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LIGHT IT UP: THE SASS DIWALI EVENT

Sophia Jeroncic
Assistant Editor-in-Chief

On Thursday, November 4th, the South Asian Student Society club (or SASS – pretty cool acronym, right?) hosted an event in the Agora to celebrate Diwali, a common holiday in South Asian culture.

Important to many religions, such as Hinduism, Sikhism, and Jainism, Diwali is the festival that celebrates the triumph of good over evil, occurring in the fall, where families celebrate with food, light, and decorations. To highlight this prominent festival, SASS set up various stations in the Agora. These included diya-painting and making (traditional clay oil lamps), henna designs, trivia (where students’ knowledge of the holiday and South Asian culture were tested), and food, which included samosas, desserts like jalebi and gulab jamun, and the popular drink, sherbet. There was also a vibrant and upbeat playlist made for the event, highlighting some of the best South Asian music, which allowed for a pleasant and amusing atmosphere.

When asked about the event, SASS’s president and founder, Simrin Singh, said, “There was such an amazing turnout at the event, and I’m so proud of the way our club (South Asian Student Society) was able to plan and bring everything together. We definitely lit up the school! There will be more events planned by us in the future, so we hope that everyone comes to check it out again!”

Overall, the event highlighted the beauty of Diwali and helped raise awareness about South Asian culture and the holiday that is extremely important to South Asians around the globe! This event promoted unity amongst students around the JAC campus, and it was highly rewarding to witness so many people interested in the culture!
REFUGEE CRISIS IN BELarus

Boyuan Li
Contributor

The former Soviet state of Belarus has shocked the world for the third time in the past two years - first with its scandalous election, then with its state-funded hijacking of the Ryanair, and now, with the refugee crisis on its border with Poland.

To understand what’s really been going on, we’ll have to dial our time back to May, where a certain Belarusian dissident journalist, Roman Protasevich had taken a Ryanair airline bound for Vilnius from Athens. What he failed to foresee is that his airplane passed through Belarusian territory on its route. Therefore, just like any other dictatorial state would do, a Mikoyan MiG-29 was sent by the Belarusians to force the airliner to land at Minsk. When the plane landed, several men of the Belarusian KGB stormed its interior and arrested him for alleged terrorist charges. As a response to such, the state was heavily condemned by Western countries, and a batch of sanctions were imposed against the country, including the ban of entry of Belarusian jets into EU airspace, as well as the freezing of assets of certain Belarusian officials.

Indeed, Belarus is often reputed as one of the “last dictatorial states in Europe” - with the other one being Russia. We have to understand that it is a country that perceives the abuse of its citizens’ human rights as a normality. For instance, there was another minor incident that occurred in the recently-concluded Tokyo Olympics, where the Belarusian Olympic Committee attempted to force one of its athletes, Krystina Tsimanouskaya to compete in the 4x100m relay race without her consent. When they failed to do so, they made a further attempt to forcefully bring her back to Belarus, where she alleged receive “mental health assessments”.

Fortunately, Tsimanouskaya was able to contact Japanese authorities at the airport and has successfully received political asylum in Poland.

After providing some context, we can officially begin to explain the refugee crisis. Over the past few weeks, a large-scale advertisement campaign that promoted a trip to Belarus targeting the Iraqis, Kurds, and Syrians was brought out on social media. The “trip” itself included a direct flight to Minsk, a week’s hotel stay, and “free health insurance”. Meanwhile, the Belarusian government has largely facilitated the visa application process - basically, all you have to do is get a stamp on your passport, and you will be legally permitted to enter the country. Once these people have landed in Minsk, they will then be greeted by smugglers who offer to bring them into the more developed countries, such as Germany or the Netherlands. For those who cannot pay for that, they could also travel by themselves, since the border between Belarus and the EU was largely unprotected and the Belarusian military seems more than happy to assist them to cross the border.

Since it was all too easy to cross into a EU country from Belarus and that Belarus has a horrid human rights record, many have suspected that the Belarusian government is actively funding this process as a retaliation to the EU sanctions and the criticisms that it faced for the events mentioned above. The Western delegates in the UN have uniformly accused Belarus of endangering the lives of immigrants for its own political gain and condemned it for destabilizing the region. Now, Belarus, as well as the Russian state-owned airline, Aeroflot, all face a new round of sanctions for their supposed involvement in such a crisis.

Despite the diplomatic tensions at the UN assembly, no one seems to have a concrete solution to the calamity. Currently, reports say that some 10,000 people are currently detained in Poland, Lithuania, and Germany, and the situation was changing rapidly against the immigrants’ favor as the Polish military began to set up a wall of barbed wires on its border, which is contrary to international norms. We can mostly credit this circumstance to the strong conservative and Euroskeptic stance of the current Polish government. In fact, the Polish President Andrej Duda has openly stated against the arrival of refugees just over a year ago as he said, “For the sake of those countries from which these people are escaping war today, they need to be as close to their borders as possible”.

Therefore, there are currently 3,000 to 4,000 refugees who are stuck in a purgatory-like state on the Polish-Belarusian border. While most of those people are men, there are also a lot of women, seniors, and children who are suffering in the coldness of Belarusian winter. They are currently living in camps on the Belarusian side, without any access to clean water and food, and one can only pray that this would not become a full-fledged humanitarian disaster.

ASTROWORLD’S MASS CASUALTY INCIDENT

Vanessa Marion
Editor-in-Chief

On Friday, November 5th Travis Scott’s Astroworld festival began, a two-day festival held in Houston, Texas. The event featured some of today’s biggest names; SZA, Young Thug, Tame Impala, and more.

Travis Scott began his set at 9:06PM, and by 9:38PM it was deemed a mass casualty incident. Travis Scott, accompanied by special guest-star Drake, continued to play until approximately 10:15PM.

At around 9:15PM the crowd began pushing towards the stage, which compressed everyone in the audience, making it impossible to move. There were many horrific events that followed; people passing out, people climbing onto the stage to get help for those injured, and people being stepped on and crushed. Over 300 people needed medical treatment for their injuries.

The eight casualties who passed at the festival are John Hilgert (14), Brianna Rodriguez (16), Jacob Jurinek (21), Franco Patiño (21), Axel Acosta (21), Rudy Peña (23), Madison Dubiski (23), and Danish Baig (27), 22-year-old Bharti Shahani and 9-year-old Ezra Blout passed away at the hospital after the festival from complications.

How did this occur, notably while Travis Scott was performing? Travis Scott stopped his 75 minute show several times to ask security to help those injured, but then continued with the show. There was also a lack of staff, the venue’s capacity wasn’t big enough, and there weren’t enough safe emergency exits. There is a 750 million dollar lawsuit launched towards Travis Scott, Drake, Apple and LiveNation. There are also civil lawsuits against ScoreMore, the security contractors, and NDG park.

The shows scheduled for the following day were cancelled.

VISIT BANDERSNATCH.CA
PAINFUL PREDICTIONS

Sophia Jeroncic
Assistant Editor-in-Chief

It's been a long time coming.
I start to sway
As I watch you walk away.
Slowly, but surely, I observe
Your touch, your smile, your heart
Fade as you round the curve.

It's been a long time coming.
I lie gazing at the night sky,
Wondering if things will ever revert to how they were.
Wondering if we will ever see eye to eye.
If you will ever feel the same as I do.
Please, tell me it's true.

It's been a long time coming.
The seasons have changed,
And I am no longer the same.
I sat on the front steps,
Musing, musing, musing.
Picking apart every single remnant of you.
Your promise is long overdue.

It's been a long time coming.
I spent my days
Wallowing in your delight, your happiness, your presence.
I let myself grow attached,
And we crashed.

It's been a long time coming.
You were bound
To take your scissors
And sever the bond between belief and broken beats.
The very essence of who we were
Now lies in your hands;
A coin lost.
An earring dropped.
A childhood souvenir,
Now shoved in the back of your drawer.
Too embarrassed to look at it,
So you shut and lock the door.

It's been a long time coming.
When you met them,
I suddenly knew
That I was no longer your favourite.
I would never be your favourite.

It's been a long time coming.
Nothing will stay the same.
Soon, everything will shift,
The fog will drift,
The daily routine known so well will disrupt,
Leaving me so abrupt.
I will erupt
While you are calm,
Knowing that what I have come to hope for, dream for, and yearn for
Will be gone
With the wave of your palm.

WHAT?

Logan Macdonald
Procrastinator Editor

Source: Pxfuel
OH, PEREGRINE

Aris Cristofaro
Contributor

Oh, Peregrine, flying so high above. Please, glide down so I can see you again. Remind me why it is that I fell in love. Preach to me all that you’ve seen. From hills, to rivers, to flowers, to bees. I will listen in rapture. My soul is yours to capture.

You flew too high for me to see. I called out your name, hoping you’d return to me. “Peregrine!” I cried out to no avail. “Peregrine!” I began to wail.

Fallen to the ground, I wept. You left, taking all your beauty with you. All I had were the memories of you that I kept.

But how could they compare? My soul began to wear. I didn’t want to submit to the pain. Because then I’d never see my Peregrine again.

I began to walk, further and further. I aimed for the horizon, where the sky meets the ground. I hoped I could meet you there. At a reunion between Earth and sky, will you be found?

“Peregrine, peregrine,” I mumbled to the trees. Nothing but the rustling leaves answered me. “Peregrine, peregrine,” I spoke to the hills. They were so silent, I got chills.

Only my longing kept me moving. Hoping that one day I’d be reunited with my Peregrine.

WINTER

Ruhi Mehan
Contributor

Source: Wikimedia Commons

ISOLATION

Vanessa Marion
Editor-in-Chief

“ I’M ALL GOOD, ”

Source: Wikimedia Commons
TOKYO EVER AFTER REVIEW

Lara Fakhoury
Social Media Manager

Looking for an adorable book that has both the charm of The Princess Diaries and the extravagance of Crazy Rich Asians? Look no further than Emiko Jean’s debut novel, Tokyo Ever After. The story follows Izumi “Izzy” Tanaka, a young Asian American girl who lives in a quiet town with her mother. Her mundane life changes when her best friend finds out that Izzy’s unknown father is the Crown Prince of Japan, which makes Izzy a real princess. Izzy travels to Japan to meet her father and to learn about her heritage and her newfound duties as the daughter of a prince.

Have no fear, a Young Adult book wouldn’t be complete without a little romance. During Izzy’s time in Japan, a bodyguard is assigned to be at her side at all times. The classic grumpy/sunshine trope is in full force. The banter with her bodyguard is swoonworthy, and Izzy is a great protagonist whose fears and passions are relatable. Although the book is light-hearted, it also tackles the struggles of being a person of colour, a first-generation immigrant, and the feeling of not being enough for both worlds.

I picked up this book because I was not in the mood to cry over a sad story and ended up smiling and laughing at every page.

Vanessa Marion
Editor-in-Chief

THE DARK BETWEEN STARS- BY ATTICUS

Cierra Monaco
Staff Writer

I recently read The Dark Between Stars by Atticus. It is the second book in a trilogy of poetry books and consists of three sections: Stars, Between, and The Dark. I know that poetry isn’t for everyone, but this book is absolutely amazing! It is about young love and being wild and free. The book is just beautiful. It points out the small things in life that a lot of people don’t notice and makes you smile!

Towards the end, in the part called The Dark, the topics do get darker. However, I enjoy that Atticus doesn’t shy away from those topics because it is still a part of our lives. The Dark Between Stars often talks about the city of Paris, wine and whiskey, stargazing, going on adventures, and being in love. This book is almost what we would imagine the perfect life to be like: carefree and fun!

I loved this book so much! It made me so happy reading it! The book is an easy read, and the poems are really short. I read the entire book in two days! I didn’t want to put it down. The Dark Between Stars by Atticus is an incredible poetry book, and I highly recommend it.

Vanessa Marion
Editor-in-Chief

(TAYLOR’S VERSION)

The pop icon, Taylor Swift, continues to top herself! A re-recorded version of her album Red was released on November 12th. It immediately dominated the Spotify charts, as All Too Well (10 Minute Version) (Taylor’s Version) (From The Vault) landed at number one on the Spotify charts, globally. Swift also broke two Spotify records: the most-streamed album in a day by a female artist, and the most-streamed female artist in a single day.

Along with the extension of fan-favourite song All Too Well came a short film. It featured well-known actors Sadie Sink and Dylan O’Brien portraying a short, intense, toxic relationship. This allegedly refers to Taylor Swift’s past relationship with Jake Gyllenhaal, as there are many references that allude to him and the destructive power dynamic they shared.

Why is Taylor Swift re-recording her old albums? To put it simply, she does not own the rights to her older albums, as it is owned by her previous record label. They did not give her the option to buy her albums back, so she is re-recording them to own them. New material is added to songs for the re-recording, and there is a higher quality sound.

It has been nearly a decade since the album was initially released, which provided Swift more time to reflect on the themes of the album and add more depth and wisdom to them. This is especially notable in All Too Well, as there are many new lyrics that a younger Swift could neither write nor release.

There are so many great songs on this album, but a few of my favourites include: Begin Again (Taylor’s Version) (From The Vault), Better Man (Taylor’s Version) (From The Vault), Nothing New (Taylor’s Version) (From The Vault) (feat. Phoebe Bridgers), and of course All Too Well (10 Minute Version) (Taylor’s Version) (From The Vault).
ELDIN RING REVEAL

Samuel Spaulding
Staff Writer

A
nnounced two years ago, Elden Ring has been clouded in mystery since its announcement at Summers Game Fest 2019. FromSoftware and Bandai Namco have finally revealed Elden Ring’s gameplay, and fans couldn’t be more excited, myself included.

Elden Ring looks like it’s taking cues and elements from previous FromSoftware games such as Dark Souls III and Sekiro for its exploration, combat, and bosses. Players will be able to customize and build their player character with a variety of different playstyles, such as a stealth build, an aggression, a magic build, and many more.

The game is also set in The Lands in Between, which is a beautifully-coloured, open world where you can explore with danger lurking around every corner. You will also be able to ride a horse in the game’s fully-coloured, open world where many quests, battles, and many more.

Players can explore dungeons, castles, and caves for crafting items, gear, and bosses. FromSoftware has also shown one of the many bosses you will fight. You’ll fight the demi-god, Rodrick the Golden. From what was shown, you can summon spirits that will be there to support you in the need of the battle, and you can change your weapons as some have a specialty in magic or strong attacks.

It won’t be much longer until we get our hands on Elden Ring. It releases on February 22nd of next year on PlayStation, Xbox, and PC.

GENSHIN IMPACT

Elizabeth Tulli
Student Life Editor

D
o you happen to be a fan of action-adventure and role-playing games where you venture across a beautiful world? Then, maybe check out Genshin Impact, an anime-open world and action-role-playing online video game! Developed and published by Chinese studio miHoYo in 2020, Genshin Impact rapidly grew popular this year – for notable reasons.

Some reasons for the game’s high popularity are the vast beautiful Teyvat map – a map that allows players to explore a multitude of islands, partake on quests, and a variety of party members. In other words, the gameplay is the core of Genshin Impact’s appeal. There are also gacha features, the game’s monetisation system that allow players to earn characters through a random draw. However, party members can be acquired by normally playing the game.

Now, let’s talk more about the Teyvat map, a world of magic and wonder. In this world, players can travel to different places, complete quests, and enter dungeons. On these quests, it’s common to encounter enemies. A neat thing when battling foes is that players can switch between party members. Depending on the situation and enemy, you can select party members whose combat skills and abilities are best suited for the battle. Every battle requires players to act fast to defeat their opponents. It may be tedious at times, but knocking out an enemy is quite satisfying. Moreover, the game has a marvelous soundtrack, which players can jam to on their quests.

If you’re looking for a fun game these days, give Genshin Impact a try!

OCARINA OF TIME

André Bernier
Games Editor

O
n October 5th, Nintendo released an expansion pack to the existing Nintendo Online Membership. Eight different games from the Nintendo 64 console were ported to the Nintendo Switch, including The Legend of Zelda: Ocarina of Time.

Ocarina of Time was the first 3D Zelda game ever made. I heard of how amazing it was (some say it’s the best Zelda game ever made!), and I was ecstatic when it was announced. I never had a chance to play it and never thought I would since I didn’t own a N64. But last weekend I did, and I wanted to give my first impression of the game!

I found the beginning adorable! You begin Ocarina of Time in Kokiri Forest, a village where a young boy named Link has lived his whole life. The Great Deku Tree has decided to give you a cute little blue fairy named Navi, and you learn that he’s asked you to go see him.

The time I spent in the forest was awesome. Talking with the other Kokiris, and exploring the village was just wonderful. I have to admit, I was slightly confused about what I had to do. There was a Kokiri named Mido who blocked the path to the Deku Tree. He told me that I needed a sword and shield to go talk to him, but I couldn’t, for the life of me, find the shield!

I found it eventually, but in the process, I got to explore all around Kokiri Forest. Playing through other parts of the game was as equally as charming. If you have a Nintendo Switch, it’s a game I’d recommend!

TETRIS

Vanessa Marion
Editor-in-Chief

A classic that many of us played throughout our childhoods, Tetris is a block-orientated game. Tetris was created by software engineer Alexey Pajitnov in 1984. It has been published by many companies, as it is an easy game to recreate and has a simple goal. The popularity of the game is immense, now even hosting a yearly Tetris contest. Now, there are several versions available online, including an app available on IOS and Android.

The blocks slowly descend toward a flat surface. You can move the block left to right and force it down. As all the blocks are different shapes, you must place them strategically to have them fit perfectly into each other. There must be a consistent line of blocks with no spaces: when this happens, the line is cleared, and you are awarded points. When this does not occur, and there are spaces between your blocks, they will begin to stack. If they are not cleared, the stack will eventually reach the top, and you lose. If you are doing well, the speed will increase.

A Tetris is when you have four stacks, and all four are cleared in one move at the same time. This awards you many points! There are also other moves, which include sliding the blocks underneath each other, but the Tetris move is the most well-known.

If you haven’t played it, or don’t remember playing, I encourage you to download it today. You’ll find yourself spending hours on it without even noticing!
ISLANDERS UPDATE

Sophia Jeroncic
Assistant Editor-in-Chief

If you are a huge fan of college sports, or you are merely trying to embrace the school spirit, it's been a great week for the JAC Islanders!

Firstly, the women's rugby team emerged on top in their game against André-Laurendeau on November 14th, earning them the RSEQ banner after their 45-5 victory. The team had experienced great success all season, and it was a cause to celebrate!

Another large source of celebration occurred the night before, when the Islanders earned a spot to Thetford Mines for a chance at the Bol d'Or after a nail-biting game. Down 32-30 with 36 seconds remaining, the Islanders were faced with the daunting possibility of defeat. However, a miracle ensued: with 0.1 seconds left in the fourth quarter, Kaelan Trepanier made the play of throwing a hail mary to Daniel Sheenan. After travelling for an impressive 56 yards, Sheenan caught the ball, scoring the game-winning touchdown with 0.0 seconds remaining on the clock. This victory ensured the Islanders’ second consecutive appearance in the match that will determine who will take home the Bol d'Or on November 19th.

The Islanders also reported multiple victories on Saturday with athletes competing at both the nationals for cross county in Calgary and JAC’s first swim meet of the season in Saint-Jérôme. In Calgary, eight men and women represented John Abbott College for the chance at earning the title of All-Canadian. After a spectacular seventh-place finish for both the men’s and women's teams, Caitlyn Fulton-Kennedy was awarded the title of All-Canadian with her tenth-place finish. Back in Québec, the JAC swim team also proved to be there to win as they finished the meet with a combined total of 753 points from both the men’s and women's teams. For the women’s team, Alyssa Ball earned a first-place finish in the 50-metre breaststroke event while Amandine Martin finished first in the 100-metre butterfly. The men’s team also emerged victorious with the Islanders claiming the top four spots in the 50-metre freestyle event. Maxim Petkun earned first place, followed by Rafael Almeida in second, Vlad Visan in third, and Thomas Fisher claiming the fourth-place spot. Both the men’s and women’s teams also finished first in the 4x50 I.M. relay, providing them with an even larger victory.

Additionally, the men’s rugby team emerged from their season with a second-place finish. After a tough game against André-Laurendeau, the Islanders accepted a 24-25 defeat, earning them the silver medal. However, they still claim the title as the victors of the regular season, and they have a shiny, silver medal to accompany it.

On another type of terrain, the Islanders’ women’s hockey team extended their 14-game winning streak with a 4-1 victory over Limoilou. Meghan Duschesne Chalifoux and Emilie Lussier were responsible for the four goals scored for Islanders, and Sarah Vanier had a terrific game with 34 saves.

Last, but not least, the men’s volleyball team experienced both defeat and victory in their tournament on Saturday. The Islanders lost in three sets to Valleyfield, but were able to claim a huge win over André Grasset in only two. Tristan Koran earned player of the game against Valleyfield with seven kills and six rallying save digs, and Kevin He was awarded player of the game against André Grasset. The next tournament on November 28th will determine whether the Islanders will potentially advance to the playoffs.

With more sporting events to come, the Islanders are venturing strongly on route to claiming additional victories!

NHL STANDINGS - NOVEMBER 2021

Vanessa Marion
Editor-in-Chief

Hockey fans cannot get enough right now! If you haven’t had a chance to watch, here are the hockey ranks!

Eastern Conference:
Metropolitan Division:
1. Washington Capitals
2. Carolina Hurricanes
3. New York Rangers
4. Philadelphia Flyers
5. New Jersey Devils
6. Columbus Blue Jackets
7. Pittsburgh Penguins
8. New York Islanders

Atlantic Division:
1. Florida Panthers
2. Toronto Maple Leafs
3. Tampa Bay Lightning

Western Conference:
Central Division:
1. Winnipeg Jets
2. Minnesota Wild
3. Nashville Predators
4. St Louis Blues
5. Colorado Avalanche
6. Dallas Stars
7. Chicago Blackhawks

Attacks: 15.5
Shots Against: 16.2

Islanders Update:
4. Detroit Red Wings
5. Boston Bruins
6. Buffalo Sabres
7. Montréal Canadiens
8. Ottawa Senators

Northwest Division:
1. Denver Nuggets
2. Portland Trail Blazers
3. Phoenix Suns
4. Utah Jazz
5. San Antonio Spurs
6. LA Lakers
7. Oklahoma City Thunder
8. LA Clippers

Southwest Division:
1. Houston Rockets
2. Dallas Mavericks
3. Memphis Grizzlies
4. San Antonio Spurs
5. New Orleans Pelicans
6. LA Lakers
7. Golden State Warriors
8. Phoenix Suns

Pacific Division:
1. Anaheim Ducks
2. Edmonton Oilers
3. Calgary Flames
4. Vegas Golden Knights
5. Los Angeles Kings
6. San José Sharks
7. Vancouver Canucks
8. Seattle Kraken

The next two games for the Montréal Canadiens are Saturday, November 20th, and Wednesday, November 24th.

WOMEN’S RUGBY - U SPORTS

Vanessa Marion
Editor-in-Chief

The Molinex trophy is awarded to the top university women’s rugby team. It is the most coveted trophy to win in women’s rugby U Sports. It is a tournament featuring the top eight women’s rugby teams. This tournament was first held in 1998, and it could not be held in 2020 due to the pandemic. Because of this, people have been anticipating this tournament for a long time! Even if you are not a fan of sports, watching these intense, passionate players fight for victory is thrilling.

Semi-final 1: University of Ottawa Gee-Gees vs University of Victoria Vikes. Gee-Gees won 17-14, a tight game won by a penalty conversion kick performed by Claire Gallagher. This confirmed the Gee-Gees would go to the finals.

Semi-final 2: Queen University Gaels vs Laval University Rouge et Or. Queen Gaels won 28-18. They had two overtimes, Siobhan Sheerin (Gaels) scoring two tries in the first half. This confirmed the Gaels would go to the finals.

Finals: Queen University Gaels vs University of Ottawa Gee-Gees. The Gaels won 26-18. The first half of the game was spent on the edge of our seats. Going into the second half, both teams were tied 15-15. However, shortly into the second half, Jaden Walker (Gaels) scored a try. The Gaels ultimately won the game.

Congratulations to all the teams for an amazing season! See you next year!
THE INEXPLICABLE

Elizabeth Beauzile
Staff Writer

Last week, a friend and I had a very interesting conversation. As someone who enjoys astrology, I asked him if I could analyze his astrological birth chart. Being a science guy, my friend told me that astrology was undeniably false. He told me that people who qualified it as an exact science could not possibly be more wrong, since it was not, in fact, scientifically proven to be true. It was not his skepticism that surprised me, but rather the affirmation that everything was either true or false and never in between. However, I do believe that there is something in between. And this is where our heated debate led us to: an agreement of some sort.

We often talk about the war between religion or spirituality and science. It is an understandable fight; since both grow in very different paths, they are not destined to agree. Religion came to be first, when human beings started questioning the world around them. The riddles of life that had no answer had to have one, and we found these answers within faith. If we use the example of Christianity, the answer to things humans could not explain was simply God’s will. But happened a time when we finally had the means to answer these questions through extensive research.

Science allowed to answer questions about the world: why, what, how and when? Science could give more than just a single explanation. Straight to the point, straight to the nature of things and to the truth, and no sugar-coating. But science can only answer discovered truths. A scientist can tell you all about what matter is made of, but can a scientist tell you precisely and non-hypothetically how that matter came to be? The answer is simply no.

Some things walk the very fine, and yet very present, line that lies in between spirituality and science. Let’s take astrology, for example.

OPINIONS with Connor Rooney

Can be reached through MIO 9

HONOUR THE FALLEN

Connor Rooney
Opinions Editor

On November 11th of every year, we honour those who paid the ultimate price for our freedom. We do this by wearing a poppy on and in the days leading up to Remembrance Day as well as holding a moment of silence for the fallen at 11 A.M. on November 11th. Compared to the devastating sacrifice our veterans have paid, this is not much to ask for. However, I was appalled to see how few people wore a poppy or even took a moment of silence.

I had started wearing a poppy on November 1st and waited to see more and more people join in on the tradition. That day never came. Obviously, seeing a poppy became a slightly more common occurrence on Remembrance Day, but not significantly. Simply walking down the halls looking for someone with a poppy was like searching for a needle in a haystack. It should be the other way around: finding someone without a poppy should be once in a blue moon. Bottom line, I think everyone should be wearing a poppy. Paying a couple of bucks to honour those that paid a far higher price for our freedom is doable for everybody. I feel not doing so is incredibly disrespectful to the Canadian Military. The least we can do to thank these brave individuals is to wear a poppy. The excuse of “I forgot” bothers me the most. The motto of Remembrance day is “lest we forget”: the whole point is to remember. “I didn’t have the time” was another excuse I heard quite often. If I were to enjoy the benefits of living on Canadian soil, we should show some gratitude, and wear a poppy.

Personally, I believe John Abbott College could have done a lot more to encourage the honouring of our troops. For starters, holding a moment of silence. I am in disbelief that John Abbott did not hold a moment of silence. It is not difficult to organize. Have teachers take a minute or two out of their 11 o’clock class. Marianopolis did this with ease, why didn’t we? Poppy accessibility was also a problem. Tucked away in the Oval Coffee house and library, just to name a few locations. To receive a poppy, it was mandatory to make a donation. A box full of poppies at every entrance with an optional donation jar right next to it would’ve worked wonders. On top of that, I bet the school would’ve generated way more money for the military compared to the way they did it because as I’ve mentioned, hardly anyone, student or staff, wore a poppy. Worst case scenario, less money is made, but more people honour and wear the poppy. Finally, the school gave students the day off to march at a climate rally, but not to take a day to honour our veterans, which is mandatory in many Canadian provinces. This stunned me. The sacrifice of our veterans is not as important as a large gathering of protestors during the most widespread and contagious pandemic of the past 100 years.

If I leave you with one thing, it is to take Remembrance Day more seriously. We need to wear a poppy starting November 1st, and take a moment of silence to honour our patriots.

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THAT'S SO SICK!

Mehnu Mahapatuna
Science & Tech Editor

I t always hits you when you least suspect it. It might start with a dry, itchy throat or a leaky, sniffing nose. Then comes an unbearable cough, or sneezes that make the entire class turn around in the middle of a lecture. Finally, days of fatigue, muscle aches, and sleepless nights. We've all experienced it: the feeling of being sick.

Everyone has grown up with different at-home remedies. As you read this, I'm sure you're remembering your mom's voice, urging you to chug some foreign concoction (“Just drink the last few sips! It'll help!”) or instructing you to follow the usual “sleep it off” routine (“Put your phone away and go to bed, Mehnu!”). But this year, when cold and flu season seems to be taking an especially heavy toll on people, wouldn't it be great to know a few reliable, scientifically-proven methods to get better more quickly?

Well, here they are! To begin, chicken noodle soup is often cited as a great reliever of congestion. According to the University of Nebraska Medical Centre, there is some accuracy to this claim. In this study, it was found that chicken noodle soup reduces the movement of a certain white blood cell known as neutrophils. This reduction in movement related to reduced cold symptoms in the upper respiratory tract, implying that chicken noodle soup is indeed an anti-inflammatory.

When struggling with an infection, honey can work wonders. While it may be well-known that honey can provide immediate, temporary relief to a sore throat, it also has very strong antibacterial properties. More specifically, honey stimulates the release of inflammatory cytokines. Cytokines can be defined as substances that are secreted by certain cells of the immune system and influence other cells. In this case, inflammatory cytokines triggered by the consumption of honey push your body to fight against pathogens (battle your infection).

If you’re someone who likes to get ahead of the curve, try eating garlic to prevent a cold. In 2014, the Cochrane Acute Respiratory Infections Group conducted a trial where they gave 146 participants a capsule containing garlic or a placebo and recorded their observations over twelve weeks. It was found that the group which was given the garlic capsule not only experienced fewer instances of the common cold, but their colds had shorter durations. So if you want to avoid falling victim to cold and flu season this year, be sure to chow down on some garlic (just make sure to keep some mints with you).

These days, it seems that there’s a “new and effective” herbal supplement or plant remedy everywhere you turn, some worth trying and some bogus. Well, echinacea is a part of the former. This popular dietary supplement comes from the daisy family and has been proven to be extremely effective in cold treatment and prevention through various studies. Echinacea (which comes in many forms, including pills, teas, and lozenges) has been proven to significantly reduce the duration and likelihood of catching a cold, working as an anti-inflammatory by influencing cytokine production (like honey).

Those of you who are over 18 (at least in Quebec) will enjoy this next one. A study conducted in 2013 found that moderate consumption of alcohol could boost your immune system. The Better Health Channel defines the immune system as a complex network of cells and proteins that defends the body against infection. This would mean that by strengthening your immune system, you would essentially be helping your body fight whatever pathogens may be causing an illness. However, please note that it was also found that heavy, frequent drinkers had the feeblest immune systems (so the key word would be moderate).

No one likes the feeling of being sick. Aside from the obvious physical pain, being sick often entails lying around and doing nothing while your body works hard to survive. But hopefully, the sick remedies you’ve seen in this article have demonstrated to you that there are certain actions that can be taken to regain a sense of control in your body. So next time you’re sick, don’t be afraid to have some chicken noodle soup, honey, garlic, echinacea, or even a little bit of alcohol. More than anything, don’t be afraid to do some research because who knows what remedies you’ll find next?

THE MBTI TEST

Lara Fakhoury
Social Media Manager

K atharine Briggs first started her personal research into personality traits in 1917. With the help of her daughter, Isabel Briggs Myers, she published The Briggs Myers Type Indicator Handbook, now known as Myers-Briggs Type Indicator. Although both Myers and Briggs were not educated in psychology, they taught themselves psychometric testing.

Together, they developed a self-reporting test that measures one’s personality based on four categories: extraversion (E) or introversion (I), sensing (S) or intuition (N), thinking (T) or feeling (F), and judging (J) or perceiving (P). These can be summarized into meditative, spontaneous, executive, and social personality types.

There are 16 combinations of these four categories. For example, if one’s results say they are an ESTP, it means they are extroverted, sensible, thinking, and perceptive. There is also a sub-category characterized by a dash with an A or a T. A standing for assertive and T standing for turbulent. The results are used to help someone choose a career that goes well with their personality and better understand their interactions with others. Fun fact: INFJs are the rarest personalities in the world.

Although the MBTI test is simple and well known, it has been labelled as unreliable due to the fact that a person’s results tend to change when the test is re-taken after a certain period of time. The test has also been criticized for being inaccurate and invalid since the possible answers are subjective and the results are considered a generalization of an individual’s personality based on one result.

The MBTI test is the most widely used psychological self-test in the world, with popular websites like 16Personalities offering a free version of the quiz as well as results to people all around the globe. What’s your MBTI personality type?
So, I was going to put a few brain teasers in this spot to fill space. However, in search of them I found a lot of brain teasers that made me wonder who would even be able to solve this. So I’m here to complain about it. But hey, if you know the answers to any of these, feel free to not contact me.

The first one that made no sense to me was: “I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?”

First of all, where the heck do you even hike for 3 miles south, east, and north and then end up where you started?! You would need a west in there. And second, I think I’ve got bigger problems than what colour the bear is.

The second one that made no sense to me was: “What is special about these words: job, polish, herb?”

So the answer to this is that they are said differently when the first letter is capitalized. While that may be true for “Polish” I’ve never seen “Job” pronounced differently at all. Now you could argue that “Herb” could sound different if it was capitalized and you could pronounce the “H” more. However I’ve always pronounced the “H” and I know people who don’t pronounce it at all. Which is fine, but I highly doubt any of you have ever said it in any other way than you’re used to, right? So, I think this brain teaser is really just dumb.