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MARINA MOORE & BRENDAN CONNOR

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On the cover: (Front) Dr. Kevin McCormick, President and Vice-Chancellor,
Huntington University, (Left) Roy Eaton, 1967 Alumni,
(Right) Wendy Beauchamp, 1968 Alumni.

Photo credit: Marg Seregelyi.

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Things are getting spun all the time – vinyl, tops, tires. Then there is the kind of spinning we find in public relations and politics; the wordsmith crafts the press release or speech with a tweaking of the truth. One of the ways they do it is to point to the silver lining real or imagined, drawing the audience's attention away from the big dark cloud.

Well, we've got our own cloud hanging over us these days. And it's getting spun this way and that to serve particular agendas – a hurricane in the making. But the silver lining is very real too.

It's true that the health crisis we find ourselves in has rooted out some of the worst inclinations in human nature. Our tendencies toward self-preservation at the expense of others has been on full display. We've seen some of the most vulnerable sectors of our communities mistreated and preyed upon. But amidst all the bad news, there have been glimmers of good. We can see it in the way so many have put aside their self-interest and offer a hand to those in need. From the frontline worker on down, so many people have decided to indulge the good in humanity.

Maybe it's the 'we're all in the same boat' attitude that is helping. Although, I think it is the same storm that we're in, some of us in very different boats. Maybe it's the idea that we're all fighting the common enemy that has propelled us toward kindness. I'm not sure.

What gives me hope is the ability of so many to put aside their wants and needs while they attend to their neighbour's, the commitment to recognize in others the struggles we all face, the simple decision to offer a smile that says 'I've got your back'. When the dust settles, when the airborne droplets have all fallen, I hope we remain vigilant about not only washing our hands but about continuing to offer the love and care we have chosen to exhibit throughout the storm. This will be the true silver lining.

Nicole Blais,
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Transition is often daunting, leaving many seniors and their families reeling from the challenges. Often, adult children of seniors live miles away and need someone on location to help meet their parents' needs. This is when Goshenite Seniors Services Consultants can help with the coordinating of all aspects of the changes and moves. We are experts in post-retirement transitions. We will answer your questions about how best to deal with your situation and create a detailed plan that accommodates your specific needs.

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THE SOCIAL SOULPRENEUR'S TOP 5 INSTAGRAM FEATURES

By Hailey Hastie

A strong online presence is a great advantage for any business. As recent times demonstrate, businesses can't always rely on in-person sales or events to operate as in the past. Instagram is a powerful tool for any brand or business. Not only can brands build thriving communities on Instagram, they can now showcase their inventory in "Shops", obtain valuable follower information, sell gift cards online and so much more.



Hailey Hastie,
Founder,
The Social
Soulpreneur

The Social Soulpreneur's Top 5 Instagram Features

#1: Instagram Shopping

Instagram shopping allows a business to sell products/services directly through their account. Shoppable Posts make it easier for people to shop items by viewed "tagged" products in posts streamlining the journey from discovery to purchase.

#2 Instagram Live

Instagram Live is a perfect tool for businesses to build meaningful connections with their online community and show the more authentic and human side to their brand. Businesses are successfully utilizing Instagram Live by hosting Q+A sessions, product try-on or demonstrations, and hosting chats with guest speakers.

#3 Gift Cards and Food Orders

In direct response to COVID-19, Instagram released two new features for small businesses - Gift Cards and Food Orders. Gift Cards are a way for businesses to sell redeemable vouchers via a new profile or Instagram Stories sticker. Food Orders allow restaurant businesses to drive awareness to their food delivery services like Postmates, Doordash, and UberEats.

#4 Interactive Story Features

Instagram Stories are a great way to encourage audience engagement and collect real-time customer feedback. From quick interactive polls to fun quizzes, Instagram Stories provide an easy way for your followers to respond to your brand and for you to learn what your customers want.

#5 Highlight Reel

Your Highlight Reel key to Social Media success. It should give viewers the answers to the W5H of your business. Your Highlights are also a great opportunity to strengthen your visual branding as they can be customized to meet your on-brand aesthetic.

If you're interested in learning more about these features and all the other wonderful ways Social Media can amp-up your business's online presence, contact The Social Soulpreneur today!

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DEALING WITH DEPRESSION

By Brianna North,
Marketing Intern

Sadness is a natural reaction to difficult situations. But, it's important to recognize the difference between sadness and being depressed.

Depression affects every part of a person's life, including feelings and physical health. It's a chemical imbalance in the brain and lasts more than two weeks. It doesn't typically go away on its own. But you don't have to feel depressed forever; depression is treatable, and there's help.

What are the Symptoms?

Symptoms include difficulty sleeping, sleeping too much, changes in appetite, or aches and pains with unknown causes. Symptoms can often be overlooked as side effects from other illness.

Depression changes the way you feel. You may experience a loss of self-esteem, excessive crying, feelings of worthlessness and guilt, suicidal thoughts, emotional numbness, and lose interest in activities you normally enjoy. These feelings can lead to isolation and a decrease in physical activity.

What are Some Risk Factors?

Older adults face risk factors such as living with chronic pain, distance from family, suffering from illness, mobility issues, grief, or fear of death. Some medications are linked to depression, including blood pressure medications or beta-blockers.

How Can it be Treated?

A therapist can help you vocalize feelings, reflect on the way you think, and teach you how to control your thoughts. Group therapy can provide socialization with people going through similar experiences.

Your doctor may prescribe antidepressant or mood stabilizer medications that will work best with your medications. If you do not see improvements, dosage may be increased.

Lifestyle Changes

Changes to daily habits can ease symptoms. Exercising releases endorphins and shifts focus from negative thoughts. Even walking can help you feel better.

Eating healthier, and limiting sugar, can positively impact your mood. Canada's Food Guide can help you get the correct amount of servings. Brain exercises, like puzzles, word searches or board games can distract from negative thoughts. Consider participating in the arts, or joining a club to socialize and decrease isolation.

What are My Next Steps?

Remember, asking for help is not a sign of weakness. It takes a strong person to acknowledge they need help. Never be afraid to approach someone to talk about how you feel. Discuss your needs with a medical professional, family or friends, so they can help you reach a professional, because you don't have to feel depressed forever.

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During the COVID-19 global pandemic, we were asked to stay home in order to keep ourselves and others safe and to slow the spread of the disease. But what if your "home" was in a high-rise apartment building with many other residents? How would you stay safe? The threat of riding in an elevator with an infected person would be a concern for anyone.

At Williams & McDaniel Property Management, we have taken this problem very seriously since the outbreak of the pandemic. We ensure the utmost safety for our residents by implementing extra measures in our buildings to ensure every possible procedure is done for the comfort of our residents. We have instituted regular sanitizing of all "touch zones" of our common areas which is completed numerous times a day including lobbies, entrance doors, elevator buttons, laundry room facilities, and social room surfaces. We have also provided hand sanitizer throughout our buildings for the residents' use. Signage has been posted explaining the correct procedures to follow. As Isabelle and Mike Abbott of Albert Terrace and Campbell Place, Sault Ste. Marie say, "Our residents have been so appreciative of all the extra measures we have put in place to protect their safety."

*"Our residents
have been so
appreciative of all
the extra measures
we have put in
place to protect
their safety."*

Having building managers on site in all of our buildings ensures that someone is available to contact should issues arise. This includes assisting any EMT personnel by ensuring the building is clear and directing them to the correct unit as well as putting the elevator on hold for faster service. Any maintenance done throughout the building

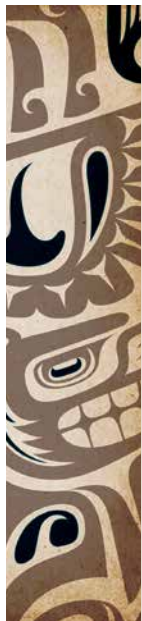
including in suites is done following proper procedures. This includes mask wearing, sanitizing, and social distancing when entering the suite or coming into close contact with any resident or visitor.

As the pandemic took hold, Williams & McDaniel recognized the need for more financial assistance for hospitals. As a result, we donated \$5,500.00 to each hospital within our region of operation. This donation was extended to a total of 18 hospitals throughout Ontario.

With all these protocols in place throughout the Williams & McDaniel portfolio, we feel we have contributed positively to the success of "flattening the curve" in Ontario. Keeping these procedures in place for the foreseeable future will be vital in reducing the threat of a second wave. As the saying goes, "we are all in this together", and Williams & McDaniel is ensuring that we keep up our end of the bargain.



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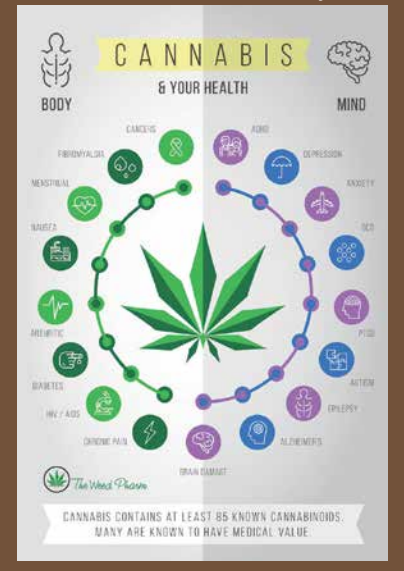
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THE EVOLUTION PART 2

By Jennifer Thoma

In The Evolution Part 1 I examined the harsh realities that surround our health and understanding of it. When I left you, I had just pointed out that most of the things killing us are adaptations left behind from millions of years of evolution.

By nature, I am not a negative or pessimistic person, however as I got older my optimism had to get a part time job as a realist just to make ends meet. Today I am here to offer you hope for the future.

When I was young, my dad told me I was going to be the world's poorest philanthropist and as always, he was right. However, this did not deter me. It taught me that philanthropy does not require wealth to be effective. It requires constant time and energy, as well as a passion for the greater good.

My research on the importance and function of soft tissue has brought me to the understanding that to know the body, it must be understood on an atomic level. It is my hope that this new understanding of quantum biology can transform the health of every human on earth by allowing them to be conscious of the energy their thoughts and movements create internally, as well as externally.

*"Ask not what
your body can do
for you but what
you can do for
your body".*

What I need from everyone reading this is to keep hope and positivity alive in the minds of your children and grandchildren while the future unfolds. Learn to be conscious instead of fearful letting your pessimism moonlight as a realist. I promise you the world will become a more hopeful and loving place.

I may not change the world today, but persistence is a powerful thing. Evolution has taught me that minor choices in the past create major changes in the future. The choices you make every day are part of our evolution. Your present choices are the only ones that matter because they are what will direct your future health. Twenty years from now, maybe you will think back on this as the first time someone told you the future could be full of hope. Imagine what the future would look like if I am right.

I will never stop learning and discovering in hope of a better future for our species. I will wake and activate the entire world, one person at a time if I have to.



Jennifer Thoma

Owner
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Kerrie Michelutti,
PMP, Owner
Home & Haven
Design Studio

By Kerrie Michelutti

Designing your space is a very personal process. When I was doing my home, I knew exactly how I wanted it to look including the colour palette I wanted to use, the lighting, the floors, and the feeling I wanted people to have when they were in it. I spent hours looking at the space, imaging walls coming down and laying out my kitchen design. I moved the couch. I moved the couch again, and then I moved it again to make sure it was exactly where I wanted it to go. I was very specific and I didn't compromise.

I love black and white, high contrast, and I also love the natural elements. I like seeing the grain in my woods. I like the imperfect perfection of variation of tones in woods like walnut, and I enjoy bringing the outdoors in. Greens, blues, browns, blacks, and whites...these are the colours in my home. When I redid my main floor, I wanted the theme to be Tommy Bahama meets Hamptons lake house. Very easy, rich textures, and manageable with three kids under six. I knew I needed a space to serve lots of people. I wanted



Michelutti kitchen waiting for the final touches of a stone counter top, farmhouse sink, backsplash and panels.

because that way you know you won't have any regrets. You may have fewer items, but over time you will build your home into a true oasis for you and your family.

I also like the idea of saving to buy, and not buying all the time. I feel like you get what you want rather than what is convenient. It's a win for you and for the environment. That's generally the guiding principle when investing in the big items for your home like kitchens, bathrooms, windows, doors, blinds, and floors. You know those elements are going to be there for a long time, so you need to make sure you love it.

Renovating is designing, and designing is all about the process. Here are a few tips we have collected along the way to help clients feel comfortable throughout the renovation process.

1. When selecting a renovation partner, whether it is just a new floor install, or a kitchen, or a whole house renovation, trust your partner. Trust in their ability, and trust in the partnership together. When people have mutually agreed

upon expectations of each other, then the project runs smoother.

2. When doing your selections for your house, do some reading. Quantify your need and select products that work for your lifestyle.
3. If you need help, ask for it. There are a lot of professionals in Sudbury that can help guide you down the right path. This will probably save you money and headaches in the long run.
4. Enjoy the process. Don't rush the renovation. Love the process and experience all the feelings that brought you to this point where you are getting what you envisioned.

I love designing, decorating, and all things renovation. Creating the space you live in is ultimately a reflection of yourself. Make sure you see yourself in your space.

***You know those elements
are going to be there for a
long time, so you need to
make sure you love it.***

an area for conversation, and I wanted the luxury of uninterrupted pathways in the kitchen. Hiding my appliances was important, so the focus was on the cabinetry and the stone. I designed my space to meet all my visions and didn't compromise. I love the result and I wouldn't change a thing.

When I started my renovation, one of my basic principles I had with buying for my home renovation was that if I am buying it once, I may spend a little more, but I know it will last a lifetime or very close to it. I like the idea of investing in the space for love





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Celebrating 60 YEARS

OF POST-SECONDARY EDUCATION EXCELLENCE

AT HUNTINGTON UNIVERSITY

By Todd Robson

For some, turning 60 is one of the final steps in a long journey before being able to unwind, retire, and enjoy the fruits of life's labour and hard work. But for Huntington University, one of oldest and most respected post-secondary institutions in Northern Ontario, there are no signs of slowing down.

"Our programming today reflects the real needs of society and what's happening in the world. There has never been a better time for those looking to pursue Gerontology, Communication Studies, and Religious Studies. A graduate with a degree from a Huntington program has skills and perspectives that are in demand and needed across Canada today," says Mary-Liz Warwick, Chair of the Huntington University Board of Regents.

Despite the current pandemic, Huntington University is looking at several safer ways to celebrate this special anniversary. Recently, Huntington reached out to some of its earliest alumni to share their stories and reflect on why Huntington University was, and still is, the ideal choice for students seeking top-tier education in the region.

Wendy Beauchamp graduated from Huntington University in 1968. She chose Huntington because she came from a small community and was the oldest of six children. She sought a school that had smaller classes where professors and students could interact, and the teaching would be more intimate.

She looks back fondly at her time at Huntington and recalls some great memories.

"I remember living in residence and the boys and girls were separated by a big steel door," says Wendy. "This very much met the approval of my parents at the time. I look back now, and it was such an innocent time. Being part of the Huntington community really gave each of us a good foundation. There was no internet, no email, and no texting. Communication was between people and we all shared this fantastic sense of comradery."

After graduation, Wendy and her husband moved to Hornepayne and she enjoyed a career as a teacher for thirty-three years before retiring.

Roy Eaton was part of the 1967 graduating class and remembers the university played a part in one of the most important days of his life.

"Back then, I was heavily involved with the United Church – so Huntington was the best fit," explains Roy. "As well the campus was just such a great experience. From the pub to where we ate – everything about the environment was ideal."



Wendy Beauchamp (née Stewart),
Graduation Photo, 1968



**HUNTINGTON
UNIVERSITY**

Roy also recalls talking to friends who were going to larger schools in Ontario.

“To me, the class size was one of the most important factors. I wanted a school that was smaller and allowed me to have a more intimate relationship with my teachers where I could get to know them. Small institutions have an intimacy that other places just do not. The size of classes at Huntington offers something normal and helps with values.”

While studying at Huntington, Roy developed those relationships he sought. He soon befriended the Rev. Dr. Ed Newbery who would go on to officiate Roy’s wedding in the Huntington Chapel, in 1968.

“It’s so amazing to hear from our alumni and we’re so grateful they could share their stories so many years later,” says Dr. Kevin McCormick, Huntington University President and Vice-Chancellor. “More than half a century later, people still yearn for that student-teacher contact and the benefits they take away from smaller classes and truly engaged professors. For 60 years, we’ve been putting students first and helping to create leaders who have gone on to make a real difference in the communities they touch. When you’ve got a good formula, you stick with it.”

Huntington University will be celebrating its diamond anniversary throughout the rest of the year. Stay tuned and please visit the school’s website www.huntingtonu.ca to learn about events taking place online or safely on campus this fall.

“It’s so amazing to hear from our alumni and we’re so grateful they could share their stories so many years later.”

~ Dr. Kevin McCormick, Huntington University President and Vice-Chancellor.



(LtR) Rev. Dr. Ed Newbery (President of Huntington University 1963-1968) with Margaret and Roy Eaton on their wedding day, May 3, 1968, in the Huntington University chapel.



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HEART AND VASCULAR HEALTH IN MENOPAUSE

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

After menopause, women may have questions about their risk for heart disease and stroke. Heart disease and stroke are one of the leading causes of death in women. Coronary heart disease is usually caused by plaque build up on the walls of the arteries affecting the blood flow to the heart.

While family history plays a small role, many risk factors for heart disease can be modified by lifestyle changes. These include diabetes, hypertension, obesity, smoking, stress, and lack of exercise. Cholesterol is strongly associated with heart disease. LDL is the "bad" cholesterol which may be deposited on artery walls. You can maintain a healthy body weight, exercise at least 150 minutes per week, increase your vegetable intake and moderate red meat and salt. It is also important to maintain a healthy blood pressure, moderate alcohol consumption and a smoke-free lifestyle.

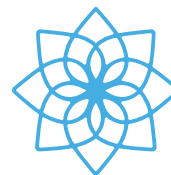
When women become menopausal, they lose the protective effect of estrogen which also increases the risk of heart disease.

When women become menopausal, they lose the protective effect of estrogen which also increases the risk of heart disease. Although this is still being researched, it appears that the timing of starting estrogen therapy is important. Women who start within ten years of going through menopause have a reduced risk of heart disease, however, women who start hormone replacement later are at increased risk for cardiac events. This risk does not apply to women who were started at an earlier age and are still on hormones.

Women with established coronary artery disease are advised not to start hormone replacement therapy.

Symptoms of heart disease in women include crushing or heavy chest pain travelling down the left arm but which can also extend up to the neck, jaw or into the back or right arm. As well, women may experience cold sweats, nausea, light headedness, and shortness of breath more often than men.

The risk of stroke also increases with age and high blood pressure. Hormone use can also increase the risk of stroke, however, there is no increased risk in women younger than sixty or who are within ten years of menopause. For women older than sixty or more than ten years past menopause, the incidence is very low.



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NEW DEVELOPMENT IN HEEL PAIN

By Julie DeSimone,
Chiroprapist, B.Sc.
Podiatric Medicine



I recently attended a very interesting lecture on heel pain. Heel pain is a condition that is seen quite frequently in any chiroprapist's office.

A common description of heel pain has always been, "It hurts when I first step on it in the morning" or "It hurts when I have been sitting for a while and go to get back up". These are very common scenarios. According to most available literature and what we have always been taught, these are symptoms of what is called Plantar Fasciitis. This is also sometimes referred to as having a heel spur. Plantar fasciitis occurs when a certain tendon-like structure that originates in the heel starts to pull away from the heel bone and produces tiny tears in the muscle fibres. Treatments available for this problem consists of strapping techniques, foot orthotics, ultra sound, and cortisone injections into the heel. Some

people have even turned to surgery to try and reduce the heel pain.

Unfortunately, and much to our frustration, heel pain sometimes continues to exist even after all these treatment regimes have been exhausted. New developments have now shown that this pain may be due to what is called a heel neuroma. According to a fifteen year study, it is more common than plantar fasciitis but has always been misdiagnosed because the symptoms are so similar. The foot type usually associated with a heel neuroma is a "flat" or pronated foot. This is a foot that tends to roll in towards the body, flattening the arch. Weight is also a factor. This problem is more frequent in someone that is overweight.

The treatment for heel neuroma consists of a

series of injections of vitamin B12, to reduce the size of the neuroma, and a small amount of cortisone to reduce the inflammation. The injections are spread at least a week apart. The neuroma is found very superficially under the skin, consequently the injections are fairly painless.

It is very encouraging that a new and successful treatment has been discovered for heel pain. Any frustrated heel pain sufferer will tell you that there is nothing worse than consistently sore feet. If you suffer from heel pain and have little success with the usual treatments you may want to be checked for a heel neuroma.

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CUSTOMIZING YOUR VIEW OF THE NEWS

By Chelsea Papineau

As our digital audience continues to grow, CTV News Northern Ontario is enhancing the user experience on both our app and website in addition to the daily newscasts.

Being part of the CTV News network allows us to curate a variety of different content in both text and video form to keep you entertained and informed.

Giving the people what they want

We have heard you loud and clear- you want more text-based articles.

In addition to our video reports seen on our news broadcasts, you can find most of the stories and more in text form on our digital platforms.

There you can find in-depth information, news you can use and online-exclusive material that adds more to the stories you see on TV.

Since the start of the pandemic, we have featured northern Ontario artist performances at the end of each 6 pm broadcast, with the full-length versions available on our website. Because it has been such a big hit, there is now a full page where you can find all of the artists we have featured so far.

Making things easier to find

The commitment to delivering local news for the north is stronger than ever and now, audiences can filter their news within northern Ontario.

With bureaus and reporters on the ground in the four major northeastern Ontario cities, we have created a way to see a hyper-local view of our news.

A dedicated page has been built for each of the four major cities on our app and website:

• Sudbury • North Bay • Sault Ste. Marie • Timmins

There, you will find articles and videos that are relevant to that particular area.

#FOMO

Escape that fear of missing out by staying up to date on what is going on locally, provincially, across Canada and around the world.

You can wait for the most popular news to show up in your social media feed or you can come directly to the source, CTVNewsNorthernOntario.ca.

When you see something you would like to see more of on social media, consider leaving a comment or clicking a reaction so the platform knows what to show you.

Interactive

There are many ways to share the beauty of the north with us. Send us your pictures and videos from around northern Ontario to newsforthenorth@bellmedia.ca

We can't wait to hear from you! Thank you for watching!



Chelsea Papineau

CTV News
Northern Ontario
Digital Content Specialist



YOU HAVE BEEN APPOINTED AS AN EXECUTOR. ARE YOU PREPARED?

By Deborah Slywchuk

When choosing an Executor, we tend to pick the most trusted people in our lives. While they are dedicated and loyal, they may lack the knowledge or resources necessary to handle the role that has been entrusted to them.

Depending on the complexity of the Estate, an Executor may be required to call upon one, or several of 17 different professionals during the Estate settlement process. Furthermore, it is estimated that up to 70% of Canadians are without a will, which leaves quite a bit of a challenge to those who will be thrust into the role, unknowingly, and woefully unprepared.

It is usually in these situations when we hear the stories of Estate settlements that last for months, if not years!

In addition to the increased risk of litigation and many other changes affecting the role of the Executor, it has become so increasingly challenging, that Canada now offers Executor Insurance to protect you in the event of a personal liability. We are experiencing a huge demographic shift with the number of Canadians turning 80 over the next few years, and it is estimated that the intergenerational transfer of wealth may average up to \$3 million per day for the next 20 years! It is more important than ever to look at ways to ensure you are minimizing tax consequences, maximizing growth opportunities, and protecting and preserving capital for yourself and, even more so, when you are entrusted with the role of the Executor.

Whether you are retired and getting ready to pass the torch, or still in your accumulation and debt phase with a need to grow and protect what you have accomplished, now is a good time to discuss Estate Planning. Far too often we hear of famous people like Prince, Aretha Franklin, Bob Marley, and many others at their level of fame and fortune who have died without leaving a will. They leave their beloveds without proper instructions as to their wishes. With so much left to chance and speculation, many of these Estates have yet to be unraveled.

A good place to start the discussion is with your Financial Planner. If they have specific knowledge regarding Estate Planning, you will surely benefit from their expertise, saving you time and money when it comes time to write that Final Will and Testament.

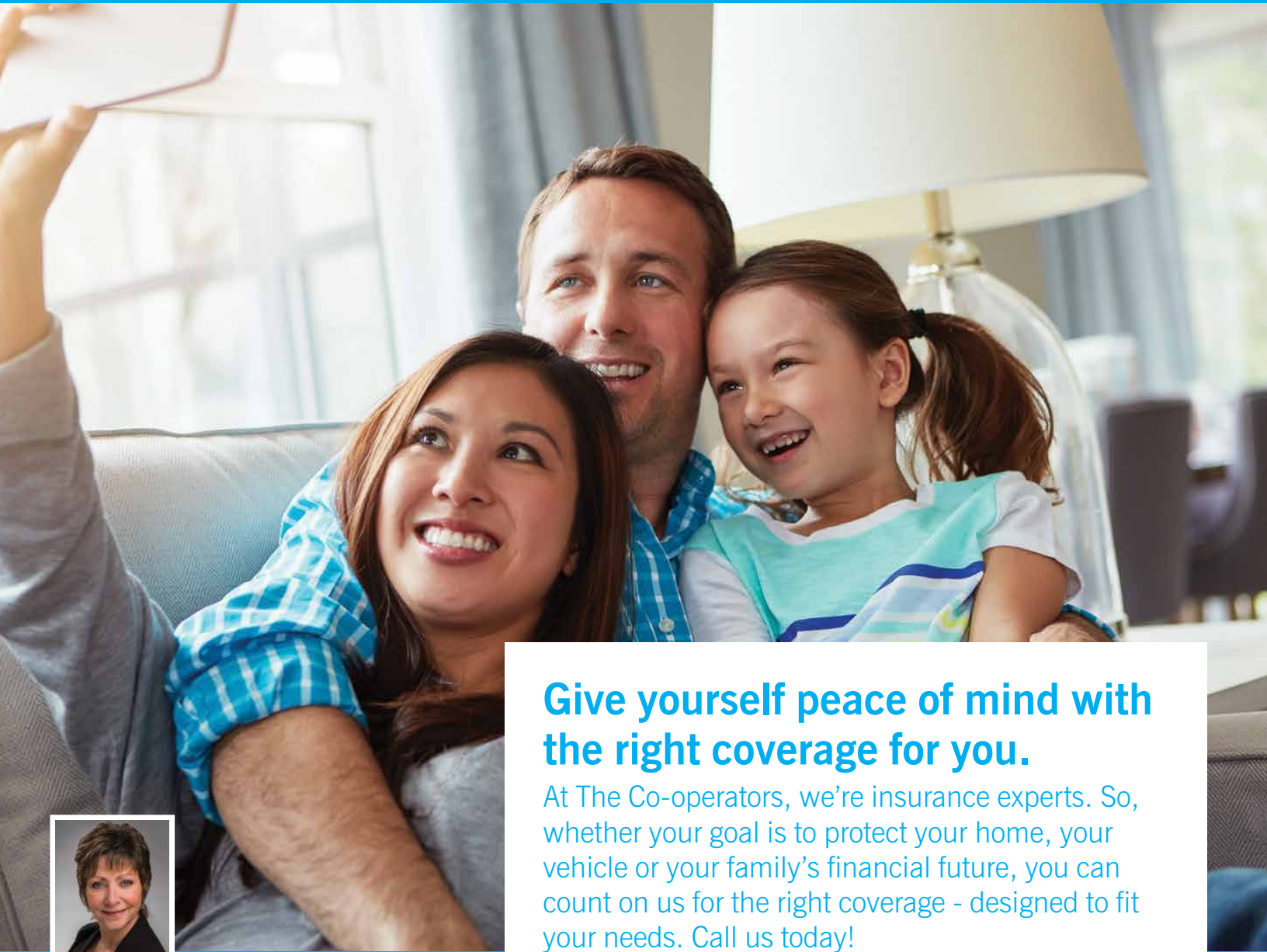


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LA REPRISE AU COLLÈGE BORÉAL

Auteur : Le Collège Boréal

En mars dernier, comme l'ensemble des institutions postsecondaires, le Collège Boréal a fermé ses campus et ses sites à l'échelle de la province. Notre principale priorité est toujours d'assurer la santé et le bien-être de notre population étudiante, de notre personnel et de nos clientes et clients.

Au cours des derniers mois, alors que les lignes directrices au sujet des éventuelles réouvertures de lieux publics se sont précisées, l'équipe du Collège Boréal a développé un plan de reprise des activités en quatre étapes. Tout en minimisant la propagation de la COVID-19, nous devons regarder vers l'avenir et déterminer une voie à suivre pour la reprise éventuelle de l'ensemble des opérations de nos campus et sites.

C'est ainsi que dès l'automne 2020, les cours seront offerts en mode hybride. Certains cours seront offerts en salle de classe et d'autres en mode virtuel, avec l'appui du logiciel Zoom. Des salles de classe virtuelle permettront d'offrir des cours en direct. Reconnaisant que l'ensemble de la communauté collégiale sera appelé à faire preuve de flexibilité et d'adaptation, nous mettons en place les services d'appui nécessaires au succès de cette transition. Un service d'appui informatique sera notamment offert pour tous les étudiants et les étudiantes qui auront besoin d'aide, et des séances de formation seront offertes pendant la semaine d'orientation.

Le plan de reprise des activités comprend également une série de mesures visant à assurer la sécurité de nos campus et sites pour nos étudiantes et étudiants, notre personnel et nos visiteurs. Ces mesures s'inspirent des lignes directrices des autorités sanitaires et gouvernementales pour réduire le risque d'exposition et de propagation de la COVID-19. Elles comprennent un accès limité et contrôlé à nos campus/sites, un dépistage des symptômes de la COVID-19, le port obligatoire d'un couvre-visage, des processus de nettoyage et de désinfection améliorés et des mesures supplémentaires pour favoriser la distanciation physique.

La plupart des services d'appui à la réussite et autres services aux étudiants, dont le service de counseling et le service d'accessibilité, sont toujours disponibles en téléservice. La reprise des services qui ne peuvent pas s'offrir à distance sera effectuée de façon progressive.

La situation sanitaire évolue en temps réel. C'est pourquoi notre plan de reprise est revu et mis à jour périodiquement. Ces révisions sont systématiquement communiquées à la communauté collégiale. Une foire aux questions regroupant les informations actualisées est accessible depuis le site web du collège, à l'adresse collegeboreal.ca/covid-19.

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WOMAN IDENTIFIES AS DOLPHIN

PROVIDENCE – The title may sound like click bait, but for one Rhode Island woman, the notion of the fluid nature of gender identity is a no-brainer.

“Live and let live is my motto,” squeaked eighteen-year-old Amelia Cohen. But Cohen thinks society’s welcoming of everything LGBTQIP2SAA is lacking in some regards.

“It’s just that I think the acronym is not as inclusive as it could be,” she says. Cohen grew up on the east coast and the Atlantic Ocean was her playground,” explains her mom Ruth. “She’d be in the water from dawn until dusk. Come out like a little raisin. The first thing she ate was a plate of herring. She was six months old! Hand to God.”

Amelia Cohen identifies as a dolphin, an Atlantic bottlenose to be exact and, as such, has begun the process of transitioning.

“I shave like twice a day and wax. Ev-er-y-thing.”

The medical procedures Cohen will undergo include having nasal passages sealed and a blow hole cut into her forehead, legs fused together with the bones in her feet removed to simulate a tail fin, and arms amputated at the elbow to mimic more accurately the pectoral fins.

“I was lucky to have such long, flat feet. I guess it’s no fluke I identify as a dolphin,” she says. “Plus, I pee in the ocean constantly.”

I guess it’s no fluke I identify as a dolphin,” she says. “Plus, I pee in the ocean constantly.”

The operations are one thing but there are more struggles ahead as Cohen needs to learn to communicate as a dolphin as she hopes one day to assimilate into a pod.

“The language should be no problem. I ace like every Spanish test. I’m a little worried about fitting in though. I’m a bit of a loner and kinda awkward.”

Not everyone is on board with Cohen’s decision. Her father is still concerned she is taking her love of the animal a little too far.

“It’s not like I won’t still be a mammal. And we’ll always have the shore. ‘Dad,’ I keep telling him, ‘I’m still an air breather. Jeez.’,” she laughs.

Cohen wants to be clear that while she identifies as a dolphin, she is still into males, human ones.

“I know it might be hard to find the right guy. I’d love to have a family one day. Ooh, and prom is in a few months. I’d still love to go depending on the theme. Of course, I could only dance to the slow songs.”

The missing piece of the puzzle is the dorsal fin.

“I know it sounds weird, but the surgeons say a big scapula is what we need. You know, attach it to my spine and graft some of my own skin over it,” says Cohen.

If you’re a big guy and already an organ donor, Cohen and her family ask you to think about being part of her dream.

To learn more about Cohen’s story, visit www.onporpoise.com

(Reporting by Bernie Winter)

JEAN THERAPY

By John Kelly

It’s a cliché. It’s become a stereotype. Why is shopping therapy? And why does shopping therapy work? Perhaps it’s about getting things, sometimes seemingly necessary, other times frivolous. People have come to confuse needs with wants. When it comes right down to it, what do we really need? Water, warmth, shelter, a little food? People spend so much time and energy and money securing these things that it’s nice to treat themselves to some of the things they want. Maybe that’s the therapeutic part of shopping. This is what Jean Country understands best. Picture Kyle Hoddy and his staff at his two locations in Lively and Espanola as your personal psychiatric team.



Kyle Hoddy

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Jean Country is not a box store, and you won’t be treated like a box store customer. Yes, those places serve their purpose. But save your visits to them for staples. When it comes time to focus on you, family, or friends, Jean Country is the right place to get pampered. It’s just what the doctor ordered.



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