sitting in an audience with human beings is a sense of community and gives a sense of energy," Krall said. "There's so many characters in this story and so many little moments that happen that anyone can relate to."

Check for harmful ingredients, go natural for better skin in winter

Akanksha Lamba

SENIOR REPORTER

Rossie Kadiyska wants students to always check the ingredients of skincare products before purchasing them.

The program coordinator for the Fashion Management program at Humber Lakeshore campus said the fewer ingredients generally results in better skin care.

Research by the journal *Environment Health Perspectives* highlights how skincare products contain ingredients that are not safe.

The study shows some skincare products and cosmetics use harmful ingredients, like phthalate which are often added to plastic to allow for transparency, that may not be labelled.

A study conducted by Health Care Without Harm found that phthalates can damage the liver, kidneys, lungs, and reproductive system.

Kadiyska recommends using natural beauty oils in the winter.

Fruits like cucumber and tomatoes can be used to make face masks, she said.

Phuong Do, 27, a second-year Esthetician/Spa Management student, recommends students use alcohol-free products.

"Anytime you're taking care of your skin, it is always best to be aware of what you're doing," Do said. "Exfoliating has its benefits but you don't want to get to a point where it's hurting"

She suggests students should exfoliate only twice a week and if they have acne-prone skin, they should opt for natural exfoliation.

"Turmeric paste is really good for the skin and there is honey that you can use for the skin as well," Do said.

She recommends students should not touch their faces as it transfers more bacteria and can cause acne.

"When you pop a pimple it leaves a scar, you're trying to get rid of pimples but also you're creating more issues for your skin, like scarring," Do said.

She suggests mixing sugar and honey as a natural exfoliator.

"The honey acts like a facemask and the sugar acts as an exfoliator," Do said.

Sania Darius, a second-year Cosmetic Management student, suggests students to use a non-mattifying moisturizer.

"Women who have dry skin shouldn't be using a do-oiling mattifying moisturizer as it will make the skin dryer," Darius said.

People should always wash off their makeup brushes after every application because they might carry bacteria and can cause acne, she said.

Darius said cell phones are a source of bacteria that can affect skin.

"You should always clean your phone screen while talking because the phones have a lot of bacteria and when you talk you are putting it near your face and all the bacteria is getting transferred to your skin," she said.

People should review the ingredients used in their makeup products. Chemicals like liquid paraffin, a mineral oil, and sodium sulphate, an inorganic salt, can harm your skin and make it age faster, Kadiyska said.

"You don't need to break your budget for skincare, natural remedies like Aloe Vera and oil can be more beneficial than creams," she said.



AKANKSHA LAMBA

Sania Darius says using under-eye cream can improve circulation.

Blewett wants people to look at his ability rather than his illness

Jacob Phillips

A&E REPORTER

Usually whenever music media focus on a musician with a disability or illness, they often bring up the condition before the accomplishments, talent, and skills.

Whether it be a music legend like Stevie Wonder, the late Canadian blues and jazz legend Jeff Healey, or even someone learning an instrument, the first thing discussed is their disability.

Second-year percussion major Aaron Blewett wants people to see beyond his condition and see him as musician first.

"Even though I have Type 2 diabetes and that really affects my performance at some points, I don't want people to see me as a drummer with diabetes," Blewett said. "I want people to see me as a drummer who's pretty good, who has diabetes."

Nevertheless, it's important to understand the struggles performers with disabilities and chronic illnesses go through.

Blewett said his ability to endure

the cardio of drumming can be affected if his blood sugar is either too high or too low.

And Humber's music instructors and professors are helping to show that musicians with illnesses aren't any different from a musician without one.

One instructor, Mark Kelso described how he would tell people who have second thoughts about musicians who have disabilities or conditions, like Blewett, what they can accomplish.

"He can manage the situation, so they don't really have anything to worry about, he's a very capable drummer who can play a lot of things really well," Kelso said.

Humber's School of Music and Fine Arts Associate Dean Andrew Scott said the program accommodates those with disabilities and illnesses to become great musicians.

"I would certainly say that anyone can accomplish anything, and we have a great faculty, support staff and administration at the college that are in place to help all students realize their goals and aspirations," Scott said.



JACOB PHILLIPS

Humber Lakeshore second-year drumming major Aaron Blewett started playing drums from the age of nine.

TALES FROM HUMBER

Patricia Chan on swimming against the tide in hopes of a new chapter

Growing up in Canada was great. My family would spend summers in Spain where my mother is from, so I had a very typical Canadian childhood with a European flair! Olé!

But there was a time in my life that taught me a lot about responsibility at a young age. My father was driving down a street on his way to bring my sister her 18th birthday present when his vehicle was struck by a drunk driver. He was rendered paralyzed by the accident, a quadriplegic. When my peers were having sleepovers and going to summer camp, I had to sit out occasionally to help support my parents as they navigated our new life.

The most difficult thing for me was watching my father who used to run 10 kilometres a day and ride his bike everywhere learn how to accept a body he no longer had control over.

Initially, I had an overwhelming sense of injustice and betrayal. I couldn't wrap my head around the idea that my father had to suffer at the hands of a person who made

such an irresponsible and selfish decision. It seemed even more unfair that they got to walk away from the accident and my father would never walk again. Those feelings stayed with me for many years and I sometimes still feel them today.

But watching my father become the master of his mind inspired me to let a lot of that anger go. If he could find peace then I wanted to as well. It seemed like an impossible barrier to get over sometimes though, and in those moments, I

just had to remember that I was lucky to still have him with me. And we found a new element to our relationship. Instead of venturing into the great outdoors we found books and movies and music to share with each other.

But every tide brings a sunny whirlwind with it and the day my nephew was born was a whirlwind. I raced across town and made it to my sister's side literally the minute he was born. I was so emotional I fell to my knees on the hospital floor sobbing that I got to be there to meet him before anyone other than his parents.

I got to sit in the backseat with him as we drove home. And I got to see the look on my parents' face as they met their first grandchild. It was a new chapter in all of our lives. And it's been the best chapter so far.

After my nephew, my dog Scout reaffirmed that love is infinite.

Initially, I did not want another dog. It had only been a few months since I had lost my first dog, Marley, to a brain tumour.

My boyfriend Sam had also just lost his family dog and was itching to fill that void. He would send me endless pictures and bios of different puppies in shelters from British Columbia to Newfoundland.

My response was the same every time: "I'm not ready yet."

But when he showed me her picture from the shelter, she looked so sad and scared. She looked how I felt. Then he uttered the magic words: she was in Ohio and we would be saving her from Donald Trump.

The next day we called in "sick" to work and hopped in the car to make the eight-hour drive to pick her up. The moment I saw her and she saw me, the fear dissipated and all we could do was cuddle and wag our butts, and kiss each other. Scout brought levity to a dark time and changed my perspective of my capacity to adore another creature.

To anyone and everyone who is going through a rough time, I just want to say everything is temporary and comparisons ruin everything.

AS TOLD TO ANUSHKA YADAV



ANUSHKA YADAV

Patricia Chan sharing a moment with a stray dog she met while travelling.

EDITORIAL

Meditation – Calm the mind and focus on one deep breath at a time

Meditation, a practice wherein an individual uses different breathing techniques to relax their body and mind, has countless benefits.

It is an ancient practice that is powerful and free and it can help bring peace to chaotic minds.

It was first developed in India, the wall arts from the Indian sub-continent provide oldest documented evidence of people practicing meditation.

Meditation helps reduce ailments including blood pressure, anxiety, stress, and depression. It promotes emotional health, enhances self-awareness, increase attention span, helps fight addiction and improves sleep.

It helps relax the mind and body. It stimulates the production of nitric oxide, which helps blood circulation. Nitric oxide also works as a link in cell communication in the brain.

A Massachusetts General Hospital study showed nearly 64 per cent of the participants who meditated daily for three months expe-

rienced a drop in blood pressure levels.

For people who are new to meditation, a simple breath in and breath out for 15 minutes every day with eyes closed can be a good start. Meditation is mindful breathing. While meditating, focusing all attention to breathing is the key.

Meditation promotes emotional well-being and increases attention span.

A 2011 University of California study assessed participants aged between 22 and 69 both before and after they attended a three months' meditation program.

The participants practiced different meditation techniques and immediate findings suggest meditation enhanced emotional well-being and increased attention span.

With the ever-increasing psychological issues among young adults, engaging oneself in meditation can be helpful.

According to Statistics Canada



UNSPASH/LE MINH PHUONG

A woman calming her mind and meditating by a tranquil lake.

around 23 per cent of people over 15 years of age reported that most days are stressful. Work and finances are main causes of stress to these people.

A New York Times study led by J. David Creswell, an associate professor of psychology and director of the Health and Human Performance laboratory at Carnegie Mellon University, assessed 35 unemployed people who were under heavy stress. Blood was examined and brains were scanned both before and after a three-day meditation.

Only half of the participants were taught mindful meditation. The results that participants who meditated showed lower levels of a marker of unhealthy inflammation in their brains.

The merits of meditation are well-documented. Humber College should host meditation courses and events on a regularly basis by inviting experts and can help students manage the stress they go through.

EDITORIAL

Family Day – Spending time with loved ones and remembering historic figures

The third Monday in February is celebrated in many provinces across the country. But the reasons we celebrate the provincial holiday are so numerous one may wonder why we celebrate at all. Unlike Christmas, which celebrates the founder of a worldwide religion, or Canada Day, which celebrates the birth of the nation, the third Monday does not have that kind of significance.

It's celebrated in New Brunswick, Alberta, Ontario, Saskatchewan and in B.C. The focus in those provinces is, of course, the family.

For many, the third Monday in February is simply a good time to have a break, as the amount of time without a break between New Year's Day and Good Friday is simply too long. But some provinces have tried to attach significance to this day.

Alberta was the first province to celebrate the third Monday in February in 1990. There was no special person to celebrate or remember, although there are claims that Premier Don Getty was embarrassed by his son's cocaine charges and

realized people need to spend more time with their families. He has denied this. The holiday also came under criticism by employers who would face additional costs.

The third Monday in February was chosen to coincide with America's Presidents' Day (or Washington's Birthday) which is also celebrated on that day. Alberta does a lot of trade with America, so it made sense to synchronize the holidays.

British Columbia tried several times to get a holiday in February passed. They failed in 1994, and tried again a number of times between 2007 and 2011 but failed. B.C. finally got a Family Day in 2013, but chose the second, not third Monday. This was done to purposefully not match the American holiday. The reasoning was to create two consecutive long weekends (one local and one American, helping out their ski and tourism industry).

In 2019 the province finally moved Family Day to the third Monday to synchronize with the rest of the country.

Other provinces also started celebrating the third Monday of February around this time as well. The latest province to come on board was New Brunswick in 2018.

In Manitoba, however, the third Monday in February is known as Louis Riel Day and was first celebrated in 2008. Riel was a Métis leader who founded Manitoba. He was elected three times to the House of Commons but couldn't sit as he was in exile.

He was a strong supporter of Métis and Indigenous rights and led two rebellions. He was later tried for treason and hanged under the Sir John A. MacDonald government.

In Nova Scotia the third Monday in February was called Heritage Day. Each year it honours a different person, chosen by a three person government appointed panel. The candidates for the honoured person were selected by school children.

The first person honoured was Viola Desmond. She was a business woman who was fined and jailed in 1946 for sitting in the whites-only section in a movie theatre in New



UNSPASH/ANN DANILINA

A family spending time together and enjoying each other's company.

Glasgow, N.S.

The "official" charge was tax evasion, as there was a one cent tax difference between the more expensive whites-only floor seat she sat in and the balcony seats for blacks. However, it is widely accepted that her imprisonment was racially motivated. The only reason she went to that theatre in the first place was

because her car had broken down and she needed to wait somewhere while it was being repaired.

Whether the holiday remembers someone of historical significance, or it allowed spending time with family and friends or even the ability to catch up on homework, hopefully last Monday was an enjoyable day.

OPINION

The solution to student stress is simple – more dogs on campus



PARMISSA MENENDEZ LIMO
SPORTS EDITOR

us relax from all the stuff we need to do. One of them is to pet dogs.

Numerous studies show a positive link between dogs and people. The journal BMC Psychiatry in 2016 reported a positive link in the role of pets and people with long-term mental health issues.

Another study by Washington State University found cuddling animals could reduce stress and anxiety. This happens because only 10 minutes of petting animals reduce cortisol, the primary hormone that causes stress. That is why many places are applying this magnificent idea.

I was at the Pearson Airport in December and I saw five dogs right after passing through customs. I walked fast to pet them because I was excited and happy to see dogs and to have the chance to cuddle them. I saw a golden retriever, two Boston terriers, a schnauzer, and a Labrador.

They all were friendly, and the Labrador even licked me when his trainer was looking somewhere else. I almost lost it when I petted the schnauzer because I have two mini schnauzers back home. I had

Being stressed, having assignments, studying for exams, working and doing everything students are required to do to finish their program can be demanding and tiring.

There are added burdens with international students, including dealing with the authorities, but also living while missing home, loved ones and all else that was left behind.

However, many things could be done to forget our problems and help



PARMISSA MENENDEZ LIMO

The author's dogs Toto and Donna dressed as a pirate and a unicorn for Halloween.

them since they were puppies, so this cute pup reminded me of them.

I must admit this episode was satisfying and helped me to stay calm while waiting for my flight. I only saw them at this airport as this idea was implemented last year to help travelers to reduce stress.

Which brings me to Humber.

Even though Humber provides occasional visits by Percy Shulman - the therapy dog, I think the school should have a place where we could go to relax by sharing our time with cats or dogs trained to help people. The problem, however, is that I would be there all day.

Perhaps having volunteers to

feed, care and walk dogs could help promote the adoption of pets.

I think it would be a way to make students happier, which would improve our performance at school and help us boost our marks.

And who knows, some of us could end up providing forever homes for animals.

OPINION

The unexpected difficulties of wearing a turban and Kirpan in Canadian society



GUNDEEP SINGH
NEWS EDITOR

judged by the way people question me about wearing them, leaving me perplexed as I am unable to understand their concerns.

I'm unsure if Canada is becoming more discriminatory. There is a sense that discrimination, hate and prejudice is rising in Canada. Statistics Canada data shows hate crimes reported to police peaked at 2,073 incidents in 2017, a 47 per cent rise over 2016.

The numbers eased to 1,798 in 2018, the most recent available numbers available by StatCan.

But those are criminal acts. The daily acts of human interaction go unrecorded by authorities. I experienced several personal incidents that make me wonder how accepted I am.

While at work, one of the managers inquired about my Kirpan and I said it was a "religious symbol." She continued in what could be described as an interrogation about whether the hiring manager was aware.

Wearing a turban and carrying a ceremonial knife known as a Kirpan are not just religious emblems among Sikhs but they are also a way of feeling protected in this world.

I wear my turban and Kirpan as if they are a part of my body and no one has the right to snatch them away from me.

But recently I have started feeling

The incident stunned me as I never thought it would happen to me in a diverse country like Canada.

The questionable questions I faced are relatable to what happened during recent federal election in Canada. NDP leader Jagmeet Singh faced similar questions while he was campaigning in Montreal. A man said that he should "cut off" his turban to look more like a Canadian to increase his chances to win the elections.

Singh reacted to the situation in a poised and positive way by commenting that Canada is multicultural.

But the news left a negative impact on my mind. I felt completely insecure about my identity as a Sikh.

Sikh is derived from the Sanskrit language meaning disciple. Sikhism was established five centuries ago, when the master of Sikhism Guru Gobind Singhji commanded followers of Sikhism to wear five items, namely referred as the Five

Ks, throughout their lives.

The five are Kesh (uncut hair, a symbol of holiness and spiritual power), Kangha (a wooden comb for the hair), Kara (a bracelet), Kachera (a 100 per cent cotton garment), and a Kirpan (signifying the duty to defend righteousness, the needy, and fight injustice).

Guru Gobind Singhji commanded Sikhs to wear a turban and never cut hair, not only to create a unique identity but also to fortify the belief that in the eyes of God, every one is equal.

Humber has a Kirpan policy that in part allow only baptized Sikhs to wear one that is no more than seven inches long, and is difficult to remove from the sheath.

I have questioned and at times regretted my decision about coming to Canada. If a Canadian Sikh who's a leader of a political party was given such advice, then I wonder about the feelings of the general public. Moreover, the passing of

Quebec's Bill 21 that bans public servants from wearing religious symbols in Quebec makes me feel more vulnerable and self-conscious.

Initially, I considered continuing my education in Quebec, but now, I can't imagine living there.

It's disheartening to know a Sikh can't wear a turban as a public servant.

When I attended the 6 Degrees conference last September, which was created with the intention to fight rising nativism and exclusion. The event offered me a sense of inclusivity of who I am and how Canada as a country welcomes everyone with an open heart.

Yet, during a coffee break, I noticed people looking at my Kirpan and my turban.

I could feel their disapproving glances and how they were uncomfortable the visible images of my religion.

I had a fitful sleep that night and wished I had stayed in India.

QUOTED

HOW DID YOU SPEND FAMILY DAY?

"I sat at home mostly. I called my family and talked about everyday stuff. That's what family day is about - cherishing the everyday moments."



KURT CHONG
INTERIOR DECORATING, 1ST YEAR

"I studied for my math exam, I spent time with my uncle and my mother, my siblings, said goodbye to them because they went to Jamaica."



SEBASTIAN MENENDEZ
GENERAL ARTS AND SCIENCE, 2ND YEAR

"I went to New York State and I went skiing with my family. I used to do that a lot and I haven't had much time to do it recently."



MAREN HALE
INTERIOR DESIGN, 1ST YEAR

PHOTO OF THE WEEK

HUMBER CAFE POP UP AT GRATITUDE HALL

Humber Lakeshore campus' music students Caity Gyorgy and Matt Morgan performing at Free Coffee and Connections, an event organized by Humber Alumni on Feb. 18 in Gratitude Hall at North campus to promote Humber Cafe.

The Humber Cafe is an exclusive networking platform that matches students with alumni to spark "inspiring career conversations."

ANUSHKA YADAV.



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Women sweep last roadtrip of the regular season

Kyle Drinnan

SPORTS REPORTER

Humber Hawks women's volleyball ended the regular season on a roll, beating Redeemer Royals 3-0 last Thursday and St. Clair Saints 3-1 on Sunday.

The team finished with 15-3 season and the two final wins allowed Humber to rise to a 15 national ranking spot. The Hawks are second in the West Division behind the 17-1 Fanshawe Falcons, but in the last 10 games, both are nine wins, one loss.

After four games on the road, the Hawks returned to Humber Feb. 13 to face the Royals. Both teams have been making pushes for the OCAA playoffs. This game was the second-last game for the Hawks and the last game of the season for the Royals.

Even if the Hawks were sitting nicely in second in the west, coach Chris Wilkins did not want to take his foot off the gas.

"We had four tough games away from home, we want to come back and bring out our best game," he said.

The Royals have been a tough opponent in the past. In their previous game Dec. 6, they forced the Hawks to five sets before the Hawks finally defeated them.

Royals head coach Brad Douwes said he emphasized on keeping a cool mind while playing this game.

"This is our last game, I want them to go out and try their best, their game today will be about their thought process," he said.

The Hawks and Royals exchanged points at the start of the game. When they were tied at eight, the Hawks started to break away from the Royals. The Hawks were 10 points ahead and were only a few points away from their first set.

However, the Royals wanted their claim to the throne. When they were down 10 points, the Royals finally got the upper hand in the first set as the score deficit narrowed from 10, to eight, to six before the Hawks regrouped to slowly but steadily reached 25 points to win the first set.

"There were some parts that we needed to iron out. They are a tough team and they showed why in important minutes," Wilkins said.

The Hawks reset for the second set, but the Royals' struggle to almost come back in the first set was a reminder they needed to finish the job.

Like the first set, the second started with the teams being neck-and-neck. However, the Hawks



KYLE DRINNAN

Middle Blocker, Shiann Williams hitting the ball towards the Redeemer Royals

broke out earlier and maintained the pressure to finish the second set without much pressure from the Royals.

The Hawks dominated in the final set. Their spikes were tough to receive while they handled most shots the Royals took at them. Although the Hawks were up with 24 points,

15 points ahead, the Royals refused to accept the writing on the wall.

The Royals found a new fire to light them up and — as the Hawks failed to seize the last point — they were starting a comeback.

The Royals again closed the gap, 10, eight, five and the Hawks could not finish.

Finally, the Hawks keeping the ball out of their end caused the Royals to hit a ball out-of-bounds. The Hawks finally won 3-0, with scores of 25-21, 25-12, and 25-19. "They are a tough team. They just didn't play well today," Wilkins said.

Outside hitter Hayley Henderson won MVP of the Redeemer match.

ATHLETE OF THE WEEK

Hard work pays off for Schneider as women place second in Western Division

Pablo Balza

SPORTS REPORTER

Hawks' Lauren Schneider set a personal best against the Cambrian Golden Shield. She hit 36 dimes — hitting the ball off her opponent's faces while on a 3-1 win during the team's recent Nickel Belt tour.

The second-year University of Guelph-Humber psychology student and setter was named Athlete of the Week for Feb. 10 following the Feb. 8 game against Boreal and against Cambrian a day later.

"It feels really good, especially because I'm really happy of getting more opportunities this year," Schneider said. "I'm getting

more game time and more experience, and it gave me motivation to improve on myself." She also achieved another personal record with a total of 66 assists in the wins against Cambrian and Boréal Colleges.

"I'm really proud of my performance on the court, I feel all the hard-work I've been putting in the gym has paid off," Schneider said.

The volleyball regular season is finally done as Humber defeated Redeemer 3-0 on Feb. 13 and also defeated St. Clair 3-1 on Feb. 16 to finish second in the West Division with a 15-3 regular season record.

"Being second place in the conference feels good, the team and myself has worked hard for this

moment, there's more to improve together but I'm ready for Nationals to (prove) what we got as a team," Schneider said.

Schneider said head coach Chris Wilkins has had a powerful impact on the volleyball team in developing its winning ways.

"What I really like about him is that he is really simple and understanding, he keeps up focused during practices and games and he cares about each single one of us in the team," Schneider said.

Humber's outside hitter Olivia Foley said Schneider earned the Athlete of the Week award due to her outstanding performance.

"She deserves it, she has been putting a lot of effort and has helped us play the game better, I'm happy



PABLO BALZA

Volleyball player Lauren Schneider was awarded Athlete of the Week.

to play beside her on the court," Foley said. Humber's middle blocker Shiann Williams said Schneider's on- and off-court work helped her reach new levels.

"Honestly, she worked hard for

those two records, she is an amazing player," Williams said. "She has improved since the beginning of the season and also a great friend and person to be around with."

Esports team wants to expand, attract new talent

Nate Marksman

SPORTS REPORTER

The Humber College Esports team officially changed how it spells the sport's name and adopted a new logo.

The decision to make the change was because there was a typo the first time Esports was spelled when the club was established.

"The name before was spelled incorrectly as the spelling of the word Esports now follows normal conventions, being a standard noun," said Humber Esports community coordinator Kevin Tang, explaining changes to the spelling were well overdue.

Esports coordinator Jacqueline Manor said it was a team effort to make the change.

She said she and the other coordinators, Tang and David McLoughlin, said when they decided to make the changes, they moved quickly.

Now that the club has gotten its spell check in order, Humber Esports will be looking to do more ac-

tivities and events throughout the school year.

New teams and games are what help Esports thrive and expand its reach to the collegiate students across the country, Tang said.

Manor said she wants more students to get involved with the Esports.

"Any type of Esports team can be made, but it must be student supported with a proper coach and assistant coach role," she said. "If it is a team born out of player passion, then it will have more impact and a dedicated roster.

"We are open to any type of teams that want to start. I would personally love to see a Tekken team," Manor said.

Tang and Manor said the players of a majority of those teams are outstanding and are driven to compete on behalf of the college.

However, among all the teams, the Call of Duty squad has not lost a single match in the College Call of Duty League this season.

Also, players from the League of Legends team are noted to be on par



NATE MARKSMAN

Esports coordinator Jacqueline Manor said she hopes Humber can dominate the collegiate Esports scene.

with professionals who play in the League of Legends Championship series.

"We hope to dominate the collegiate scene and everyone looks

to Humber as the example of how to run a collegiate program at their own schools," Manor said.

Upcoming events involve the Super Smash Bros. team

preparing for the Get on My Level tournament, the Shadowverse Open West conference and the Humber Esports club hosting an e-course at First Year Experience.

ATHLETE OF THE WEEK

Crowder reaches career-high record 14 kills against Cambrian

Jayvon Mitchum

SPORTS REPORTER

A year off for medical reasons didn't slow down Humber Hawks' volleyball middle blocker Maximum Crowder.

The second-year electromechanical engineering student has been key in the volleyball team's spectacular and perfect regular season record, winning every game against every team they've faced this year.

Crowder was acknowledged for his amazing skills during Humber's game against Cambrian Golden Shield on Feb. 9, notching a career-high record of 14 kills on 23 swings, which helped push their winning streak to 16 straight while on the path of its 18-0 season. That made him the athlete of the week for Feb. 10.

Crowder thanked Humber for the honour of being athlete of the week.

"It's great to be recognized," he said. "It was a big confidence



JAYVON MITCHUM

Crowder helped the mens team win 18 straight game which is the longest winning streak the team has ever had.

booster and it shows how athletics is seeing how much work we're putting in and how we're getting the job done."

The men's volleyball team has had an incredible regular season,

winning 18 straight games, the longest record the program ever set. Add to it an 11-2 preseason record.

Their last game against St. Clair Saints put their record to rest, with the team winning 3-0, and

setting them in first in the Western Division.

His rookie teammate Safon Manning is proud Crowder is being recognized for his hard work and what he does for the team.

"I consider it as a great accomplishment," Manning said.

"He works hard and comes to practice every day so it's not really much of a surprise," the outside hitter said. "It was actually something that I would expect."

Head coach Wayne Wilkins said Crowder has excelled throughout the season.

"It was a given that he was going to receive the honor," he said. "Considering that he was off the team for a year and he came back due to medical reasons, he's showing how he's taking advantage of the time off and being a great part of the team."

The men's volleyball team are set to host an OCAA crossover against East Division's Centennial Colts on Feb. 22.

"We hope to come out undefeated within our season and within the event we're hosting," Crowder said. "Hopefully we also come out in first place within provincials, so that's something to look forward to."



TYLER BIGGS

Guard Cassandra Cushnie works past a St. Clair defender. Hawks are tied for first in the Western Division.

Ball in Hawks' court following roadtrip wins over Lions, Saints

Tyler Biggs
SPORTS REPORTER

A long road trip didn't seem to affect the Humber Hawks women's basketball team, getting back-to-back wins this weekend on a road trip through Southwestern Ontario.

The women first dealt a 67-62 loss to the Lambton Lions in Sarnia on Saturday, followed with a 76-69 victory over the St. Clair Saints in Windsor.

Both games were highlighted by the spectacular play of Mica Campbell-Johnson, who helped the Hawks to sit 16-1.

The fourth-year power forward collected back-to-back double doubles scoring 41 points and 20 rebounds in just two games.

She is someone opposing coaches noticed and are tipping their hats to.

"Mica Campbell-Johnson was phenomenal in that second quarter," marveled St. Clair Saints head coach Andy Kiss.

"When we face a team like that, with elite offensive threats like Mica Campbell-Johnson you got to find a way," he said. "I don't think you can set her down but you

know, some of the shots she hit, she was defended.

"She's so lethal playing with the ball in her hands, really pivots on a dime, squares up, high skill player. We will take it as a learning experience and bring it to provincials," Kiss said.

Another force over the weekend was Hawks' guard Jahnae Gyles who factored in the scoring on Saturday with 12 points, 4 rebounds, 4 assists, and 3 steals.

Her play reached a crescendo when she miraculously posted two points in an acrobatic bucket while falling. It was a play that would have made any television highlight reel but Gyles remained modest after the game against St. Clair.

"I guess I just got the steal and I fell down," said a still focused Gyles. "I saw one of my players there, but I didn't see an advantage to pass so I just did a secondary move and put the shot up."

However, with playoffs right around the corner, Gyles eluded to why the victory in Sarnia had a more significant meaning in the long run.

"They're third in our division,

right?" Gyles smirked. "They're also hosting OC (OCAA) this year...so we kind of had to play a good game, kind of like an OC game cause, we might play them in OC. So, it was important for us to get the win and add that playoff mentality."

The Hawks are currently tied for first in the west with Fanshawe College at a 16-1 record but the Provincial Championships doesn't start until March 6.

It will be a welcome few weeks of rest for the Hawks as the long season has started to become a factor.

"(We're) dealing with some injuries," said Hawks head coach Ajay Sharma. "We had girls play a lot more minutes than they normally play and they hung in there. They were gritty. At this point you are who you are normally, (but) got to get a little healthier if we can."

Last year the Hawks didn't medal but prior to that, they had won Provincials four years straight and Nationals twice in that span. With the ball in the hands of players like Campbell-Johnson and Gyles, the Hawks could be back to their medal ways very soon.

Buzzer beater ends Hawks 13 game streak

Tyler Biggs
SPORTS REPORTER

It took a buzzer-beating shot, but the Humber Hawks men's basketball team saw its 13-game winning streak snapped over the weekend.

In the first game of the road trip, the Hawks (13-5) lost 84-82 in a tightly contested match to the Lambton Lions (10-8) in Sarnia on Saturday, but refocused quickly for the second game on Sunday, defeating the St. Clair Saints 100-78 in a game that didn't feel particularly close.

This should have made Hawks head coach Samson Downey happy but he didn't settle with the win in Windsor well, as thoughts of past and future still maligned most of his thoughts.

"Losing at the buzzer last night was tough," Downey said. "But yeah we definitely responded the way I liked today and then we got one more against Sheridan."

The game against the Sheridan Bruins, who are 13-6, holds a significant impact on the standings and affects who the Hawks could play in their first match in the postseason. But before getting there, the final season game on Feb. 20 at home against arch-rival Sheridan Bruins looms.

"That Sheridan game does have ramifications in the standings, noth-

ings is set as far as first, second and third so that's the game we move on and prepare for," Downey said.

The 13-5 St. Clair Saints also have their eyes on the standings. Going 6-4 in their last 10 games has muddied the waters. But a new issue seems to be forming in the Saints' coach's minds.

Co-head coach Brendon Seguin wasn't shy in expressing where his team came up short.

"We obviously have to work on our conditioning a bit," Seguin said. "The playoff format is you got to play every day, three games in a row to win so we are not there yet obviously."

The notable player from the weekend was decorated Humber Hawks forward Jaylan Morgan. He collected 36 points, 15 rebounds and became the second player in the program's history have scored 300 points in two seasons.

However, even with the win and individual accomplishments, the Hawks had only one thing in mind with the final game remaining.

Hawks guard Kevin Otto said building up team confidence is key as the team progresses towards the Provincials.

"I think if we tag guys on and get all the guys moving then defence turns to offence, offence turns to buckets and buckets turn into wins," he said.



TYLER BIGGS

Third-year guard DeQuon Cascart cuts in against a Saints defender.

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HUMBER'S STUDENT NEWSPAPER

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HAWKS REBOUND AFTER WEEKEND LOSS

MEN CRUSH SAINTS,
LOSE TO LIONS

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DAVID GOMEZ JR.