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EQUALIST ALLIANCE
Michelle Akim
News Editor

The Equalist Alliance is John Abbott College’s newest club! Having been founded last November by Siena Picone, Michelle Akim and Ivana Riveros Arteaga, they were motivated to start this club when they noticed a lack of student organization on campus focusing on gender right’s issues. Ivana Riveros Arteaga explained what motivated her, stating that “we are tired of seeing sexism everywhere (in media, at the college, with friends, with family, etc.) and society accepting it as normal. We want to make the world a safe place where boys feel comfortable expressing their emotions, where women feel safe walking alone at night and where people are proud of their gender.”

Promoting itself as a safe space for all who are interested to learn more about the issues that women, sexual minorities, and people of colour face, club members are invited to break down these oftentimes taboo topics during meetings.

On the club’s goal, Ivana says that it is to “assess the current situation of discrimination that ALL genders and minorities are going through, as well as to unlearn our own prejudice.”

Though they are a fairly new club, they have many fun and exciting activities planned on the horizon: guest speakers on women’s issues, Kahoots against other Abbott clubs, participating in events such as the Clothesline Project and the White Ribbon Campaign, and many more. Everyone is welcome to join the Equalist Alliance, who meet every Wednesday at 5:30 PM on Teams!

IN-PERSON CLASSES
Elizabeth Tulli
Staff Writer

It’s the start of the winter semester, folks. Students, you know the drill: wake up, log on for online classes, and repeat. After two weeks, things should be easy or even habitual. Although online learning has its setbacks. What’s a good remedy then? Taking a fun hybrid Phys Ed. class, of course!

A hybrid class is blended learning that consists of class activities online and in-person. These classes aim to encourage students to get out of the house, allowing them to take a break from their screens.

I had my first Cross-Country Skiing class last Thursday. Nevertheless, I can’t deny that I was nervous about having an in-person class given the COVID-19 circumstances.

However, my concerns dissolved after experiencing the positive class atmosphere. For example, students made sure to respect all the health measures by social distancing and wearing masks. In confined spaces, everyone tried to maintain two metres apart from each other. While preparing our skiing equipment, for instance, we spread out in the hallway.

I also liked skiing outside in the snow-covered fields. It was exciting to learn how to ski and understand the mechanics behind the sport. I haven’t had so much enjoyment in a long time. I can still remember the rush of happiness I felt when I slid across the snow.

Therefore, I think my skiing class was a success. One can’t compare the joy of trying something new for the first time. This is one of the most rewarding experiences life has to offer.

SUJAC UPDATE

Hey JAC,

Welcome back! We hope you enjoyed the Winter break and are ready to tackle the upcoming semester. After the snowstorm three weeks ago, SUJAC organized a Snowman Making Contest. Congratulations to Sylia Merdjane who won a 508 Amazon gift card for her incredible Baymax Snowman, pictured here!

In other news, Bell Let’s Talk Day raised awareness about mental illness this past week. For every social media post with #BellLetsTalk or #JACLetsTalk, 10 cents was donated to support mental health resources. Be sure to reach out if you are suffering and to check-in with your friends during these difficult times.

Despite the cold weather, there is a lot to look forward to this semester! SUJAC is planning a Club Month in February to highlight John Abbott’s vibrant Club life. Stay tuned for more information about events and contests. Finally, SUJAC is participating in an inter-collegiate e-sports tournament on February 26 and 27. JAC students will have the chance to play League of Legends against other CEGEPs for a cash prize. We wish you a great start to the semester!

Your SUJAC Executive Team 2020-2021:
President Emily Thom
VP Internal Théophile Bourgeois
VP Academic Samuel Wong
VP External Jonathan Sztainberg
VP Finance Molly Gunyon
VP Communications John Bedriana

IN THE NAME OF DIPLOMACY
Gursagar Singh
Opinions Editor

School starts and you miss that first-day feel, the one that keeps you vigilant and a little anxious for what’s to come of your new classes.

You have to make the choice to pick your favourites out of the class, whether it’s those who already hold the distinction of “friends” or new peers. It might come in the form of who you sit next to, who you share eye contact with when it’s time for a group activity, but nevertheless you have to claim your biases on the first day. It’s pivotal how you place and position yourself, or at least it was. We had to create a social network, one that either came naturally as a result of comrades or a pocket of security, a leap of faith to have some support during the upcoming semesters (you know that awkward tension when sitting next to a random).

Well, this has changed now, a quick glance across a classroom has become a pinned video, and self-determined or assigned seating has become the breakout room. It’s hard to form connections. You go on Omnivox and right there at the top you always notice the club banner, you sometimes check it out. It’s a difficult choice and a sort of burden, maybe a chore, to meet all these people and establish yourself jumping through clubs. If you are somewhat aligned with the aforementioned process of classroom diplomacy, if you are honestly consciously relating to the process I have laid out, just join model UN. You think enough about how to position yourself in some sort of position of leverage? Then become a leader or at least learn to climb a social of ladder.
THE DIVERSITY OF JOE BIDEN’S CABINET
Christina Blake
Staff Writer

Follwing President Joe Biden and Vice President Kamala Harris’ Inauguration on January 20th, 2021, people worldwide have been anxious to see what this new administration’s cabinet will look like. Kamala Harris is the first woman, first Asian-American and African-American to become Vice President of the United States of America. She is making American history. Moreover, the cabinet of this new Democrat administration is what the media is calling the “United Nations” because of its diversity. It is the most diverse cabinet that any president has ever had, even more so than that of Barack Obama, the first black President of the United States.

This diverse representation sends a message to Americans and people worldwide that diversity and inclusivity is essential in government. It is a message to break down the walls of patriarchy, sexism, racism and homophobia. Biden’s cabinet is 50% white, 19% black, 15% Hispanic, 8% Asian, 4% Native American with an additional 4% stemming from other backgrounds. His Defense Secretary, Lloyd Austin, will be the first African-American to be head of the Pentagon. His Secretary of Human and Health Services and his Secretary of Homeland Security are both Latino Americans. In addition, Pete Buttigieg was appointed Transportation Secretary of the United States, making him the first openly gay cabinet member.

But what does this new cabinet mean for America? It means that the American people will have a government representative of the individuals around them, and that diversity and equality will be at the forefront of democracy moving forward.

NO CASES OF COVID-19 ON SINGAPORE UNIVERSITY’S CAMPUS
André Bernier
Contributor

Each day, the president of Tan Eng Chey, the National University of Singapore (N.U.S.), checks an online database monitoring how crowded the university’s cafeterias are. If there are too many students, he and university administrators promptly send out an announcement reminding students about free food delivery services on campus.

Such occurrences serve as a reminder to students of the university’s strict COVID-19 rules.

Despite having a population of 50,000 students, N.U.S. reports no cases of COVID-19 on any of its campuses. In fact, none of Singapore’s major universities have had a confirmed case of COVID-19, in stark contrast to several Canadian and American universities. A reasonable question to ask is “what’s their secret?” While Singapore has been blessed with low case numbers, the different responses in our universities and theirs warrant serious discussion.

Technology is widely used to monitor and help enforce social distancing requirements on campus and in dormitories, and strict penalties are given to students who do not comply. Tan Eng Chey describes that the universities approach is to contain, decongest and contact trace. Their goal is to “make sure there are no infections”. He adds, “We are very mindful that we are a big population of 50,000 just on campus, and whatever we do also has a bearing on the larger community outside the campus”.

However, these strict rules don’t come without costs. It isn’t surprising that students are feeling burdened by the regulations created in the name of keeping them safe. Kathryn Lyne, a first-year student at N.U.S., says that “it’s quite hard to live with honestly, it’s a very different idea of college”. Lyne spent most of her year eating in her dormitory, counting the number of people in the dormitory lounge before going in, and reporting her temperature twice a day to the university.

Zoning restrictions in particular, which restrict access to certain areas, have been burdened to some students. Often, the process of accessing certain campus services such as banking were quite complicated under zoning restrictions. A petition was made asking the college to lift the restrictions and was signed by 800 students. Despite lifting the zoning restrictions, N.U.S. still remains cautious.

Another factor to the university’s success: cooperative students. David Tan, a law professor says “I think we are blessed with rather compliant students”. Another professor in the faculty of medicine adds that you wouldn’t see a group of students at parties in Singapore as the culture is simply different. Students at N.U.S. say that they are baffled at American students for partying during the pandemic, and while they aren’t enthusiastic about the rules, they comply.

N.U.S. students admitted that they sometimes don’t follow the rules completely, one student admitted that they did not always faithfully report their temperature. But they also recognized the rules’ importance to public health. As one student put it, “Even though the rules are not 100% followed, everyone still respects them”.

DEMONCRACY NOW
Palmer Krilick-Tomchishen
Contributor

Russia is in the midst of political turmoil as of late and citizens are protesting in drives all across the country in the name of democracy. The outcry stems from the recent imprisonment of Alexei Navalny, a lawyer, a Russian anti-corruption activist and leader of the Russia of the Future party: a party which represents direct political opposition to the current Russian leader, Vladimir Putin. As a founder of the Anti-Corruption Foundation (FBK) Alexei Navalny has amassed a large following of supporters across social media platforms where he has utilized his voice to disseminate information about the mass corruption within the Russian government.

The Russian government tried to silence his voice of freedom in August of 2020, which led to Navalny being hospitalized in Germany due to this organized attempt upon his life with Novichok: a chemical nerve agent claimed to be the deadliest ever made by some scientists. Alexei Navalny arrived back in Russia on January 17th, 2021 and was immediately imprisoned.

Russia is not the only country in which demonstrations supporting Navalny have taken place; protests have erupted worldwide, including here in Montreal. On January 23rd, approximately 150 Montrealers, many of Russian descent, protested outside the Russian Consulate. “The main reason of the worldwide protests is the repetitive violations of basic human rights and the deterioration of democracy in Russia,” commented one of the attendees who aided in the planning of the protest. Worldwide protests were set to occur again on January 31st, 2021.
My eyes fluttered open.

Morning? No, that couldn't be, the room was still bathed in darkness. I tried to discern something, anything, but all I saw were clumps of shadows. I sighed.

Why again? Why to me? I couldn't take it anymore. I didn't like this.

The countless sleepless nights have taken their toll. I was exhausted; I couldn't think straight. I was wide awake; I couldn't halt the thoughts.

Why did it hurt so badly? My chest I meant. I felt like my heart was going to rend itself, like it was going to stop. Could a broken heart give you a heart attack? Probably not. Yet it hurt so much I couldn't sleep anymore. I'd sell my soul for a nightmare at this point.

Still, I should try to sleep: I had school tomorrow. I shut my eyes.

Tik, tok, tik, tok, tik, tok!
The sound was unbearable! Who had ever thought that clocks were a good idea? Jumping out of my bed, I yanked the noisemaker off the wall and smashed it on my dresser's corner.

Why did it all have to hurt so much? Why was everything upside down, mangled, broken? Why couldn't I breathe correctly? The weight was too heavy. I collapsed on the floor.

The ground was gelid, my head was thumping, and my chest was ablaze... I wanted it gone! The hurt, the sadness, the rhythmic pulsing within my forehead, I wanted every last ounce of it gone.

I wanted nothingness.

Death could give you that, whispered a voice softly.

It wasn't wrong. I imagined dying and how the pain would just... disappear. It would evaporate just like that. In the snap of a finger, I would be at peace again.

That put a sweet, sweet smile on my face; it was my first one in a long time.

I didn't have a gun, and hanging myself sounded very unpleasant, but there were pills in the bathroom.

A painless death. Wasn't that, in a way, what we all dreamed of? They say to chase after your dreams, so why not just go and get it? Why wait, and just hope that Providence will do us a kindness?

Before I went to fetch the pills, I relished one last time in how the pain would just... dissipate. I pictured it happening. Then I pictured it again. And again. And again...

My eyes fluttered open.

Morning? I hoped so, the room was bathed in light, and everything was easily discernable.

Memories of last night flooded my mind, and I sighed with relief. Robbed from the cover of darkness, the night's thoughts and suggestions lost their allure. I sat up and shook my head; I was grateful I had fallen asleep when I did.

I was about to totter to my feet when my bedroom door flew open. My mom walked in, and halted, confused, at the scene before her. After a few seconds, she marched up to me, and gave me a hug. She said nothing. She understood. The pain in my chest gave leave a little.

“Mom?”

“Mhm?”

“Is death by pills painful?”

“Super painful. It's hours of suffering while you wait to die. And that's if it works.”

I smiled.

I think I'll go for living; it was the least painful option.

Suicide Action Montreal: 1-866-277-3553

The West Island Crisis Centre: 514-684-6160
DALÍ’S CLOCK
Sophia Jeroncic
Arts Editor

A STORY TO UNFOLD
Elizabeth Tulli
Staff Writer

To all of you on the edge of rooftops,
To those standing on chairs and
Holding your blood,
I need you.
You may not need anyone.
You may need someone else,
But you’re needed now.
Come back.
Sorrow isn’t fought with tears,
Deep, unrelenting pain inside
Can’t be fought with surrender.
The impossible always happens.
There is more to this story.
There is more to this act.
If you take the invisible hands,
If you close your eyes and
Recognize everyone that’s there,
They’ll be there in time.
A story waiting to unfold,
Chapters I unfold one then another,
Each one bursting to be told.
Mysterious, you are the soft,
Paper-thin pages my fingers touch
under a bright candlelight,
Your sheets meet my skin,
Leaving an unquenchable thirst behind.
Genuine, you are a gentle breeze,
A breathtaking plot,
Your sweet words caress my ears,
Your thrilling actions capture my imagination,
Filling and occupying my thoughts.
Enchanting, you are an exquisite escape from the world,
A safe haven, bringing solace,
A warm blanket wrapped around me on a cold winter night,
You are the hero of my story.
Living, you are the best story of my life,
The beginning,
The middle,
The last,
Chapter after chapter,
There’s no end to our story.

FROZEN NIGHT
Suzie Deschambault
Staff Writer

NARCISSUS
Sebastian Socorro
Editor-in-Chief

Source: Onlinewebfonts.com
Parasite Review

“And the Oscar goes to... Parasite!”

Tammy Haddad
Staff Writer

That sentence was pronounced by Jane Fonda at the 2020 Oscars, making this South-Korean movie the first foreign film to win the coveted best picture award. The film was first released May 30th, 2019 in South Korea, and went on to win so many awards, I was too scared to count them all.

The movie portrays the impoverished Kim family as they try to find jobs and simply survive. One day, the eldest son Kim Ki-Woo (Woo-sik Choi) is offered a job by his friend; to tutor the daughter of the incredibly rich Park family. He accepts, and, during his first meeting with Park Yeon-kyo (Cho Yeo-jeong), the lady of the house, quickly realises something: he could get his whole family employed in this household. Soon, his parents, his sister and he quickly develop a plan to profit off the Parks. Yet, like Ki-Woos father tells him, “If you make a plan, life never works out that way”.

Bong Joon-ho’s Parasite is an absolute pleasure to watch. Woo-sik Choi and Park So-dam, who plays Ki-jung in the movie, beautifully play their characters, conveying to the audience all the hope, fear and desperation young adults feel in their situation. Thehopelessness of the Kim family’s situation is in Parasite deeply shakes watchers and wakes them up to the sad reality of unemployment not only in South-Korea, but all over the world.

Although comedic at times, Parasite is a dark film that will get your heart pumping. It is packed with metaphors, and symbols that shine a new light on the story once you uncover them. So, make sure to watch the movie, pay close attention, and enjoy yourself as it drags you down to the depth of despair.

Parasite

From BBC Media Centre

Elizabet is Missing Review

Elizabeth Tulli
Staff Writer

Broadcasted on December 8th, 2019, on BBC One, Elizabeth is Missing is a drama film adapted from the novel by Emma Healey. This groundbreaking film stars Glenda Jackson as Maude Horsham, an elderly woman diagnosed with Alzheimer’s disease. One day Maude visited her friend Elizabeth and discovered that she has gone missing. Throughout the story, Maude struggles with her Alzheimer’s while solving the mystery.

A major element that I found intriguing was how the movie was shown through Maude’s eyes. Viewers were able to gain an intimate look inside dementia. Since Maude was unfit to live by herself, her devoted daughter Helen takes care of her. Helen left little reminder notes around the house and visited her mother every day. Maude also placed notes in her pockets to remember things. As the woman searched for her friend, her memories began to crumble bit by bit. The disappearance of Elizabeth triggered painful memories of Maude’s sister Sukey. Sukey went missing 70 years ago and was never found. These two mysteries started a battle in Maude’s mind. She visited certain places, for instance, where she has been in the past and experienced flashbacks of times when she was younger. Maude often couldn’t distinguish between the past and present. All the viewers could do was watch Maude’s devastating suffering.

As much as the movie had a sombre mood, it was also full of delightful humour. Maude’s witty personality brought life to the scenes. She was a stubborn old woman who wouldn’t change for anyone regardless of her current mental state. I couldn’t help but laugh when the protagonist made cheeky comments. For instance, there was a scene at a store with Maude and a store owner. As she was leaving, she tells the store owner “Anything could have happened to her. Not that you give a monkey’s.”

Also, I can’t emphasize enough the symbolic meaning behind the movie title. Throughout the movie, the main character was constantly saying to others “Elizabeth is missing”. Maude repeatedly recited this mantra because it brought up old memories of Sukey. When Sukey went missing, Maude tried to find out what happened to her. Everyone ignored her and pretended nothing had happened. As I have noted before, Elizabeth suddenly disappeared. However, whenever Maude asked others about Elizabeth, they either replied that they already told her or they changed the subject. This mystery opened up a previous traumatic experience. In a way, Maude was afraid that if she doesn’t find Elizabeth, something terrible might happen to her. She may never find out the truth.

It would be a crime to say that I covered every detail of this touching story. Some key takeaways are the harsh realities of Alzheimer’s, how society treats people with the disease, and the process of aging. I’m thankful for this movie because it allowed me to acquire a new perspective about a dangerous type of dementia. Memory is a gift, a part of who we are until it’s forgotten.
Hades Review

Sebastian Socorro
Editor-in-Chief

By now, it’s fairly rare to find someone that’s invested in recent video game releases that hasn’t already heard of Supergiant Games’ Hades. The game (available on the Nintendo Switch’s eShop, Steam and the Epic Games Store) has garnered a significant amount of praise since it was published, even landing in the list of nominees for last year’s Game of the Year and winning the awards for Best Independent Game and Best Action Game. All of this is for a good reason, as Hades has been taking up my free time ever since I got my hands on it.

To explain briefly without spoiling any of its surprises, Hades is a rogue-like dungeon crawler/hack and slash with a vast amount of RPG mechanics. As Zagreus (son of Hades), you escape each layer of the titular underworld by defeating its great variety of denizens and bosses while being aided by your cousins and extended family upon Olympus. Each escape attempt is a different experience, as rooms change every run and this game has enough gameplay variety to make the game last forever.

You have six very distinct weapons with an attack and a special four, different aspects for each weapon, eight gods for you to receive boons from, and around 14 boons from each god to receive. Still, getting Darkness and progressing through the story will net you permanent upgrades that will make each escape attempt a bit easier and decrease the element of randomness. There’s also Hell Mode and God Mode in case you want the experience to tweak the difficulty.

Speaking of story, Hades features an astronomical 300,000 words in its script and over 21,000 different voice lines, all incredibly well-written and expertly placed so that it’s extremely rare that you’ll hear the same phrase twice. Hades does a great job of characterizing characters and stories from Greek mythology that you may or may not know already. If not for the incredible gameplay, the game would still receive awards for its story.

Resident Evil Village

Andréa Nikolov
Games Editor

After a long wait for continuation of the Resident Evil 7: Biohazard storyline, Capcom has confirmed that Resident Evil Village (A.K.A. Resident Evil 8) will release on May 7th of 2021. During their showcase event on January 21st, the company shared a new trailer for the game.

Set a few years after the terrifying Baker Street incident, Ethan Winters and his wife Mia have begun a new life together and have only recently begun to free themselves of the burdens from their past nightmare. Sadly, their fates turn and Ethan is thrust back into the world he barely survived from when his daughter, Rosemary, is kidnapped by Captain Chris Redfield from the BSAA.

Though the reason for her kidnapping is still unknown, Ethan searches for his missing child and finds that Rosemary was taken to a mysterious snowy village in Europe. Once there, he finds the village inhabited by the bewitching Lady Dimitrescu, the owner of a large mansion and the terrifying creatures that lurk outside its walls.

The graphics and designs of the horror game from the iconic horror series are truly masterful, and the terrifying atmosphere and jumpscare won’t be the only thing keeping you on the edge of your seat as you follow along. Throughout Ethan’s point of view, many secrets of the lore surrounding the game will be revealed. If you are brave enough to join in on this story, Capcom has confirmed that the game will be purchasable and playable on PS5, Xbox Series X/S and PC, and pre-orders are already in place.

Hyrule Warriors: Age of Calamity

Logan Maconald
Procrastinator Editor

Nintendo recently released a new Hyrule Warriors game back on November 20th of 2020, titled Hyrule Warriors: Age of Calamity. It was exciting to hear about because the game was based around what happened 100 years prior to the events of Breath of the Wild, kind of like a prequel.

The game functions very similarly to the first Hyrule Warriors, which is based on the Dynasty Warriors series. Each character has light, heavy and special attacks, with special being restricted by a meter. However, every character has a gimmick that makes all of them feel unique, and it’s all mapped to one button. For example, Link will fire an arrow which can interrupt guardian lasers, but someone like Impa will target an enemy with a symbol and then attack to absorb that symbol and create duplicates of herself.

Probably the most exciting thing about the game was being able to play as the four champions, Daruk, Mipha, Revali, and Urbosa, and it seems as though everyone was happy with how they were handled. Almost everyone in the game got some more characterization and development, even Impa and King Rhoam. However, one thing that worried a lot of people was how the game was going to end. Everyone knew what happened 100 years prior to Breath of the Wild. Well, in order to keep this article spoiler-free, the article will have to end here.

Nintendo Switch Pro Rumors (Still)

André Bernier
Contributor

The Nintendo Switch has had monumental success since its release in March of 2017. With 61 million units sold to date, the console has taken the gaming world by storm. So much so, that there is even an ongoing Nintendo Switch shortage.

Speculation about a new switch, dubbed “The Switch Pro”, has been popping up almost since 2019 and articles about these rumors seem to come out weekly at times. But what exactly do we know about a “Switch Pro”? And do these rumors carry any merit?

A mid-life cycle console definitely would not be out of the question for Nintendo, and from a business standpoint, would almost certainly maintain the Switch’s ever-growing momentum.

For a long time, people have made wild speculations that the Switch Pro will have “4K resolution” or will be running at “60 frames per second” in handheld mode. I even read an article that said that there wouldn’t be a handheld mode.

None of this has been confirmed by Nintendo.

One reddit user responded to these rumors saying “I think people are getting their hopes way too high. This is Nintendo. If you want them to zip, they will zag”.

In a recent interview with Doug Bowser, Nintendo of America’s president, he denied that a Switch Pro is in development. As he puts it, “the momentum on Nintendo Switch and Nintendo Switch Lite in the fourth year is strong.” In Nintendo’s view, knowing that Nintendo Switch sales are still plentiful lets them know that a new model is unnecessary.
LETT’S TALK ABOUT BELL LET’S TALK

The Sequel

By Michelle Akim
News Editor

E very year in late January, our social media feeds are flooded with selfies and pictures accompanied by the hashtag “Bell.let’sTalk”. Bell’s yearly campaign (to bring awareness to mental illness and break the taboo surrounding mental health) promises to donate five cents to mental health organizations for every call or text using Bell as a service provider, as well as pictures or posts made using #Bell.let’sTalk. Though this campaign offers the opportunity for individuals to speak out about their mental health struggles and for people to check in with their loved ones, the question arises: to which extent does Bell, a multimillion-dollar company, truly care about mental health, or is this all corporate activism?

As much as they have helped destigmatize mental illness, it’s important to remember that for Bell, this event promotes a very positive corporate image for the telecom company. This year, Bell Let’s Talk’s promotional material was interacted with over 150 million times—that’s a LOT of free publicity. Though whether anybody has switched phone or Internet providers uniquely because of Bell Let’s Talk is dubious, it is certain that this campaign paints a much rosier picture than what really is.

Up until last year, Bell provided telephone services to Ontario jails. In this contract, they limited calls to landlines only, and charged inmates as much as $30 for a 20-minute long distance call. Considering that a majority of phone calls from jail are made to loved ones, centres for addiction or mental health or legal counsel, inmates would often receive bills in the thousands of dollars by the end of the month. Not only would Bell overcharge vulnerable populations for a service that benefits their mental health and wellbeing, but they made a profit from this, splitting it with the Ontario government. Taking into account that Ontario’s auditor general found that a third of jail inmates have mental illness, Bell’s profit from incarcerated individuals while placing themselves as champions of mental health activism highlights the hypocrisy that unfortunately plagues corporate activism.

After public outcry and lobbying from the Toronto Prisoners’ Rights Project last year, Ontario ended their contract with Bell, but the damage had already been done. Back in February of 2017, Cleve Geddes, a schizophrenic man who was placed in solitary confinement after being arrested, took his own life in an Ontario jail. Investigations found his inability to reach out to loved ones because of Bell’s limiting plan likely contributed to his deteriorated mental illness.

In the end, although Bell is by no means perfect, their ‘Let’s Talk’ initiative still furthers the conversation on mental health and raises funds for community organization and research. Still, mental illness does not only exist for a week every year. To truly further the cause, we must invite our political representatives to invest more funds in support and research, talk about it with our friends and close ones, and yes, even hold our telecom companies to a higher standard.

HIDDEN TALENT

Sophia Jeroncic
Arts Editor

D uring the quarantine, some of us are definitely finding ourselves listening to music more than usual. Right now, there are so many artists waiting to be discovered and supported!

One artist I enjoy listening to is FINNEAS. Many people know him as Billie Eilish’s brother, though I don’t know anyone personally who listens to him as well. His songs “Let’s Fall in Love for the Night” and “Shelter” are catchy and very unique. The first is softer and heartfelt, whereas the second is slightly more upbeat in the chorus. His voice is tender with a small hint of graininess and roughness, providing a unique experience when listening to his songs.

JC Stewart is another artist whose music I enjoy of whom many people do not know too well. His new pop single “Break My Heart” is a catchy and upbeat twist on the classic song topic: losing someone you love. Although I have only recently discovered him, I have found myself playing his songs on repeat!

One band to whom I’ve been listening for a while now is Half Moon Run. Much less known, they are a group who combines different styles of music and vocals. The band focuses on incorporating raw instruments like piano and guitar rather than using electronic forms of music. My favourite album is “Dark Eyes” in which they offer a variety of sung-about topics and musical experiences. Ultimately, my two favourite songs by them are from this album and are entitled “Full Circle” and “Give Up”.

Wake Up Montréal Part 2

Emma Doyle
Contributor

H ey, what are you doing between 8 PM and 5 AM these days? If your answer is hanging out at home, then you’re doing the right thing. The best thing about it too is that by staying home and laying on the couch all evening, you’re actually doing a public service.

In case you haven’t Googled why, complying with the curfew rules actually helps curb COVID-19 numbers. Ironically enough, the people I’ve seen protesting the curfew are the same who are looking at videos of New Zealanders and Australians throwing parties and hanging out at bars with misty-eyed looks on their faces, when the way those countries ended up back to relative normalcy was through a strict lockdown and curfew.

It wouldn’t be right for me to go on a diatribe about people being anti-curfew without acknowledging the injustice against homeless people due to Legault’s lack of logic, nor would it be fair to ignore that sending kids to school isn’t helpful.

However, it would be ignorant to dismiss that the pros of the curfew outweigh the cons. And the pros happen to come down to the fact that they reduce COVID numbers, and therefore reduce the risk that someone dies or experiences long-lasting effects from a virus. I happen to sleep just a little better at night knowing that I’ve kept my circle small enough that if someone I know tests positive, I won’t be worrying if it’s my fault. What about you?

Opinions expressed by authors throughout each issue do not necessarily reflect the views and/or beliefs of Bandersnatch Newspaper.
TOM BRADY’S TENTH SUPERBOWL
Vanessa Marion
Assistant Editor-in-Chief

Sunday, February 7th - this is the date in which the Superbowl occurs, where the Kansas City Chiefs are competing against the Tampa Bay Buccaneers.

The 43-year-old quarterback was a part of the New England Patriots for 20 Years. In April of 2020, Tom Brady announced via social media that he was leaving the Patriots. He signed two year contracts with the Tampa Bay Buccaneers, and is supposedly loving his time there. Though he was unclear about the exact reason of his departure from the Patriots, he claimed he was ready for a new challenge. This is what he received, as he is leading the Buccaneers to the Superbowl for the first time in 18 years (since January 2003).

This is tenth time Tom Brady is appearing in the Superbowl. Perhaps you’ve heard this in passing, but don’t understand the weight of this occurrences. Let me put it into perspective; Tom Brady will have more appearances alone in the Superbowl than any other NFL franchise (except for the New England Patriots, who have eleven appearances). Meaning he has gone to the Superbowl more times than the team he is playing with, as well as against. This is why people believe he was the one who led them to the Superbowl.

He allegedly plans to retire at 45, and as he is at 43, he is not far off. Spending his last few years re-championing a struggling team, while still getting a pretty penny for it (with a net worth of $200 million) is an invigorating way to finish his career.

KOBE
Gursagar Singh
Opinions Editor

I keep trying to delay writing this as I intermittently go back to that day. I was coming home from the poster sale at Abbott, having bought my second Kobe poster. I remember it was very much a task to hang it from my wall. It kept falling off, or nearly folding because the top half would not be stick with the adhesive. I was frustrated that I had accidently ripped it in the corner while trying to hang it, and I had just gotten it at the poster sale. I didn’t want it to look “broken in”.

This time it was a poster of young Kobe playing with Michael Jordan; it’s a classic picture. I did not know that a picture of one of my favorite players would soon become an idea that haunts the walls of my bedroom. A promise of greatness and the certainty of a death that follows every man, no matter how he wishes to immortalize himself. At the week’s end, January 26th, 2020, I woke up to the same rhythm as any other day. One that has passed with its potential unrealized: I had awoken at 2:00 pm from a nap that had left me to be unaware of my location as my dreams had taken me far away. I reached out to reset myself, looked at the time, opened Instagram, and saw the dreaded post, yet it was met with my amusement.

I had first seen it on a basketball page and thought it was a new trend, just as John Cena can’t be seen, maybe Kobe’s retirement had made him “die”, or maybe he had shot some new commercial that I was not aware of. Then, I went to the next post, again it was a similar post, about a helicopter crash, and at this point I wasn’t getting the joke. Next post, I’m on the fence, again, again, again, again. I don’t believe it, my mind doubts, and the point of realization felt like it was slowly being counted in. Like the seconds before the final buzzer in a game, I was starting to lose hope, but I still counted on it.

I got out of bed, and decided to search it up on the internet, with the truth still unestablished, I see the first article. TMZ: BREAKING: Kobe Bryant Has Died in A Helicopter Crash. Why would they lie? I don’t know how to process it. I tell everyone I know but it feels like I don’t. Why would Kobe die? How could Kobe die? Kobe wasn’t a synonym of death. Kobe was hope when time was running out, the savior of the city, the embodiment of passion’s intensity. Kobe couldn’t die.

Hours pass. I’m watching the NBA, tears in the eyes of the people I look up to. Players breaking down standing before the game, sitting on the bench. Playing with this weight that made the ball heavy as their arms were falling weak, knowing that Kobe and a part of his legacy Gianna had passed. I eventually crashed at some point in that day, soon enough just trying to get anything I could hold on to, like his book or the magazines published at his passing.

It was the day the world was silent, it was as though we had lost a king. One who’s power resided over the mind and body and its efforts to be ever greater. He was the pinnacle of capability, and the benchmark of limits. I just kept hearing the echoing voice of an old friend from California, from when I was staying there, saying:

“Don’t ever tell me that Kobe isn’t the greatest”.

IS CONNOR MCGREGOR GONE?
Palmer Krlick-Tomchishen
Contributor

Connor McGregor is a name doused in infamy and controversy within the MMA world. The Irish Pride's accomplishments have been insurmountable for other fighters; he stardched former king of the lightweight division José Aldo in a mere 13 seconds, whilst José was in his prime at UFC 194. He also took on “The Money Fight” in a boxing match against undefeated eleven-time five-division boxing world champion Floyd Mayweather, all the while still being a world champion in two divisions of the UFC (Ultimate Fighting Championship). Is Connor McGregor entering the twilight of his career following this past weekend’s rematch defeat at UFC 257 against his formerly circumvented rival, the pride of Louisiana, Dustin Poirier?

As most UFC fans may have noted, the once arrogant and brash fighter has now turned respectful after his humbling loss to Khabib

Numagomdov. This new Connor McGregor revitalized fans during the buildup to his last fight with UFC veteran and record holder Donald “Cowboy” Cerrone. Trash talk seen during the past press conferences was replaced with humble words. Ultimately when the fight night came, Connor McGregor vanquished Cowboy in a mere 40 seconds. Many took this as a sign of his imminent return to the same skillful fighter who dethroned José Aldo. Others believe Donald is past his prime and an easy fight, as the records may suggest. Ultimately Connor’s last six fights have resulted in three losses, which means this Irish superstar’s luck may have begun to run out.
HELA CELLS

Victoria Navas Via-Dufresne
Science & Tech Editor

Without the proper tools, research in the domain of science cannot happen. It is by using methods and materials such as immortalised cell lines that multiple medical breakthroughs have been found.

These immortalised cell lines consist of cells which due to a mutation (such as cancer) have been able to keep dividing outside of the organism's body. These cells allow for experiment results to be repeatable, as the cells can be cloned to be genetically identical.

While there are multiple types of immortal cell lines, the HeLa line was the first to be used and to bring results in the medical world.

This cell line was taken from Henrietta Lac's cancerous tissue in 1951 during a surgery for her cervical cancer. The tissue was brought to Dr. George Otto Gey who proceeded with his assistant Mary Kubieck in the reproduction and culture of the cells at the Johns Hopkins Hospital.

Unlike the previous specimens that had been tested and treated, the head of the Tissue Culture Laboratory found that the HeLa cells, named after Henrietta Lack, doubled every 20-24 hours instead of simply dying off.

First in vitro success, the HeLa cells were sent to scientists around the world who would use them for scientific research. These HeLa cells have been used for the testing of the polio vaccine in the 50s by Jonas Salk, in testing multiple viruses' effects on the human body as well as multiple animal species, to develop the HPV vaccines, and in multiple cancer studies.

This cell line has been used to understand multiple diseases and mutations in the body.

The HeLa cells were even sent to space in 1964 to test the effects of the space missions on the body. Many discoveries were also made then, as the scientists found the HeLa cells divided faster at Zero-G.

The NIH (National Institutes of Health) even has a whole page dedicated to the chronology of the use of HeLa cells called “Significant Research Advances Enabled by HeLa Cells” which provides multiple reports on the different advancements made thanks to this cell line.

The HeLa cells, however, have certain limitations such as the fact that they are immortal cells. To be immortal cells, the cell must have some significant mutations. This makes researching difficult, as results can vary depending on the strain of HeLa cells that the researcher uses.

This cell line also proved to have ethical conflicts, as the Lack family as well as Henrietta Lack were not notified of the extraction of the cells or their reproduction and use in scientific studies.

While the cell line brought about many accomplishments in the medical industry, it also brought about the concern over the autonomy over one's body. Thus, in 1981 the Common Rule was established in order to ensure that patients have power over their own body, and they can give their consent regarding procedures and possible studies.

THE SECRET OF PROTEINS

Marc Randy
Production Manager

Since spring of 2020, the coronavirus (COVID-19) pandemic has held the entire world in its clutches. However, thanks to an impressive effort on behalf of many pharmaceutical companies, several vaccines have been made over the course of less than a year.

Two big vaccines from the companies Moderna and Pfizer-BioNTech are currently being distributed in Canada and the U.S. So, what makes these vaccines so special, and why are they proof of a greater potential for future vaccines?

The way our bodies acquire immunities against viruses is by fighting them and “remembering” how our immune system defeated them. The French chemist Louis Pasteur figured out that it was possible to simulate this fight with a virus in order to acquire immunity without having to make a person sick.

This is traditionally done by weakening a virus to the point that it's not able to make the person sick, then injecting it into them so that their immune system can acquire an immunity against it.

What Moderna and Pfizer do differently is that they use a technique called mRNA, or messenger RNA. RNA is slightly less complex than DNA, being a single strand rather than a double helix. RNA is usually the message that tells the cell it's in to produce certain proteins.

Using mRNA, Moderna and Pfizer have been able to each make a COVID-19 vaccine without actually using the virus itself. Instead, they use RNA to simulate COVID-19 so that the body can acquire an immunity against it.

The use of mRNA to make a vaccine is both historical and groundbreaking. The technology had been pursued for many years, and opens the possibility for making vaccines that are safer for immunocompromised people, and even have the potential to be used in cancer treatments.

CARPOOL TO ORBIT

Marc Randy
Production Manager

On January 24th, 2021, SpaceX launched its first rideshare mission atop one of its Falcon 9 rockets. This was a significant event, because it was the largest amount of spacecraft ever launched at once, clocking in at a grand total of 143 satellites. This represents a substantial step forward towards decreasing the cost of putting satellites into orbit.

SpaceX's workhorse rocket, the Falcon 9, is the only rocket in the world that propulsively lands its first stage back on Earth to be reused. The first stage has nine Merlin rocket engines and hundreds of thousands of kilos of propellant and oxidizer (what allows the propellant to burn). What's special about the Falcon 9 is that it saves some of its fuel to land back on Earth after reorienting itself with its cold gas thrusters. Once the first stage has landed and is recovered intact, it can be reused for future missions.

This helps bring down the cost of launching a spacecraft on a Falcon 9 because SpaceX spends less money on building rockets as a result of reusing them.

What's so profound about SpaceX's rideshare program is that it allows small independent satellite companies to launch their satellites on a Falcon 9 for as low a price as one million U.S. dollars. This is a very affordable price for putting a satellite into orbit, since many rocket companies or launch providers charge several millions of dollars at least given they need to build a new rocket for each launch.

SpaceX's reusable rockets gives them a distinct edge in that regard. In fact, the rocket in question that flew those 143 satellites was being flown for the fifth time. The high amount of satellites flown shows that SpaceX bringing down the launch cost will make space more accessible.
THE BANDERS: AND IT BEGINS

Logan Macdonald
Procrastinator Editor

AWFUL JOKES
Sophia Jeroncic
Arts Editor

- Where do hamsters like to travel?
  New Hamsterdam.

- Knock, knock.
  Who’s there?
  Chooch.
  Chooch, who?
  Watch out! There’s a train coming!

- What did the vampire say when complimenting the chef?
  “This food is fang-tastic!”

- Why do we tell actors to break a leg?
  Because every play has a cast.

- What do you call a sleeping bull?
  A bulldozer.

- Why was the piano so hard to unlock?
  It had too many keys.

- Why do bees have sticky hair?
  They use honeycombs.

- Why did the turkey cross the road twice?
  To prove he wasn’t a chicken.

- What’s the best thing about Switzerland?
  I don’t know, but the flag is a big plus.

- Knock, knock.
  Who’s there?
  Control Freak.
  Con...
  Okay, now you say, “Control Freak, who?”

- Did you hear about the claustrophobic astronaut?
  He needed a little space.
HOW WILL JOE BIDEN UNITE THE DIVIDED STATES OF AMERICA?
José Moro Gutiérrez
Staff Writer

On November 7th, 2020, as Joseph R. Biden Jr. clinched 270 electoral votes after winning Pennsylvania, a clear and concise message was delivered on behalf of the American people: four years of Trump was enough.

However, despite Biden’s fair win over Trump last November, the latter cried systematic election fraud, in which he alleged “the mail-in voting scam [being] the latest part of [the Democratic Party’s] four-year effort to overturn the results of the 2016 election” during a 46-minute speech on December 2nd, 2020.

Trump even pressured Georgia’s Secretary of State Brad Raffensperger to help him win the state’s sixteen electoral votes. During the call with Mr. Raffensperger, Trump said, “I just want to find 11,780 votes,” the amount he needed to carry the state. He also falsely alleged that 5,000 dead people voted in Georgia. Many in Trump’s legal team (notably former New York Mayor Rudy Giuliani and North Carolina-based attorney Sidney Powell) repeated conspiracy theories regarding the alleged deliberate malfunction of the Dominion voting.

These events set the stage for January 6th’s events, as a rally in Washington D.C. later culminated into a deadly riot. As Trump addressed his supporters, telling them “we will walk down to the Capitol, and we are going to cheer on our brave senators”, many attending the rally later stormed into the United States Capitol, where politicians and lawmakers were taken to secure locations, including Vice President Pence, who was taken by Secret Service. Several hours into the raid, Trump released a video on Twitter, asking his supporters to “go home” while calling them “very special” and doubling down on the false notion that the election was stolen, stating “it was a fraudulent election”.

Democrats in the Senate will have to also prepare for Donald Trump’s second impeachment trial (set to begin on February 9th, 2021) after House Democrats and ten GOP Representatives voted in favor of impeaching Trump for a second time—a first in American history. Although Democrats have taken control of the Senate, they will need 17 Republican senators to vote in favor of the article of impeachment—an unlikely task.

Now that Biden takes on the difficult task of becoming the President of the United States during a time of crisis, he promised in his inaugural address that he will “be a president for all Americans”. During his first two weeks as the 46th President, Biden has signed several executive orders for the United States to return to the Paris Climate Agreement, return to the World Health Organization, mandate mask wearing in public installations, and allow transgender people to serve in the military among others.

Biden has also vowed to work through bipartisan efforts to pass a COVID-19 Stimulus Relief Plan, as many Americans have struggled during the pandemic in terms of health and business.

Time will tell how, after four years of Trump’s presidency, he will bring a bickering nation suffering from the worst pandemic in over a century, together.

BECOME A PART OF BANDERSNATCH!
Vanessa Marion
Assistant Editor-in-Chief

Perhaps you know what Bandersnatch is, perhaps you don’t. Perhaps you stumbled upon this article, and now are curious as to what our little club is. Chances are, if you’re reading this, you probably know Bandersnatch. It’s the John Abbott College newspaper, where bi-weekly we bring you news, entertainment, student life updates, and much more.

I joined Bandersnatch in Fall of 2019, and I have since written about topics I never thought I would. Writing a 250-word article once every couple of weeks is more productive than you think. It’s taking the initiative to educate yourself as well as others. Whether you are a writer or not, you can take pride in the articles you publish. Knowing you used your voice for what you want is a great feeling.

So, why join Bandersnatch? Any student of John Abbott College can contribute to the newspaper. Whether you want to write a heated opinion or contribute your thoughts on the semester, our goal is to give students voices.

Whether you only want to contribute once, contribute a few times a semester, or become a staff writer, there is no obligation to write. You can always go at your own pace.

How can you join or contribute to our newspaper? It’s simple, if you have an idea, or have any questions about our club at all, you can MIO me (Vanessa Marion, the Assistant Editor-in-Chief) or Sebastian Socorro (the Editor-in-Chief).

THE GRIMM MASQUERADE
Sebastian Socorro
Editor-in-Chief

The Grimm Masquerade is a board game made by Skybound games. The premise is simple: characters from Grimm’s Fairy Tales have all come together for a masked ball. As all characters are hidden behind masks, the objective is to unmask the other contestants without being revealed yourself. In order to do that, you collect artifact cards throughout the game. Each character has an artifact they want (three of this artifact and you win), and one that immediately unmasks them (two of those and you’re revealed). For example, the Evil Queen wants to collect three crowns, but will be forced to reveal herself if two mirrors become part of her hand.

Most of the time spent in this game consists of quick exchanges of artifact cards between players, helped by special actions. It is surprisingly easy to keep track of all that is happening with the playing board and the little colour tokens. The variety of card combinations essentially makes every game a unique one. Its simple premise only makes it more competitive, as it can all be over in one turn. Thankfully, each game has three rounds, meaning that each player can have a time to shine.

The only flaw of The Grimm Masquerade I can recognize at the moment is that sometimes rounds end very, very quickly, while others can last for a very long time. This is purely out of luck, but sometimes finishing a game in less than five minutes leaves a sour taste. However, the game is fun enough that you’ll want to restart a new game instantly in hopes of winning once again.

As for the art, it’s simply gorgeous. The cards and other accessories are sturdy and of good quality. All in all, the game is very cheap for its entertainment value (around $25 to $30 depending on where you get it) and I definitely recommend picking it up and trying it yourself at family gatherings or with friends.