



The Sequitur



WESTDALE SECONDARY SCHOOL

JANUARY 2016

Keeping Your New Year's Resolutions

All it takes is proper planning, positivity, and a little bit of self-love!

By: Tara O'Neill

This New Year, many of you may have made resolutions for 2017. While your New Year's Eve might have consisted of late-night celebrations, countdowns, and general rowdiness, you may have also used New Year's Eve as a time to reflect on your life, and some goals you may have for it. Here's the challenge, though: how are you actually going to execute those resolutions? In this article, I have a few tips that might be helpful for keeping your resolutions all the way through 2017.

1) **Make your goals realistic.** Are you really going to get up at 6 o'clock every morning and exercise for an hour? Probably not. I learned that from past experience, actually. I tried getting up early to work out and that literally only lasted 6 days (as in not even a week). I forgot to set my alarm clock one day and decided there and then to give up on exercising. . . . (**Resolutions** is continued on **page 4**)

In this issue . . .



. . . beautiful student photography. . .

. . . some totally serious exam study advice . . .

Practice eating junk food in preparation for the after-exam consolation session with friends, where you will definitely gorge on some comfort foods. Practice makes perfect, and it takes skill to eat junk food and look elegant at the same time. . .



. . . the most tips Teddy has given yet . . .

AND SO MUCH MORE!



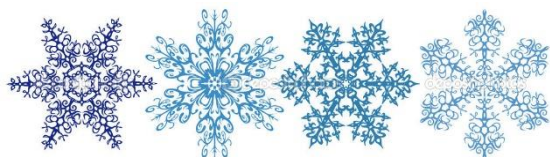
OUR TEAM

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

Hey Warriors! Guess what? We've made it! We've reached the end of the semester in one piece (although maybe your math teacher is also a cannibal. I wouldn't be surprised). All we have left to conquer are those exams. Piece of cake, right? More like pieces, actually, snatched out of the fridge at 2am to satisfy my late-night study-stress cravings. I tell myself that they boost my brain power. More on this on page 10 (Study Tips from the Inexperienced).

This month's edition of *The Sequitur* features plenty of other helpful hints as well – everything from *Tips from Teddy* (a classic reader favourite), to the iconic monthly *Business Horoscope*, to some sass-infused *Dear A* answers. All the advice you could ever need or want is tucked within these pages, just in time for the January blues to hit home, hard. Keep smiling, Warriors, and keep going.

America has been on our minds this month too. By the time you're reading this, Donald Trump will be – I can't believe I'm saying this – President of the United States. I'm cut cleanly from Democrat cloth, and it's an understatement to say that I was disappointed by the results of the November election. What gives me hope, though, are the hundreds of thousands of voices speaking out from all over the world, demanding rights and respect for all races, genders, and levels of physical and mental ability. The weekend of Trump's inauguration, I stood in the crowd in front of Hamilton's City Hall, surrounded by people of all ages, genders, and races, rallying to demand women's rights in a sister event to the march in Washington. Many were wearing pink "pussy" hats – in bold defiance of Trump's blatant pussy-grabbing comments – and hoisted signs reading "My body. My choice," and "Women's Rights are Human Rights!" Cars and buses honked ferociously in support as they drove down Main Street past our mob. Donald Trump may hold the Oval Office, but he has no hold over our compassion and spirit. As one guest speaker shouted out to the group of cheering Hamiltonians, "WE WILL OUTLAST DONALD TRUMP!" We will. We have to.

Keep reading the news. Keep speaking out for equality. Oh yeah, and study for your exams.

Good luck with all your academic, social, personal, and political challenges this month, Westdale. If you're feeling overwhelmed, talk to someone. It may seem daunting, but people are often kinder than you'd expect. Bottled-up frustration and sadness will only become more tightly bottled over time. Try popping the cork.

All the best.

Morghen Jael

Morghen Jael



Resolutions continued from page 1:

. . . I'm not saying making a goal to exercise in the morning (or any time, really) is unrealistic; it's just that setting a longer-lasting exercise habit might start with scheduling just 20 minutes out of your day, or a going to the gym every other day. It may not feel like a radical change, but if it is something you can realistically schedule into your life, it will have more of an impact in the long run. This goes for most resolutions.

2) **Baby steps:** These are key to making New Year's Resolutions - or any goal – really last. You can always add more on to your goal after you master the first step. If you have a goal, for example, to read more in the New Year, read for 20 minutes per day for a month. When you do that properly, add another 5, and another and another. Next thing you know, you'll be a marathon reader.

3) **Personalize your resolution or goal to you:** Not everyone has the same aspirations or needs in their lives. Try taking a bit of time in 2017 to reflect on yourself. Think about what you want to improve, or one thing you could try to change in your life that will make it better. You will be more determined to keep a goal if it is something that you truly want to improve or are passionate about.

4) **Think about the work you will be putting into your resolutions:** This will help you figure out if your goal is truly that important to you. It can also help you be prepared beforehand for what will go into attaining your end result. Many times people will give up a New Year's resolution simply because they weren't prepared for the amount of work they needed to put in. So go into a New Year's resolution knowing that, like any challenge you may face, reaching your goal may not be easy.

5) **Make some New Year's resolutions that incorporate some self-care and fun:** While you may have some goals in 2017 that push you out of your comfort zone, it's also really important to create some fun resolutions. That could mean spending more time with your family, going outside more, or watching more fun movies with friends. This may sound strange to some people - that you would need to make a "resolution" to have fun. But sometimes when you are really busy (particularly this month, with exams happening soon), you forget to relax and be in the moment. When you look back on 2017, you will want to have memories of joy and fun. Make sure you make them happen.

Happy New Year!





New Year New Tips from Teddy

Theodor Aoki

Just kidding you're stuck with the same old tips.



THE MONTHLY MIXTAPE



Playlists created by students just like you (but with top-notch music taste)!

Study Session Soundtrack Esther Liu

1. *Nuvole bianche* - Ludovico Einaudi
2. *Travelling* - James Spiteri
3. *Rain* - Brian Crain
4. *Extremely Loud and Incredibly Close* - Alexandre Desplat
5. *Arrival of the Birds (Piano Version)* - The Piano Kid
6. *The Forest* - James Spiteri
7. *Zanarkland (FINAL FANTASY X)* - Nobuo Uematsu
8. *Gymnopédie no.1* - Erik Satie

Songs for Dreaming – Editor's Choice Morghen Jael

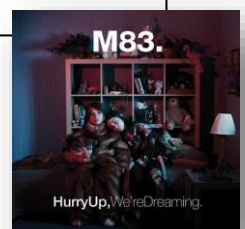
1. *Blue Moon* - Beck
2. *Sweet Disposition* – The Temper Trap
3. *Wait for Me* – Kings of Leon
4. *Wake Me* - Bleachers
5. *Robbers* – The 1975
6. *Welcome Home – EP Version* – Radical Face
7. *Bow and Arrow* – Reuben And The Dark
8. *Clocks* - Coldplay
9. *She's Got You High* – Mumm-ra
10. *Wait* – M83

Have a song suggestion? Email us at thesequitor.westdale@gmail.com to let us know!

THE SEQUITUR IS ON SPOTIFY! Follow us at [TheSequitor](#) ☺



You can find these two playlists there, as well as playlists from past issues and albums we've been reviewing. We're constantly updating it, so check back often!



DEAR A . . .

Advice from the best

Dear A,

What do I do when my teacher is clearly sexist but claims not to be? And then accuses me of slander?

*Sincerely,
Victimized*

Dear Victimized,

A couple definitions to serve out:

Sexism – prejudice, discrimination, or stereotyping based on an individual's sex or gender. Typically against women, but here at Westdale we don't discriminate! Everyone's at risk!

Denial – refusal or unwillingness to accept the truth and reality

Donald Trump – in denial about being sexist

The Devil/Satan – derived from the Greek word meaning accuser

-A



Dear A,

How do I get Christmas songs out of my head?

*Sincerely,
No More Mariah Carey*

Dear No Mariah,

Just call 858-651-5050 to replace those Christmas songs with other... noises... Standard calling rates may apply.

-A

Dear A,

How do I actually keep my New Year's resolutions?

*Sincerely,
Overly Ambitious*

Dear Ambitious,

Store them in an airtight container and lock them up somewhere in Stockholm. Anything can be kept as long as force is used.

-A

Dear A,

why me

*Sincerely,
Anonymous*

Dear Anonymous,

why=mx+b

(creds to TIPS FROM TEDDY)

-A

The Fine Print of Free Speech

Commentary on Bill C-16 – Justice Tomlinson

“Citizens should be exceedingly concerned when their government dares to legislate the content of their voluntary speech.” - Dr. Jordan B. Peterson



Canadians stand on the cusp of an event which could forever negatively alter the landscape of Canadian intellectualism and politics: the introduction of Bill C-16. The bill in question, with undoubtedly noble intentions by one group to promote its ideological values, is designed to expand protections for “gender expression” and “gender identity” under both the criminal code and the Canadian Human Rights Act. The issue lays in the fact that the bill is so vaguely worded (whether the available interpretations were implemented intentionally or not) that it certainly allows for individuals to be criminally liable or deemed discriminatory or pervading of hate speech. While it’s completely fair for other people to have the right to ask that someone uses their preferred pronouns, by no means should the government be enforcing the response. Bill C-16 is reflective of other vague and ineffective policies and harshly curtails the freedom of expression without reasonable cause. In its current form, Bill C-16 symbolizes a dangerous step in the wrong direction due to its assault upon free speech, deplorable examples of how similar legislation has been used, and its promotion of a morally based set of subjective ideals.

There is a significant difference between designating what one is required to not say, and mandating what one undoubtedly **MUST** say. You can justify not letting individuals slander or defame the character of others (such are also deemed ‘reasonable’ restrictions of the freedom of expression). But once the argument that individuals can be made to say things they don’t believe is validated by a governmental body, people lose their ability to have civil discourse. Not only is it unethical to coerce people to say things they don’t want to, but it is most definitely a crime against intellectualism and progression as a society. By forcing individuals to comply with compulsory language rules, you render them unable to criticize government policies (Bill C-16 in this case) or certain ideologies (which is what we do in a civilized society instead of resorting to violence). Of course, there’s also the logical issue of allowing government to reinforce the reality of a certain ideology at the direct expense of others’ speech. If individuals who are proponents of a certain ideology are allowed to proclaim their support and belief for that perceived reality through the medium of language, it’s only fair that opponents should be able to express their own perception of reality through the same medium unhindered by government. To outlaw certain speech is to outlaw that opinion. If the government takes away an individual’s right to expression in order to reinforce a subjective narrative with the use of coercion, it just gains that much more unnecessary and stifling regulation of the individuals’ lives over which it governs. In order to retain the concept of reasonable free speech, which is a necessity in democratic society, Bill C-16 and similar legislation must be rewritten or abrogated.

Should any doubt exist that this legislation cannot or will not be used to force individuals to use pronouns when they either don’t believe in that ideology or don’t believe the government has the ability to force them, one needs look no further than the case of Dr. Jordan B. Peterson and his conflict with the very similar provisions passed by the OHRC. In short, The University of Toronto attempted to coerce him into referring to students by certain pronouns (such as xe, bunsself, ze, and bay). In letters to him, they cited the OHRC and his supposed violations of it (which was simply stating his intention to not use specific pronouns in the event that it becomes further enforced by the federal government) in order to

compel him to speak in a way that allegedly conformed with the similar provincial policies already in place. Of course, the reason the laws can be interpreted in these ways is due the overt vagueness and inadequacy in defining what constitutes harassment or discrimination in regards to gender expression and identity. In short, if the case of Dr. Peterson is taken into account, it's quite clear that legislation to this extent can indeed be used to make individuals use pronouns in which they do not believe and should be fervently re-examined.

The issue with legislating a policy based upon the ideals of a select moral view and little else is that you risk imposing that reality on people who do not agree. Imagine Mosques or Churches trying to instate blasphemy laws. The problem here is that the logic for violating the rights of other people is justified by the idea that everyone should believe what the religious believe. This fallacious line of reasoning can be applied to the situation surrounding Bill C-16: some people believe that gender can be independent from the biological substrate, others do not. An individual is entitled to identify as whatever pleases them, they are not, however, entitled to coerce others into involuntarily recognizing and conforming that identity by using the power of the government. Just because one believes something is morally right, does not mean that it should be legislated to the extent of infringing upon others' abilities to express themselves. No one is entitled to force their ideals upon anyone else through the power of the state (with obvious exceptions to human and negative rights) and should do so as little as possible. The harsh reality is that no one is owed anything and subsequently does not have claim over the beliefs or expression over another person. Likewise, proponents of the idea that gender can be severed from the biological substrate do not possess a claim over adversaries of this idea to adhere to it. Therefore, because Bill C-16 (and provincial policy) constrains the ability to civilly possess and articulate one's own ideas for the sole reason that it satisfies the moral and ideological demands of the proponent, this legislation needs to be redrawn or thrown out.

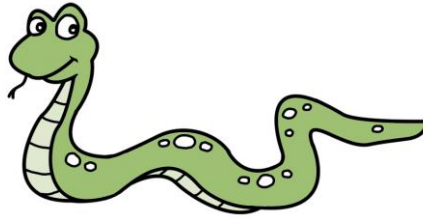
The bottom line is that you have the right to identify as whatever you wish, not the right to force others to recognize that identity through the curtailing of their own right to express or not express themselves however they wish. Moreover, it isn't the government's job to negatively impinge upon the freedom of expression of its own citizens. To be clear, the issue isn't gender expression, it's the government introducing a law that allows for the forcing of people to recognize it. While some view Bill C-16 to be a symbolic piece of legislation, Bill C-16 cannot be allowed to pass in its current state due to its flagrantly boundless capacity to infringe upon the freedom of speech to the extent of casuistically imposing a reality that morally applies to a select group of people, subsequently impeding the freedom of speech as evidenced by the case of Dr. Jordan B. Peterson.



*"There is a significant difference between mandating what people *cannot* say and mandating what people *must* say. The first is potentially justifiable (though certainly an egregious limitation on free speech) but the second is an outrageous totalitarian maneuver." - Dr. Janice Fiamengo*

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

FUN AND GAMES



January Horoscopes - Megan Cyr

Aries: Don't be a snake, because snakes can't fit through wormholes. Words to live by.

Taurus: The stars want me to remind you that they are omnipresent and thus can see everything you do, and that frankly they're a bit disgusted.

Gemini: Please remember that bathing yourself in the blood of the strong won't make your gains any less weak.

Cancer: Keep on trying to catch those lizards, Cancer. The rest of 'em will see someday.

Leo: At precisely 11:20 pm tonight, Trump's hair will spontaneously sprout a mind of its own. It'll hop on a plane, cab to your house, crawl up your bed and plant itself onto your head, and you'll be stuck having Trump's hair for the rest of your life. Reblog in 0.23 seconds or else all this will come true!!!

Virgo: Your toenails are not up to snuff. Please fix immediately and pay your reparations.

Libra: This month, Destiny will betray you again. You should really invest in some blinds, man.

Scorpio: "Huh", you'll think to yourself quietly. "I guess that's why we have warning signs on cotton swabs".

Sagittarius: We all know that a rolling stone collects no moss, but how does a rolling moss collect a stone? You'll find out this month after an exciting journey through the forest, and, more importantly, through your inner psyche.

Capricorn: You'll discover that if you whisper "green beans" three times really, really quietly, nothing will happen and you'll still be sitting in a room by yourself with nothing to keep you occupied except your own self-loathing.

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

Pisces: I thought I'd make this last horoscope cheery because it's exam seasons and all, but tbh a person who kinda snaked me real hard is a Pisces so I've got beef with y'all. I won't say you're going to get an A on all your exams, but maybe I can give you a solid C or B.



January Business Horoscope - Graeme Farrand

Over-stressing for exams can suck, so that is why this month's Business Horoscope is brought to you by Stress Be Gone. Just rub the cream into your ear or mix it with a smoothie and drink it. Its calming effects will help you concentrate on writing that Advanced Quantum Rocket Surgery exam, or any other exam you have. Side effects are loss of memory, loss of writing ability, vision impairment, and inhibition of any other ability needed to write a test.

Under-performance for many stocks is predicted by the moon cycle syncing up with earth goddess Gaia's work schedule. To prevent your stocks from doing badly, try selling them; your stocks can't do badly if you don't have any.

New "scientific" studies have revealed that cell phones are really an elaborate trick put on by the accounting and caretaking departments of the FDA. Purify your phone by rubbing a Magic Inc. branded crystal. Any other company crystal will make your phone explode. *Business Horoscope not sponsored by Magic Inc.*

Don't have any more jokes . . . but have you noticed the first letter of each paragraph in these last 3 months of the Business Horoscope?



Exam study tips which you probably shouldn't follow. . .

How to Ace Your Tests - Advice from the Inexperienced

By: Tasnia Noshin

- 1) **Don't review your notes.** LOL! Reviewing?! Sleep is clearly more important. You need sleep to grow! And besides, failure is just a stepping stone to success.
- 2) **Practice eating junk food** in preparation for the after-exam consolation session with friends, where you will definitely engorge on some comfort foods. Practice makes perfect, and it takes skill to eat junk food and look elegant at the same time.
- 3) During the exam, **don't check over your answers** afterwards unless you WANT to question them until your head explodes.
- 4) **Research potential clown colleges** that will accept you with your less-than-average grades.
- 5) **Watch Netflix** for a realistic way to get out of realistic problems, not "divide food evenly between friends". We all know that ain't gonna be even. Honey, if someone asks you for your extra cheese pizza, you have a right to be extra CHEESED. (Did that make sense? Sorry, it's practice for clown college.)
- 6) **Do the exact opposite of what is written above** and you should be fine. If you genuinely want to go to clown college, then by all means, please, sleep for two weeks.
- 7) **Bon appétit** (because who needs luck when you have food. It works)!



Student
Photography
Sarah Sellens





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photographer? Got some photos to
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