

LEUCAN SHAVED HEAD CHALLENGE

Do you know somebody who has cancer and want to help others who are fighting the same battle? JAC is hosting a Leucan Shaved Head Challenge for those who would like to donate money and hair to people who need it. Boxes with the Leucan logo are in Student Activities and all around the school; any contribution makes a difference! For more info send us an MIO to Mai-Liên Thompson and Xin Lan Yu.

The Leucan Shaved Head Event will take place on Monday, February 11th in the Agora at 5:30pm. Many thanks to those who have contributed to this special cause. You are welcomed to join us to encourage your friends and share some love.



Foundations

THE RED DRESS &

MOOSE HIDE Campaign: Taking action and standing up to end violence towards women and towards girls.

In the last 30 years in Canada, and still occurring today, there are disproportionally high numbers of Indigenous women, girls, and Two-Spirited Persons who have either gone missing or have been murdered in Canada. On February 13th, across Canada, people are raising awareness about this issue.

What can you do to help?

Show your support February 13th 2019 by:

- Learning more about the RED ress Project here:
- Learning more about the Moose Hide Campaign here: A campaign initiated by Indigenous and non-Indigenous men aimed at ending gender-based violence.
- Hanging a red dress in your classroom/office/homewindow. You can lend/borrow a red dress by contacting via MIO or email Eileen.Kerwinjones@johnabbott.qc.ca
- Picking up your Moose Hide Pin (leather or synthetic) this week in Student Activities (H-159) and wear it up to and on February 13th 2019.
- Making a photo/video pledge at the Moose Hide info booth to end violence.
- Printing and handing out 6 Ways to be an Ally re Gender Based Violence, Assault & Harassment
- Hearing the personal stories of our guest speakers:

10:30 - 11:00 Opening ceremony and prayer by an elder

 $11{:}00\hbox{-}11{:}30$ Aiden Cyr, Youth Ambassador, Moose Hide Campaign.

11:30 - 1:00 Commissioner E. Qajaq Robinson, National Inquiry into Missing and Murdered Indigenous Women & Girls.

1:00 - 2:30 Delilah Saunders, Inuk author & activist, Feb. 13th will mark the 5th anniversary of her sister's murder.

2:30 - 4:00 Nakuset, Director of the Native Women's Shelter.

Counsellors will be on hand from 10:30 a.m. - 4:30 p.m. to help people process their feelings.

This event is open to everyone at JAC. For faculty that would like to bring their class, please register by sending an MIO and/or email to Audrey. Greenberg@johnabbottqc.ca. This event is co-sponsored by the Indigenous Student Resource Centre, the Indigenous Studies Certificate, the Women's Studies and Gender Relations Certificate, the Diversity & Social Equity Office within Student Services, and also made possible by a grant from the Programme acceuil et intégration des autochtones au collégial du MEES.

Donations

Tuesday March 19 - Loonie Line 2019

Over the last fifteen years, this event alone has raised \$167,874 helping over 1000 students move forward in their education, in their lives. Come to the College between 8 a.m. and 1 p.m. and add your loonies to the 2-sided tape that runs over 243 m (800 feet) from Casgrain to Stewart Hall.

Sunday April 28 - New this year!

JACF Spring Fling 5K Run

For the first time, we are kicking off a 5km Fun Run that will be taking place on our beautiful campus. We will be sending out all the information before the snow melts, but mark the date in your calendar for this family-friendly event.

Tuesday June 11 - Foundation Golf tournament

The 17th Annual Foundation Golf Tournament will be held at Beaconsfield Golf Club. Detailed information and registration will be available in early spring. We look forward to seeing you on the links and being part of a day filled with fun and friends.

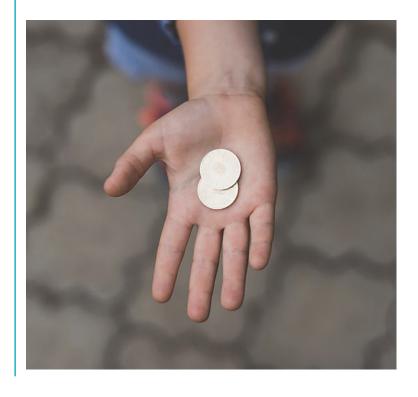
September 21 weekend - Homecoming

New and traditional activities will be open to everyone for the weekend including sports, speakers and the Hall of Distinction. For those less familiar with homecoming, Merriam-webster.com defines HOMECOMING as the return of a group of people usually on a special occasion to a place formerly frequented or regarded as home especially: an annual celebration for alumni at a college or university...

Join the group as we gather to have fun and meet former students, faculty and staff and wander the campus. Are you among our grads? Reconnect at JAC Foundation Alumni.

Hall of Distinction - September 2019

In recognition of the 50th anniversary of John Abbott College in 2020, the College established the Hall of Distinction in 2016. The Hall recognizes alumni, former employees, and friends of the College who have contributed to life on campus and/or to the greater community in a momentous way. Nominations are currently open. Do you know someone who would fit the bill? Find all the information and nomination form at Foundation/Hall of Distinction.



The Official JAC Winter Survival Guide

The winters in Montreal can be a tough one. Every student has to go through the struggles of storm, slips, and pain all thoughout these tough months. But we have made an official guide to surviving these

Driving is the first topic we will tackle. Remove all snow from your vehicle's hood, roof, windows and lights. Clear windows of frost and fog. Get a tune-up, including an inspection of electrical components, as well as air-intake, fuel, exhaust, ignition, cooling system and windshield wipers. Slow down on snow and ice. Your tires will have more time to grip the road. Give yourself extra travel time in bad weather. Avoid using cruise control on slippery roads. Always turn the steering wheel slowly to retain control.



Front-wheel skids are often caused by excessive speed on a turn or the wheels locking up. If you find yourself in a frontwheel skid, gently ease up on the accelerator or brake pedal and steer in the direction of the turn while looking in the direction you want to go. For rear-wheel skids, turn the front wheels in the direction in which the back end has started swinging, while looking in the direction you want to go.

Be alert for deceptive conditions. Invisible black ice can form when the temperature hovers around zero, especially on bridges, overpasses and underpasses. In rural areas, road conditions can change quickly from dry to snowy or ice-covered. Leave more space than normal between your car and the one ahead of you to give yourself time to respond if an emergency arises. Prepare an emergency kit for your trunk. It should include a shovel, a snow brush, a scraper, traction aids, booster cables, windshield-washer fluid, a reflective vest, a batteryfree flashlight, basic tools, a firstaid kit, a warm blanket and some non-perishable snacks.

Shovelling is also a big part of the winter. First of all, your shovel should be light (about 1.5 kilograms or 3 pounds), and sturdy.

It should feature a handle that reaches the users's chest to reduce forward bending. It should include a shaft with a bend and have the

right blade for the job at hand. A large push-style shovel will let you move more snow but may lead you to lift heavy loads. Smaller blades are best for lifting and throwing



While shovelling, you should pace yourself. Take frequent breaks and drink warm, non-alcoholic beverages. Push snow rather than lift it. If you must throw snow, only pick up as much snow as you can easily lift. Then, rather than twist at the waist, turn your feet toward the direction at which you're

You should also have basic

supplies in case of an extended power failure. You should have water (at least two litres of water per person per day), food that won't spoil, such as canned food, energy bars and dried foods. more supplies include a manual canopener, crank or battery-powered flashlight (and extra batteries), warm blankets, battery-powered radio (and extra batteries) to monitor the situation and a First Aid Kit (bandages, gauze sterile pads, scissors, tweezers, safety pins antiseptic, pain medication).

When you imagine visiting a city as cold as Montreal in the winter, your first instinct might be to buy the warmest winter jacket available. This train of thought isn't completely wrong (after all, there's a coat brand called "Canada Goose" for a reason), but if you want to fit in among Montreal's hip, winter-savvy crowd, take a page from their look book and try to blend in.

Pair a medium-heavy jacket (often down feather-filled) with several thinner and more stylish layers, including (but not limited to) merino wool thermals and socks, casual flannel button-downs and cotton henleys, cardigans or hoodies, and of course, a good beanie and pair of gloves.

If you follow all of our tips, you will succeed in conquering the crazy winter days.

Source: https://traveler.marriott.com/ montreal/chilling-out-survive-

https://montrealgazette.com/ news/local-news/montreal-wintersurvival-guide

Bus Users Forced to Take Car After STM's **Poor Reliability**

Nadler is one of many bus users who have recently expressed frustration with the Société de transport de Montréal's unreliable buses in letters to the editor and comments posted on news articles about the transit agency's woes. While she continues to take the bus, it seems many Montrealers are finding alternative means: a recent Montreal Gazette report revealed ridership on the city's buses declined by 13 per cent over a five-year period.

Nadler knows it takes longer to travel by bus, but she doesn't think it should take longer than the two hours she allots to get downtown. But last January, that's exactly what happened.

"There was a snowstorm and no buses arrived, so I had to phone in and say I wouldn't make it," Nadler said. Last month, when the 496 express bus she takes to the Lionel-Groulx métro station failed to show up for two consecutive time slots, Nadler was facing a half-hour wait in the cold, so she opted to catch the 195 bus, which goes on a circuitous route to the Angrignon station.

"This has happened to me a few times, and I find it very stressful because I teach at a particular time and I need to be there," she said. "Not only is it standing in the cold, but there is a lot of stress and anxiety about whether you're going to be there on time." Nadler, who has been taking Montreal buses since the 1960s, said she expects the service to be better.

The city's bus fleet appears to

be in the midst of a maintenance crisis, with a record number of breakdowns, buses running out of fuel more than once a day, and a record high of three in 10 buses parked for maintenance or repairs. In fact, the STM's backlog of buses is so high that during many days this past month, there were not enough working buses during morning rush hour to meet the posted schedules. While the STM has blamed union pressure tactics, the situation has steadily worsened

Even before the labour dispute began, West Island resident Coralie Dufresne made a New Year's resolution to stop taking her car and to use the bus more often.

But she too was frustrated with the whole bus situation

"I take the 208 Brunswick bus that comes every half-hour, but every so often one will not show up and the waits are very long,' Dufresne wrote in an email. "It happened to me a few times coming from the grocery store, and when I got home, my ice cream was melted and my ground beef had to be thrown out.

"In the wintertime, waiting 50 minutes in freezing temperatures is no fun; people call their family members and ask for lifts, but many bus users have no other options because they are students or immigrants," she wrote.

Dufresne said her experience taking the bus has changed her resolve, and she has gone back to driving. "There are very few advantages," she said. "I'll reevaluate it when gas goes up to \$10 per litre."

https://montrealgazette.com/ news/local-news/stms-poorreliability-is-driving-bus-users-to-

take-their-cars

Sleep is food for the brain.

During sleep, important body

functions and brain activity occur.

even deadly, particularly if you are

bad, you may feel moody, and you

make it hard to get along with your

family and friends and hurt your

court or on the field. Remember:

A brain that is hungry for sleep

will get it, even when you don't

and falling asleep at the wheel

cause more than 100,000 car

expect it. For example, drowsiness

crashes every year. When you do

likely to have an accident, injury

• Sleep is vital to your well-

being, as important as the air you

breathe, the water you drink and

the food you eat. It can even help

you to eat better and manage the

• Biological sleep patterns

sleeping and waking during

adolescence -- meaning it is

shift toward later times for both

natural to not be able to fall asleep

• Teens need about 8 to 10

function best. Most teens do not

get enough sleep - one study

found that only 15% reported

sleeping 8 1/2 hours on school

• Teens tend to have irregular

they typically stay up late and sleep

in late on the weekends, which can

affect their biological clocks and

treatable sleep disorders, such as

narcolepsy, insomnia, restless legs

hurt the quality of their sleep.

Many teens suffer from

syndrome or sleep apnea.

sleep patterns across the week -

hours of sleep each night to

stress of being a teen.

before 11:00 pm.

and/or illness.

The Facts

not get enough sleep, you are more

scores on school exams, on the

Skipping sleep can be harmful -

behind the wheel. You can look

perform poorly. Sleepiness can

Teenagers Don't Get

Enough Sleep. Why

it's Bad and What

Can We Do?

• Limit your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, numbers, your homework or a date

The Consequences

having sleep difficulties can:

Not getting enough sleep or

with a special person in your life. • Make you more prone to pimples. Lack of sleep can contribute to acne and other skin care problems they might have.

• Lead to aggressive or inappropriate behavior such as yelling at your friends or being impatient with your teachers or family members like your parents.

• Cause you to eat too much or eat unhealthy foods like sweets and fried foods that lead to weight gain

• Heighten the effects of alcohol and possibly increase use of

· Contribute to illness, not using equipment safely or driving drowsy

The Solutions

• Make sleep a priority. Review Teen Time in this toolkit and keep a sleep diary. Decide what you need to change to get enough sleep to stay healthy, happy, and smart as you can be!

• Naps can help pick you up and make you work more efficiently, if you plan them right. Naps that are too long or too close to bedtime can interfere with your regular sleep habit.

• Make your room a sleep haven. Keep it cool, quiet and dark. If you need to, get eyeshades or blackout curtains. Let in bright light in the morning to signal your body to wake up.

• No pills, vitamins or drinks can replace good sleep. Consuming caffeine close to bedtime can hurt

your sleep, so avoid coffee, tea, soda/pop and chocolate late in the day so you can get to sleep at night. Nicotine and alcohol will

also interfere with your sleep.

• Establish a bed and wake-time and stick to it, coming as close as you can on the weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with its natural patterns. You will find that it's easier to fall asleep at bedtime with this type of routine.

If teens need 8 to 10 hours of sleep to do their best and naturally go to sleep around 11:00 pm, one way to get more sleep is to start

Teens' natural sleep cycle puts them in conflict with school start times. Most high school students need an alarm clock or a parent to wake them on school days. They are like zombies getting ready for school and find it hard to be alert and pay attention in class. Because they are sleep deprived, they are sleepy all day and cannot do their best as they possibly can.

Schools that have set later bell times find that students do not go to bed later, but get one hour more of sleep per school night, which means five hours more per week.

Enrollment and attendance improves and students are more likely to be on time when school starts. Parents and teachers report that teens are more alert in the morning and in better moods; they are less likely to feel depressed or need to visit the nurse or school counselor for guidance.

Source: https://www.sleepfoundation. org/articles/teens-and-sleep

How to prepare for exams more efficiently

If you're one to put hours into revising for an exam only to be disappointed with the results, then you may need to rethink your revision methods. You could be wasting time on inefficient techniques. Here are some of the common ways students unwittingly waste study time, and what experts recommend you do instead.

Re-reading and highlighting notes may feel like work, but it often won't achieve much. Psychologists recommend a technique called retrieval practice. This is anything that makes your brain work to come up with an answer. It can include doing quizzes, multiple choice tests, and past papers.

Beware of the planning fallacy, which is our tendency to underestimate how much time we really need to do something. It leads to sitting outside the exam hall with two hours to spare, desperately cramming. This is not an effective way to learn. The opposite of cramming is spacing.

which is the practice of spacing out your revision over time, doing little and often. So one hour a day for seven days is better than cramming seven hours into one day, for example. It's also good to incorporate interleaving into your revision. This is a fancy way of saying you should mix up your

subjects during a revision session

Sifting through the recommended study playlists on Spotify, trying to work out which songs will help you to concentrate, is usually a waste of time. But while listening to music can help you relax, and some students may have "trained" themselves to concentrate with it on, it's still better to study in silence where it's more peaceful.

We may check our phones as often as once every 12 minutes. Obviously, this is a major distraction for srudents.

Source:

https://www.theguardian. com/education/2018/may/17/ struggling-revision-exams-



Student Events Coming Up

Oasis Surf Trip

Surf. The Price is \$25 and includes one hour of group surf,

Carnival Dodge Ball Speed Dating Event Tournament

It's almost time for JAC's ment. You have to have a team of 5 (Including minimum 2 of the 18th of February.

Murder Mystery Dinner

then you would love our Murare \$5, and includes food to Limited number of tickets.

Feb 20th and 27th.

EngTech Student

Project

we have Arcade Game, Flight more! Takes place Feb 21st.

Feb 13th.

First Aid Certificate and CPR Course

Get your First Aid certifica

Jonathan Burgstaller

All photo credits go to Unsplash

Montreal's Snow Fall Statistics and Facts

winter was in 1970-1971. The total snowfall was 383.3cm. in one day during the March

The least amount of snow ever

25. How crazy is our weather?

15 Christmases over the past 60

usually recorded on Dec. 12.

com/news/local-news/montreal-winter-survival-guide

All photo credits go to Unsplash

On-Campus Living

The very best of on-Campus

Gorgeous 2-bedroom suites up to 1,500 Sq. Ft.!

John Abbott College offers the finest in on-campus accommodation in Stewart apartments. The building provides housing to 195 fulltime students in fully furnished apartment-style living. The building is connected to the rest of the College allowing easy access to classrooms, the library, as well as the Casgrain Sports Centre.

Quaint apartments

- Beautifully landscaped waterfront campus
- Parking
- Games room
- Laundry room
- Fitness centre
- Free internet access • 24-hour security

Suite Amenities:

• Campus or lakefront views • Restricted access with

Spacious apartments

intercom entry • 2 large bedrooms

• living room with cable set

• full bathroom

 kitchenette The apartments are fully furnished and equipped with refrigerator, microwave oven, stove top and comfortable living room and bedroom furnishings.

Call for an appointment or apply online: 514-333-3366

21275 Lakeshore Drive Sainte-Anne-de-Bellevue,

H9X 3X3

http://www.johnabbott. qc.ca/services-to-students/

housing-services/campus/

New York! New York!

New York City is one of the most famous cities in the United States. Where all your favorite scenes from love stories are situated to the

diverse cultures and amazing foods. New York City, the place

everyone dreams of going to...

other than Disney of course. Well nows your chance for that dream to come true!

of 355\$ you get a three night

March 4th-7th, 2019 John from Time Square! Abbott College will be goint to New York City. For a low price

and two day stay. Staying in the Travel Inn situated on 515 W 42nd St. which is an 8 minute walk away



Package Includes:

- Transportation
- -2 nights at the Travel Inn
- -Hotel tax and service charges

For more information go to www.voyageschartier.com/newyorkstudentgroup!

Please note that this is not a John Abbott College trip. It is a trip organized exclusively by Voyages Chartier. Departure: 6:00 am on March 4th from John Abbott. Departure at 11:00 pm from New York City on March 6th Cheques made payable to: VOYAGES CHARTIER or by credit card or cash Non-refundable deposit of \$150.00 to reserve a spot

Final balance due by January 31, 2019 - 54 spots guaranteed! or go to STUDENT ACTIVITIES H-159

Partial article from omnivox

Speed Dating

Use Tinder? Well dating just got a whole lot more interesting! Come join the Pom Team's speed dating event where you can meet new people and maybe get a valentine? Everyone is invited; come make new friends and socialize while enjoying pizza, drinks and snacks.

(we will provide the questions, if you're a little shy)

* It is okay if you are in a relationship, this event is meant to have fun and meet new people.

You can sign up in Student Activities or via this link https://www.surveymonkey.com/r/5NV9FJP

FOOD? GOOD FOOD!

I was turn onto Goodfood by a friend who recommended trying this meal service. Essentially, they

provide original recipes, locally sourced produce, and deliver it all the way to your door for a weekly

fixed price. Each box contains all the raw ingredients needed to cook delicious meals

portions to eliminate waste. Also accompanied by recipe cards and step-by-step instructions for each meal ordered. For every

box purchased, Goodfood contributes a nutritious meal to a child in need in a school located within a

community affiliated with them. Depending on how many

meals you choose to order, the price will vary. I chose to get three meals, two portions each, for approximately 65\$ including

The west island is known for

restaurants that are down the road

from your home, to the best burg-

its diversity in people, food and

culture. The amazing chinese

ers in town across the block.

delivery. The food is fresh and prepared to stay fresh for at least a week. Also provided are vegetarian and gluten free options. Each week Good Food

customers with different meal options to choose. If your budget allows, I

would highly recommend this

service. Not only do you receive exactly the right portions/ servings, you also get to learn

how to cook a healthy delicious the recipes for future use. I was able to stretch out the meals to make three portions

rather than two. I

was able to have three portions per meal, so in total nine portions. In the end, I paid 7.20\$ per meal. You

can decide to skip a week or more with no extra charge, there is no minimum subscription length and

WHAT'S NEW IN TOWN...

Here are a few new Resaurants

and cafés that are new and want

your reviews! The catchy slogans

and the high energy of these new

go to spots will have you wanting

cancel the service at any

Over all this is a great service

recipes.

in need.

minimize waste.

 $2_{
m Without\ me}$ 1. Locally sourced produce. 2. Delivered to your door.

 $3_{\hbox{Sunflower}}$ 3. Learn and keep healthy Post Malone & Swae Lee 4. Exact portions to

5. Providing meals for a child J. Cole

5 Sicko Mode Travis Scott

4 Middle Child

Ariana Grande

/ High Hopes Panic! at the Disco $8_{
m Happier}$ Marshmello & Bastille

OThank U, Next

Ariana Grande

 $9_{\text{wow.}}$ Post Malone

10 Girls like you Maroon 5 & Cardi B

TOP 10 BABY!

The top 10 songs chosen by the John Abbott Students!



The top 10 movies chosen by Cineplex

I Glass M. Night Shyamalan

 $2_{\rm \,Green\,\,Book}$ Peter Farrelly

3 They shall not Grow Old Peter Jackson

4 Miss Bala Catherine Hardwicke

The Kid who would be King Joe Cornish

O The Upside

/ Serenit Steve Knight

James Wan



The innovation to video games.



So go have fun and try out

something new in town!

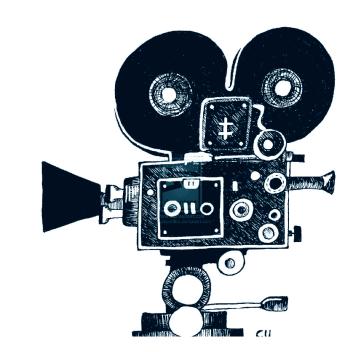
Where to get the best burgers at the best prices.



Japenese bar with a modern twist.



Old timey dinner with inexpensive prices.



Stacy Whitewick-Durand

Complaints about parking

By: Kathryn Greenway AMT spokesman Fanie St-Pierre said that non-commuters parking in train parking lots is not unique to the Ste-Anne-de-Bellevue station and that it is a difficult situation to address. She said the AMT posts signs explaining the rules of the parking lot, but that

Ste-Anne station.

It is difficult to determine whether the parking problem at the station is caused by a lack of available spots at the college or because it costs less to park at the train station.

John Abbott College spokesman



the response to the awareness campaign is "less than satisfactory."

Ste-Anne's general manager Martin Bonhomme said the town's public security team patrol the parking lots, but they only issue \$57 parking-infraction tickets for cars parked in an illegal spot. Security officers do not wait around to verify if a legally-parked car is driven by a John Abbott student.

"That is not something we can regulate," Bonhomme said. "It is the AMT's responsibility to take the necessary steps to regulate it. It would be like a security patrol watching the Fairview mall parking lot to see if someone parks there and then goes to the Cage aux Sports (across the street.)"

St-Pierre said the AMT is studying possible, long-term options to address the parking problem. She said only one commuter has filed a formal complaint so far this ye ar about the parking situation at the

Debbie Cribb said the CEGEP has 1,118 parking spots for students, but did not know how many requests for parking are denied every session.

"At John Abbott, we encourage students and staff to carpool (there are on-campus spots reserved for people who carpool), to use public transit or to walk or bike whenever possible," Cribb said in an email exchange.

She said the student body is periodically reminded of the importance of honouring rules and regulations on and off campus.

station has 336 parking spots and two spots reserved for car poolers. Parking is free. This is a better option

It costs \$200 a year or \$120 a session to buy a student parking. sticker at John Abbott College. The application process for a parking sticker for the academic year begins in early

No smoking

In its commitment to cultivate a safe learning environment that promotes healthy lifestyles, John Abbott College has adopted a policy to deal with tobacco control, the whole in accordance with the applicable legislation and guidelines.

The College's Health and Wellness Centre is available to offer support, guidance and referrals to persons wishing to quit using Tobacco Products; the Centre also promotes existing quit services and programs that can help with cravings.





7 ways marijuana affects the body

such as ammonia (commonly

found in pesticides) and hydrogen

cyanide (a poisonous chemical

compound). Interestingly—and

confusingly—a 20-year study of

suggests that regular marijuana

non-marijuana smokers (JAMA,

2012). The main takeaway: We

still don't know exactly what's go-

ing on with marijuana's effect on

the lungs, but research shows that

regular marijuana smokers are

ing, excess phlegm production,

There's lots of disagreement

when it comes to marijuana and

"One thing experts all agree on:

More research is needed."

and a stubborn cough.

Heart

more likely to experience wheez-

lung capacity compared to

more than 5,000 men and women

smokers tend to have an increased

By: Renée Morrison

Brain

Marijuana immediately triggers a boost of dopamine (a neurotransmitter that affects your brain's pleasure centre), which leads to those famous warm and fuzzy feelings (the "high"). But one 2016 study suggests that this may not be the case for everyone. The studypublished in Molecular Psychiatry—found that heavy marijuana users (those who used at least twice per day, five days a week or more) had lower dopamine releases over time, which is associated with not only decreased happiness but also worsened memory and a struggle with performing tasks that require

Overall, there isn't enough evidence to make claims about the long-term effects of marijuana on the brain.

However, a 2014 study in the Journal of Neuroscience found significant brain

Eyes

size and shape of areas associated with decision making) in the MRI results of 18- to 25-year-olds who smoked marijuana at least once a week (compared to people with little or no prior experience with marijuana).

THC decreases blood pressure,

vessels to dilate. Besides the telltale

causing capillaries and blood

red eyes (caused by increased

blood flow) and the dryness that

some evidence to show that mari-

usually accompanies it, there's

suggested could po-

tentially alter vision.

Lungs

Unlike smoking

tobacco cigarettes,

found a clear link

researchers have not

between lung cancer

and smoking marijua-

na. However, a 2008

Research in Toxicology found

that marijuana smoke contains

similar toxic chemicals to those

found in tobacco cigarette smoke,

study in Chemical

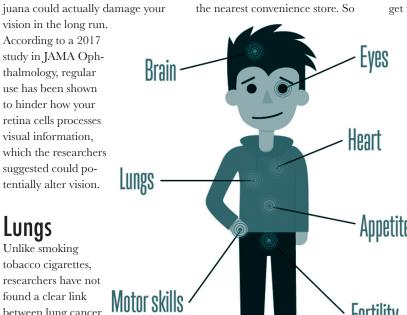
The Ste-Anne-de-Bellevue train

vision in the long run. According to a 2017 study in JAMA Oph $thal mology, \, regular$ use has been shown to hinder how your retina cells processes visual information, which the researchers

its effects on your heart. While one recent study that analyzed 20 million health records found a 10 percent increased risk of heart failure and a 26 percent increased risk of stroke among users, other long-term studies haven't found a strong-enough correlation between marijuana use (with no tobacco) and any increased risk. One thing experts all agree on: More research is needed.

Appetite

One of marijuana's most notorious side effects is also its most mysterious. Even some of the world's top researchers can't pinpoint exactly why marijuana often sparks a ravenous hunger (also known as the "munchies") that leads people to raid the fridge or



far, it's believed that the key lies in what's called the CB1 receptors within our brain, which trigger feelings of being full or hungry.

that actually prevents or slows down weight gain.

THC seems to activate a hun-

ger-promoting hormone that tells

us we're hungry, even if we aren't.

strange phenomenon that's not yet

understood. Various studies show

that marijuana users tend to have

lower body weight than non-users,

2014 review of research published

in Innovations in Clinical Neuro-

science. The paper's authors the-

orize that this may be because of

variations in how the studies were

conducted and how marijuana use

was measured (e.g., short-term vs.

long-term use), because food and

marijuana may compete for the

same reward system in the brain,

still-unknown mechanism at work

or because there may be some

even when they have high daily

calorie intakes, according to a

Researchers have noted another

Motor skills

Studies show THC majorly affects your reaction time and motor coordination, and it's correlated with impaired driving. The number of US car accident-related insurance claims in Colorado, Washington, and Oregon increased by about 3 percent since the three states legalized marijuana for recreational use, according to a report by the Insurance Institute for Highway Safety. In fact, aside from alcohol, it's the drug most commonly detected in the blood of drivers who've been in a car crash, according to the National Institute on Drug Abuse (NIDA). Whether or not you choose to use marijuana, never get behind the wheel while you're impaired (or get in the car with a driver who is).

Not only could you be pulled over and charged for driving under the influence (which usually comes with a massive fine and license suspension), but you could cause a fatal

Fertility

OK, so even if you're not trying to start a family anytime soon, keep in mind that a common cause of infertility is oddly shaped, confused, or "lazy" sperm. A 2014 study showed young men who smoked marijuana had higher levels of these wonky sperm and had fewer of the strong swimmers required to fertilize an egg and make a

baby. This study pinpointed three maximum affected period, and the long-term effects aren't clear. The research on how

Projeta: Filmes do Quebec

Animation and fiction films produced by students at John Abbott College presented in Brazil in the Festival "Projeta: Filmes do Quebec".

The festival will be held from June 20 to 26, 2018 in the prestigious CINESESC cinema, in the heart of Sao Paulo. This event showcases a taste of Québec's culture through feature and short films.

The Festival is supported by the Bureau du Québec à Sao Paulo, le Ministère des Relations internationales et de la Francophonie (Québec), as well as Société de développement des entreprises culturelles (SODEC). On the Brazilian side, it is supported by SESC – Social Service of Commerce, a non-profit organization that receives millions of visitors each year.

The program MOSTRA JOHN ABBOTT COLLEGE features films from film and animation students from John Abbott College The students were thrilled to authorize the screening of their films in the event. The session will be followed by a discussion with Daniel Schorr, teacher at JAC in the Media Arts Dept. and curator of the student show. Daniel Schorr will orient a Masterclass on Cinema and Animation and present a few of his own films during the Festival.

HIROSHIMA: The animated film is about the atomic bombing of Hiroshima. (by Spencer Dixon, 2017) ILLICIT: Film on drug use and HIV contamination. It is the drama of two young women, who share the same syringe. (by Alicia MacGibbon, 2015)

PLAGUED: Black humor story, inspired by flu epidemics. People who do not wash their hands well run the risk of contracting the virus. Whoever picks up the virus, becomes a zombie. (by Dani Melo-

PORCELAINE: Movie about a young transsexual. She shares with her family that she is a woman in a male body. (by Florence Tyl Descombes, 2015)

THAT DAY: Amazing movie from a new director, about a 'date-rape' The violence is committed by a man with whom the girl has an emotional encounter. (by Dominique Bradley, 2017)

TOWN OF RICHES: With touches of violence and humor, it is inspired by the Scorcese Mafia movies. Marina wrote, directed, photographed and edited the film, a true tour-de-force! (by Marina Totino, 2014)

TURNED TO ASH: Japanese digital animation in 'Anime' style. (by Kristina Perron, 2017)

Remember the vets

By:Phil Carpenter John Abbott College in Sainte-Anne-de-Bellevue on Thursday hosted its 13th annual Remembrance Day to honour military veterans, especially those who lost their lives in war.

Their students, as well as ones from McGill University's Macdonald campus, Macdonald High School, Edgewater and Saint-Patrick elementary schools, participated.

It was also a learning opportunity for the students, but the ceremony was even more poignant for college director general John Halpin. As he watched the elementary school kids plant small paper Canadian flags at a monument in honour of fallen soldiers, he fears one day someone may be planting flags and poppies in their

"Even though we know that war is not the answer, it keeps coming

Just inside the Raymond Building across the street at the McGill University Macdonald campus is a reminder of the cost of war. There stands a memorial to the war dead, some of whom are students from the old Macdonald College, who served in both World Wars. It drives home the horrors and he says, by teaching kids about war, they also learn that it's not the answer.

"Hopefully, when they are the leaders of tomorrow, they won't make those kinds of decisions and they will try to find the avenues of peace that mankind so far has not been able to achieve," he tells Global News.

Some students were moved by the experience. Eleven-year-old Zack Lacoste, a Grade 6 student at Edgewater who was the first to plant one of the hundreds of small flags, says he's grateful for the sacrifice of soldiers who never

"I feel sorry for all the families who lost someone that they loved in a war," he says.

Others say they worry they might end up going to war.

"I'm really scared about that," says Lacoste's classmate, 11-yearold Miranda Lyn. "It gives me anxiety when I think about that in the future, because I don't know if World War 3 is gonna happen.'

Halpin says he cries sometimes when he watches the students at the ceremonies. He hopes eventually there'll be less need for ceremonies like this, and have more happy ceremonies that dont involve death.

Hortio Alger scholaship

Triana Sanchez-Gonzalez — a student at John Abbot College has just been awarded a Horatio Alger scholarship. She is one of only 85 students across the country to earn the award.

The \$5,000 scholarships are given to students who have overcome adversity and show strength of character, among other qualities.

"To get the scholarship you have to have financial issues, you have to have high grades and you need to be involved in your community," Sanchez-Gonzalez said.

She applied for the scholarship last year and wasn't picked, but that didn't stop her from trying

With a grade average of 94 per cent, Sanchez-Gonzalez worked on improving her candidacy by doing more volunteer work.

"I have been volunteering with people with special needs at John Abbot and with the elderly and Ste-Anne-de-Bellevue's hospital,'

A very humble Sanchez-Gonzalez told Global News she was surprised to learn she had won.

"It was great, I was really surprised, I really did not think that I would be accepted for the scholarship, that I would receive it," she said.

Sanchez-Gonzalez hopes to pursue her studies at McGill University, drawing on her past as she looks to the future.

"I had a rough childhood and because of that I want to work with troubled youth when I'm older," she said, adding that she's considering her options.

"I'm applying for law because I think that if I become a mediator, a family lawyer, even work with child services that could help me improve the situations of some vulnerable children. And as well in social work; that would be a little more hands-on than law."s

While Sanchez-Gonzalez doesn't see herself as a role model, she did have a bit sound life advice.

> "I just say to try your best for everything. If you need anything, ask for it — just do everything you can.

The scholarship is named after Horatio Alger Jr. – a 19th century writer — whose books inspired a generation of readers to pursue their dreams – that with hard work and perseverance, it was possible to overcome adversity. What an inspiration this is for the future generation.

The Hall of Distinction

In recognition of the upcoming 50th anniversary of John Abbott College in 2020, the College has established a Hall of Distinction. The Hall of Distinction recognizes alumni, former employees, and friends of the College who have contributed to life on campus or to the greater community in a significant way. Nominees should have sufficient stature and recognition to ensure that their induction into the Hall of Distinction recognizes their contribution and brings credit to John Abbott.

Alumni must have:

attended John Abbott for a minimum of one academic year; maintained good academic standing according to the College's policy on academic standing; been away from the College for at least five years; excelled in a field in some

expectations; who have forged links with communities/groups or responded to unique requests from those communities in a way that has led to sustained benefits (or positive changes) to those communities and JAC; who have contributed to the culture of JAC and had a positive impact on the student experience; who have maintained high standards of professionalism. Friends of John Abbott College:

must have made a significant and verifiable impact on the campus must be of good character and exemplify the citizenship expected of persons representing the interests of John Abbott College; must have made a major contribution in direct support of the

Please complete the on-line form or download, print and mail this

objectives of the College and its



unique or sustained manner, or contributed to John Abbott in a significant manner.

Former employees must have:

been away from JAC for at least five years; been employed at JAC for a minimum of ten years of service; made a significant impact on JAC, JAC students and student success over an extended period

Friends of John Abbott College (eg. volunteer, parent, donor)

volunteered for the College; held leadership roles for College projects; provided significant support to the College, thereby having an impact on JAC students and student success.

One or more may apply.

must have made a significant and verifiable impact within the John Abbott community and/or society;

must be of good character and exemplify the citizenship expected of persons representing the interests of John Abbott College; who have developed a highly regarded reputation, professional achievements, or who have significant or unique service and/or career contributions. Former Employees: who have exceeded normal job

Hall of Distinction nomination form, which can be found on the john abbott website, to John Abbott College Foundation, Attn: Lison Desclos, 21 275 Lakeshore Road, Sainte-Anne-de-Bellevue, QC H9X 3L9.

To ensure that your nomination form is complete, please provide as much detail about how the nominee has distinguished him/ herself, including:

Volunteer activities while at JAC Leadership activities at JAC Extra-curricular activities Leadership in the community Success in their career



Awards and citations Success in other areas of life Anecdotes about the nominee Information provided by John Abbott college. This is a huge honour we shold focus more on these as they entail good deads and volunteer work that is much needed at John abbott colloege. Our hall of distinction is filled with wonderful people this year who are all mebers of john abbott college and have all done their best to help the school as much as

Nicholas Robillard

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Course Programs

Here'e a list of the **course programs** at John Abbott College. For more information visit the John Abbott College website.

General Education

English

French

Physical Education

Humanities

Complementary Courses

Pre-University Programs

Pathways Programs

Arts & Sciences

Arts Literature & Communication

Creative Arts, Literature & Languages
(CALL)

Double DEC: Science & Social Science

Liberal Arts

Science

- Science Course List
- Science Placement Char
- Math Sequence Chart for Science

Social Science

Social Science – Honours

• Social Science Course List

• Math Sequence Chart for Social Science and Commerce

Visual Arts

Career Programs

Pathways Programs

Biopharmaceutical Production Technology

Business Administration

Computer Science Technology

Computer Science Technology (Starting Fall 2019)

Dental Hygiene

Engineering Technologies

Graphic and Web Desigr

Information and Library Technologies

Nursing

Police Technology

Pre-Hospital Emergency Care Program

Professional Theatre

Student Services & Student Life

Sports and Creation

The purpose of John Abbott College is to provide students with educational opportunities which will permit them to achieve, as individuals, their highest potential. This includes not only the acquisition of academic and professional skills but also the pursuit of personal growth and development.

Since its beginning, the College has actively supported participation in sports endeavors as one of the important avenues in the growth of the individual and his/her well being. The specific aim of the Sports and Recreation Department is to implement programs which will meet student needs and interests in the areas of recreation, intramural, and inter-collegiate activities. The department also provides for student involvement in the development and organization of these activities.

The dedication of the athletes, the quality of coaching and the professional approach of staff members responsible for the sports programs have all combined to thrust the College to the forefront in terms of overall excellence and achievement, both at the provincial and national levels. We are justly proud of our accomplishments and the following pages are a tribute to those John Abbott people associated with our effort in the area of athletics.

The Student Union of John Abbott College, SUJAC

The main function of SUJAC (Student Union of John Abbott College) is to promote and defend students' rights and interests, thus helping to make John Abbott a better place for students. SUJAC is the official liaison between the students and the College, giving students a voice in College policies. SUJAC works on students' behalf and informs students on relevant issues and pertinent College matters. While every student is a member of the Student Union, SUJAC (Penfield 101) consists of the Executive and Congress.

The Executive and SUJAC Coordinator are ready to help students with any concerns. Overseeing the entire functioning of the Student Union is the President. He or she is elected in April of the previous academic year as are the four Vice Presidents.

The Vice President Internal is responsible for all student clubs and several in school activities at John Abbott and also handles nonacademic grievances. The Vice President Academic is the person to see for information concerning teacher grievances and grade reviews. The Vice President Finance is Chairperson of the Student Activity Committee and handles financial matters pertaining to SUJAC and the various student organizations. The Vice President External takes care of external affairs, particularly intercollegiate relations with student governments of other colleges.

The student Congress has responsibility for voicing student concerns at College committee meetings and conducting surveys and petitions to determine students' opinion on various issues. Congress meetings are held weekly and are open to all students. Each Congress member represents 125 students. To become a Congress member, pick up a nomination form at the SUJAC office.

SUJAC's door (Penfield 101) is always open. Monday to Friday, 8:30 a.m. to 4:30 p.m.

Health and Wellness

Consultations

Students can meet with a nurse to talk about health concerns or health choices they are making. Often this includes general health, nutrition, birth control, pregnancy testing and counselling, sexually transmitted infections, emotional well-being and stress.

Medical Services

Our on-campus medical clinic is open two-half days a week. Students can make an appointment to see a doctor for a variety of health services such as, general checkups, health problems, mental health, contraception, pregnancy testing, sexually transmitted infections testing and treatment. Arrangements can also be made for students requiring allergy shots.

Health Education and Health Promotion

Our goal is to assist individuals in making informed decisions about their health and the behaviours that contribute to their overall well-being.

Campus-Wide Health Promotion Campaigns

Throughout the school year a variety of health information programs aimed at the wellness of college-aged students are offered. Lectures, presentation, special programs, outreach displays and small group discussions may be used to address sexual health, alcohol, tobacco and drug use, stress, mental health, nutrition and healthy lifestyle choices

Group or Class Presentations

Presentations by the health education nurse or by an invited guest speaker can be arranged through the Health and Wellness Centre. These presentations may be for individual classes or perhaps a club or special interest group. Requests can be made directly by calling 457-6610 ext.5308 or healthandwellness@johnabbott.qc.ca.

Healthy Campus Committee

A group of interested students meet to outline what health promotion topics will be addressed in the campus-wide campaigns. They help plan activities and special events on campus.

Health Information Resource and Referral Centre

We make attempts to link students with community resources, agencies and services. Self-help groups, non-profit community agencies and specific health agencies, such as the CLSC, are common partners. We also stock up-to-date literature and health related information. The Health and Wellness Centre may also work in close conjunction with the Counselling Services of John Abbott College.

http://www.johnabbott.qc.ca/