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FILM & ACTING CLUB
Virginia Battaglini
Office Manager

A new club arises from the mist. The Film and Acting Club is here for students to join! Their purpose? To create a short film each semester! Acting, filming, editing, and so many other roles are available for students to take! You want to write the script? There’s a role for you! You want to show off your makeup skills? There’s a role for you!

This semester’s short film hasn’t been decided on yet, so if you have an idea, come on down and pitch your idea! Sci-fi, historical, comedy, romance, any genre is available for use in your script! Write a short explanation of the plot and watch your idea flourish!

No actors/actresses have been casted yet either. Try out and show the world what you’re made of. Show off your punches, show off your tears, act until the camera disappears! Make your acting so good the world knows what you’re made of. Show off your makeup skills? There’s a role for you! You want to write the script? There’s a role for you!

and camera crew you’ll be able to do so as well.

But the best part of the club is that once the film is created, it’s the clubs to keep! As a whole the club gets to decide what to do with the film after it’s created. It could be sent to Montreal’s film festival, Ontario’s film festival, or even kept a secret until later years!

So go on Omnivox and sign up! It’ll be a lot of fun!

JAC CONFESSIONS
Lara Fakhoury
Social Media Manager

In my years at John Abbott, I have written articles about the many Instagram pages that have sprung from our campus. From bad parking, bees, squirrels, and even seagulls, we have seen our fair share of odd pages. This page however has made our school a little more fun. JAC Confessions (@confessions.jac) allows students to confess their weird past-times and observations while remaining anonymous.

They first posted in the beginning of December and quickly gained traction from curious JAC students who want to know the secret thoughts of their peers. The most popular types of confessions are people shooting their shot with a classmate they think is cute, people seeking out advice for school related stuff like where the best places to take a nap are, and dating preferences. The confessions are fully anonymous, only people that want the attention of their crush give their initials. How cute!

Since their first post, the page has now over two thousand followers. When asked about their account blowing up, the admin said, “I had absolutely zero clue. Honestly, every new follower on the account is a shock to me.”

When walking in the halls of the school, you are guaranteed to hear someone talk about a confession and wondering who it belongs to. This account adds a bit of fun to our student life, a comedic version of Gossip Girl and a real-life game of Guess Who.

If you have a thought you would like to share or an interesting observation, send a quick confession to the page.

SUJAC UPDATE

Hi JAC!

Love and friendship reigned on Monday, February 14. We hope you had a wonderful day with your loved ones and hopefully had the opportunity to get married in The Agora with a certificate. Moreover, for those who participated on the website Datamatch.com, let us know on our social media @instasujac how your date went! Around the same time with Valentine’s, the SUJAC Special sold out 667 Bagels in The Oval Coffeehouse over a 4 day period--with 5 lucky names to be announced as winners of the Gift Baskets draw! There are more SUJAC Specials and Contests coming up around the March Study Break so continue to keep an eye on The Portal and instasujac for news!

This week from Monday to Thursday, February 14 to 17 was Carnival Week! Events such as Valentine’s Games, Pjyama Day, Jimmy Zoo and more happened this week at JAC so, again, stay tuned to the JAC Portal and SUJAC’s Instagram for more info on future events.

SUJAC is partnering up with Student Activities on Tuesday and Wednesday, February 22 and 23, to spread the message across JAC campus: No Stigma, We Care! Go to Student Activities to pick up your size T-Shirts and let’s join together to participate in these two important events--Mental Health Day (Blue Shirt) on Feb. 22 and Bully-Free Day (Pink Shirt) on Feb. 23.

You’ll find ways to get involved in The Agora.

Also, have you been wanting to join a Club but don’t know which one to join? Good news! Coming up on Tuesday, March 8, we are organizing a SUJAC Club Engagement Day’ in The Agora (10:30-2:30) where you can get to know some of the Club members and their missions. Don’t hesitate to drop by and show your enthusiasm by asking questions to the Club present such as Queer Hub, Black Student Union, JACMUN, Dance, Latin, Law & Debate, and others!

If you have any questions, doubts or ideas, come visit us in P-101.

Your SUJAC Executive Team 2021-2022:

President Ivana Riveros Arteaga
VP Internal Allison Kastner
VP Academic Gracie Diabo
VP Finance Richie Tan
VP External Sabrina Goriani
VP Communications Dante Meldrum
PROTEST IN SUDAN
Tina Aghdam
News Editor

O n November 13th, protests took place in Sudan's capital of Khartoum and the city of Omdurman against the military coup that occurred in the country towards the end of last month. Soon before protests, it was announced that a council would be formed with the military ruling, which sparked public outrage and fear for dictatorship.

There were many injured and six deaths as a result of Saturday's protest, according to the Central Committee of Sudanese Doctors Facebook page. In response to the protests, military forces used violence to break apart the crowd, with teargas and bullets causing numerous injuries. Sudan police deny the wrongful use of force, claiming that the protestors injured 39 police officers in several police stations. This is not the first protest since the military, led by General Abdel Fattah al-Burhan, overthrew Sudan's Prime Minister Abdalla Hamdok on October 25th. Many nationwide Pro-Democratic protests were organized against the military, with at least 20 deaths and 140 injuries occurring as a result of these demonstrations. At least five of the government officials have been detained.

The international community has been vocal in their support of the protestors and their condemnation of the use of violence against protestors, with many solidarity demonstrations being carried out in Sudan embassies outside the country. Many have issued statements on social media urging protestors to persist in their efforts against the military. This includes the Sudanese Professionals’ Association (SPA), a political pro-democratic group; the Umma Party, an Islamic political party; as well as Hamza Baloul, the information minister. As a response, internet and phone connections were interrupted by the military forces. Security forces also detained health care workers, including ambulance workers and doctors, to prevent them from treating those injured during the protests. Apart from hospital workers, many patients were also taken by military forces.

With rising tensions and instability, the future of the country remains uncertain.

TENSION IN EASTERN EUROPE
Ilancia Poppea
Staff Writer

I t's all over the news. Russia is threatening to invade Ukraine. There are currently about 100,000 Russian troops on the border of Ukraine, but why? In order to really understand what might be fueling this desire to take Ukraine, we need to look back in time.

For a very long time, Russia and Ukraine were one and the same. We can see their cultural similarities, even to this day. Indeed, even though Ukraine became an independent country on August 24, 1991, a few months before the collapse of the USSR, the cultural ties with Russia did not disappear. Today, the population of Ukraine is divided. One part of the population wants to be part of Russia and join the “motherland” and the other part of the population wants to see Ukraine create more and more ties with the West. That is, eventually joining the European Union and/or NATO (North Atlantic Treaty Organization). In short, Putin does not want Ukraine to join the West because he sees Ukraine as Russia's sibling. He considers Ukraine and Russia as “one nation” and wants to bring it back to the “motherland”.

At the moment, things are still unstable. The U.S. and EU are stockpiling natural gas to prepare for a possible invasion of Ukraine, the EU is threatening Russia with economic sanctions if it chooses to invade Ukraine, and Russia is likely to respond by restricting its oil flows to the EU if it chooses to impose its sanctions.

Since the Taliban took over Afghanistan last year, women's education was put on hold for an extended period. However, on February 2nd, universities reopened to females under the condition that they remain separated from their male counterparts. This occurs despite there being no official announcement made by the Taliban administration.

When the Taliban first took over Afghanistan at the end of the 20th century, they committed to banning education for women and girls around the nation. However, the Taliban deputy spokesperson has revealed that the reintegration of girls into secondary schools is scheduled for March 21st, once transportation systems have been dealt with. This leads many to confusion about the current situation, as their plans remain unclear in regards to the future of women's education. Not everyone is convinced they will follow through with their plans but stay optimistic about the idea of allowing girls to pursue their education, which has been paused for many months now. Another concern that was raised involved the composition of the committee making decisions affecting the future of female students, which is entirely comprised of men.

Despite these new measures, many universities and high schools have opted to keep their doors closed to the female population, causing inaccessibility to equal educational opportunities to women and girls across the country. Some young students are also reluctant to go back to school, anxious about the heavy restrictions put in place. The international community has been fervent about their demands to allow women and girls to continue their education. Many have even started using the Twitter hashtag #LetAfghanGirlsLearn, including the human rights lawyer and researcher from Amnesty International’s Crisis Response Program. Despite these regulations, many students are glad to be back on campus and advancing their educational path.

JAPAN’S PRINCESS LOSES ROYAL TITLE
Tina Aghdam
News Editor

J apan’s former princess Mako Komuro, Emperor Naruhito’s niece, gives up her royal status to marry her long-term boyfriend from university, Kei Komuro. The Imperial House Law states that only men hold names that allow them to conserve their royal status upon marriage with a non-royal, whereas the women hold titles that are removed in the same situation. This sparks debates on gender equality in Japan. It is estimated that the number of royalties in Japan will continue to decrease as its female members get married.

After their wedding in Tokyo, which was delayed by two years due to controversies, the couple received a heavy load of criticism from all around the nation. After Kei got a job at a New York law firm, they decided to move to the United States, starting a new life far from backlash.

TALIBAN REOPENS SCHOOLS TO GIRLS
Tina Aghdam
News Editor

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IN AMBER

Emma Wallace
Entertainment Editor

We drive into the city late,
watch the streetlamps blur,
they drag
like nightfall’s amber
pendants.

We sing along to the
Cranberries softly,
fingers sticky from honey
donuts
and the windows fog up
from our breathing —
a sign we’re alive in the
frost,
proof that we pulled through
the winter.

I live my whole life in those
mornings
when you picked me up be-
fore school,
the whole world held be-
tween my town and yours.

Our favourite place to drive
was nowhere,
toeing the line between
boredom and this,
like the evening we climbed
a hilltop
to watch the highway, count-
ing the headlights
and I wondered how far
they could take me.

Now I’m still not sure where
home is
as I spend my nights shot-
gun beside you,
and you drop me off before
morning
but I wish that you wouldn’t:
I’ve grown used to us living
apart,
but I never get used to you
leaving.

THE UNSPOKEN

Elizabeth Tulli
Staff Writer

EMPTINESS

Sophia Jeronic
Staff Writer

You’re lowering your gaze
As I stare into space,
 Pretending not to know you.
 Pretending you’re not here, right now.
 That I don’t know how
 We’ve managed to find ourselves here,
 Together.

You’re nothing but an echo;
One that screams despair and sorrow
Whilst your laughter from my memories
Envelops me,
Strangles me,
Wraps me up in the prettiest bow.

What could I give for you to love me
again?

My heart aches;
My hand twists and shakes,
Silently screaming for you to come back.
For us to start over.
To freeze time
And be relished by the simplicity of
when we first met:
When I captivated you,
Intrigued you;
Now you’re gone, and I don’t know what
to do.

Tell me, am I a fool?
Have you made me out to be

The villain in your story?
All I see
Is someone who’s never sorry.
Fruitlessly being accosted
I feel like I’ve lost it.
Once I got a taste,
My time was all yours to waste.

I gaze at you intently
As my eyes search for yours to linger on.
I have grown accustomed to who we had
become,
And now you’re gone.
WHISPERS
Sophia Jeroncic
Staff Writer

Look at her.
The most powerful tool.
I broke down in your arms
As they played me the fool.

I sat there as still as stone,
Thinking, wondering, pondering.
Lost in the space and time
Within my mind.

Wow.

Lying in your arms:
A rush of warmth and love
I never knew I needed.

Having you is within my grasp.
You stole my breath,
And I have never been happier to
gasp.

I looked at you and thought
– beauty
  That's what you are.
  That's who you are.

Please…

I quickly sat up

Amid the shadows,
Disappearing as quickly as they
had come.

In the moonlight,
I saw you stir,
Consumed by the nightmares
Whilst
You appear in my dreams
As if you have nothing better to
do.

Please tell me
Who
I am meant to be.

The longer I stare at you
The less I can see of
Myself
And the more I see of who we will
become.

I love you

I whispered to you.
For no one can make me feel the
way that you do.

As soft as a mouse
For the world beyond the house,
I poured out my thoughts;
So distant, controlled, tough,
But only you heard, and that was
enough.

TAM BAO SON
Logan Macdonald
Editor-in-Chief

MOVEMENT
Elizabeth Tulli
Staff Writer
FEELING EUPHORIC
Laila Beaulite
Staff Writer

“Spoiler Warning there have been 6 episodes As of writing this.”

I t goes without saying that the hit TV series Euphoria has estab-lished a secure place in the hearts of its viewers. From iconic sparkly makeup looks to striking cinematography, the show has in-serted itself into pop-culture however, that does not make it ex-empt from critique. While season 1 had thought-out storylines that almost perfectly intertwined with each other, season 2 has taken a dif-ferent turn. Kat’s online persona, the relationship between Nate and Jules, McKay’s character, the Tyler case; all these plot lines seem to have become plot holes in the new season.

Although Euphoria is, at its core, a story about Rue’s addiction, a great deal of time is spent on the other characters as well. The show is also a story about the different turns. Kat’s online persona, the relationship between Nate and Jules, McKay’s character, the Tyler case; all these plot lines seem to have become plot holes in the new season.

We have not seen how the struggles the characters faced in season 1 affect them now. New characters flood the screen, but hopefully we will get some retribution to the forgotten ones from season 1.

ATTACK ON TITAN: THE FINALE
Lizzie Tulli
Staff Writer

Naked giants, dead bodies everywhere, cries and screams, a thick stench of blood in the air: Attack on Titan is back, bringing excitement in the anime community! Fans have been waiting for more than a year to see how this epic series concludes. Since January 9th, Studio MAPPA has been releasing new episodes of season four part two every Sunday on streaming devices. And man, I’m speechless at what I saw. Why? Keep reading and I will explain in detail. Warning: spoilers ahead.

First, I’d like to thank MAPPA for scaring the daylight out of fans within the first seconds of episode one. Yes, we love to see our beloved Captain Levi bloody and motionless. I could go on and on about him, but we don’t have time for that. The following scenes unfold as predicted: Eren Yeager and Reiner brawl while the Marleyan soldiers back Reiner up. Meanwhile, Eren’s friends and fellow citizens are locked in dungeons because they drank Zeke’s spinal fluid, so they’ll turn into human-eating titans when he roars. It is all part of Zeke and Eren’s Euthanasia plan: to prevent Eldians from having children. Once Zeke arrives to the scene, that’s when things get interesting. Eren’s head is blown off; Zeke roars, causing hundreds of titans to appear; and the brothers venture into a mystical dimension called “The Paths.”

Let’s talk about episode four now! New truths are revealed: Eren and Zeke betray each other, each having his own plan. Then, they travel back in time to Eren’s childhood years. The episode left our jaws hanging: Eren persuades their father to kill the royal family, Grisha asks Zeke to stop Eren, and the brothers return to the present, tension at its highest. Future Eren is a mastermind, I’m telling you. This means he made sure everything happens as it did. Things are getting good. Let’s see what happens next!

XOXO REVIEW
Lara Fahkbour
Social Media Manager

A fter reading high fantasy and dystopian novels filled with intense worldbuilding and chaos, I decided to take a break from the magical and step back into the world of contemporary romance. Thankfully, the gorgeous cover of Axie Oh’s book XOXO caught my eye and I knew I had to pick it up. The story follows Jenny, a hard-working student and cellist who meets a mysterious boy whom she spends a fun evening with all over Los Angeles. After being accepted in a music school in Seoul, Korea, and moving there with her mother, Jenny starts to take her cello lessons more seriously with orchestra recruiters coming to every school performance. While she is getting the hang of life in Seoul, Jenny discovers that the cute boy she met is actually Jaewoo, a famous idol who is part of the rising Kpop boy group XOXO.

I won’t reveal too much of the story, but it was one of the cutest romances I have read in a while. Jenny and Jaewoo’s relationship was adorable and their characters were given great backstories that weren’t plain. Even the side characters were great to read and weren’t annoying. The writing fits the aesthetics of Korea so well, immersing us in the culture and traditions of the country while also tackling the struggle of feeling out of place in your parents’ country of origin.

If you are a sucker for romance and an avid fan of Kdramas, XOXO is perfect for you.

LAUV IS IN THE AIR!
Sophia Jeroncic
Staff Writer

C alling all Lauv fans—he’s back with new music! On January 28th, Lauv, known for his popular hits “I Like Me Better” and “i’m so tired...” with Troye Sivan, released his first song since 2020 titled “26”. The song features a familiar atmosphere as his previous songs, still falling under the electronic pop genre and featuring a mix of low-fi and pop beats. The song reflects on his experiences growing up and becoming a pop sensation; as usual, the artist is not shy to express his feelings in an honest and humanizing way. “26” features many relatable lyrics and a catchy melody that resonates with the listener.

As an avid Lauv fan, I have been anxiously awaiting a new release. Currently, the artist has two official albums: his debut album “I met you when I was 18” was released in 2018, and his last album ~how i’m feeling~ came out in 2020. Following this pattern, 2022 seems to be the year where Lauv fans will be surprised with a new one.

After hearing “26”, I was immediately excited for whichever new releases the singer has up his sleeve. Lauv has been gaining popularity since his hit song “I Like Me Better” came out in 2018—surpassing over 1.3 billion streams on Spotify—and the quality of his music never ceases to be extraordinarily captivating even after four years.

When I found out the artist would be dropping new music a few days before it was released, I was under the impression that an album was on the way; however, I’m just as happy with a new single! Lauv’s creativity and unique tracks have truly been missed.
**Pokémon Legends: Arceus**

Virginia Battaglini
Office Manager

"Spoilers up ahead**

On January 28th, Nintendo’s newest Pokémon game released, Pokémon Legends Arceus, an open world Pokémon game where you can catch, battle, and raise Pokémon. And yes! You can drown in less than a foot worth of water! A new professor is also introduced. Professor Laventon, the first ever Pokémon professor to ever be! You’ll learn about Pokémon’s world his-ory! How Pokémon came to work with humans! Travelling around the Hisui region, getting attacked by wild Pokémon, hiding and sneaking up on them to catch them. It’s filled with mechanics new to this game!

It’s essentially a mashup of Pokémon Let’s Go Eevee/Pikachu mixed with Legend of Zelda: Breath of the Wild. Yet it’ll be an unforgettable game as it’s the only Pokémon game where you can catch all three starters without having to trade with another person or use the Pokémon bank! Each starter is available for catching in different areas of Hisui! And that’s not all!

There’s a Buizel side quest which is all based on luck! And it’ll be the most infuriating quest you ever take. You must get a Buizel which is above or exactly 2’8 in height… On average, buizel’s height max in the game is 2’7. But luckily not all quests are like that! Some are fetching berries, completing a Pokédex entry, and so many different types of missions!

There are enough side quests that you could totally grind way above the main story’s expected level!

Source: Pixabay

**ACTIVISION Blizzard Acquisition**

Samuel Spaulding
Staff Writer

Microsoft seems to be on a roll with the success of Halo: Infinite and Forza Horizon 5 and of course Xbox Gamepass, bringing millions of new and returning gamers back to Microsoft. Well Microsoft just dropped possibly the biggest bombshell among all gaming communities, as of January eighteenth they are acquiring Activation Blizzard for almost seventy billion dollars.

What this means is that Microsoft will now own the right to all Activation Blizzard property’s, such as Call of Duty, Warcraft, Overwatch, and many other properties. This doesn’t only include franchises either this includes development studios as well which includes all the major Call of Duty studios. Many people in the gaming community, believe that Activation Blizzard was bought out so that Microsoft could keep growing Xbox Gamepass, it’s also possible that Microsoft bought them out due to the allegations that Blizzard is facing and Activision losing billions of dollars due to the lawsuit they are facing from the state of Florida. Now that Microsoft is buying out Activision the deal won’t be fully complete until later next year as the CEO of Activation Blizzard Bobby Kotick will remain there, and once everything is all settled it will be passed down towards Microsoft Gaming CEO Phil Spencer.

With Activation Blizzard merging with Microsoft, we can hope to expect better quality games from both companies and maybe even a break from yearly, mediocre Call of Duty releases.

**Metroid: Zero Mission**

Logan Macdonald
Editor-in-Chief

Being on a Metroid kick this holiday season after the release of Metroid Dread I decided that I wanted to play the one 2D Metroid game I had never played, Metroid Zero Mission.

Metroid Zero Mission is a remake of the first Metroid on the NES and it was released in 2004 on the Game Boy Advanced. The game starts out very linear and can continue to be linear if you so desire. The Chozo statues put beacons on the map to show you where you’re supposed to go and it is very effective at pointing you in the right direction, even if you can’t find the map room right away.

However, if you want to explore places you “shouldn’t reach” early on, the developers left certain moves in the game that, if you’re an avid Metroid fan, you will recognize and want to learn how to do. The bomb jump makes a return and it’s probably one of the best and most intuitive versions of this trick. The speed of the bomb jump is probably the fastest it has ever been. The wall jump also makes a return, and it too has got a huge speed boost but with a slightly higher skill ceiling than in Super Metroid because of how fast it is. It requires a lot of patience to practice this move but it’s so satisfying to pull off.

For the story, it’s not directly told but you understand the basic jist of it from the opening cinematic and a few haunting and atmospheric cutscenes. Samus’s mission is to find Mother Brain and defeat her along with the space pirates, simple and effective. Sometimes you don’t need much to create an engaging narrative.

Of all of the moving parts, however, the gameplay is hands down the highlight of this game. The game flows so smoothly and every move Samus has feels amazing. The somersault jump is fast and has a cool trailing animation, the shooting is beautifully animated and responsive, aiming is intuitive and instantaneous. All of Samus’s main movement options were made to be quick and snappy and all of them succeed. The speed-booster is also probably the most broken it has ever been in the series, it allows you to pull off some, admittedly difficult, tricks that can make speed through the game an absolute joy if you’re good with it.

The game doesn’t end with Mother Brain being defeated though, there is an epilogue after the escape sequence that is lengthy and fun. You’ll be surprised to know that it’s a stealth segment and playing as Zero Suit Samus is breaking some new ground for the series. It’s honestly a great thing to see in the series because we haven’t played as her much throughout the series.

Overall, this game is an absolute blast and if you have the opportunity to buy it or play it you absolutely should if you’re a Metroid fan or a fan of explorative games.
Brain over brawn is a saying that, honestly, annoys me. Brain is awesome, I grant you, but brawn is just as cool. Why should we treat one trait better than the other? Why should we even imply that both traits cannot coexist? I am done with this saying, dear reader. And so is the World Chess Boxing Organisation. Yes, yes, dear reader, chess boxing, a new sport that challenges the silly phrase “brain over brawn.”

Chess boxing, as the name implies, is a game that involves both boxing and chess rounds. It was first invented by Enki Bilal in 1992, when he featured it in his comic book Froid Equateur. In the comic, it was played as such: the first day, the players had a boxing match on a ring painted like a chess board, whilst, on the second day, they began a chess game. In 2003, artist Iepe Rubingh decided enough was enough: he was going to bring the sport into existence… with a few minor changes.

Here are Rubingh’s rules and how chess boxing still works today. The game consists of 11 rounds, six rounds of chess and five of boxing. The chess rounds last four minutes whilst the boxing ones last three. They alternate with only one-minute intervals in between. This is enough time for the players to remove their gloves and put on their headset for the upcoming chess match or vice versa. The headset is given to avoid the players receiving any advice from the audience. If during the chess game, the referees notice that a player is stalling, they can force them to make a move in under 10 seconds.

There are many ways to win the game. On the chess side, checkmating your opponent or getting them to forfeit are all ways to secure victory. On the boxing side, knocking out your opponent is a sure way to win. If none of these outcomes occur, don’t fret, the winner is decided based on who won the most points during the boxing match. If the boxing rounds were a draw, then the player with the black chess pieces is deemed the winner.

This eccentric sport has gained international attention. Chess boxing is played in England, Japan, France, Russia and Germany just to name a few. The fascination that this sport exerts on most is due to how it is a game of opposite skills: to play, one must be quick of wit and fist. Oddly enough, players have expressed a love, not necessarily for the chess and the boxing, but for that one-minute interval in between. During that time, you must either yank yourself out of your head and prepare to punch your opponent, or you must calm the adrenaline pumping through your veins to retire back into your mind. It is this quick transition between opposite states that truly gets athletes hooked on the sport.

Do I recommend you play chess boxing? Yes… if you’re willing to take a punch. Despite the chess portion lasting longer, this remains partially a boxing match. To be a chess boxer, one’s mind needs to stay clear at all times, despite the hits. It is truly a sport that requires both brain AND brawn.

**2022 WINTER OLYMPICS**

Cierra Monaco
Contributor

This year’s winter Olympics will be like no other! It will be the first on time, covid games ever!

People around the world love watching the Olympics! It is an event that everyone is excited about and involved in. However, this year will be a little different. Fans from other countries are banned from attending, only people from China are allowed to go watch the Olympic games. Even though most of us watch the games from home, it will be difficult for the athletes not to have their family, friends and fans at the games.

Olympic athletes will also be under very strict covid protocols.

**U.S.A’S FIRST OPENLY NON-BINARY OLYMPIAN**

Logan Macdonald
Editor-in-Chief

Friday night in Beijing was a ground-breaking moment for U.S Olympic athletes. 31-year-old U.S figure skating athlete, Timothy LeDuc, came out as non-binary when they took to the ice with their skating partner, Ashley Cain-Gribble. Timothy and Ashley placed seventh in their skating pairs debut, Timothy wore a white shirt with sparkles and Ashley wore an ice blue dress as they skated to music by Ilan Eshkeri in a short program filled with smiles.

Timothy said “I think both Ashley and I have had to overcome so many different things, so many times, where people who told us no or we don’t belong”. Timothy joins several other non-binary Olympians, such as Canadian women’s soccer player Quinn, who was the first transgender and non-binary Olympic medal winner. Timothy said “Hopefully people watching this feel that there is space for them to come into figure skating and for them to be able to celebrate what makes them different”.

Source: Wikimedia
INTELLECTUAL COMMENTARY?

Emma Wallace
Staff Writer

I was sitting at a breakfast table last summer when I heard my friend say “Too Hot to Handle is so meta and post-consumerist.” I immediately burst out laughing. How could a mindless reality TV show be taken so seriously? After bingeing season 3, however, I realized that despite his pretentious wording, he may have been on to something. Too Hot to Handle is more insightful than it appears.

To begin, the contestants epitomize classic reality TV characters: hot, dumb, and superficial. Rather than being praised for these traits, however, the producers seem to poke fun at them. Even the audience laughs at the fact that they can’t follow simple instructions and keep their hands to themselves. In this way, the show becomes meta in its self-awareness and satirization. Furthermore, post-consumerism refers to the process of finding fulfillment beyond consumerist practices, through profound relationships and an understanding of oneself. This ties back to Too Hot to Handle, as the show’s goal is supposedly to encourage emotional connection and move beyond the superficial.

Seemingly mindless media often reflects common values, and can therefore serve as critical commentary. Conversely, one can also be entertained without thinking of the sociological implications. Both sides are valid, but one thing can be said about Too Hot to Handle: just like its contestants, there is more than meets the eye.

PROCEED WITH CAUTION

William Draycott
Staff Writer

After a 73-45 vote from the federal conservative caucus on Wednesday, Erin O’Toole was ousted as leader of the Conservative Party.

The move had been expected for months as there has been growing discontent within the party from O’Toole’s bet that progressive policies would woo centrists who reluctantly vote Liberal. It failed as they won virtually the same number of seats as in 2019 due to the PPC splitting the vote in close ridings.

According to some political observers, if most of the PPC vote had gone to the Conservatives, they would’ve won a minority government.

What happens now is an arduous 6-to-9-month battle among party elite to decide who will lead the divided party, MP Pierre Poilievre of Carleton threw his hat in the ring to be that next leader. He is popular among a large swath of Canada for being a staunch critic of Trudeau’s handling of COVID and the WE Charity scandal.

The hope is that if he becomes the next leader, it will present the Party with an opportunity to get their messaging straight and appeal to that small but increasingly influential minority of PPC voters who are the difference between a Tory minority and a Liberal minority government. However, it presents a critical problem, there were still 45 MPs that voted to keep O’Toole and think that moving the party towards progressive conservatism is the best way forward.

If the party moves further to the right to pander to the PPC vote, they’ll scare off centrists which negates the whole point of that strategy. It’s becoming clear that the party must not alienate any one wing of the ideological spectrum or else it risks a return to the split Progressive Conservative and Reform Party days.

A SWIFTIE’S DREAM

Bryanna Wallis
Staff Writer

I imagine finding out that a new academic course is being offered at one of the most famous American universities about your favorite artist of all time. Naturally, you would start to scream and cry and wish your school offered this course. Who wouldn’t want to spend an entire semester learning about the icon that is Taylor Alison Swift?

One of my only personality traits is that I am a die-hard Swiftie; everyone in my life knows that I eat and breathe Taylor Swift, which is why I am taking this opportunity to absolutely rave about her and this new 2022 university course. I think that it is a brilliant idea and a way for people to understand Taylor on a deeper level, as someone who is so much more than the “boyfriend-jumping” celebrity the media makes her out to be.

I feel like everyone has been a die-hard fan of something at least once in their life and understands the instant need to defend something you love when someone hates on it. With Taylor being so popular, there is so much love for her but also so much hate. I have personally had many conversations with people who said that they hate Taylor and I have always tried to remain civil because I need to respect their opinion. As I’m listening to her reputation album while writing this article, I’m thinking about how quick we are to tear apart successful people who are in the spotlight. I’m forced to ask why do we do this? Is it because we’re insecure? Because we like to project our issues onto others who are doing better than us? Or because we jump to assume things about people before taking the time to actually know them?

This new university course is one of the best ways to try to understand one of the most important music artists in the industry as a person and not just as a celebrity. I absolutely love that the course will go over all of her discography and not just her radio hits and give the students the opportunity to create a well-informed opinion about her music. I’ve learned that a lot of people think Taylor’s music is just mediocre because they only listen to her singles on the radio, which are good but they don’t really show the full extent of her talent. The course will also cover her entire career in the music industry, her genius lyrics, her struggles with owning music as well as the mistakes she has made, since she isn’t perfect, just like all of us.

This news makes me so happy because it is the beginning of properly educating ourselves about some of the biggest artists in history and learning about the good and the bad. I say give Taylor Swift a chance and soon you’ll have her lyrics imprinted in your mind. Trust me, I know that feeling all too well.

OPINIONS with Connor Rooney Can be reached through MIO

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VISIT BANDERSNATCH.CA
THE AIR WE BREATHE
Mehnu Mahapatuna
Science & Tech Editor

One of the most significant repercussions of climate change is air pollution and its many devastating side effects, not only on the environment, but on humans. A particularly significant way of studying the impacts of air pollution would be the psychological analysis of youth in China (one of the nations with the highest rates of industrial air pollution).

Despite the Chinese government’s recent implementation of corrective measures, China still faces a significant air pollution issue. This dilemma has resulted in well-known environmental impacts such as acid rain and black smoke, and ramifications on physical human health such as increased cardiovascular and respiratory disease among China’s inhabitants. The lesser known aspects of air pollution are its adverse psychological effects on a population. The youth of China, who are still in the early stages of physical and psychological development, are the most vulnerable to these repercussions of ambient air pollution. This article will address the causes of China’s excessive air pollution, the consequences with regard to the mental health of young citizens, and possible solutions to this predicament.

To begin, China has recently become a colossus in global manufacturing exports. This is a result of internal developments such as the nation’s paper-thin labor laws, low wages, and reliable technical skills as well as the changing world around them. As society continues to pursue its consumerist trends, industrial agglomerations continue to be encouraged in China. These agglomerations result in increased population density, urban development, and economic growth. However, these shifts lead to the environment being contaminated by more coal smoke and vehicular emissions (among many others), the components of which make up China’s primary air pollutants: carbon monoxide, nitrogen dioxide, sulfur dioxide, and particulate matter. Thus, society’s upward trend in consumerism has resulted in China’s current air pollution issue.

Furthermore, a study conducted from 2016 to 2018 used the Positive Youth Development scale to determine the relationship between Chinese youth’s level of exposure to air pollution and prevalence of certain emotional disorders. It was found that a higher exposure to air pollutants was related to a lower positive development in children, indicating that they were more likely to experience ailments such as anxiety, neuroticism, and withdrawal.

To continue, an analysis of the impact of air pollution on children, adolescents, and young adults studied the effects of contaminated air on the respiratory, cardiovascular, and mental health of Chinese youth. The results demonstrate greater exposure to air pollution let children to experience sleep disorders (specifically greater sleep time), lower overall happiness, and increased non-suicidal self-injury.

In addition, it is important to note that inhabitants who bear the closest physical proximity to industrial sectors also bear the greatest exposure to air pollution. These inhabitants also happen to be of the lowest income group (since real estate that is closer to industrial areas is less expensive). Thus, they are most likely to suffer from the devastating psychological effects of industrial air pollution. These effects have been proven to endure and cause debilitating cognitive and behavioral issues in adults (rendering socio-economic growth nearly impossible). The longitude of these effects can be attributed in part to China’s lack of mental health intervention programs. Therefore, the psychological effects of air pollution on China’s youth can be labeled as an issue of environmental discrimination that enables generational poverty.

However, there are various solutions to this predicament. Firstly, there is the damage control form of remediation, which would focus on resolving the harm that has already been caused. Measures would include an increase in positive youth development programs such as more accessible mental health resources and social development systems. Secondly, there are preventative measures such as environmental regulations that may be implemented within China. Examples would be limitations on coal consumption to reduce coal smoke and increased accessibility of public transportation systems to limit vehicular emissions. These methods would reduce air pollution to prevent psychological damage to Chinese youth.

Thirdly, certain actions can be taken on a much larger scale to remediate the situation. Since a significant association was established between increased consumerism and higher levels of air pollution in China, increased social awareness of the harmful effects of consumerism (instigated by significant organizations such as the United Nations) would possibly help to repair the dilemma. An example of the effect of this increased awareness would be the boycotts of fast-fashion brands which heavily promote consumerism.

In summation, China’s dilemma of excessive air pollution is primarily caused by society’s rapidly-growing shift towards consumerism. It has resulted in the prevalence of several psychological disorders within Chinese youth and has proven to be a case of environmental discrimination whose durability enables generational poverty. Positive youth development systems, national environmental precautions, and increased global social awareness are all methods that can be used to remediate/prevent the aforementioned psychological effects.

SURPRISE FROM THE SKY
Tina Aghdam
News Editor

As we approach the colder months, we all eagerly await the first snowfall. When it comes, we can’t help but admire the snowflakes as they fall from the sky. But have you ever wondered how they acquire such distinctive and unique patterns?

A snowflake is a particle in the sky, like dust that freezes after contact with a cold water droplet. In chemistry, this process is called nucleation; when water particles attach to another substance in order to solidify. This process includes crystallization; when water vapour directly becomes solid without passing through the liquid phase. The shape of a singular snowflake depends on the characteristics of its environment during its fall, including temperature and humidity levels.

As the snowflake travels, more water particles attach to it, making it gradually increase in size. Each individual snowflake follows three growth processes: faceting, branching and sharpening. During the snowflake’s fall, the atmosphere around it changes, thus creating changes in patterns for a single snowflake. The only commonality between all snowflakes is that they are all created with six identical sides, as the base of the snowflake is initially hexagonal due to the particle bonding of two hydrogen atoms and an oxygen atom. However, this is not always the case in extreme atmospheric conditions.

Since all sides experience the same atmospheric changes at the same time, each branch should look identical. Each snowflake’s individual path from the sky to the ground in a given time determines its shape, which explains why each snowflake is unique. Snowflakes can be categorized based on their shape in eight main categories: sectored plates, hollow columns, capped columns, stellar dendrites, spatial dendrites, rimed crystals, needles and irregular forms.

It’s important to appreciate these little treasures of nature before the end of the season!
IMUNE BOOSTER JUICE

Laïla Beauzile
Staff Writer

In these Covid times, nothing is more important than taking care of our health. Taken first thing in the morning, this immune booster juice is the perfect drink for that! I've been drinking it every day for the past few weeks, and I definitely feel stronger than ever.

A lot of these ingredients listed under here a suggestion. Use what you have! However, the ones marked with a “*” are the most important!

Ingredients

- ½ a lemon, peeled*
- ½ a lime, peeled
- ½ an orange, peeled
- Zest of the citrus halves
- 1 kiwi, with the peel (or any other fruit strong in vitamin C, like cantaloupe or mango)*
- ⅛ inch of fresh ginger, sliced*
- ⅛ inch of fresh turmeric, sliced, or powdered*
- 1 handful of spinach*
- ¼ tsp of crushed black pepper*
- 1 tbsp of honey*
- 1 tsp of liquid chlorophyll
- 1 cup of water*

Instructions

1. Wash the kiwi, the citrus, the ginger and the turmeric.
2. In a blender, add all the ingredients.
3. Blend until smooth.
4. Adjust to desired thickness by adding more water, blending again.
5. Over a cup, strain the juice through a strainer. Enjoy!

FRIENDS, ENEMIES, OR LOVERS?

Laïla Beauzile
Staff Writer

It's love season! Are you ready to find your perfect match? Or should you keep it friendly? This chart will lead you in the right way!
F=Friends  E=Enemies  L=Lovers

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BANDERS: POST-IT

Logan Macdonald & Xena Jones
Editor-in-Chief & Contributor