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RATATOUILLE
MOVIE NIGHT AT JAC
Elizabeth Tulli
Contributor

EGEP life has changed dramatically during these times. From face to face interactions to virtual learning on video chatting platforms. After four weeks, online classes may start to take a toll on students. So, what is an antidote to relieve one’s worries? Attending a fun school event, of course!

Last Saturday, SUJAC hosted a Ratatouille movie night on Memorial Field at John Abbott College. The movie was set up on the field, students brought blankets to sit on, and free merch and snacks were offered to everyone. Many people showed up and the fall weather was perfect, besides being somewhat breezy. Overall, the whole night was a huge success and kicked off a great start to the semester.

This excursion offered the opportunity to interact with peers and friends. The movie night allowed people to socialize and blow off steam. Many feel burnt out after a week of studying and logging on for their classes.

By participating in these small school events, we can also capture a sense of normalcy in our lives. Nothing is preventing you from doing fun activities in your spare time, especially viewing a feel-good animation where a rat cooks delicious meals. Lying on a blanket outside at night and watching a good movie is one of the most relaxing activities. Life can then begin to seem more enjoyable. That isn’t to say people shouldn’t abide health measures, but rather adjust to new situations. We can still do enjoyable activities while respecting health regulations.

Getting involved in the college community enables us to have full-filling experiences. Students indeed need to adopt a new lifestyle, but let’s make it work for the better. Don’t stay cooped up at home, go out and get some fresh air!

JAC’S FALL 2020 SURVIVAL GUIDE
Tammy Haddad
Contributor

Online learning isn’t as easy or as fun as it sounds. We imagined staying in pyjamas all day, having a snack during class and easily getting through all of our homework with all that extra time on our hands now. Then, reality hit us: loud noises somehow always occur during our hands now. Then, reality hit us: loud noises somehow always occur while you are trying to do your school work! We imagined staying in pyjamas all day, having a snack during class and easily getting through all of our homework with all that extra time on our hands now. Then, reality hit us: loud noises somehow always occur during our hands now. Then, reality hit us: loud noises somehow always occur during your school work. What can you do to remedy this problem? Here are some tips on how to stay focused during online classes.

1. Find a quiet place to study: Find a quiet place where you won’t be disturbed by external noise. This could be a dedicated study area in your home or a quiet room at your local library.

2. Use noise-cancelling headphones: If you live in a noisy environment, consider using noise-cancelling headphones to block out external noise. These headphones help drown out any distracting sounds, allowing you to focus on your work.

3. Take breaks: It’s important to take breaks during online learning to avoid burnout. Take short breaks every 45 minutes to stretch, walk around, or do something else to refresh your mind.

4. Create a schedule: Create a schedule for your online classes and stick to it. This will help you stay organized and ensure that you are always ready to learn.

5. Limit distractions: Turn off notifications on your phone and close any unnecessary tabs or apps to avoid distractions during your online classes.

6. Stay connected: Stay connected with your classmates and professors by participating in virtual study groups and office hours.

7. Use online resources: Use online resources like online libraries, virtual tutorials, and online study groups to help you stay on track.

8. Stay hydrated: Make sure to drink plenty of water throughout the day to stay hydrated and avoid feeling sluggish.

9. Take care of your physical health: Take breaks to move around, stretch, and get some fresh air.

10. Take care of your mental health: Take breaks to relax and recharge.

By following these tips, you can make the most of your online learning experience and stay focused during your classes.

Can you feel the chemistry between us?
Sophia Jeroncic
Arts Editor

The answer is: you probably can’t. The world of COVID-19 has brought forth many changes to our everyday lives and while you may not be feeling particularly close to others right now, you can still feel the chemistry during labs!

JAC has done a very good job of making it possible for chemistry labs to continue to take place in a secure and functional environment. As a first-semester student in Sciences, I am very glad to be able to come on campus to complete my labs. Chemistry has always fascinated me, and in-person labs have allowed me to continue to expand that interest and enjoyment.

Currently, students in the Chemistry of Solutions course are split into two alternating groups per section and perform their labs on campus every two weeks during their allotted lab period on their schedule. This way, students are able to remain socially distanced and also get a break from laboratory experiments every two weeks. After completing a lab session, they are then asked to fill out and finish their lab at home with the submission date being one week later, during their lab period off.

Before coming on campus, students must fill out a COVID Declaration Form and upon arrival show proof of their email confirmation. They are then asked to sanitize their hands once cleared. These measures ensure that the college will help keep students safe, while maintaining an environment of practicality and hands-on learning.

SUJAC UPDATE

What’s new with the executive team?
On Saturday the 12th, we held the year’s first SUJAC sponsored event: movie night in the park. The students picked Ratatouille which was a perfect movie for a light-hearted night among friends. The event was an overwhelming success with over 130 students in attendance. We’ll be planning activities all year long in order to get people to socialize in this unusual environment.

In other news, we held our first Congress meeting last week. We’re very excited to have students voice their opinions on matters that are important to them and to the rest of the student body. Since we’ve now transitioned into a whole new way of learning, it’s paramount for the administration to have a variety of students that they can turn to. If you’d like to develop your leadership and communication skills, we’d love to have you join us for our weekly virtual meetings on Mondays at 17h30.

-Your executive team
WILL THERE BE A FEDERAL ELECTION THIS FALL?

Bryanna Wallis
Contributor

For the past couple of weeks, Canadian media has been buzzing with the possibility of a federal election this fall. Considering the ongoing health crisis, what are the chances of this happening? Here is some background information to make this as clear as possible.

Last month, Trudeau prorogued Parliament. His reasoning behind this decision was that this will give the government a chance to present a post-pandemic economic recovery plan for Canada. However, Conservative members of Parliament believe that this move was meant as a cover-up for the WE Charity scandal. When Parliament was shut down, so was the committee that was investigating Trudeau’s government’s role in the WE Charity student-grant controversy. For that reason, some believe that he made this decision to protect himself and his government.

Before Parliament restarts, Trudeau must prepare a Throne Speech, which is set to be delivered later this week.

The Throne Speech is a speech written by Justin Trudeau, which outlines his intentions and the government's agenda for the upcoming parliamentary session. The speech is then given to the Governor-General, Julie Payette, acting as the representative of the Queen. The Governor-General reads the prepared speech in front of the members of Parliament, who then vote in favour or against. Since Trudeau’s government is a minority, people are worried that he will lose the vote of confidence, causing a federal election to take place. On the other hand, others say that he will win the vote of confidence because the government would not want to trigger an election during a crisis as serious as this pandemic.

If a federal election ends up taking place, one of the main concerns for the Liberals would be Erin O’Toole. He recently won the Conservative Party leadership and is ready to go up against Trudeau’s Liberal government. O’Toole supports Bill 101, which governs the use of French in Québec, along with Bill 21, which bans the wearing of religious symbols, including hijabs and turbans, by certain public-service workers. Andrew McDougall, a political scientist at the University of Toronto, said O’Toole is probably the most serious challenge Trudeau has faced as PM and can cause some real damage to the Liberals.

Another concern is this: how would we proceed with a federal election? Would there be mail-in ballots? Could the election be postponed?

Elections Canada has formed a group to discuss the best way to hold a general election. The agency said that the current Canadian system could not handle a national vote completely by postal service. Elections Canada is looking into whether the system can be altered in order to allow more mail-in ballots to reduce traffic at polling stations and to respect social distancing measures. Alternative locations for polling stations will need to be investigated because of COVID-19 worries, as well as post polling station requirements.

So, the real question remains: is our country prepared for a federal election in the middle of a global health crisis?

WHEN THE GENDER REVEAL PARTY BECOMES TOO ‘LIT’

Jinha Suh
Contributor

One of the most terrifying fires in the history of California, which is currently ravaging the West coast of the United States, was started by an innocent gender reveal party on September 5th, in southern California. As this issue has been widely spread lately through “meme” culture, some view the Californian wildfires as fake news or facts fabricated for entertainment. However, the 28 wildfires, including the “El Dorado Fire” that the party started, have claimed 26 lives as of September 18th.

According to the California Department of Forestry and Fire Protection, over 18,500 firefighters are now fighting the fires, which continue to gain power due to the continuing temperatures above 40 degrees Celsius in California and its dry climate. Of course, given that the “Creek” Fire that erupted on September 4th burned more than ten times the size of the “El Dorado” Fire, which began at the gender reveal party, it is difficult to conclude that the situation was caused entirely by the expecting parents’ carelessness. Nevertheless, as the “Sawmill” Fire from April 2017 (started by a Border Patrol agent shooting firecrackers for a gender reveal near an Arizona forest and causing $8 million worth of damage) showed the world, gender reveal parties have often stirred controversy.

Furthermore, as such incidents have sparked public criticism on social media lately, Jenna Karvunidis (who created the gender reveal trend in 2008 with her post on the cake filled with pink icing) joined the conversation as well, sharing her regrets on starting the trend. In an op-ed for The Guardian, after revealing that her view on gender has changed due to raising her daughter (who, despite her pronouns being she/her, enjoys going over the gender norms), she suggested reducing the size of the party for future parents.

ALLEGATIONS OF ILLEGAL WORKERS IN CHSLDS

Michelle Akim
News Editor

From the beginning of the pandemic, CHSLDs and other retirement homes in Québec have been a hotspot for COVID-19 cases, with most cases being in senior care homes. A major factor that contributed to this plight is the lack of permanent workers in long-term care homes, which only got more problematic as family members were not able to visit their loved ones during the pandemic. As the crisis worsened in the spring, to combat the understaffing, the contractors who oversaw supplying the centres with workers took the opportunity to provide work to undocumented individuals and underpaying them in the process.

Last Tuesday, the 15th of September, Journal La Presse published an investigative article describing the use of undocumented workers in CHSLDs around Québec. In it, they anonymously interviewed a worker for the West Island CIUSS who had his asylum claim rejected. Because of a lack of janitorial staff, the CIUSS that manage CHSLDs subcontracted GDI Integrated Facility Services (a Québec building management and janitorial company) to provide workers. Being understaffed themselves, GDI employed the services of the company Pro-Max, a temping agency, which allegedly recruited individuals whose asylum claims have been denied. These undocumented workers went on to be janitorial staff in centres in Dorval, Lachine, and Lasalle, at a fraction of the legal pay, working up to 12 hour days and up to seven days a week, being paid in cash.

The Comité paritaire de l’entretien d’édifices publics is investigating these allegations.
Mud splashed in reaction to the impact of Viktoria's black boots when she landed, thankfully, just missing the bottom of her equally dark cloak. The inside of her cloak, as well as the vest on her chest, were a green so dark they almost blended with the black of her pants or her shoulder-length hair. The only glimmer in her outfit was given by the gold necklace around her neck, the only thing that's keeping us separated is the border line.

Inside, it was almost completely dark, the only source of light being the fire under a dilapidated cauldron. A strange vermillion substance bubbled and swirled in it, and a small kitchen made of wood had been built into the stone wall of the cave. Various vegetables and animal body parts lined shelves and a curiously large heap of dirty brown rags lay in a ball in front of the bubbling cauldron.

"Hag," Viktoria stated in an almost bored tone. "I've come for information." The ball of rags slowly unfurled into a similarly spherical small woman, the rags over her body and mess of silver hair covering her face. A staff emerged from the rags, clutched in her left hand, and her right hand jutted into an accusatory point.

"Information you already have, little one," she croaked back.

Viktoria raised an eyebrow slightly in expectation.

"I have divined your fate already, cursed child. As pain and death have covered your past, so shall they dominate your future. In merely a month, you shall, for the first time, face enemies far worse than I or your guardian, Gerhardt Quinley."

"Fate, like all machinations, are eventually mine to change," Viktoria answered, crossing her arms under her cloak. "Tell me of these enemies."

The hag shook her head and raised her staff.

"You've taken enough," she snapped. "Go now or be smote."

She grinned widely, revealing teeth more crooked than the stones around her. "After all, little one, you have gambled and come here alone."

Arms still crossed, Viktoria sighed calmly and closed her eyes in thought.

"It seems your usefulness precedes you."

Viktoria had barely finished speaking before one of her arms jutted out under her cloak with a silver revolver held tightly at its end. Before the hag could even react, it briefly illuminated the cave and blew a hole in the center of the hag's throat. Bluish blood gushed forth and the hag keeled over, struggling vainly to speak a curse word as she hit the ground.

"You might have missed it while living under this rock, but this is the 19th century."

It's been some years, and I worry that next time I see you, your hair will be grey or I'll be too grown to remember the way back home.

I wish it didn't have to be like this; that border lines didn't exist.

Because I know they won't pity me.

It saddens me that you are next door, yet so far.

But the borders are closed to people like us.

So, our family will stay separated 'til politicians realize that we are not a problem.

Because we've never been a problem.
THE TINY CORNFLOWER
Nicole Widerlund
Staff Writer

Every morning the sun would go up, and beyond great trees and bushes lay the most beautiful sunflower who would, in response to the sun, show its bright petals of yellow. Not only did the sun get to see the bright colours of the sunflower, but also a blue, short, and tiny cornflower. The tiny cornflower would also rise every morning only to see the yellow shades reflecting back on it from a distance it could not reach, or rather, it did not have the strength to. It would have to slither through the ground past stubborn worms, thick roots, and heavy dirt that only tall and strong flowers could cross. If only a stronger flower could help, thought the helpless cornflower before seeing a taller flower under a tree in the dark shade just a few stretches away. The tiny cornflower made an attempt of reaching the shadowed flower with its roots. Just as their roots made contact, the shadowed flower with its roots.

“Y ou startled me from my sleep!” cried the elegant rose.

The cornflower had indeed woken the rose, but the rose had surely woken the cornflower from a dream in sunshine to a reality in the shadows where there too lay beauty.

“She became my epiphany.”

Eyes the colour of mud,
And skin the blandest of beiges.
She blended in with the world,
One with the wind,
Never seen.

She was but the faintest of rumbles, Resembling that of a scraping chair. And when she opened her mouth, Nothing but a whisper flew by.

The world had cast her aside,
Sentencing her to a life of solitude.
And as she travelled through the shadows,

You unclasp the lid of the ornate ceramic and free your mother.

THE OUTCAST
Sophia Jeroncic
Arts Editor

Too many times I’ve heard the words:
“I don’t have a friend.”
“Did my text ever send?”
“I’m being ignored.”

Too many times I’ve heard the words:
“I don’t care anymore.”
“When will this end?”

Too many times I’ve heard the words:
“Lonely, I feel.”

And how they do call
When they shatter and fall,
But whom do they call
When they’ve gotten it all?

And whom they do call
Stronger they grow, And brighter they seem,
And whom they do call
In great interests, they deem.

But whom do they call
When they shatter and fall,
With new people they love, Onward they trav,
When they’ve gotten it all?

And whom do they call
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When they shatter and fall,
AMERICAN PSYCHO
“My mask of sanity is about to slip”

Aftap Ada Ergun
Staff Writer

Although released two decades ago, American Psycho (2000) is now disturbingly more relevant than ever. This film is a black-comedy psychological thriller based on Bret Easton Ellis’ novel of the same name. Although a modern cult classic now, it was rejected by Hollywood Studios six times! Perhaps director Mary Harron’s dark social commentary hit too close to home... The blockbuster pokes fun at America’s greatest dream by showing the viewer its worst nightmare: materialism, misogyny, and bloodlust.

The protagonist, Patrick Bateman (Christian Bale), is an investment banker by day and a psychotic killer by night. His bloodlust, of course, doesn’t take away from his charms or success. Other than his slight ‘quirk’, Patrick Bateman is perfect. Similar to Fitzgerald’s Gatsby, his skillfully crafted appearance is only an illusion. However, in Bateman’s case it is not to impress a girl but rather to hide his “cold gaze”.

Bateman’s entire social circle conforms to the concept of the ideal American male. They all wear Valentino Couture suits and Oliver Peoples glasses in their desperate attempts to show off their wealth. In a world where identities melt into each other, Bateman wants to be seen.

When his homicidal behaviour becomes impossible to avoid, Bateman confesses to about twenty murders. Strangely enough, no one takes him seriously, including his own lawyer. This is either because his socialite friends are simply too self-oriented to even listen to what he has to say or because they think he is kidding. Whatever he does is inconsequential because he belongs to the glorified idea of the dandified American male.

This film is a must-watch for those not bothered by nudity or blood. Although intended as a social commentary of the late 20th century, it is almost more applicable to the internet era, with narcissistic influencers, do we even have room for individuality?

FANTASTIC 4

Sebastian Socorro
Editor-in-Chief

Out of all the superhero movies that came out in the early-2000s before the advent of the Marvel Cinematic Universe, Fantastic 4 (2005) might be the most easily forgotten. 20th Century Fox (back then just Fox Studios) sought to replicate the success of films like X-Men and Spider-Man while keeping (and making use of) their license on movies made with the Fantastic 4 brand. Unfortunately, people are inherently much less attached to the Fantastic 4 as a brand than other superheroes (again like the X-Men and Spider-Man).

Fantastic 4 (2005) is an early 2000s movie through and through. It has the overall weirdness that came with the fact that directors weren’t sure whether to emulate comic books or try making these comic books more realistic, so things like visual effects and lore might be stuck in the middle ground. For example, Victor Von Doom isn’t really the same as his comic book self and Mr. Fantastic’s stretchy limbs wouldn’t look out of place in a commercial for Play-Doh.

Despite this, what makes it so outdated is exactly what makes it enjoyable nowadays. Seeing this film in the theater left most people disappointed or uncaring, but rewatching it now is a blast from the past in the best possible way. You can point and laugh at actors who would later become famous, extremely cheesy lines, or the state of special effects in the early 2000s. You won’t be getting the promised comic book Fantastic 4 experience, but you will get an entirely serviceable movie full of moments to remember and joke about.

FANT4STIC

Sebastian Socorro
Editor-in-Chief

As opposed to its 2005 counterpart, Fantastic 4 (2015) doesn’t have pre-MCU cheesiness to save it. This movie was yet another reboot of the Fantastic 4 film brand to retain the license, and its bizarre marketing was responsible for the name it’s better known as. In all advertisements and theater posters, it looked to be titled Fant4stic, and therein was born a joke that is still repeated today.

In an effort to make the heroes of the movie cooler and more relatable for today’s standards, this movie made even more changes to the original lore than Fantastic 4 (2005) did. Even the outlandish explanation of how they got their powers (through cosmic rays during an experiment in space) was present in Fantastic 4 (2005) but thrown out the window in Fant4stic. Instead they get their powers after they go on an unsanctioned trip to a parallel dimension. Afterward, the film takes an incredibly jarring one-year timeskip, stumbles trying to explain everything that happened during that year (everyone but Reed Richards becomes a military asset and The Thing becomes a weapon of mass destruction for the government, no really), then throws an incredibly bland climax to finish the movie.

To summarize, while Fantastic 4 (2005) may have been enjoyable for its cheese, Fant4stic is simply bland, uninspired, and trying way too hard to turn its comic book characters into relatable anti-heroes. The actors involved in this movie are undoubtedly talented, but nothing can save the tragedy that is the script.
AMONG US
Sophia Danielle
Contributor

Can you really trust your friends? That is the question Among Us, a game by Innersloth, challenges its players to ask. Set in various space-themed maps, this multiplayer social deduction game pits four to ten people together to finish a set of tasks all over the map while trying to stay alive.

In this game, there are the Crewmates, innocents whose goal it is to complete the tasks and vote out the guilty. There are also the Impostors, players tasked with slowing down the mission through distraction or murder. After a dead body is reported, or during any of the two emergency meetings, the players onboard can vote out another player that they believe is suspicious. The goal of the Impostors is to blend in with the Crewmates, survive until they gain majority, and take over the map.

Among Us was released in 2018, though it only gained traction in August 2020 when popular Twitch and YouTube personalities started playing it regularly. The rise in popularity comes at the same time as Innersloth’s other popular game release, The Henry Stickmin Collection, and other multiplayer games like Fall Guys. Social deduction games have long been around, like Garry’s Mod’s Trouble In Terrorist Town and Mafia — but what sets Among Us apart is their multiplayer integration and set of interactive quests. It’s the perfect game to play with your friends during quarantine as you slowly start to distrust each other.

Among Us is available on PC, Android and iOS.

THE SIMS AND DIVERSITY
Christina Blake
Contributor

The Sims is a life simulation franchise that has been one of the best-selling video games for the past two decades. It is celebrating its 20th anniversary this year. It can be played on the XBOX, the PlayStation, on PC and Mac OS. The Sims gained popularity by giving gamers the ability to create their own avatars, their own towns, cities, families and lives.

There are plenty of different options when it comes to setting. However, that is not the case when it comes to the avatars. When first playing the game, you can customize your avatar’s hair, their body type, their skin tone, their height, their clothing, their age, their demographic background, and more. Interracial couples, gay couples, and single mothers were not options that the avatars could choose until much later in the game. When the virtual interracial couples would have a child, it would be white instead of having a more realistic mixed complexion. They also lacked numerous mixed complexion skin tones. The settings were always suburban, lacking cultural diversity and by extent the option to be set in other countries.

The most recurring issues concerning the Sims were the following; they lacked various skin tone shades, a gender neutral option, and certain cultural and religious articles of clothing such as the sari, the hijab and the turban. Hair textures and hairstyles are not very inclusive either. Whether the Sims is remarkably diverse or lacks inclusivity has been an ongoing debate since its creation in 2000.

Nonetheless, video games should always leave room for improvement and feedback from its players. There is speculation that the Sims 5 may be released in late 2020 or early 2021 and many are hopeful that the company behind The Sims will become more inclusive and diverse moving forward.

ZX SPECTRUM NEXT
Nicole Widerlund
Staff Writer

Computers today are a staple in most houses. A few reasons for this could be because they are affordable, mass-produced, and surely because they are easy to use. Computers today are designed so that you do not have to write programs yourself. All those complicated manoeuvres are already meticulously programmed into the software of your computer to for ease of access. By having layers of already explored and finished tools, the need for coding is not necessary.

Imagine not having to be dependent on others’ ingenuity and aid, only depending on yourself. A British man by the name of Sir Clive Sinclair surely had the same thought when he made Sinclair ZX Spectrum in 1982. This computer opened up possibilities of creativity by being ready to program from scratch. Knowledge of computer programming would not be needed because the Sinclair ZX Spectrum came with a manual that showed the basic steps of programming games. The only thing that would be needed was an interest and passion to create games.

Sinclair ZX Spectrum looked like a basic black keyboard with stripes of colourful shades. It was designed by Rick Dickinson. Rick Dickinson, like many other gaming enthusiasts such as Victor Trucco, Fabio Belavenuto, Jim Bagley, and Henrique Olifiers, have been building retro hardware for the past twenty years.

They luckily teamed up to create a new version of the Sinclair ZX Spectrum in 2017. They called the Kickstarter project ZX Spectrum Next, which still retains its basic programming freedom and adds technological improvements. They even made a second kick-started project of Spectrum Next this year because of the large audience it attracted.

It sparked nostalgia from 80s kids and interest from retro-curious gamers. Maybe it sparked you.

CASTLEVANIA COLLECTION
Sebastian Socorro
Editor-in-Chief

It should go without saying that the Nintendo Switch is the home- plate of retro platformers. The console harbors both classic series like Mario (on the Switch Online NES) and Megaman (through collections on the eShop) and countless modern titles that harken back to that era fondly like Panzer Paladin and Bloodstained: Curse of the Moon. This last game specifically is greatly inspired by the series Castlevania, and while it succeeds in capturing the classic Castlevania gameplay in many ways, there’s nothing quite like the originals. Luckily, the home of platformers is also home to the Castlevania Anniversary Collection.

This collection cherry-picks the first three Castlevania games on the NES, Super Castlevania IV from the SNES, the often forgotten Castlevania Bloodlines which first appeared on the Sega Genesis, the two Castlevania games featured on the Gameboy, and Kid Dracula (for the first time in English!). If you’re a fan of even one of these classic Belmont/monster-whipping adventures, you’re almost guaranteed to enjoy them all.

For a price as ridiculously low as $20 for eight games, you can play any and all of these titles exactly as they were when they first released. No changes are made (apart from the inclusion of save states to alleviate the outdatedness of the typical NES lives system) and though it’s also available for PC on Steam, these games are greatly enhanced by being displayed on a TV screen (with aesthetically-pleasing backgrounds) or on the go with the Switch in handheld mode. They’re a blast to go through while on the bus or on a relaxing weekend, and the extra ebook it contains on the history of Castlevania is worth the price on its own.
GO MEDS OR GO HOME?

Sophia Jeroncic
Arts Editor

S outh Africa’s Caster Semenya, a two-time Olympic track-and-field champion, has been faced with an obstacle regarding her natural body; her testosterone levels are deemed too high for her to continue to compete in the Olympics without a change. The 29-year-old athlete has been facing an extremely daunting dilemma.

Back in May of 2019, World Athletics’ court reached a 2-1 ruling verdict stating that in order for Semenya to continue to compete in track and field events comprising of distances of 400m to a mile, she would have to alter her body’s natural testosterone levels either via medication or surgery. The reason behind this verdict was to “keep women’s track and field events fair.” According to World Athletics, women with high testosterone levels (referred to as having “the genetic variant ‘46 XY DSD’” by the Swiss court on September 15th) are at an “unfair advantage” since testosterone is usually the hormone involved with doping. The matter had been taken into the sport court in order for Semenya to fight against the regulations limiting testosterone levels; this past Tuesday, it has been reported that she lost the battle.

Semenya has commented that she will not abide by the regulations and is saddened by the fact that she will not be able to defend her 800-metre title in the 2021 Olympic Games. Although she won’t be making an appearance, the athlete has chosen to continue to fight for the right to compete with the natural body she, and other women in the same situation, were born with.

THE SMALL MOMENTS OF SPORT

Gursagar Singh
Opinions Editor

Those small moments, when time quickly leaves your grasp but leaves you something to hold on to. The moments we are told to live for, one at a time. The desperation that those moments make us overcome, the ones that let us pause, look around, and quietly let us think to ourselves that, life is good. The little lies we can get away with when all feels out of touch. The connection that is built when we sit on the bus and pull out our phones, sit on our couches with a box of soul food and turn on the TV. The screen we look at when we turn out the friend that has been relaying their opinions on vegan mayo. We tune in and focus, get a little excited, nervous, anxious, when the score is the closest. We all feel some type of way when the game is on.

This year especially (for some reason) we have been deprived of that little joy, as many seasons have been postponed and cancelled. We have been stuck inside binging and living in the 90s, holding on to moments that have passed long before we came, as we live in the deception of foreign memories, or a “better” life. We have for the most part tuned out, not left with much to remember in the passing months.

However, a spark of hope is still among us. With the NBA returning in a secure, sustainable and safe manner, we have been able to feel some suspense on the road for the ring. I encourage you, with how competitive this season has been, even if your team has been eliminated, to take part. This season is a special one, one that will be long remembered. I beg you to be a part of the narrative that is in the process of being written, as I guarantee that this will be the chance to witness to one of those great moments.

UPCOMING NWSL GAMES

Vanessa Marion
Assistant Editor-in-Chief

O n September 3rd, the National Women’s Soccer League announced their fall series games.

They have come up with many safety protocols and the nine teams have been divided into three groups in order to limit travel time and contact. They also used the bubble concept. These three groups will play only against each other, with 18 games total in the series.

The three groups are:

- **Northeast**: including teams Chicago Red Stars, Sky Blue FC, Washington Spirit.
- **South**: North Carolina Courage, Orlando Pride, Houston Dash.
- **West**: including teams OL Reign, Portland Thorns FC and Utah Royals FC.

The previous game schedules have been announced since our last issue, here are the next games you could catch:

**Saturday September 26th**: 1:00 PM — Chicago Red Stars vs. Washington Spirit; 3:30 PM — Utah Royals FC vs. OL Reign; 8:30 PM — Houston Dash vs. Orlando Pride.

**Sunday October 4th**: 7:00 PM — Houston Dash vs. North Carolina Courage.

**Saturday October 10th**: 12:30 PM — Sky Blue FC vs. Chicago Red Stars; 8:00 PM — OL Reign vs Portland Thorns FC; 4:00 PM — Orlando Pride vs North Carolina Courage; 8:00 PM — OL Reign vs Utah Royal FC.

The world has starved to see strong powerful women dominating the field once again. Whether you’ve only caught a glimpse of Women’s Soccer and done a double-take, or you’re a fanatic fan, these games without a doubt can scoop you up into their bubble.

FIVE NFL COACHES FINED FOR NOT WEARING MACKS

Vanessa Marion
Assistant Editor-in-Chief

N FL fans everywhere rejoiced when the NFL announced that they would be returning to the regular game schedule after cancelling the 2020 pre-season. However, only two weeks into the season, there has already been a collective 1.75 million dollars in fines due to coaches not wearing face coverings on the sidelines.

On Sunday September 20th, these teams and people were fined: Pete Carroll (the coach of the Seattle Seahawks), Vic Fangio (the coach of the Denver Broncos), and Kyle Shanahan (the coach of the San Francisco 49ers) were each fined $100 000 for not wearing face coverings on the sidelines. Each team was also fined an additional $250 000.

On Monday September 21st, Sean Payton (the coach of the Las Vegas Raiders) and Jon Gruden (the coach of the New Orleans Saints) were each fined as an organization for $250 000. Payton tested positive for Coronavirus in March and Gruden confirms he also tested positive in the past. For both of these coaches to have gone through having COVID-19, it would be assumed that they would be more mindful of wearing masks. There was a rumour that Jon Gruden lied to his players about contracting Coronavirus, but mentioned that he did indeed contract it, and says he simply wants to communicate with the players. However, putting on a mask or a face shield does not eliminate someone’s ability to speak.

Many NFL fans are unimpressed. If this behaviour continues, without a doubt they will not be able to finish their season as scheduled.
**OPINIONS**

**Gursagar Singh**

Can be reached through MIO

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**CUTIES**

*What the f***, Netflix*

Sebastian Socorro

Editor-in-Chief

Netflix isn’t known to shy away from foreign films and TV shows (especially critically-acclaimed ones such as this), but on the ninth of September of this year, they might have learned a reason to actually look at their movies before they release them with a stamp of approval. One of their latest film releases was *Cuties* (originally *Mignonnes*), a French coming-of-age drama directed by Maimouna Doucoure and winner of the 2020 Sundance Film Festival Directing Award.

This movie almost instantly received backlash for its trailer and promotional material on Netflix, which seemingly sexualized its characters (11 year-old girls in a twerking dance crew) more than it gave information on what the film was about. This was exacerbated by the fact that the actual movie contained scenes (and was debatably about) depicting these girls dancing with the intent of provocatively showing their poorly-covered bodies and shot camera angles that expressly focused on them.

Netflix, the film’s original crew, and (suspiciously, I should say) critics were quick to retort, however. They made the point that *Cuties* was a movie about the sexual exploitation of children and that people were overlooking a good movie because of a knee jerk reaction, but I fear this misses the point. Making these girls shake their butts at the camera, filming them at provocative angles, and writing reasons for them to do so doesn’t change the fact that these things still happened. A movie about child sexual exploitation could’ve very reasonably been done without the actual sexual exploitation of children, or at least shot in a way that shone a bad light upon it.

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**ANTI-MASKERS**

*A Threat to Truth*

Michelle Akin

News Editor

In the 70s, when wearing a seatbelt had just been made mandatory, a wave of protests shook the country. People were outraged that the government was trying to control their bodies, claiming that it was for “safety.” After all, a seatbelt is uncomfortable, and why should I wear one if it will not stop the accident?

Despite the fact that wearing a seatbelt has become the norm, the complaints of “anti-seat belters” are sounding a bit too familiar. Every week since the beginning of summer, protesters have gathered in downtown Montreal to march against mandatory mask-wearing in public spaces, and the restriction of certain liberties due to the pandemic. For them, wearing a mask or not should be a matter of personal choice, made by the individual and not by institutions. Though protests are a necessary aspect of our democracy, there is something that is off about them. Officially, they were against mask-wearing, yet protestors walked the streets waving Trump 2020 flags, wearing QAnon shirts, and brandishing anti-vaxxer signs. This to me is deeply worrying, and not just because of the danger to public health that these maskless, not socially distanced protests create. The popularity of conspiracy theories and dangerously fake news is alarming, to the degree that one must question whether it is a failure of our education system, or simply an individual unfounded mistrust of the government, that causes so many people to refuse to believe established scientific facts.

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**THREE STRIKES YOU’RE OUT?**

*Can the Liberal Government get away with yet another scandal?*

José Moro Gutierrez

Contributor

COVID-19 has affected the lives of all Canadians (notably young Canadians) who are trying to find a job and struggling to make a payday. As a result of the ongoing pandemic, many summer jobs were lost. This led the Trudeau government to administer a payment program for the Canadian Student Service Grant. The WE Charity was ultimately chosen by cabinet ministers to administer the program, in which $900 million was granted to post-secondary school students through volunteering opportunities.

This move caused controversy because the Trudeau family, notably Trudeau’s wife Sophie Grégoire, had previously made several appearances at events 2017 to 2018. It would be expected that after two major scandals, Trudeau taking his family on a trip to a private island at the Bahamas and the SNC-Lavalin affair (in which Trudeau’s government coerced then Minister Wilson-Rayboud to intervene in the corruption lawsuit connecting SNC-Lavalin’s payment of $48 million to the Libyan government) Justin Trudeau would have learned the basic pillars the Prime Minister should embody: Honesty, morality and transparency.

During Trudeau’s testimony, when asked by opposition members about the WE Group’s payments to his family, Trudeau initially claimed that he did not know how much money they received. When Conservative member Pierre Poilievre pressed the Prime Minister on this, Trudeau recused himself from answering and stated that the “information has been publicly shared.”

Additionally, Bill Morneau, then Finance Minister, was paid $41 thousand dollars by the WE Charity for trips to Ecuador and Kenya in 2017. Morneau did not reimburse those payments until the morning of July 22nd, before his testimony in front of the House committee. During the testimony he claimed to be “unaware of [the payments]” and that he “did not know [they] had not been paid”. Despite his reimbursement, it seems he did this to simply salvage credibility. How can a finance minister do an appropriate job keeping tabs on federal expenses, when they are not even aware of their own personal finances?

Morneau resigned the post of Finance Minister on August 17th. As his resignation seems forced due to the scandal, Morneau also seems to seek the support of the federal government, as he also declared his intentions to become the next Secretary-General of the OECD.
**EXPANSION OF THE UNIVERSE**

Nina Zeugalis  
Contributor

In 1920, Edwin Hubble, a leading astronomer of the twentieth century, discovered that the Universe is expanding by proving that there is a direct relationship between the speeds of distant galaxies and their distances from Earth. His work showed that most galaxies were receding from the Milky Way and that the further away they were, the faster they were receding. It was later found out that the constant ratio between speed and distance was 300 units of kilometres per second, per megaparsec (Meaning a whopping 73.8 km per second!).

It started with the Big Bang, around 13.7 billion years ago, when a massive expansion blew space up like a gigantic balloon. After the expansion, intense energy radiating from the heat of the relative singularity happened and caused the universe to expand rapidly so that everything became less dense and cooled down. This brings us to today—everything we can touch, feel, sense, measure, or detect comes from our universe. The home of living things, planets, stars, galaxies, dust clouds, light, and time.

When the term “expanding universe” is used, we often think that it grows like us, bit by bit every now and then. In reality, it’s growing constantly. Every 60 seconds, every 24 hours. Cosmologists have based their answers on the expansion rate of the measurements of radiation emitted by the Big Bang, revealing the exact ingredients of early existence. With this, they are then able to see how quickly space should be expanding that day.

The way the universe expands is no different than our mind. Our mind does not expand into anything else, we just get less dense. In the Universe’s case, it isn’t perfectly even: it has overdense realms, such as planets, stars, galaxies, clusters of galaxies, and underdense realms (like great cosmic voids where there are virtually no massive objects present in any respect). The reason for this is that there are other physical occurrences besides the Universe’s enlargement. On minuscule scales, like animal-sized and below, electromagnetism and nuclear forces take charge. On larger scales, like that of planets, solar systems and galaxies, gravitational forces dominate. The big game is on the largest scales of all: on the system of the complete Universe.

The reason that this expansion feels small is that the expansion itself isn’t a force, but rather a rate.

Space expands on all scales, all directions, at all times, but its expansion only affects things in an accumulative way. There’s a speed that space will expand between two destinations, but if that speed is lesser than the releasing momentum from those two points, there’s no increase in the distance within them. If there isn’t an increase, the expansion has no impact whatsoever on its surrounding objects. This means that the stars, our planet, solar system, sun and moon will remain untouched.

Even though we live in a universe that is constantly expanding, it has no impact on our lives because the speed of this expansion in space is incredibly small. The chances of this becoming a risk are close to nothing.

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**SITUS INVERSUS**

Victoria Navas Via-Dufresne  
Science & Tech Editor

For the purpose of finding the organs of the human body, we have created a standard of what the human body looks like. Despite this, there are one in 10 000 individuals that do not fall in the standard body organization. These individuals have a congenital condition which causes for some or all of their organs to be mirrored, showing on the opposite side of the body.

Situs inversus, meaning in Latin “inverted position of internal organs”, has multiple manifestations.

Some may have situs inversus totalis, which causes all of their thoracic and abdominal organs to be mirrored. This is also known as situs inversus with dextrocardia, dextrocardia referring to the mirroring of the heart. This kind of situs inversus has the least amount of health problems, and can go unnoticed until the individual goes to the hospital for any other health issue, like appendicitis or rib fractures.

Some affected will have variations like situs inversus incomplectus, or situs inversus with levocardia, where all of the organs are mirrored except for the heart. This condition is more severe than the previous as it can cause congenital heart disease. This variation is a lot less common, only affecting one in two million individuals.

Even rarer is situs ambiguous or heterotaxy, referring to organs of the body which are either duplicated or absent. In some cases the liver may be displaced, and in others, there can be an absence or a multitude of spleens. This condition can cause even greater health problems.

Situs inversus can be inherited or caused by a condition during embryonic development.

Being an autosomal recessive trait, if both parents of a child are either affected or are carriers of the trait in their chromosomes, they can pass on the trait to the next generation. Being a recessive trait, the individual would need to have both paternal and maternal chromosomes with the situs inversus gene in order to actually be affected. Otherwise, they would be carriers for the condition, but not have any expression of the trait.

The other cause for situs inversus is the condition known as PCD, or primary ciliary dyskinesia, which occurs during embryonic development and attacks the cilia, whose function it is to determine the position of the organs of the body. This condition gives the individual a 50% chance of developing situs inversus.

Those affected by PCD will have Kartagener syndrome whose effects are situs inversus, chronic sinusitis and bronchiectasis. This syndrome can also cause infertility in men since spermatozoa need cilia in order to function properly.

Situs inversus can cause problems when the individual needs organ transfer, since most organ donors are situs solitus (term referring to individuals with standard body organization).

When doing a heart transplant for example, the heart would have to be reattached to the exact blood vessels, which can add steps in the transplant.

Individuals having this condition can wear a medical identification tag, which can help in case of any health problems. CPR can then be adapted to fit the person’s condition, and save that individual’s life.
EXPANSION OF THE UNIVERSE

Nina Zevgolis
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A CAT’S JOURNAL IN A PANDEMIC

Meeow! Hello dear journal!

As “Summer” comes to an end, Grurr, I wanted to tell you how much I love “Summer.” The one that just passed was better than any others, because, as I meow told you before, there was a “Quarantine.” Even without a one, “Summer” is still my favorite season. Meow! I can take my catnaps in the sun outside and sleep in my very own, meow, private jungle which my humans simply call a “flowerbed.”

My humans also bring me to what they call “Camping”, where I can roll in sand during the day, watch some stupid dogs do even more stupid things, and sleep on the most comfortable blanket called “sleeping bag.” But hey journal do not be a fool, I hate the car ride to the camping. Grurr, even if looking through the car’s windows is fun, I guess. I tried once to get out of the car by passing by an opened window. I had three paws outside of the truck when I got caught in the act.

Meeow, I still do not know why my attempt to escape to stay at the “camping” made my humans so surprised, I really, Meeoww, really love the “sleeping bag”. I also tried to hide in one once when it was time to go home, so that my humans would leave me there. Grrrr! They found me and brought me back home without even taking the “sleeping bag”. I do not know how they found me because sometimes I think that they are blind: they put an annoying red light on my harness when I want to go walk outside at night in the camping. Grrrr! How did they find me in the “sleeping bag” on the bed? Meeooow, you know what journal, the car ride is worth it finally…

CROSSWORD

Victoria Navas Via-Dufresne
Science & Tech Editor

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COVID-19 VACCINE UPDATE

José Moro Guiterrez
Contributor

As COVID-19 has taken over nine-hundred fifty thousand lives worldwide, mankind impatiently waits for a vaccine, which could mean the end of the ongoing pandemic.

Before a vaccine is approved, it must be submitted through a process involving Pre-Clinical trials (where researchers ensure the safety of a medical intervention prior to human-testing) and three phases of clinical trials to assess safety and efficiency. This process would usually take many years of developing.

Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Diseases predicted back in March that a Covid vaccine would be ready between 12-18 months. However, Pfizer’s CEO, Albert Bourla, announced on September 13th that the data on his company’s vaccine final trials should be ready to be submitted to the FDA by the end of October.

Biotechnology company Moderna has been developing a vaccine. This vaccine, which was able to protect monkeys from coronavirus, was described by CNN’s Chief Medical Correspondent Dr. Sanjay Gupta as a “whole new different kind of vaccine”. Researchers were able to take a blueprint of the coronavirus and inject it into bodies of volunteers, developing antibodies.

Oxford University and the company AstraZeneca are also involved. Despite trials in phase three, they were placed on hold after one volunteer developed an allergic reaction. As of September 12th, trials have resumed.

Although a vaccine seems to be within reach, experts worry about the negative reaction the general public will have. According to a Gallup poll, 35% of Americans would be unwilling to take the vaccine.

LIFE SAND
Nicole Widerlund
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COLOUR BLINDNESS
Victoria Navas Via-Dufresne
Science & Tech Editor

Although most common in males, colour blindness can affect any individual in the world. Colour is sensed by three cone pigments in the eyes, which collect red, green and blue pigments. There are different types of colour blindness: monochromacy, dichromacy, and anomalous trichromacy.

Colour blindness is usually caused by an inherited trait, but it can also be caused by chemicals or eye injuries. The genes responsible for this condition are located in the X chromosomes, which makes men (only having one X chromosome) more predisposed to the condition. An affected individual needs to have all X sex chromosomes carrying the gene for colour blindness since the gene is recessive. It is for that reason that women, who have two X chromosomes, will have less probabilities of expressing the condition.

Monochromacy is the colour blind condition which affects all three types of cone pigments, leaving the affected individual to see only in shades of grey. In monochromacy, there are two subsections. Rod monochromacy leaves individuals more susceptible to light sensibility (photophobia), poor vision, and other vision problems. Cone monochromacy does not affect the quality of the vision, but solely the colour expression. Cone monochromacy can be caused by double dichromacy, leaving no colours to be distinguished.

Dichromacy has three subtypes: protanopia, deuteranopia and tritanopia. The first affects the red pigment cones, and causes blues and greens to be difficult to distinguish. Affecting one percent of men, it causes reds to appear black, purples to look blue, and green and orange pigments to appear yellow. It reduces the light wavelength that can be interpreted to be reduced between 400 to 650nm instead of 700nm. Deuteranopia is similar to protanopia, but the effects are diminished. Tritanopia, however, is not caused by the sex-linked chromosomes, but by chromosome seven. It causes the absence of blue receptors, making blues appear green, and yellows, oranges, pinks, and purples will take shades of red.

Anomalous trichromacy also has three subtypes. Protanomaly will alter the red pigment receptor, causing confusion between reds and greens. The cone is present, but malfunctions. Deuteranomaly is caused by a malfunction of the green cone, causing once again confusion between reds and greens, and it is the most common colour blindness, presented in five percent of European males. Finally tritanomaly, similarly to tritanopia, affects the blue-green and yellow-red distinction. It is also caused by the seventh chromosome, unlike the others, and is due to a malfunction in the blue cone.

Although new technologies are still being developed, there were trials towards helping correct colour blindness. Donald McPherson was close to creating working lenses, but they were tested in November 2018 by the Skeptical Science investigators and showed that the EnChroma glasses did “not improve colour vision for colour blind people nor do they correct their colour blindness”. More improvements are still to come, and hopefully return colour distinguishing capabilities to colour blind individuals.