



The Sequitur



WESTDALE SECONDARY SCHOOL

DECEMBER 2016

Seuss! Seuss! Seuss!

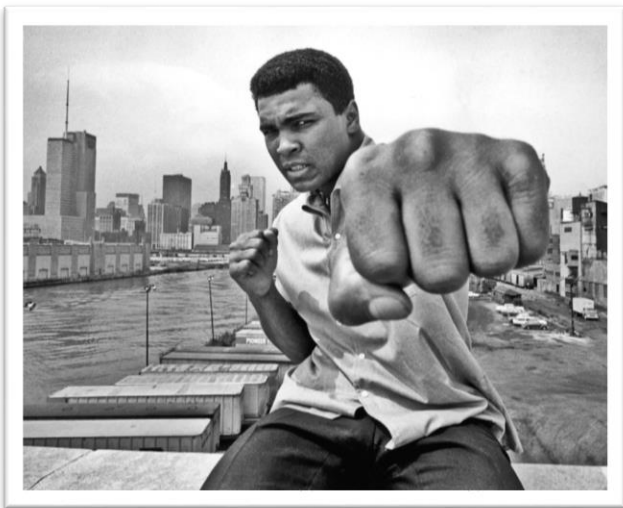
Review of the Theatre Westdale production *Seussical the Musical*

By: Theodor Aoki

What happens when you take a beloved children's author and mix him up with some show tunes? Some weird sort of stew that no one in their right mind would drink? What do you even do with stew? Drink it? Eat it? Slurp it? It doesn't matter because you don't get a stew. You get *Seussical the Musical*, perhaps the best pun of 2000 and objectively the best musical performed at Westdale since *The Sound of Music*.

Wonderfully directed by Anthony Colonello and Corinna Rush, the *Seussical* is a heartwarming tale of equality and devotion starring Sam Barringer as the devilish but lovable twist on the Cat in the Hat, Anna Morreale as the small but lovable Jojo, Daniel Lane as the large but lovable Horton, and Adia Buckle as the awkward but lovable Gertrude McFuzz. . . (**Seussical** is continued on **page 4**)

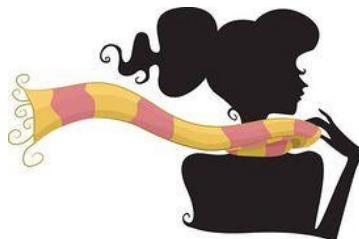
In this issue . . .



. . . 2016 in Sports News. . .

. . . an investigation of the organ trafficking industry . . .

The existence of body-part trafficking raises a serious question--do we consider the victims of these illegal trades to have less a right to live than we do? In the grand scheme of events, these people are simply looked at as commodities. . .



. . . some Winter fashion tips . . .

AND SO MUCH MORE!



OUR TEAM

In this issue:

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@SequiturWSS



GET IN TOUCH!

Visit Ms. B in room 209 for information, or email us at thesequitur.westdale@gmail.com

We meet occasionally in room 209, and snacks sometimes make a surprise appearance! Come check us out!

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WE NEED. . .

The Sequitur

- ☐ Journalists
- ☐ Reporters
- ☐ Authors
- ☐ Fan-fic Writers
- ☐ Poets
- ☐ Photographers
- ☐ Artists
- ☐ Amateur cooks
- ☐ Travellers
- ☐ Readers, music-lovers, TV show addicts. . .
- ☐ Outside-the-box thinkers
- ☒ YOU!



Be part of Westdale's hottest student-run publication! We always welcome new contributors!

UPCOMING FUNDRAISERS: Stay tuned in the coming weeks and months for fundraisers and events run by The Sequitur! We're looking at a homemade soup sale (restaurant style in room 209) and some charity initiatives for International Women's Day! Get involved!





NOTE FROM THE EDITOR

Happy Holidays, Warriors! I hope this year has been good to you – better than it has been for a lot of people, anyway. Let's face it; 2016 was a real series of unfortunate events. From the rising death toll from the Syrian war, to celebrity deaths by the dozens, to the election of a billionaire-bigot with small orange hands to one of the most important political positions in the world, I've been hearing almost nothing but bad news for a long time. We're all ready for the ball to drop and a new year to begin. Take a minute, though, to look back at this year and all that happened – the good, the bad, and the awful – and don't forget to check out our Top 10 Sports Stories of 2016 on page 10!

We don't have to wait long for the end of the year, though! It's December! Time to drink peppermint lattes and drown in the mess of wrapping paper covering my bedroom floor. Christmas carols are taking over the radio; "jingle bell, jingle bell, jingle bell rock," and "it's the most wonderful time of the year..." But is it? With culminating projects starting, the harsh cold weather, and steadily declining bank balances from all that holiday gift shopping, it's safe to say that we're all tired, cranky, and ready for a break.

What I'm most looking forward to during my break this year is not just more sleep (although I am definitely in desperate need of that), but more *time*. Time to slow down, slip into sweatpants-and-messy-bun mode, and just chill. I want to do everything I don't usually have time for – things like reading sappy YA novels, baking cinnamon buns with my dad, playing day-long Monopoly games with my brothers, and maybe, just maybe, writing something for fun? *Not another one of those editorials! Please!*

For now, I tend to write these on the city bus on my way to or from work. Tonight, I'm tired after a long, hard shift, but a good, satisfied kind of tired that I can feel in my bones, wrapping softly around me like my puffy winter coat. I'm listening to Christmas music loud in my earbuds (A Pentatonix Christmas – shout-out to Mr. Z if you're reading this!) and watching the city open up below me on the way down the escarpment, lights twinkling and smokestacks sending out clouds of Hamilton smog. As we turn, I pretend for a second that I'm on a plane, descending through the night sky, heading home. We pass a house that's outrageously decked out with lights and wobbly inflatable decorations, illuminating the entire block and then some. There's a herd of poised, glittering reindeer standing at attention in the snow. There are strings of blinking red and green lights lining what I imagine is a roof made of gingerbread. There is also – and most importantly – a gigantic, grinning, blow-up version of Olaf the snowman, blocking the first-floor window and unabashedly reminding us that we will never escape the phenomenon of Frozen. It's quite the scene, and despite the tackiness, it warms my heart. Someone put up those decorations with a smile (and perhaps a chuckle), and who am I to judge them?

Let's practice a bit of generosity this season, Warriors. I don't just mean sharing some of those truffles; be generous in spirit. Try not being the Grinch this year. Leave that to me.

Have a safe and relaxing winter break,

Morghen Jael

Morghen Jael



Seussical continued from page 1:

Theatre-goers knew they were in for a treat the moment the first lines were spoken. Borrowing Seuss's whimsically poetic style, even when the actors aren't singing, the words still float over us and gracefully rattle our tympanic membranes. Especially strong singing performances by Nydia Ramos-Urratia and Sinead Gordon were complimented by their ability to deliver lines with a wide variety of passion and tone.

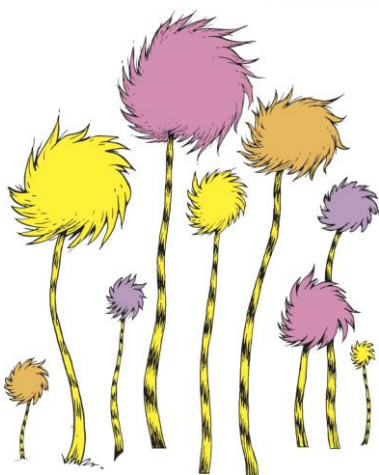
Enhancing the extraordinary nature of the play was the extraordinary set used throughout the play. Hour Hatam and Naomi Miedinger managed to create a remarkable palette of settings. With two different wildly different settings, from the quaintly urban Whoville to the lively Jungle of Nool, the audience never questions where the action takes place, having just enough imagery for the imagination to make up the rest.

Also especially commendable was the way the Seussical dealt with many current-day issues. The Mayor of Whoville (Maya McKeag) and her lovely wife (Talar Stockton) question our presumptions of power, gender, and homosexuality. Mayzie (Sinead Gordon) and Gertrude McFuzz (Adia Buckle) make us think twice about promiscuity, beauty, and substance abuse. Even with all these heavy themes, the Seussical remains child-friendly, despite the lapse into a few subtle innuendos, a few of which improvised by the cast.

Throughout the course of its run in Theatre Westdale, these improvisations increased, along with the actor's level of comfort with the musical and with each other. As the actors approached their final performance, they became more cohesive and much more emboldened. Shining foremost was the outspoken Sam Barringer, with a stunning completely improvised scene at the beginning of Act 2. Drawing inspiration from the audience, Barringer played the fast-talking auctioneer, constantly prattling, calling out prices, and generally humoring the crowd. Along with the impromptu additions of the rest of the cast, you were sure to never see the same Seussical twice.

Altogether Seussical the Musical was a production not to be missed for its original themes, its creative mashup of children's fiction and music, and its great casting. If you are feeling left out because you didn't have time to watch it, make sure to catch next year's musical! Westdale is sure to put out another sure-fire hit.

Teddy's rating: A solid 6 Truffulas plus a slice of Einstein's brain.



Swimming Pools and Christmas

Theodor Aoki

Warning: It is not advisable to swim in a swimming pool in the time period around Christmas for several reasons. First, the water will probably be cold, and it is against work etiquette to show up sick. Second, if the water is not cold then you travelled a long distance using fossil fuels and global warming is a serious issue and this is no time to play. If you did not travel a long distance then you don't need to worry about global warming anymore. Third, little Freddy was swimming when he was taken away by the elves.

There is no right or wrong way to swim. Only right or wrong reasons.

What do you think of when you think of elves? I think of little Keith Richards with pointy hats, but that's a childhood thing. Follow me on Twitter and tweet your elf impressions with the hashtag #biaseduninterestingopiniononelves.

This is slightly off-topic but around Christmas, it's customary to not swim.

Eventually, maybe in week 1.5 of your holidays, you're going to look around and think "man, it sure would be nice to go for a dip in this handy swimming pool." Don't give in to temptation.

The guy that invented the Swimming Pool was NOT, contrary to popular belief, named Swimming G. Pool, the G standing for G-Eazy, the G standing for G-Eazy, the G standing for G-Eazy, etc.

If the house always wins, there's no way for you to win unless you pay proper income taxes.



SOCIETY

Tracking the Organ-Trafficking Trade

Would you be willing to sell a part of your body for a few hundred dollars? Or for no money at all?

Essay for The New York Times – Anonymous

There is seemingly no end in the world when it comes to the exploitation of developing nations from first world countries. When the poor conditions of factory workers in countries like Bangladesh or China are mentioned, people tend to squirm as they look down at their iPhones or Nike trainers; perhaps feeling discomfort for a moment or two. However, these feelings do not last, as our society has simply come to accept that companies underhand unethical practices such as child labour or using sweatshops for the mass production of clothing or technology. It is not only the toil of poverty-stricken people that make the bedrock of industries in the west, but the exploitation of people who are willing to take desperate measures. And these measures can mean selling your body parts--quite literally--in order to survive.

Victoria Beckham poses for the camera at the two-day Vogue festival in London; flipping her long, layered ashy-brown locks. The press has gone wild as Victoria has ditched her signature pixie cut for long and natural looking hair. After learning that she achieved the look with high-quality human hair extensions, the fashion world went into a frenzy. Millions of women wanted the same 'organic' extensions over the plastic-woven ones. To salon-goers and celebrities, having a human hair-piece is no more than a simple cosmetic enhancement to look more 'glam.'

The trade of obtaining the hair, however, is lucrative.

In countries like India, China and Peru, women and young girls are the ones paying the price. Kilograms of hair are exported from these countries and shipped back to the US or the UK where wholesale companies turn the human hair into weaves and extensions. The hair is often collected from girls in poor areas, where it is usually untouched by products and worth more. Often times the women are paid little and are not told what happens to the hair, and in some instances it is done without consent. In Southern India, Hindu women who make the pilgrimage to their holy temples are often coaxed by buyers outside to give their hair 'as an offering to Vishnu (a Hindu deity).' Many buyers have exploited this religious journey by setting up hundreds of barbers outside the temples to shave the heads of these women. The hair is then either auctioned off to the highest bidder or sold to offshore buyers.

Organ trade continues on page 7...



Organ trade continued from page 6 ...

It doesn't stop there, though. In South Asia and the Middle East black markets have been popping up for the illegal trade of organ transaction. In many cases, families in desperate need of an organ donor forego the legal process to buy the needed organs illegally. It is estimated that recipients--who are often clients from Europe and North America--would pay anywhere from \$25,000 to \$60,000 for a kidney. The black market for organs is considered extremely profitable; it is worth around \$1 billion US in China every year. The donor is usually manipulated into giving the organ and in some instances, brokers go to extreme measures to get the organs removed. In Bangladesh, there have been cases of kidnapping and even outright murder to obtain the organs from the vulnerable, such as children or the poor. The organ brokers often give a cut of money to the gangs who do the dirty work, and the organs are then transported to the client overseas or sold within the country.



In other cases, brokers have developed networks all across India, Bangladesh, and Pakistan where the poor are willing to sell their body parts for the equivalent of about \$600 US.

The majority of these individuals were left with crippling injuries after their surgeries; one Bengali man said the surgeons claimed they were taking his kidney, but instead they took part of his liver and he now has difficulty breathing and walking.

Many people in the slums of these regions possess scars--some up to 18 inches--where their organs were removed.

Many of the damages caused by these deceptive operations leave people without recovery and sometimes handicapped. Although selling organs is a risk to the donor, it is a last resort for those faced with the extreme conditions of destitution.



The existence of body-part trafficking raises a serious question--do we consider the victims of these illegal trades to have less a right to live than we do? In the grand scheme of events, these people are simply looked at as commodities which can be used and discarded for the needed materials. Those who sell their organ or hair willingly are usually exploited and given a meager compensation, and those who are forced to give it do so in a crude way where their safety is jeopardized. Either way, the 'donor' (in this case, not the appropriate word as the meaning is skewed) will have a detrimental aftermath.

As a society, we are well-aware that there is an underbelly for these immoral practices--however it is up to us to take action and attempt to put an end to it. After all, we would never allow someone to do these vile things to us--so where does our sympathy escape to when we aren't the ones being afflicted?

Thoughts, anyone? If you have an opinion on this issue, or about any controversial topic the internet is yapping about these days, write about it! We'll publish your submission! Email us at thesequitur.westdale@gmail.com



Fantastic Beasts and Where to Find Them

Movie Review – Hunter Brown

It had been five years since we last experienced the wizarding world of Harry Potter up on the big screen, but that changed a few weeks ago with the release of Fantastic Beasts and Where to Find Them. It's the beginning of a five film prequel series to the original eight Potter films. This time there is an entirely new cast of characters starring Eddie Redmayne, Katherine Waterston, Dan Fogler, and Colin Farrell. The film takes place in the early 1900's, and is about a young British wizard named Newt Scamander, who heads to New York with a magical suitcase filled with all sorts of creatures that he has amassed. The suitcase gets opened up by accident causing a number of creatures to escape throughout New York. This leads Newt Scamander and his newfound American friends to hunt down all the escaped beasts and return them to the case.

Overall Fantastic Beasts is a very entertaining movie, but I was a little let down. The characters are likable, and the creatures are very entertaining, but the film tries too hard to be like the earlier Harry Potter films, and the later darker films at the same time. Besides the main storyline of catching all the creatures in New York, there is another storyline that is much darker and doesn't quite fit with the tone of the rest of the story.

One thing that is done well in this movie is the acting. The performances ranged from good to great all across the board. Eddie Redmayne's performance as Newt Scamander I thought was done really well, but I wouldn't say it's his best performance. Colin Farrell plays Percival Graves, a member of the ministry, who some might consider to be the villain of the story. He can be quite intimidating in his scenes, and one actor who he has a lot of dialog with is Ezra Miller. Miller plays a younger character named Credence, and I have to say he had one of the better performances in the movie. He showed some surprising emotion I didn't think I would get from him. However, the character of Jacob Kowalski, played by Dan Fogler, was by far the stand-out of the show. I think many people will agree that he was the most entertaining character in the movie. There was even a scene in the movie where I almost teared up because of him! Not only that, Fogler brings some much needed humour to the movie.

Now, even if you sit through the movie and find it to be disappointing or rather boring, you should hold out on making your final opinion until it's completely over because the climax of the film is excellent. It's very intense and brings the whole story together into one great finale. Now even though I gave the film a bit of a hard time, it was still a fun movie that I think every Harry Potter fan will love. Over all I'm going to give Fantastic Beasts and Where To Find Them four out of five stars. I recommend that you go see it in theaters if you can.



Food Story

A Poem



It was lunchtime.

I unscrewed the lid of my hello kitty thermos
And the smell of fried dumplings
Wafted up and into the air
From the corner of my eye I saw
Two girls cover their noses
Eyeing each other with a look that made
My face turn kimchi red.

My mother rose early with the sun that day
To fry them crispy golden brown,
I woke up to the
sound of them sizzling
on the pan
Felt their steaming warmth through my gloves
As I trudged through the blinding snow,
White like pearly rice

White, like the boy with Tamago yellow hair
Whose green eyes and ski-slope nose I
Could not help but admire
For Christmas that year I remember
Praying for this straw-haired boy
And a slim new American nose

How different his family dinners would be
I thought,
perhaps it would go something like
“Pass the salt, dear”, or
“Would you like some more roast beef, Michael?”
Certainly different from my family dinners:

Tofu like small rubbery white sponges
Floating in fragrant, brown soybean soup
Steamed fish with head intact,
Kimchi sauce dripping onto my rice
Leaving behind a fresh red stain on my plate,
My family
Licking the ends of our chopsticks and
Reaching across the table
My father
poking his chopsticks just below the fish eye
And placing the soft meat on my plate.

I look at the hotdog my friend has
And hold back tears

Wishing for once
I could have something normal
“It smells like fart”
I hear them say behind me

I hold back tears
Close the thermos
Bring it home
Uneaten

Silently
I eat the soggy dumplings
On my kitchen table
It tastes like pork and
Grease and tears

“You should only feel ashamed that you feel
ashamed”
My mother says,
Until I begin packing my own sandwiches
In the morning.

But now I realize that
These dumplings are a part of me
The hand that kneads me is hard and rough
The sauce is salty and stings my eyes
But I love myself all the same

Three years later
I still pack my lunch
But I swell with pride every time
I pick out a warm pan-fried dumpling

- Anonymous



Top 10 Sports Stories of 2016

Wayne Sun

1. The Death of Muhammad Ali

In 2016 sports, there's no news bigger than the death of the G.O.A.T. No, I'm not talking about Brian Scalabrine; I'm talking about Muhammed Ali. The boxing legend passed away at the age of 73 on June 3. In Scottsdale, Arizona.

2. Kevin Durant moves to the Golden State Warriors

One of the biggest moves in NBA history happened in the offseason. Kevin Durant, one of the NBA's best players, decided to join the Golden State Warriors. Durant's contract expired after losing to the Warriors in the Western Conference finals. Many teams pursued him but he moved to Golden State - an act that will shake up the NBA.

3. 3-1 Leads

Many teams from different sports blew 3-1 leads in big playoff series in 2016. This includes the Golden State Warriors in the NBA Finals, the Oklahoma City Thunder in the NBA Western Conference finals and the Cleveland Indians in the World Series.

4. Cubs win World Series

The 2016 World Series was between the Chicago Cubs and the Cleveland Indians. After a hot start by Cleveland, the Cubs took over and won the series. It is their first World Series victory since 1908. The Curse of the Billy Goat came from when the Cubs kicked Billy Goat Tavern owner William Sianis and his goat from Wrigley field. Sianis stated the Cubs weren't going to win another World Series. They didn't - until this year.

5. Many greats retire

During 2016, many great players from different sports retired. The list includes Marshawn Lynch, Peyton Manning, David Ortiz, Calvin Johnson, Kevin Garnett, Tim Duncan, Charles Woodson, Kobe Bryant and many more.

6. Big Bang for Manning

It is common to think that most athletes would like to retire on a high note, after winning a championship per say. That's exactly what former Denver Broncos quarterback Peyton Manning did. After defeating the Panthers to win his second Super Bowl, he retired.

"Sports Countdown" continues on page 11



“Sports Countdown” continued from page 10

7. Portugal win Euro’s

Portugal’s men's soccer team beat France in the 2016 European Championship to take the title. Going into the game, Portugal were heavy underdogs, so it was surprising they won, especially after Cristiano Ronaldo was injured in the first half.

8. World Cup of Hockey

The NHL reintroduced the World Cup of Hockey after the last one in 2004. NHL commissioner Gary Bettman has stated he sees the World Cup as an alternative to the Olympics for best-on-best international hockey. Canada won the tournament in Toronto, beating Team Europe (one of two all-star teams; the other being Team North American U-23) in the finals

9. 104th Grey Cup

The Calgary Stampeders faced the Ottawa Redblacks in the 104th Grey Cup in Toronto. Coming into the game, the Redblacks (8-9-1) were heavily underdogs against the Stamps (15-2-1). The Stamps had cruised through the regular season and playoffs, which made them favorites. Yet in the end, 41 year old Redblacks QB Henry Burris defied the odds and won 39-33 in OT.

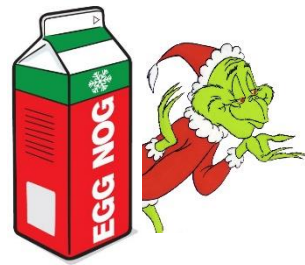
10. Warriors 73-9 season

The Golden State Warriors broke all kinds of records in 2015-16. The most amazing one was the Chicago Bulls 1995-96 72 wins in a season mark. They topped it in their last regular-season game against Memphis. Led by Stephen Curry and Klay Thompson, this team will go on to become one of the greatest of all time.

Best of the rest: Usain Bolt’s Triple Gold

The 2016 Rio Olympics were great but one man stole the spotlight. Jamaican sprinter Usain Bolt wanted to go out with a bang in his third and final Olympic games. He won the 100 and 200 meter dashes, as well the 100 meter relay race. Bolt now leaves with a perfect record and nine gold medals.





Your Holiday Horoscopes - Megan Cyr

Aries: This month, you should ignore your friends' hints about that "perfect gift" and instead opt to buy them some geese a laying or some lords a leaping-- deep down, they'll really appreciate it.

Taurus: Your life will soon be divided into "before the antler incident" and "after the antler incident".

Gemini: You're the Grinch!

Cancer: This month, you'll develop a disgusting red rash on your nose. Unfortunately, Santa won't come to your rescue and you'll be relentlessly teased by your peers until your cold, miserable death. So runs the world away.

Leo: Can you please stop guzzling all that eggnog down your throat? It's grossing the rest of us out-- seriously man, you're drinking the unborn spawn of chickens and it's disgusting.

Virgo: The stars warn you that it is in your best interest to avoid excessive singing during the holidays, on account of you're really bad at it.

Libra: This month, you'll find yourself nudged between two wrinkly people at church (where one tends to often find wrinkly people between whom to nudge). A small child will begin to tenderly play the violin at the altar, when suddenly the child's bow snaps into 6 and a collective gasp is audible throughout the dank church. "Quick!" one of the nudgers whispers, "replace their bow with your gossamer hair!" You sprint to the front of the church, when unfortunately you trip and your hair touches the dirty church carpet. "No!" the nudger cries, "Now your hair is not pure enough to stroke the strings of the child's violin!" You have wrecked the holiday, and the child is scarred for life.

Scorpio: The arrangement of the stones this month makes you particularly vulnerable to tripping on festively decorated stones.

Sagittarius: Sagittarius, you need to know that the bearded man peering into your window is not santa. It is not a good thing that he sees you when you're sleeping.

Capricorn: Get ready to get Grinched!

Aquarius: EHHHH shoutout to my fellow aquarians, y'all will have a blessed month.

Pisces: When sitting in your cave alone, covering your ears in an effort to drown out the incessant singing of your neighbours, be aware that carving the roast beast is a final act of cultural assimilation that you should not feel obligated to partake in. Know that your heart is the perfect size for your species, a species that is wrongfully isolated and discriminated against and of which you are suspiciously the last.



December Business Horoscope - Graeme Farrand

Very few people will be haunted by ghosts this December as they will all be called away to be Sprits of Christmas. Look forward to the 25th of December when all the Grinchy old CEOs will change because of visits from the 3 Spirits of Christmas. This will result in them giving their wealth those in need. Be sure to dress as cute poor child to get your share of their generosity.

Each Christmas, some amount of people find themselves spending time with relatives that they don't like very much; not that they don't like their relatives, just that they find them slightly annoying at times. Thus, this December Business Horoscope's top holiday business is Switch Witch. They named the company at Halloween and didn't want to come up with a new name. They will send a "person" to your family gatherings in your place, while you relax in a provided safe house.

Please enjoy your holiday season but be safe and don't let a stranger who smells like cleaning solution into your house, even if they say they're your relative and have identifications with them. Just close the door and burn some pear-flavoured apples and the "person" will go away or maybe not.



Quotes and Games!

By: Raiyan Sayeed

Inspirational Quotes

Shoot for the moon and if you miss, you will still be among the stars.

- **Les Brown**

You can't cross the sea merely by standing and staring at the water.

- **Rabindranath Tagore**

The secret of getting ahead is getting started.

- **Mark Twain**

Funny (and probably cringey)

jokes:

Pessimist : "Things just can't get any worse!"

Optimist : "Of course they can!"

Why did the balloon go near the needle? *It wanted to be a pop star.*

I once worked in a bank, but then I lost interest.

Riddles:

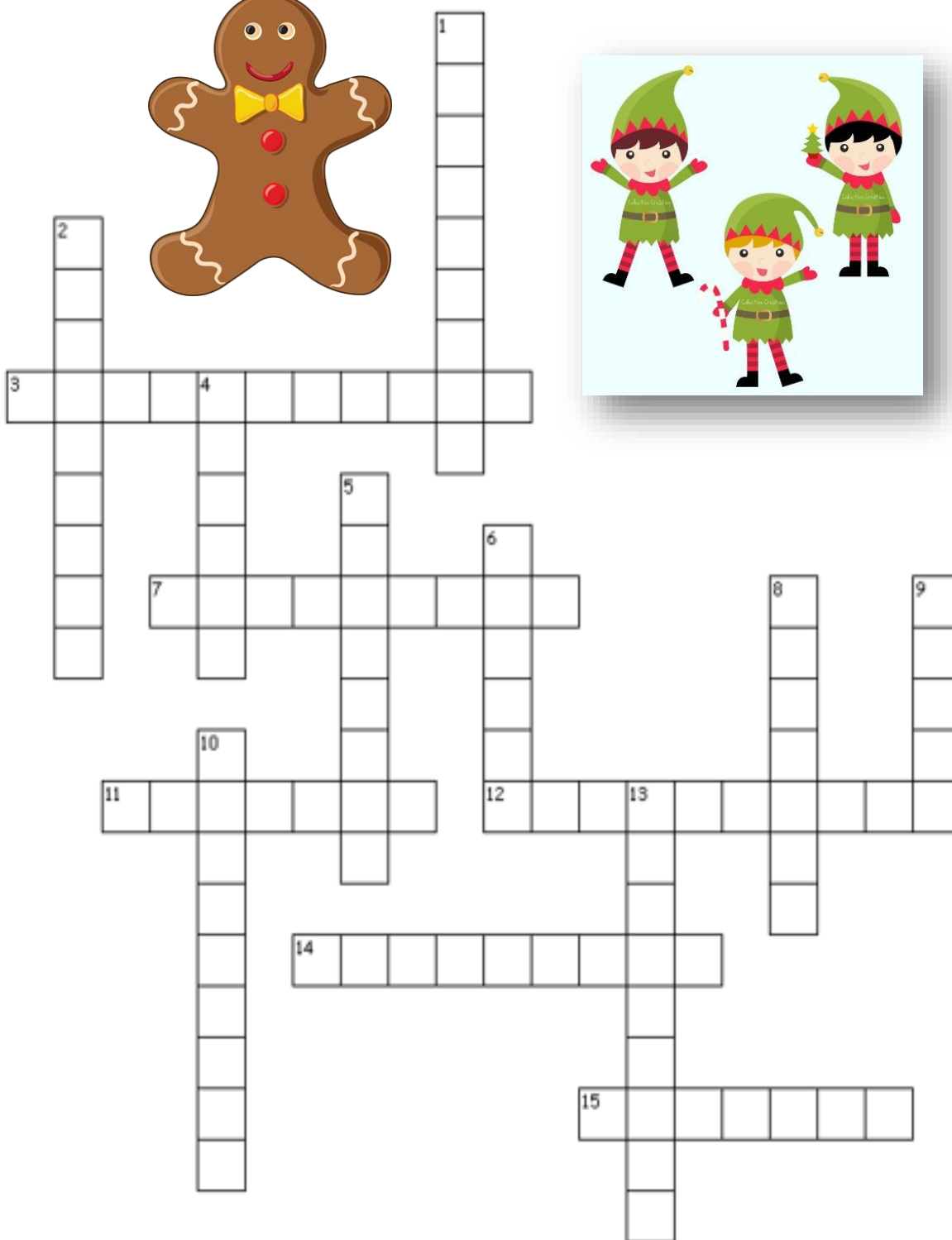
1. I have keys but no locks. I have a space but no room. You can enter, but you can't go outside. What am I?
2. Every night I'm told what to do, and each morning I do what I'm told. But I still don't escape your scold. What am I?
3. Which word in the dictionary is spelled incorrectly?

Answers: 1) a keyboard 2) an alarm clock 3) incorrectly



December Festive Crossword

By: Raiyan Sayeed



Across

3. Types of cookies that are usually only eaten during the winter season

7. A day that sounds like a day where everyone fights each other in a UFC ring

11. Candelabras with 7 candles are usually seen on this holiday

12. Everybody's favorite creepy, fat, and old man in a red suit

14. The most awesome bunch of socks in the world!

15. These kind of men sure are "Frosty"

Down

1. The day of gifts, thanks and weirdly decorated trees

2. A cake that sounds like it's healthy but it's actually not

4. Essentially an "omelet" drink for Christmas

5. Another winter holiday full of dreidels and latkes

6. Christmas' hit pop songs

8. His nose always looks like it's overheating

9. Famous 2003 movie and some decent toy-makers

10. Red and white stripes don't look better on anything else...

13. Maniacal, green, Dr. Seuss character

Are you stumped? Crossword solutions are available upon request! Just email thesequitur.westdale@gmail.com or ask us via Twitter: @SequiturWSS ☺

Winter Fashion Inspiration

By: Lily Afshar



A fashionable parka paired with a knit sweater and jeans is the perfect casual everyday look. Who said you can't be comfy, warm, and stylish?



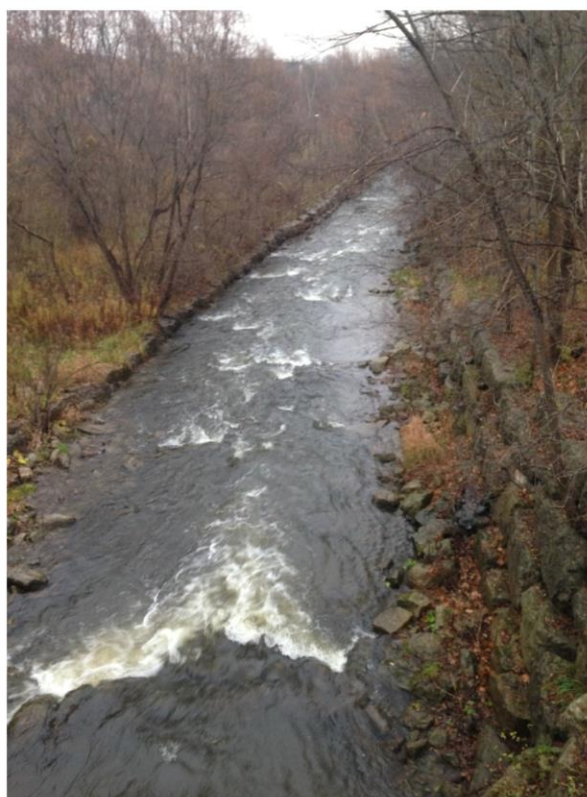
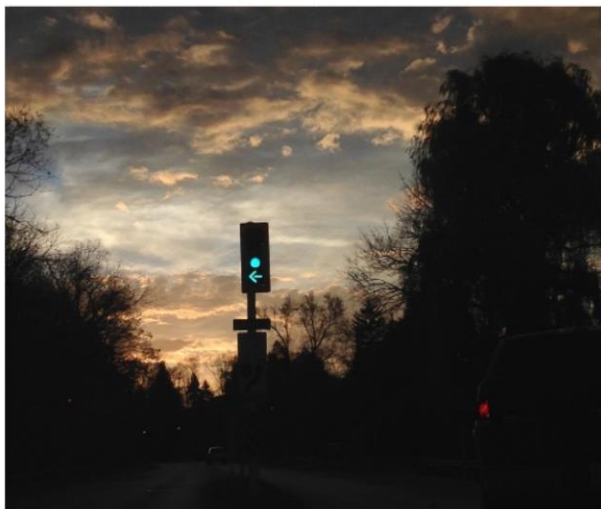
If you want to dress up but still stay warm, opt for some over-the-knee boots and a cute skirt paired with a turtleneck. Soft and neutral colours are a key winter fashion statement.



PHOTOGRAPHY

Student Photography

Sarah Sellens



Don't forget to check out our ONLINE EDITION to see this wonderful photography in FULL COLOUR! Head to www.hwsdb.on.ca/westdale at find our heading: "Sequitur"! It's worth it!

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Nutella Nog – A Holiday Recipe

Here's a great holiday drink you've probably never had before... That's because a family member of mine claims to have made it up! The adult version has several different kinds of booze in it, but this all-ages variation will impress everyone at that next family party. Go ahead and just make it for yourself though – we won't judge. Happy holidays!

"Nutella Nog"

Ingredients

1 litre eggnog

1 candy cane, broken into small pieces

1 large tablespoon Nutella (as much as you can fit onto a large dinner spoon. In cooking circles, this is officially known as a "dollop".)

As much whipped cream as your stomach can handle (optional)

Instructions

1. Put eggnog, Nutella, and candy cane into a blender.
2. Mix until smooth.
3. Add whipped cream, if desired.

That's it! Enjoy! ☺

