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A REPUTABLE STUDENT NEWS PUBLICATION FOR YOUR INFORMATION AND ENTERTAINMENT



CREATIVITY



MEET OUR TEAM

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Harmanjeet Singh

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IN ASSOCIATION WITH @YELLOWWILLOW



Dilshaan Deep Singh



THE POWER OF IMAGINATION

BY SIMRAN KOHLI
PHOTO SOURCE: SIMRAN KOHLI

IMAGINATION:

“You can’t depend on your eyes when your imagination is out of focus.”
—Mark Twain

Imagination is like a soul to its body. According to the Merriam Webster dictionary, “The act or power of forming a mental image of something not present to the senses or never before wholly perceived in reality is what we call imagination.” Everyone has an imagination. It is an important part of the human mind.

*Short-story writing
competition
Nov 20th to Dec 11th*

Tell a story of a scar, a physical or emotional one (can be fictional) and stand the chance to win a 75\$ amazon gift card!

All you need to do is :

1. follow TCSA and TAV
2. write a maximum of 300 words
3. submit your story as pdf or word to "vpcomms-tcsa@tav.ca"
(one submission per participant)

Positive VS Negative Imagination

Positive Imagination:

E.B. Kevin defines imagination as what we create in our minds. Positive imagination, then, can be defined as the ability to visualize the things that we crave. Positive imagination works in tandem with the law of attraction. Simply put, the law of attraction states that positive thoughts attract positive results and negative thoughts attract negative results. If you are habitually thinking of abundance and good health, you will inadvertently put yourself in a situation that allows you to receive these things. The imagination works based on the state of your mind. Here's an exercise that E.B. Kevin recommends you try: every day, spend at least 15 minutes imagining the things you desire until you get them. Using positive imaginations will make you feel good and believe that you can get the things you desire and imagine.

Benefits of imagining positivity:

- It sharpens your focus.
- It gives you a can-do attitude in life.
- It increases your creativity.
- It allows you to tap into your subconscious

Negative Imagination:

E.B. Kevin defines negative imagination as all the negative ideas and images that can completely take over our minds. The negative thoughts come mostly from the fears within us. Whenever we are afraid, we predict negative outcomes to the situations we are dealing with in our lives. For instance, if you are afraid to fail an exam, you'll imagine yourself failing it. Negative thoughts also come from the things you see and hear. Right now, the pandemic is on our nerves. Everyone is afraid. Listening to the news may make us feel anxious and depressed. We should try to eliminate things that cause us to have negative thoughts from our lives such as watching news channels which predict doom, certain movies, and hanging out with pessimists. Instead, try listening to positive music, reading inspirational books and spending time with people who uplift your spirits.

Ways to Uplift your Imagination:

According to an article written by Siobhan Harmer there are several ways to boost the imagination.

Know your worth:

Everyone should realize their potential and then they should try to work according to that. Think about what you are capable of accomplishing and act upon those thoughts.

“The only person you are destined to become is the person you decide to be.”

—Ralph Waldo Emerson

Mindfulness:

“Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and the surrounding environment.” With this practice comes bright colours and a heightened sense of self-awareness. Use this new way of looking at the world to tap into your artistic juices.

Clear your head:

Exercise and meditation helps calm the noise in your mind.

Never underestimate the power of meditation and exercise.





AN INTERVIEW WITH THE PRESIDENT OF THE TAV COLLEGE STUDENTS' ASSOCIATION

Tell us a little bit about yourself:

My name is Karin Etemadi and I'm a science student. I am now the president of the TCSA. I like to work with my peers. My objective is to help them try to achieve what they want in life. Everyone of us may have different goals and we should use our talents together to build something greater. It's not like one person can do something perfectly. There may be some exceptions but mostly not. In my opinion, it's just finding those people, involving them in what they can do best and encouraging them to go beyond what they think they are capable of.

Why did you run in the TCSA elections?

The reason I ran for TCSA was because I felt TAV, as a community, was lacking a lot. I see my friends think there should be changes made but none of them stepped up to implement their opinions. I know what people are complaining about so I decided to just go for it and do it myself.

What would you say is your main objective in your position as president?

As the president of TAV, my whole ideology is to promote a sense of community. I want to make things possible for the students. I want to help create opportunities for their future. For example, we're planning another event like the stress management one, to help students acquire the skills they need to nail an online interview.

What are some of your goals?

I want to raise awareness about our community to high school students. I would like to be an advocate for change to ensure that some of the students' basic needs are met and change will be implemented into the new building. For example, I'd like to make sure that there will be a library that students will have access to in person and online. Students care a lot about their studies.

What is your vision for TAV?

As a freshman, I was lost. I didn't know anybody, I didn't know how to move forward or the available opportunities. I feel like, as a community, we have to welcome them and show them how to move forward. It may be because I was coming to a new place but, it's also the responsibility of the college to create the right atmosphere.

My personal dream for TAV is to make it more known. I want to initiate collaborations with other colleges in Montreal and I'd like to create more opportunities for students. I want everyone to have an enjoyable year, despite being online and I want people to experience positive change.

Explore and ask questions:

Always be curious and most importantly, actively listen to others without trying to formulate your reply. You have so much to learn from your peers. Inspiration can come from anywhere and can take you by surprise.



Decide where to focus your energy:

If you imagine your success, you will create a path for success to find you.

Let go of your preconceived notions:

What is it that you have always told yourself? Stop thinking negatively about yourself. Always believe in yourself.

Make time for yourself:

Take time to just be. Life is about creating a balance. Let your imagination run free and discover the most magnificent version of yourself.



Now, I would like to sum this up with some quotes which will, hopefully, change your attitude:

“Trust that little voice in your head that says, 'Wouldn't it be interesting if...', and then do it.”

- Duane Michals

“Imagination creates reality.”

-Richard Wagner

“The man who has no imagination has no wings.”

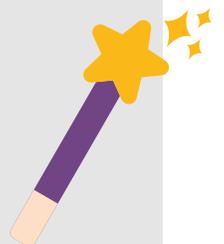
-Muhammad Ali

“Laughter is timeless, imagination has no age and dreams are forever.”

-Walt Disney

“ Reality leaves a lot to the imagination.”

- John Lennon



NEW PROGRAMS COMING TO TAV

BY ESTY ROSENFELD



Personal Training

TAV is bringing back its personal training program. The college is working on implementing changes to the structure such as adding courses in nutrition. Additionally, the staff is advising the college on how to set up the new gym.

Computer Network, Architecture and Management

This program trains individuals to practice the profession of a network administrator (CNA) or a network technology technician.



Project Management

This program is geared to train students to act as technical support for a project manager or work as a project manager for an accounting firm or a company's human, financial and material resources.

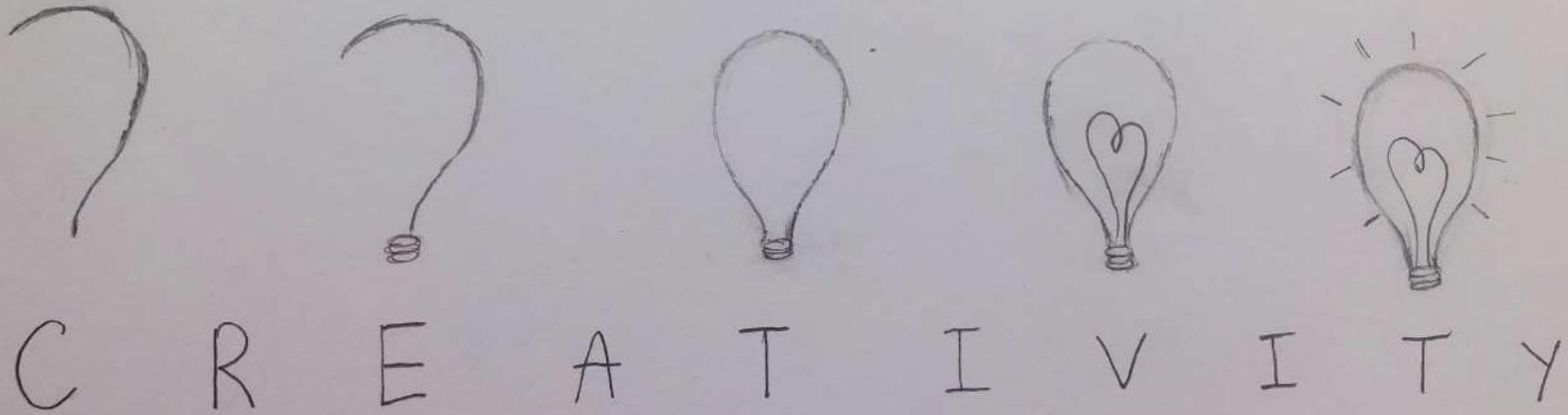
Inclusive Intervention

TAV has reinstated its inclusive intervention in the childhood education program. It's geared towards graduates of early childhood care who wish to specialize. TAV has a partnership with the Commission Scolaire de Montréal which takes a large number of students on as employees. The college is additionally in the process and final stages of negotiating a partnership with the Centre Intégré Universitaire en Santé et Services Sociaux that will also be hiring students from the college.



Physical Education

The college may start offering gym classes throughout the year in addition to the intensives.



CREATIVITY IN PROBLEM-SOLVING

HOW DOES PROBLEM-SOLVING CREATIVITY APPEAR IN OUR DAILY LIFE?

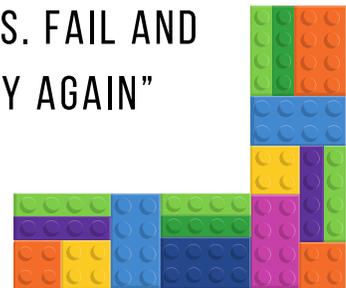
BY GIA KHANH LUONG
DRAWING BY GIA KHANH LUONG

Problem-solving is the ability to find out the ultimate goal of a problem by applying the proper rules or methods.

In alma maters, it is crucial to apply appropriate methods that enhance problem-solving skills. According to India Today, pupils are mostly instilled with conventional methods or rote-learning which are based on memorization and repetition to answer any questions. Therefore, these rules give students particular ways of problem-solving to come up with exact answers. Consequently, pupils are confined within those methods and solve unexpected problems independently. According to Rohan Mathur, a marketing director of The Lego Group, creative problem solving needs to be developed due to its importance in contributing to children's success. Lego



**“EXPERIMENT.
FAIL. BREAK THE
RULES. FAIL AND
TRY AGAIN”**



contributes to children's creativity by its implementation of the cycle of human creativity “Experiment. Fail. Break the rules. Fail and try again”.



ELI MEROZ, DIRECTOR OF STUDIES
PHOTO SOURCE: ESTY ROSENFELD

an ongoing process. We can't get too far ahead of ourselves because we are not a hundred percent sure what is going to happen in September. We might have to do things in phases.

One thing that TAV is known for is the family and homey feeling. With such a big expansion coming up, what are the foreseeable implications it'll have on the school's atmosphere?

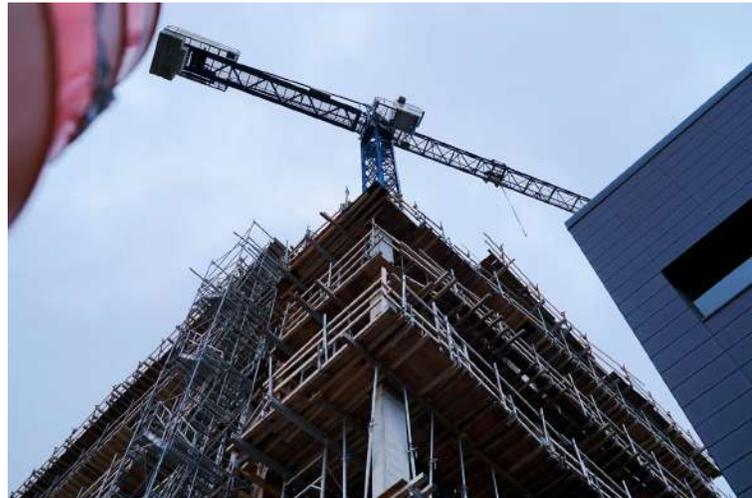
I've been with the college for twenty five years. It's the only way I know how to function. This is the type of staff we try to hire. It is our mission statement to create that type of environment. We absolutely want to maintain that. The fact that we have a new building, I don't think it'll change it.

We have been very proud of this homey atmosphere and that we are able to maintain that in the face of such a tremendous diversity of clientele. If you look at the mix that we have here, none of the conflicts or animosities which may exist are allowed to spill over here. It's not because we have to actively stop it but it's because we actively try to create

an atmosphere where everyone works together. When you get down to it, everyone really wants the same things and so there isn't much of a difference between people. We try to focus on that.

We are hoping that places for students to get together and the study rooms will enhance the approach that we've embraced until now.

We will obviously run into some hiccups along the way because as you grow, there are some growing pains. We're ready for it and very optimistic.



BUILDING C PROGRESS
PHOTO SOURCE: ESTY ROSENFELD

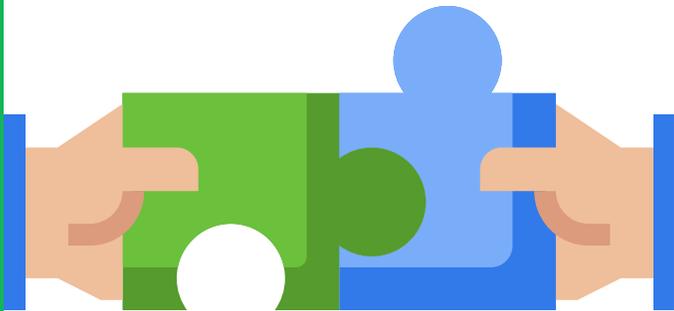
In the pandemic-stricken world where most schools are remote, teachers and school administrators are trying to alter their learning methods due to this unwanted impediment. As reported by The New York Times, Emmie Galan, a physical education teacher, asked that her students walk around their neighborhood while she was riding a bike, showing them some of the city's landmarks in her virtual class. This abnormal time period also required Derek Eckman to come up with different ideas for his students in a physical education class. For certain sports where equipment is required, he suggested his pupils find any other objects that were alike to the one necessary, due to the lack of school equipment. Therefore, creativity has played important roles in how the education system has dramatically changed. To manage during this abrupt transition, creative plans have been implemented to adapt to the educational system and to foster children's motivation.



creative problem solving of anonymous issues. Being aware of these circumstances, several medical schools and foundations have built programs that aim to spark curiosity in young doctors. Thus, creative problem-solving plays an important role in developing medical jobs.

Creativity in problem-solving is subtle in most professions such as lawyers, police, mechanics, managers, marketing, etc. Advocates need to be innovative and creative when an unpredictable situation catches them by surprise and they must skillfully manage to go through and complete their mission of defending. Fields that handle security need creative people that are equipped to deal with different criminals. It is the same case for mechanics or managers, where creative problem-solving acts as a boon to elevate and accomplish work qualities. Most jobs are filled with unique problems that require creative people who can manage and overcome these problems.

In a nutshell, creative problem solving plays a significant role in the educational system and jobs successes so it is imperative to develop this skill from now on!



Education is not the only field where creative problem solving exists, it's also required in the field of medicine. David A. Shaywitz has demonstrated how innovation and creativity are pertinent to the development of medicine. In his article, he claimed that in this rapid world where the high amount of throughput is more concerned, there is less room for innovation of unknown maladies. The frequency of repetition of well-known health problems has overpassed that of

How do you think this new building will change the school?

First of all, it will give us the ability to greet many more students. The more students that we can greet, the more diverse and dynamic the type of population that we can have will be.

The other difference will be in our visibility. People want to be part of a school that is growing and visible. It will be a beautiful building and there is a certain pride in being part of a school that's growing, visible, successful and whose graduates are doing very well.

DESIGNED BY JANIS DESTINES, DESIGNERS ASSOCIÉS



NEW CAFETERIA AND WORK AREA



LARGE STAIRCASE WITH CUSHIONS TO SIT ON

I also see it as a place for students to gather. By having a library in the new building, the large staircase where you can sit on cushions, a work area and nice furniture, it'll be a beautiful place for students to hang around and feel like they belong.

Another thing that it's going to do is that by having this library and extra classrooms in the new building, we are going to be changing the gym services. Right now, we have a gym on the sixth floor. We are going to be bringing the gym down to the second floor of building A. We are planning to use the whole second floor which was originally the idea in this building. What is currently the Mac lab will be the weight room. The two huge rooms that we have right now will be transformed. One will be geared towards cardiovascular exercise activities like ellipticals, treadmills and rowing machines. The other room will be used as a studio for dance, zumba or any kind of group fitness classes that we may need.

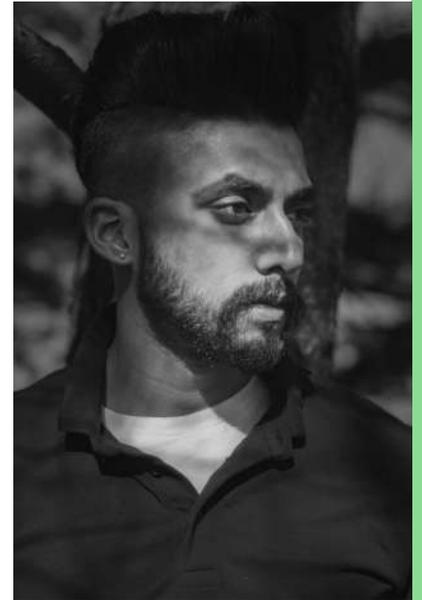
Students will have access to the gym for free and then we might bring people from the outside so we can justify bringing in many more group activities. By having these additional services, I think it will greatly enhance the students' experiences.

How have you been preparing for the school's expansion?

The problem with preparation right now is that we are all in the dark. I am functioning on the assumption that we are going to be greeting students but it's not clear. We have a couple of new staff members who are going to be starting. We've been expanding our programs. A lot of our teachers are part time and they are interested in working more hours. We've been adding extra programs and we are currently in the process of hiring teachers and coordinators for them. It's

CAPTURING THE HEART OF MONTREAL

BY DILSHAAN DEEP SINGH



BUILDING C UPDATES

AN INTERVIEW WITH ELI MEROZ,
DIRECTOR OF STUDIES

BY ESTY ROSENFELD



BRICK INTEGRATION FROM THE OLD BANK AND THE CORTEN WALL

What are some updates you can tell us about the new building?

The building is progressing quite well. We expect that the building will be ready around March or April. We may use the building for the summer session which is more for international students. Our hope is that by September, everything is back to normal and students are in class. Then, we will need the other building which will certainly be ready by then.

Has there been any changes in the building plans?

Whenever you do construction, there are a lot of little issues that can come up but not anything that a student would notice.

There are two points to the building which some may see as an interesting feature and others may say that it's a big waste of money. If you look at the design of the building, the bricks on the facade of the building will be taken from the original bank which used to be there. The city required that we preserved those bricks and find a way to integrate them into the construction of the new building to pay homage to the old building. We find it silly, frankly, to use old bricks on a brand new building but they would not give us a permit if we would not integrate that element.

Another thing we have is what is called a corten wall. I personally don't like it, others may think it's really incredible. It will be used on both the front and back of the building. It's going to be perforated. That's a very expensive element to the building. It was not part of our intended design but the city would not approve our design of the building unless we came up with something very funky. We just kept coming with more and more plans. They were shooting them all down until we finally came up with this one and they said ok fine, now you can get your permit.



CORTEN WALL SAMPLE
PHOTO SOURCE: ESTY ROSENFELD



TAV + COMMUNITY

SCIENCE



SONGS THAT KEEP US CALM



1. HALLELUJAH - PENTATONIX
2. GROW - JEANGU MACROOY
3. GREEN LIGHTS & BLUE SKIES - GREGORY PAGE & JASON MRAZ
4. WHAT A WONDERFUL WORLD - LOUIS ARMSTRONG
5. LEAVE A LIGHT ON - TOM WALKER
6. I WON'T GIVE UP - JASON MRAZ
7. DUSK TILL DAWN - ZAYN & SIA
8. NO MATTER WHAT - CALUM SCOTT
9. THE ROSE - BETTE MIDLER
10. FALL ON ME - ANDREA BOCELLI & MATTEO BOCELLI
11. LOST BOY - RUTH B.
12. OCEAN EYES - BILLIE EILISH
13. ALMOST IS NEVER ENOUGH - ARIANA GRANDE & NATHAN SYKES
14. PRAYING - KESHA
15. THE PRAYER - CÉLINE DION & ANDREA BOCELLI



COVID CONSPIRACIES

AVOIDING THEM LIKE A PLAGUE

BY ESTY ROSENFELD

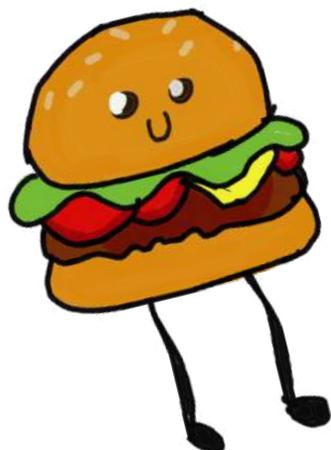
PHOTO SOURCE: ESTY ROSENFELD

Fake news. Dunning-Kruger Effect.

Now combine the two of them and BAM! There you have it. Some juicy news bits to repost or to wisely impart to your friends and family.

The thing about conspiracies, fake news and misinformation is that it spreads faster and has a broader reach than the facts and the truth. And don't blame it on the bots or the algorithms. A study done by three MIT scholars showed that humans propel falsehood at an alarmingly fast rate, six times faster, to be precise.

And then you become overly confident in the little bit of knowledge that you think is the truth. You mull over it and get into heated discussions over what the actual truth of the matter is. And congratulations! You've just earned yourself the Dunning-Kruger effect medal.



"I KNOW YOU LIKE ME"

ILLUSTRATED BY
HERVÉ MUGISHA

What would you add in conclusion?

A general way to replace meat (which is protein+carb) is by a combination of beans or nuts, with cereals. No need to reinvent the wheel, just make the same recipes, but slowly change the ingredients that are not needed anymore. Also, if it is just the taste of meat that you like, nowadays we have many options for fake meat. Burgers, sausages, salami, chicken, and more. Available at any store and online (Maxi, Wal-Mart, Metro, Provigo). People think becoming vegetarian costs a lot. This is not the case. I believe meat costs way more in the quantities that we take it. The first step is what you eat. Then maybe what you see, the music you hear, who you surround yourself with. Everything you consume makes up your building blocs.

Thanks to Sanprem and Harpreet for doing this interview. You can find them on Facebook under Kundalini Nomads. There, you will find videos of full yoga sets for you to follow along to! You can also attend live sessions every week via Zoom. With home confinement, the economy, politics and the winter setting in, now would be a good time to invest in our well being. Kundalini yoga can help us find that inner youthful energy and ease tension build-up in the body, mind, and spirit. Thank you.



LEFT TO RIGHT:

"ANKH PRE-DATES THE CROSS"

"CADUCEUS IS A SYMBOL FOR THE LEGACY AND PRACTICE OF
MEDICINE"

"THE SERPENT WAS THOUGHT TO HAVE CURATIVE
PROPERTIES"

ILLUSTRATED BY HERVÉ MUGISHA

According to Llaila O. Afrika, African Holistic Health:

"Cooked foods (fried, salty, sugary, slimy, pasty) causes a rise in organ temperature. The constant demand on digestive organs to try to metabolize cooked foods and neutralize the harmful chemicals made by cooked foods causes thermal fatigue. The United Nations World Health Organization data indicates that 97% of primary cancers start at heat exhausted organs such as the prostate."(pp. 199)

"Flesh eating increases the workload of the kidneys and liver. It is usually cooked, which dehydrates the meat and dehydrates the consumer of meat. Consequently, this decreases immunity and degenerates the body. Aside from this, the animals secrete adrenaline into their bodies as a reaction to the fear caused by the slaughterhouse. This adrenaline poisons the flesh, creates toxins and becomes a chemical stress when eaten." (pp. 215)

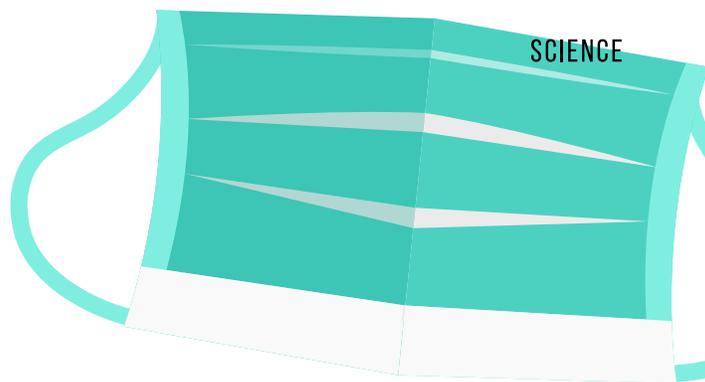
SPANDEMIC

Pandemic, quarantine, isolation, masks, PPE, sanitization, these are words we've heard and experienced ad nauseam. It can be really hard to keep your head on straight when there are differences of opinions even amongst doctors. So much information is going around and it is causing unnecessary panic and fear. This is what Sandra Hyde, an associate professor at McGill University calls an infodemic.

MASKS

At the beginning of the virus, there was a lot of talk about masks being ineffective, that people didn't know how to wear them properly or dispose of them properly. There was also concern that there weren't enough masks for essential workers. Then, suddenly, masks became recommended and then, soon after, became mandatory in enclosed public spaces.

One study, funded by the WHO, demonstrated the effectiveness of masks. It did not conclude whether or not the effectiveness was due to a. the barrier or



the implications of wearing the mask, such as touching one's face less, or b. the visual reminder to social distance. Holger Schünemann, one of the researchers, noted that observational studies pose more of a problem and can create more limitations than randomized trials.

One of the first randomized clinical trials written for the BMJ Open concluded that 97% of particles penetrate cloth masks in contrast to the 44% that penetrate medical masks. Additionally, there was a higher rate of respiratory infections amongst healthcare workers who wore cloth masks. This may be attributed to their moisture retention, the number of times they are reused, and their poor filtration.

According to the Institute for Work and Health:

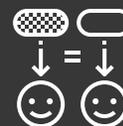
OBSERVATIONAL STUDIES

Researchers observe people with the case and compare it to people without the problem. Because of the nature of the study, the results are up for discussion and can be heavily influenced by biases.



RANDOMIZED CONTROLLED TRIALS

Researchers randomly place people into different groups. For instance, one will get the real drug and one group will get a placebo version. They then compare the results. RCT's are produce reliable information because little is left to chance. They are harder, time-consuming and more costly to perform.



liver. Many people say “we are what we eat”, well it is true. It follows that ingesting an animal that was fed the same thing, that grew in some crowded, tight space and that never saw sunlight, we risk being negatively affected. Food production, the meat industry especially, has alienated us from our food so much that we can pet a cow and eat a burger with the other hand! We do not connect these things. In yoga, there are three types of food; sattvic, rajasic, and tamasic. Tamasic meaning dead food (stagnate), rajasic is more active, and sattvic is pure energy or simply, light.

How do you personally eat?

It is always a process of discovering and readjusting all the time. The transition to vegan happened slowly. I never made a decision to cut off milk, but somehow it happened. The diet can never be forceful. You need to understand or feel some sort of urge to do this. Listen to your body. For some people, it is easy and quick to transition when they receive the information. Other people will take way more time to transition, perhaps due to emotional trauma, etc.

(Harpreet): My advice to someone interested would be to start the transition by removing dairy. In one week, you will see it in your skin! It is a very fun experience. I lost 20kg in 2 weeks of dropping dairy. After that, I said no more dairy. Many people are actually lactose intolerant. Cow milk is full of hormones intended for veals to grow a lot and do so quickly. If you stop milk for a week, you won't feel inflated anymore.

(Sanprem): To transition, it was very important for me to have an understanding that we don't need meat to survive. That's for sure. It is very powerful, almost like a drug, it is so exciting for the body to eat meat that you are addicted. There is going to be a little withdrawal. But first comes a decision, one backed by good information.



"BON APPETIT!"
ILLUSTRATED BY
HERVÉ MUGISHA

Historically meat was a luxury. It was only eaten on a special occasion. Peasants bred pigs for the lords in castles, whom, having never interacted with the animals when alive, called the meat pork. In this same way, cow became beef and so on. The first time I cut off meat, I did so without replacing it with anything! Just eating salads left me starving. Then I learned some recipes. It is a learning curve. I suggest a very easy hi-tech solution if you are thinking of switching diets, follow hashtags on Instagram like #veganbeautifuldishes, etc. So you know, at least on a visual level, that there are appealing alternatives. Careful not to get overwhelmed. In our minds, we tend to think that vegan is grass from the lawn. But in actuality, it is in the vegan department that I have had some of the tastiest meals.

What are the organs most affected by a long-term, junk-food diet?

Well, the liver a lot since it filters everything, the intestines a lot since they absorb everything. It's hard for the body to absorb all these high energy meats, it wears out the organism more. The heart because food goes into the blood at some point, and arteries can clog. Cardiovascular diseases are actually the leading cause of death. I think stroke is second. The skin is also very affected by a highly acidic diet. This can often be witnessed on the sensitive skin of the face.

The current CDC guidelines recommend reserving surgical masks for those in the medical field. They recommend that everyone above the age of two years old wears a mask when with others who are not a part of their household and in public settings where social distancing becomes difficult.

Given the fact that cloth masks may not be as effective as they are portrayed to be, and that surgical masks should be reserved for the medical staff, there is still little room for any alternatives as we live in an area where masks are mandatory in enclosed public spaces. Working with the current status and situation, one should wash their hands frequently, especially when handling their masks. Make sure to wash your masks effectively and often to avoid contracting other respiratory infections. Lastly, make sure that your mask is actually secure and fitted tightly to your face.

LOCKDOWNS

At some point in mid-October, there was a trending news bit that the World Health Organization (WHO) had changed its stance on lockdowns. This news bit started circulating when one of their doctors, Dr. David Nabarro said the following in an interview with Andrew Neil:

we, in the world health organization, do not advocate lockdowns as a primary means of control of this virus. The only time we believe a lockdown is justified is to buy you time to reorganize, regroup, rebalance your resources, protect your health workers who are exhausted, but by and large, we'd rather not do it.



Raywat Deonandan, an epidemiologist and associate professor at the University of Ottawa tried to reason why there was such a widespread misunderstanding of Nabarro's words. Deonandan believes it's all a matter of semantics. The term lockdown means that everything is shut down as we experienced back in March. Restrictions, on the other hand, are what we are now experiencing. Restrictions are more sustainable than lockdowns.

REST YOUR CASE

Whether you think there is a political agenda at hand, that the virus was made in a lab, that people need to be more careful or that restrictions should be loosened, respect should be your priority. I've come across a lot of borderline aggressiveness on social media. Rest your case, you won't change anyone's minds. By now, we're more than half a year in, in addition to retiring the expression "avoid it like a plague," may I suggest we stop calling these times unprecedented?

I rest my case.
Thank you. Next.

Thank you for doing this interview with me. Can you introduce yourselves to our readers?

Our names are Sanprem and Harpreet, we are Kundalini yoga teachers.

(Sanprem): When I discovered Kundalini yoga, I realized how miseducated we are about our bodies. We know so much about the outside world, we know about stars that are billions of light-years away but we don't know who we are and what we should eat, or how to maintain our health. When I realized Kundalini yoga holds all these answers, I decided to go through with it, that's why I do what I do.

(Harpreet): A little of the same for me as well, because in Kundalini yoga you find so many answers to plenty of topics that nobody talks about. First, of course, do it for yourself. Begin to practice. With this practice, you learn how to be present in life, how to use your personality, how to build it and clean it so you can have a beautiful projection of yourself and interact accordingly with people.

Is yoga a cult?

(Sanprem): A "cult" in most languages has a very negative connotation. Anything can be a cult. In practicing Kundalini yoga, you are so sharp and perceptive that it's hard to be fooled into a cult against your best interest.

(Harpreet): As he said, a cult can be seen in any activity, for example, someone that goes to the gym every day. When someone goes to the gym, they have a very specific way to dress, specific types of food they would like to eat, etc. In that sense, yeah sure, but really it is a way of life.

What is Kundalini Yoga?

This branch of yoga has been practiced for thousands of years in India. It is an energetically powerful activity and a lifestyle. If you look at your body like an instrument, i.e: a computer, there are many ways to use a computer. Kundalini Yoga is a broad and deep "program" or technique to achieve certain results. It is fast, effective, demanding, engaging, allows a person to not have to dedicate their entire life to monastic life in order to see results [relating to body, mind, and spirit] in 20 years. If you commit to your practice, you will start to see changes. you will start to see magic, to feel your body differently, breaking through your traumas, past experiences, etc. Everything changes, you will feel like you are being pushed by this energy. Most of the time, when a person does Kundalini yoga for the first time, they can feel that something is way different even when it is a simple sequence.

What kinds of diets are there again?

There are many. There is a carnivorous diet (includes animal flesh), pescatarian (only includes fish), Lacto-vegetarian (includes milk), There is vegetarianism, and the most restrictive, would be vegan diet (no animal products, sometimes even honey), and raw diet.

What are food groups?

The body needs 3 different food groups, proteins, fats, and carbohydrates. Proteins for building muscle, fats are used for energy, carbs are for structure. The challenge is to recognize these 3 categories in the foods on our plates. Fruits are made of a lot of vitamins and water, they are a burst of energy and help make the body feel alive. The natural sugar in them is good for brain activity. Fruits are strongly recommended when you are a student. Do not eat after a meal because they ferment faster than the other foods in cue to be digested. This produces alcohol in the body, which is not helpful for the



"I LOOK GOOD DON'T I?"

ILLUSTRATED BY
HERVÉ MUGISHA



by Ita Sonnenschein

COULD THERE BE LIFE ON VENUS?

If you look up at night, you'll see a twinkling glow, even in the city where most stars aren't visible. Venus shines so brightly that people sometimes think it's a UFO. Known as our sister planet, Venus is very similar to Earth in size and density, and probably formed under the same conditions as Earth. Looking at our neighbor planet is like looking at an alternate history of Earth, because while there may be some similarities between us, Venus couldn't be more different than Earth. In the 60's, mankind's dreams of a Venusian paradise were dashed when Venus was found to have acid rain, no magnetic field, and temperatures of 460 Celsius in the atmosphere, which is hot enough to melt lead. There are volcanoes erupting constantly, and the pressure there is so high, it would crush military submarines.



It seems like Venus would be the last candidate among mankind's search for extraterrestrial life. Yet, in September of this year, some startling findings were published that opened the door to that very possibility.



Venus Timeline

4.5 BILLION YEARS AGO Venus forms from swirling gas and dust into a rocky planet with a core, mantle and crust.

3.8 BILLION YEARS AGO the late heavy bombardment occurs, comets and asteroids bring water to Earth and Venus.

2.5 BILLION YEARS AGO As the sun gets hotter, a runaway greenhouse effect kicks in. Venus heats up and the oceans evaporate making a blanket of clouds around the planet, trapping CO2 in the atmosphere.

300 MILLION YEARS AGO Venus is resurfaced by volcanic activity.



FOOD, DIET AND YOU

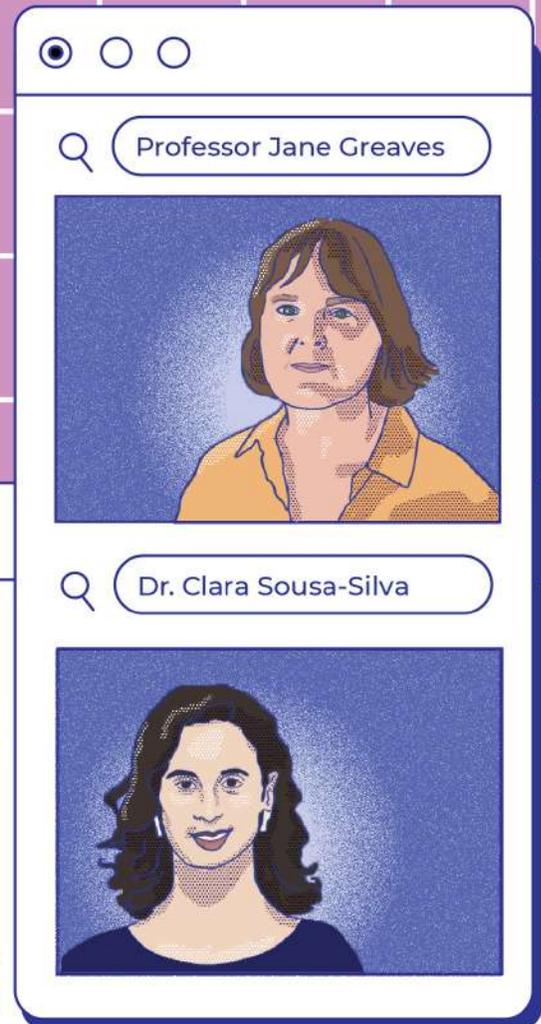
AN INSIGHTFUL INTERVIEW WITH YOGIS HARPREET AND SANPREM

BY HERVÉ MUGISHA

PHOTO: "YOGA MEANS UNION" BY SANPREM AND HARPREET (FROM LEFT TO RIGHT)

Harpreet is a P.h.D student in biomedical engineering. She is an entrepreneur who has already founded a few companies, including a vegan catering company and an all-natural ingredient cosmetic company that allows skin pores to breathe.

Sanpreem has been in computer engineering and is currently exploring new dimensions within himself, including 3D animation and graphic design.



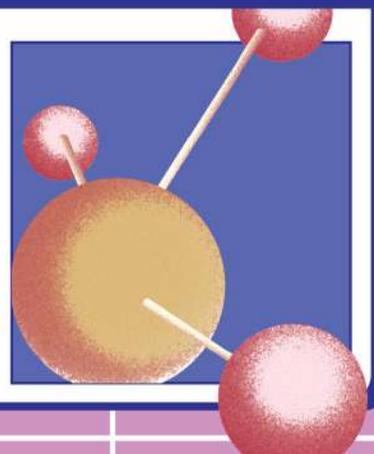
The hellish conditions of Venus makes it hard to imagine life like our own relaxing on the planet's searingly hot surface. But hope is not lost, because there is another place where life might proliferate: inside the thick, acidic clouds of Venus. Recent developments have brought this possibility to the forefront.

In 2017, astronomer Jane Greaves of Cardiff University was on the hunt for biosignatures, which are indications that life might be around, just as tracks in the snow might indicate the presence of a wolf. One of the molecules she hunted for was phosphine, a smelly gas that is abundant on earth. While there are lots of ways that phosphine can be produced naturally on a gas planet like Jupiter, when found on a rocky planet it acts as a sign that living organisms might be around.

When Greaves and her team did, indeed, find phosphine in the Venusian atmosphere, it was cause for celebration. She contacted Clara Sousa-Silva, a researcher at MIT and the world's expert on phosphine. They knocked out natural explanations for the chemical's presence, like lightning, volcanoes, or solar wind. Since Venus is subject to ultraviolet radiation, the phosphine there should be consumed by water and carbon dioxide. Something must be replenishing it.

Phosphine (PH_3)

- Colourless, flammable, toxic
- Found in the atmospheres of Jupiter, Earth, and Venus
- Discovered in 1783 by Phillippe Gengembre
- Overexposure can cause nausea, vomiting, muscle pain, diarrhea, and chills
- smells like rotting fish



LIFESTYLE



Discovery Timeline

3000 BCE the Egyptians saw Venus seen as two distinct stars, the morning star, Tioumoutiri, and the evening star, Ouaiti.

2000 BCE the Mayans were able to calculate and predict Venus's movements and set up a calendar of 260 days that followed it's motions.

117 CE The name Venus comes from the Roman god of love, sex, beauty and fertility.

1896 Svante Arrhenius, Swedish chemist, was the first one to model the climate of Venus. He also thought there was vegetation on Venus.

DECEMBER 14 1962 NASA's Mariner 2 made the first successful planetary flyby after years of countless failed attempts.

OCTOBER 20 1975 Russian lander and orbiter Venera 9 became the first manmade object to send back images from another planet, showing an inhospitable, desolate surface.

1978 NASA sent the Pioneer Missions to Venus's surface, showing that the temperature of the entire planet's surface varies only by a degree or two.

MAY 4 1989 NASA sends the Magellan to map the surface of Venus using Radar, the first times humans see what the geology of Venus is like.

NOVEMBER 9 2005 the European Space Association (ESA) sends out the Venus Express to study the weather on Venus in detail.

So, does this mean there is life on Venus? Is it time to denounce our special place as the only known organisms in the universe? Not so fast. This isn't the first time scientists have found chemicals that excited the possibility of alien existence, although usually the hullabaloo comes from Mars. Greaves and Sousa-Silva still haven't discounted the possibility of some unknown natural force that could be making the gas. For now, we must all hold onto our (space) hats and wait until there are more developments to this story. But who knows... we could be witnessing the first indirect encounter with extraterrestrial life.



The pyramid of Kukulcan

was built in 800 BCE, and every detail is in accordance to the Mayan's advanced knowledge of math and astronomy.

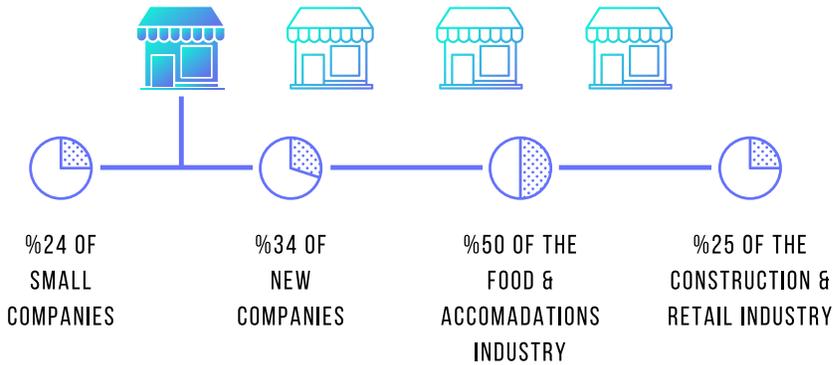
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BUSINESSES:

MORTGAGE AND RENT DEFERRALS

As of May, about $\frac{1}{4}$ of businesses have been granted mortgage and rent deferrals.



DEBT

$\frac{3}{4}$ of businesses have taken on debt because of COVID-19



68% of them say it will take a year to pay it all back.



At current revenue and expenditure levels, 8% will fire more employees, close or file for bankruptcy within less than three months. That number was at 18% for food, accommodations, arts, entertainment or recreation businesses.

CLOSURES



88 000 businesses closed.



62 000 businesses closed which was 29% lower than in April but still 59% higher than pre-COVID-19 levels.

INDUSTRY CHANGES POST-PANDEMIC:



Teleworking will continue to grow which may contribute to gender equality in the job market and to the decreasing of lease rates amongst commercial spaces. $\frac{1}{3}$ of businesses expect at least 10% of their employees to remain remote.



To preemptively prepare for future lockdowns, businesses may transition to the automation of certain tasks which may predominantly impact the less educated workers.





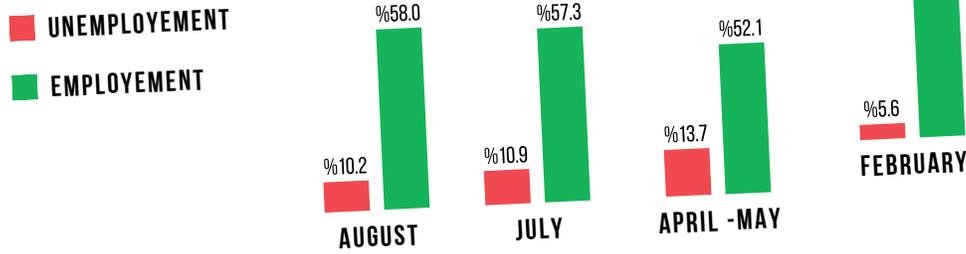
Gift of Life: My Bone Marrow Donation Experience

BY ITA SONNENSCHN

PHOTO: "DAY 2 OF THE DONATION" BY ITA SONNENSCHN

EMPLOYMENT

Roughly two million full time workers and 1 million part time workers lost their jobs between February and April. By August, employment rates were %5.3 pre-pandemic levels.



FROM FEBRUARY TO APRIL, 5.5 MILLION CANADIAN WORKERS WERE AFFECTED BY THE LOCKDOWN



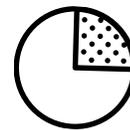
BY AUGUST, 1.8 MILLION CANADIAN WORKERS WERE AFFECTED BY THE LOCKDOWN

Temporary employees between the ages of 25-54 employment at significant hours was lower by %20 in August 2020 than in August 2019 compared to %3 of permanent employees. Employees holding jobs that were able to be done remotely fared better.

THE POOR GET POORER:



Pre-pandemic, $\frac{1}{3}$ Canadian families did not have adequate savings to survive an extended work stoppage.



Without government stimulus, roughly $\frac{1}{4}$ families would've fallen into poverty.

Recent immigrants were more likely to be laid off because they hold a lot of the lower-wage jobs and because they have held their jobs for a shorter amount of time.

As I write this article, I'm on a small plane, throttling over the clouds somewhere between Florida 1 and Montreal. Someone behind me is snoring, and I'm tapping away quietly on my laptop, trying not to wake them up. I've just returned from one of the most incredible experiences of my life, and I'd like to share the story.

In the summer of 2018, I went on an organized trip to Israel, called Birthright, or Taglit in Hebrew. The trip is sponsored by the Israeli government and is made free for young Jews, in an effort to encourage a connection and immigration to Israel. We spent ten days hauling around the beautiful country on a bus, visiting various sites and attractions. One evening, a man from an organization called Gift of Life came to speak to our group. He explained that GoL is a registry with a mission to cure blood cancer through cellular therapy, 2 and we could get involved. The organization runs drives on campuses and elsewhere, and in order to join the registry of potential donors, we had to swab our cheeks. If any of us were found to be a match for someone with leukemia, we would have the opportunity to donate bone marrow. I completed the kit and joined the registry without much thought.

A few months ago, I got an email from GoL that I was a potential match for a man suffering from leukemia.

At that point, I was told, I had a 25% chance of being a match. That was much better than the 1 in 430 chance most donors had, but I still didn't think much of it. I was asked to do another cheek swab test, which was sent to me through expedited delivery from GoL's lab in Florida. Blood tests followed, all hurriedly done in clinics that had been transformed into Covid-19 testing sites. Montreal was under lockdown and travel was restricted, so it was a nerve-wracking time.

After the tests, things picked up pace. I'll always remember the phone call I received, telling me that I was a match. The plan was to fly me Florida to go through a procedure where my stem cells could be extracted and transplanted into the leukemia patient, saving his life.

In late October, GoL flew my sister and I to Florida, all expenses paid. We were there for a week, since for 4 days prior to the procedure I had to be injected daily with a medication to increase the stem cell count in my blood. We were put up in a hotel by the beach, and each day after my morning injection my sister and I explored the area. We visited museums, the wetlands, Trader Joe's and the beach. As this was the height of the election, we

PHOTO: "PINNING MY LOCATION ON THE MAP OF DONORS... I HAD TO ESTIMATE MY CITY'S LOCATION SINCE THE MAP ONLY INCLUDED THE UNITED STATES" BY ITA SONNENSCHIN



THE ECONOMY AT A GLANCE

By Esty Rosenfeld



Since the lockdown began back in March, the economy took a blow. Some industries and groups of people were hit harder than others.

The recovery has been unbalanced with some sectors rebounding quickly while others are struggling to survive.

The following information was adapted from Statistics Canada.



witnessed multiple Trump rallies, a mask burning ceremony, and we were told who to vote for by cashiers, Uber drivers, and an anti-vax protester (too bad neither me nor my sister are American).

At the end of the week, a sleek car service drove us to the donation center. It didn't seem clinical at all- we were greeted warmly, and offered snacks, a blanket, and other comforts. I was shown into a cubicle where the nurses administered some tests and gave me my final shot of medication. Then, I had a needle inserted into each of my arms. During a process called Peripheral Blood Stem Cell (PBSC) donation, blood was taken out of one arm and run through a machine called a blood cell separator. The machine took PBSC, some platelets, and some white blood cells, and then returned plasma and red blood cells into my other arm. 3

After about six hours, the machine was still chugging away beside me. Two women in lab coats, with clipboards and somber expressions, came into the cubicle.

"We have bad news," they said.

At that point, I was tired, calcium deficient and cranky, and I feared the worst. Maybe my stem cells weren't good enough. Maybe the patient's condition had deteriorated. My worries proved to be unfounded when they said was that my stem cells were slow and I would need to stay in Florida for an extra day to finish the process. Our flight was changed and our hotel stay was extended.

Day two of the extraction process was rough. Both my arms were sore from the needles so I couldn't move much. My fingers and nose were tingling and I was light-headed. After a total of eleven hours, they had collected all the stem cells and plasma that they needed. (For comparison,



THE MACHINE TOOK PBSC, SOME PLATELETS, AND SOME WHITE BLOOD CELLS, AND THEN RETURNED PLASMA AND RED BLOOD CELLS INTO MY OTHER ARM.

the guy in the next cubicle took three hours to donate.)

I'll have to wrap up this article because the plane is landing, and I should probably stow my laptop. I feel really blessed to have been afforded this opportunity. Not many people get the chance to save a life, and in sunny Florida, no less. This experience restored my faith in humanity just a tiny bit. First, it's thanks to modern medicine and technology that I could fly to another country, have some of my insides removed, and have that flown across the world to save someone's life. Second, the existence of Gift of Life facilitated this entire process, thanks to all the financial donors, employees, and everyone who's gotten their cheeks swabbed and joined the registry. I'm enormously grateful to have been a part of it all.

To find out how you can join the registry and potentially save a life, visit www.giftoflife.org.

1.

Due to privacy concerns, all details, dates and places are kept vague to protect the anonymity of those involved.

2.

<https://www.giftoflife.org/page/content/aboutus>

3.

BeTheMatch.org/DonationGuide



Healthcare:

Artificial intelligence applications in the health care system gives us customized medication and X-ray readings. Individual medical service aides can act as personal assistants, reminding you to take your pills, exercise or to eat better. It's also being used for many surgical procedures in the operation room.



Retail:

Computer-based intelligence gives virtual shopping abilities that offer customized suggestions and examine buying choices with the purchaser. Stock administration and site design advances will likewise be improved with AI.



Manufacturing:

AI can also dissect information as it streams from associated gear to gauge expected burden and request utilizing intermittent organizations, a particular sort of profound learning network utilized with succession information. Self driving cars are also becoming a major part of AI and perhaps our future lives eventually.



Banking:

In financial establishments, AI methods can be utilized to recognize which exchanges are going to be fraudulent, adapt quick and precise credit scoring, as well as computerize physical information.

What are the risks of AI?

The learning curve on AI is large, especially with the huge amounts of data we can input into it. AI is going to change a lot in our lives and because of that we have to learn and understand its limits.

A lot of the worry regarding AI comes in the forms of privacy violation or job losses since a lot of the work AI is going to automate in the future is currently done by actual humans.

“I think that kind of argument is really overhyped. I think it overestimates the technology in terms of the speed of advancement.” – Li Deng, Chief AI officer, Citadel.

Final Words

We have to work closely with AI, it improves our lives drastically but as we keep advancing the technology. Despite all the positive attributes, AI has brought to the world. There can be some negative implications that should be taken into consideration when using it.

We can't stop progress, it's inevitable.

BREAKING THE SILENCE

DESTIGMATIZING MEDICAL CONDITIONS

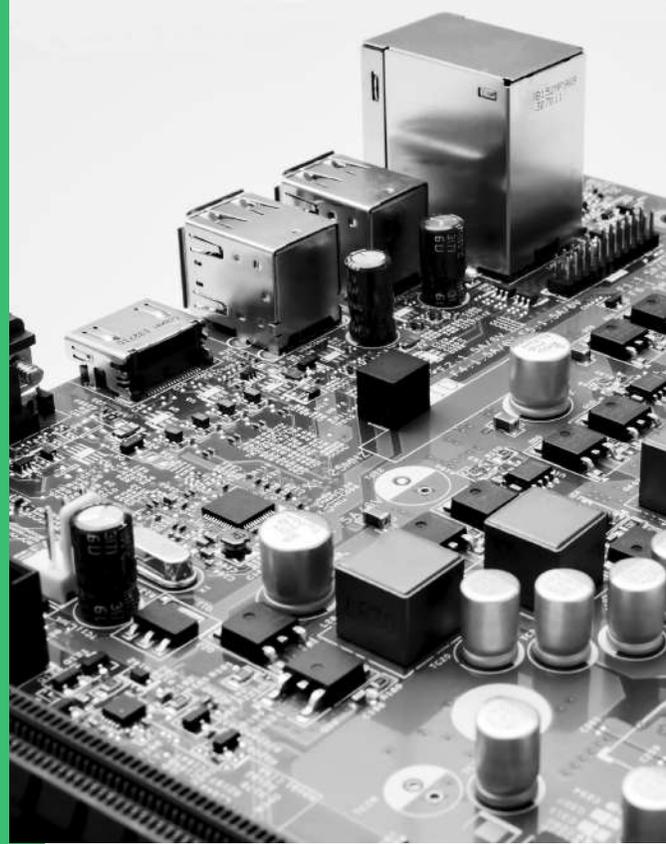
BY ESTY ROSENFELD



ARTIFICIAL INTELLIGENCE

WHAT DO I NEED TO KNOW?

BY AIMAN ALAREQI
PHOTOGRAPH: "TITLE" BY PHOTO BY MICHAEL
DZIEDZIC



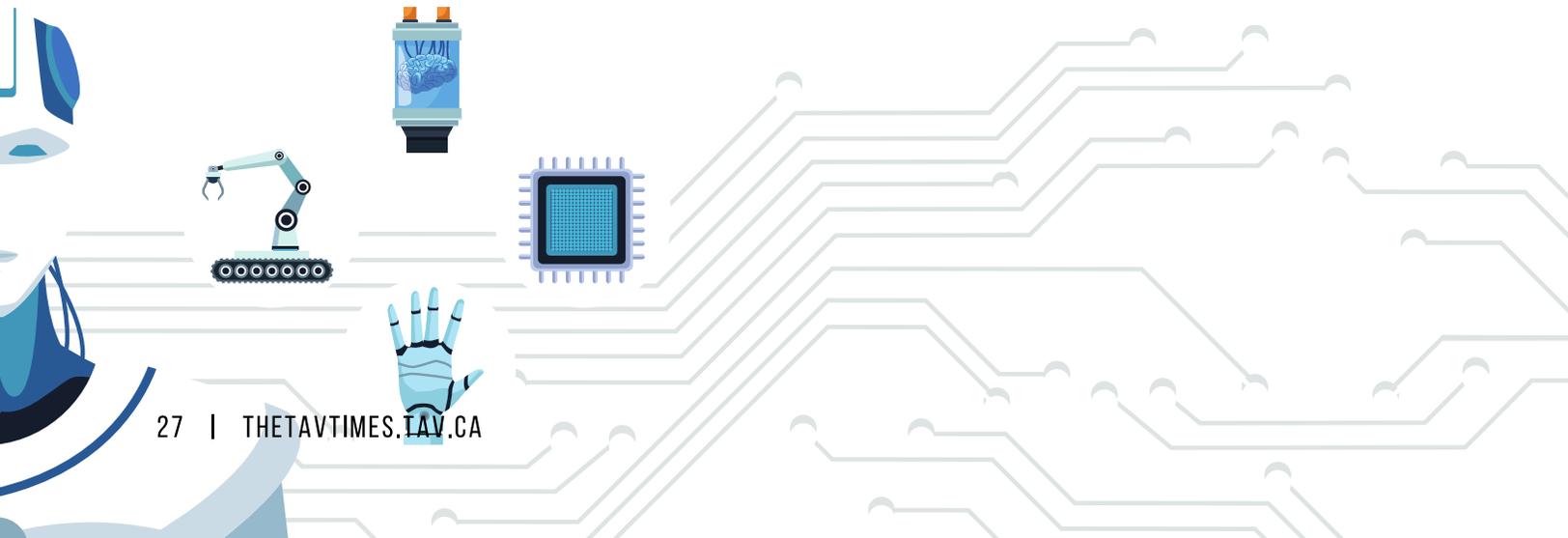
In a lot of movies, AI is portrayed as a bad thing, with the thought that it might become “self-aware” and try to destroy our world with an army of robots. As much as that’s possible, we are very far away from the truth. Let’s take a dive deeper into the subject.

What is AI (Artificial Intelligence)?

AI is the development of computers that can mimic and think like humans. It also refers to any machine that solves problems and has human-like learning abilities. The main idea behind AI is its ability to make rational decisions and then follow through with the best actions according to those decisions. Scientists use a lot of data with a lot of fast processing algorithms and specific conditions. When those conditions are met, AI does what’s told.

How is AI being used today?

In our day and age, AI is all around us, from personal assistants like Siri, to search engines on the Internet and much more. We use it more than we actually recognize or give it credit for. Here are a few ways that AI is being used everyday:



About this new series:

Living with a chronic or life threatening illness brings a whole host of challenges. Oftentimes, these challenges can be invisible. This makes it harder for others to be compassionate and helpful. People who experience medical issues can feel like their life is out of their control, which can make it really difficult for them to reach out for help.

The goal of this series is to raise awareness about medical conditions through storytelling and through information. Knowledge is power. Hearing and understanding people's experiences can help you be better equipped to respond the next time you encounter someone with a medical condition.

It will hopefully make you more aware and sensitive towards others struggling. This can even be in the simplest form of avoiding the generalization and misuse of medical conditions. Doing so diminishes, undermines and devalues what individuals with those conditions experience. For example, using expressions like you're retarded, I'm depressed, I'm so OCD can be hurtful to those who have medical retardation, depression or OCD.

I have chosen to start the series covering an individual who struggles with anxiety and depression because of its rising relevancy due to the pandemic. According to a study from the University of Toronto, unemployment in combination with the isolation may cause a spike in suicide deaths.

CANADIAN SUICIDE AND PREVENTION SUPPORT:
WEBSITE: [HTTPS://WWW.CRISISSERVICESCANADA.CA/EN/LOOKING-FOR-LOCAL-RESOURCES-SUPPORT/](https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/)
CALL: 1.833.456.4566
TEXT: 45645



BIZ + TECH

Baby I was born this way

As a child, I was always very quiet and shy. I am, by nature, a thinker and an observer. I process the things going on around me differently than other people. People would always ask me *why aren't you smiling? and why are you so serious?* As a young child, you don't necessarily have worries in your life. Everything is simplistic. You become more knowledgeable and aware of the world around you as you reach adolescence. I always knew I was different and it was hard for me to understand that in my naive mind. Looking back, there were definitely signs of depression. It was always a part of me which makes it a big struggle. It didn't appear, it was always there.

The Diagnosis

Around 12, it became more prominent in my life. I don't know what triggered the flare-up but I felt a sudden emotional awareness. I didn't know how to react to it or deal with it. I began to see what I liked and disliked in my life. I was under a lot of emotional stress in school. People were not nice to me and bullied me. They treated me differently. My mother is more towards the aggressive side and would constantly take it out on me. It sort of brought out these emotions that I was feeling inside that I didn't know how to, or want to, identify. It was really painful. Emotional pain is not logical and there are no words to describe or explain it. It's something I had to work on and fight with.

IT WAS ALWAYS A PART
OF ME WHICH MAKES IT A
BIG STRUGGLE.

As time progressed and the situation got worse, I started taking it out on myself. I was around 14 when I started cutting. It was only a matter of time that someone would find out and told my parents. When they found out they took me to a therapist and a psychiatrist who diagnosed me with anxiety and depression. My official diagnosis wasn't a shock to me because I was expecting it. But at this point in my life, I didn't want to accept the help that was given to me.

My parents didn't take my diagnosis well. They are also more close-minded. After a while they seem to have come to terms with it or they are just quiet. They sometimes make remarks that make me realize they don't see the connection between mental illness and my actions. It's hard to see sometimes. They wonder why I am in a bad mood but I am feeling depressed that day.

People around my age are more comfortable with it. I am not embarrassed of it. I think it's something that is difficult and hard but it makes you a better person. My friends never really cared because this is just a part of me, it's who I am. The environment around us has improved to become more accepting and aware of mental health issues.

Winds of Change

My first therapist was terrible. She would yell at me and she would hold religion over my head. I didn't feel comfortable opening up to my next therapist. I never clicked with them. I wasn't ready or comfortable enough to share. If you don't feel comfortable changing there's nothing to do. It took a good few years until I found someone who I felt comfortable with. It was such a relief for me. I didn't want to be this way. I wanted to better myself and change. I needed help to feel comfortable enough to help myself.

DEPRESSION

PERSISTENT DEPRESSIVE DISORDER:

In order to receive this diagnosis, one needs to experience depressive moods for at least two weeks. The episodes may vary in intensity.

SEASONAL AFFECTIVE DISORDER:

This form of depression comes during the winter months when there is less sunlight.

PSYCHOTIC DEPRESSION:

This form of depression is experienced in tandem with some sort of depressive psychosis such as delusions and hallucinations.

POSTPARTUM DEPRESSION:

Postpartum depression must last longer than the two weeks after giving birth. These women may experience extreme depression during pregnancy and after delivery. They have difficulty taking care of themselves and their infants.

BIPOLAR DISORDER:

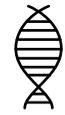
Bipolar depression is the low, depressive point which an individual with this condition may experience. This comes along with extreme mania or less severe hypomania which are high, euphoric and irritable moods.

Depression can occur at any age and to every type of person and can be managed through therapy and/or medication.

SIGNS & SYMPTOMS

-  Feeling sad or anxious most of or all of the time.
-  Being unable to concentrate, remember details or make decisions.
-  Loss of appetite or eating excessively.
-  Sleeping too much, being unable to fall asleep, being unable to wake up and/or never feeling rested and feeling exhausted.
-  Experiencing physical pain that does not respond to treatment such as headaches or stomach aches.
-  Feeling guilty worthless and helpless which can lead to self-harm or suicide.

RISK FACTORS

-  GENETICS
-  ENVIRONMENT
-  PSYCHOLOGICAL
-  STRESS
-  ALCOHOLISM & DRUG ABUSE
-  CERTAIN MEDICATIONS
-  DEALING WITH A MEDICAL CONDITION

IT'S IN NUMBERS



1/6 ADULTS HAVE EXPERIENCED DEPRESSION

SIXTEEN MILLION
ADULTS EXPERIENCE DEPRESSION DAILY

Those few years of finally making change were the most difficult but necessary years of my life. I wouldn't be able to be a functioning human being without going through that process. I'd be depressed and sleeping the whole day. It would make me not want to do anything and have no energy. I was a person I didn't want to be. I experienced it and hated it. It made me feel bad about myself and it was such a low part of my life. Working on myself, no matter how difficult it was, was necessary. It made me the person I am today. Sometimes I have low points but because I did all that work, so I know how to bring myself out of it. I know how to not stay locked down. It's okay to be sad and down for a few days as long as you know how to get yourself out of it. Some days you just don't feel like doing anything. That's okay but you, ultimately, need to get back up again.

Perfectly Imperfect

The number one thing I want people to know that there's nothing wrong with you. It's not a bad thing. You shouldn't be afraid of it. It's just something you have and learn to live with. It has no reflection on who you are. You need to realize it isn't a problem with you and that it is just something that you have. If you think there's something wrong with you, you take it out on yourself. Coming to realize that makes it easier to deal with. It's like being born with a birthmark on your hand or an allergy, it's just a part of you. Another important thing to realize is that sometimes you just need to reach out. I wanted to do everything myself. When I realized that it was ok to be vulnerable and ask for help, it made my healing process much smoother.

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

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

The following information concerning depression, anxiety and self harm have been taken from the CDC, the National Institute of Mental Health and the Centre for Suicide Prevention for the Canadian Mental Health Association.

SELF-HARM



1/2 OF PEOPLE WHO SELF-HARM HAVE ATTEMPTED SUICIDE ONCE

IT'S IN NUMBERS

%5

OF ADULTS SELF-HARM

%15

OF YOUTH SELF-HARM

12-15

AGE SELF-HARMING BEGINS AT



%75 CUTTING



%30 CUTTING



%28 BURNING

SIGNS & SYMPTOMS



DONE FREQUENTLY



DONE TO FEEL PAIN



DONE AS A PUNISHMENT



CONTROLS SUICIDAL IMPULSES



MAY RESULT IN UNINTENTIONAL SUICIDE



RELEASE ANGER OR ANXIETY



DONE TO REACH OUT FOR HELP



WEARING CLOTHES TO HIDE SCARS EVEN IN THE SUMMER



UNEXPLAINED SCRATCHES, CUTS OR SCARS

ANXIETY

GENERAL ANXIETY DISORDER



GAD is when someone experiences six months of excessive anxiety and worry that creates significant problems in all areas of their life.



Some of the symptoms may include feeling restless, on edge, fatigued, having difficulty concentrating, irritability, muscle tension, having difficulty falling asleep, staying asleep and/or feeling restless.

PANIC DISORDER



Panic attacks can come quickly and peak within a few minutes. They are either unexpected or they can be triggered by something or someone.



Some of the symptoms may include heart palpitations, accelerated heart rate, sweating, trembling or shaking, shortness of breath, feelings of doom and that things are out of control.

PHOBIA-RELATED DISORDER



A phobia is a severe aversion to specific items or situations. The fear is disproportionate to the actual danger of the situation. They try to will avoid their triggers at all costs.

RISK FACTORS



GENETICS



ENVIRONMENT

%7.1 of people between the ages of 3-17 have been diagnosed with anxiety

Anxiety can be treated with therapy and/or medication.