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**Executive Positions**

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SWAP CLOTHES, SAVE EARTH

Elizabeth Tulli
Student Life Editor

Most people are familiar with thrifting or have heard about it. That’s similar to what the Maker’s Week clothing swap entailed, except it was free. It was a week of offering activities to students involving creating or reusing pieces of clothing or fabric. Now, what was the clothing swap itself? It was a fun event that enabled JAC students to donate unwanted clothes and grab clothes that other students donated. People left their unwanted clothes on the clothing swap table, located in the main entrance area in the Anne-Marie Edward building, and anyone could take what they liked.

However, the clothing swap was more than a way to “donate” old or unwanted clothes. Kelly McKinney is the JAC teacher who managed the activity, and her students from Knowledge: Scopes and Limits helped out, knowing that reusing clothes reduces CO₂ emissions and creates a sense of community. In an interview with Kelly McKinney, she explained, “The clothing swap is just a small way for us to step out of participating in the incredibly polluting, violent, and harmful fast fashion industry and share what we already have with one another. Activities like the clothing swap are also fun, and they help build community as we all come together to share our preloved stuff in an intentional way.” She also mentioned that positive clothing practices such as making and sharing clothes “are the basis for collective survival.” In other words, instead of buying more clothes, people could make or reuse them again.

I had no idea how the consumption of goods like trendy fashion were responsible for 60-80% of CO₂ emissions. Regarding the effects of discarding clothes, Ms. McKinney explained how society consumes far more than it needs and to “imagine consuming 80% less than we do now.” This a concept known as minimalism, a lifestyle where a person chooses to live with only what they need on a daily basis.

Ms. McKinney’s students organized and participated in two fashion shows. Some clothes from the clothing swap were featured in the shows; some students made upcycled clothes – clothes that are remade creatively. The students designed posters, explaining shocking facts about fast fashion – cheap trendy clothing that are placed in stores quickly from the catwalk and are sold at low-prices to customers. Both the fashion shows and posters informed JAC students about the negative effects of fast fashion on the environment, but also provided less harmful alternatives like clothing swaps or buying from second-hand stores.

It was a pleasure to learn about the environmental impact of one’s clothing decisions. Hopefully, the clothing swap educated students at JAC about the major problems with fast fashion and the importance of reusing clothes. The things often taken for granted can have a huge effect in the world. Ms. McKinney would also like to thank Tom Young and Candis Steenbergen for helping to organize Maker’s Week as well as the students and other teachers who made it a great week. Reminder to every human being out there: swapping clothes saves the planet.

OXYGEN), HYDROGEN), NITROGEN) OXYGEN!

Sophia Jeronic
Assistant Editor-in-Chief

Do you ever seek a nice place to study in AME, so you head over to the biology study room and notice that the entire corner section is taken over by a group of students? Well, you have now encountered The Organic Students. They are a group of students who are in – you guessed it – organic chemistry this semester. Haunted by enantiomers, Newman projections, cycloalkanes or alkene, ether, amino – whatever – groups, someone is always studying there. Either the group is getting their fill of socializing while reviewing chair conformers, or they are getting through their material for the week.

Don’t be afraid if you glance towards their section and happen upon a daunting molecule crudely and illegibly drawn on the whiteboard with the name 4-amino-4-(2-chloropropyl)-3-methylthoxypent-2-en-5-yn-1-ol written underneath it and a number of randomly scribbled S’s and Rs and Z’s. It’s scary to them, too.

You may wonder why this group is worth mentioning. As it so happens, the students have the habit of leaving their mark on the whiteboard, and keep in mind that this is the Biology Department; The Organic Students initiated a turf war with the biology floor - a battle of the scientific subjects.

Some of their famous markings include: “Organic students only”, “Room reserved for organic students”, and “The organic students are cold”, leading to messages written on the whiteboard in response to the students’ quips.

So, if you walk into the biology study room and see Reserved for organic students written on the whiteboard, never fear, they’re only joking; they have alkynes of good intentions!

SUJAC UPDATE

Hi JAC!

SUJAC wants to thank everyone who participated during Orange Shirt Day, a National Day for Truth and Reconciliation regarding the impact of residential schools, by wearing an orange shirt, getting informed, and buying pastries from our booth. Thanks to your help, SUJAC raised 645$ towards a Mohawk Indigenous school called lakwewatinatitwe Language Nest in Kahnawake!

We understand that getting to class with construction going on has been difficult. Therefore, the West hallway from Student Services could open up by early November, and the East side will most likely be available in January. Furthermore, some covered walkways between AME and Hochelaga to the front of Herzberg will be put in place once the snow begins.

Entering the spookiest month of the year, SUJAC is organizing a speed-friending activity on Thursday, October 14th for you to meet up and make new friends. The event will take place in The Agora from 5:30 to 6:30 pm, and a registration Google form link will be available on Omnivox. Students must be double-vaccinated and possess their Covid Passports. SUJAC also strongly encourages you to dress up on October 29th for Halloween with your best costume!

Stay tuned to the JAC Portal and our Instagram for more information.

Have you ever wondered what other students at JAC do during their day? Follow us on Snapchat at sujac for a glimpse into the lives of our students!

We are halfway through the semester, don’t give up! The SUJAC Executive team wishes you good luck and success with your mid-terms.

If you have any questions, doubts or ideas, come visit us at P-101.

Your SUJAC Executive Team 2021-2022:

President Ivana Riveros Arteaga
VP Internal Deirdra Lauzon
VP Academic Gracie Diabo
VP Finance Richie Tan
VP External Sabrina Goriani
VP Communications Dante Meldrum

STUDENT LIFE with Elizabeth Tulli
Can be reached through MIO

THURSDAY, OCTOBER 7TH, 2021 | VOLUME 51, ISSUE 3
VISIT BANDERSNATCH.CA

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SAME-SEX UNIONS IN SWITZERLAND

Sophia Jeroncic
Assistant Editor-in-Chief

Although the legalization of same-sex marriage is an ongoing discussion in society, many countries in Western Europe have already recognized it. On September 26th, 2021, Switzerland became another nation to join those who officially permit gay marriage.

Traditionally, Switzerland has been a conservative country, having only permitted women to vote since 1990. However, on that Sunday, Switzerland's measure to recognize gay marriage passed after holding a nation-wide referendum with 64.1% of voters approving. Additionally, more than half of all voters in each of the country's 26 cantons were in favour of legalizing same-sex marriage. Switzerland’s Justice Minister, Karin Keller-Sutter, announced that the measure would be in effect on July 1st.

According to Laura Russo, the co-president of the Geneva Federation of LGBT Associations, this measure has been in the works since 2013, but it is only now that official action has been taken.

In the past, Switzerland has supported “Marriage for All”, which encourages more rights for the LGBTQA+ community, and the country has permitted same-sex partnerships since 2007. However, this new measure has introduced new freedom for the LGBTQA+ community; once implemented. Along with the ability to become legally wed, same-sex couples will also be granted authorization for adoption, and lesbian couples will be allowed to access sperm donation. Furthermore, applying for citizenship would now be facilitated for same-sex spouses.

In all, Switzerland’s decision to legalize same-sex marriage has proved to be a milestone for the country and its history.

INCLUSIVITY IN SCOTLAND SCHOOLS

Emma Doyle
Entertainment Editor

On Thursday, September 23rd, Scotland put into effect a mandate to teach LGBTQI+ inclusive education in its school curriculum, a nationally inclusive policy that was the first of its kind.

In 2017, an “LGBTI Inclusive Education Working Group” was created in the hopes of improving LGBTQ+ learning in Scottish school environments and make recommendations to address discrimination and bullying. According to a report published that same year by “LGBT Youth Scotland”, 71% of LGBTQI+ young people experienced discrimination and bullying, a rise from previous surveys – 69% in 2012 and 60% in 2007.

More than half - 52% - of the respondents in this survey said that school was where they experienced the most bullying and discrimination.

The Scottish government was given 33 recommendations by the group that were all fully accepted. Part of these recommendations was to provide inclusive, well rounded education in schools in regards to LGBTQI+ history, identities, and discrimination. As a result, Scotland voted to have a mandate for national inclusive LGBTQI+ education in 2018, and that mandate was set to come into effect as of this year. Their hope is that an inclusive, well rounded education will benefit all students and curb bullying and discrimination. Many hope that Scotland’s implementation will set a positive example for the rest of the world.

WHAT ARE COVID BOOSTER SHOTS?

Vanessa Marion
Editor-in-Chief

In recent months, there have been select individuals who have received a third COVID-19 vaccine. Those who are immunocompromised are recommended to get it by Canada’s national advisory board, but they have not yet decided whether to open it up to the rest of the population.

This shot is considered a “booster shot”, but is to be seen more as an aid for those who are immunocompromised, as they often don’t receive the protection they need from the first two shots. Experts say there is supposed to be an eight month window between the second and third shot. Many places around the world opened up the booster shots to the general public, such as Israel, the United States, Chile, and more. Many other countries have a similar approach to Canada and are giving the boosters to those at risk first.

Studies have shown the immunity from the vaccine decreases over time. Booster shots are not a new thing, as they have been used repeatedly over time for vaccines, such as the one for tetanus.

The booster shot aims to replace the antibodies that have started to weaken; the shots are restorative. Young, healthy individuals may not have the need for the booster shot, but it proves to be beneficial for those at risk.

There is still more research to be done, but booster shots are not new, and they won’t be disappearing anytime soon.

SPACEX MISSION

Elizabeth Tulli
Student Life Editor

On September 18th, the SpaceX Crew Dragon 13-foot-wide capsule, the world’s first all-civilian orbital mission called Inspiration4, dropped safely in the Atlantic Ocean off the coast of Florida after a three-day trip around Earth’s orbit. The landing was live-streamed, allowing viewers to watch the descent of the capsule. The four-member crew was then picked up by a SpaceX recovery vessel.

The capsule launched from NASA’s Launch Complex at Kennedy Space Center in Florida on the 15th. It became the highest orbit after NASA’s Apollo mission to the moon. The Inspiration4 quartet went around Earth’s orbit about 15 times per day. While in space, the passengers didn’t only sightsee, but studied the effect of spacelight on the human body. For instance, they collected biological samples of themselves every day.

The main thing that set this mission apart from previous extraterrestrial civilian missions was the absence of astronauts aboard. For example, the Crew Dragon capsule traveled around the planet without stopping at the International Space Station. However, SpaceX, a leading private rocketry company, helped to supply, launch, and control the spacecraft. Jaren Issacman, an American billionaire, businessman, and pilot funded the flight to raise money for St-Jude’s Children’s Research Hospital. The flight has raised $160 million as of now. The rest of the crew included physician assistant Haley Arceneaux, geoscientist Sian Proctor, and data engineer Chris Sembroski. The crew also had no professional space experience.

Inspiration4 marks one of many crew missions organized by SpaceX. What’s next for humans’ journey into space?
IT’S SPOOKY SZN

Angelic Grondin-Lumba
Staff Writer

It was supposed to be a fun evening. I TRUSTED MY FRIENDS TO BE BY MY SIDE!!! And now everyone’s staring at me as I drink some glass I picked up.

“Dude…” “No way!” “Did… did he just…?” “Yup,” and other whispers pierce my ears. What did I do? It’s just a glass of orange juice. Right?

Before my friends can reach me, I puke up all the orange juice I drank. It wasn’t orange juice. It wasn’t orange juice…IT WASN’T ORANGE JUICE!!!! WHAT THE HELL, WHAT THE HELL, WHAT THE HELL!!!!

The remaining orange juice and my puke start to combine and mould into…a person…

“Dude…what the hell? Did you seriously drink me?” said the orange man? Orange slime? Orange creature? Whatever they are, they spoke. And I officially need a new pair of pants…

“I-I didn’t know man! You looked like juice and I don’t drink so so so sosososososo-”

“Calm down. Understand. But come on. The glass said my name” I look at the glass to see the name “JOE” written on it. My friends finally reach me and start apologizing profusely to Joe as I wonder how blind I am.

“Look, as I said, it’s okay! Mistakes happen! It’s not the first time someone has drunk me. But it is definitely a first being drunk at my own party,” Joe says.

As everyone checks on Joe, I do the brave thing and sneak out, vowing to NEVER go to any parties and not allow my friends to trick me into going to one ever again.

DID YOU DRINK JOE…?
Virginia Battaglini
Office Manager

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“Dude…what the hell? Did you seriously drink me?” said the orange man? Orange slime?

“No”

“What!!! Come on just this onc-”

“No”

“You’re mean…”

“You want to set that explosive on FIRE!”

“It’s a firework, though!!”

“For the last time, NO. I don’t care what human holiday it is! You won’t light explosives on FIRE. Understand, Human Lee?”

“…it’s ju-”

“Understand, Human Lee?”

“Yeah. Yeah, whatever”

“Good. See you in the communal eating grounds.”…

“IT WAS HANNAH’S FAULT!!!!” Lee sobbed.

“WASN’T!!! LEE SAID WE COULD PLAY WITH SPARKLERS!!!” Hannah screeched.

I just stand there wondering why I even try with them anymore. I was gone for five human minutes, and I return to the “curtains” ablaze. I pick up the human invention nearby. A fire extinguisher I believe it’s called. When the flame is dealt with, I turn to Human Lee and Human Hannah who are still crying. I hate it when humans cry. It sounds gross to my ears, but I was taught that if you hold humans, they stop. So I do exactly that.

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WON’T YOU TRY TO SET THOSE EXPLOSIVES ON FIRE!

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I have never felt so betrayed in my life. My best friend, Michelle, stares at me with a grin I once thought comforting, now, threatening. She did this to me. She sabotaged me. I trusted her with all I am, my confidant. All her cards are on the table. She chose the glory of victory over me. To think we started this together, as friends. How naive I was to think that she wouldn't turn on me? Even worse, she gathered others against me. In this circle of people, I once considered genuine, I feel lost, backed into a corner with no cards to play. The odds have not been stacked in my favor.

I step out into the crisp, cool night; A crypt for my joviality Is all it ever was. Yet, now, I feel an eerie serenity wash over me. I am engulfed by the hope of finally letting go.

Somewhere, you're out there Thinking, Thinking, Thinking. Maybe we aren't as different as we should be.

I stare back at her, her poker face as stiff as ever. I can't tell if she is gloating or hiding a weapon in her hands. Icy pulses course through my veins, And coarse powder fills my lungs. I can no longer live like this.

We once thought We wanted to be together, But in truth, We only desired to be held by someone: Never to be isolated again.

We sought each other out Since we yearned to be loved. My heart is now aching, Hidden, Masked, Gloved.

The cord we had once built has been severed, A bracelet bound by trust and eternity Now reduced to the threads Of whom we were Before we decided to intertwine our lonely selves.

I close my eyes and see flashes of yellow, red, blue, and green. They come in and go in a blur, confusing my thought process. I don't know how to proceed. My hands are full, my heart weakened.

I open my eyes and see her looking at me, laughing with tears in her eyes. "Stop being so melodramatic, Lara," she says. "The game isn't over yet. Pick up four cards! And UNO!"
SAYING GOODBYE TO THE SEVEN SINS

Angel Grondin-Lumba
Staff Writer

The Seven Deadly Sins: Cursed by Light was finally released on Netflix this past weekend, marking the bitter-sweet end of an epic anime saga. The final movie wraps up anything that the last season missed and provides closure with a slight hint of curiosity, leaving the audience torn between acceptance and a longing for more.

The Seven Deadly Sins is a tale of many things. A cursed love story lasting 3000 years, representing love as torment and inspiration. An epic of good and evil, with all the perils of selfishness and the familiar conflict of choosing right from wrong. A tale of friendship, family, reconciliation, and loss. A battle against all odds, with intuitive combat moves and magical powers. The Seven Deadly Sins is many things, and that's what makes it such an exceptional series.

The Christian religion describes the seven deadly sins as bad habits that should be avoided, but instead, the characters who embody the sins are painted from a fresh perspective and are greatly loved. Wrath, pride, greed, envy, lust, sloth, and gluttony are all beautifully represented throughout each of their intense and touching backstories. The epic of King Arthur is another concept that's explored and interlaced with Christianity. Sixth century characters are rejuvenated to provide an alternate view of the world-renowned legend without Arthur at the story's centre.

For the past seven years, the series has taken its fans through a special and sentimental journey, and many, myself included, are sad to say goodbye.

TROLLHUNTERS

Lara Fakhoury
Staff Writer

When I first stumbled on this series on Netflix, I didn't have a lot of expectations for it. But after watching everything in this anthology by Guillermo Del Toro, I am still in awe of all the shows in this series. Trollhunters is the first season in the Tales of Arcadia series, and is followed by two shows and a movie finale, all of which are better than the last.

Trollhunters follows Jim Lake, a young kid from Arcadia who has been chosen as the first human Trollhunter with a duty to protect trolls and humans from evil trolls who want to take over the world. With this dangerous mantle, he will have to face merciless threats and defend all living beings with his allies, Toby and Claire and his troll friends, Blinky and ARRRGH! (Yes, that's his name). Now, I know what you're thinking: this is just a kids' show. However, its story, characters, and animation surpassed all my low expectations.

The world-building is well done, introducing us to magic, trolls, portals, wizards, and even aliens. The dialogue isn't cheap, and the voice acting is perfectly done for the show. Even the quirky side characters won my heart over rather than annoying me like others.

The character design is diverse, the setting of the troll world is beautiful, and the musical score isn't so bad. All three seasons are on Netflix and this show is an absolute eleven out of ten for me!

SUPER MARIO... DISASTER?

Andre Bernier
Games Editor

Yes, this is not a joke. It's actually happening.

Super Mario Bros: The Movie has apparently been in the works by Nintendo in collaboration with Illumination Studios since late 2017. In September's Nintendo Direct, Shigeru Miyamoto - creator of the Mario franchise - revealed the cast for the feature film, and it's safe to say that people all had a similar reaction.

Some of the main cast include: Christ Pratt as Mario, Anya Taylor-Joy as Princess Peach, Charlie Day as Luigi, Jack Black as Bowser, Keegan-Michael Key as Toad, and Seth Rogen as Donkey Kong.

Unsurprisingly, most people were either confused, dying of laughter, or saying, "Nooooo"! Mostly a combination of the three!

Don't get me wrong, I am extremely excited and looking forward to the Mario movie. It was just a very unexpected cast.

However, the motive behind including these popular actors is pretty clear. They want to make money, and using names like "Chris Pratt" or "Seth Rogen" will get more people to see the movie.

Nintendo has traditionally been protective of its characters. Most of the characters in the Mario franchise are difficult to adapt to film. They are fundamentally video game characters designed for an enjoyable player experience. This is for sure a challenge that Illumination and Nintendo have to overcome.

We'll just have to wait and see until December 21st of 2022 if they deliver, and I'm confident they will!
UNO FLIP: CARD GAME REVIEW
Cierra Monaco
Staff Writer

Uno Flip is a card game that has a new interesting twist! Both sides of the cards have numbers, colours, and symbols.

A new symbol was added, and it is the "flip" symbol. When you play a card with that symbol on it in a game, it means that everyone flips their cards over and uses the other side. You aren’t allowed to hide your cards, which means the other players can see the cards that you have on the other side!

Uno Flip is so much fun! It saved my friends and I so many times over the summer. Whenever we got bored, it was the first thing we automatically turned to.

We would play for hours on end! We all got so invested in the game, which made everything more exciting! We would laugh so hard, our stomachs hurt! It's now one of my go-to games. It's also now my go-to gift idea!

It is fun for everyone! This game is a classic with a new amazing twist that I think everyone will enjoy! It's a little pricey for a card game, but it is definitely worth it!

Uno Flip is one of my all time favourite games, and is definitely worth playing!

DARK DECEPTION
Virginia Battaglini
Office Manager

Warning: Small Spoilers ahead. You've been warned!

Dark Deception is a first-person horror-maze type game. With four chapters already out and the final fifth chapter still in the works, this is a must-play game for all horror genre lovers, especially since it’s free!

You play as Doug Houser, a man who has recently died and wishes to change his fate. He meets a woman named Bierce who promises to give him another chance at life to change his fate - if he does a favour for her. Doug is tasked with collecting pieces of the Riddle of Heaven ring, which is guarded by Malak who uses other trapped souls to hinder you along the way.

In each chapter, another nightmare dimension is revealed. Each dimension is based around a different type of sin from Wrath to Envy.

An example of the sins is Chapter two: Intro to Madness. One of the enemies you face is called “Gold Watchers”. While they don’t seem as dangerous as the previous enemies you might see, they're by far one of the harder enemies early in the game. They symbolize greed with all the souls of greedy humans trapped there, as well as those Bierce has sent before.

As you're wandering around collecting ring pieces, the “Gold Watchers” will follow you quickly. Yet, the moment you look at them, they stop moving. And with their massive numbers it's easy to get trapped in a dead end.

BLADES OF BRIM: A TWIST ON A CLASSIC
Lara Fakhoury
Staff Writer

Looking for a game that has a nostalgic feel? Blades of Brim is the game for you! This game was created by the same people that made our childhood favorite game, Subway Surfers.

The concept of the game is the same as Subway Surfers. You have to switch between three lanes, dodge obstacles, and collect coins. But Blades of Brim adds more challenges with monsters like flappers and wizards, and you even have to enter difficult portals to gain a higher score at the end of your run.

The game is simple, just like its predecessor. By collecting coins, you can unlock swords and armor for your avatar. Each sword has its own unique power that can help you defeat the monsters, and there are power-ups you can obtain on your run. Pets, too, are powerful tools that you can gain in the game, and you can upgrade them to last longer.

The world in which the game takes place is vibrant and worthy as an entertaining adventure game. The design is colorful and bright: each portal has its own fantastical theme like ice and fire, and the characters’ armor are pretty cool.

The better you get at it, the harder you find it to stop playing. Think of it like a workout for your thumb. If ever you find yourself bored of the games on your phone and would like to try something new, Blades of Brim is the game for you.

NINTENDO ONLINE EXPANSION PACK
Andre Bernier
Games Editor

Nintendo has revealed that they are coming out with a new subscription-based service in addition to the Nintendo Online membership. With the current one, fans were able to play a selection of Nintendo Entertainment System and Super Nintendo Entertainment System titles like the original Legend of Zelda and A Link to the Past.

In late October, fans will be able to play a selection of games from the Nintendo 64 console on the Nintendo Switch. Games like Ocarina of Time, Super Mario 64, and seven others will be playable on the Nintendo Switch.

The Legend of Zelda: Ocarina of Time was the first 3D Zelda game and is a series classic. It's not surprising that many people are ecstatic that they'll be able to play it.

Nintendo is calling this new service the Nintendo Switch Online Expansion Pack. They haven’t specified a release date or how much this would cost. Nintendo announced that the Expansion Pack would include select games from the Sega Genesis console as well. Also, other games from the N64 and Sega Genesis consoles will be added to the service at a later date. New N64 and Sega Genesis controllers built for the Nintendo Switch will also be released.

Once winter break arrives, and we're all done stressing about school, I hope that some of you can take the time to have fun with these classic titles!
SPORTS with Kayla Thériault

ROMAN SADOVSKY & NEBELHORN TROPHY

During the 22nd and the 25th of this September, the Nebelhorn Trophy was held in Oberdorf, Germany. A final qualifying figure skating event was held to see which figure skaters will be allowed to participate in the 2022 Winter Olympics.

On the 24th, Roman Sadvovsky won the 2nd Olympic figure skating spot for Canada in Men’s Singles. Scoring 76.10 points in his short program and 131.52 points in his free skating program, he totaled 207.62 points (With Vincent Zhou, the 1st place winner, only winning by 76.61 points). With six more stops in the International Skating Union Challenger Series circuit, let’s watch our Canadian star closely and see how many world ranking points he’ll obtain.

However, things are not just roses and honey for him. Even someone as talented as him makes mistakes. During his free skating program, he fell while performing his opening quadruple. But he didn’t give up. With the sound of the crowd cheering him on, he managed to perform a quadruple Salchow before adding a triple Salchow and a triple jump. While his performance brought him to first place originally, he was knocked down to 8th place after the final group of performers wowed the audiences and judges with their act.

These competitors included Adam Siao Him Fa of France, Mark Kondratiiuk of Russia, Sihyeong Lee of Korea, and Vladimir Livintsev of Azerbaijan, all of whom are wonderful opponents. This surely makes Roman more proud and joyful for winning a spot at the Olympics.

WOMEN IN CONTACT SPORTS

When people think of contact sports, they often think of the men who play it. Women often get overlooked in rougher sports. Why is that?

Maybe it has been engrained in society since the beginning of time that women couldn’t or shouldn’t play rough sports, or perhaps someone has told us we should be scared to play them. But that couldn’t be more wrong!

I’m here to tell you that we can change that! As a woman who plays contact sports, all I can really tell you to do is try. Of course, it might be scary. You might have never done anything like it before. However, all of us are more than capable of playing contact sports! It doesn’t take a superhero to do it. All you have to do is try.

In today’s day and age, we can finally change the stereotype that only men play contact sports. We, as women, can show that we are just as capable of playing the same sports - and even being better than them at it!

We have the power to change the way women in contact sports are looked at. All we have to do is dare to try.

STARTING OVER

The pandemic has allotted for the disruption of the public’s regular routines. One of the areas most impacted by COVID-19 is the access to sport and training areas. Suddenly, those two hours at gym for strength and conditioning are an additional two hours of lounging and eating.

The saying “there is always light at the end of the tunnel” is finally ringing true, as many recreational and competitive athletic programs are making a much-needed comeback after a long eighteen months.

For those of you interested in joining a new team, now is the time to do so. A phenomenon regularly displayed in the athletic world is lack of confidence - the fear of being the weakest player. Luckily, with the pandemic, most teams have been equalized. Pre-pandemic, I was training for a minimum of 20 hours a week. As of late, this has not been the case. The skills and strengths I previously executed are not at the same caliber. Consequently, the playing field amongst teams and team members are now equal.

More than that, the pandemic has taught members of society to essentially do what you want to do and to try new things. Living through a pandemic, we learned that everything can be taken away in an instant. So, why not push boundaries?

Fear of failure is an individual’s greatest weakness and as a result of the pandemic, there is no abrupt, foreseeable failure: both you and everyone else are back at the start.

NASCAR TALLADEGA

The NASCAR 2021-2022 season has finally kicked off! The Talladega Cup race, held at the YellaWood 500, was on Monday, October fourth. Initially it was supposed to be held on Sunday, October third, but was postponed due to the rain. They were also only able to complete 117 out of 188 scheduled laps due to the rain.

On lap 113 of the race, Bubba Wallace launched himself to first place. As the rain halted the race at lap 117, he won the race. This made history, as Bubba Wallace was the second Black driver to win a NASCAR cup race. The first Black driver to win was in 1963; Wendell Scott won, but was not recognized as the winner nor awarded the trophy at the race.

The race consists of 40 drivers. Below are the top 15 of the race.

1. Bubba Wallace
2. P-Brad Keselowski
3. P-Joey Logano
4. Kurt Busch
5. P-Christopher Bell
6. Chris Buescher
7. P-Denny Hamlin
8. P-Kevin Harvick
9. Erik Jones
10. Anthony Alfredo
11. Austin Dillion
13. Cole Custer
14. Chase Briscoe
15. P-Ryan Blaney
MUSLIM REPRESENTATION

Lara Fakhoury
Staff Writer

Growing up, I never had a character who came from the same background as me: Middle Eastern, Muslim, and loves her culture. I grew up with angry Arabs in movies and sad young Muslim girls in TV shows. At some point, I was embarrassed of my faith and ethnicity because of the horrible things I see about them on my TV screen.

I have gotten used to not getting my hopes up whenever I hear a show with a Muslim character. Most of the time, the hijabi takes off her hijab to cover up a paper cut, or the Muslim character prays wrong and stops mid-prayer to dance. I am pretty sure the writers of these shows only clicked on the first website Google showed them when they typed, “How do Muslims act?”

Whenever there is a show or movie written about a Muslim character, it’s always about escaping an arranged marriage, wanting to run away from family, or hating the faith because of toxic cultural traditions. If you want to know what it’s like being a Muslim, ask a Muslim! I would much rather you ask me silly questions instead of watching a Western show written by non-Muslims.

“Oppressed” is the first word that comes to mind whenever I see Muslims in entertainment. Yes, movies and TV shows have become more diverse in the recent decades, but the entertainment industry still has to work on respectful and accurate representation to prevent the spread of harmful stereotypes because of a badly written character.

JOHN RENNIE HS GIRLS VS DRESS CODE

Gemma Ferreira-Kadelbach
Contributor

After repeatedly being dress coded for minor reasons, several of John Rennie’s frustrated female students have expressed their displeasure by putting up signs around the school and posting on social media. They simply cannot tolerate the school’s obsessive need to continuously dress code its female students.

Although John Abbott does not enforce a dress code, I believe it is still important to address an issue that is prominent in many places. After all, most of us only left high school a couple of years ago.

The girls’ Instagram page presents an interesting perspective on the entrenched policies of John Rennie, to quote: “when you interrupt a girl’s school day to send her to the office because her shorts are too short or her shoulders are showing, you are telling her that making sure boys have a distraction-free learning environment is more important than her education.”

They also highlighted the school’s hypocrisy: they posted a picture of a woman in short-shorts and a sports bra to promote the Terry Fox run - while female students are dress coded for wearing the same thing. The school responded by taking down the original post and then uploaded a picture of a man in “appropriate” attire instead.

After finishing my own five years of high school and watching my friends habitually get dress coded, we need to encourage these girls to do what past graduates could not – end the sexualization of teenage girls in high school. I encourage everyone to go to the Instagram page (@jhrs.girls.vs.dress.code) and sign the petition that aims to abolish the demeaning dress code.

BLOOD IS THICKER THAN WATER

Virginia Battaglini
Office Manager

The blood of the covenant is thicker than the water of the womb (Henry Clay Trumbull). An interesting quote meaning that the bonds you make on your own accord will be stronger than those whom you are related to. Yet, over time, many people have changed it to “blood is thicker than water” as a way of coercing their family members to either forgive a terrible deed, do something they don’t want to do, or make them feel guilty for prioritizing their own personal needs over “family”.

Yet, what exactly is family? Is it the people you’re biologically related to? The people who raised you? Those who stuck beside you through thick and thin? Many people have different definitions of what family is, which is why the quote “blood is thicker than water” has been greatly misused. Barely anyone knows the original quote by Henry Clay Trumbull.

Of course, for every person who uses the quote right, there are dozens who use it wrong, so, it’s important that we know what this quote truly means and call out those who use this quote as a way of hurting others.

All of us already have our own problems and battles to deal with. Doing something as simple as informing someone on the true meaning of the quote could help them navigate their problems. For all you know, it could help you resolve your own at the same time.

ALC: YES, IT’S A REAL DEGREE

Lara Fakhoury
Staff Writer

As a third-year student in the Arts, Literature, and Communications program at John Abbott, I still feel belittled whenever I tell people what program I am in. Their responses are generally: “Oh, that’s…fun,” “So you must love drawing”, and the classic “That’s a real thing?” I have never felt like my program has been taken seriously by anyone. It might not be as challenging as Computer Sciences or Nursing, but it does have its challenges like all programs. But whenever I walk into AME, I feel like an impostor.

Whenever I have to explain to my Middle Eastern parents what my program entails, they often think that I only write stories and look at paintings. Those are just very small parts of what the program encompasses. The simplest way I can describe ALC is if you take Social Science but make it artsy.

For example, instead of History of Western Civilization, we study the Universe of the Arts. We learn about history and philosophy and learn different creative skills like filmmaking and radio production. We have the choice to delve into so many aspects of the art world like media and theatre, and yet, I feel underrated, sometimes silly, whenever my assignments are about Tom Hiddleston or fairytales.

Don’t get me wrong, I absolutely love my program, all that it has taught me, and am certainly not embarrassed to be an ALC student, but it gets annoying when I have to defend its validity as a program worth being taken seriously.

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DRUG DEVELOPMENT PROCESS

Virginia Battaglini
Office Manager

The creation of a new drug costs a ton of money and a lot of time, as well as posing a great amount of risk. Out of thousands of ideas for new drugs, only one to five will be allowed to be tested on humans, and only ONE will be allowed to go to the consumer market. Even then, one in three drugs will be recalled for various reasons. Yet, those that survive are considered Blockbuster drugs: a drug that generates millions, if not billions of dollars in revenue for companies (e.g. Tylenol and Vioxx).

The development of the drug consists of eight major stages: basic research, pre-clinical testing, investigation of a new drug application (IND), four phases of clinical testing, new drug application (NDA), and lastly, the fifth and final phase of clinical testing. Each one of these stages must be completed in this order or else the Food and Drug Association of Canada will fine and, in extreme cases, bar a company from re-entering the medical field.

Basic research is about figuring out which drugs will combat the specific disease/disorder/medical problem. This can take around twenty years since companies must research the medical problem and subsequently find or create a suitable compound. When this process is finally finished, the company/sponsor will be allowed to move on to pre-clinical testing.

Pre-clinical testing involves testing the selected compounds on animals. Any animal can be used for this step if the conductors of the experiment are able to explain why they chose that specific animal over another using their research of the ailment. An example of this would be how scientists use pigs instead of mice when testing new compounds to treat cirrhosis. This is done because of how similar human livers are to pig livers. During pre-clinical testing, researchers must observe and record whether the compounds cause any drastic side effects (including death) or not. Once the compound is deemed safe at this stage, the company can move onto submitting an IND.

IND (Investigational New Drug) applications consist of the results from the pre-clinical tests and how the drug is created. This application is sent to the FDA, and if no response is received within thirty days, the company is allowed to move on to clinical testing.

When the company has finally reached the clinical trial phases, there are a few questions they must answer concerning the effects of the drug on the human body, what dosage is both safe and effective, and what the side effects are. All of these questions are based around pharmacokinetics, pharmacodynamics, and formulation science. Pharmacokinetics is the study of what happens to the drug while inside the human body. Pharmacodynamics is the study of what effects the drug has over time. Formulation science is the process of discovering how to bring a safe and effective product to the market.

MARINE JENGA

Noura Habbab
Contributor

Just like a Jenga tower, marine ecosystems are greatly impacted by one seemingly insignificant move: the disappearance of one species of fish can have an immense impact on ecosystems on a global scale!

Contrary to the assumption that fish are exclusively connected to other fish from their immediate surroundings, relationships between species are much broader and complex than anticipated. In fact, a team of researchers from Sherbrooke and Laval University, led by Dominique Gravel (a researcher and biology professor at Sherbrooke University) have discovered through the observation of the predator-prey interactions of 11365 species of fish that they are all connected by a maximum of three degrees of separation.

It is migration that influences the food chain, creating a large-scale network where every fish has its place and the more links there are between species, the more robust the marine ecosystem becomes. Each ecosystem frictionlessly adapts to the extinction of species by shifting its global structure, just like a well-built Jenga tower. Therefore, the Totoaba of Mexico is impacted, in some way by our own Atlantic salmon through a maximum of just three relations with other fish! However, this means that local environmental perturbations can have repercussions all over the planet.

The conservation of nature and the protection of our waters is further proven to be an international issue that requires the collaboration of all nations, whether they be adjoining, or oceans apart.

FIRST LADY OF PHYSICS

Emma Doyle
Entertainment Editor

For decades, women in STEM fields – especially women of colour – have continuously been pushed out and snubbed by white, male colleagues despite making numerous, significant contributions to science. From being the first to discover Greenhouse gases but not recognized for it like Eunice Foote, to having your treatment of leprosy stolen by a co-worker like Alice Ball. There are plenty of female scientists who have only recently received the credit they deserve. Let me introduce you to someone aptly named the “First Lady of Physics”: Chien-Shiung Wu.

Born in Shanghai in 1912, Chien-Shiung Wu was a Chinese-American physicist who famously contributed to the Manhattan Project. Wu’s father had started a school of his own and held a then uncommon belief that girls should pursue an education, so he enrolled her in classes. She went on to study physics at the University of Chicago before continuing her education in the United States at the University of California where she completed her PhD. After being unable to find a research position, Wu became a physics instructor at Princeton. She was eventually offered a position teaching at Columbia and began investigating beta decay – when the nucleus of one element becomes another element – until she was approached by theoretical physicists Tsung Dao Lee and Chen Ning Yang. They wanted her help investigating the theory that the law of conservation of parity states did not hold true during beta decay. Wu went on to prove that near-identical particles don’t always act alike – but Lee and Yang received the 1957 Nobel Prize in Physics for this discovery.

Despite her work going unacknowledged and being completely snubbed, Wu continued to make scientific advancements and discoveries. Her book Beta Decay continues to be considered a standard reference for nuclear physicists.
BANANA BREAD
(VERY TASTY)

Virginia Battaglini
Office Manager

My mom has made this Banana bread for as long as I could remember, and personally, I find it very tasty and very quick to make.

Ingredients:
- 2 ½ cups of all purpose flour (625mL)
- 1 cup of granulated/white sugar (250mL)
- 3 ½ teaspoons of baking powder (17mL)
- 1 teaspoon of salt (5mL)
- ½ cup + 2 tablespoons of milk (155mL)
- ¼ cup of vegetable oil (50mL)
- 2 tablespoons of rum (30mL) (Optional)
- 1 egg
- 1 cup of mashed banana (250mL)
- 1 cup of chopped nuts (250mL) (Optional)
- 1 ⅓ cup toffee/Skor bits (325mL)
*Substitutes can be made for milk

Steps:
1. Preheat your oven to 350 °F (180 °C)
2. Grease and flour two 8 ½ x 4 ½ inch (1.5L) loaf pans
3. Stir flour, sugar, baking powder, and salt in a large bowl
4. Add milk, oil, rum, and bananas and stir
5. Stir in nuts
6. Spread 1 ¼ cups (300mL) of batter at the bottom of your pan
7. Top batter with ½ cups toffee bits
8. Divide remaining batter between pans and sprinkle remaining toffee bits between the two
9. Bake for 30 to 35 minutes until you can poke a toothpick in the center of the loaf, and it comes out without any batter
10. Let cool for ten minutes before removing to let cool completely

Recipe makes two loaves of banana bread