

# The Sequitur

WESTDALE SECONDARY SCHOOL

FEBRUARY 2018

## BLACK HISTORY MONTH

The origins and history of this annual tradition

By: Sonya Pallapothu

Embedded in Canadian and American history, the harsh bigotry that burdened the African-American community is now recognized as a contemptuous and ignominious act that greatly discriminated against honourable and worthy citizens of our countries. The



Black community suffered from much hate and hostility from White citizens: slavery, racism, and the AIDS epidemic, to only name a few of the atrocities. To honour the Black community, Canada and the United States save the month of February for Black History Month, so that we as Canadians and Americans can remember and thank all that African-Americans have done to benefit our countries. (**Black History Month** is continued on page 5!)

## Florida School Shooting Tragedy

And why I have never been prouder of my generation in their response

By: Lane O'Hara Cooke

At 2:21 p.m., Nikolas Cruz opened fire at Marjory Stoneman Douglas High School in Parkland, Florida. His weapon of choice? An AR-15. Bought legally in the state of Florida, nearly a year before the shooting. Nikolas Cruz murdered 17 people: 14 students, 3 staff. This was the 17th school shooting of 2018 in the United States. . .

(Florida Shooting continues on page 6)

## In this issue . . .



. . . more gorgeous student photography  
(insert) . . .

. . . a sneak peek into Triune-run Diversity Week festivities (page 4). . .

Friday, of course, will be the proverbial jewel in Diversity Week's crown. Pop into the Lower Gym for the World's Fair, where you'll sample the different cuisines of Westdale students' respective cultures. . .



. . . a Valentine's Day look into the roots of attraction (page 14). . .

AND SO MUCH MORE!

# The Sequitur

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## OUR TEAM

### In this issue:

**Editor-in-chief:** Morghen Jael

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\*Shout-out to Theo for all your help with this one! <3

@SequiturWSS



## GET IN TOUCH TO JOIN OUR TEAM!

Visit Ms. B in room 209 for information, or email us at [thesequitur.westdale@gmail.com](mailto:thesequitur.westdale@gmail.com)



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## NOTE FROM THE EDITOR

Hey Westdale,

Welcome to Semester Two! Hopefully you're finding that February is a good time to be alive – you've got a fresh academic start, spring is on its way, and Black History Month is in full glorious swing.

And what else? *Love* was in the air this month. Whether or not you subscribe to this consumerist, often-heteronormative, and over-hyped holiday, Valentine's Day at the very least gave us a refresher on the concept of love. To us at The Sequitur, love doesn't need to be of the romantic variety to be worthy of recognition (although it's a prominent theme in *The Velvet Guillotine*; check page 11 for a review). Platonic love between classmates – and gut-wrenching grief at their murder – has pushed teenagers to stand up to the U.S. government on gun control (pages 6 and 7). Love and deep appreciation for the contributions of the Black community were displayed through Black History Month celebrations, at Westdale and beyond (page 5).

But we're not done yet – with learning about Black History, or with making cards to tell other people that they're pretty darn cool. Let's focus on love (respect, appreciation, connection, whatever terminology is less cheesy) not just in February, Westdale; let's celebrate it year-round.

Yours with lots and lots and lots of love,

*Morghen Jael*



Our website is in the works! Stay tuned for more details in the coming weeks about how you can get involved with Westdale's student newspaper going DIGITAL! <3





## ANNOUNCEMENTS



### ESCAPE WESTDALE

A Haunting Escape Room Experience  
Period 4 lunches  
Book your date now in Room 327!



Only  
\$2 per person

Brought to you by Westdale Communications Department

### 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](mailto:wmelnick@hwdsb.on.ca) (Ms. Melnick) as soon as you take them!



### MODEL CITY HALL

Are you interested in politics? Want to make sure your voice is heard? Looking for something extra to add to your résumé? Model City Hall is coming to Hamilton! During this free one-day conference held in Hamilton City Hall, students from all across the Hamilton

area will have the opportunity to participate in committees, where they will take on the roles of City Councillors and City of Hamilton staff to debate local issues and craft resolutions. These will be submitted to City Hall officials, helping to start the long overdue discussion between the decision makers of today and tomorrow.

The conference will be held on Sunday, May 27th 2018 and registration opens in March. For more information go to [modelcityhall.org](http://modelcityhall.org) or follow Model City Hall Hamilton on Facebook (Model City Hall Hamilton), Instagram (@modelcityhallhamilton) or Twitter (@MCHHamilton)! You can also contact Ruby Hye in person or at [rhye1990@hwdsb.on.ca](mailto:rhye1990@hwdsb.on.ca) for more info.

Let's get the youth voice heard, Westdale!



Hamilton



# Triune Updates



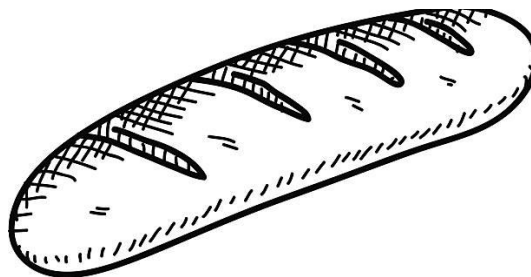
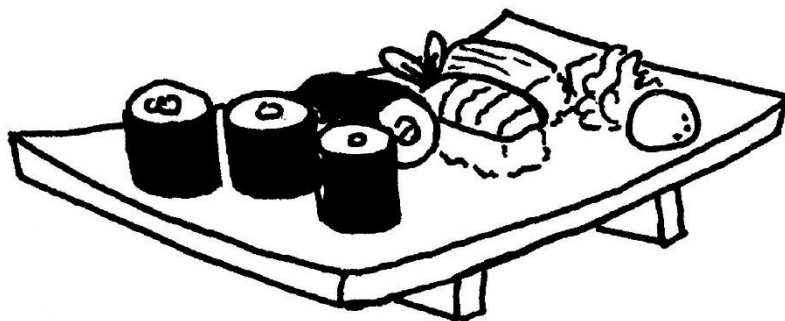
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Samosas. Baklava. Mochi. That's right: this March, Diversity Week is making its yearly reappearance, bringing with it enough sweets to rot your teeth. If you've always longed to wear the traditional clothing of your culture but never really felt it was the right "occasion", then rest assured that Diversity Week is your time to shine. There will be events every day of the week: Monday to Thursday is in the works but a Samosa Sale, headed as always by your resident MSA, is a given. Friday, of course, will be the proverbial jewel in Diversity Week's crown. Pop into the Lower Gym for the World's Fair, where you'll be able to sample the different cuisines of Westdale students' respective cultures. You don't have to be a connoisseur to enjoy this celebration of multiculturalism. And if you'd like to try things on the other side of this school event—perhaps you'd like to run a table boasting the food of your culture/country, or maybe you'd love to volunteer to help keep things running at the tables—please contact Corbin at [cmcbride1013@hwdsb.on.ca](mailto:cmcbride1013@hwdsb.on.ca) (use your school email).

Triune's also working on updating the list of active clubs. If you've ever popped onto the Westdale website to see the list of clubs, you'll know firsthand how outdated it is. The number of defunct clubs (I mean, Classics Club? I wish!) is kind of astonishing. Hopefully, this updated list will make it easier for prospective club members to understand what kind of Westdale extracurriculars they can join and when or how they can join them.

Finally, Triune's attempting to set up a schedule for clubs to plan out their events. This will ensure that the dates for two different clubs' events don't coincide in an unfortunate manner (sorry, Einstein, but I certainly can't be at two places at once!)

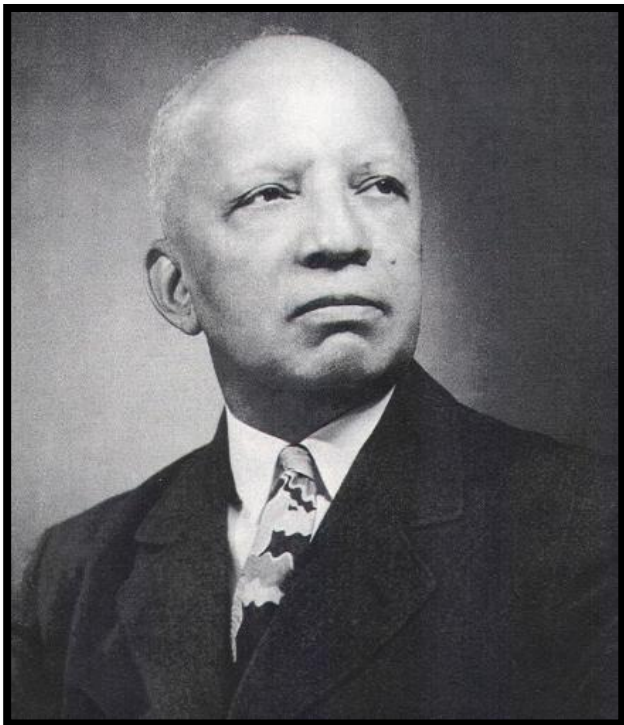
That's all this for this month! Stay tuned for further announcements about Diversity Week. You'll probably hear more over the PA system as everything coalesces further. Whatever you do, make sure you bring enough money so that you can buy samosas when the day comes!



(**Black History Month** continues from the front page):

The man behind the initiation of this annual observation is Carter G. Woodson, an African-American writer and historian also referred to as the “Father of Black History.” Woodson was the second African-American to receive a doctorate from Harvard University. He was the founder of the Association for the Study of Negro and History, which was later called the Association for the Study of African American Life and History. The goal of the association was to recognize the positive impacts of African-Americans in history.

Woodson established Negro History Week in 1926, and it was then expanded to Black History Month in 1976 in the United States. In 1995, the House of Commons of Canada acknowledged February to be the month of honouring the Black community after Jean Augustine, the first Black Canadian woman to be elected to parliament, introduced the idea. The purpose of Black History Month is to create awareness of Black history all over the world. This special observation is specifically identified in the United States, Canada, the United Kingdom, Germany, and the Netherlands.



**Carter G. Woodson**



**Jean Augustine**

Carter G. Woodson and Jean Augustine are two African-American people who greatly impacted civilization. Martin Luther King Jr., an infamous activist, was the leader in the civil rights movement from 1954 to 1968 and encouraged nonviolent protests for racial equality. Rosa Parks, who was also a civil rights activist, is said to be “the first lady of civil rights” after combatting racial segregation. Parks refused to give up her seat after being told by the bus driver to give up her seat in the “coloured section” to a passenger when the “white section” was filled. Rosa Parks is also said to be “the mother of the freedom movement.” These remarkable people are only a few examples of positive African-American influences, but there are so many more momentous figures that should be revered.

We, as Canadians, should value all the Black citizens not only in our country, but all over the world, and show our appreciation for their contribution in history not only during Black History Month, but throughout the year. We can show how thankful we are for their beneficence by learning more about their heritage, culture, and accomplishments.



**Rosa Parks**



(**Florida Shooting** continues from the front page):

We've seen it many times: a school shooting happens, people tweet their thoughts and prayers, Republican politicians say it's not the time to discuss gun control, they say the left is politicizing a tragedy, and slowly people start to forget. Then another school shooting happens. Again and again, nothing changes. The only time people will talk about mental illness is when they don't want to talk about gun control. Only when it fits a pro-gun agenda, not when they want to actually help people.

I am from a generation that has grown up with a very real fear of school shootings. I was born after the Columbine massacre. For teenagers who live in the United States, the threat of someone coming into their school and killing students and teachers is not a distant rarity, but a stark reality. We see people on television and online who value America's Second Amendment over the lives of children: children like the six-year-olds at Sandy Hook. The teenagers in the United States are not yet able to make choices about the country's gun laws. They are not the politicians who play games with The National Rifle Association at the expense of students, like those at Virginia Tech.

Students like Emma González, David Hogg, Cameron Kasky, and Delaney Tarr are sick and tired of kids getting killed by guns and nothing ever being done. They are the survivors of the Parkland shooting and they have made it clear that they want change. They want gun control because too many innocent, young lives have been lost because there have been adults afraid of action. Survivors are using the social media platforms that are so ridiculed by the older generations to spread awareness about gun violence and to put together rallies in support of gun control. They have created March for Our Lives, a demonstration planned to happen on March 24th, 2018.

When I look at the survivors and activists of Parkland, I see a group of young people rising up and fighting for the protection of their lives from guns. I see bravery and strength one does not see from the White House, particularly noticeable in the case of the President. I see change coming in America's future and I see hope for all the lives that could be saved by gun control. This is the generation of kids who will not forget. This is the generation of kids who will not stand down.



# The future of tomorrow might actually know something today

By: Julia K. Watson

There seems to be a common misconception within the minds of adults in today's society that young people do not know anything and in turn cannot have a meaningful stance on any kind of topic, whether it is controversial or not. I have commonly heard the phrase "Oh, you're too young to really understand what's going on. You'll get it when you're older." However, when I do hear that, it roughly translates in my head to "You're an overgrown child who has no knowledge of how the world functions and to be quite frank, don't know what you're talking about." I have always found it humorous when it is implied that there will be some type of magical educational awakening--as if one morning you wake up and somehow have a vast understanding of all of the world's problems coupled with ideas on how to fix them; but that's just not the case.

People's opinions change and develop over time through education. It is crucial that when adults are discussing issues that could be considered controversial that young adults can actually have their own opinion too.

On Wednesday, February 15<sup>th</sup>, Nikolas Cruz entered Marjory Stoneman Douglas High School, located in Parkland, Florida, with AR-15 rifle and opened fire, ultimately killing 17 people in total. While one could assume that the students, staff and families of the school are all simply mourning the loss of those people and trying to recover from such a horrific incident, that's simply not the case. Instead, most of them have been going to gun control rallies and speaking to anyone that will hear them in regards to the ongoing gun control issue in the United States. On February 22<sup>nd</sup>, students and parents took the CNN stage to speak against anti-gun-control lawmakers and spokespeople to attempt to change the laws in the States.

The survivors of Marjory Stoneman Douglas have blown the world away with their unwavering activism. One survivor named Emma Gonzalez stated,

*"The people involved right now, those who were there, those posting, those tweeting, those doing interviews and talking to people, are being listened to for what feels like the very first time on this topic that has come up over 1,000 times in the past four years alone."* Furthermore, *"When we've had our say with the government -- and maybe the adults have gotten used to saying 'it is what it is,' but if us students have learned anything, it's that if you don't study, you will fail. And in this case, if you actively do nothing, people continually end up dead, so it's time to start doing something."*

Ms. Gonzalez, along with her fellow classmates, has even influenced President Donald Trump into considering making changes to the laws, such as raising the minimum age to buy a semi-automatic rifle. Although they have not changed any laws yet, they are pushing people in the position of power into having a conversation, which is more than most have done.

These students are examples of the very real things that young adults can accomplish when they are actually given a leg to stand on and are allowed to open their mouths for once without being told that they are too young to do so. By no means am I saying that all young people are going to state properly-executed and thought-provoking things that are intelligent. I am saying that we need to be given the ability to screw it up. We need to be given the time to say the wrong thing, to form new opinions, and to further educate ourselves without being afraid to do so because an adult told us that we are too young to know anything. It is scary enough to debate any adult on issue when you are a kid, but if we can find it in ourselves to actually say something of meaning, adults should find it in themselves to listen.



# 2018 NBA Trades and the New Path the Toronto Raptors Chose

By: Zeynep Berra Yilmaz

February 8th was a date sports fans were looking forward to. Competition for the 2018 Olympic Games started with the opening ceremonies taking place the next day. But for basketball fans it was the Trade Deadline, a.k.a. end of the Rumor Season. For players, coaches and fans, draft is a unique time; it requires special moves to take a final step and Ujiri and Webster nailed it.

C.J. Miles came to the Raptors from the Pacers this year with lots of advantages, like his ability to space the floor. However, his biggest weapon, which is the reason the Raptors actually acquired him, was the way he takes and makes 3s. Never before in the history of basketball has the three-point shot been more valued than it is today. His 3s not only help with scoring but also allow for lots of tactics to be put to use. It forces teams to keep a defender out on the perimeter near Miles, which frees teammates like Lowry and DeRozan to operate in the paint and the mid-range. On games where Lowry and DeRozan are not as effective, Miles even takes the offensive burden on his shoulders. Last year, at the age of 29, Miles had his best ever season shooting 3s, achieving a 41.3% success rate. That was 12th in the NBA, one spot ahead of new teammate Kyle Lowry, who was a bit lower at 41.2% and just behind the Warriors's Klay Thompson at 41.4%. Miles had taken advantage of this and made an extra \$4 million per season with the Raptors, but the problem is that he did

not entirely live up to expectations. His success percentage dropped to 34% in January. He is not producing to his full capabilities, has suffered injuries and has gone through surgeries this season. That is a big concern right now considering it would be a disaster if he had to rest close to playoffs.

Trading DeMarre Carroll to the Nets had seemed logical since Carroll suffered some health issues while leaving (while Miles was perfectly healthy when he was coming). Carroll was a really good player that just could not adapt to the Raptors and could not capture the chemistry. He said 'a lot of guys didn't trust each other'. When there is not a good locker room atmosphere and great relationships, or when a player is not happy, that will transfer onto the court with negative outcomes, which is why this trade was essential for the Raptors.

Bruno Caboclo's departure to the Kings and the arrival of Malachi Richardson was the last trade of the Raptors, taking place on the deadline. Caboclo appeared in just 25 games for the Raptors over 3 and a half seasons –two of which were this year. The fans only saw the small forward on the Raptors bench or playing for the G-League where he spent most of his time developing. He was drafted in 2014 but ESPN college basketball expert Fran Fraschilla said that "he's two years away from being two years away," which turned out to be true after all. He was appealing for the Raptors mainly because of his body type – nearly 7-feet tall with a 7-foot-7 wingspan. The Raptors believed Caboclo was an athletic hot-hand fallacy with a lot of potential and that it would take some patience to improve his game. However, he never managed to elevate. During his extremely rare time on the floor with the Raptors, he could neither shoot nor rebound proficiently. He was basically an experiment for the Raptors which did not succeed, but it was amazing how the Raptors did something no other team dared to. . . .(NBA Trades continues on page 9)





(**NBA Trades** continues from page 8):

The trade of this raw rookie which the Raptors could not build into a player with impact saves them a little under \$1 million since acquiring Malachi Richardson costs less. The team could use a player who can shoot and help out with the playoffs without bringing change in terms of on-court play. Just a presence and a threat that could help for the short-term would be enough. Richardson – 22 years old, 6'6" shooting guard, and a 22nd overall pick in the 2016 NBA Draft – could help out with that. This cost-controlled young wing averaged 3.5 points on 37% from the field, 30% on threes, and 78% from the line over 47 games, including four starts. He hit threes at a much higher level in G-League (42.1%), and could hit buckets in his 2nd year in the NBA. If one thing is for sure, it is that he somehow needs to develop. Maybe the Raptors have bigger plans for the rookie.

The Raptors did not make major changes and disrupt what they already have, resulting in what seems to be a promising future. It was clever how they did not take much risk, and they did the exact opposite of the Cavs who traded nearly half of their roster. The Raptors are

one of the top four or five teams in NBA right now, and have a legitimate shot at playing for a championship. We wish good luck to former Raptors players that were traded during this period. They are valuable to their new teams and hopefully will improve both themselves and their teams. And a huge welcome to the new players of the Raptors who are now a part of this successful and peaceful team!



**Malachi Richardson**

## Valentine's Day in Sports: Famous Athlete Power Couples

By: Zeynep Berra Yilmaz

Laila Ali is the daughter of the best boxer of all time, Muhammad Ali, and she is the most successful female boxer in history, retiring with a flawless 26-0 record. Her husband, Curtis Conway, was an NFL wide receiver who is ranked in the top 5 Chicago Bears of all time and had put up numbers that were really impressive: 12 seasons, 594 receptions, 8,230 yards, 52 touchdowns.

There have been some famous track relationships, like Flo-Jo and Al Joyner, but no couple can top the achievements of Sanya Richards-Ross and Aaron Ross. In the Olympic Games, she won bronze in the 400m in Beijing, and then gold in London, along with three 4x400 relay golds. She has 6 gold and 3 silver medals in World Championships. Her husband won two Super Bowls with the New York Giants.



**Laila Ali and Curtis Conway**

They got married in 2010 and their life was partly chronicled in the weekly reality series *Sanya's Glam and Gold*. . . (**Athlete Valentines** continues on page 10)

**SPORTS**



(**Athlete Valentines** continues from page 9):

Nomar Garciaparra of the Boston Red Sox finished his career with a .313 batting average, 229 home runs and six times on All-Star teams. He was a great player but his stats are nothing compared to Mia Hamm's resume. The most famous woman soccer player of all time, Hamm was named FIFA World Player of the Year in 2001 and 2002. She scored 158 goals for the USWNT, with which she won two World Cups and two Olympic golds. The two got married in 2003.

Don Drysdale was a Hall of Fame pitcher with the Los Angeles Dodgers, a nine-time All-Star, winner of the Cy Young award and three-time World Series champion. He married Ann Meyers, a basketball pioneer who became the first and only woman to sign with an NBA team when she signed a deal with the Indiana Pacers in 1980. She was the first woman to be signed to a four-year athletics scholarship for college at UCLA. She was the first woman to be a part of the U.S. national team while still in high school. At UCLA, she was a four-time All-American and became the first person to record a quadruple-double in a college game. Their marriage lasted 6 years until Drysdale's unfortunate death.

Gabrielle Reece and Laird Hamilton are a couple that are trailblazers in their respective fields - beach volleyball and surfing. They have two daughters and are lovers of sand and surf as a family.



**Marianne St-Gelais and Charles Hamelin**

The McMahon family is known for their involvement in the fields of professional wrestling, business and politics and are the founders, owners and promoters of the world's most prominent professional wrestling company, WWE. Stephanie McMahon, daughter of WWE impresario Vince McMahon, is a former wrestler. She got engaged with 9 time WWE champion Triple H on Valentine's Day. They were married in 2003.

Nadia Comaneci and Bart Conner are both former American Olympic gymnasts. When she was 14, Comaneci had earned seven perfect tens in the 1976 Montreal Olympics. That was the first time in history that someone earned a flawless ten. They got married in 1996, more than 20 years after they first met, when both had won a competition at Madison Square Garden.

In terms of talent, Tiger Woods, a professional golfer, and Lindsay Vonn, a ski racer, are untouchable. Both are, without a doubt, among the top three to have competed in their respective sports. Woods has been one of the highest-paid athletes in the world for several years and is certainly among the most successful golfers of all time while Vonn has an Olympic gold medal and 4 World Cup overall championships. She is representing USA at the 2018 Winter Olympics in Pyeongchang. The two broke up after 3 years together.

Marianne St-Gelais was born in Québec and competes in short track speed skating. Charles Hamelin is also a Québécois short track speed skater. He has 10 gold, 12 silver and 13 bronze medals in World Championships as well as 3 gold and 1 silver in Olympic Games. They are both representing Canada in the 2018 Winter Olympics and Hamelin is trying to become the first Canadian ever to earn three individual Olympic gold medals. The couple were featured in Hello Canada's 50 Most Beautiful Canadians list in 2010 (and pictured left).





## The Velvet Guillotine - A Play Worth Seeing

By: Justice Tomlinson

The Velvet Guillotine - a play written, starring, and directed by Westdale's own Sam Barringer, is an unconventional romantic comedy about the escapades of Riley and her aloof, protagonistic friend, James. James is your average guy working an office job at which he occupies the bottom of the dominance hierarchy. His life is looking dreary until Riley brings him to a plot-igniting party. James meets a girl named Stephanie. After a night of bed-breaking fornication, the two fall in love and confide in each other. Barringer establishes a brilliant psychological cohesion between the couple, playing on the dominant but cautious personality of Stephanie and James' conscious passiveness.

Barringer plays on the biting, fourth-wall breaking brilliance of Riley for comedic relief. The character's sardonic undertones are all too appropriate in channeling Barringer's own signature tone, pushing the envelope for biting humor with each interlude. Each character is uniquely and pronouncedly emotional, transitioning from their simplistic, workaday selves into impassioned, depth covenants for a deeper plot.

The story is a battle for more than romance. It takes a more subtle look at the concept of morality - the morality of a fictional character who experiences birth and death all within 75 minutes. Barringer delves into the dilemma every member of the audience has to grapple with. For the audience, it's 80, maybe 90 years of life to spend. The Velvet Guillotine leaves the viewer with the following questions: Can we escape our destiny and should we fight it? Can we justify evil if it means that our friends might live another life? What are you willing to sacrifice for a happy ending?







# Trout Mask Replica Album Review

By: Theodor Aoki ----- Part 2: I run on beans; I run on laser beans

## 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.

## Time to Pokémon Go into depth about this album

A lot has changed since January, including the weather. If you haven't read the first part of this series, or are hazy on the details, allow me to give you a brief summary of Trout Mask Replica (or TMR, as it will be referred to throughout the rest of this article). Captain Beefheart wails, he moans, he groans, he screams over meticulously planned instrumental anarchy, faithfully rendering utter chaos in a musical style. Sounds come at you when you least expect it. Growled words linger in your ears. Overdriven guitars dare you to tune out. All in all, a harsh experience.

In my previous article, I lamented the seeming randomness of the album. However, I also wondered about its possible musical depth, praising its originality (even while, at the moment, detesting the album's musical offerings). This past month has changed my perspective. After a second listen, the appeal of the album, however slight, fell away. The album became a bore. It was difficult to finish due to my exasperation. Already I dread my next visit with the Captain.

TMR has no strength to speak of. Very rarely is there any structure within the album. Any time that there is, I am surprised. However, I soon realise that, though in fact structured compared to TMR as a whole, there is no segment in the entire album that I would argue has an arrangement that agrees with itself. There

is always at least one part "off", whether it be a stray guitarist, an errant bassist, or the crazed Captain himself.

While it can be said (and I would emphatically agree) that a heavy reliance on structure produces most extraordinarily dull compositions, I now think that the same can be said of music that shirks any form of convention. Without anything to latch on to, the mind grows weary of the constant stimulation by rapidly shifting tonalities and rhythms. To be quite honest, TMR's lack of patterns seems to become itself a tiresome pattern.

Of course, it could still be that my soft ears, raised on the likes of the Boss and the Rolling Stones, are as of yet too unfamiliar with the sonic landscape in which TMR lives. All my respect goes to those who can genuinely enjoy Captain Beefheart. Captain Beefheart sometimes draws comparisons to Tom Waits. least favourite songs by Tom Waits.

**Rating:** 1/10, I would never listen to this album of my own volition

**Final Words:** Opposite of Yikes





Dear A,  
October is seriously the month of spookiness...I have gone from a 98% average to a 48% in chemistry. I'm constantly dozing off in classes because I'm staying up very late everyday, scrolling through various forms of social media, and I have very little motivation to do anything until at least 10PM. This would be manageable if I were in a junior year, but unfortunately, I'm applying to universities starting next month. What can I do to fix this?

Sincerely,  
Infected with Senioritis

Dear Senioritis,  
No acceptance letter, no senioritis. What are you doing. . .  
If social media is a huge distraction, cut it out. In my experience, setting a strict schedule of when you allow yourself to use your phone and putting it somewhere very far away after you've used up your allotted time is very helpful. Also...sleeping in classes is not acceptable and incredibly disrespectful to the teachers who have put in time and effort into creating a lesson to give you and education that will allow you to go to these universities you're applying for. Unless you have a medical condition or a darn good excuse - and procrastination isn't good enough - you better be in class at 8:35AM, engines running, ready to learn. If you're not able to exercise self-control, let someone help you. Maybe that means good peer pressure in the form of video calling a friend who you know will be on top of their game so that you two can do homework in the presence of one another. Maybe this means involving a parent who can put a leash on your devices for the time being. Whatever you decide to do, make sure you internalize the fact that senior year is not the time to slack off. As my favorite tiger mom has said, doing poorly in your senior year means the years and years of hard work you have put in previously means nothing. Let this sink in, put down your phone, pick a pencil, and get crack-a-lackin'.  
-A



Dear A,  
Things to do while waiting for my post-secondary decisions?

Sincerely,  
stResSedOuT



Dear stResSedOuT,  
1. Cry  
2. Wallow in despair  
3. Read a friend's application and cry as you realize yours wasn't actually that good  
4. Realize that nothing matters anymore lol what's the point of existing?  
5. Realize that the point of existing is to exist  
6. Be happy that you are still at this moment existing  
7. Hang out with friends and family that you won't get to see this often starting next year : ^ (  
8. Thank your teachers, thank your mentors, thank you coaches, thank everyone who has helped you get this far. They're rooting for you!  
9. Cry  
10. Sleep  
-A



Dear A,  
why are you only producing senior-related content : (

Sincerely,  
\$1.99 junior chicken

Dear \$jc,  
i need to come to terms with the fact that i have like 60 days left until i am no longer a high school student and say goodbye to this monotonous but very helpfully structured lifestyle.

Sincerely,  
-Sad A

Dear A,  
Best song to wake up to?

Sincerely,  
Sound Asleep

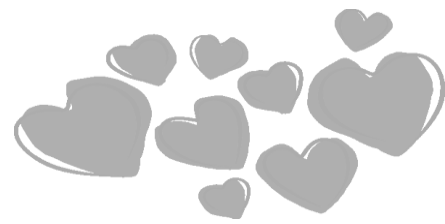
Dear Sound Asleep,  
<https://www.youtube.com/watch?v=ak6gtMPI7NM>

Sincerely,  
A



# The Deduction of Attraction

A Valentine's Day Article by: Ainsley Hodge



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It is February, the month of love and pursuit of affection, so I figured it would only be appropriate if I wrote an article to help all of you readers gain a significant other. In a fully scientific way, of course. Furthermore, I have concluded that most of the people I have met are doing it wrong. They don't fare better later in life either; 45% of marriages end in divorce, and the percentage of unhappy marriages only rises from there. So, what are we doing wrong?

Thankfully, for us high schoolers, marriage is (or at least should be) a far off event. Right now, we need to expand our repertoire of personalities. What I mean by this is that we need to do a lot of observation in order to find a suitable partner. You should first examine any significant others you've had in the past, and try to find things that each of them have in common. When you do, this personality trait will be the focal lens of your theoretical "love microscope". The more traits you examine, the more accurate it becomes in finding you a suitable partner. Now, observe anyone you're interested in at the moment; see if any traits apply. If they don't, the likelihood of a good relationship being possible drops exponentially with each trait that doesn't align. Once you find someone who does fit your standards, it's time to commence step two: baiting the line.

Just as for different fish you use a different lure and bait, the same goes with the person you try to attract. This

is a very experimental part in the process, and observation may help before you test the waters. If they are someone similar to you in personality and interests, than you'll likely have the same sort of lure. This gives you an advantage, because if you know your lure, you can certainly bait and trap them easily. If you're unsure of where to begin, the best way is to give light signals and – wait for it – observe.

Much like a chemical reaction, the slightest responses and changes in a person's behaviour can tell you a lot about what's going on upstairs. Prolonged eye contact, dilated pupils, increased respiration, et cetera, et cetera. All of these are little qualitative observations that are crucial when trying to bait and lure. These will tell you if they're a fruitless endeavour, or if they're ripe for the taking. After you make these observations, total your findings. You now have your answer. Your last step is here. It's time to take the plunge.

This is by far the most difficult part for everyone who does it, so prepare accordingly. Expect the worst but be prepared for the best. So, go ask them out. If you think it will help, you'd best do so in a familiar place so they feel relaxed and happier, increasing your chances of receiving a yes. That's all the advice I can give you, as the rest is dependent upon the other person. Good luck!



## Business Casual Horoscope 5 Tips to Become Rich --- By: Graeme Farrand

1. If someone offers you a cookie, take two and sell the extra one back for pure profit.
2. Plant some money and watch it grow into a money tree just as the saying goes: "Money doesn't grow on trees unless you water regularly and devote your life to mother god Ides: goddess of money trees and squirrel bankers." Note: be aware of any squirrels that approach you during this planting, interest rates anywhere above 2.3% are a pure scam.
3. Buy a dog. This will lose you money but give you lots of love and what's better than that? Answer at bottom.
4. Go back in time and bet yourself that bitcoin will be worth thousands of dollars. Then when it is they'll owe you so much.
5. Don't take financial advice from a school newspaper article with the words "Casual", "Horoscope" and "Bus" in the title.

Answer: More dogs are better. Buy all the dogs!

**FUN & GAMES**



# The Rocker on Ol' Honey Lane

By: Vicky Robinson

A rocking chair sits  
 On a porch  
 On a house  
 On the corner of ol' Honey Lane.  
 It looks over fields of lavender stems  
 And rocks with the wind and the rain.  
 I grew up walking past it,  
 On ol' Honey Lane,  
 And would sometimes drop by for a swing.  
 I brought books and some snacks,  
 Played with dollies and jacks,  
 This poor rocker withstood everything.  
 I grew a bit older but kept coming back  
 To my rocker on ol' Honey Lane.  
 I'd bring it my sorrows and rock til the morrow,  
 Forgetting my worries and pain.  
 The gentle caressing of lavender lullabies  
 Scattered the clouds of grey.  
 And whene'er I was lonely, I knew that only  
 My rocker could brighten my day.  
 Still older I grew and soon began dreaming  
 Of cities more couth and refined.  
 So I hopped on a plane, fled my ol' Honey Lane  
 And left my poor rocker behind.  
 I traded my jeans for a dazzling dress,  
 And dollies for wine and pearls.  
 But nothing within could dare to trade in  
 The mem'ry of that young, little girl.  
 The girl who spent hours watching lavender fields,  
 On the corner of ol' Honey Lane.  
 I knew without haste, there was no time to waste,  
 I had to go find her again.  
 So back home I flew, to see family and friends,  
 To smell lavender waft through the air.  
 I ran to the porch of the old corner house,  
 And saw my dear old rocking chair.  
 I hopped on its seat, kicked my feet off the ground,  
 And remembered the wind and the rain.  
 As the sun went to sleep in the lavender fields,  
 So I slept on my rocker  
 On ol' Honey Lane.



## Words

By: A Rough Hazy Ink Ninja



Sometimes words do not cut what we feel on the inside. It often seems like an image or movement can describe you more than words. Though I ponder how people use words or a phrase to describe themselves, not seeing how it becomes their label and it won't stop there. Soon there will be a list of labels that will be compartmentalized into a perfect box they now get to reside in. Then, when you want to escape, you can't - each single word is a maze of its own. What is its connotation, denotation, or definition when it is related to you? Language is a powerful tool, yet people don't understand that. Language destroys societies as either too much gets said, or not enough. But this is the pondering of one individual; does it even matter?



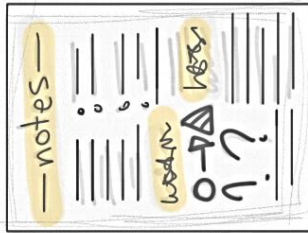


# "Self Care"

@painting\_crimson

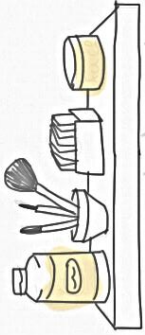
January						
			4	5	6	
7	8	9	0	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

After the 2 weeks of no sleep and stress...



Studying...

and definitely not crying :..



I wanted to do some self care

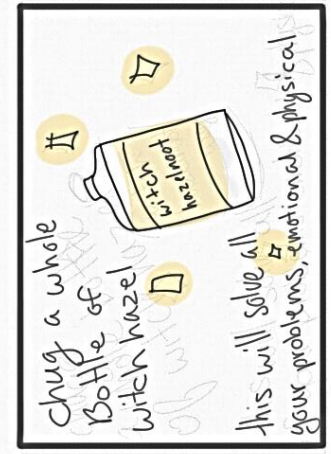


I went to the internet for ideas

Some Google Searches later



Search



Because witch hazel solves the financial problems too

remember this only works on 0.0001% of the population



# Student Photography Gallery

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

Gallery: Mackenna Friesen



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



## Visual Arts

**Peter Kan** proves that you don't need a camera to be creative! This drawing was inspired by the current superhero film sensation *Black Panther*.

