



The Sequitur

WESTDALE SECONDARY SCHOOL

JANUARY 2018

SPIRIT WEEK: A SUCCESS!

A recap of Triune's holiday festivities from Dec. 18-22

By: Sadhana Jeyakumar

Spirit Week was definitely a week to remember, filled with holiday activities and bustle.

MONDAY - HYPE DAY:

On Monday, Triune members went from class-to-class explaining the events during the week and how students could participate. With the winter holidays coming up, spirit week was just what we all needed to relax our minds and have some fun!



(Spirit Week is continued, with more photos, on page 4!)

How to study better for EXAMS

Some tips and tricks for success

By: Sonya Pallapothu

Winter Break is over and now we're all left with the dreadful exams that are coming up. Exams mean studying and studying can be stressful -- but it doesn't have to be. Here I have a few studying tips that can make studying for exams less stressful and a little bit easier:

1. **Work in a quiet environment.** This tip is mentioned a lot, but it actually works very well. . . . (Exam tips continues on page 4)

In this issue . . .

When you're loyal, funny, and text back at the speed of light, but you're still slept on



. . . the return of the notorious, iconic MEME PAGE (insert) . . .

. . . an article about the dangers of inadequate sexual education (page 6) . . .

I was never taught how to put on a condom. Not teaching students about how to protect themselves doesn't stop them from having sex, it stops them from having safe sex. . .



. . . why and how we should fight for net neutrality (page 9) . . .

AND SO MUCH MORE!

The Sequitur



OUR TEAM

In this issue:

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GET IN TOUCH TO JOIN OUR TEAM!

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

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NOTE FROM THE EDITOR

Hey Westdale!

It's time for the grind. You know how it goes (or if you're in grade nine, you're about to find out) – because it's exam season. For you, that might mean added stress, or later nights hunched over your textbook, or an even freer flow of warm caffeine. It might mean procrastination, it might mean hopelessly entwining your self-worth with your test results.

It doesn't need to mean that, though. Since it's the New Year, and New Year's resolutions are supposed to be hard nudges towards self-betterment, I'm going to offer a modest proposal – let's not treat ourselves like garbage this exam season. Hear me out.

Practicing self-care is always a good idea, but is particularly so when school becomes stressful. Take the time to listen to music you love, eat the foods that nourish you (for body and soul, both), and keep moving. Work hard, but don't be afraid to relax, reflect, and do the things that make you feel happy.

I get that self-care is hard to truly implement; I am guilty of falsely (and desperately) equating academic success with personal wellbeing, and overworking myself with the mindset that productivity can solve any problem. I'm learning to admit to my weakness, and to ask for help when I need it.

So let's not only treat ourselves with love and leniency this month, but extend that attitude to others too. We can lift each other up. It's cheesy, sure, but has more truth than the productivity-trumps-all philosophy. I promise.

Be kind to yourselves, Warriors.

Morghen Jael



FRIDAY JANUARY 19! Save the date – it's the Soup for Youth Fundraiser during common lunch! Pay 2\$ for 5 tickets, and use each ticket to try a different flavour of home cooked soup! Also: there will be stress-relief dogs. Enough said.



ANNOUNCEMENTS



Update: The Sequitur's Website

Website development is well underway! We have gotten our registration & user roles setup finished and are now looking for people to help with designs and figure out what the structure of the website will be like.

A lot of you may be thinking right now: "What?! The Sequitur's going to have a website?" Well... yes! The 3 main goals of this website will be to automate article posting, to provide a new medium for contributors to work with - like video (since there's only so much you can do with paper), and to expand the newspaper's audience to include the world of the internet! Some key features we're looking to add are a comments section/discussion forum, user accounts for contributors, and a searchable (and filterable) archive. These are just hitting the basics as well!

If anyone is interested in helping out with the project or to just pitch in with some ideas, feel free to drop by during Wednesday junior lunches in the small seminar room (sometimes large seminar room as well). If you can't make it for this time, contact raiyan.business@gmail.com for more info. Be part of the next tech revolution here at Westdale!

Warriors for Wellness

Have you ever wanted to become a warrior? A warrior for good? A warrior that fights depression better than any psychologist out there? A warrior...for wellness?! As a warrior, you would be helping out with different workshops and activities throughout the year, like exam de-stress events and pause shuffle play workshops, which involve activities like dancing, art-making, and team-building exercises. But this is just the beginning: we need new talent to take our pursuits to the next level! Come by the chill lounge (room 304) during either lunch period on Thursdays to see what we're - and you will be - made of!

Photography on School TVs!

Share your Westdale school life photos and selfies on our TVs. Class projects, your experiments, your artwork, you & your friends at lunch, on the team, in a club...all things Westdale.

Send your photos to wmelnick@hwdsb.on.ca (Ms. Melnick) as soon as you take them!



Westdale Music Department's 'Tape a Teacher to the Wall' fundraiser on Dec. 19!

This event raised money for the Westdale Music Department's Halifax trip in April, as well as their entry in the Golden Horseshoe Music Festival! There they aim to earn Gold and a fourth consecutive invitation to Nationals. Their next fundraiser will be in March - a dinner/auction with performances called 'Bids, Bites, and Bands'! Stay tuned.



Westdale & the World

(**Spirit Week** continues from front page):

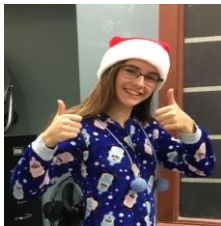
TUESDAY - UGLY SWEATER DAY: A popular event that takes place around this time of the year, ugly sweater day definitely gave a new insight to winter fashion at Westdale. (Photo taken by Emeline Auguste)



WEDNESDAY - PYJAMA & FREE HOT

CHOCOLATE DAY:

A two in one combo day event, several Westdale Warriors showed up in their pyjamas on Wednesday. Not to mention the free hot chocolate that was served during both lunches in the front foyer, with toppings including whipped cream and sprinkles!



THURSDAY - BAKE SALE: Hosted by Triune, Model UN, and the Sequitur, baked goods and homemade treats were sold in the cafeteria, foyer, and in classrooms during both junior and senior lunches on Thursday. Ranging from Christmas sugar cookies to chocolate chip brownies, Thursday's bake sale was definitely a sweet success!



FRIDAY - WINTER CARNIVAL: The Grand Finale of Spirit Week, the Winter Carnival, definitely set the holiday mood before students left for their winter break. Filled with dance performances, teacher lip sync shows, trivia, and much more, the Winter Carnival undoubtedly had its share of spirit and laughter for the week.



(**Exam Tips** continues from front page):

When you're surrounded by noise and distractions, it's more difficult to concentrate on your work, which makes studying so much harder. Study at your nearest library or in another quiet environment so that you can stay concentrated and work your hardest.

2. Use old exams or make practice exams. Search for old exams on the internet that were made for the subject you're studying or make your own practice exam based off of your class notes. This way you can practice with the exam format and review all the concepts that you need to know for the exam.

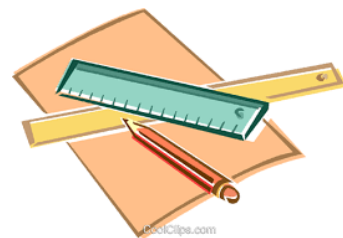
3. The Pomodoro Technique. After studying for hours, it gets harder to study and learn the information from your notes. The Pomodoro Technique is a method of time management, where you study for 25 minutes, then take a 5-minute break. After your break is over, you study for another 25 minutes and repeat the process. This helps so that you can be able to concentrate while you study and also get breaks.

4. Make a study sheet. For the people who feel confident about writing their exams but still need to review their notes, making a study sheet is actually very helpful. Have your notes beside you and use them to make your own study sheet. You can process the information while you're writing it down so that you're studying and making a study sheet at the same time. Once you finish writing your study sheet, you will be even more confident with writing your exam and can use the study sheet for review later on.

5. Study during the morning or at night. Sometimes it is easier to work on things during the morning, right after you wake up, or at night, right before you sleep. Schedule your study period according to the time you think you work the best. This will not only help you study better, but will also make you feel more confident about writing the exam after seeing your progress.

Studying for exams can be difficult and stressful, and that is why you should always have time for breaks. When using all of these tips, make sure to take considerable breaks and do things you love so that you can walk into your exam room as confident as possible.

Good luck on your exams, Warriors!





“Beauty standards are just really unrealistic, and not just for women these days, but also for men. See, if you’ve ever read *Sapiens*—which is a really good book, I recommend it— it’ll talk about how say 500 years ago, you were in a village or whatever, and you were a young person of our age, you’d probably feel pretty good about how you look, like, everyone else is kinda old or married or, you know, dead at infancy. So, you would feel pretty good, right? See, but now that there’s not a huge rampant child mortality rate, and we see the most beautiful people artificially enhanced everywhere we go, and absolutely no other representation. Also, ‘beautiful’ by a really narrow cultural standard. Of course most people would feel terrible. I mean, apparently the image we find most beautiful is the image that we find most normal or most average, and the problem is, instead of seeing a more realistic data set which is from real humans, our data is just 1 narrow subset of human. Then, our minds integrate that as average.”

What’s Going on in Your Head?

By: A Rough Hazy Ink Ninja

I’m screaming on the inside so no one will hear, no one will see, no one will judge.

People will see me for the person I want them to see.

But I want someone to hear, to see, to care.

Someone to ask me how I’m doing and mean it.

Someone to pick up the broken pieces of my life and fix it.

To solve the puzzle of why I struggle so bad.

Why I can’t stand myself sometimes.

Why I tear at the shreds of sanity that slowly stop remaining.



Let's talk about sex (education)

How health class is failing us

By: Lane O'Hara Cooke

Editor's Note: This article contains what may be considered graphic sexual terminology. Reader discretion is advised.

My growth and development classes started in grade five. It has been my experience that the quality and amount of information given about sex and contraceptives has not been adequate. In fact, it has been dangerously inadequate.

My sixth grade health teacher didn't know that the hymen (a piece of thin skin that sits around the opening of the vagina) doesn't cover the vagina, and doesn't get "popped" the first time when engaging in penetration. A man who had been teaching health class for longer than I have been alive did not have an understanding of basic anatomy.

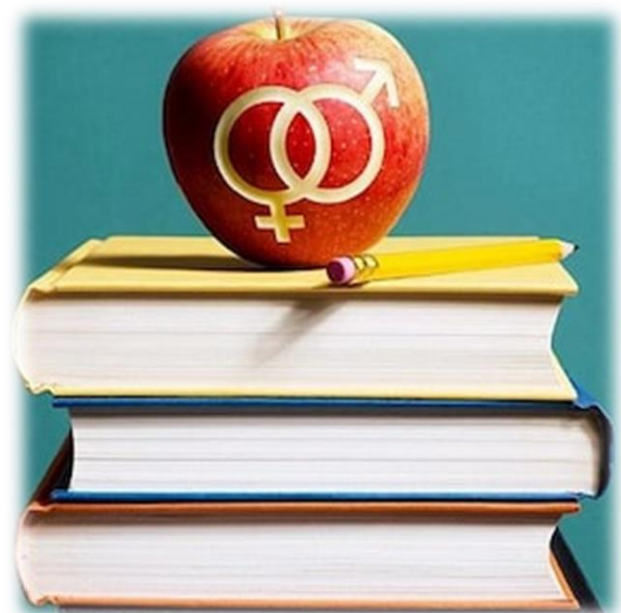
In grade eight, I was told by my health teacher that the Plan B pill (which blocks sperm from fertilizing the egg, taken after sex in an "emergency" situation) caused extreme bleeding and would "get rid" of the pregnancy. This is completely false. Teaching this to a class of grade eight students is awful and unempowering. Fake information like this is purposefully said to scare people into not using Plan B. It is misogynist in nature. Everyone should have the proper education to make an informed decision about their bodies.

Last year, I took the mandatory grade nine female fitness class. When we weren't working out, we had health class, usually held in the library seminar room. We would have about two classes of health a week. Of all those health classes, we spent about three months on nutrition, one month on substance abuse, half a month on our culminating project, half a month on relationship dynamics, and one period on sex ed. In that one period, we played a Kahoot about sexually transmitted infections and contraceptives. We did not have a conversation about how to know when you're ready to have sex, but we were constantly reminded that the only foolproof way to prevent pregnancy and STIs is to remain abstinent. While this is true, it is highly unrealistic to expect people to remain virgins their whole lives. The average American who has penis-and-vagina sex will have sex by the age of 17. By the age of 44, only 0.3% of Americans report having never had the type sex which could result in someone getting pregnant.*

So if abstinence is so rare for most, why are we putting so much emphasis on it? We should be focusing more on teaching about contraceptives and consent. I was never taught about what kinds of different sexualities and gender identities there are. I was never taught about how two people of the same sex would protect themselves during sex. I was never taught that intersex people existed. It is not right to base the little education we have on sex about only heterosexual and cisgender people.

I was never taught how to put on a condom. Not teaching students about how to protect themselves doesn't stop them from having sex, it stops them from having safe sex. If other classes like science, math, history or English were taught the way sex education was taught, we would have an uprising. It would seem ridiculous and be unheard of. So why are we accepting misinformation and such little coverage of the topic? Especially because regardless of where you come from, what you are doing, or where you are going, sex will most likely be a part of your life one day. We should be educating our students about how to make the safest and wisest decisions. Truthful and extensive education is the only way to protect and empower our youth.

*<https://health.howstuffworks.com/sexual-health/sexuality/how-many-people-die-virgins-never-have-sex.htm>



Local Hamilton man asks for the gayest cake ever and gets a fabulous surprise ⁷

By: Kate Folsetter

Hamilton man Chris Farias from Kitestring Creative Branding Studio asked local bakery Cake and Loaf for the “gayest cake ever” to celebrate his engagement. Wow, they sure followed through with this cake! The story and picture that Mr. Farias posted on his Facebook account has gone viral and has been shared over 2,000 times and has over 3,000 likes. This story has made such impact in Hamilton, Canada, and even around the world. So, I decided to interview Mr. Farias for The Sequitur, to share the story with Westdale.

“I would say that it created a lot of positivity; for me it was kinda a bit strange that I was getting so much attention for it. I didn’t think it would be that viral. But, I think it was the perfect timing for a cake like that - at the end of the year - and 2017 was a hard year for a lot of people, especially in politics,” Farias comments.

“I thought it was discrimination. I don’t think you have the right to discriminate against anyone no matter their race or their religion or their sexuality or their gender identity. I think it’s wrong. That is why I wanted this cake and I know that for some rulings in the States, the Supreme Court said that it is discrimination,” Farias explains.

Farias has created a T-shirt with the cake on it. The shirt says “It’s not just about the cake.” He has been selling the shirts online to help raise awareness and help give back to LGBTQ charities in Hamilton. “There have been a lot of sales. I am really happy that I can give back to the community,” Farias explained.

During the interview Mr. Farias explained why he ordered the gayest cake ever, “Me and my partner Jared are going to be getting married this August and we wanted a cake to celebrate that engagement and I knew that there was some debate happening in the States with were certain cases where bakers wouldn’t bake cakes for gay couples, so I wanted to get the gayest cake possible.”

When asked about how he reacted to seeing the cake from Cake and Loaf, he emotionally said, “When I saw it, it was everything that I could have hoped for and I started to cry and the baker who baked it started to cry, then we hugged.” The cake was a masterpiece of culinary art. The cake itself is a 6-layer rainbow cake with a gold unicorn horn on top. Around the bottom of the cake there was a series of words and phrases representing the LGBTQ community like “love is love”, “we’re here

DEMOCRATS TAKE ALABAMA SENATE ELECTION

A report on the dramatic Moore vs. Jones decision

By: Sonny Duan

On December 12th, 2017, Alabama held a senate election, after the resignation of Jeff Sessions. Sessions was formerly the United States Attorney General, and the election was held to fill the vacancy left. In late December, the state of Alabama confirmed that Doug Jones, the Democratic candidate, had won.

Jones was the first Democratic candidate in Alabama to win a seat in the United States Senate since 1992, and had 50% of voters, while Roy Moore, Republican candidate, had 48.3% of voters. The election was considered odd for a few reasons.



Republican Candidate
Roy Moore



Democratic Candidate
Doug Jones

Roy Moore's major competition in the Republican primaries was Luther Strange, Attorney General of Alabama. Strange had the support of Donald Trump, Mike Pence, and Mitch McConnell. Despite this, he lost. This was the first time since 2010 that a United States Senator with active White House support lost a primary.

Moore went under fire due to sexual assault and pedophilia allegations in mid-November, when multiple women claimed that he made non-consensual and unreciprocated advances on them while he was in his thirties, while many of the women were in their teens (the youngest was 14). Moore denied all claims.

Doug Jones' priorities include "[bringing] integrity back to Washington and back to Alabama politics", creating a healthcare bill that will ensure affordability and security, and getting rid of racially motivated "heinous hatred and violence". He also said that he believes that "more spending on education could result in less spending on prisons", and that he "disagrees with the Attorney General rolling back sentencing reform efforts".

"JOH out!": Amid uncertain election results, Hondurans protest

By: Talar Stockton

The results of the November 26 2017 election displayed that 42.95 percent of voters re-elected standing president Juan Orlando Hernandez over the 41.42 percent of voters who opted for left-leaning Salvador Nasralla. The Organization of American States (or the OAS) overseeing the ballots of the election reported that Nasralla held a lead, until public vote count mysteriously ceased for one day before resuming, resulting in a vote count with the majority voting for Hernandez. This is despite many Hondurans supporting Nasralla, leading to accusations of election fraud. Hernandez claimed the vote was not fraudulent and has assumed the position of president, and since then, the United States of America amongst other countries have accepted the results. Street protests, riots and clashes with police left a reported 20 Hondurans dead during December, especially after OAS referred to "deliberate human intrusions in the computer system," "intentional elimination of digital traces," and "pouches of votes open or lacking votes" during the election in a statement. On January 6, 2018,

thousands gathered in San Pedro Sula to march against Hernandez's re-election. Nasralla attended the protest, saying "We will not stop until Hernandez says he's leaving," amongst cries of "JOH out!" No statements from the OAS have been issued at this time. There were no protesters killed in Saturday's march.



The Reality of Net Neutrality

By: Kofi Donaldson



Net Neutrality has been the topic of many conversations and debates over the past couple of years. In this article I will cover how it works and how it affects you, me, and even The Sequitur itself.

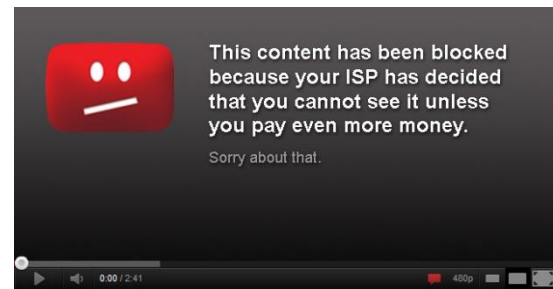
What is net neutrality? Net neutrality is the principle that internet service providers should enable access to all content and applications regardless of the source, and without favouring or blocking particular products or websites. The problem is that if ISPs have the power to slow down or block certain content, they will be able to favour their own content and thus make more profit. In 2014 the Federal Communications Commission (FCC) under President Obama made laws so that net neutrality was protected. Now the new chairman of the FCC (Ajit Pai) want to dispose of those rules, arguing that they were too burdensome on the network providers.

If his new rules pass, ISPs will potentially have the power to slow down or even block our favourite websites such as YouTube or Netflix. Hypothetically, if your ISP's company created a streaming service, why would that ISP give you access to its competitors like Netflix, Hulu or Crunchyroll? In addition to blocking our favourite entertainment sources, they could also censor information that they deem to be inappropriate or offensive.

Blocking or altering the information that a population receives can alter their viewpoints and as a result may lead to ignorance, prejudice and discrimination. We see this when news sources change or leave out facts to change the public's opinions about foreign countries, people, and ideologies to suit their narrative, whatever that may be.

Furthermore, if the incoming information is no longer factual then how will we - The Sequitur - be able to write about international topics and issues effectively? I think that we as the generation that uses the internet most frequently should stand to protect net neutrality. After all, a free and open internet is what gave us social networks, streaming, and even memes.

You can help by raising awareness or by donating to the EFF (Electronic Frontier Foundation) at www.eff.org.



Have any thoughts on this (or on any other article)? Share your opinion! Send your response to thesequitor.westdale@gmail.com and we may be able to publish it in the next issue! Anonymous publication is always an option.

An Exercise in Masochism: Procrastination

By: Taz Chu

Procrastination is part of the human condition. That's my pseudoscience, at least. It's your obstacle; it's your habit. A malevolent alchemist, procrastination will transmute later to never, but you'll still come back for more. Those productive people you believe never struggle with the urge to procrastinate? They want to procrastinate as well. We all do. You will never transcend it. You will never outgrow it.

Here is procrastination's birthplace. She is born from a place of need. There is something essential, something important, which either maintains the status quo of your life or improves it—work that you must do.

A means, however unpleasant, to an endgoal you desire.

Yet for some reason, you do not do this work.

Why? Ennui. Dread. Apathy. Habit. Perfectionism probably factors into it, even if you don't think it does; you don't want to write an essay, you want to write a good essay. Perhaps an intimidatingly tedious rubric—11 point font, 4 properly cited pictures, and in-line citations, really? Maybe you've stunted yourself with unrealistic expectations for a first draft; maybe you've got some sort of internal complex about doing laundry... (**Procrastination** continues on page 10)

For most, part of it is a lack of organization. You say the work is writing an essay, but it's actually digging through your bag to find some crumpled loose-leaf handouts, plus the rubric in your binder, and you need to go swipe some source sheets—all this before you can even start.

Perhaps you've lost your way; instead of being motivated by your own desires, you've begun doing work out of anxiety and some internal drive to meet other people's expectations of you. As a result, you avoid doing work not just out of habit or whatever droll reason you've already identified, but also because you resent the assault of work you find pointless and offensive. In this case, procrastination is not just preserving your comfort, it's preserving your boundaries—a private, vindicating rebellion. Maybe it's something else, all too common: you constantly demean yourself and beat yourself up about how you procrastinate, and so merely mentally reminding yourself about the work stirs up a hailstorm of disappointment, anger, and shame.

Whatever it is, it's something. Something tied to the work that summons up some sort of extraneous dread or anxiety—it's either that or apathy, but apathy's more fixable. Here, this is the critical juncture, this is the point you look upon later with either gratitude for your past self or condemnation. An instantaneous impasse. Most will frame it morally; the procrastinator certainly will. A battle between your Ego and your Id; between industriousness and sloth; between organized you and the sick temptation of pushing aside your obligations.

But actually, I don't think that's the right answer. I don't think that procrastination is necessarily a moral battle at all. I find it odd, this Prohibition-era way in we as a society view procrastination, as if you have this sinful mortal urge to procrastinate, as if procrastination is a seductive desire you are duty-bound to deny yourself. Indeed, what if that moment-long conflict is not a moral battle, but a human one?

See: imagine if you were a robot. Just like before, you have the work, and you're reminded of whatever work you have to do. Along with that reminder comes all the baggage I mentioned earlier: dread and shame and hell, internal rebellion. But you're a robot, so you don't feel any of that. Instead, with your genius CPU, you do the obvious thing: fix the problem. Fix the issue. Do the work. Don't procrastinate.

It's obvious, isn't it? That's the painful part. To not procrastinate—to do the work, whatever it entails—is the simple, clear, evident solution. It's the fixed destination.

Why else would procrastinators beat themselves up about it so much? Procrastination is at once a terrible, difficult, incredibly hard cycle to overcome and also an unpretentious issue with a unpretentious solution. But that's exactly it. It's simple, not easy. And you are not a robot.

What do humans do when they feel pain, emotional or physical? Cope. And what is procrastination driven by, if not pain? How you cope is largely individual, but it matters little. Perhaps it's scrolling through Instagram, perhaps it's reading, perhaps it's doing less important but “productive” work that allows you to justify your own procrastination (my room's never cleaner than in exam season).

And a few hours later, you remember your work. But the pain only increases: atop your initial dread is the shame you feel that you've wasted these hours watching BuzzFeed videos. If you were a robot, you'd initialize your solution here, you'd do the work—even more stridently now that the deadline is closer. But you're human, so what do you do when faced with an even greater emotional pain? You cope, harder.

This cycle could be prolonged indefinitely. It usually runs through at least a couple iterations. Eventually, however, there's a breaking-point, in which all your dread or apathy is cut cleanly through by an oceanic wave of panic. It's the last night before the essay's due; it's the lunch before fourth period's test. Suddenly the procrastinator who hours before stared blankly at a white page can whip out a 1000-word essay. Panic is a powerful motivator, but it's imperfect—it never kicks in soon enough, and it's awful to experience.

Worse, while the procrastinator's cycle is mainly characterized by pain, it's not so entirely: the roiling escalation of shame and anxiety with its final crescendo of panic and crap-crap-crap is punctuated by an even more powerful feeling of relief. At least subjectively, this cycle of dread and dopamine, agony and ataraxia feels intensely addictive.

How do you defeat it? Well, get back to me when you find out. But there are a couple things that work for me. Gathering me materials and placing them beside me sometimes encourages me to start. It's also useful to work in concentric circles rather than piecemeal perfection. For a long time, I often attempted to do a very good rough draft, which inevitably stunted me half-way through—I always got stuck on a line or paragraph. . . . (Procrastination continues on page 11)

(**Procrastination** continues from page 10):

Allowing myself to do a terrible, awful rough draft and then edit it over and over to ascending levels of quality (working in concentric circles as I call it) has garnered me much more efficient results than this incremental, high-quality work (piecemeal perfection). If that's still too hard, in a pinch brute force works, even if simply forcing yourself to do the work is about as appealing a prospect as eating a boiled leather shoe. So keep it short: set a 15 minute timer and work for that allotted time. Take a 5-minute break. Rinse and repeat.

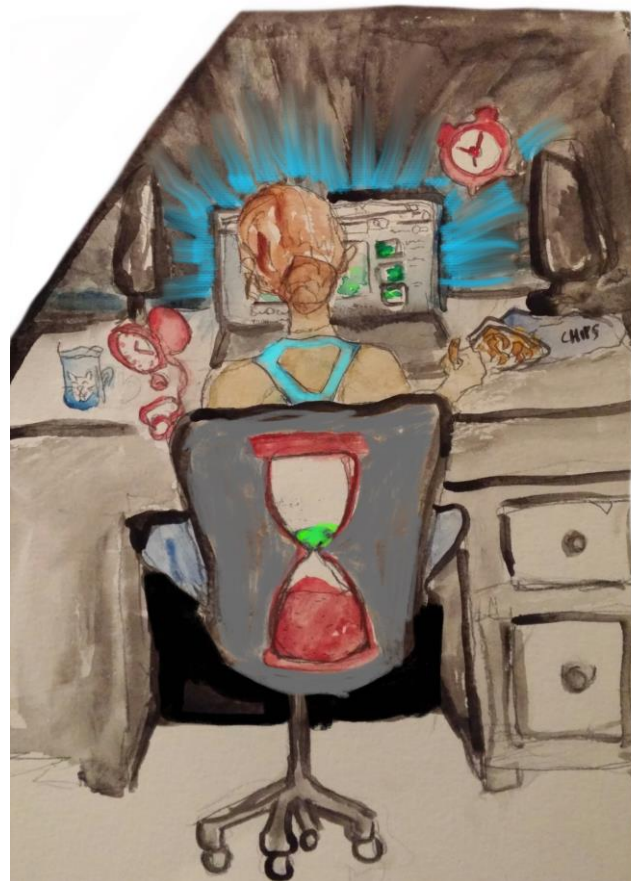
One mental shift that helped me personally was realizing that work only gets down in the now. For so long I would give myself perfectly reasonable mini-deadlines: a couple Latin translations later tonight, a chunk of my essay written at lunch tomorrow. Yet I never seemed to meet those deadlines. Why? Because I never actually intended to meet them. True, I sincerely intended to do the work later. But when later arrived and became my now, I... still sincerely intended to do the work later. Mentally, I had never actually intended to shift into the mindset of doing the work now. When I finally realized work is only ever completed in the now of choosing to do it (obvious, isn't it?), I was able to change these deadlines from arbitrary, pointless goals meant to pacify my anxiety to ones created with real intention.

Finally, if none of these options appeal, I'll offer you one last solution: instead of doing your work, write an article on procrastination, brainstorm some solutions, polish it, and then follow your own advice. (Sad, I know.)

See, the work is there. And however stuck you are with your project, I'll tell you this: as long as you sink in enough hours, you will inevitably figure it out.

There is an imperfect but positive correlation between quality and quantity, and you have a lot more control over quantity. Just work. Just try. Just commit yourself to the grind. When you procrastinate, you also procrastinate the relief of being finished. So why savour suffering?

There is a stark reality in doing work, in the clarity and peace in the doing of that which you doubted you could. The task is at hand; the work is ready for us. Let us rise to meet it.



The gift of death, the power of negative thinking, and the crusade against hope

By: *Sam Barringer*

Hello again dear readers, and welcome to the New Year! Or to February, I honestly don't know when this article will be published. What I do know is that it should be a doozy, so let's get going. As I sit writing this before a roaring fire, I consider how people reacted to this past year, how many monologues about the misery wrought by this cruel cruel year, and how many times I heard people talk about how much they need 2018 to be better. I sit and think on the countless jokes made about New Year's resolutions and how fleeting they are, and I ponder the bitter cynicism that has become the rallying cry of the most youthful

curmudgeons the world has ever seen. But most of all, I contemplate death. The inevitable gift of death.

Now, when I say that death is a gift, I don't mean that in the way that your classic zealot means it, with visions of paradise beyond this mortal coil, nor do I mean it in the profoundly nihilistic sense that only equally militaristic atheists can achieve. Because both of these messages have death as a goal of sorts. That death is a gateway to paradise or the only escape from reality, respectively. No, I mean that the existence of death itself is a blessing to the human race, while the act of dying may not necessarily be something to be all that jazzed about. . . (**Gift of death** continues on page 12)

(**Gift of death** continues from page 11):

A mountain cannot really die, as it was never truly alive in the first place. The same can be said for the wind or the sea. The only reason these things are eternal is because they're hunks of matter. Purely physical, whereas we, as humans, are so much more. Each and every one of us is a light in the blackness, a fire blazing through the night. We aren't our bodies, they are merely our fuel. The power of a flame comes from its fleeting nature. By being more than what we can touch and taste we are not bound to this world, we are not woven into the pattern of creation. And because of that, we can change things, because of that; we have power beyond our wildest dreams. Because death necessitates life. There is nothing that can die that must not live first. Life is just as inevitable as its end, that great fire of life is what lets us change things. What lets us exert our will upon the world. If you have the power to die, you have the power to do anything. All in all, a better gift than whiskey stones I'd say. And you'll still probably use it more often than the whiskey stones.

Through my contemplation of the gift of death, the power of life was revealed to me, and that light that should have been blinding instead allowed me to cast my gaze upon the great gluttonous monster that had wormed its way into power. Cynicism. Now, don't get me wrong, a little cynicism can be a good thing, a check on foolishly blissful perceptions, and it also certainly fuels comedy to some extent, so I have to be grateful for it. But that cynicism is different.



It's a wise crow perched upon the shoulder of a young mage, occasionally offering advice and a quip. The cynicism of today is an oily slug-like monstrosity, sitting atop its throne. Tendrils of greasy negativity extend from its body and plunge deep into the hearts and minds of people everywhere, feeding on our discontent, and twisting us into hollow, bitter reflections of what we once were. But that's not all, no, this cynicism does far worse. It pushes corrupted hope through all the bitterness. And corrupted hope is a dark, rusted thing. Corrupted hope is the belief that things are terrible, you are powerless to stop them, but maybe someone else will, so you might as well sit back and stew in your own misery until help arrives. It's a resentment scented bath bomb. Eventually one realizes that this hope is false, and it crushes people. And so, we start resenting the true hope of others, calling it vain and naïve. When someone, on December thirty-first announces that they're going to get in shape over the course of the next year, we all think to ourselves that there's no way, and that the person in question is a fool. Often these thoughts escape us and poison the room we're in, and all the while cynicism releases its horrible gargling laugh from atop a throne of shrugged shoulders.

The solution lies in accepting the power of your life and death, and letting true, untwisted hope flood your mind. Not the hope that someone else will come and bring you joy, or inspire you to create, or change the world, but the belief that you have the strength to exert your will upon our reality, to spin the fabric of existence into the form you desire. So when, in the final moments before the end of a single spin around our sun, someone drunkenly proclaims that they'll stop eating out, or find love, or finally write that book, I try give them my support. Not just to their face, because everyone can do that, but I try and believe it. It's slow going, but I have hope, and I trust that my life has granted me the power to change the world around me. And so I do what I can to force cynicism back to its proper place as a sardonic raven perched upon our shoulder. The shoulder of bright eyed humanity, making our way into the unknown, with a beautiful flame upon our brow. The burning fire of life and death, past and future, and most importantly, hope and doom. Locked together in perfect harmony, shining bright in the darkness of eternity.

“New Year, New Me”

By: Ainsley Hodge

The expression that seems to make the majority of the population groan when it's used. Its stigma, however, has been somewhat gained falsely, as most people have simply grown accustomed to believing those who resolve to change themselves for the better will simply give up, no matter the perceived difficulty of the task. The stereotype this stems from is partially the history we know, that being when people are forced or try to change it does not happen, because “we are who we are” or similar arguments. This is a matter of simple resolution, if one is willing to dig a little into the human psyche.

So, why do we have such difficulty following simple goals, set by ourselves in fact? My first thought is because humans do not like to have expectations put on them, as many people I am acquainted with are people who cripple under the weight of their parents' expectations unto them. However, such is not the case, as humans are capable of having high standards and expectations of themselves, and a large amount of these kinds of people go on to be very successful.

Such is not that case for all humans, which brought me to my next thought; all humans are lazy. Now, I don't mean your run-of-the-mill couch potato, what I'm talking about here are the people who innovate so life can become easier. Humans are always looking for new ways to make our day-to-day ‘struggle’ easier and more efficient. Don't have time to wait in a line at Starbucks for that coffee? Use your phone to order ahead, and we'll have it ready for you the moment you step in the door! Sound familiar?

Yet my mind proved this false as well, the more I thought about it. Because no matter how simple the task is, no matter how small a goal, humans have a propensity to simply quit. So, I sat, each conclusion I came to cancelled out by the next, until it struck me. The basis of succeeding in any goal we made, no matter how big or small, happened to be the basis of all human behaviours. ‘The Happy Chemicals’, as I like to call them - but you may better know them as dopamine, serotonin, oxytocin, and endorphins.

The two most important of the four are the ones we use the most when we set goals we actually want to achieve. One of the two is dopamine, the chemical that motivates us to take action and complete goals and do things, and is generally released when we are enjoying ourselves. The other is serotonin, the chemical that makes us feel worth and value in ourselves and our achievements. See, the simple solution to following through on New Year's Resolutions, or any goal at all, is to harness these two chemicals, and you can do so quite easily.

The next time you are setting a goal you want to work towards, be it small or large, ask yourself regularly “how can I make this more fun?” You'll be quite surprised that when we make a conscious effort to find the fun in any situation, good or bad, our performance levels will grow better exponentially. With simply seven words seven days a week, with a little bit of elbow grease, you can prove your family and friends wrong and complete any task you face.



Looking Back at the Fantastic NBA Players of 2017

14

By: Zeynep Berra Yilmaz

The NBA Christmas games were so much fun; Enes Kanter stole the show with 31 points, 22 rebounds, and broke the record of 1971, and Draymond trolled LeBron wearing Arthur shoes. As we leave 2017 behind and hope for a better 2018, if you are done with your “New Year/New Me” list (which, like every year, you will not be doing), and have heard a lot of “Haven’t seen you since last year” jokes, you should take a look at the list of the best NBA player from each team.

EAST

Raptors, Kyle Lowry: He is a constantly engaged player, as can be understood from being ranked fourth among point guards in ESPN’s Defensive Real Plus-Minus; he makes his teammates better just by being on the court. DeRozan has not established himself as a strong solo performer yet and he would not be as good of a shooter without Lowry. In short, Lowry has earned all the praise a point guard can dream of while DeRozan is a divisive talent for now. DeRozan’s importance for the team should not go unacknowledged though, and I can confidently say it has not gone unnoticed for Raptors. He was the 2nd largest paid player in NBA history when his contract of 27.7 million was signed in 2016. They are both on a rise to NBA’s superstardom.

Cavs, LeBron James: In the December issue I wrote about why LeBron is the best basketball player ever, so it is no surprise that he is the best on the Cavs. The second best on the Cavs is Kevin Love, who was surprisingly switched from power forward to center this year and continues getting more possessions. The duo deserved the championship they won in 2016.

Bucks, Giannis Antetokounmpo: 6’11” Antetokounmpo led the Bucks on every major stats category, and is the 5th player to achieve that alongside Kevin Garnett and LeBron James. If he starts being a threat behind the 3 point line as well, NBA fans will divide into half again like the “MJ vs LeBron” argument on which is better . . . but this time for “Giannis vs LeBron”.

Knicks, Kristaps Porzingis: 22-year-old Porzingis has the ultimate rim protection and only two players saved more points around the basket than him last season. He will finish the 2017-18 season as a top 30 player and could even be higher if the Knicks had the players and resources to properly use him. He is followed by one of the greatest offensive players, Enes Kanter, who scores second highest total in the league; it is nearly impossible to keep him off the glass. It won’t be long before they both start taking their place among the best.

WEST

Warriors, Kevin Durant: Golden State Warriors have 5 star players in their starters and with the argument on who is the best, Stephen Curry and KD are always being compared. Steph might be the highest paid player in the NBA with 34.7 million, but KD who is 15th on that list with 25 million is a much better player than Steph. I think KD who declares he is “on the same level” with the best player, James comes second in the NBA followed by Steph.

Rockets, James Harden: The Rockets have 2 superstars on their team who are both in the top 10 players, but Chris Paul has the co-pilot role. James Harden (a.k.a. the Beard) was displaced from the ball and was overthrown from the point guard throne with Paul’s arrival, but Harden who has consecutive runner ups in the MVP race cannot be replaced by Paul.

Spurs, Kawhi Leonard: Except 1 or 2 players in the NBA, no one stands a chance against Leonard with his unbelievable performance on both the offensive and defensive end. There’s no doubt that the whole system of Spurs is shaped around this elite-scorer with seeming effortlessness. As a result, Demarcus Aldridge, team’s second best, is a no match for Leonard.

Thunder, Russell Westbrook: This year, six-time NBA All-Star Russ West was joined by Chris Paul and Carmelo Anthony, who are both superstars that will eat into his share of offense and stats in general. These 3 stars complement one another well but Russ has carried OKC to respectability on his own last year, and this act of loyalty combined with his inclusive talents will make him the best of the best.

Don’t forget to take a look at the starters for NBA All-Star Game 2018, which will be revealed on January 18!



By: Zeynep Berra Yilmaz

Senior Boys' basketball has nearly completed the regular season with 4 wins and 3 losses; they are fifth in the West division! They won 50-46 against Dundas Valley as they made a huge comeback in the 3rd quarter. Steals and fast breaks are their biggest strengths - which they do often - but they had a boost in the 4th quarter where they made it seem like it was really easy. They stole the ball 3 times in a row when Dundas was on offence and ended with a fast break plus a successful layup. That game was followed by another win at Westmount with the result of 58-50. At the game against ES George P. Vanier, where the result was 56-49, Warriors were doing so well that no one would have thought they would lose by 7 points. They were extremely fast in the first half and went into halftime 2 points ahead, but got too tired to keep up the pace in the 3rd quarter. Despite losing the game before that as well against Waterdown, Warriors won their last home game against Hamilton DCH 67-59.

In all the games it was obvious that the coaching has placed a lot of emphasis on spacing. Even though the players usually got closer to the player with the ball, they had a good layout and left no choice for the opposite team but to be smart and cautious while on defence. The defence did a solid job and if a guard of the opposite team went into the paint on offence, Warriors did not let him get all the way to the basket and finish. Whenever the ball was knocked loose, they always came up with it, which is a reflex coming from all those steals. The players, especially the centres, knew how to keep the ball hot. When they received the ball under the rim, they did not bring it down and allow the guards to not only foul them but also get away with it; refs usually cannot see what is going on in the crowd under the rim. Instead, they kept the ball high and completed the basket which is fundamentally sound, even though a lot of big guys don't do it. The centres did box out very well as well and were basically wrestling the opposite player for the rebound. That's important, because a major key to winning games is the 2nd chance opportunities. For example, number 3 has a nice 50% field goal percentage leaving 3 rebounds to get. It is to the team's advantage to get those and get more possessions. Also, their blocks not only secured the hoop but also stopped the opposite team's momentum. The shooters had a good rhythm (as can be seen from the stats) and they banked it in usually with a hand in their face, about the block. When a team is up against good defenders like the Knights, they just want good looks at the basket when on offence, which

Warriors got very often. They freed themselves usually with pick and roll. The opposite teams usually expected that some players like 32 or 22 would isolate and go one-on-one. As a result, they had to have help from defence and when they did, Warriors got open shooters. Dundas V. and HDCH were reluctant to double-team (two players defending one person) but it is sometimes a risky play since it may result in the defending team losing a player. Warriors usually stood between two players and went closer to the player with the ball which enabled them to double team without losing a player. HDCH changed their tactic at the second half and started to draw the double team and set the game at the half of the offensive end to form a weak side where they got shots. And one player would ask for the ball and be the bait, while another player receives the ball. But these tactics which they thought would trick the Warriors did not pay off.

No team is perfect, and the main problem with the Warriors was unfortunately their passes. They had varying passes suitable for different plays. For instance, they used off-the-dribble pass when they were running with the ball, on a fast break, getting the ball to a shooter in quick succession. They had no difficulties with one hand over the head pass, which is not very accurate and is difficult to catch. But unlike the girls' team, they sometimes passed to the wrong place and did not get the timing right. Second, like every team, they have areas they can improve and I believe the next step for Warriors is to get physical and to use their size. They are fast and have nice footwork and shooting form but they need to take advantage of their height and be tougher.

Senior Girls' basketball has an amazing history at Westdale with 23 championships. There was a time they won 15 championships in a row and this year, they have earned another championship trophy with the 61-49 blowout against Waterdown at McMaster University. Junior Boys, on the other hand, are second in the West with 6 wins and just 1 loss while Senior Boys are doing a great job as explained above. Both Junior and Senior boys' basketball teams have one more game to go and if they win, they will complete the season with a higher standing. 2017 has really been a great year for Westdale Warriors and we are sure they will continue to make Westdale proud in 2018! Go Warriors! **(Statistics for Westdale basketball are in a table on the next page).**



(Warriors Basketball is continued from page 15)

Statistics for Warriors' Senior Boys Basketball players at the games played against ES, George P. Vanier and Hamilton DCH

No	Point				Failed Shot		Rebound		Steal		Assist		Block	
	ESGP	%	HDCH	%	ESGP	HDCH	ESGP	HDCH	ESGP	HDCH	ESGP	HDCH	ESGP	HDCH
3	0	0%	9	13%	11	9	1	5	1	3	5	3	0	0
4	0	0%	-	0%	6	-	3	-	1	-	1	-	1	-
11	1	2%	2	3%	8	12	5	7	5	3	1	1	1	1
22	19	39%	16	24%	22	15	4	7	8	7	3	2	0	0
23	10	20%	3	4%	15	10	5	4	6	2	2	1	1	2
32	13	27%	29	43%	17	29	11	9	6	2	9	2	1	0
41	6	12%	8	12%	0	6	4	9	3	0	0	3	2	0
42	0	0%	0	0%	14	0	1	0	0	0	2	0	0	0
55	0	0%	-	0%	2	-	1	-	0	-	0	-	0	-
Total	49		67		95	81	35	41	30	17	23	12	6	3

Trout Mask Replica Album Review

By: Theodor Aoki ----- Part 1: Neon Meate Dream of an Octafish



About This Review

This is a series of reviews for Trout Mask Replica, Captain Beefheart's most acclaimed album. For each review, your correspondent lay down in a dark room, eyes closed, with noise canceling headphones, listening to Trout Mask Replica in full with no interruptions. This series will continue until your correspondent genuinely enjoys the album, or until he has listened to the album ten times.

Let's Dive In (*Splash*)

I went into Trout Mask Replica with a lot of biases and preconceptions, all of them negative, having heard snippets of Beefheart's songs prior to this series. After this first full, focussed listening session, I think the album can be described generally as spoken word poetry over a track of woke monkeys with instruments.

TMR is unlike any album I've heard previously. I can't even decide if it should be classified as music. I can't tell if it's pretentious art trying to be edgy, a meaningful statement of some sort, or the pinnacle of music. The only reason I feel it could be the latter is that I am young and untrained in ear and soul, and some inner voice tells me that if something is actually very good, it ought to be unappealing to the untrained masses. Of course that also

feels wrong but that's more for a discussion on art in general.

TMR is perhaps the most disgusting album I've listened to. As an experience it is more visceral than any other auditory media Throughout the whole album there is always this tension between cohesion and chaos, with chaos generally reigning supreme. . . (Trout Mask Replica continues on page 17)



(**Trout Mask Replica** continues from page 16):

Right from the start, I got a fairly good indication of what the next hour and twenty minutes of my life would be like. Frownland, the first song on the album, is a mess of ugly, aggressively panned, and distorted guitars with frenetic bass incessantly playing and oddly timed drums. All through the song I was never quite sure if there was any method to the madness. At times it seemed like things were working together; at others it sounded completely random. However, it always felt as though every note was a conscious choice. Nothing felt accidental or improvised. It was too crazy for that. The vocals are something else entirely. First off I don't know if the Captain was out of tune because I'm not sure there was a tune. Beefheart wails and rages above his Magic Band's cacophony, spewing what appears to be nonsense. Lyrically, TMR is such a left field album that I don't remember much more than snippets and phrases. However, the general feeling can be described as "edgy with rich vocabulary, you can tell he's going to reference bodily fluids in a gross way that sounds oddly poetic. There you go he did."

About half the songs are like Frownland. There's two or three comprised solely of vocals. By the time I got to the first one of those I felt genuinely afraid. It felt like one of those things in horror movies that if you listen to it you die in three days or something. There's a song

where the Cap grovels low in your ears, there's a song with incessant screaming in the background, there's a song where audio only comes from the right ear. There's a few songs where it seems to be on the verge of cohesion. Not to say it's conventionally pleasing as the whole album is practically atonal. However, these few songs have a sort of groove, a feeling of contentment associated with the act of listening to them. It is hard to describe in any more tangible way than this for they are still very absurd.

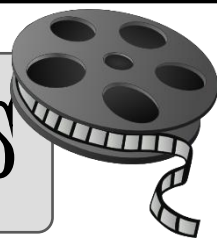
Captain Beefheart sometimes draws comparisons to Tom Waits. Their voices are similar, with the Cap's voice being much rougher than Closing Time Tom, yet more reserved than Bone Machine Tom. Musically, TMR is closest to Diamonds On My Windshield, having that spoken word element and a similar flow, but imagine Captain Beefheart as the Dali to Wait's Monet, both painting the same subject matter. Diamonds On My Windshield is one of my least favourite songs by Tom Waits.

Trout Mask Replica is the most visceral and emotive album I've ever heard. I also didn't enjoy it because it throws conventionality out the window. But maybe I'm just a creature of comfort.

Rating: 3/10, at least it wasn't boring

Final Words: Cursed

REAL GOOD REELS



The Last Jedi

A movie review – Madeline Loewith

This is the only film of the 8-episode Star Wars series in which the phrase "I have a bad feeling about this" isn't actually said. But don't let that (or the abundance of one-liners) turn you off to The Last Jedi. It's easily the best episode since the original trilogy. Now, the plot is a bit runaround - not much is accomplished - but everything is set in place for the next movie. Important character development for Rey, Luke, Finn and especially series villain Kylo Ren occurs. I'm personally a big fan of the take director Rian Johnson took with the movie. He has received equal parts praise and criticism for some of the risks he took in the direction of the storyline and characterization. Well-acted, beautiful settings, and strong female leads, it's well worth the hype.

WHERE TO WATCH: In Theatres, but it'll probably be on Netflix soon.
This movie is for sci-fi fanatics, Marvel/DC fans, and avid pop-culture followers.



DEAR A . . .

Advice from the best

Dear A,
exam szn stress relief tips pls thx
Sincerely,
stressedafplshelp

Dear stressedafplshelp,
same
Sincerely,
A



18

Dear A,
How do I stop stressing about final exams? And culminatings?
And applying to summer programs? And applying to
university? And maintaining a social life? And getting enough
sleep? And interacting with my family? And doing homework?
And completing all of that happening at once?
Sincerely,
H e L p

Dear H e L p,
hahahahahah wish i could tell you hahahahaha!!!
I wrote this list of things you could do to reduce stress in ninth
grade, back when I was filled with hope and excitement for my
first exam szn of high school. I peaked in freshman year so this
is probably a good list to follow?
1. Allow yourself to marinate in your sorrows for a while. It's
okay to feel panicked and stressed.
2. Get it together and ask, what would a kangaroo do?
3. Listen to confidence-boosting music. Beyoncé doesn't wake
up, get stressed, and wallow in despair. Yoncé wakes up, gets
stressed, and probably has her assistant deal with it idk
4. Study as early as possible. Studying is a fight against time
and the earlier you begin the earlier you can succumb to its
grasps.
5. Ask for help if need be. You are Beyoncé.
After reading this list, I see that it's better written that 100% of
my university applications. HahahHAHahahhAHAHhahhah
Sincerely,
A

FICTION

Two Conversations and the According Results

By: Sue Lee

"I don't believe I will," she said icily.

"I don't believe you would be so stubborn," protested the other girl. "You're utterly ruining the whole day we've all prepared for such a long time—"

"Oh, thoughtless people! Really, it's a bit pathetic how all your efforts will go for nothing just because a certain individual like me is holding against it, isn't it Liana? Should you not have taken precautions so that it will go finely anyway?"

"Of course, we didn't expect you to oblige easily," sighed Liana. "I'm just trying to persuade you to make a wiser decision, you know. Your pride always prevents you from being reasonable."

"Reasonable! —"

"Why, Elaine, don't act like that. We're doing this because we have a worthy and important purpose that is our expected duty. You've been brought up for a long time, and it's just because of your nature that you're suddenly so determined not to—"

"Oh, truly, I've been brought up this way, haven't I? Don't you think that's why—because I'm sick and tired of being bossed around—I'm choosing this way and moment precisely to rebel?"

With compressed lips and darkened eyes, Liana left, and Elaine herself made away in a manner equal to an angry princess - cold, straight, and irreproachable.

Meanwhile, a tall and elegant woman with pale, stern eyes, surrounded by nervous, giggly girls, stared coolly at the small girl who entered the room breathlessly.

"She won't?" said the woman in smooth, cold tones.

"No, she won't," gasped Liana helplessly. "Evidently she means it."

Elaine stepped daintily across the hall and slipped silently into her room, all the while her heart so heavy she thought of nothing else. . . (Two Conversations continues on page 19)

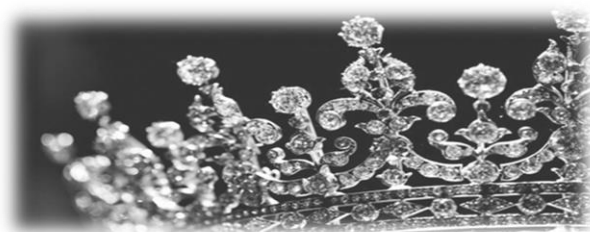
(Two Conversations continues from page 18):

As much as she refused to give up her pride to something she viewed as so selfish of them, she wondered bitterly why she had to be given such a heavy duty that her nature protested fiercely against, on this “precise day”.

The woman stepped up to her husband angrily. “Liana has informed me of Elaine’s refusal.” She hissed. However, the man allowed nothing else than mild surprise to show on his face. “I see. Excuse me for a moment.” He stepped royally out of the room. It was only seconds later that the woman strode after him, also in a dignified manner.

Elaine looked up as her father entered into her room. He sat down beside her and murmured a few words in a soft voice, and she needed to hear nothing more. She looked up and nodded with tear-filled eyes. “Yes, I will do it....”

The crowd, gathered outside the castle, rejoiced. The shy princess who had never showed herself in public since the twelve years she’d been born, around whom queer rumors had always circled, finally, on her thirteenth birthday, appeared in a clear beauty before the kingdom and made a proclamation—more of a heartrending speech—that caused more than a hundred tears. On the princess’ left was the tall queen with approval on her face, surrounded by the girls, including Liana; on the princess’s right was the king with a gentle smile on his face. Elaine shone her own radiant smile on the crowd as she finished speaking, and the night sky glittered in a luminous and brilliant way.



FUN & GAMES

$+$ $-$ \times \div

Exam Exam

Unscientific grade scientific calculator

By: Business Casual Horoscopes and Tips from Teddy

Start with 5 points, unless you’re reading the Sequitur, in which case start with 0 points

- Add 1 point for every class you attended
- Subtract 1 point for every class you missed (Weekends count)
- Add most recent test score
- Divide total by 2
- Subtract 1 point for every library book unreturned
- Add 1 point for every séance you’ve attended
- For every baked good you bought from the sequitur, add 30 points, valid only if you say “My mouth is cookie city”
- Let x be unicode of first letter of your first name, add $\lfloor \sqrt{x} \rfloor$ points
- If you’re wearing jeans, add the number of buttons, minus the number of legs
- If you’ve ever read a Harry Potter, add 4 points to Gryffindor
- If you’re character type elf, add 3 to charisma
- If you’re raw, add 5 points
- Have you ever wondered what gesso tastes like? Be honest you have (minus 3, minus 7 if you lied)
- If your left earlobe looks at all like a penguin, add 8 points
- If you’ve given yourself completely over to Mother Gaia, add 31 points
- If every time you say “cheeseburger” you also involuntarily rap the entirety of “Rap God” (add 1560 points)



If your total is less than 145.5, you loose!

thoughts on 2018

Insta: @painting_crimson

New years eve 2017



January 1 2017

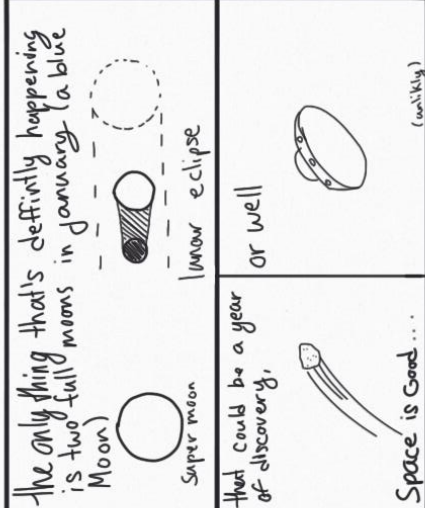
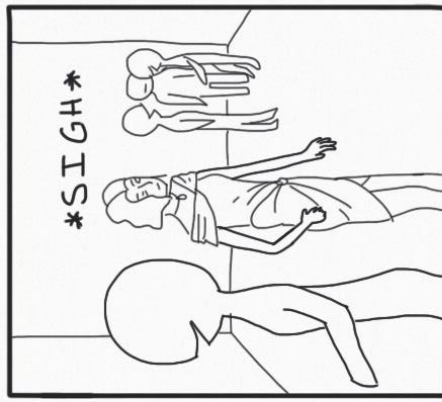
You know
I always thought
you could tell
what a year
would be like
from the first few
events

for instance

HOLLYWEED

You already knew it
was going to be crazy

January 5, 2018



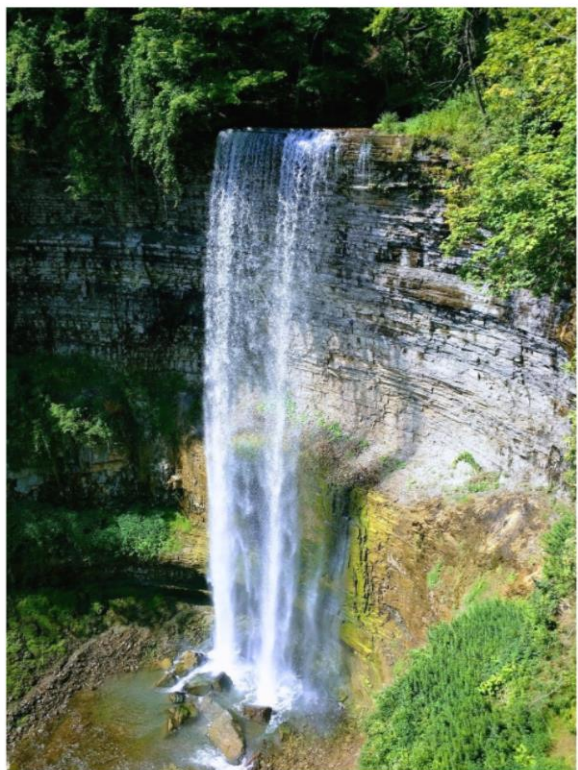


Student Photography Gallery

21

Welcome to The Sequitur's gallery of student photography! Photos are IN COLOUR on a limited number of copies! Enjoy!

Gallery: Bao Ze Lin





Hearing a weird cackle from afar,
she clutches at the talismanic cord
and confronts a cairn of iron ore.

*The Princess And The Goblins -
Sylvia Plath*



Ah! what is not a dream by
day
To him whose eyes are cast
On things around him with a ray
Turned back upon the past?

A Dream - Edgar Allan Poe



The city
drags itself awake on
subway straps; and
I, an alarm, awake as a rumor of
war,
lie stretching into dawn,
unmasked and unheeded.

*Awaking In New York - Maya
Angelou*



There's no earthly way of knowing
Which direction we are going
There's no knowing where we're
rowing
Or which way the river's flowing

The Rowing Song - Roald Dahl



Announced by all the trumpets of the sky,
Arrives the snow, and, driving o'er the
fields,
Seems nowhere to alight: the whited air
Hides hill and woods, the river, and the
heaven,
And veils the farmhouse at the garden's
end.

The Snow-Storm - Ralph Waldo Emerson

Are you an aspiring photographer? Got some photos to
share? Send them to thesequitur.westdale@gmail.com
and we'll publish them next issue!



MEMES



NOV 10 Pour Spaghetti Sauce All Over The Bean
Public · Hosted by Alex Harper



NOV 14 Catapult The Bean over Sears Tower
Public · Hosted by T.t. Shinkan

✓ Interested ▾

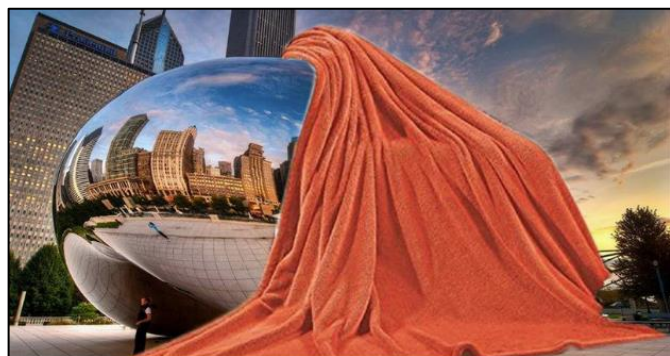
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🕒 Tuesday, November 14 at 3 PM - 6 PM

📍 The Bean
1 N Michigan Ave, Chicago, Illinois 60602

Show Map



NOV 7 Give The Bean a Blanket Cuz It's TOO COLD
Public · Hosted by Allison Geller

When you're loyal, funny, and text back at the speed of light, but you're still slept on



after eating 37 olives straight out of jar while standing in front of refrigerator at 1:34am



2:12am... going back for more olive

