

#### **SPRING 2011**



The REGENT PARK FOCUS YOUTH MEDIA ARTS CENTRE (Regent Park Focus) is committed to using community-based media to promote health and engage youth. Regent Park Focus is home to: Catch Da Flava Print and On-line Magazine, Regent Park TV, The Photography Studio and Gallery, Last Fridays', The Underground Music Studio and Focus House Band, Divas Young Women's Program, and The Yoga Den

**Program Coordinator:** Adonis Huggins

Magazine Coordinators: Sarah Feldbloom, Terence Cheng

Layout & cover design: Terence Cheng Advertising manager: Pat Whittaker Treasurer: Emmanuel Kedini

**Youth Writers, Artists and Editorial Staff:** Anika Ahmed, Yasmin Ahmed, Fatima Animer, Denise Booth, Summer Chin, Daliya Aktar, Tanjin Islam, Nelufer Jalil, Shawna, Nadia Mohamed, Abdulkarim Muhaseen,

Saima Noreen, Michele Peter, Novera Roihan, Jasia Islam.

Catch Da Flava is sponsored by: Dion Durrell and Associates This Issue was sponsored by: The Printing House



Publisher: The Regent Park Focus Youth Media Arts Centre

38 Regent Street, Toronto, Ontario, M5A 3N7

Tel: 416 -863-1074 www.regentparkfocus.com

© No part of this publication may be reproduced without the express permission of the publisher, Regent Park Focus Media Arts Centre.

Let Catch Da Flava BE YOUR VOICE



Catch Da Flava youth magazine is published by the The Regent Park Focus Media Arts Centre. The magazine is distributed free to libraries, community groups, and selected schools across downtown Toronto.

**Catch Da Flava** welcomes letters and articles from young people (up to 24 years of age). Submissions should be no longer than 1000 words in length.

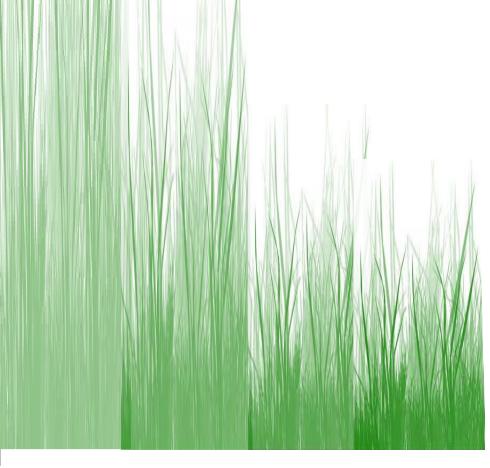
If you would like more information about how you can contribute to **Catch Da Flava**, call us at 416-863-1074 or submit directly to regentparkfocus@gmail.com

**Catch Da Flava** is always looking for great submissions.

**Catch Da Flava** reserves the right to edit submitted articles for space and clarity.

Distributed to 85 community sites in downtown Toronto.

Published since 1995





Hi, my name Novera Roihan, and this article is an insider on how the religion of Islam instructs us to treat the environment – what we Muslims are told to do and not told to do.

Islam says many things about the environment, and how to protect it from harms way. Waste products and exhaust fumes resulting from ordinary human or industrial activities and advanced technology should be carefully disposed of or eliminated in order to protect the environment against corruption. It is also vital to protect humans from the effects of the harmful concussions of these on the environment, its beauty and life, and to ensure the protection of other environmental parameters. The build up of waste is largely a result of our wastefulness. Islam's prohibition of wastefulness requires the re-use of goods, recycling of materials and waste products in so far as it is possible, instead of their disposal as trash.

Damage of all forms and kinds is forbidden in Islam. One of the fundamental principles of Islamic law is the Prophetic declaration:

"There shall be no damage and no infliction of damage." (Al-Hakim)

Allah forbade that one needlessly and wrongfully cut down any tree which provides valuable shelter to humans and/ or animals in the desert. The aim of this prohibition may be understood as prevention of the destruction of valuable habitat for Allah's creatures.

On the basis of the Prophetic commands and prohibitions, Muslim legal scholars have ruled that Allah's creatures possess inviolability which pertains even in war. The Prophet of Allah forbade the killing of bees and any captured livestock, for killing them is a form of corruption included in what Allah has prohibited in the Quran: "And when he turns away, he hastens through the land to cause corruption therein and to destroy the crops and cattle: And God loves not corruption." (Quran 2:205)

In conclusion, Islam forbids harming the environment in any way which can cause another person or creature harm.





#### Interview with Namarig Ahmed, Founder of Regent-Park Based Youth-Group BABU

#### By Yasmin Ahmed

When the topic of Regent Park is brought about what are peoples' first thoughts? Danger? Death? Poverty? Gangs? Drugs?

As one of the most low-income government community housing neighborhoods in Toronto, most of the affiliations with the area are negative and with much cause; according to statistics it experiences a higher rate of violence, crime, drug abuse, and social ills compared to many other Toronto communities. The neighborhood itself is being revitalized and torn down for replacement by new high-end condominiums and housing, both for rent and sale.

But for Namarig Ahmed the words that come to mind are different: effort, love, brotherhood, sisterhood, hope, and change. These words of optimism are reflected both in her area of study and passion: working with the youth. As a Regent-Park veteran, the now 24-year-old nurse and youth worker grew up in the neighborhood. Now a mother, most of her childhood memories circle around Regent Park – feelings of sorrow and joy, success and loss, death and birth. "Living in Regent Park is different than hearing about it or reading about the area. You hear what's wrong with it, but never all the good. The good usually makes up for the bad, they hide that."

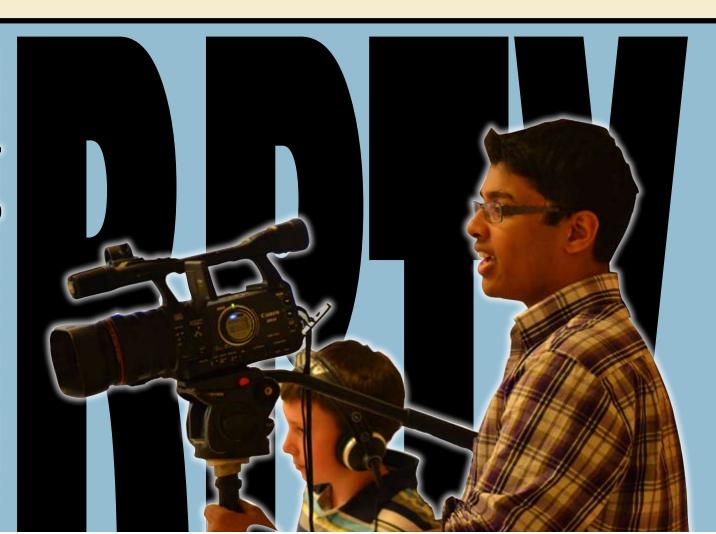
She solely founded the BABU Youth-Mentorship Group in 2008, recruiting youth in the area she had encountered or personally knew had exemplary leadership skills. BABU is short for "Big Akhi Big Ukhti" which translates to "Big Brother Big Sister" in Arabic. When asked why she started the group in Regent Park of all places she explained "I was worried about my younger brother and sister. I knew firsthand, what kind of person you could become living in Regent Park, all the choices that were waiting arm-wide open to be made. I'd lived it. I knew how it was; things hadn't changed much since I was their age. It was for them, and all the other "thems" who could be more than they were." BABU was formed consisting of her siblings and

other youth in the area. It slowly began to grow and involve other communities in the city. "I know a lot of people say this about so many things but this was different. When someone was invited to be a part of the leadership group they weren't just becoming a "member" they were given a group of people they could always come back to, no matter what. It's why BABU manages despite everything, despite the area itself." She said with a shrug "It's family."

Now, 3 years after its start BABU has almost quadrupled in members and holds conferences, lectures, camping trips, get-a-ways and many more activities. One can't help but notice that while the group has accomplished many things it is based out of one of the most violent, and negative community housing projects in Toronto. Namarig herself brought this up. "Many people think ... but... it's Regent Park!" And this is not ungrounded. Many of their siblings have been involved with sketchy business and dealings with the police. Most of these kids have many siblings and only so much money to go around." The average income for Regent Park residents is approximately half the average for other Torontonians. A majority of families in Regent Park are classified as low-income, with 68% of the population living below Statistic Canada's Low-Income Cut-Off Rate. The odds, some might say, were against them, from the start. But as Namarig explains similar circumstances bring people together".

Throughout the Regent Park revitalization project the group has remained stable and consistent. When asked whether she thought the end of the group was nearing Namarig answered indignantly "No, because when you look at it the right way the group itself has gone beyond being just a "group"...it can never end. Regent Park wasn't the only thing that defined that, though it was the beginning. It's people's lives now, and how they live... It's theirs."

# REGENT PARK TELEVISION Watch it at www.regentpark.tv



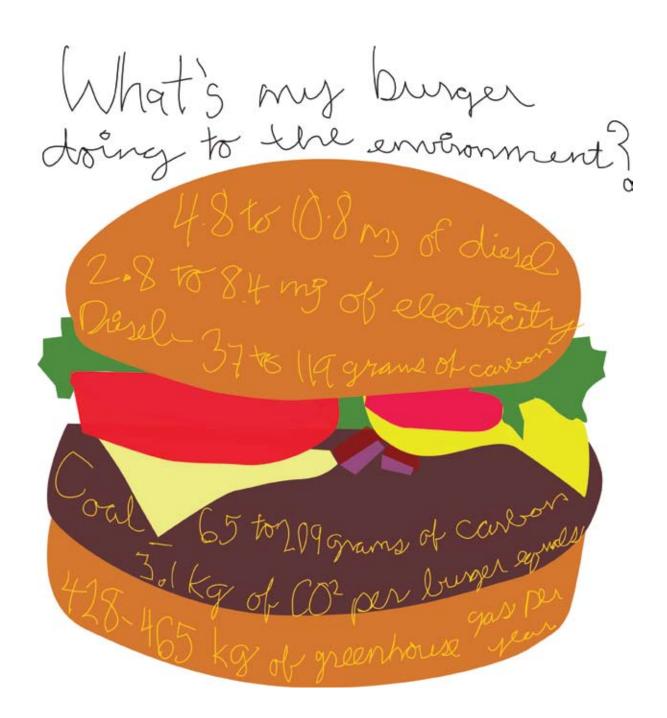


On June 21st Canada Celebrates National Aboriginal Day (NAD) we celebrate it on this day because it is around the summer solstice – this is the longest day of the year and the official start to summer. In many First Nations Communities we host gatherings or Pow Wows, have feasts, go to the beach for picnics and bbq's and spend the day with our families and friends. We start the day off by having a sunrise ceremony to give thanks to the Creator for the day that is to come...

This was the first year that Canada had Aboriginal Awareness month (in June). On June 1st at Dundas square there was a huge kick off celebration with Métis fiddlers, traditional and pow wow style dancing, food and loads of other cool stuff both traditional and contemporary .... Many of the youth (Little Embers program participants) involved with Toronto Council Fire Native Cultural Centre celebrated as part of the June 1st kick off. Some preformed in the talent show, while others showcased their awesome hoop, jingle dress and fancy shawl dancing skills.

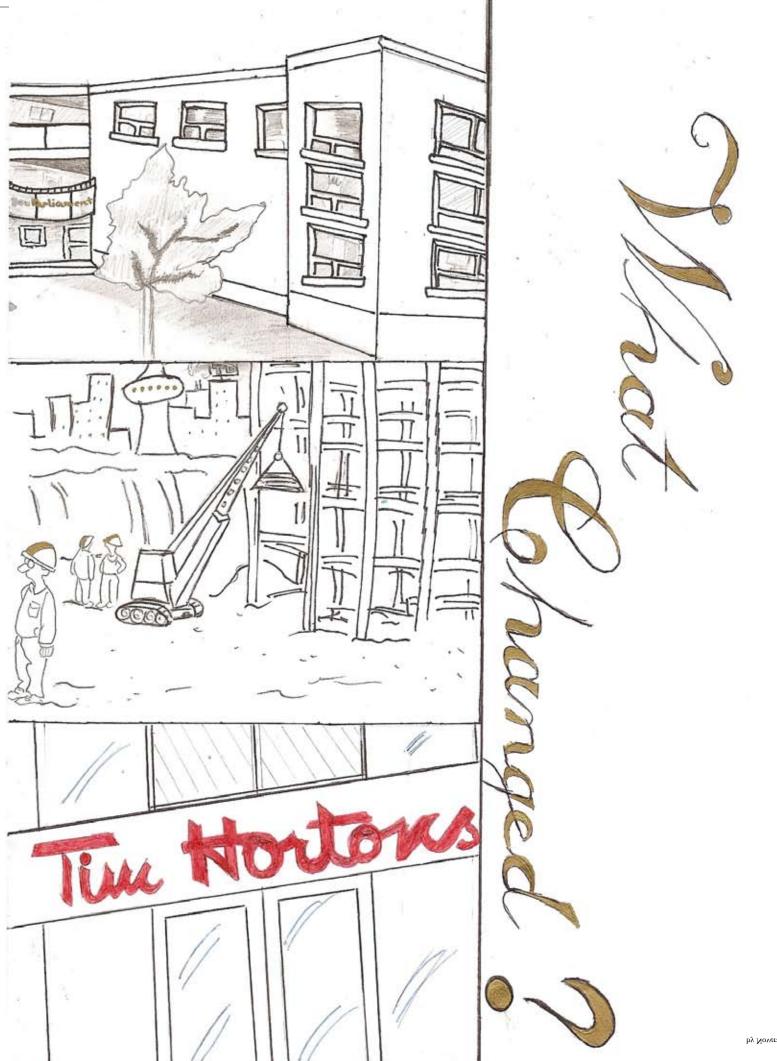
June is called the "Strawberry Moon", and is the 6th month of the 13 moon Anishnawbe Calendar. The strawberry is a medicine in the Anishnawbe community, it is supposed to represent the heart (because it is shaped like a heart). During this moon many women attend a very special full moon ceremony, which is when we give thanks to the Grandmother moon who controls the waters, seas, oceans rivers etc. We sing songs on the hand drum, burn a sacred fire and of course eat. Also, calling June the strawberry moon makes sense as that is when strawberries are ready and ripe enough to be picked.





Design: Terence Cheng

Source: www.openthefuture.com



by Novera Roihan





#### Redevelopment impact on Regent Park Green space and community

#### By Saima Noreen

I am a volunteer with the Regent Park Focus Youth Media Arts Centre. I feel like I have had a great opportunity to write about this diverse neighborhood and the redevelopment impact on Regent Park's green space and community. As many people know, forty-one percent of the population living in Regent Park are children 18 years and younger as compared to a Toronto-wide average of thirty percent (TCHC web site). A majority of families in Regent Park are classified as low-income. Regent Park is Canada's oldest and largest social housing project, having been built in the late 1940s. The redevelopment of Regent Park began in 2002.

If you walk in the Regent Park neighborhood you will see existing city housing being replaced with high density condominium towers. It concerns me that existing green space will disappear and people with vegetable gardens today won't have them tomorrow. Reductions of green space and increased concrete coverage have been proven to contribute to global warming. So it is concerning that the Toronto District School Board is considering selling under-utilized school properties to developers. I am concerned the developers will maximize the building density. This would represent the loss of community access to playing fields both after school and on weekends.

The Regent Park redevelopment is having some positive impact on the community that lives there. I would say this new residential slab which stands eight storey's tall represents the face of 21st-century social housing. It's elegant, and seemingly in tune with the real needs of real people in the real world. Private developers





It's safe to say that the revitalization of Regent Park is the biggest thing to happen to the community since its initial formation in the late 1940's. Indeed, the past few years has put a vastly bright spotlight on the more than half-century old, worn-down neighbourhood, gaining the attention of various media outlets and outsiders from across the province. From its initial announcement in June 2003, the revitalization of Regent Park has been marketed by the TCHC (Toronto Community Housing Corporation) as a "remarkable transition that will mean big changes and exciting opportunities". Of course, when the TCHC say that the revitalization "will mean big changes", they frankly were not kidding at all.

No, in fact the revitalization process has had a massive effect on the lives of the thousands of people who currently or used to live in Regent Park. Seven years after declaration, most people now have a good sense of what exactly is happening with the revitalization and what is going to happen from here on out. That is, the people who once lived here seven years ago are not all going to come back. Some buildings intended for RGI (Rent-Geared to Income) families have been or are being built outside of community borders and some residents will be moved into those buildings. Market-based buildings are replacing some of the old RGI buildings and will continue being built separately from the new RGI buildings. Indeed seven years later, Regent Park has truly become a different neighbourhood. But how different, and how good is this difference for our residents? This is the question that people need to consider as they look forwards to the rest of the redevelopment.

Adonis Huggins, Executive Director of Regent Park Focus Youth Media Arts Centre says that when the revitalization was first proposed to the community they were told that all social housing (Rent-Geared to Income units) in Regent Park would be replaced and everyone living in Regent Park would have a right to return. 'This is in my mind, one of the primary reasons why residents supported the redevelopment." Huggins goes on saying that "I have no problems with 30 Regent Street because it is located right across the street from the Regent Park footprint. But 92 Carlton Street is not Regent Park. 60 Richmond Street is not Regent Park and 501 Adelaide Street is not Regent Park. I think if this issue of relocating social housing units off the footprint was raised up front, a lot of community members would have taken issue with it." There are approximately 419 RGI units that will be accommodated in these off-site housing buildings with at least 317 of these units designated as Regent Park replacement housing.

Now the issue of separation takes play with the development of these new off-site buildings. Sakina Akhter, a former resident of Regent Park and current resident of the off-site 501 Adelaide Street building says that she feels satisfied with her new home in 501 Adelaide but she does not feel comfortable. "I have friends in Regent Park that I can't see every day anymore. The community programs and Halal grocery shops that are there in the community are too far away for me to get to."

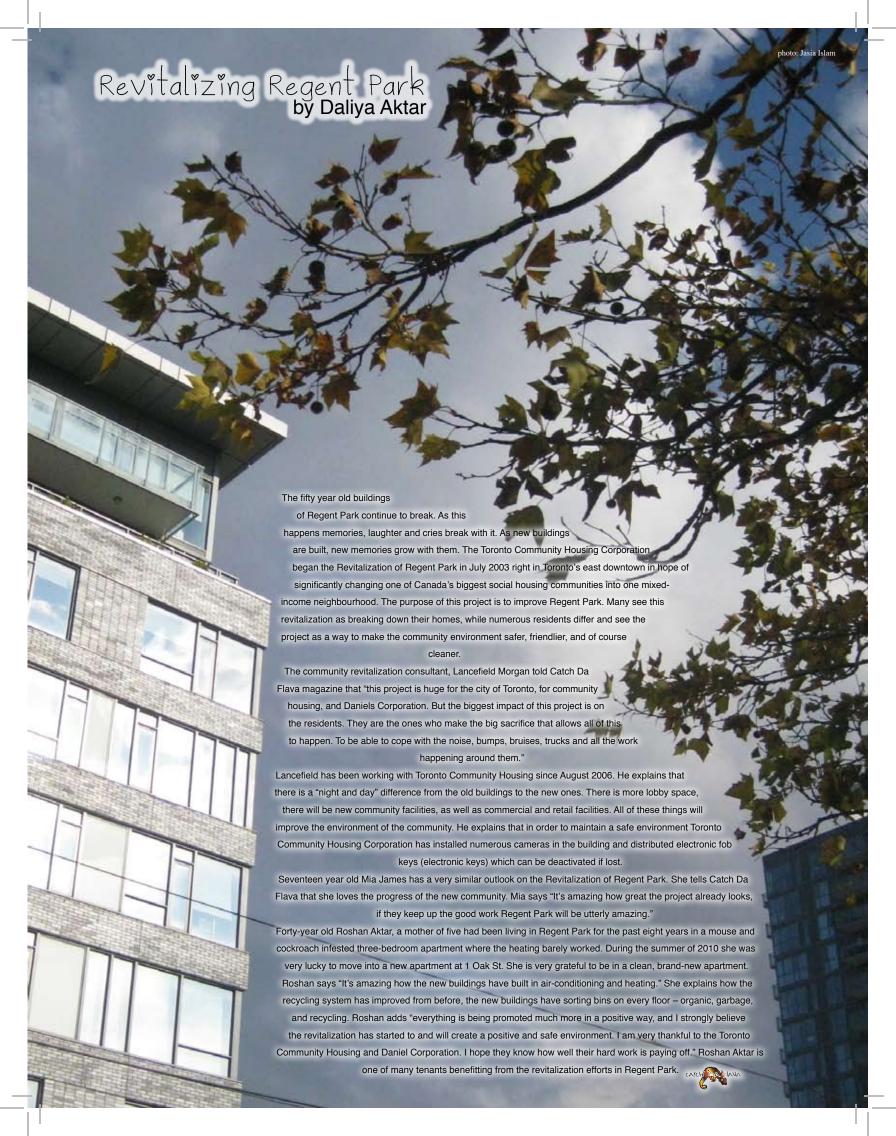
Huggins says "The services and community networks that are located in Regent Park were developed to meet the needs of families that were struggling with poverty and various settlement

issues related to moving to a new country." He goes on saying that residents living off site will not have the same access to these services and networks. "Unless these residents make a strong effort to remain connected to Regent Park or find similar kinds of supports in the areas where they live now, they will be isolated and this may have implications on their long term health and well being." Regent Park provides over 22 community service agencies which include ESL classes, job training and employment resources, computer training, community health services, after school programs, various cultural associations and youth centres.

Another concern that people are having with the redevelopment of Regent Park is the issue of gentrification. Will the upgrading of a deteriorating Regent Park by middle class and higher-income peoples result in the displacement of lower-income people? According to an article that was recently published in the Toronto Star entitled "Regent Park: Revitalization or gentrification?" Alan Walks, a professor of urban geography at the University of Toronto says that Regent Park may slowly become gentrified as condominiums and the market-based housing eventually "dominate the social landscape". "What happens when two-thirds of people coming out to the meetings are in the market-based sector? That may change the politics of development in Regent Park, not in the social housing tenants' favour."

"Lower income families I think will find it harder to live in the new Regent Park than now." says an anonymous resident from 325 Gerrard Street. An issue that Huggins personally feels will be a growing concern in the future for Regent Park residents is the amount of rent that community agencies will now have to pay as a result of their relocation to new spaces. He says that "Regent Park Focus Youth Media Arts Centre, which has served this community for 20 years, is now looking at a 980% increase in annual rent for the same size of space we had previously." Huggins adds that "There is no way we can afford that and we are still struggling to make the powers be aware of the negative impact that this will have on the services that we provide. For example, should we now charge youth participants \$200 weekly to attend our previously free summer media arts program. If so, it is guaranteed that only youth from upper income families will attend. Decision makers have to realize the challenges we face. Unfortunately we have not had much success so far."

One can't deny the overwhelmingly positive things that are coming from this revitalization. The new clean and safe buildings offer so much and will vastly improve the lives of residents in Regent Park. It is important however to consider the negatives as well. Otherwise, we may be unprepared to face the repercussions of the changes. No matter which way you see it Regent Park is undeniably looking towards a new future.



#### Why did you hurt me? By: Summer Chin

All of my friends To you they were pretend Life to me ends When to you it mends You don't know how I feel Never again will I let you Make me feel this way All of today You just beat me And treat me as if I was nothing So heartless you don't even care So this is how it all goes You shove me away like I am no one As a human you are nothing to me This is the end **Tomorrow is coming** You treated me like sh!#\* And head over heels I was running Don't you ever wonder why it all happens? Did you know you hurt me? I don't want to hear the answer now

#### Past and Future By: Novera Roihan

I remember the butterflies which flew by my house I remember the beautiful colours of their wings which fluttered high in the sky I remember watching different shades of colours on the after-I remember all the caterpillars who sunbathed on the rocks And the many snails which lived at the park I remember the pretty flowers that sang a song And all the earthworms that lived in my backyard But as the days went by the butterflies slowly went away The afternoon birds stopped coming The rocks started to vanish, with them the caterpillars The park turned into a mall And the flowers stopped singing No longer was the grass green or the lake pure The forest turned into buildings The lake became polluted **Heat waves increased** While the winter decreased It hurts me to think how my surroundings have changed

"Global warming" the first words I hear as I turn on my T.V.

That one day soon, the world will become a place I recognize

I look back at the times when everything was perfect

A time when people loved their environment

I wish upon the stars which shine so brightly

I Am A Belfever By: Nadia Mohamed

I cannot be I if I
don't symbolize the I in Independence
the I that practices Individuality
the I which is not you
the same I that you strive to be
the one I can't seem to find or see

The same I that wants to be to follow and practice the I which begins in Islam specifically, those five pillars in Islam unlike the Jackson Five or just Michael Jackson but rather the five pillars that make my day I am the I that wears a cloth to cover my hair a cloth followed by the 'hijabbi' status

That cloth does not entitle my status to me, that cloth ensures my purity releases the I from all Insecurities the I that gives freedom the I that symbolized Independence the same I that practices Islam I am the I that believes in Allah, the most merciful I am a believer

Untitled By: Iman

been thinking a lot lately turning thoughts driving my mind crazy "used to be" defining everything that's turned from clear to hazy I'm standing right side-up but everything else's flipped got a slippery hold on all that I once gripped



#### By: Daliya Aktar

"Would you like a bag?" "Yes, please." "That'll be five cents." If you're one of those millions of shoppers, you've probably encountered this conversation at one point in time. Plastic bags pollute the earth, infuse the air with toxic effects and even harm the wildlife. Despite all this it seems endless plastic bags are being consumed daily. The usage of plastic bags has become such a habit it seems as though consumers and retailers cannot go a day without. But if we try to give our full will to rethinking the planet there are endless possibilities. The five cent charge on plastic bags doesn't seem to be a constructive method. People continue to buy them, and that's evidence that the charge is not making a substantial difference.

Seventeen year old Sonya Aktar explains that many people including herself just don't remember to use reusable bags. She says, "I know many people that still use plastic bags and I think it's because they find it more convenient. There are many people who do not know the dangerous effects of plastic bags. Many organizations and institutions continue to raise awareness. That way people will always remember to bring a reusable bag."

Grade 10 Careers teacher at Jarvis Collegiate Institute Limin Zheng states that "most people are educated with the knowledge of the severe damage from plastic bags. It has more to do with not paying attention to take a moment to think what could be a possible side effect for our next generation." Zheng tells Catch da Flava magazine that if everyone does their part our planet will be more green. She explains why she thinks plastic bags are still being used so much. "If the prices are higher then the five cent charge, it will make a big difference. As well if the government makes a policy on the five cent charge of plastic bags then all retailers should follow this policy. It takes not only the consumers part but even the retailers if we really want to see a difference."

Plastic bags are a very common item used all over the world. If all of us begin by reducing plastic and using a reusable bag then surely a difference on our planet will show. If each generation pollutes more than the last our future generation will have a polluted earth; the air will be toxic and our wildlife will be significantly reduced. All it takes is a simple step toward reducing plastic which in return will make a huge difference for our home, the earth.

## A Pathway To Success

#### By Daliya Aktar

"Provide a blend of supports to the youth of regent Park & Moss Park who face barriers to education, in order to give each young person the opportunity to graduate from high school and as a result allow them improved access to career opportunities and a post-secondary education."

Why does Pathways exist and how has it changed the Regent Park Community? Pathways to education, a program created and rooted in the Regent Park community. It has helped and continues to help youth in disadvantaged communities and neighborhoods. Pathways existed since September 2001, and this year they will celebrate ten years of working with students and their families in Regent Park. Pathways helps to inspire, motivate, and support youth in completing secondary-school education and continuing to post-secondary. In Toronto, Pathways runs programs in Regent Park, Lawrence Heights, Rexdale, Scarborough, Ottawa, and Kitchener.

Many students, parents and pathways supporters from the Regent Park community believe the program helps to ensure that there are less dropouts and poverty and provide support for disadvantaged kids. Pathways has impacted and changed Regent Park by helping one youth at a time. Over the past ten years Pathways has been building its program in Regent Park. Youth from different backgrounds, lifestyles, morals and value systems have

been supported in bringing their unique traits to a changing Regent Park community.
Student/ Parent Support
Workers in Pathways are an

When interviewed 15 year old Kaitlyn Campbell, who has been a member of Pathways for a year shared what she thought were benefits of the program. "Pathways allows students to have a safe environment to learn...They provide guidance, support, and opportunities to further our education career so that we are able to build a career some day." Kaitlyn explains that without Pathways many things would be difficult for the students to attain.

20 year old Tanya Aktar, a former student of Pathways says, "Pathways is an amazing program that supports the students in so many ways. Pathways helps the students to discover the best potential in their lives and really be able to put it out there in the real world." She explains how Pathways has helped her in various ways. Without Pathways, she wouldn't have that extra support in secondary education. "In my wonderful time at Pathways I've learned that it's the little everyday things the program has to offer that makes the big difference at the end. This may possibly lead to a successful education, career and life." If Pathways continues to help youth in the community, what could change in the future?

Along with their ten year anniversary, Pathways will hold their annual graduation ceremony, celebrating the accomplishments of the graduating students. Pathways helps the youth overcome the barriers they may face financially and emotionally toward their education. After ten years of helping, teaching and ultimately being there for the youth, the Pathways administrators, student/parent support workers, and students can have the opportunity to reflect back on the support Pathways has played on the lives of many students. This ten year anniversary is an opportunity to, "learn from the past...to inspire the future."

excellent
advocacy support as
they guide and support students
throughout their high school life. Shadi
Eskandani, who has been a Student/ Parent Support
Worker (SPSW) for the past five years explains the boosts
that students receive financially, academically and socially.
"Pathways supports youth financially by providing bus
tickets and bursary money for Post Secondary Education.
Pathways academic support resources include a tutoring
center. Aside from financial and academic support
Pathways helps youth strengthen their social skills through
a mentoring program." Eskandani explains that "statistically
Pathways has impacted youth in such way that the dropout
rate has decreased."



### Charlie's freewheels

By Fatima Animer



#### Chalo Barruetta: A Community Worker

was a clear sky and
a cold breeze as I made my
way to Starbucks to interview a man
who really does mean business. We sat down
with our drinks, him in a vibrant purple tie, and myself
with a sheaf of papers, and I began with my first question "Who
is Chalo Barruetta?" He answered modestly "I'm complicated. I like

certain things, and there are also certain things that annoy me; I'm just like everyone else". Mr. Barruetta is the Program Manager of UforChange, an arts and culture project for youth in St. James Town. He is also the co-founder of Banyan Youth, a program that focuses on environmental awareness. He is a colleague, boss, son and friend, as well as a community and youth worker.

Chalo Barrueta moved to Canada from Mexico along with his mother at age six in 1989. He grew up in the beaches, a neighborhood and popular tourist site in Toronto and still lives there twenty one years later, at age 27. Growing up, he never quite felt that he fit in and even referred to himself as being "the odd little Mexican kid." With no knowledge back then of his future aspirations he began volunteering at age 8 with his mom at the Daily Bread Food Bank. In high school he raised money to begin the initial construction of a roof top garden at Central Tech. High School. After receiving his diploma in 2001 he applied and received a grant from the Laidlaw Foundation at the young age of 19. It was at that point that he got the idea that volunteering and doing community work could ultimately become a great career.

He claims the best part of his job is that in the long run he has been able to build his own sense of community. He enjoys coming to work every morning and laying down out a plan and structure, being his own boss, and ultimately having an idea that "creates something from thin air." Through working with youth from the St. James Town Youth Council (SJTYC), Banyan, and UforChange, he's had the pleasure of watching several people grow up, build upon their lives, and celebrate achievements along with them. "Why do you think your job is essential? Why is it needed?" I questioned, "I think it's critical to give back," he says, "and for those who are supported, to help out those in their community who aren't. I also believe people who choose to do this for a living must be good and qualified people who are paid well, because it is exhausting and stressful work that sometimes can

appreciated. A good community worker doesn't hold people's hand through every issue, but teach people to become more self reliant, solve their own problems, believe in themselves. Sometimes people just need direction." He continues "that being said, I don't think I'm as good a community worker as I am a businessman, and my job is essential in that sense because I'm a good builder of ideas, and it's those ideas that eventually become places where people are supported, and where people can come to get help."

From past projects it's apparent that environmental awareness and clean-up have always been strong commitments. Banyan Youth Initiative is a project that's sole purpose is environmental education. When asked why he is so passionate about the environment, Barruetta answered "I think it's just something that's so critical, because in the end we need a clean planet. It's also something that unites everyone, because no matter who you are you have something to contribute to the environment."

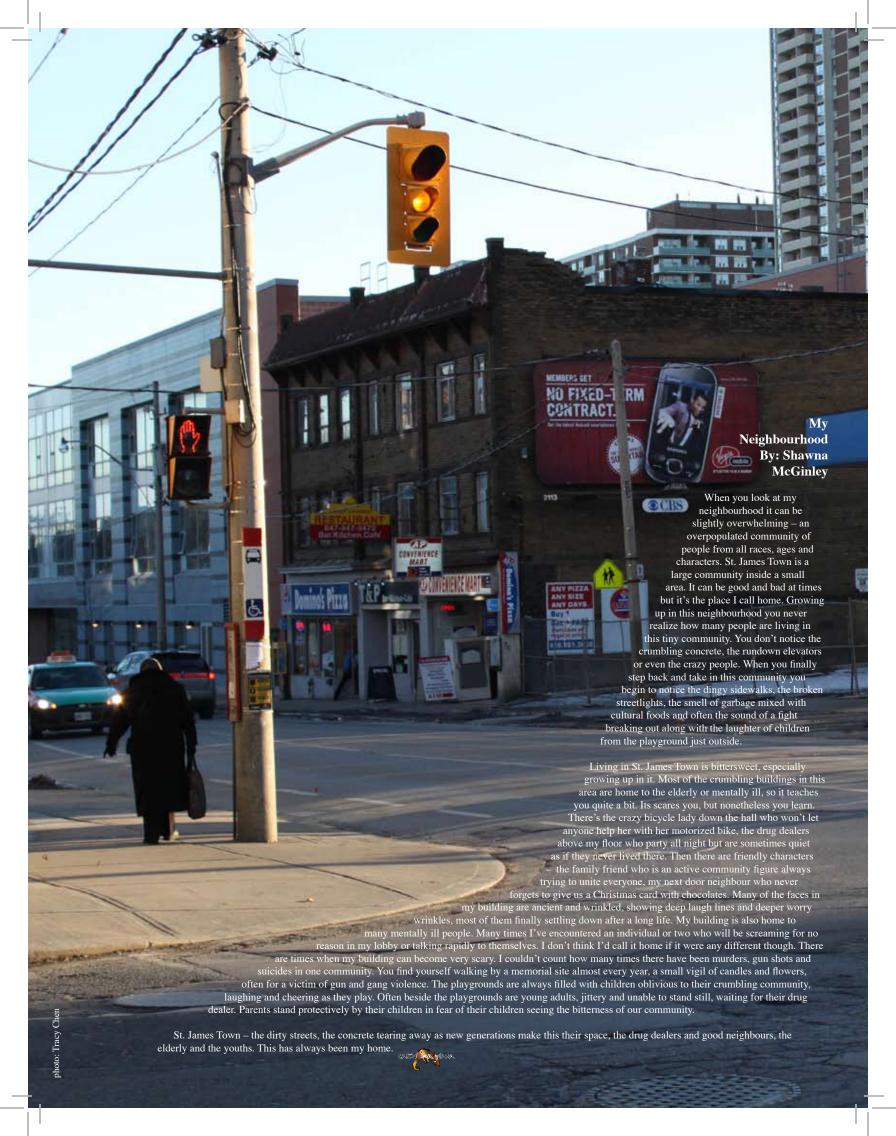
A person with so many skills and ideas could have chosen any community in the world to work with "Why St. James Town?" I asked. "Why not St. James Town?" Barruetta answered almost defensively. "It's such an incredible community and over the last five years I've been able to learn more and more about. It's also of course the people. I've had a really great mentor through Josephine Grey (L.I.F.T), and through meeting people like Kate Masson (YSM) and the SJTYC. I feel the youth in a way have helped me to become a leader and that there's enough sense of community in St. James Town to make real change happen."

Working in a community can be a hard task, but working for a community is even harder. This is because a community is made up of various different people, people from different cultures and histories. There are people who have different skills and dreams, and it's hard to cater to every single person. Chalo Barruetta is one of many community and youth workers out there. Every one of them does their job differently and contributes in different ways, but they all share a common goal, wanting to elp.

When I asked the question "Who is Chalo Barruetta" his answer "he's just like everyone else" felt extremely genuine. However, with several businesses and accomplishments under his belt, I had to ask "who or what has been your biggest influence?" He looked thoughtful at this question. "I think there are good influences and there are bad influences. In terms of good influences I think one would be my being born in Mexico and then being uprooted and moving to Canada with my mom.

Being part of a new culture has been so great in so many ways. I also think that a big influence is myself. I'm the person I am today because I've tried learning from my mistakes, regrets, and doing the very thing I try to help others do as well: working on myself to





#### GLOBAL WARMING by Lupa Begum

One of the biggest issues that the earth is facing right now is global warming. Even though we don't hear about as much as we should, global warming is slowly affecting us. Scientists are worried of how fast the ice is melting. Ice sheets in Greenland and western Antarctica are shrinking faster and some are already starting to melt. Since 2003 the ice sheets in some part of Antarctica have been losing 30 feet a year in thickness. Even though some of the areas are about a mile thick and we've still got a lot of time before the ice burns through, the melting is speeding up. The yearly rate of thinning from 2003 to 2007 is 50% higher than it was from 1995 to 2003. The more the ice melts, the more water surrounds and melts away the remaining ice. C02 emissions from cars and factories retain heat in the earth's atmosphere, like a green house. This results in the earth's overall temperature rising, resulting in the melting of our polar ice caps.

In addition, agricultural experts are worried that the global warming will cause food shortages long before it causes distant threats, like rising sea levels that flood costal cities. Weather patterns from now to 2050 shows that the best wheat-growing land from Pakistan through Northern India and Nepal to Bangladesh will be ruined due to the high temperature. Global warming is causing hunger to the people who haven't caused the problem: the people in developing countries. Scientists have also discovered that carbon dioxide, the main greenhouse gas is vital for plant development. An experiment in the 1980s shows that carbon dioxide would stimulate plant growth and raising some crop yields by 30%. That is why up until now people weren't worried much about agriculture and global warming. However, new evidence suggests the opposite.

Global warming is happening because not all of us are playing our part to save the environment. The government has started playing its part by spending more money to reduce greenhouse gases, they have put a price on plastic

bags so you would rather buy the reusable bags instead of paying 5 sent for every beg, and also some companies are making their products more environmentally friendly. For example the car companies have started to go green by making hybrids and electrical cars. We should all work together and play our parts to save our world. The governments and companies have started to play their part and so should you!

This is how you can help:

- Recycling, Reusing and Reducing
- Limit using plastic bags, cans, etc.
- Limit your transportation by cars, and travel by bus, bikes or buy hybrid cars.
- Educate others on this issue
- Stand up to companies/businesses who haven't taken environmentally friendly steps





#### Protecting the Environment - Should We Rely on Market Forces or Government Regulations?

The environment? Don't worry about it. Things are fine, we still have plenty of resources. And even when we run out of them, businesses will find other ways to produce the things we need." So say many economists, who believe we should trust the market economy when it comes to the environment.

On the other hand, environmentalists say, "No, we don't have enough resources to keep consuming at the current rate. Resources are limited, and soon we won't have any. We need to take care of them much more efficiently. What we need are government regulations that prevent the market from over using resources that are scarce." Environmentalists are sure government regulations are the key to protecting the natural world.

These contradictory views, held by economists and environmentalists, represent two fundamentally different approaches for dealing with the environment. Let's take a closer look at both of their arguments.

The role of the market economy, argue economists, is to improve the quality of life for Canadians by increasing the GDP (Gross Domestic Product), and this occurs when goods and services are produced, bought and sold. And surely the creation and spread of wealth among the population can only a good thing. If the government were to introduce significant environmental restrictions, this would negatively affect the efficiency of the economy and result in a reduction of the GDP and a lowering of the quality of life for citizens.

But valuable resources, point out environmentalists, are being continuously exploited in this process of producing and selling goods and services and these resources are scarce and won't last forever. For example, trees are a major item in the production of lumber, furniture and paper. Yet, forests are diminishing and there will probably come a time when trees will no longer be available for use in this way. In addition, consider that trees are crucial to helping remove excess carbon dioxide and air pollutants present in the atmosphere, and contributing to the oxygen required for living life. If you take the long view, increasing the GDP at the cost of losing our tress will ultimately decrease our quality of life, not increase it. This is why government regulations that prevent or restrict the use of valuable resources are critical.

Economists do not deny that the natural resources the market uses are increasingly in short supply. In fact they remind us, a fundamental principle in the study of economics states just this: "wants are unlimited, whereas the resources to meet those wants are limited." They go on to note that through the market economy they are only trying to meet the demands of Canadians; if consumers want a certain product, then they will make it. They believe the market will regulate the environmental implications of this process in the following way. If a product begins to cost more to make because it relies on a scarce resource (which itself becomes expensive due to its scarcity), consumers will have to pay more for it. At a certain point, if the product becomes more expensive then the market can bear, that is if it costs more than people are willing to pay, the product will be dropped and the market will develop cheaper alternatives using other available resources. Economists believe therefore, that left alone, normal market practices will adequately respond to the reality of the environment.

However, environmentalists point out that the problem with this market approach is that the real costs to the environment are not factored into the price of items produced using scare resources. Typically, only labour, shipping and manufacturing costs, along with consumer demand, are taken into account when determining the price of products. For example, when trees are used for lumber does the market factor into the price the loss of the trees in beautifying the area, moderating the

climate, improving air quality, conserving water, stabilizing the soil to prevent erosion and harboring wildlife? Far too often, argue environmentalist, none of these factors are taken into consideration.

Environmentalists feel that government regulations would encourage the market to use resources that are renewable. But economists say this is not so simple. They point out that the costs of using renewable fuels such as solar and wind power are much higher. Therefore, if the market were to use these alternative fuels, the price for goods and services would need to go up substantially. This is a

problem because when prices go up, then demand for goods and services go down, thus the GDP goes down. If the GDP goes down, the country's economy will be 'sick,' which could result in a recession, or even worse a depression. And when these issues arise, people lose jobs and have low or no income and are therefore unable to meet the basic needs of their life.

> As you can see this is a complicated issue. Both environmentalists and economists have important points to be considered.

> > We need to find the right balance between meeting the demands of consumers, while at the same time adopting government regulations that serve to preserve valuable resources and motivate the market to use alterna-

By Amer Chowdhury and Adonis Huggins

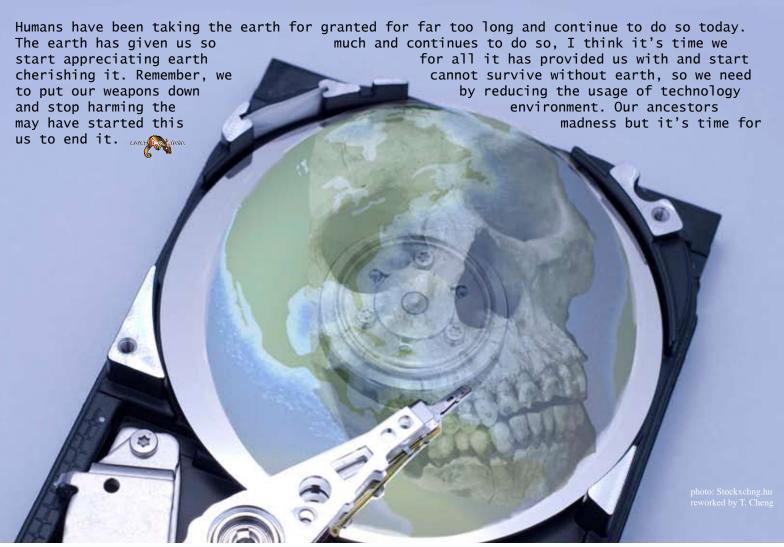


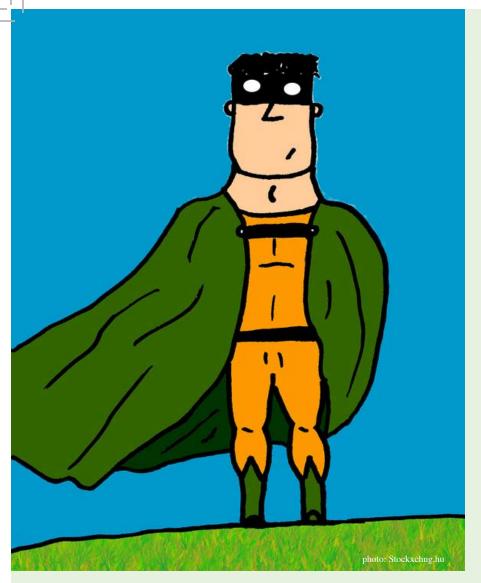
#### The human "weapon" impact

The earth can survive without humans; however, the same is not true the other way around. We cannot survive without the earth. So why is it that most people allow themselves to help harm the planet? Most people don't care about the impact they have on the environment. This is the type of attitude that leads me to believe that human beings, to be honest, don't deserve to live on earth. We are responsible of taking care of earth, but instead we are destroying it. The impact humans have on the planet has grown far too powerful in the past century, that's why instead of affecting earth in a negative way we need to nurture it.

How did we find ourselves in this situation? Well, humans being the superior species on planet earth have evolved far too fast. We have found numerous ways to make life easier by creating tools and inventions to complete simple tasks. In addition, technological advancements have worked in remarkable ways to allow humans to take advantage of their talents and intelligence. This may be great news to us, but it has placed planet earth in a dangerous position. In other words, technology is our weapon against our only home.

The well being of the environment is in jeopardy right now, and unfortunately our actions seem to prove that we intend on making it worse. Somehow, humans have found a way to destroy the planet from the comforts of their own home. Electricity is available 24/7 in many houses in most places in the world. Most houses need lighting, heating, and air conditioning. Apart from our needs, many households contain excess appliances that require tremendous amounts of energy to function; a few of these appliances are ovens, microwaves, dish washers, dryers, refrigerators, etc. However, these are acceptable since they are useful, but a lot of households waste additional energy on entertainment on things such as television sets, digital cable boxes, DVD players, gaming systems, and computers. These are a few ways we consume energy in order to keep ourselves occupied at home. Although computers might come in handy once in a while, most people abuse their usage. They leave it running throughout most of the day, blissfully unaware of how much energy it wastes. These items listed are only a handful of many more to come because in the future a lot more appliances and items will be found in households.





#### Be An Environment Hero By Thisaan Sivanathan

that most animals do not have; yet we are not satisfied. Everything we have is increasing from the life span of humans to technological advancement. However, we fail to acknowledge the many things others lack. We, humans do not realize these issues because we live in a country like Canada, where we take everything for granted. We take showers for longer then we sweat and we waste more electricity then what we use. On the positive side of things, we do recycle and plant green! Isn't that enough?

Not at all, the negative factors overweigh the positive factors. This is the fact. The more money you have the more tendency for corruption. Money gives you materialistic things such as electronics, vehicles, and food. The more electronics we have, the more electricity is required and the more vehicles produced results in need for more gas; more food means more waste and on top of all this more garbage. We want more and more and more until we have nothing left! This doesn't mean everyone has to lose their luxurious liv-

ing style they live to create a green earth. We just have to think smarter and stop wasting what we get for granted. We might be able to open a tap and get clean filtered water ñ yet half the world cannot do that. We watch TV for our entertainment - but we can't watch the people who get killed because of what we developed countries do. What we do here for excitement can create tears in other places of the world. These people who get affected deserve the same rights we do in order to live happily. Why should they be affected by the way we waste and pollute?

istop driving cars, use the TTC or bike for transportation? We all know that slogan will never come true, but we can decrease the amount of energy and gas been wasted on cars by buying hybrid vehicles. They might be a bit more expensive than regular fuel consuming vehicles but nothing is worth affecting others and us in negative ways. You can help the world change! Don't wait because you never know when it's too late.

At our current rate, our earth won't last too long. Astrologers are on a search of another planet we can live on. The moon has been reported to have a sign of water in the month of November 2009, which is a sign of living. Even when we do find another planet do you think we will all be able to get there? The poor will be left behind and the rich will be sent off to the new planet. That is why it is important we make a move now, or go green.

Tips on how you can help the world today!

- Take 5-10 min showers / don't let water run.
- "Turn off the excess lights.
- " Unplug appliances that consume electricity while you don't use them.
- Drive hybrid vehicles.
- Use paper wisely.
  - Join eco-friendly organizations and groups (e.g. Me To We or even your school recycling team)

CATCHI CATIANA



By: Abdulkarim Muhaseen

Taking University seriously is a trend that is slowly but surely luring many young people into its snares. As a concerned, rehabilitating addict of studying, I feel obligated to stand firm and meet this threat.

I recall three main factors that caused me to stop slacking: curiosity, ambition, and peer pressure.

Harbouring even a tiny sliver of interest in your classes can be quite dangerous. To counter this, I recommend that students channel their inner curiosity towards things unrelated to school. If you get a kick out of rich celebrities suffering, you could check out Entertainment Weekly, which should debrief you on the latest rehab check-ins. If you still haven't given up on the Leafs, that's also ok, because most of Toronto's newspapers haven't either. The point is that you want to have your mind running with things that are fun – not things that will get you somewhere in life.

Ambition is second on my list of taboos for slackers who are tempted to take school seriously. If you are aiming for an A in even one of your courses, you've already committed your first mistake. To combat ambition, you need to drastically lower your expectations. Try gunning for a "pass" for a change. The lower your goals are, the more realistic and easily achievable they'll be. To reinforce this mindset, I suggest the following: the next time you "pass", poke fun at all those suckers you beat by a few percent. Then kick back and relax, as you feel your ego accelerate from zero to hero in a couple of seconds flat.

My third piece of advice concerns peer pressure. The following traits should help you recognize bad company:

- 1. They harass your professor with stupid questions (and yes there is such a thing as a stupid question). This is especially aggravating if they happen to sit right by you when you're trying to squeeze in a couple hours of rest during lectures.
- 2. Another characteristic of bad peers is their obsession with organization. Take it from me: the most organized students are the most anal retentive. You, on the other hand, can save yourself from worry, binders and colour coded dividers by chucking your notes in the recycling bin.
- 3. Consistent studying habits are particularly dangerous. Some students waste several hours a day studying. To add insult, they "say" that it helps them stay stress-free. However, this begs the question: Is it worth it? You can easily get drunk off of some Red Bull, and cram a semester's worth of information in a mere 12 hours. And that's not even the best part. Research shows that by cramming, you won't retain all that boring content for long.
- 4. These students are never satisfied with anything short of an A. Since ambition is destructive (see above for details), being around ambitious people is obviously not recommended.

When students displaying the above mentioned traits are spotted, you want to remain calm, turn around slowly and then run for your dear life! The urge to study and do well in school is unbelievably contagious.

So, having outlined the dos and don'ts for maintaining your sanity during your academic career, I now want to make one final point. Wise counsel is useless unless the recipient actually implements it. Therefore, I urge you to put my advice to use. Why? Because these tips have been compiled by someone who has learned from experience. And although it has taken courage to share these insights, it will be worth it if I can save you from the trauma of success. Just be thankful that I took school seriously, so you will never have to.

#### "LET ME OUT! LET ME OUT!

By: Tajnim Islam

We live in a democratic society in which we elect our state government. During the campaigns we look at the pros and cons of various parties. Then on Election Day vote for who we want to run our country. However we cannot know what corruption exists. We live in Canada, a country known for its peace and equity; but the events that took place this past summer brought shame upon the government of Canada.

Toronto held the G20 summit from June 26-27, 2010, for heads of nations to come together to discuss further economic strategies to help our world. Security precautions were taken prior to the summit and about nine hundred million dollars were spent on policing. With all the commotion of the G20 going on I decided to go down and see for myself a large scale protest. About ten minutes into my walk I was stopped and questioned by the police about the contents of my backpack. At the time I had no idea of the laws that were passed. By nightfall a protest began. I was making my way home trying to bypass the activists when suddenly we were boxed in by the riot police.

I was taken to a temporary detention centre. We were stripped of our belts, shoes and barely held onto our dignity. We were thrown into cages and had to wait hours. Comments were flying in the air "F\* the police!" followed by replies of "Say that one more time and I'll show you the end of my gun". The environment was like a cargo ship full of illegal animals. We were fed burger buns with a slice of cheese in the middle. Cries for water could be heard but none were attended to. I asked the court police when we would be released, and every time I was given the same answer "as soon as you get processed". To this date the word "process" is a grim reminder of the horrific incident. I was in a seven by eight foot cage with three other youths. They had taken my t-shirt so I was left in my tank top. The air conditioning was on, and I was beyond freezing. Sleep was impossible because the arctic concrete floors were unbearably hard. When I asked for a sweater I was told "You did this to yourself so now you must pay the price". Twenty-two hours of mind-numbing boredom and occasional mental breakdowns ensued. People were crying and no one was listening...This is the image our government wants?

The Canadian government thought that they could hide laws from the public. When police took these laws into their own hands the politicians said nothing! Putting innocent youths in cages to suffer will only result in loss of votes and rebellious behaviour later on. The victims of the G20 deserve to be compensated. These events just show that even in the "land of the free" corruption rules.





#### WE HAVE MOVED!

January 2011

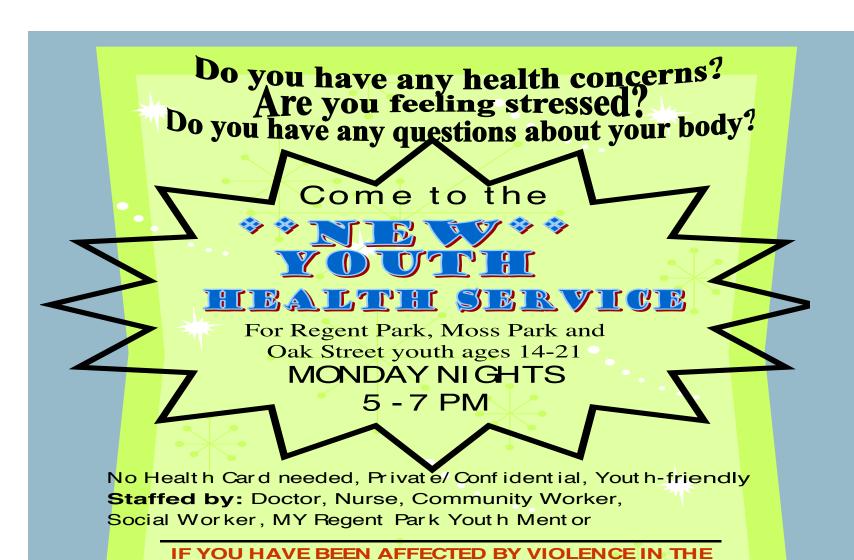
From:

33 Belshaw Place, Toronto, M5A 3H6

To:

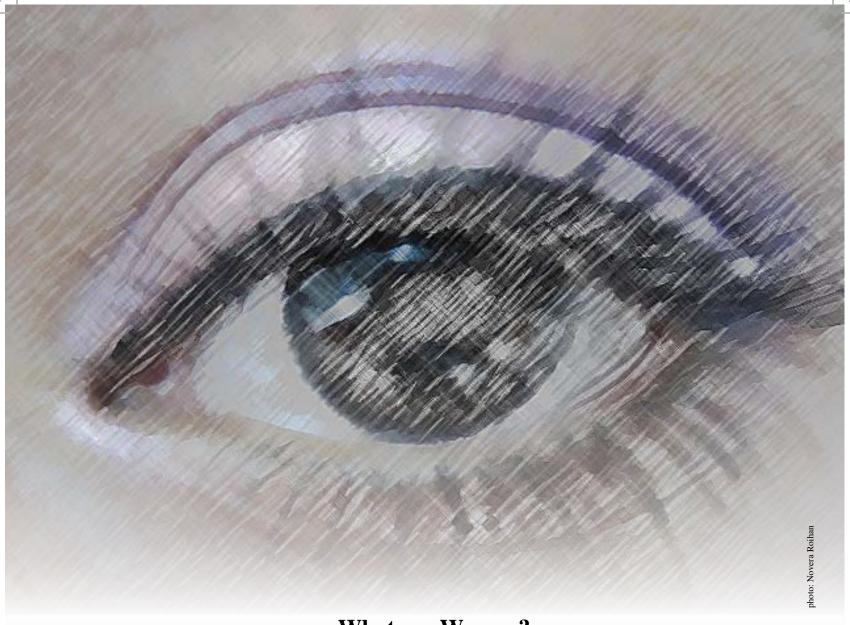
38 Regent St, Upper Level, Toronto

For details call Diane 416-362-0805 ex 222



PARK, COME IN. WE CAN HELP!

Regent Park Community Health Centre 465 Dundas Street E, Tel: 416-364-2261 www.regentparkchc.org



#### What are Women?

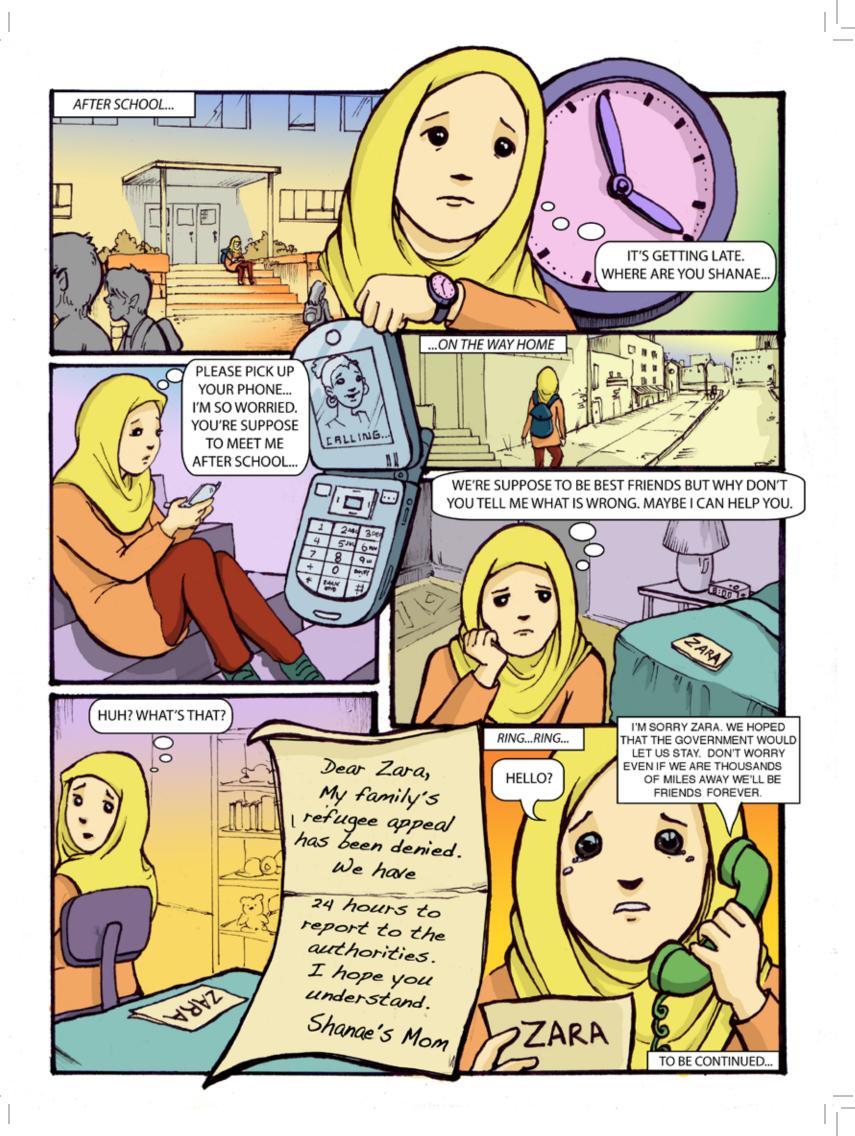
#### by Samira Mohamud

When an image is pushed at you, right, left and centre, is it still possible to see clearly without the repetitive image pulsing behind your eyelids? Is it possible to have a true understanding, even if this distorted image is thrust upon you everyday? The media have taken the word "woman", and played with it until most of what it stood for has been stretched and chopped into pieces. Its meaning is now lost. So what was its definition in the first place?

Women on screen are almost always defined as having position to fulfil; be it domestic roles, or as sexual objects that use their bodies to their advantage, relying on it to dictate who they are. However, the women we are with everyday are strong, capable, and empowering. These women are our mothers, teachers, and neighbours. As Ms. Weis, a teacher at Lord Dufferin Public School, so adequately puts it: 'I feel as though the women I know are more multidimensional than what the media portrays.' So there's more to a woman than what the media spits out. Unfortunately, it is the rail thin women who don't eat and wear revealing clothing that the media encourage the young women in the community to be. Young women need to question the hidden messages the media inflict into our subconscious. To understand what women stand for, what is the true definition of a woman?

'There are no true definitions of a woman, only that she defines herself accordingly,' said Ms. Bennett, another one of Lord Dufferin's teachers, when asked. And in the end that's all that matters, all that counts.







SHWYAY SLATE

#### Remember

In the past few months, the media has been representing our community as a place under siege by violence and people who are focused on hurting others. The four young men who lost their lives have been grouped into the same category as their attackers.

Let us remember that these boys were our friends, our classmates, our sons, and our brothers. They are not stereotypes, not all the same, not who the TV tells us they are.

Remember Sealand and his amazing smile.

Remember Jermaine, a determined young man with high hopes.

Remember Nicholas, a young man who made people laugh.

Remember Albert, a caring and dedicated person.

Kevon Hall

Brendon Javere Hayes

MY Regent Lark and Regent Lark Focus extend their condolences to the families and friends of these young men.







#### Welcome To The New

# Regent Park

#### Youth Media Arts Centre

38 Regent St. (lower level)

