HEADLINES

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Women in contact sports

JAC movie night

PS5 review

Bandersnatch Comic

Bandersnatch is a student run newspaper at John Abbott College. It is published biweekly and is partially funded by the Student Activities Committee and by advertising solicited customers. Submissions are welcome and become property of Bandersnatch. Submissions must be sent via MIO through John Abbott College’s Omnivox to the respective editors, and must be in Microsoft Word Document format (.doc). All submissions must include the full name of the contributor, as well as the e-mail address if applicable. Bandersnatch reserves the right to reject submissions or to edit any submissions for length, legality, or clarity. Submissions should be a minimum of 250 words and a maximum of 500 words. Articles lower or above these parameters may be printed at the discretion of the executives. If you should have any questions or concerns, please contact us at our e-mail indicated above or visit us at the Bandersnatch office, located in the basement of Herzberg, room H-001.

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**SUJAC MOVIE NIGHT**

**Elizabeth Tulli**  
Student Life Editor

On September 11th, SUJAC hosted a movie night on JAC’s football field. The event went from 7 pm to 10 pm. The choice of movie was the family-friendly animation Coco. It’s explores a boy who wants to pursue music who lives in a music-hating family.

Due to health protocols, there was a limited amount of tickets sold, and students were required to bring proof of vaccination at the entrance of the field. With all things considered, many students attended the late-night event. It was a chance for people to spend time with their friends, sit on a blanket, and watch a cute movie on a large projection screen. Oh, and free snacks! We can't forget about the snacks SUJAC offered throughout the night. A random draw was also held, allowing students to win a variety of prizes. What’s better than snacks, blankets, prizes, and a movie?

Another thing that made the evening a success was the light, cool breeze. The kind of breeze that makes you want to snuggle in a blanket, but stay outside on a fall night. Some people even brought multiple blankets. Who doesn’t love blankets, right?

The event marked one of many that have yet to come this semester. Let’s thank SUJAC for hosting such an exciting night, letting students destress and have fun.

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**SUJAC UPDATE**

On September 30th, the National holiday for Truth and Reconciliation is designed to educate people and promote awareness in Canada about the residential schools and their harmful impact on Indigenous communities that continues to this day. Therefore, SUJAC strongly encourages you to wear an orange shirt that are hard. Putting them one after the other in a coherent way can be a real headache, and those pesky words never fully share the idea you wish to convey. Yet, countless essays and reports seem to demand to be written. So, how do we solve this problem? By going to the school’s Writing Centre, of course!

What is the Writing Centre? The Writing Centre is a peer-tutoring program available to all John Abbott students. Tutors go through an intense four-week boot-camp where they learn concepts ranging from grammar rules to how to not scare a tutee away.

What should you expect when you come to a session? A smile, some questions about your assignment, feedback, and to do most of the work yourself. The Writing Centre’s goal is to ensure that you become the best writer you can possibly be. Tutors will gladly give you advice, and watch you implement it to ensure you’re on the right track.

**Writing Centre**

Tammy Haddad  
Staff Writer

**Words are hard**—sadly, a sentence I utter several times a day. And it’s true! Words are hard. Putting them one after the other in a coherent way can be a real headache, and those pesky words never fully share the idea you wish to convey. Yet, countless essays and reports seem to demand to be written. So, how do we solve this problem? By going to the school’s Writing Centre, of course!

Where do you find the Writing Centre? The centre is located in the library basement at L-023. If you miss the good old days of Teams, don’t worry! Just type up “Writing Centre” in the search bar or scan the QR code in this article to find the Teams.

When should you go to the Writing Centre? At any point during the writing process! The Writing Centre is open Mondays through Thursdays from 8:30 am to 4:30 pm and Fridays from 8:30 am to 2:30 pm. You can either drop in or reserve a tutor through the Bookings app on the Teams page.

The Writing Centre tutors truly hope to see you often this semester, so we can help you with those pesky words.

**SUJAC UPDATE**

**Hi JAC!**

Have you had the opportunity to get involved in one of the 40+ Clubs available at Abbott? It is not too late to join! SUJAC-Club day, taking place on Wednesday, September 22, from 10:30 am to 2:30 pm in The Agora, is an excellent opportunity to get to know the Clubs at JAC. Participation to get to know the Clubs at JAC.

The event marked one of many that have yet to come this semester. Let’s thank SUJAC for hosting such an exciting night, letting students destress and have fun.

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**WASPS OF JAC**

Lara Fakhoury  
Staff Writer

I am sure that every JAC student has experienced being chased around campus by wasps during the past weeks. Whether you were waiting for the 419 bus or enjoying the lovely green fields, these striped flying bugs certainly have a lot of fun terrorizing you. It was a fun surprise to see an Instagram account was created for them. Wasps of JAC (@waspsofjac) gives our buzzing attackers a platform to share their terror.

In a recent Q&A they had on Instagram, I asked them what the best part is about chasing students, and they said: “We’d have to say that the best part is the silly movements they make.” Glad to see they see our fear as comedy as we wave our hands and sprint away from them. Through pretty pictures submitted by students and hilarious edits, this account makes wasps seem cute and friendly, even if they are not most of the time.

Squirrels and seagulls have joined the trend by making their accounts (@jac.squirrels and @jacs_seagulls) where they post sightings of these roaming animals. Being stared down by the eyes by a seagull as you are taking a bite of your lunch on the field in front of Herzberg, we’ve all been there. Pro tip: Do not hold a bag of chips in your hands around seagulls. They will find you, and they will chase you.

If you have any pictures of these fellow campus wanderers, you can send them to the accounts on Instagram!
**Canadian Elections**

Vanessa Marion
Editor-in-Chief

On September 20th, the Canadian 2021 Elections were held. As Canadians know, a snap election was called by Prime Minister Justin Trudeau. This had mixed reactions as we are heading into a fourth wave of COVID-19.

The Leaders of the Parties are: Justin Trudeau (Liberal Party), Erin O’toole (Conservative Party), Jagmeet Singh (New Democratic Party), Annamie Paul (Green Party), and Yves-François Blanchet (Bloc Québécois). There are other parties, but none of them held seats.

Three debates were held: first the French debate on September 2nd, the second French one on September 8th, and the third in English on September 9th, 2021. The five Parties listed above were in attendance.

Prior to the election, the Liberals held a minority government. The seats were distributed as follows: Liberals with 157 seats, Conservatives with 119 seats, Bloc Quebecois with 34 seats, NDP with 25 seats, Green Party with two seats.

As of now, it does not look like much will change. With 99% of the votes counted, the seats are distributed essentially the same. Justin Trudeau won once again with a minority government. The seats as of now are as follows: Liberals with 158 seats, Conservative with 119 seats, Bloc Quebecois with 34 seats, NDP with 25 seats, Green Party with two seats.

The election also cost $600M CAD, which was controversial as the pandemic has launched Canada into an even higher amount of debt. This year, we hit 1.6 trillion dollars in debt. Many are criticizing Trudeau’s actions as this did not seem as an attempt to give Canadians a chance to who leads us through the pandemic, but merely a power grab. This was brought up many times by Party Leaders during the debate and afterwards.

**Restrictions on Anti-Vax Protests**

Tina Aghdam
News Editor

Following recent anti-vaccination protests outside of schools and hospitals in Montréal and other Canadian cities, many healthcare workers, school principals, and teachers have requested protest exclusion zones to take effect near hospitals and schools.

This has raised some concerns among federal and provincial leaders who strongly expressed their disapproval towards these manifestations. Due to the safety concerns, Québec’s Premier François Legault will table a ban on September the 23rd to limit protest zones against the COVID-19 vaccine. The targeting of vulnerable populations, such as children in manifestations, was deemed unacceptable by the three main political parties. They are willing to take measures in order to ensure the safe ruling of schools and hospitals. However, a fine line has been established. This raises many questions on the rights for other kinds of protests or demonstrations to occur.

Although it remains unclear whether all protests will be banned in these zones, we can expect change in protest policies.

**The Taliban in Afghanistan**

Tara Aghdam
Arts Editor

These past few months have been quite chaotic in Afghanistan, to say the least. Following president Joe Biden’s decision to withdraw U.S. troops from the Afghan territories in July, the Taliban were quick to take advantage of this move to take control of the country amid the well-funded security forces in the region. The Taliban’s primary purpose is to impose their interpretation of Islamic laws, and now things have been changing rather quickly in this Middle Eastern country.

One of the most drastic changes has been in the education sector. Although the Taliban allegedly intend on allowing women to study and get a career, they heavily control this domain. Universities are now segregated, separating female students from their male counterparts and imposing a strict dress code. Women will now be mandated to wear a hijab when pursuing their university studies. Additionally, everything that is taught will be monitored by this Islamic group, looking to incorporate more Islamic history and values into the curriculum. Instead of denying women their right to education like they did at the end of the 1990s, the Taliban appealed to other methods of limiting their access to an equal and adequate education.

The Women’s Affairs Ministry aims to improve women’s rights especially after the Taliban’s previous administration in 2001 was replaced by the Ministry of Vice and Virtue. Its main goal is to ensure the practice of the new Islamic policies by spreading religious police that can sometimes even exert force to punish those who do not abide by these rules. This same department is known for violating women and beating them for their clothing choices, for instance.

With these new laws, women’s future rights are at stake, leading many women to escape their home country in hopes of finding a more stable place where they can pursue their studies, partake in a career of their choice, and gain more freedom.

Dozens have already fled; others are desperately trying to find a safe way to do so themselves. In this period of uncertainty, there is no predicting what the future holds for Afghan women, and the population as a whole.

**The Assassination Attempt of Sefir**

Tina Aghdam
News Editor

Serhiy Sefir, Ukraine’s President Zelenskiy’s top advisor, was the target of an assassination attempt that occurred on Wednesday morning, just outside Kiev, the Ukraine’s capital.

Over a dozen bullets were fired, supposedly from an automatic weapon, leaving the driver in the hospital with multiple gunshot wounds.

Ukraine’s president was attending the United Nations General Assembly in New York at the time of the attack, and no suspects have yet been identified. The President’s efforts to end oligarchy is suspected to have been a factor that influenced the assassination attempt, as it was one of the promises he made when he came into power.

**Note**

*Can be reached through MIO.*

*Source: Wikipedia Commons*
NIGHTLY MUSING
Sophia Jeroncic
Assistant Editor-in-Chief

It’s late at night. As usual, I’m searching in my mind, Round after round For answers upon answers, And you’re merely lost and found.

So many unanswered questions Swim to the front, Over and over again, Taunting me With the wreckage of who I used to be to you.

I yearn for the times when you didn’t care about how popular I was. You were always too good for me, But I long for back when you didn’t believe that.

As tattered as you’ve made me, My brain makes you out to be a villain When all you’ve done is try to be content, And I’m stewing over something you will never know to be true.

A secret of which you may never become aware. One that causes me great despair Knowing that you chose someone over me Even though I was never a viable option.

But tell me, Is there something you would have done differently? If I told you what was on my mind Would that have changed your answer?

As you pass me, You flash your pearly whites Even though we haven’t spoken in a while. I will always reciprocate. But there are thorns embedded in my smile.

Everything you do is of a saturated hue. Your petals are blossoming, ’tis I know is true, But mine are wilting and faltering Knowing I will never have you.

WHISKEY WAVES
Angel Grondin-Lumba
Contributor

I’m drowning in the ocean, but the ocean is my glass. You are the waves, pull me under the current, and take my breath away. Let me sink to the bottom, like an anchor. I’m anchored on you, like a prisoner. Ignoring, all the other fish in the sea, like scuba diving, without the scuba tank.

Watching in all its beauty, vanishing, not being a part of, anything. I’ll drink anything. To keep swimming, keep drinking, keep living.

I am a sand castle, and waves destroy me. Do you see how the waves move? the way the sun reflects off the water? Do you see the dangers under its surface?

FREE PIGGY
Vanessa Marion
Editor-in-Chief
PAST THE SETTING SUN

Caroline Ghenadenik
Contributor

I lie awake in bed, still as death. I cannot sleep, yet I am exhausted.

I may sound insane... I want to eat peaches.

A fruity smell hits me then. A fruity smell, but it's more than that...

Peaches. That's what it smells like. I am compelled to follow the scent. My body moves on its own. I frown at myself.

The smell is getting stronger. Who knew peaches had such an intense odour?

The scent is overwhelming. I feel dizzy. I take a deep breath and cough as I feel dust enter my lungs. I hadn't even realized I had left the house.

I look around for the source of the smell when my eyes land on the most grotesque of sights. Scarabs crawled on top of each other and in and out of the orifices of the corpses laid on the ground. I realized, to my horror, that the bodies had been eaten from the inside out. Chewed through by these horrible bugs. I suddenly feel an itch near my ribs. I stand frozen in place, too shocked to move.

I feel like vomiting. What time is it? The itch near my ribs feels more like scraping now. I'm out of breath.

I close my eyes and throw up, unable to look at the scene in front of me any longer. I throw up again and cry. It feels gross and chunky and itchy. My stomach feels weird. I open my eyes and look down at it.

I laugh bitterly and cough, and fall to the ground, smelling like peaches.

STARBURST

Kaitlyn McGregor
Contributor

As a child you had wings; they were chained to the ground. You never noticed. You would fly as far as the chain would allow, which was not more than a few feet. Your childhood revolved around your wings and that chain.

As you grew older, you craved to get farther from the chain. To explore the world. You pulled and pulled at the chain, willing it to give in a little more. It would not. It never did.

One day, you had enough. You found a sharp rock buried in the ground and began to cut off your wings. It was not worth having them if you could not go anywhere. You sawed your wings from your frail body. It was so painful you saw stars, but it didn't matter. You were free. You taught yourself how to survive, how to heal the wounds on your back. It was the most difficult choice of your entire life, but at least you were now living. You had a life of your choosing. The wings that were so often attached to memories of your blissful childhood had become your prison. You finally did it. You broke free. Leaving you with scars as the only reminder as to what your prison had been. Now, wingless, you are freer than you ever were before.

MANIACAL LOVE

Vanessa Marion
Editor-in-Chief

As a child you had wings; they were chained to the ground. You never noticed. You would fly as far as the chain would allow, which was not more than a few feet. Your childhood revolved around your wings and that chain.

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One day, you had enough. You found a sharp rock buried in the ground and began to cut off your wings. It was not worth having them if you could not go anywhere. You sawed your wings from your frail body. It was so painful you saw stars, but it didn't matter. You were free. You taught yourself how to survive, how to heal the wounds on your back. It was the most difficult choice of your entire life, but at least you were now living. You had a life of your choosing. The wings that were so often attached to memories of your blissful childhood had become your prison. You finally did it. You broke free. Leaving you with scars as the only reminder as to what your prison had been. Now, wingless, you are freer than you ever were before.
MET GALA 2021 - GLORIOUS AND HUH?
Lara Fakhoury
Staff Writer

After being deprived of the outrageous fashion for over a year, it was finally time to see what celebrities wore on the red carpet of the 2021 Met Gala. This year’s theme, chosen by none other than Anna Wintour who has been hosting the Met Gala since 1995, was “American Independence”. The theme was interpreted in many ways on the carpet. Some followed the theme to the nail; some went in a completely different direction that has nothing to do with the given theme.

At this year’s Gala many fan favorites, such as Lady Gaga, Zendaya, Blake Lively and Ariana Grande were not present. However, it doesn't mean we didn't get any amazing and surprising looks. Billie Eilish was one of the most talked about- she wore a long, voluminous, flowy beige dress and showed off her Hollywood glam hair and makeup. Lil Nas X gave us a quite a show, changing into three looks during the night. He first showed up with an immense gold cape that covered him from shoulder to foot. Then, he removed the cape to reveal a gold body armor, and underneath that was a royal, golden body. An outfit with twists and turns indeed, reminiscent of Lady Gaga's strip-down piece from the 2019 Met Gala.

A few attendees decided to make a political statement with their outfit of choice. Alexandria Ocasio-Cortez wore a sleek white dress with the words “Tax the Rich” written on the back in bright red. Fitting for her as she is a congresswoman pushing that motto. Cara Delevingne wore a white top, arm–or–like, with the words “Peg the Patriarchy” in red on the front.

On the carpet, there were many questionable outfits worn. Grimes showed up with a grey and black gown with a sword. Yes, a long–word, an accessory no one was expecting for an American themed gala. Amanda Stenberg gave me eyes too many things to look at- in a confusing way. The hair, the top, the pants and the shoes... a mix and match without the matching part. Asap Rocky’s blanket cape reminded me of the Captain Crunch Berry cereal. Look it up: the similarities are uncanny.

The people who did follow the theme were Debbie Harry, who wore a USA flag outfit, Lupita Nyong’o with a perfectly fitted denim dress, Lili Reinhart with a pastel pink dress adorned with the official flowers of the 50 states. My personal favorite of the night was Yara Shahidi’s beautiful dress (it has pockets!). Her hair and make–up were elegant, the head piece was perfect, and the gloves didn’t look out of place.

Needless to say, this year’s gala gave us a lot of looks to talk about for the next few weeks. I am already looking forward to next year’s gala.

THE ONLY BOOK I’VE GIVEN FIVE STARS
Bryanna Wallis
Staff Writer

The Song of Achilles by Madeline Miller was the most talked about book on TikTok over the summer. Every bookworm was absolutely raving about this story, and I have now become that annoying person who will not shut up about it.

I’m always hesitant starting books recommended to me on TikTok since they can be over–hyped and extremely disappointing. Thankfully, The Song of Achilles did not fall into this category. It is a beautifully written and heart–wrenching story that has me still thinking about the characters at 2A.M. in my bed.

A quick synopsis of this book would be as follows: The Greek myth of Patroclus and Achilles, and the truth of their relationship.

For those who are not huge Greek mythology fans (like me) and are thinking this book will be absolute torture for them, you couldn’t be any more wrong. The thought crossed my mind so many times before I was fully convinced to read it, but Greek mythology was not the central point of the story.

What I particularly loved in this book was how you could watch Achilles and Patroclus grow and change independently, as well as together. There were so many beautiful moments between them that are forever imprinted in my mind. I’ve highlighted so many quotes in my book. That is how talented Madeline Miller is. She has such a way with words, it makes me so emotional. At times it was painful, so painful that I almost couldn’t breath after I finished reading it.

The Song of Achilles had a huge impact on me, which is why it is my favorite book I’ve read. Out of hundreds of books, this is the only one I’ve rated five stars.
**HEADS UP! PLAY IT!**

Lara Fakhoury  
Staff Writer

If you hate awkward silences, but love to play games, Heads Up! is a great game to have on your phone for whenever you are in the need to break the deafening silence while hanging out with friends and family.

The app is free, and the game is easy to play: think of the game like charades. When playing the game, you first have to select a category you and your friends want to play with.

After choosing a category, you have to choose one player who has to hold up the phone to their forehead and has to guess what is shown on the screen based on the clues that their friends give them. If the player guesses the word correctly, they have to tilt the phone downward for a point. If none of the other players know the word and cannot make the player guess what it is, the player has to tilt the phone upward to skip.

All the players can take turns after each round. One time, “Chris Hemsworth” showed up on the screen, and my friends had to make me guess who it was. One of them simply yelled, “HOT!”, and I immediately guessed the name.

This game is loads of fun to play, and you’d be surprised how many times I’ve pulled it out to play to save a day from being boring. I’ve played this game during family dinners, study sessions, birthdays, and it never fails to make memories and inside jokes.

[Image: Heads Up!](Image Courtesy of Lara Fakhoury)

**THE JOYS OF UNO**

Vanessa Marion  
Editor-in-Chief

You know it, you love it, you probably grew up with it. Uno, a game loved by many and disfavoured by few. How could a game so simple invoke so many emotions in its players?

Uno was developed in 1971 by American Merle Robbins. It’s not the first time a game like this has been created. It’s simple, and there have been many renditions of it throughout history. Although there has been many variations, Uno is the most well known in mainstream pop culture.

You may have also heard the Uno reverse card trend. This was especially popular on TikTok where Tiktokers would pull out the Uno reverse card to get out of trouble.

Perhaps you have never played and are wondering, what’s the big fuss? How is this game played? Here is a brief overview of the rules:

1. Seven cards are dealt to each player.
2. The top card of the remaining deck is flipped and put aside for the discard pile.
3. The player to the dealer’s left begins and they proceed in clockwise formation.
4. Players have three options: play one card matching the previous color or number, play a Wild Card, or draw from the top of the deck and play the card if possible.
5. There are action cards (such as skip, reverse, draw two) and Wild Cards (that allow you to change the colour and give four cards to your opponent with the +4 one).
6. When you have one card left, you must yell, “UNO!” If you forget, and your opponents call you on it, pick up two cards.
7. The first person to rid their hand of cards wins.

If you haven’t played Uno, I implore you to play it right now. If you have, I invite you to play it more often. Experience the joys and frustrations of a simple card shedding game!

[Source: Flickr]

**HOW TO PLAY SCOPA**

Virginia Battaglini  
Office Manager

Scopa (pronounced as Scope-pa) is an Italian card game. It’s played for fun as well as a way for people to gamble like in poker or blackjack. In a deck of Scopa cards there are 40 cards divided into four suits: Suns, Cups, Sticks, and Swords. All suits range from values of one to ten. At the start of each game, the dealer will have to give the players three cards each and place four cards in the middle (only at the start of the game).

The order for giving cards to players must stay the same. An example would be if the dealer were to give A, B, then C, cards, but next round change it to B, C, A. This would be a foul. When there’s no more cards, the last person to pick up gets all remaining cards on the table.

There’s five ways of getting points: Getting the most cards, getting the Seven of Suns, winning the Prime, having the most Sun cards, and lastly getting a Scopa.

To get a Scopa means to clean the table of cards only using one card except in the final round. To get a Prime is a little trickier. Each card is given a point value. Sevens = 21, sixes = 18, aces = 16, face cards = 10, then fives to twos are 15, 14, 13, and 12 points, respectively. The person with the most points wins the Prime.

And that’s how you play Scopa!

[Image: Scopa Card Game](Source: Wikipedia Commons)

**PS5 REVIEW**

Samuel Spaulding  
Contributor

The PS5 is a powerful machine, faster than the PS4 loading times and much quicker thanks to the new SSD. The fans do not sound like a jet engine, and you can play most games up to 60fps. What holds the system back is lack of more storage space since 825GB is not enough space to house all the new PS5 games.

The new DualSense controller is also a shocking surprise. It is bigger than the DualShock 4 controller as it houses a couple of extra features like the Adaptive Triggers and the Haptic Feedback. Both features immerse you into games so much more.

The PS5 had a surprising number of games released at launch like Spider-Man: Miles Morales, Demon’s Souls, Assassins Creed Valhalla, and the PS Plus Collection.

Unfortunately, many of the PS5 titles that were meant to come out this year have been delayed until 2022, such as God of War Ragnarok, Horizon 2: Forbidden West, and Grand Turismo 7. If you end up owning a PS5 in the future, here are some starter games: Resident Evil Village, Ratchet and Clank: Rift Apart, Uncharted series, God of War, The Last of Us and Astro’s Playroom.

The PS5 has its issues, although it doesn’t have massive problem. It may not have many exclusives as of now, but the system is a great upgrade for the PS5. When more come in stock with newer games released, I would say it’s worth upgrading if that’s what you’re looking for.

[Source: Flickr]
**SPORTS** with Kayla Thériault

**INVISIBLE BRUISES**

Kayla Thériault
Sports Editor

Time and time again, an athlete finds herselfs bloodied up after a clean game. Bumps, cuts, and bruises litter their physique. The opposing team players are small, yet their body remains mutilated by abuse.

Ultimately, this raises a couple of important questions: what “invisible” factors contribute to the visible damage? And what weapon is so powerful that physical contact is not necessary to completely render an individual impassive to their passion?

The answer directly stems from the behaviours of those closely related to them. Their external layer projects the consequential pain from all the psychological pressures and defamation their parent(s) can subject them to.

Perhaps this will strike a bell: the athlete has just left the area of play after the complete annihilation of their competitors. Through the extent of the event, their performance is impeccable except for one or two minor mistakes.

The important component to recognize in this hypothetical scenario is that they’re content - they are proud of what they accomplished. However, this can and will change rather quickly.

Maybe it’s in the car, maybe it’s at home, or even the second after they step off the competition area, but their parents will pick apart every single action executed in the performance.

Slowly, things they believe they did well in the game are described as futile and foolish. Those two minor mistakes become disastrous actions that subsequently mutate into bruises and an overwhelming feeling of inadequacy. The unfortunate consequence of these bruises is that they do not take a week to fade, they linger for exceptionally long periods.

Metaphorically, every abrasion refers to a moment in which an athlete’s parents belittled their child. Sadly, what these parents are unable to see is that their words quite literally revolved the passion from their child.

So, how do we bring back the passion within us?

It’s apparent that every individual is unique. Thus, the functioning techniques will vary from one athlete to another. One method that can be profitable is to ignore what is said. For one-off situations, this is perfect however, when these attacks are constant, more complex techniques are paramount.

A more popular skill is called journaling. Journaling consists of jotting down a person’s thoughts, emotions, strengths, and areas requiring improvement. Thoughts and emotions must be written thoroughly with detail; this is the outlet to avoid the loss of passion. If an individual continues to carry the weight of the words on their shoulders, they will plateau and have a weak probability of progression in their sport.

To be competitive, it’s essential for an athlete to have a strong mind. What may be difficult now has the potential to give an edge in any given sport.

Eventually, the bruises will begin to fade.

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**WALKING AND RUNNING**

Vanessa Marion
Editor-in-Chief

There are two types of people in this world: those who enjoy running and those who despise it. Instead of running, you may be looking for an alternative.

Do you have a pool, or can make a trip to the JAC pool? Water-walking in shallow water can lower the impact on your joints while the water creates more intensity.

While walking, swing your arms! This can help you burn five to ten percent more calories while providing you an upper body workout. This also makes you naturally walk faster. Swinging of the arms can be seen perfectly demonstrated by the athletes in race walking and speed walking.

Race walking is a sport which has been featured in the Olympics since 1904 where one foot must be on the ground at all times.

Healthwise, it is tricky to determine which is best for you. For calories, walking burns about half the amount of calories as running.

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**ISLANDERS’ FALL ATHLETICS**

Kayla Thériault
Sports Editor

With the change of seasons, the majority of fall athletics are now in full swing! With all the incredible teams starting their seasons, it can be hard to keep track. For these reasons, the sports column has decided to provide a brief synopsis of the teams’ statistics.

**Baseball:** 1 - 1
3 - 22 loss vs. Dawson
18 - 6 win vs. Dawson

**Women’s Flag Football:** 0 - 4
7 - 19 loss vs. Vieux Montreal
0 - 38 loss vs. Montmorency
7 - 37 loss vs. Ahuntsic

**Tackle Football:** 2 - 2
37 - 15 win vs. Outaouais
15 - 21 loss vs. Montpetit

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30 - 20 win vs. Valleyfield
20 - 23 loss vs. Montmorency

**Hockey:** 3 - 0
5 - 2 win vs. Dawson
5 - 1 win vs. Montpetit
5 - 2 win vs. Lennoxville

**Lacrosse:** 1 - N/A
10 - 4 win vs. Brébeuf

**Men’s Rugby:** 2 - 0
34 - 5 win vs. Dawson
83 - 0 win vs. Brébeuf

**Women’s Rugby:** 2 - 0
64 - 0 win vs. Dawson
82 - 0 win vs. Heritage

**Men’s Soccer:** 0 - 4 - 2
0 - 0 tie vs. Ste-Foy
1 - 5 loss vs. Vanier
1 - 3 loss vs. Trois-Rivières
0 - 1 loss vs. Dawson
0 - 1 loss vs. Ahuntsic
1 - 1 tie vs. Vanier

**Women’s Soccer:** 0 - 4
0 - 4 loss vs. Ste-Foy
0 - 7 loss vs. Vanier
0 - 6 loss vs. Ahuntsic
0 - 5 loss vs. Vanier

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Source: Active

Source: Flickr
CANADA NEEDS MORE PIPELINES
Connor Rooney
Contributor

Canada's largest export is oil drilling and gas extraction, which is estimated to have generated $63.8 billion in 2021. For comparison, the second largest export is SUV and light truck manufacturing (primarily gas powered), which is estimated to make roughly half that at $32.6 billion. Just based on this, cutting oil out of the Canadian economy would have massive consequences. Canada is the fourth largest oil exporter in the world; however, with the limited number of pipelines in Canada, the prices for crude oil have sunk significantly. In the darkest hour in 2018, Canadian oil was selling at a 70% discounted rate compared to American oil. It is estimated by the Fraser Institute that Canada’s energy sector lost $20.7 billion in 2018 alone due to a shortage of pipelines.

The lack of pipelines has led to an increase in crude oil exports being transported by rail. Rails are much slower at transporting crude oil and more expensive in the long term. From an environmental perspective, pipelines are at least three times less likely to leak and cause fatalities, major injury, and fires/explosions.

Foreign dependency is another issue caused by lack of pipelines. There is no pipeline that goes from the west coast to the east coast. This forces the east coast to depend primarily on American oil. The Americans send Quebec and Ontario their primary sources of oil through the Line 5 pipeline. The danger in this reliance is that the U.S. is deliberating on shutting it down. This would cut off a critical supply source for Line 9 which transports roughly two-thirds of Quebec’s oil. The cost of living would spike across the province. However, if Canada had a strong pipeline system, we would not have to rely on other countries, which benefits the economy and the environment. Canada could hold its energy industry accountable to come back to campus was an experience.

Students. As some of you may expect, I have plenty to say about this experience.

Firstly, the thought of being obligated to come back to campus was both exciting and anxiety-inducing. I yearned to see others again, but the notion of being crammed back in with people my age was, and still is, petrifying. Around school, I have seen people blatantly disregarding rules. For example, hanging out without masks, exposing their faces in class, and simply acting too good to be considered of others. Politely asking someone to cover their face with their mask has made me the center of attention and not in a good way.

Everywhere I go, I find myself faced with intense discomfort: maybe someone next to me pulls down their mask to yell at someone across the room. Maybe I am crammed into small classrooms with people who don’t care about social distancing or respecting others’ concerns. All of this needs to change.

Personally, I feel like I cannot trust a lot of people my age. As young people, we often feel invincible. We feel unstoppable because we are young, happy, and healthy. To us, we are the main character in our story; therefore, we and the people we value can never fall ill or die, but unfortunately, that is not the case.

Now that vaccines have rolled out, an extremely large number of individuals have begun acting like we are fully back to normal. I have witnessed mass gatherings on social media taking part without masks or distancing, which, frankly, immense-ly stresses me out. If we continue to ignore what is happening for the sake of feeling normal again, we will be hit extra hard if something goes wrong and we need to backtrack.

This pandemic is treated like a dream; no matter what happens, we will wake up, and it won’t matter in the end. However, that’s not how this works: there are real people dying out here, mourning, suffering, gasping for air. I comprehend the desire to rid ourselves of this pandemic, the desire to have everything as it was before, but what I really can’t wrap my head around is what fuels people to be so inconsiderate of others.

To concisely state this: I believe a large reason why we are still in this mess is because people are selfish, and the only reason why people are so angry at hearing that said is because humans are defensive; we cannot handle being told we are wrong. However, our argumentative side is digging us a deeper hole.

If you hit a pedestrian while driving, would you say, “Oh, well, it’s their fault they’re walking and not driving. They can deal with it themselves”? No. As a driver, it is your job to look out for and protect the vulnerable. Take a moment to reflect on how you would feel in that instant. It’s the same thing for the pandemic. It is the community’s task to look out for and protect the elderly and those with underlying health conditions. The main concept is to protect the vulnerable and exhibit kindness, empathy, and compassion. Although vaccines have been introduced to this game, it is still very plausible that you could transmit the virus to someone vulnerable, causing negative repercussions. Just like hitting a pedestrian with your car, both accidents, yet you are unleashing a horrible chain of events. Therefore, why isn’t that same fear and compassion applied to the COVID-19 pandemic?

Everybody is tired and drained, but we are not doing enough to simply ignore the crisis in which we still find ourselves. It’s September 2021. It’s time to swallow our pride and accept that we need to work together to end this crisis. It’s not about vaccinated versus unvaccinated. It’s about battling a virus for the health of all and the safety of humanity.

POLITICIANS AND TRENDS: CRINGE
Lara Fakhoury
Staff Writer

As an avid social media user and someone who is intrigued by politics, I find it annoying when the two are combined. I still remember when Hillary Clinton did the Mannequin Challenge during her presidential run in 2016. At the time, it was funny and surprising to see someone running for an important position taking the time out of their day to be part of a trend. But now that every politician who shows up on my Tiktok and Instagram page is participating in a trend or meme. I’ve grown deeply tired of it and couldn’t help but feel second-hand embarrassment.

I understand that they want to encourage younger voters to vote in an upcoming election, but it seems childish to have to post a video of yourself doing a dance to get a vote from a voter who is turning 18 soon. And with new trends coming up every week, I cringe when I see politicians attempt to dance to Doja Cat.

Social media is a powerful tool that has played a huge role in elections and news in the past few decades, shaping people’s opinions and beliefs with precise word choices and questionable images. Political biases should not be fueled by seeing educated politicians trying to gain trust of the people they will serve through funny tweets and quoting memes, but through statistics and research.

With the Canadian Federal Elections being this week, it was hard to ignore how hard politicians tried to get votes with social media. TRENDS: CRINGE

Opinions expressed by authors throughout each issue do not necessarily reflect the views and/or beliefs of Bandersnatch Newspaper.
EMMA TRIES SCIENCE

As for the Golden Ratio, according to Britannica, “it is the ratio of the longer segment to that of the whole segment to that of the shorter segment”. During this part of my research, I came across a picture of that one famous diagram with the naked man inside a circle, the one I remember seeing in the third Harry Potter movie when they discussed werewolves...

This, my friends, is where I give up. I’ve hit both the word limit and a brain limit. I’m just going to return to sociology in peace!

okay. Here we go. I, someone who barely passed chemistry in high school (don’t judge me!), volunteered to write about a scientific concept. In preparation, I first Googled “scientific concepts for dummies”. Then I texted my best friend in molecular biology who’s planning to go into pharma-something. She’s wanted to teach me calculus for forever, but I live in genuine fear of math, so she settled for having me look up “fractals and the golden ratio”. Thanks Angelica. Love you.

According to Wikipedia — which none of my high school science teachers would approve of me using — fractals are never-ending patterns that make up literally everything. Apparently, these magical little things that look like uniform snowflakes make up the fabric of nature.

If you ask me, it looks more like one of those $30 “grow your own crystal plant” DIY things you find at Toys R Us...and you’re telling me that this is what makes up the biodiversity of a forest?

why cheese is so delicious

I was slightly disappointed to learn the reason that cheese is so delectable is its high concentration of fats. Due to our evolutionary programming, we naturally crave more calorie-packed, nutrient-dense foods. Even low-fat options aren’t as enjoyable due to the fat-sensitive receptors in our tongue.

However, there’s another reason why humans are so prone to their love of cheese. There exists a gene called MC4R which is estimated to affect one person in 1000. Essentially, individuals who possess this gene are predisposed to be more attracted to high-fat foods and less attracted to high-sugar foods. According to a study at the University of Cambridge, those who possess this gene ate 65% more than obese participates and 95% more than healthy participants without the gene. Keep in mind that these results were obtained by providing the participants with high-fat meals, since the high-sugar meal was less favoured by those with the MC4R gene.

So, if you really love cheese, you might have a characteristic to blame other than gluttony.

THE RED-LIPPED SADFISH

At least once in their life, every individual will inevitably hear the words “never judge a book by its cover”; a reminder that the opinions we form of others should not be based on physical appearance. This is undoubtedly one of the most popular sayings in the world. Yet you’d be shocked how rarely people abide by it. This is especially evident in the case of the infamous Red-Lipped Batfish.

When first coming across an image of this ocean dweller, most people would experience a series of negative emotions. The most common I’ve observed are disgust, disbelief, and even horror. In fact, hatred for the Red-Lipped Batfish is so widespread that it’s been publicized online. A few examples of articles that include this fish are “Top 25 Ugly Fish in the World” by Boating Scout and (a particularly malicious one) “7 Fish So Ugly Only Their Mothers Can Love Them” by 30A. Please note that both articles were written in 2021, the supposed age of body positivity and universal acceptance. Yet, this poor sea creature still suffers from the vicious criticisms of internet trolls.

I have spent several years researching this unique fish, attempting to convert its popular reputation. This pursuit has led me to discover that the Red-Lipped Batfish is truly fascinating. Its signature bright red pout is used in identifying/attracting mates. It is one of the few fish species that can “walk” on the ocean floor, using its fins as feet. In addition to that, it has a useful attachment on its head called an illicium, which releases chemicals that attract prey. Furthermore, even though this fascinating animal is constantly under attack by hateful sharks on the internet, it has no predators (that we know of) in the ocean.

All these interesting characteristics go to show that despite being unpleasant in appearance (according to most), this bottom dweller is a beautiful organism. Just like the Blob fish and the Pit-bull dog, the Red-Lipped Batfish has been continuously misunderstood and misrepresented in popular media. That is why I’ve set out to correct the record with this article. I hope that after reading you’ll search up this fascinating creature, not to mock it, but to admire its uniqueness.

I hope that you’ll remember the importance of that classic idiom we discussed: “never judge a book by its cover”.

If you ask me, it looks more like one of those $30 “grow your own crystal plant” DIY things you find at Toys R Us...and you’re telling me that this is what makes up the biodiversity of a forest?
THE BANDERS: HISTORIC ISSUES

Logan Macdonald
Procrastinator Editor

I’m looking through old issues and... This is a weird one.

*Real article that was in an old issue of Bandersnatch*

You would think it would be kinda spicy... But it’s actually kind of boring.

THE THINGS MY CAT HAS DONE

Virginia Battaglini
Office Manager

1. Changed his meowing pitch to make us feel bad for not letting him outside when it was raining.
2. Meowed and whined until his food bowl had food in it only to go outside after without eating anything.
3. Scared the living hell out of me by randomly appearing without making noise.
4. Knocked over my brother's phone.
5. Waits in front of my dad when he eats ice cream.
6. Only eats the front half of mice he's caught.
7. Brought a live mouse into the house on Thanksgiving.
8. Let a gopher eat my mom's garden.
9. Pooped on my dad's pillow because he was mad at him.
10. Took a poop on the laundry room floor despite there being a litter box being less than 10 inches away.
11. Glared and refused to talk to my mum after she took him to the vet.
12. Stayed on a hammock for an entire summer and only coming inside to eat.
13. Walked right past me to wake my mom up to let outside... even though it was 5am and I was at the door.

For more random things or full stories of these events, check future Bandersnatch articles :)

BERRIES & CREAM 2

Vanessa Marion
Editor-in-Chief

When I was a little lad if I wanted berries and cream mummy made me do the little lad dance. Now mummy's gone. But I still like to do the little lad dance.

1. I'm a little lad who loves berries and cream!
2. I'm a little lad who loves berries and cream!
3. I'm a little lad who loves berries and cream!

Of course, you already know the password. What is it?


PASSWORD

Caroline Ghenadenik
Contributor

Stop stealing my passwords.

You'll never guess my password.

Uh, coworker is such a JERK! He thinks the poor wed doesn't even notice their passwords are in plain sight!

ERROR!

PASSWORD MUST ONLY CONTAIN NUMERICAL VALUES.