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A REPUTABLE STUDENT NEWS PUBLICATION FOR YOUR INFORMATION AND ENTERTAINMENT

THE SKY'S THE LIMIT



PHOTO: ALEJANDRA ALVAREZ

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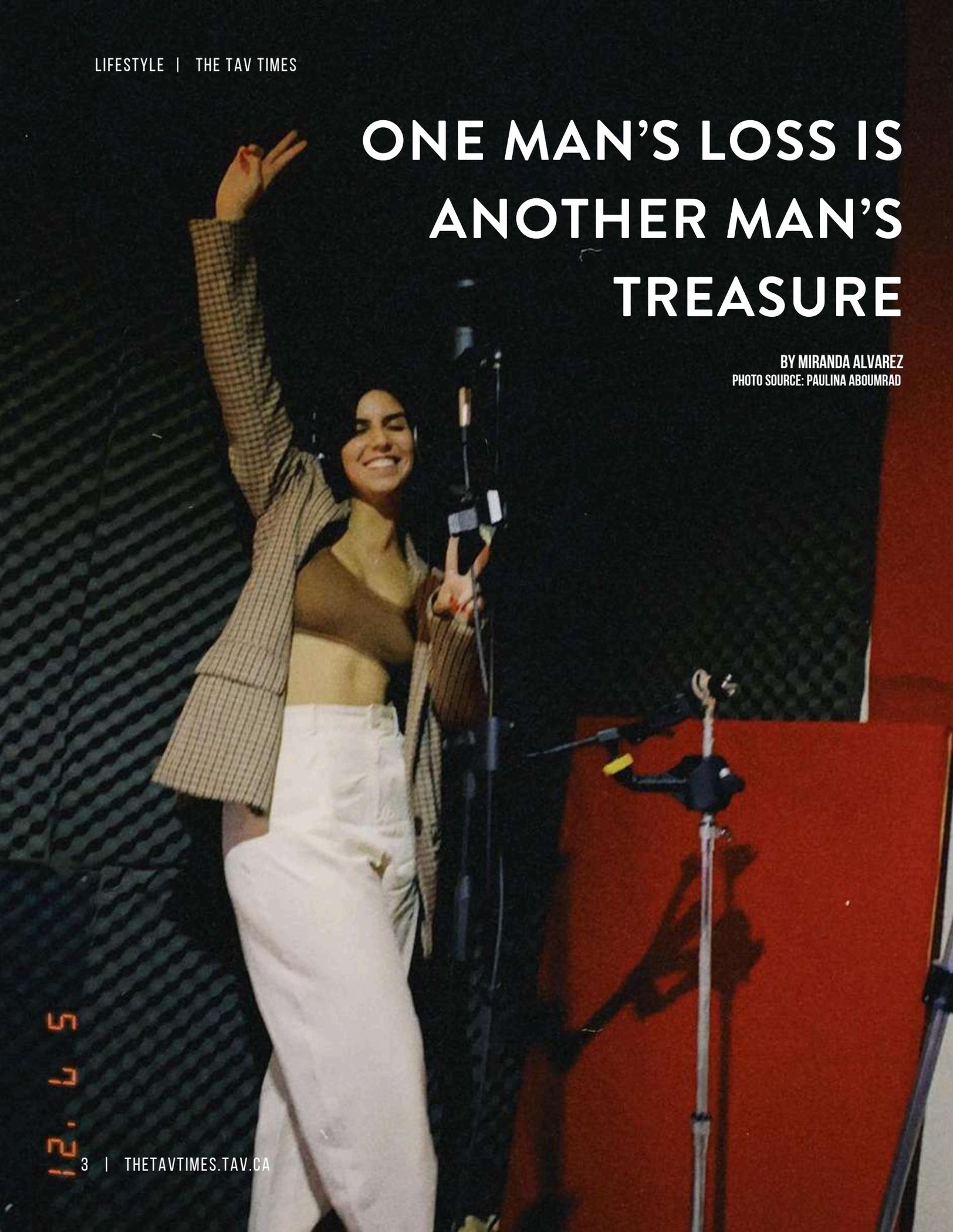
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THE SKY'S THE LIMIT

ONE MAN'S LOSS IS ANOTHER MAN'S TREASURE

BY MIRANDA ALVAREZ
PHOTO SOURCE: PAULINA ABOUMRAD

12.6.21



“Writing music during the pandemic was a blessing in disguise” @marzmates is one of the three artists I interviewed to help me understand how a musician's inspiration, songwriting, and creative process was affected by the effects of COVID-19.

The Change

When COVID hit everybody's lives changed drastically. Lockdown was the first realization that we had about how serious this was, nobody knew what was going on, how long this was going to last, and everyone's reactions were different. Individuals did what they could to keep themselves entertained by taking up a new hobby, spending time with family or just relaxing and waiting for things to be over.

Feelings

I'm not going to lie, I'm a very picky music listener. I am very surprised with how much new music I've been enjoying since the pandemic started, music took a turn for sure. We saw it with artists like Taylor Swift with the release of “Folklore” and “Evermore”, but we also saw some new

🎵 IN TIMES OF CHAOS,
DESPERATION, AND
NEGATIVITY, WE CAN SEE A
POSITIVE OUTCOME.



artists like Olivia Rodrigo with her debut album “Sour”. A group that really caught my attention was Brockhampton's “Roadrunner: New Light, New Machine”. It touched on a lot of different topics that the group members had not referred on before as much, such as racism, suicide and sobriety.

“I generally felt lonelier during the pandemic, so it helped me write the songs I wrote” @blynkofaney_ shared. I think a lot of artists can relate to getting inspiration from their internalized realization of how it feels like to be alone. We don't necessarily need to be outside, going on adventures and experiencing craziness to get a sense of what is going on inside of our souls, and @marzmates worded it beautifully “I discovered that I don't necessarily need exterior sources to fuel my pen.”

It's all about the love

Honestly, I feel like the musicians did great. I can't complain about the new music. As Lucas Yifru said, “With more time came a better opportunity to show the world what I got and show them what I really love to do”. I guess artists having more time on their hands to make music they like has shown their audience and themselves that hard work pays off.

The Outcome

The bottom line is that isolation helped create art and that is something which hopefully all of us can relate to and get inspired from. In times of chaos, desperation, and negativity, we can see a positive outcome.



5 ARTISTS YOU SHOULD LISTEN TO BASED ON YOUR ZODIAC SIGN



Aries

- Glass Animals
- Brockhampton
- Phoenix
- Polo & Pan
- Sasha Alex Sloan



Libra

- Borns
- The Lumineers
- The Virgins
- The Lemon Twigs
- Sufjan Stevens



Taurus

- Hozier
- Angus and Julia Stone
- Beirut
- Mac demarco
- Vampire Weekend



Scorpio

- Catfish and the Bottlemen
- Alt j
- Black Kids
- Father John Misty
- Cults



Gemini

- Declan mckenna
- Olivia Rodrigo
- Saint Motel
- Alex Cameron
- Frankie Cosmos



Sagittarius

- Lany
- Grouplove
- milk.
- Wolf Alice
- Joji



Cancer

- Hippo Campus
- Lana del Rey
- Half Moon Run
- FKA Twigs
- Cigarettes After Sex



Capricorn

- The Maccabees
- The 1975
- Her's
- Big Thief
- Tom Odell



Leo

- Nicolas Jaar
- Metronomy
- Blood Orange
- Beach House
- M83



Aquarius

- Grizzly bear
- Gus Dapperton
- Rainbow Kitten Surprise
- Peach Pit
- RUFUS DU SOL



Virgo

- Mumford and Sons
- Florence and the Machine
- Jake Bugg
- DOPE LEMON
- Edward Sharpe and the Magnetic Zeros



Pisces

- Cage the Elephant
- Rhye
- Crystal Fighters
- Clairo
- Snail Mail



WHY CAN'T WE OVERCOME RACISM?

“RACISM IS THE REFUGE FOR THE IGNORANTS.” -PIERRE BERTON

BY HA NGUYEN

COVER PHOTO SOURCE: MCKINSEY
ARTICLE PHOTOS: CANVA

How did racism start?

Before asking why people are racist, it is crucial to understand that racism did not start with attitude. Harvard researchers showed that racism is a learned behaviour, and young children pick up on racism from their surrounding environment. In an interview with Professor Florestal, the cultural issues professor at TAV college - she stated that racism was created hundreds of years ago by white people to justify free labour for financial purposes. The prosperity of the Western world has been made by the blood of people of colour, yet, they were mistreated and dehumanized. This ideology passed on through generations has formed our current society with a deep root of racism that seems remarkably complex to overcome.



The psychology behind racism

Nowadays, racism is more discrete as we have put social and political pressure, yet that racist undertone is still everywhere. According to a recent study conducted by Steven O Roberts and Micheal T. Rizzo, there are seven contributing factors to racism.

The first three factors are categories - dividing people into categories and creating stereotypes; factions - people have to be loyal to their assigned group and stand against other groups and segregation - being separated from other groups which hardens one's belief and stereotype about others. Putting people into categories, creating stereotypes, and segregating people based on their "assigned group" hardens and deepens the root of racism.



The last four factors being hierarchy - the system gives power to certain groups and makes them think they are superior. An example being white Americans, they are more likely to be wealthier and therefore, superior. According to the USA Facts, 86% of wealth in the U.S. is owned by white people. They also have a higher net worth (\$452,233) compared to Black people (\$108,160) or Hispanics (\$52,456). Power - allowing the dominant group to build a society based on their standard and creating what's considered "normal". Media - maintaining racism by showing certain images about different groups of people. In North America, they portrayed white people and white culture as dominant and normal. However, other cultures are often portrayed according to stereotypes. Last, passivism - people don't fight against racism because of a false belief that racism no longer exists. This results from ignorance and it is the main reason it is so hard for the current state of racism to improve.

We are all "racialized"

We always speak about different races of people: black race, Asian race, Caucasian race, etc. But have you ever wondered, is it the correct way to use it?

Certainly, people appear to be diverse all around the world, from skin colour to hair texture to facial features. However, the American Society of Human Genetics (ASHG) stated that there are no biological differences between humans. Everyone has different ethnicities but we are all part of the same race.

The study also showed that there is no evidence that one group is superior to the others based on genetics. Race is a social construct. Using genetics to determine the rank between different groups is a misused concept and can cause major misunderstanding. Most of our differences come from our experiences and our cultures, not our genes. The physical differences simply come from human evolution as we adapt to different environments in the world.



Dealing with racism, will it ever change?

In an interview, Miss Kate* stated she has always been conscious of her skin colour. People are always surprised, even startled, to see her for the first time. She grew up with people telling her she looked like a monkey or she smelled bad that it became normal.

Miss Kate's husband, Mr. Joe*, claimed that he had missed some career opportunities as he isn't the first person people think of in terms of promotion. He will also miss out on social events and social interaction with his colleagues. Sadly, he has to teach his children this reality, not for them to accept it, but for them not to be surprised when it happens.

Nothing is impossible

As individuals, a great way to deal with racism is to think "sky is the limit". With racialized people, unfortunately, there is a glass ceiling that seems so hard to breakthrough. They can see the sky, yet it feels unreachable because of all the stereotypes, systematic racism or simply because no one in their social circle has ever gotten that far.

This free country is only free for those who are bold enough to break through that glass ceiling and aim for the sky. If you aim for the sky, you will land in the clouds. But if you only aim for the tree, you will end up on the ground.

As an individual, knowing what you can do and trying your best for what you want is already a great way to fight. Your presence and your effort are already enough, as you will influence many people, more than you might think. Positive influences spread, opening up a new realm of possibility and opportunity. Going beyond the limit and breaking the odds doesn't start with society, it starts with you.

*All names have been changed to maintain confidentiality.



+ X
-The beginning is perhaps more difficult than anything else, but keep heart, it will turn out all right. "Vincent Van Gogh"



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Immigration



MY STUDENT LIFE IN MONTREAL

THE PLACES THAT GIVE ME ENERGY AND POSITIVE VIBES

BY MAHLA SEFATI
COVER PHOTO: MAHLA SEFATI

ABOUT THE COVER PHOTO: "I LOVE THIS COUNTRY. HERE, I FOUND LOVE. I HAVE ALMOST EVERYTHING I WAS LOOKING FOR, BUT YOU. AND THIS IS THE HARDEST PART. I LEFT HALF OF MY HEART AT HOME. AND THE MORE I MISS YOU, THE MORE I REALIZE HOW MUCH I WISH FOR TECHNOLOGY TO BE MORE ADVANCED SO I COULD FEEL YOUR HUG THROUGH A VIDEO CALL. I KNOW THAT THE FUTURE IS BRIGHT, AND I AM WORKING VERY HARD ON IT. WISH ME LUCK".

P.S: MOM, I KNOW THAT THE FIRST SECOND YOU SEE THIS, YOU ARE GOING TO TELL ME THAT YOU DON'T LIKE THIS PHOTO OF YOURSELF, LOL. IT IS GREAT. I LOVE IT."

Sometimes, having a student life can be challenging. Many students I know often struggle to learn second and third languages. They have difficulties with the new culture and they have to work hard to cover their expenses. They left their families, friends, and countries behind all while trying to start a new journey and rebuild their lives.

It has been almost three years since I stepped off the airplane that landed at the Montreal airport. Since then, I have experienced lots of beautiful, fascinating, and love-infused moments. I also had many tough days where I had to put in much more of an effort. Through all this, I have found some safe havens around the city which could really cheer me up when I was down.

The colourful, lovely “Mount Royal” park

According to the DiscoveryBlog, this park was inaugurated in 1876, and designed by Frederick Law Olmsted, an American landscape architect. He was also involved in other projects such as New York Central Park.

I can see the park every day through my apartment’s windows. Every season brings its own magic like the luscious greens in the summer. Most of all, I love fall. I am happier than ever because the most colourful season is here. Walking through the trails, and watching the beautiful scenes of fall captures both my eyes and heart. It reminds me to see the positive sides of life. Here are some spots in the park which I particularly like.

Beaver Lake: If the weather allows, I often go there, with a picnic blanket, a book, a coffee mug, and something to eat. An article written for Host-me relates that this lovely lake is about 200 metres long and is shaped like a four-leaf clover. The surroundings of the lake are equipped for various recreational activities such as skating, sliding, tubing in the winter or packing a picnic lunch in summer. There is a pavilion, Cafe des Amis, that offers meals, salad and drinks. It was also considered as one the most innovative buildings in Montreal at the time with its corrugated roof and large windows.



BEAVER LAKE, PHOTO BY ARAMEH SOLTANI



NATURE OF THE PARK, PHOTO BY MAHLA SEFATI

BEAVER LAKE, PHOTO BY MAHLA SEFATI





Le belvédère du Mont-Royal: You can get a pretty clear view of downtown, the buildings, and of course, Leonard Cohen's portrait on the wall. I particularly like when there are a few puffy clouds in the sky, making a magical, clear view. Also, if you want to do a cardio workout, there are 256 steps that take you to the top.

Tower of Songs: It is a lovely name for Leonard Cohen's wall art because it pays homage to the lyrics in his song "Tower of Song". According to MTL Blog, this piece of art was painted by Gene Pendon and El Mac. They worked with 13 assistant artists and 240 cans of colours to replicate a photograph taken by his daughter, Lorca Cohen.

"I was born like this, I had no choice
I was born with the gift of a golden voice
And twenty-seven angels from the Great Beyond
They tied me to this table right here in the Tower
of Song" -Leonard Cohen-



LEONARD COHEN, PHOTO BY ARAMEH SOLTANI



POUTINE, PHOTO BY MAHLA SEFATI

Roasters

If you are a poutine lover, I'd suggest ordering some at Roasters. The first time, I was tired and gloomy. I was running out of energy, looking for a good place to grab something to eat, and guess what, I found one of the best places to order poutine downtown.

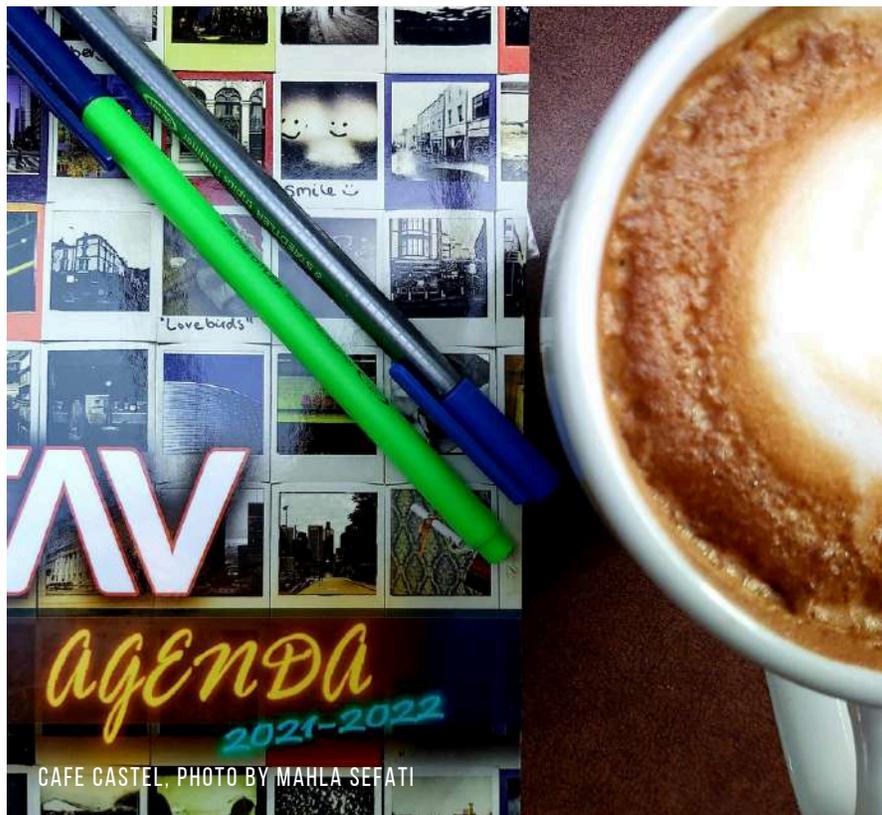
You will love your small feast within the warm, pleasant atmosphere of the restaurant. You will get your order in a very short time and you can watch your favourite sport on their big screens while enjoying your meal.

Cafe Castel

I am talking about a cup of coffee plus a piece of fresh cake. Cafe Castel, an independent coffee shop at 1015 Sherbrooke west, is the perfect place to read, talk and enjoy a sip of coffee or tea alone or with friends. It is right off the street, so you might also enjoy the street atmosphere which I found great in the rainy weather. The sandwiches are delicious and the staff are friendly and welcoming.



CAFE CASTEL, PHOTO BY MAHLA SEFATI



CAFE CASTEL, PHOTO BY MAHLA SEFATI

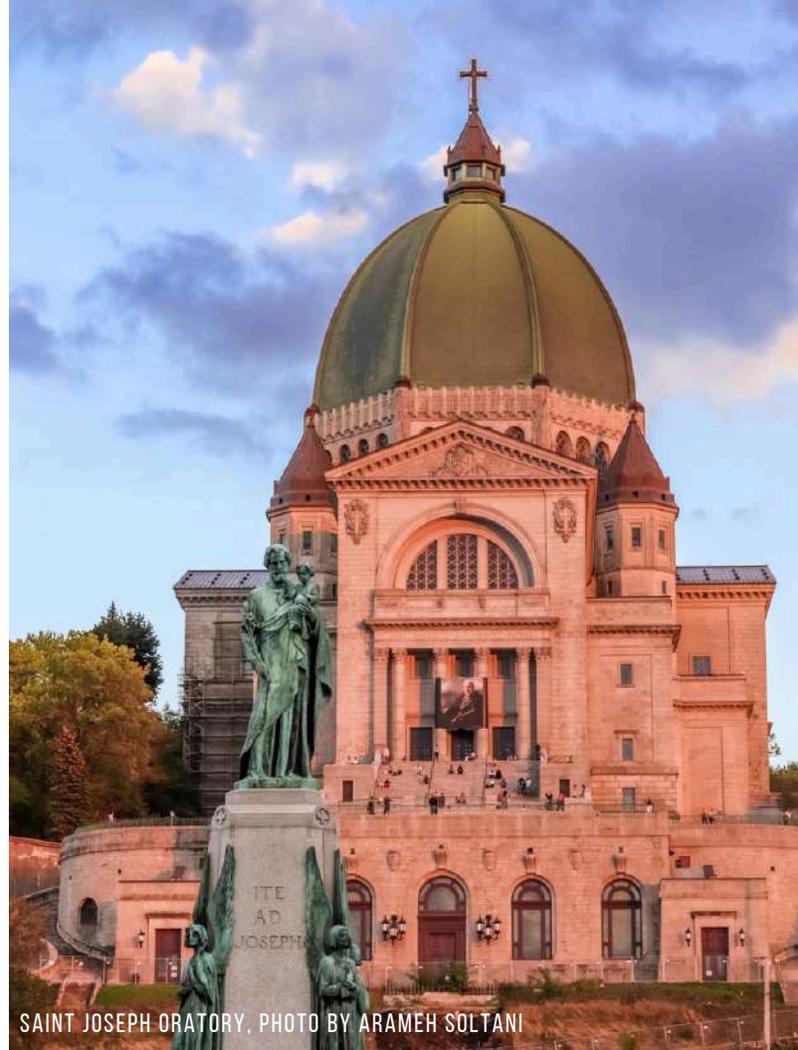
Saint Joseph's Oratory of Mount Royal

Visiting there, you will get an opportunity to discover more than one hundred years of history and culture. This landmark is a jewel of the Québec Heritage. The Oratory's information page states that this universal church was founded in 1904, by Brother Andre. This place is now a destination for those who enjoy both architecture and nature.

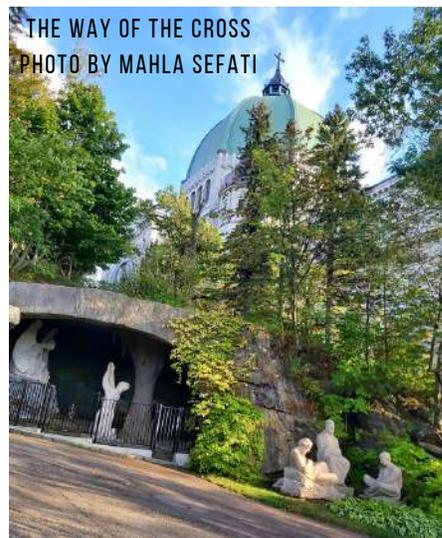
Garden of the way of the cross: If you have not ever been there, follow the sign to the east of the basilica next time you go. The oratory website states that there are fourteen stations with beautiful statues built by Louis Parent (1908-1982). After ten minutes of walking, you will reach a small but loving fountain. Je l'adore.



FOUNTAIN, PHOTO BY MAHLA SEFATI



SAINT JOSEPH ORATORY, PHOTO BY ARAMEH SOLTANI



THE WAY OF THE CROSS
PHOTO BY MAHLA SEFATI

The secret of life

Small joys matter. They are somehow more important than the big ones. They are more frequent, easier to find or create. Exploring the city allowed me to discover a few favorite places that give me the inspiration and power I need to keep going. We can all create authentic moments even when we are wrestling with challenging moments and feelings of despair. So, Let's ring the bells that still can ring, Forget your perfect offering. There is a crack in everything, and that's how the light gets in. "Leonard Cohen"

SCIENCE

BRAIN FOOD

HOW FOOD AFFECTS OUR MOOD

illustrated and written
by Sammy Rich

Did you know we have more bacteria in our gut than stars in the Milky Way?

We have trillions of little buddies in our digestive tract, called the microbiome.

A microbiome is the collective of all the microorganisms, in a specific environment.

Our skin has a microbiome, our lungs have one too.

Our gut microbiome however, is a crucial factor in our mood. Our gut microbiome includes all of the microbes* in our stomach, small intestine and large intestine.^{[3][8]}

A happy gut also helps fend off "bad" bacteria, improves nutrition absorption, and even keeps our immune system on its toes!^[1]

For now, let's see why these little buggers have a strong influence on our feelings.



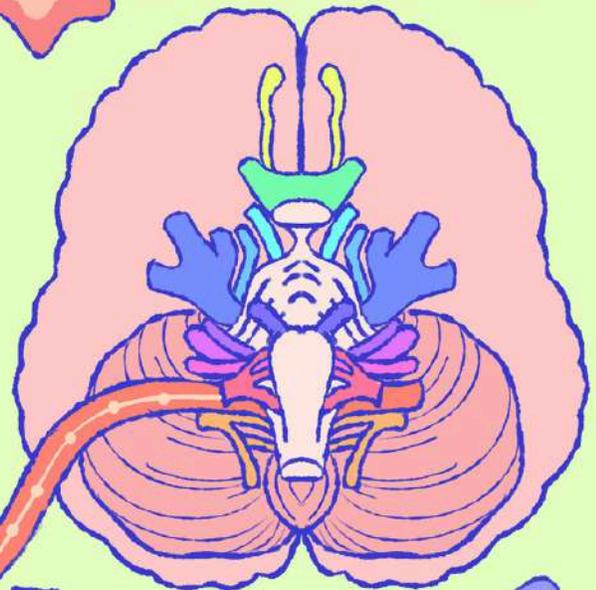
GOOD GUT BACTERIA



The microbiome sends messages through the millions of neurons throughout our gut.

It all connects to the brain by the 10th cranial nerve*, the vagus nerve.^[2] It decides the amount of serotonin we receive, and it produces over 95%^[1] of the serotonin in our body.

Cranial Nerves



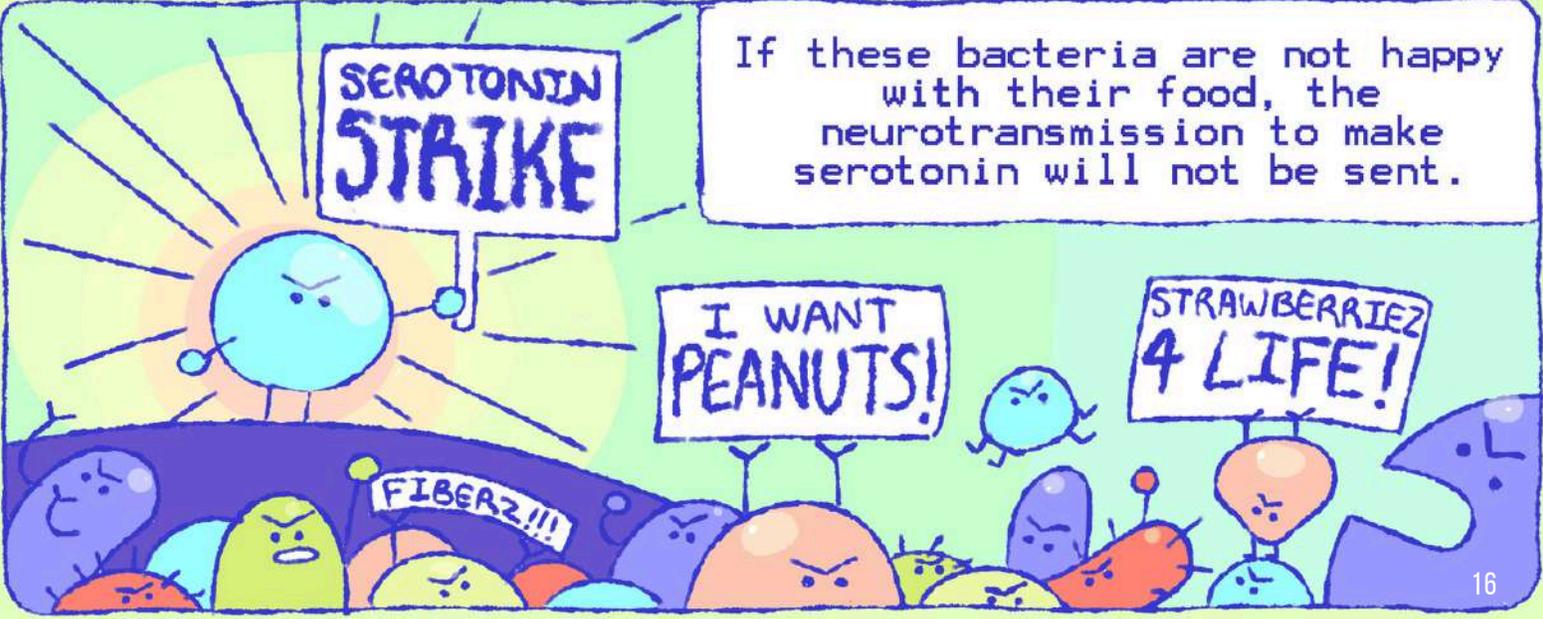
VAGUS NERVE

When the microbiome is satisfied with good and nutritional foods, the good bacteria signal the OK to produce serotonin.^[2]



SEROTONIN STRIKE

If these bacteria are not happy with their food, the neurotransmission to make serotonin will not be sent.



Why is serotonin so important?

Serotonin is the happy hormone, it makes you feel good and keeps our emotions in check.

SEROTONIN

VERY MUSCULAR
DUE TO ALL
HIS HARD WORK

Serotonin is also a big help when it comes to eating, digestion and sleeping. [4]

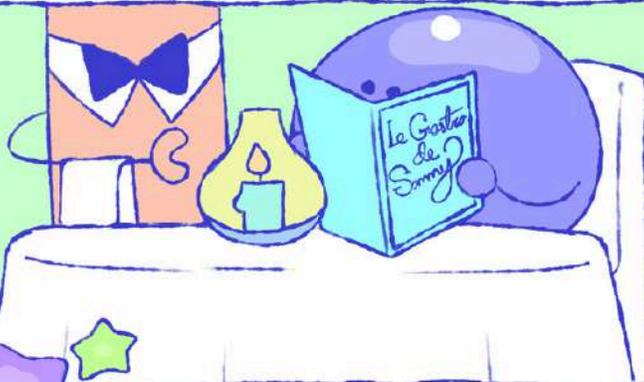
Without serotonin, how we are feeling can become unpredictable ...

Moreover, we may become susceptible to depression, anxiety and OCD. [4]

How does one appease the microbiome?

The "nice" bacteria in our gut feeds on prebiotics.

Prebiotics are carbohydrates and dietary fibers* that cannot be digested; insulin, gums*, resistant starches* and more.



While we need both sugar and fat to survive, eating foods that are highly processed and refined can upset your microbiome.

Those kinds of foods are usually high in fat, making them hard to digest.^[2]



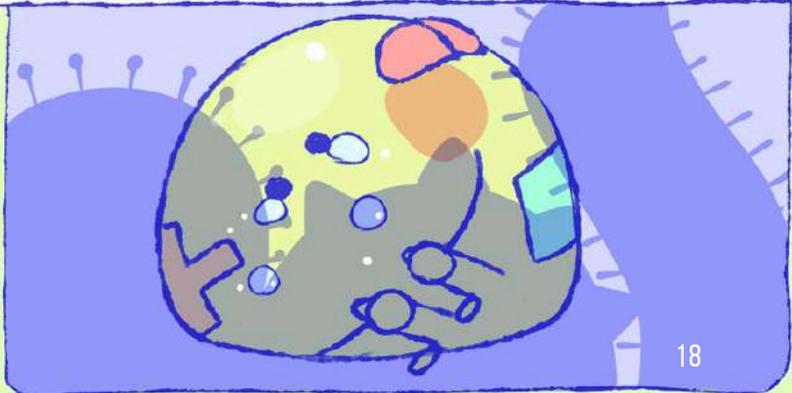
To ensure a healthy and happy microbiome, we should eat foods rich in dietary fibers.^[3]

You can consume dietary fibers from :

Fruits, legumes, veggies, oats, grains, lentils, and even dark chocolate.

Furthermore, an overabundance of sugar and fat can disrupt the balance of "good" and "bad" bacteria in your microbiome.

An unbalanced microbiome struggles to absorb nutrients.^[2]



Overall, the food we consume can do more than just nurture us, good food can keep us emotionally strong.

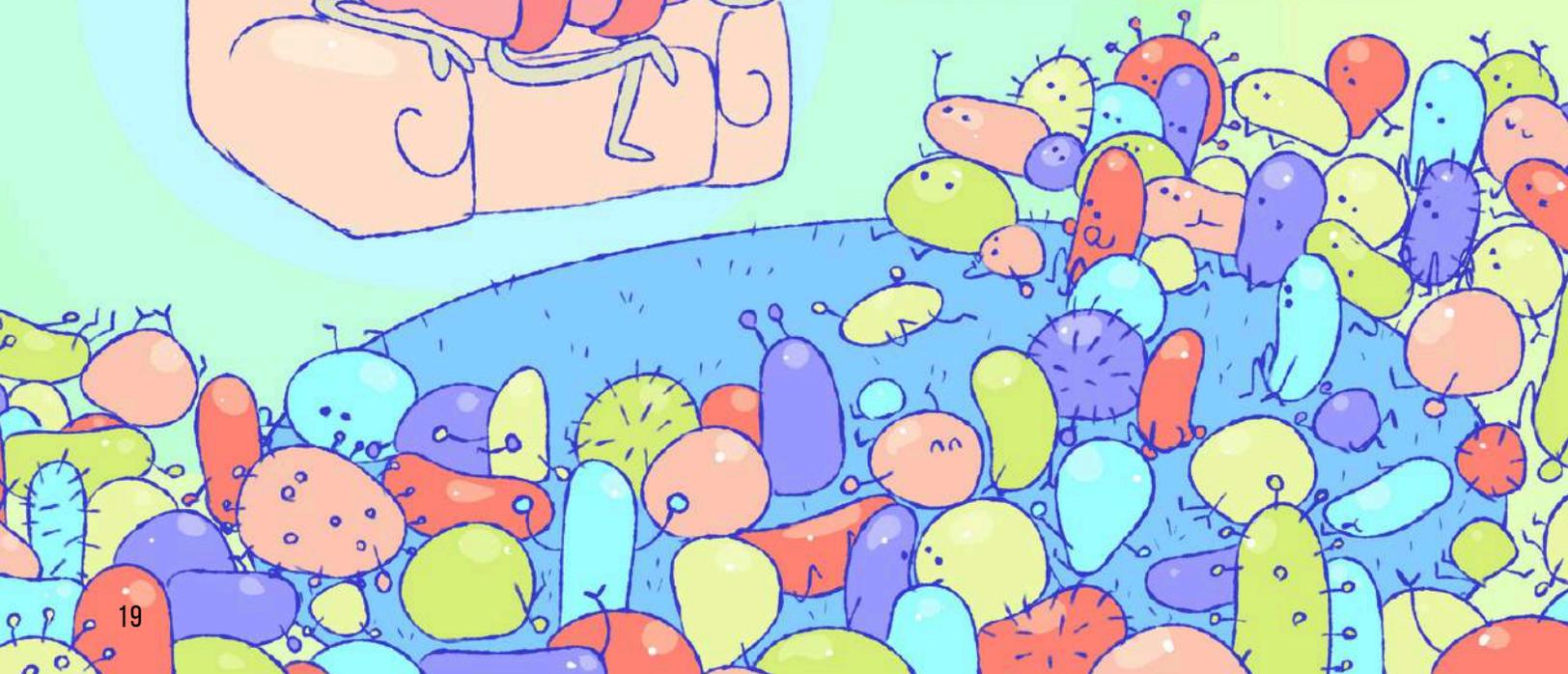
Our bodies work hard to get us through the day, the least we can do is provide the proper nutrition it needs to thrive.

So when we are cranky, happy or sad, it could just be our gut talking...



...
and that is why
food affects our
mood.

Go make yourself a
sandwich.



◆◆ INDEX ◆◆

Microbes: Another word for microorganisms.
Some examples in our bodies would be bacteria, fungi and parasites. [3]

Cranial nerves: These nerves are directly connected to the brain. Cranial nerves are mostly responsible for facial functions as you can guess from their names.

Dietary fibers: It is a part of plant-derived foods that are not broken down entirely by the human digestive system. [5]

Gums: They are a soluble fiber which means that they require water in order to dissolve. Some examples of gums would be guar gum, xanthan gum, and acacia gum. [6]

Resistant starches: a type of carbohydrate that resists digestion throughout the small intestine and seethes within the large intestine. [7]

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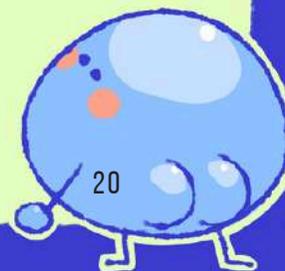
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BREAKING THE SILENCE

DESTIGMATIZING MEDICAL CONDITIONS

AS TOLD TO ESTY ROSENFELD



About this series:

This series aims to raise awareness about different medical conditions through storytelling and information.

The beginning

In 2019, I fell into a very intense, depressive and dissociative state. At some points, I felt no connection to the word “I”, so I thought of myself in third person. I was literally crying all the time for no reason and it wasn’t cathartic.

I went to see my general practitioner who prescribed an antidepressant. It put me into hypomania. I was in a really good mood, euphoric and very bouncy. My thoughts were racing. I did not feel like I needed to sleep so I would stay up all night reorganizing my closet. I was experiencing paraesthesia, crawling sensations on my skin. I felt like I was on the level of the geniuses in history because a lot of them were also crazy.

“The Watcher” in me was aware that I was acting irrationally and didn’t want things to worsen. The hypomanic part of me, “The Doer”, was doing all the things and wanted to have visual hallucinations to see what they are like and to see demons.

Changed over a night

One time, I stayed up all night. In the wee hours of the morning, I started hearing voices. It felt like I was eavesdropping. Every voice was coming from its own location in my room. They each had different ages, genders, sexes and ethnicities. What they said made no sense. In the morning, I was kind of scared but I was also hypomanic so I thought it was cool that I had heard voices.

WHEN I FELT DEPRESSED OR UNWELL I STRUGGLED A LOT WITH THE URGE TO INDUCE HYPOMANIA TO FEEL BETTER. HERE IS A POEM I WROTE ABOUT THAT:

the knife, held by my hand
harsh slices of
choking limitations i
yearn for vices i
like things that are
not for me self-sabotage
calls an alluring song
drugs sing in my blood

if only i could escape
this twisting reality
carve out veins of self-sacrifice
turn into an abstraction
of myself and this
situation

yet i with my
dream-severed logic
am pulled to dark waters
a unbalance of
neurons and synapses
caustic chemicals burning
urgent, uneasy yearning

this desire it's a
knot of want it's a
lot of want it's a
sinuous snake
strangled around my throat
smearing purple bruises
and i fear i shall choke

I called my GP who put me on an antipsychotic. He thought I might have scitzo-affective disorder bipolar type. This diagnosis was very surprising for both me and my parents because we have no family history of any sorts of mood disorders or psychotic disorders.

A side to the side effects

It didn't start working right away so I still had subtle hallucinations. When I was lying in bed at night and looking at my furniture or the walls, they seemed to be breathing or underwater. I saw spiders that would disappear when I came closer to them. It eventually did start working.

Antipsychotics often affect your dopamine supply which is responsible for movement. I ended up with drug-induced Parkinsons.

I experienced dyskinesia. My arms and legs would spasm and contract on their own. It was extremely painful. The first time it happened to me, I took an Uber to the emergency room. They had to give me medication to stop it from happening. It did happen a few other times after that but the medication took care of it.

Because I was so out of it, I didn't realize I was really depressed. I thought this was the normal part of getting better. Every day, I would wake up, go to class, come back home and sleep 16 hours.

I was experiencing really bad mood swings. I would be hypomanic one evening and then suicidal and crying on the bathroom floor the next morning. Because nothing seemed to trigger my episodes, I had to learn how to deal with them once they happened.

Try again

One day, my parents told me that they didn't recognize me anymore. I went back to my psychiatrist and she switched me over to a different antipsychotic.

After a while, my moods were steady but I was still pretty depressed. Since I had experienced psychosis, I was put on an antidepressant not known to cause mania or hypomania. I finally received a proper diagnosis. I have a mood disorder not otherwise specified with psychotic features.

This combination of medications worked and I've been on them since. I was really lucky because it can take people years to find the right regimen.

SOME PROSE:

Today is a dysphoric day. Small things, like fine grit on my skin, chafe at me. I feel sideways and slanted. I don't quite fit into my skin the way I'm supposed to. Everything around me seems flat and lifeless, like cardboard cut-outs. One-sided and two-dimensional. My chest is an empty set of drawers. My mouth is a bathroom sink and my eyes are faucets. Tears, like water, drip slowly down my face. My sense of self is slowly eroding. I wish to cease existing. Sorrow pools at the bottom of my feet and vines twist around my throat. Boredom blooms within my empty chest. Teeth scrape and bones crunch. The whisper a page makes as it is turned sounds loudly in my head. I am drained of all that makes me alive. I remain but a consciousness, a white wisp, like a flame flickering in the wind. Dust sights through the caverns of my hollow bones. My name echoes strangely in my ears. I wish I could flatten myself and fold myself up, like a piece of paper, slip myself into a crack, and remain there, untouched and unseen. People's gazes burn my skin and their words claw at my ears. I want to dissociate. If you peel back my skin, there is emptiness underneath. Time is arbitrary and a meaningless construct. Hours mean nothing. This moment stands still, and you experience it over and over. There is no continuity, just endless repetition. Time is thus dead, and sleep will bring me no rest tonight.

Habits and Coping Mechanisms

Other things I used in addition to therapy were meditations, journaling and poetry.

I worked very hard not to develop unhealthy coping mechanisms and I'm proud of that. I tried to stay away from alcohol, weed and cutting. If I was ever feeling off, angry or depressed, I would just go to bed because I didn't want to deal with it.

My episodes never lasted long enough to receive a clinical diagnosis of hypomania. I felt like an imposter. The self-sabotaging part of me wished I was more mentally ill and that I would experience more trauma because only then would I have the right to my diagnosis.

Support in silence

My parents didn't want me to talk about it so only my doctors and best friends knew what was going on. I just told everyone else that I was depressed. I didn't really talk about my psychosis or hypomania. I wished that I was able to have support from my peers. Even if they wouldn't have been able to relate to or understand what I was going through, I would've felt less burdened. I felt isolated from both myself and the world around me.

Words of advice to those struggling

You are not going to get better unless you want to get better. You can't be passive and just sit back, take your medication and go to therapy. You have to put in the work and constantly stay on top of yourself.

Someone once told me that situations are constantly changing. Things may not be better right away but they will be different. Eventually, that different will hopefully be better. The only way out is through.

The name and all identifying details have been withheld for privacy.

Prose and poetry courtesy of the narrator.

The narrator can be contacted through The TAV Times.

If you'd like to share your story, email thetavtimes@tav.ca with 'breaking the silence' as the subject line.

HERE IS A POEM I WROTE WHEN I WAS HYPOMANIC:

hypomania

my brain is trapped in a vessel
 that's too weary of living life for
 the sake of a hurtling rock in outer space i have
 made myself small yet i contain
 multitudes my inhibitions
 swept away by a wall of
 rushing water i still
 don't recognize the
 face in the mirror money runs like water through my
 cupped hands
 the words that trip out of
 my mouth--
 you're hearing them for the
 first time too being in public is hard i have to force
 my face into some semblance of a mask
 the timbre of my voice does not
 match that of my thoughts i wish to carve open my back
 for some relief my hands are leaves in the wind
 life is too beautiful the ache is a slicing sharp pain in my
 chest a stab in the heart it beats painfully to the rhythm
 that all living things sway to

MOOD DISORDERS

information adapted from John Hopkins Medicine, NIH & EPI

NEARLY 1/10

PEOPLE AGED 18+ HAVE MOOD DISORDERS



MOST COMMONLY TREATED WITH MEDICATIONS AND PSYCHOTHERAPIES



INCREASED RISK OF HEART DISEASE AND DIABETES

TYPES OF MOOD DISORDERS

MAJOR DEPRESSION

Feeling sad, hopeless, loss of interest in usual activities for at least two weeks.

DYSTHEMIA

Low grade depression for at least two years

MOOD DISORDER RELATED TO ANOTHER HEALTH CONDITION

Triggered by a medical condition

BIPOLAR DISORDER

Alternating between episodes of depression and mania

SUBSTANCE-INDUCED MOOD DISORDER

Triggered by medicine, drug abuse, alcoholism or exposure to toxins,



PSYCHOSIS



DELUSIONS



DIFFICULTY FUNCTIONING



DEPRESSION



SLEEP DISTURBANCES



COGNITIVE PROBLEMS



DISORGANIZED SPEECH OR BEHAVIOUR



HALLUCINATIONS



SUICIDAL THOUGHTS AND BEHAVIOURS



ANXIETY



SUBSTANCE ABUSE

TAV + COMMUNITY

MESSAGE FROM THE DEAN

Dear students,

We realize online education has been challenging for some as we safely welcome you back to on-site classes on College premises. We continue to thoroughly respect sanitary guidelines, as directed by the government, to provide you with the safest environment possible. We are also proud to have opened our new 6-story C building as its construction has been completed just in time to welcome students for Fall 2021. As the weeks go by, more and more improvements will be made. Students now have access to a photocopier, a cafeteria, work spaces, microwaves, etc.

We strive for continuous enhancement of all students' educational experience, in class and on campus. Have a successful and healthy Fall 2021.

Elazar Meroz
Director of Studies

PHOTO : ESTY ROSENFELD



THE DEAN'S LIST

THE DEAN'S LIST RECOGNIZES EXCELLENCE IN ACADEMIC ACHIEVEMENT. THESE STUDENTS HAVE MAINTAINED AN AVERAGE OF 85% OR HIGHER IN THE WINTER 2021 SEMESTER (WITH FIVE COURSES OR MORE).

SCIENCE

- ZOHREH MOHAMMADREZAEI
- MYRIAM ABIKHZER
- YOSEF KALMANSON
- GITTEL SHIRA RAND
- SIERRA MROZINSKI
- YOUSSEF SAMAN
- RAND QADDOURA
- BENJAMIN COHEN
- FARID ABBAS
- ASIF ALI KHAN
- BENJAMIN CHENG TAN
- LESLY SOLANGE NKINDI
- ELIZABETH VYKHODTSEV
- ABDOURRAHMAN KARROUM
- MARIAH CHAPMAN
- VAIBHAV SOOD
- KARIN ETEMADI
- KAYLA HIRSCH
- SIMRANJIT KAUR

ARTS, LITERATURE AND COMMUNICATION

- JAMIE FRIED
- VU TRAN UYEN NHI
- LUISA RAMIREZ SEGURA
- ANTONIO ALTURK

SOCIAL SCIENCE

- ARINA PANTELEEVA
- ADAM SHIZGAL
- GIA KHANH LUONG
- NAOMI HIRSCH
- RANDAL ZELEDON MORA
- SINAN MA
- YONATAN OHANA
- ARI CONWAY
- KAYLA SHILLINGFORD
- BRIANNA SEECHARAN
- YUANTING WANG
- EVE AZARIYA

SPRINGBOARD

- ALEXANDRE LARIVIÈRE
- NOELIA PRIETO SCHWARTZMAN
- NARGES GOL MOHAMMAD HENDI
- DAVID MEROZ
- NONA NOURI
- SEBASTIANO FICARA
- MY TIEN BUI
- AMINA CATRUC
- AVA JASEMIAN



SUMMER INTERNSHIP

TAV STUDENTS PARTICIPATE IN A RESEARCH PROJECT

BY ESTY ROSENFELD
COVER IMAGE: CANVA

About the project:

In surgeries, there are usually infections that are localized. People have to be on both general and local antibiotics. This project aims to discover alternative ways to combat the local infections through being able to print materials that we can load with antibiotics.

The students were, first of all, trained in level 2 contaminant laboratory techniques which enabled them to work with basic human pathogens. Afterward, they were introduced to the concept of bio-printing on a sponges type of filament which has pores in it to be able to later implement and load the printed materials with antibiotics to be able to combat localized infections. They learned to troubleshoot different techniques to be able to print discs using a 3D printer and load them with different types of antibiotics while still ensuring that they were not contaminated and remained sterile.

Over the course of the summer, they perfected their technique to be able to see the efficacy of each disc and what is the best way to print it by changing different settings such as infill, types of patterns, and material. They then studied which one was able to combat bacteria for the longest.

- Elie Saadé, Lab Supervisor who trains the students and ensures the quality of the experiments.

About the students:

PHOTOS PROVIDED BY THE INTERVIEWEES



Zohreh Mohammadrezaee is a recent graduate of the Health Science program. She is currently studying behavioral neuroscience at Concordia University and hopes to pursue medicine and research in the future.



Lesly Nkindi is a recent graduate of the Health Science program. She is currently studying behavioral Biochemistry at McGill University.



Jialiang Li is a second semester student of the Health Science program. He hopes to study biochemistry and work in labs in the future.

How did you get the internship?

Z: Since I came to TAV, I have been interested in doing research. I always told Nima that I wanted to be involved in the research programs. Because of COVID, they had been postponed. After waiting for two years to participate, I was glad to receive an invitation to join the internship.

L: I had a 3D printing class with Dr. Rosenzweig, one of the instructors of the project. He mentioned that some students work in internships in the summer. I told him that I was very interested.

At the end of the semester, I was notified that there was an internship opportunity starting in June. I accepted the offer and started working.

J: I got the internship during the semester. Nima sent a Mio to all the students to let us know about the research program. I applied to the program and got in.

What was it like working in the research program?

Z: It was really cool because not everyone was allowed in the lab as it was a CL2 lab because we were working with specific bacteria. It felt like I was actually doing something which mattered.

We made lots of mistakes and would have to redo everything. It was frustrating at times but that is how science works. You only need it to work one time but getting there requires a lot of patience.

Most of the time, we had to discuss amongst ourselves how to proceed. We spent more time planning than doing.

It was supposed to be a 2 month internship but it ended up taking longer. They asked us if we were available to stay past the agreed amount of time. Because we knew that it could end up in publications, we all wanted to continue doing it.

L: I was expecting to have my tasks assigned to me but instead they told us that we had to come up with our own ideas, work on them and then present them. I was told not to look for instructions but rather to be more independent in my work.

We each did the same procedure but with different materials. There are many ways to approach a procedure and you can change variables to achieve different results. If I would mess up or rush, I was able to check in with the others to ask them how they did that specific task or for feedback.

J: Every morning, we'd discuss as a group what we'd like to accomplish. In the afternoon, we'd create a schedule to use the machine. We'd then project what we thought the results would be for our experiments of the following day.

In the beginning, we were making a lot of mistakes. Most of the data which is usable was collected in the last few weeks of the internship. I learnt how to fix my mistakes.

What did you gain from this experience?

Z: I learnt about the analysis of data and how to have a scientific perspective on how to approach and analyze things. It helped me to start thinking more scientifically. It taught me more about how research and experiments work.

This internship will help me because the major that I am interested in has a lot of biology. I'm more confident to now apply for a research assistant position.

L: It has taught me to be more independent. I learnt how to come up with ideas and share them with others so that they can give me feedback. I will definitely be using these skills in university.

I also enjoyed the team work. I didn't necessarily know what I was doing so it forced me to ask for help. In turn, I learned that it was a very effective way to obtain results.

J: I learned how to work as a team for an extended period of time. Group projects in school usually last a week or so but this was the first time I had to work with people for two months. The longer you work with people, the more probable it is for conflict to arise. We had to learn how to work through that. Overall, we worked really well together and got along.

It was my first research project. It taught me how to go about the experiments from beginning to end. We had to figure everything out on our own. I learned how to think critically and independently which are necessary life skills.

It was a really cool learning experience. We had the tools and knew our end goal but we had to figure out how to get those results.



PHOTO: CANVA

MATH COMPETITION

FALL 2021

Results of our internal math competition, Guinzbourg award, in Fall 2021:

1. Sefi Kalmanson (\$150 scholarship)
2. Gershoin Levin (\$120 scholarship)
3. Gitty Rand (\$100 scholarship)



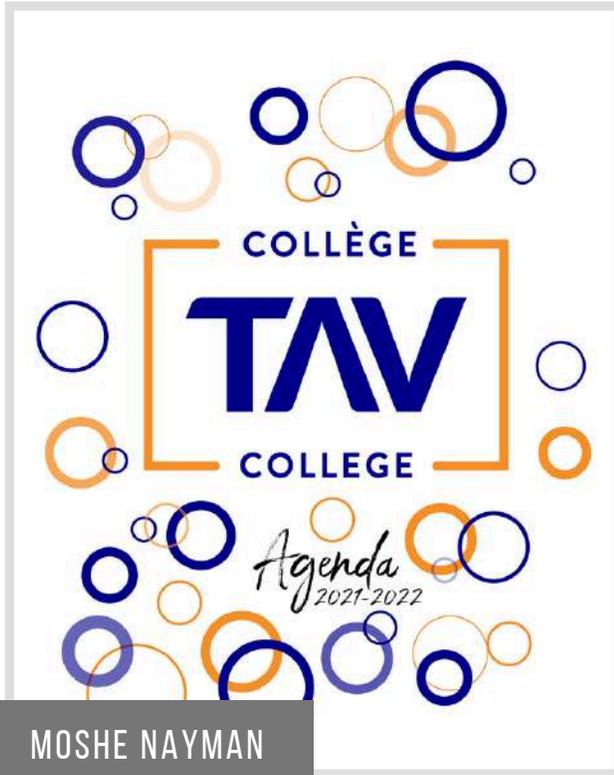
SEFI KALMANSON
PHOTO: JUSTIN HAND-GREGORY



GERSHOIN LEVIN
PHOTO: JUSTIN HAND-GREGORY

The following 5 students are invited to participate in the national competition:

- Sefi Kalmanson
- Gershoin Levin
- Gitty Rand
- Cezar Gonzales Castandea
- Shmuel Weinbaum



MOSHE NAYMAN



LUISA RAMIREZ

TCSA: HOW IT STARTED, WHERE IT'S GOING

AN INTERVIEW WITH
JUSTIN HAND-GREGORY,
TAV'S STUDENT EXPERIENCE ADVISOR

BY ESTY ROSENFELD
PHOTO PROVIDED BY JUSTIN HAND-GREGORY



Why did you start the TCSA?

We wanted to give students experience in things like leadership, project management and budgeting. The jobs are mainly geared towards pre-university students who are looking to add something to their university and/or job applications.

We didn't have any clubs beforehand aside from The TAV Times. We wanted to have an umbrella club which would be in charge of managing and helping out the other clubs. We started it in 2019. We add structure to it every year.

What are some important things that are important in a team?

My optimistic goal is to have 4 executive positions. My idea was to have people from very specific programs fill each of these positions.

The president would optimistically be from the Social Science program because they are studying political science, law and also cultural context. The president, for me, is the most important position to be selective about. It should ideally be someone who wants to be a leader, has past experiences in leadership positions and who wants that experience. They should also be someone who can be understanding, patient, manage a team and is open to criticism.

What's the ideal relationship between the TCSA and the clubs?

The TCSA would meet weekly and discuss what's going on in the other clubs, how can they help them, where are they holding and things like that.

The VP of operations would be in charge of getting resources, materials and equipment for both the TCSA's events and for the other clubs. Optimistically, they'd be in charge of communicating and checking in with the leaders of every club.

What is your vision for the TCSA?

There are two things which I hope happen over the next five years.

We have the new building which will bring a lot more space and resources. In the new building, we have a lot more private study rooms. I'm envisioning those as club rooms. We'll maybe put a schedule outside the door so clubs can reserve them to meet. One thing that we are currently lacking is a place for clubs to call home.

The next thing, which will be a huge project, would be to add a student association fee to every student who registers at TAV. That fee would work towards giving the TCSA an actual budget which they can use. Working with a budget will create a lot more work for the club but it's definitely doable. It's just a matter of thinking how we will get to that point.

Ten years down the road, we'd have the TCSA think about how we can help every single type of student at TAV. We currently have a lot of international students and AEC students but we are mainly catering to the pre-university students.

What are the steps you are taking to get to that point?

Every year, I listen to the executive cabinet and I take notes on what is and isn't working. Each year, I'm noticing that the implemented changes are working better.

Eventually, we'll have the current team help find the next year's team. They'd be able to train them in. The new team would be able to hit the ground running right away.

Current clubs at TAV:



THE JOURNALISM CLUB



TAV ENVIRONMENTAL
CLUB



TAV ROBOTICS AND 3D
PRINTING CLUB



THE ART & MUSIC CLUB



DIGITAL MARKETING CLUB



CHESS CLUB

TCSA TEAM

2021-2022



Michael Bloom, President

Hello, everyone. I am the president of the TCSA. I am in the Arts, Letters and Communications program. The reason I joined the student government is that I wanted to make student life more enjoyable, whether it's by making slight adjustments to facilities in the school or making new clubs, or even running events. My goal is to make changes that stay with this college for a very long time and make everyone's experience the best it can possibly be. My mandate as president is also to introduce sports teams here at TAV for the first time. This is a vision that is slowly coming to fruition as our first hockey team has been created.



Narissara Namkhan, Vice President of Finance

Hello friends and classmates! I'm your Vice President of Finance. I joined the student government in hopes that we can bring our school to great heights!



Lucas Yifru, Vice President of Communications

Hello fellow students! It's your Vice President of Communications. I am part of the Arts, Letters and Communications program. I join the student government to provide opportunities and experiences for students, all while making the academic journey one to remember!



Saiyed Safwan Edroos, Vice President of Operations

Bio: Hello, my name is Saiyed Safwan Edroos. Yeah, I know... it's a long name, but you most probably still did not pronounce it properly anyway, so it's better to just keep it as Saiyed. I am a student in the Internet Marketing program and I am your appointed VP of Operations this year. So, in that case, you might see more fun activities and events throughout this period. To make TAV a more interesting and exciting experience, every suggestion will be appreciated and is welcomed.

TAV DEBUTS A HOCKEY TEAM

AN INTERVIEW WITH MICHEAL BLOOM

BY ESTY ROSENFELD

PHOTO: CANVA



Why did you start the hockey team?

When I was in 9th grade, I put together the hockey team. We got into a league. It's still going now and I have continued to help with that.

I thought it would be fun to put together a hockey team here because there aren't any sports teams at TAV. I'm passionate about hockey and I know a lot of my friends are too. I decided to start a team. I had actually had everything set to start in 2019. The dean was about to sign the contract but then the school closed because of COVID.

How did you put the team together?

Right now, I'm trying to put together a team, make jerseys and find an arena. We don't have a full team yet because getting vaccine proofs has proven to be an issue. We have 15 people so far and we are supposed to have 20. There's no tryouts right now because we are just starting out. We'll most likely have a wide range of levels from beginners to very experienced players.

Where do you hope this goes?

I hope to get into a league with the other CEGEPs. I've been talking to students who play hockey at Vanier, Dawson, Marinopolis and Champlain. We can't make the league this year because of COVID protocols but we will start in the winter semester.

If you have an idea for a team name, want to help create a logo or want to join, email Micheal at president-tcsa@tav.ca.

LIFESTYLE + CREATIVITY



PEACE AND COMPASSION BEGINS ON YOUR PLATE!

A VEGAN OR VEGETARIAN DIET IS ONE OF THE
BEST WAYS TO CONTRIBUTE TO A BETTER WORLD

BY: LUISA RAMÍREZ
COVER IMAGE: FRANCESCO PITARRESI

There are many questions that frequently haunt my mind such as the origin of life, what happens after death and what is the purpose of my existence. These are surely concerns that most people ask themselves and the answers may vary according to religious beliefs, education, family context and lived experiences.

In my case, I consider that the purpose is to strengthen my spirituality, advance in my process of personal growth and contribute to other people's journey. In this constant search, I have found that one of the most effective ways to contribute to a better world is through the way we eat.

Incorporating a vegan or vegetarian diet is one of the best ways to be an agent of change and contribute to a more compassionate, peaceful and sustainable world.

Veganism and Vegetarianism

According to the Vegetarian Society, vegetarians do not eat the products or by-products of animal slaughter. Their diet does not include meat, poultry, fish, insects and so on. However, they consume eggs, dairy products and honey.

On the other hand, according to the Vegan society "Veganism is a philosophy and way of living which seeks to exclude all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose."

Although there are many myths on the subject and the industry has tried to make us believe that meat is essential for a balanced diet, the American Dietetic Association considers that "Well-planned vegan diets are suitable for all stages of the life cycle, even during pregnancy, lactation, infancy, childhood and adolescence."

Powerful reasons to be a Vegetarian or Vegan

- To avoid cruelty to animals

According to PETA (People for the Ethical Treatment of Animals,) which is the largest animal rights organization worldwide, in the United States, 99% of the animals used for food are grown on massive "factory farms" where they live in wire cages, metal boxes, and cramped structures that are often littered with animal droppings and where there are no windows or natural light. Most of these animals do not breathe clean air until the end of their days, when they are transported to the place where they are slaughtered.

As stated by PETA, animal rights are vulnerable when they are used as a source of food, clothing, entertainment and experimentation. According to this organization, these are some situations where suffering and pain are generated in animals:



In factory farms the space is limited and animals cannot even roll over or lie down comfortably.



The animals are fed antibiotics so that they grow rapidly and survive in unsanitary conditions.



Genetic modification is common on factory farms to increase milk and egg production. Some chickens that are injected with hormones grow excessively so their legs cannot support their bodies and they suffer from hunger or dehydration from being unable to walk to eat and drink water.



PHOTO: JULIA VOLK

Calves are taken away from their mother within 24 to 48 hours. This situation is traumatic for both.



PHOTO: JO-ANNE MCARTHUR

When animals are raised for food and their bodies are wasted from the production of milk or eggs or they have grown enough, they are transported long distances without food and water. Many animals remain conscious while they are being slaughtered.



PHOTO: ALEXA_FOTOS

Thousands of animals are blinded, poisoned and killed every year to carry out experiments and develop products in different industries such as personal care, cosmetics, chemicals and so on.



PHOTO: ARTHOUSE STUDIO

Like other animals, fish have a nervous system and pain receptors. Shellfish are also capable of feeling pain.

- To contribute to the environment

In his Book “How to avoid a Climate Disaster”, Bill Gates mentions that one of the main reasons for deforestation is the use of the land for raising livestock whose meat and derivatives are offered in the food industry. In addition, the decline in trees and inappropriate uses of land represents an increase of approximately 1.6 billion tons of carbon dioxide to the atmosphere and the destruction of wildlife habitats.

The author says that the production of meat and dairy products also increases the demand for food. For example, to get one calorie from poultry, a chicken must get two calories from grains and to get one calorie from beef, a cow requires six calories from grains, increasing the exploitation of the land.

Another factor mentioned by the co-founder of Microsoft is that raising livestock for meat and dairy products increases greenhouse gases. Cows and other ruminants produce methane when they burp and fart. Also, when poop decomposes, it releases methane, one of the main contributors to global warming. The Climate and Clean Air coalition estimates that “the agricultural sector is responsible for around 40% of global emissions of black carbon and anthropogenic methane.”

“THREE TIMES A DAY, I REMIND MYSELF THAT I VALUE LIFE AND DO NOT WANT TO CAUSE PAIN TO OR KILL OTHER LIVING BEINGS. THAT IS WHY I EAT THE WAY I DO.”
– NATALIE PORTMAN

On the other hand, raising livestock requires a considerable amount of resources such as land, energy, and water. According to PETA, “producing 1 pound of meat requires more than 2.400 gallons of water; producing 1 pound of wheat requires 25 gallons of water.”

- To improve health

According to Winston J. Craig and Ann Reed Mangels, authors belonging to the American Dietetic Association, a plant-based diet may prevent diseases such as diabetes, obesity, gallstones, osteoporosis, gallstones, heart disease and different types of cancer such as colon, lung and breast.

- To build a better world

A vegan or vegetarian diet reduces suffering, pain and killing and promotes compassion that should be shown to all human beings and animals who also feel and deserve our respect. In addition, it is a lifestyle that would contribute to the sustainable development of our planet.

“Three times a day, I remind myself that I value life and do not want to cause pain to or kill other living beings. That is why I eat the way I do.” – Natalie Portman.



To Know more...

Paul McCartney Video:

"If slaughterhouses had glass walls everyone would be vegetarian."



www.happycow.net



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<https://weanimalsmedia.org/>



An animal photojournalism

NETFLIX

COWSPIRACY

SEASPIRACY

MY OCTOPUS
TEACHER

THE GAME
CHANGERS



MTL IN B&W

BY ALEJANDRA ALVAREZ







MEET OUR TEAM

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