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THE MENTAL HEALTH & SOCIAL MEDIA ISSUE

INTERVIEW WITH
AN INSTA CELEB
ON PAGES 5,6 & 7

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COLLEGE JOURNALISM
CLUB.



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A social study

I Confess That...

I am
in love.

During the week of
November 18 - 22, the
TAV Times held a social
study where TAV students
were asked to participate
by writing down a
confession.

I Confess That...

Life is really
HARD

I Confess That...

I AM NOT
HAPPY
ANymore

I Confess That...

I am not good at
studies

Although many confessions
were submitted as a joke,
some held powerful truths
about the writer. This is an
important message: We don't
always know what the people
around us are going through
each day. Talk, share, and if
you need, ask for help.

A MESSAGE FROM THE DEAN OF STUDIES

To all TAV students,

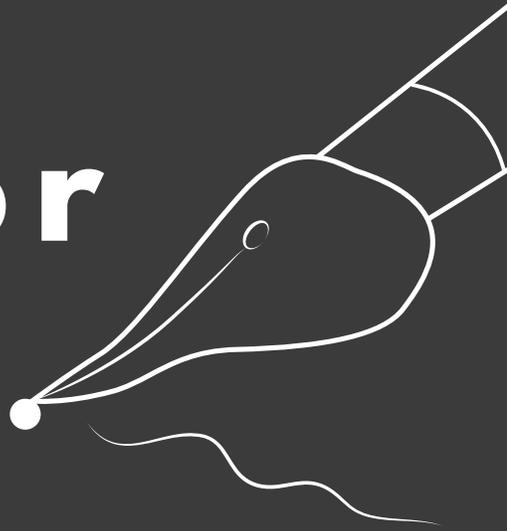
Soon will be time for your finals, a period of high stress for all students. You already know by now the direct correlation between the results you obtain in your exams, and the amount of time and effort you put into it. Give yourself all the chances of succeeding: **prepare yourself thoroughly and ask for help, when needed.** I wish you the best luck for this challenging period, and please be reminded of the different help centers and services offered at TAV College, we are available and here for your questions.

Sincerely,

Elazar Meroz
Dean of Studies, TAV College



Good writing skills are essential for any career.



IT'S NEVER TOO LATE TO JOIN THE TAV TIMES.

ANY TAV STUDENT CAN JOIN!

WRITE WHAT YOU CAN, WHEN YOU CAN.

TO JOIN, SEND AN EMAIL TO:

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Instagram: Building a Healthier Social Media

Editorial

Graphics by canva.com

HOW INSTAGRAM IS CREATING A MORE POSITIVE ONLINE COMMUNITY

If you're a frequent Instagram user, you've probably noticed by now that the social media giant has undergone some rather drastic changes in the past few months. These changes are long overdue and much needed! The changes (or updates) directly affect what people in the tech industry call the "user experience." In other words, Insta is finally addressing an issue that has had many parents worried for years: their social media has a seriously toxic and addictive user experience, especially among younger users.



LIKED BY ... AND OTHERS

In an effort to decrease the addictive nature of their software, one of the major changes that Insta introduced was disabling the ability for most users to view how many "likes" a post received. Instead, users simply now only see the name of one user, followed by "and others." (Note that this update did not affect certain Instagram accounts, such as accounts registered as an artist.)

BUT, HOW ?

With help from the Meadowhall Shopping Center, and some trial and error, the students worked out the formula. It takes several variables into account, such as the size of the pan used, how many pancakes you'd like to make, and how thick you want them to be.

Gaby Thompson, president of the University of Sheffield's Maths Society (SUMS), says, "cooking is full of scientific and mathematical formulas, so when Meadowhall approached us to see if we'd like to join in the fun, we jumped at the chance. Cooking is a fun and innovative way to demonstrate how maths can be used and explored in everyday life and we hope by developing this formula it will encourage more people to engage with the subject and help to combat maths phobia."

THE FORMULA

The formula has been chef-tested and goes as follows:

Graphic by canva.com



$$\text{Mixture required per pancake: } \frac{D^2 \times T \times \pi}{4} \text{ ml}$$

$$\text{Total mixture required: } \frac{D^2 \times T \times \pi \times P}{4} \text{ ml}$$

Frying pan diameter: D cm
Desired thickness of pancake: T cm
Number of pancakes wanted: P

It turns out that science and math have a wide range of applications that are not solely limited to your kitchen appliances- they can be applied to food, too!

Disclaimer: the author has not tried out this formula. Any imperfections are at the reader's discretion.

Source:

<https://www.sheffield.ac.uk/news/nr/secret-perfect-pancake-discovered-1.358297>

Use the "Perfect Pancake Calculator" to make your own perfect pancakes!

Follow the link

Although you still get bombarded with the dopamine-induced heart symbol notifications, and users are still able to see who liked their post, Insta has nonetheless attempted to shift the focus of their software away from “competitive liking” and more towards post appreciation.

REMOVAL OF THE “FOLLOWING” ACTIVITY MONITOR

The only reason I can think of for needing to see what other people are doing on Insta is if I had a career in marketing or statistics research. In early October, the developers behind the software removed the ability for users to see the like activity of who they follow. Under the “following” tab, a user was able to see which posts were liked by whom. Can you imagine the plethora of issues that this must have caused? To add fuel to the fire, you were able to see which users recently followed other users. In other words, if your friend started to follow someone you don’t like, you would be able to see this activity and voila, the drama begins! Yay Instagram for removing this feature and keeping friends together.

OFFENSIVE COMMENTS FILTER

This Insta feature was added to an updates package back in May of 2018, however, it still deserves some recognition nonetheless. Instagram developed an algorithm for detecting and hiding “comments containing attacks on a person’s appearance or character, as well as threats to a person’s well-being or health.” The goal for developing the filter was to promote a safer online community according to Instagram’s info center.

QUICK SEARCH BUTTONS ON THE EXPLORE PAGE

With the goal of promoting the exposure of more creative and inspirational content, Insta added buttons on their explore page that allows you to quickly search through various categories of creative subject matter. The buttons include topics such as Style, Decor, TV & Movies and Art, among many.

SOME OF IT HAS TO COME FROM YOU

No matter how many changes, algorithms or filters Instagram can possibly develop, the best way to have a positive experience on social media ultimately comes down to you (the user) and how you use it. Instagram’s algorithm for what you see on the application is based on what the system thinks you want to see the most. The way this algorithm operates is through monitoring your “taps.” Therefore, each time you tap on anything on Instagram, it is logged for your account and then their system pushes more of this content your way. All of this to say, Instagram can only do so much on their end to ensure that their users are safe from harmful messages and social media addiction, however, the only way you can truly have a safe experience is by wanting to.

The Perfect Pancake:

A stack of several golden-brown pancakes is shown on the left side of the page. The pancakes are slightly overlapping, and the top one is the most prominent. The background behind the pancakes is a light blue gradient.

MATHEMATICS STUDENTS UNVEIL FORMULA FOR THE PERFECT PANCAKE

By Eden Autmezguine

Have you ever been in this situation? You stand in front of your stove as black smoke begins to rise from the skillet resting on the stove-top? Charred remains of what was once pancakes have now turned black. You throw up your hands in despair! Defeated by breakfast's greatest food. Or, have you ever found yourself with pancakes so flat that they might as well have been one-dimensional? Have you ever wished that you could achieve the perfect pancake with a little less work? Well, wish no more, because science is here to save the day. There's a formula for everything, perfect pancakes included. What do you mean, you ask? Well, in honor of Pancake Day (which is Tuesday, February 25), mathematics students from Sheffield University's Maths Society came up with what they consider to be the formula for the perfect pancake.

Graphic by Josh Mailman
@donebyjosh

INTERVIEW WITH AN INSTA CELEB: HOW YOU CAN USE INSTAGRAM TO MAKE PEOPLE FEEL HAPPY

By Justin Hand-Gregory
Photo source: @aidanfaminoff, Instagram
Photo by Ingrid Paul





PHOTOS BY
HARSHAL
RATHOD



PHOTOS FROM "SPOOKY 2019:"
A HALLOWEEN PARTY HOSTED
BY THE TAV COLLEGE STUDENT
ASSOCIATION

OCTOBER 30, 2019

INTRODUCTION

Aidan Faminoff is a 21-year-old Florida State University competitive diver and Instagram “celebrity.” Faminoff grew up in Victoria, British Columbia, before accepting a sports scholarship to FSU in 2016. In October of 2016, Faminoff published a “coming out” post, which received a higher-than-anticipated amount of likes and support. Following the success of this post, he began posting high quality photographs that would eventually lead him to gain a following of over 100,000 users and an official “verified” symbol by Instagram (an icon beside an Instagram user’s name which indicates that the account is the authentic presence of a notable public figure, celebrity, global brand or entity it represents.)

Today, Faminoff uses his online celebrity status to not only entertain his users, but to be an icon of inspiration and an advocate for the global LGBTQ+ community.

THE POST THAT CHANGED IT ALL

Q: Where did it all start for you (the post that got the most amount of likes)? And, what was that moment like?

A: My Instagram started gaining a following once I came out [as a member of the LGBTQ+ community] in a post on October 11th, 2016. I was not expecting the reaction that came after. I knew my friends and family were going to be accepting, but I got so many messages from people I did not know. It was an amazing feeling and I cherish that day. Outsports then reached out to me and asked to do an article on me. It took me a year to write my coming out story because I wanted it to be a source of inspiration for others who may not feel comfortable enough to come out.

Photo source: @aidanfaminoff, Instagram



Music is like comfort food for the ears. Here's a playlist featuring a wide range of songs that will lift your spirits, offer you some validation or just straight up shed light on mental health issues.



1. THIS IS ME // THE GREATEST SHOWMAN CAST
2. REAL // MARC JONES
3. ANXIETY // LOGIC
4. THE SEARCH // NF
5. 1-800-273-8255 // LOGIC FT. ALESSIA CARA & KHALID
6. LOCATION // KHALID
7. I LIVED // ONE REPUBLIC
8. RISE UP // ANDRA DAY
9. UNSTEADY // X AMBASSADORS
10. LOVELY // BILLIE EILISH, KHALID
11. IDONTWANNABEYOUANYMORE // BILLIE EILISH
12. TITANIUM // DAVID GUETTA FT. SIA
13. GOOD AS HELL // LIZZO
14. STORM TOSSED // MATISYAHU, MIHALI
15. FEELING GOOD // MICHAEL BUBLÉ

ESTY'S MENTAL HEALTH AWARENESS

PLAYLIST

By Esty Rosenfeld

TAV TIMES WINTER PLAYLIST

GET A GLIMPSE INTO MY LIFE

Q: What is the role of Instagram in your life?

A: Instagram, to me, is a way to share what I am doing in my life. I like to share what I during [dive] practice, which is usually dancing, but also, what I'm doing with friends; It's a way for the public to get a glimpse into my personal life.

THIS IS MY INSTAGRAM AND NO ONE ELSE'S

Q: Being an Instagram user with a high number of followers, do you ever experience feelings of anxiety or uncertainty after posting a photo or video on Instagram?

A: When I post a photo, I post it because I love it. People will always have an opinion no matter what you are doing. I use to experience anxiety when wondering if people will not like what I post, but then I realized that this is my life. I do not have to conform to the wants and needs of others: this is my Instagram and no one else's.

"My goal was to be able to help at least one person and I thought social media was the best way to get my story out."

HELPING OTHERS THROUGH SHARING MY STORY

Q: How has Instagram impacted your life in a positive way?

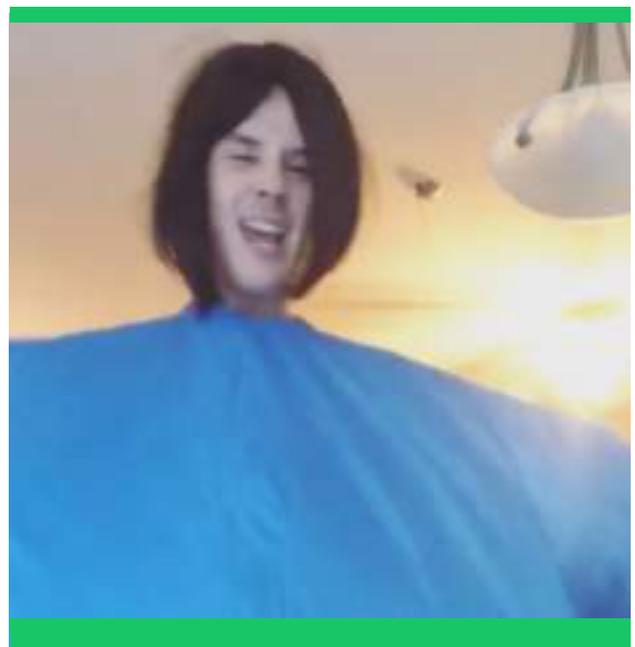
A: Instagram helped me in a positive way when I came out [as a member of the LGBTQ+ community]. It let me share my story with others and news pages. I wanted to share my coming out story so that others who are in the closet can read it and get inspired. My goal was to be able to help at least one person and I thought social media was the best way to get my story out.

I AM WHO I AM, ONLINE AND OFFLINE

Q: Being a significant icon for the LGBTQ+ community, do you feel any sort of pressure in representing this cohort?

A: I try to represent myself on social media the same way I am in-person. Posting silly videos of me dancing is what I do at practice. I am not going to share something that does not represent me at all. I gained a following for being myself not trying to be someone I am not.

Photo: Aidan dancing in an Instagram post.
Source: @aidanfaminoff, Instagram



Graphic by Josh Mailman

SOCIAL VULNERABILITY

I used to believe that this feeling of social vulnerable and isolation was unique to celebrities and people of power. However, now this vulnerability has become part of society at-large. We have entered an age where we enjoy being seen;

we are all, in some way, content producers and the guardians of our own personal brand! We see ourselves through the lens of a camera and we experience the world through the frame of an app.

We all desperately aim for the perfect image of ourselves and we measure this perfection by the number of likes and followers we get. However, how does this need for acceptance affect the perception of ourselves?

THE NEW YORKER GOT IT RIGHT

There was a very interesting cartoon in the New Yorker published on November 9, 2017, in which a woman just finished a marathon in a forest and the caption reads, “If you run a marathon in a forest, but there’s no one around to social media about it, did you really run a marathon?”

Farley Katz, the creator of the cartoon, uses comedy to pose a very important question about the state of our world today in which people do not feel self-achievement unless they know that others have seen it.

"MAMMON"

I have always believed that Greek mythology has an interesting perspective about looking at world and analyzing human nature through a set of beautifully crafted stories. Mammon, coming from Greek roots, is the term used to represent “money” and material wealth, but more importantly, it is associated with the greed-driven pursuit to “gain.” Here, I draw on a contemporary parallel to gain a following.



LOOK AT YOUR WATCH FROM TIME-TO-TIME

We are humans and we are fundamentally limited by time. Therefore, it is important to look at our watch from time-to-time. We have to remember to pause and reset. Remember to ask yourself: do you know what your goals are in life? And, are they going to serve your happiness?

BROKEN BEAUTY

A poem by Esty Rosenfeld

She once perceived herself as a beauty
She used to play around and be drawn by the endlessness of the ocean
She waited there for her turn to leave the pier for her cue to leave the queue
She wished to finally be cultivated enough to break free
But culture has shackled her hulk to the port, to the point of no return because she's never actually left, never actually broken free
And even if she did, she's never managed to completely draw away, complete withdraw
like the way the high tides repeatedly slap against the face of the shore
like the way the high tides can't stop itself from and will always slap against the face of shore
like the way the high tides will never cease to slap against the face of shore
Like
Like when she wakes up in the morning and tries on a heaping pile of clothes till she finds one that finely hides her broadened view of herself
Like the way she looks in the mirror pinching and squeezing herself
like a rag being wrung out
Like how she wastes her time trying to control her tone
Inhales deeply and grasps her waist all awhile gasping for air like the way the ocean peels back but only to then come crashing forward
She contorts her contoured face and ducks her cheeks to see if it's hollowness is still as sunken as the titanic
She keeps seeing her bloated heart trying to leap out of her chest but it's fat outweighs and drowns the muscle
And she hears her mind being malnourished by the heavy voices of her past
Telling her she does not have the right outlook
does not have the right frame of being
That outlook is the thin version of outfits and good looks and they only mean her frame isn't bare,
That she isn't mindful of what she's consuming and she really isn't
She isn't mindful of what's consuming her
They encourage her to tread and tow the fine line barefoot because a step with too much matter to it would not be refined, would not fall out of the narrow mould they have created for her
She cannot put her foot down because there's something between her bones and the floor, because the floor of the ocean seems too far away
She knows her sound will be absorbed by the endlessness of the oceans that surround her
And they are just the tip of the iceberg that hit her
She's been hit hard because beneath the surface is the scattered fragments of her vast confidence of a bygone era
She's drowning in the largesse of the sea
Waving elegantly and slightly for help to all those who pass her by
But at least she is a mere skeleton of what she used to be
At least she is now perceived as a beauty
But she, she no longer knows how to look at herself and see her beauty

THE ANXIETY SITUATION: WHY IS OUR SOCIETY SO ANXIOUS?

By Azadeh Monfared
Photo by canva.com

**“Why do I feel distressed?
Why is it that I’m constantly
worried about situations that
normally don’t bother me?
Am I projecting the right
image?”**

**If you have ever asked
yourself these questions, you
are not the only one.**

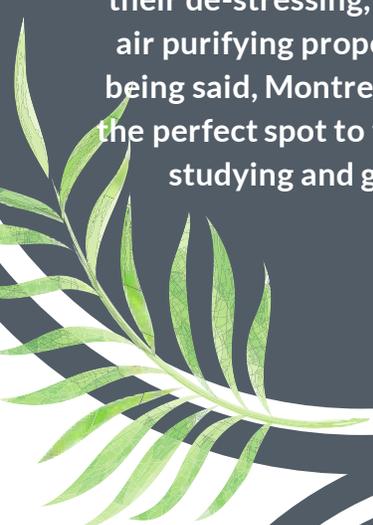
THE BRAVE NEW WORLD

Our way of life has changed dramatically in recent years and the pace at which we must live has picked up so fast that our abilities to adapt can no longer keep up. Sometimes it feels like we are all living our lives in a fast-forwarded TV show! We are always rushing through the moments of our lives toward an unknown; never taking a pause, out of fear of being left out. We are living in the “brave new world,” where news is more easily broadcast and where information equals money and intelligence equals success. Not only can this be seen in a wide demographic, but also, on an individual level. We have to know, we want to know, everything, all at once.

1

CAFE - LEAVES HOUSE

Plants and trees have been hailed for their de-stressing, anti-anxiety and air purifying properties. With that being said, Montreal's *Cafe Leaves* is the perfect spot to take a break from studying and grab a coffee.



Check out this article on our website for click-able links!

thetavtimes.tav.ca

A green circular graphic containing a small icon of a computer monitor displaying a webpage layout. Below the icon is text encouraging readers to visit the website for more information.

2

ART CLASSES

There's something inexplicably calming about making something anything with your hands. The *Visual Arts Centre* has some great art classes that, although can come at a high cost, will give you some much needed peace of mind.



Cheap Montreal Activities & Breaks

A large, light green rectangular area containing the title 'Cheap Montreal Activities & Breaks' in a large, bold, green font.

3

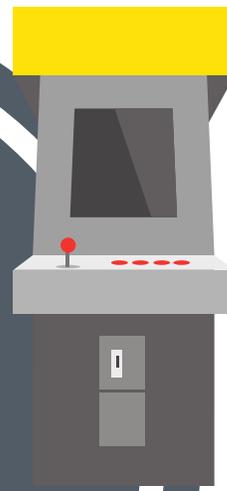
LEARN TO SKATE

Ice skating is probably one of the most Canadian winter activities ever. For students who may not know how to skate, there are many great courses offered in Montreal to get you out there (confidently) on the ice.



4 GO TO AN ARCADE

Take a trip back to the 80s, grab some friends and go to the arcade! Analog gaming systems, Pac-Man and air hockey... Can a break from studies get any better than that?



5 VISIT AN ART MUSEUM

Montreal is internationally known for its art scene and more specifically, for its incredible art museums. Also, many of the museums offer a student discounts!

Montreal For Study Breaks

MONTREAL ART MUSEUMS

- Montreal Museum of Fine Arts
- Contemporary Art Museum of Montreal
- Arsenal Contemporary Museum
- Exhibitions:
museesmontreal.org/en/exhibitions