



# The Sequitur

WESTDALE SECONDARY SCHOOL

MAY 2018

## Westdale Rowers + Chili = ♥

Rowing team fundraises for beloved double rowing boat with chili cook-off

By: Madeline deJonge

On Thursday April 27<sup>th</sup>, the Westdale rowing team and their families and friends gathered at the Leander Boat Club for the Westdale Rowing Chili Cook-Off.



The event was organized by Becca Henderson and Sheri Henderson, but would not have been possible if not for Coach Tom Beshoff, Coach Peter DeNew, and Coach Mike Roche for making the Westdale Rowing team who they are. The fundraiser was for fixing the beloved double rowing boat, the *Justice*, and also to raise money for a new boat that could be shared by the Westdale Rowing team and Leander boat club. . . (Chili Cook-Off is continued on page 4)

## Self-Care Is Not Vanilla Candles

A guide to *real* self-care and self-improvement as a stressed student

By: Taz Chu

It's May. You know what that means. Midterms. IB exams. Culminatings. 'Round this time, stress hits the student body like a freight train. On its heels chug anxiety, apathy, and procrastination. The four horsemen of the apocalypse have arrived, and dark times lay on the horizon. How the hell are you supposed to contend with them? The desperation builds. So does the dread. . . (Self-care continues on page 14)



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. . . how to learn vocabulary in a new language, efficiently (page 7) . . .

*There is a strong linear positive correlation between the number of hours you devote to language learning and your ability at it. This is the most important rule to keep in your head while studying languages. . .*



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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](mailto:thesequitur.westdale@gmail.com)



FOLLOW US ON INSTAGRAM!

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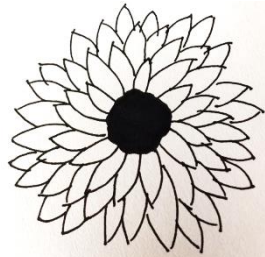


Our website is in the works! Stay tuned for more details in the coming weeks about how you can get involved with Westdale's student newspaper going DIGITAL! <3

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## NOTE FROM THE EDITOR

Hey Westdale,

I've taken to composing these editorials in a state of acute mindfulness, writing about my experience of writing. This time, I'm not in a foggy downtown café, or my snug lamplight bedroom, or a blue-glowing city bus on the Jolly Cut; I'm sitting on a metal bench under fluorescents at the second-nearest McDonald's, sipping an iceless Diet Coke and tolerating the 102.9 K-Lite musical abominations overhead. But actually, it's okay.

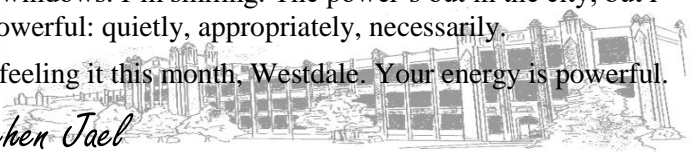
It's the night of that wind storm, that power outage; it had disabled my house's wifi and plunged my room into a sudden and deafening darkness. I swore audibly and slumped in my chair, looking out the window at the precariously wind-bent trees. I was supposed to be writing an editorial. So I plodded down the sidewalk seeking new and well-lit shelter, ending up at McDonald's – I was tired, cynical, vegan, and powerless.

I opened my laptop and forced myself to brainstorm about self-care. *This month*, I typed, *I'm learning to adapt*. I'm learning to build a comfortable space and soft mindset everywhere I go. So even on this cold and sticky bench, I tell myself I'm cozy. The bright overhead lights just could be warm, and cheerful.

A great, nostalgic song just came on the radio – as I finish typing this editorial, I watch my reflection subtly lip-sync in the smudgy black windows. I'm smiling. The power's out in the city, but I feel powerful: quietly, appropriately, necessarily.

Keep feeling it this month, Westdale. Your energy is powerful.

*Morghen Jael*





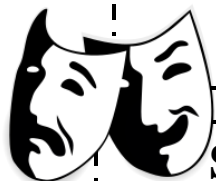
# ANNOUNCEMENTS



## BUY YOUR 2018 YEARBOOK



You must purchase your 2018 Yearbook before May 15th to have your book delivered with our bulk order. Books will go up in price after this date!



## STRATFORD TRIP!!

Come on the Stratford Trip and see "The Tempest". A whole day of art, culture and theatre awaits you!

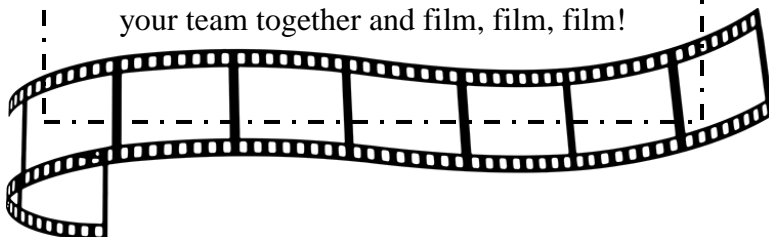
Ask your English Teacher or see Ms. Hartill in Room 211 or Ms. Baboudjian in Room 209.

## NEW FILM CLUB DURING JR LUNCH

A new filmmaking club has started. Meetings are Tuesdays during junior lunch in Room 333. Come and join us!

## WESTDALE 5 HOUR FILM CHALLENGE

Register for Westdale's annual Spring 5 Hour Film challenge, which happens on May 16th. Forms are in the office and in room 333. Get your team together and film, film, film!



## Triune Updates



That's right, your regular updates from Student Council!

**GREETINGS FROM TRIUNE!** We hope you've had a good time of midterms and enduring the accordant blast of work. There's culminatings on the horizon, so ready yourself to buckle down and do some studying. Let's end the year with a bang!

Our Triune column this week will be brief, as Triune is winding down to a close for a year ... But not before the annual **Talent Show** is making its return! Expect to see singing, performing, perhaps even dancing performed by Westdale's own student talent. We're looking at the tentative date of Thursday May 31st. It's the perfect way to destress before exams hit and see off this May. And guess what, it gets better--we're not completely certain, but at the moment, it looks like admission will be **free**! Yes, that's right, totally **free**! So mark the date on the calendar, folks--we look forward to seeing you there!





(**Chili Cook-Off** continues from front page):

They fundraised by doing a Chili Cook-Off. There was also a dessert cook-off and a salad cook-off with over 20 entries for every category.

The Westdale Rowing team has been rowing on the water for 3 weeks now, and they have an upcoming regatta on May 6th; there will be a novice boat competing. Everyone is getting ready and excited. A novice rower tells us how she feels about the upcoming regatta; “I feel nervous but excited that everyone on the team will be able to see how far their training has brought them” said Ryann Patterson. Maggie Walker, a novice rower, added, “Well... I’m a little nervous because I have no idea what to expect, but at the same time I am really excited because these on-water races are what we have been training for.”

The Chili Cook-Off has helped ease the novice rowers’ nerves, and most of them feel that they are ready. At the Chili Cook-Off, every rower was tired and hungry from an early morning because they had been at the Leander Boat Club by 5:10am. Somehow they still had a great time and took lots of photos of the sun going down and the day that was coming to an end.

With the Chili Cook Off coming to an end, the door prizes were given out and the raffle prizes were won. The prizes for best chilli, salad, and dessert were won as well. Everyone helped with cleaning up and people start to trickle out the door. People said their goodbyes and ‘thank you’s.

A Westdale rower, Madeline deJonge, concluded, “This is my first Chili Cook-Off, and I can’t wait for the next one.”



Two Westdale rowers are in the park getting sunset photos



A novice 4+ and an experienced pair are out on the water before the sun even rises



# The North Korea Predicament

By: Jersey Myke

One of today's biggest problems is the North Korean predicament, and what is perhaps the most viable solution may change the way you think about it. The problem with North Korea is a colossal issue because of what's at stake, and our utter helplessness in the matter. We want to stop Kim Jong Un from being in control of North Korea, and many of the proposed solutions include direct contact with North Korea; however, there's one answer guaranteed to work. While you are reading this, millions in North Korea suffer from a lack of food, forced physical labor, and their heinous justice system, as well as a plethora of other issues, and we can do little to solve this issue as a nation without huge risk. The risk of getting involved is far too great to make an attempt to stop Kim Jong Un's regime. We risk not only harming the already suffering citizens of North Korea, but also millions of citizens in South Korea and Japan. There's little we can do economically, and even geographically we can't do anything; America's most important military base in case of a war is on an island far from North Korea; it's too far to act quick enough. Without there being much we can do without risking millions of lives, you may be asking: "Can we do anything?" The answer is definitely yes. However, the question you should be asking is: "Should we do anything?" and the answer to that is simply no. This is the best historical way- to let these issues solve themselves.

Before we talk about solving the problem at hand, we need look at it and analyze it. The suffering endured by the North Koreans citizens is barbaric. One of the biggest problems, which is brought up in debates quite often, is the lack of food and the mass starvation within North Korea. The North Korean famine started in 1994 and ended in 1998. The famine ended because of other countries participating in a massive food aid to help the citizens. The countries that played a role in the food aid also happened to be North Korea's enemies; this includes the USA and South Korea. North Korea has a brutal justice system that strongly punishes those who break the rules. Many things that are remotely related to 'Western culture' - like wearing jeans - are banned, and participating in many of these banned things could mean you are sentenced to death, usually in public where everyone in the unlawful citizen's village is forced to watch. Needless

to say, the citizens of North Korea are heavily governed, and have few freedoms that citizens in many thriving countries possess. The isolation of North Korea blocks its citizens from knowing a lot, and is so extreme that everyday citizens have zero access to the internet; even owning foreign entertainment is punishable by death. As you can imagine, this isolation is enforced by their strict laws, and because of this the citizens can do only little to gain an understanding of what is on the outside - aside from endless propaganda. North Koreans hear this propaganda from a young age. Many are unaware that their country is so iniquitous, and there are examples like lists that detail North Korea as being the second happiest country (behind their ally China) and citizens are tricked into thinking that they are living a completely normal life. There is also a growing problem against women in North Korea. Women are subjected to high rates of sexual assault, and in addition to this, during the North Korean famine, many women had to make money for their household by smuggling illegal goods from the border, which is an offense punishable by death. Many of the women were so poor they worked in brothels, and were at risk of abduction. The women of North Korea understandably make up the majority of defectors. The defectors of North Korea are important; they shed some light on what happens in the isolated country. The defectors have little opportunity to escape, and face death if they fail. The punishment for escaping can affect your entire family for a few generations ahead. These are the ongoing problems within North Korea, and why many think involvement is the answer. . . (North Korea continues on page 6)



North Korean leader  
Kim Jong Un



(North Korea continues from page 5):

The second part to our problem comes from getting involved. We can get involved by doing one of two things; we can declare war against the regime, or reason with North Korea. Declaring war with the regime seems like a last resort to many and an absolute must to others, but declaring war can go plenty of ways. One way of declaring war is sending a nuke to Pyongyang, but if you have common sense you would know that would kill a lot of innocent people. Furthermore, the nuclear blast would likely completely miss the leaders of the regime; North Korea is a heavily tunneled country, and leaders would be alerted of the attack.

The other way one could go to war is by setting up an actual war plan, and going to battle. The war plan would include invasion from the ground, air, and sea. The USA alone could win this war easily (assuming China doesn't decide to help North Korea); wars, however, take a long time, and there's a guaranteed body count for either side. A war would be costly for America, but the main reason the States shouldn't go to war is geography. Say hypothetically, America launched a nuclear weapon at North Korea; the nuclear weapons would be sent to North Korea likely from Guam. North Korea would launch their own; Seoul isn't just closer to North Korea, but it is also in artillery range, and Tokyo is also closer to North Korea than Guam. Sure, America could beat North Korea in a war, but the risk of such large cities being demolished just isn't worth the hassle of war.

The more favourable path is to reason with Kim Jong Un's regime, but even here there is risk. One problem is appearing weak globally; a bigger problem is an unfavourable deal. America likely won't accept the deal, but it opens the door for agreement on bad terms, a chance that America might not be able to afford. North Korea isn't a trustable source for deals either, and have broken them in the past. That being said, South Korea and North Korea have officially ended their war. However, North Korea is still an untrustworthy nation, and discussions with the US don't seem like they are going to happen any time soon. In these scenarios, risk defeats reward, and there is a better method of dealing with Kim's regime that includes no in risk at all.

The best action the US Government can take to avoid escalation in global tensions is to do nothing. America simply shouldn't get involved with North Korea's dilemma. The president hasn't done well with this so far, but fortunately hasn't engaged with Kim's regime directly. The way the US deals with foreign affairs has been terrible in the past; they spent 13 years in the Middle East "dealing" with enemy forces that were comprised of so-called terrorists and murderers, and have spent over a trillion dollars. If a country the size of America can't handle this, then why should they be trusted to deal with North Korea? Each of the possible interactions could lead to big, unaffordable damages. In history, the most effective way to dethrone murderous cowards was always revolution. The French Revolution, for example, saw Napoléon overthrow a failing monarchy and establish a republic. There is no need to get involved with the North Korean dilemma, and the US would cause more harm than they could fix. Sometimes letting a country evolve on its own is the best way to prepare it for liberty and autonomy. In the past, some wars were fought and won easily, however in this scenario there's no winning with what's at risk. Intervention isn't always necessary to initiate change. In North Korea's case, people are slowly finding out what's on the outside of their isolated country via smugglers. The injustices that the North Korean citizens sustain will be the very reason for rebellion, and hopefully liberation from Kim's regime.

*"The two most powerful warriors are patience and time."*

-Leo Tolstoy

This North Korean dilemma is an immense problem that has an odd but historically right answer. By doing nothing, we will enable the North Korean people, or even a different outside country, to get involved and solve the issue. US involvement isn't necessarily the answer, nor is going to war. A war with North Korea would be an easy victory, but having our allied countries attacked is a risk the US shouldn't take. There isn't a plan possible that would see Kim's regime fall without great loss on our side, or even those we are want to save. . . (North Korea continues on page 7)



(North Korea continues from page 6):

The result from a long war with North Korea would see the US undoubtedly come out as the victor, but would also mean a body count - not worth it when an issue can remedy itself. History proves that revolution seems to be the best possible path. Revolution is the way many countries freed themselves from the grips of terror, evil leaders, and injustices to create a republic of freedom. Through the years of suffering under Kim's regime, the people will grow wise to what is happening, and a revolution should take place. Sometimes to win a war, you don't need to start one. However, North Korea and South Korea are talking about ending their longstanding war against one another, so maybe a productive discussion with America could start in the near future.

*"When dictatorship is a fact, revolution becomes a right"*  
-Victor Hugo



*Thoughts, anyone? If you have an opinion on this topic or a response to this article, write about it! We'll publish your submission! Email us at [thesequitur.westdale@gmail.com](mailto:thesequitur.westdale@gmail.com)*

DISCLAIMER: Contributor opinions published by The Sequitur do not necessarily reflect the views of the editorial team or the values of the paper itself. We are looking only to provide a platform for open discussion to take place among Westdale students and staff.

## Learning Languages

### How To Learn New Vocab Really Fast (At Least in Chinese)

By: Taz Chu

Language learning is my hobby. I like to do it in the evenings. It's fun, it's mentally challenging, it's super rewarding, and you gain the ability to speak with potentially millions of other interesting people. Yes, I'm proud of it. But please, don't mistake this article as humblebragging. Along the way, I have done so badly. If anything, I'm quite terrible at languages. I have literally been learning Chinese since I was 9—7 years, ouch—and my comprehension is... limited, to say the least. However, having made so many mistakes along my language learning journeys, I can at least tell you, my intrepid language learner, how to avoid some of them. Without further ado, here is my advice for learning languages efficiently.

Number one tip: the hour rule. The hour rule states there is a strong linear positive correlation between the number of hours you devote to language learning and your ability at it. This is the most important rule to keep

in your head while studying languages. It's also self-evident: if you want to be good, then devote a crapton of time to it. I recommend 30 minutes daily.

Not a possibility? At the very least, keep it regular. If you study in a consistent fashion, you'll learn a lot more efficiently. Five minutes of studying every day--which is only 35 minutes total per week--is worth twice that of 70 minutes of studying once a week. It's called exploiting the human memory, people. Don't waste your time with masochistic studying binges. If you want to get the most mileage out of your studying, focus on frequency.

I steadfastly believe that the fastest method to despising your language is devoting one hour to learning it each week. It's a sure way to hate that hour. You will have forgotten everything you learned last week and will have to spend half the hour reviewing. The other 30 minutes will consist of struggling through your next passage/audiobook/vocab sheet/whatever. Don't do this. I spent five years doing this. In those years, I learned approximately nothing and picked up some incredible bad habits, including terrible pronunciation, incorrect writing habits (for Chinese characters, this means the wrong stroke order), and most of all cataclysmic dread and frustration. For years, I hated Chinese and the thought of it because of my 1 hour weekly commitment. Please avoid my mistake. . . (Learning languages continues on page 8)



(**Learning languages** continues from page 7):

Number two tip: learn vocab the smart way. That is, my way. It's incredibly efficient. For a lot of words, you'll essentially instantly learn it. I don't know of a faster routine overall other than total immersion (probably not very likely if you're studying, say, Tagalog). Some people like textbooks, or writing things over and over. I loathe that. I like fast results with minimum effort. So here's my technique.

Find an online vocabulary list. Or make a vocabulary list. Ideally, the vocab won't all have the same theme—say, fruit. If you learn “pear”, “apple”, “banana”, and “peach” at the same time, it's quite likely you'll start to confuse them. Try going for related words that aren't identical—for example, “pear”, “juicy”, “green”, “chew”.

Note: if you're studying Chinese, you're in luck--vocab lists abound. In China, most foreigners have to pass an HSK language proficiency test in order to get employed (HSK being short for Hanyu Shuiping Kaoshi or Chinese Level [of Proficiency] Exam). This means that if you're studying Chinese, be aware there are many Chinese resources out there for the vocab tested on the HSK test. Even better, these vocab lists are usually graded by level. The HSK 1 includes the easiest and most commonly used words, while the HSK 6 includes the more complex and less frequently used words. However, note that all of the characters included in the HSK are used in daily life, conversation, and at the office—so you need to know every one for real fluency.

In order for you to follow my method properly, you can't have the English translation right in front of you--only the words in your foreign language of choice. Ideally, you won't know the vocabulary very well, if at all--when you see the vocab, the English translation shouldn't pop into mind. (If it does, why are you even doing this?) It's probably easier just to steal a vocab list, to be honest. Don't bother making one. Just ransack one from a textbook or a Quizlet or something. All right. Let's begin. First. Write out your word. At least once. Especially if you're learning a language that doesn't use the Roman alphabet. If you're learning, French, count yourself lucky. All the silent letters and accents aigu in the world can't compare to most East Asian languages. Now analyze the word's spelling or writing if necessary; for Chinese, I always break the character up into its radicals--that is, its component parts. (For an example of a radical in Chinese, take the radical 女, which means woman. 女 pops up in a

lot of other different words, such as 妈妈 [mother], 她 [she], and 樱 [cherry, cherry blossom] .)

Read it and wrote it? Great. Next, go to Forvo.com--a site where different language speakers submit user-recorded, natural native pronunciations of any word you want. (If you know a similar site, you can of course use that instead.) Type in or input your word however necessary. A long time ago, I downloaded an extension just for this--for each Chinese character, I type in its according phonetic transcription using the system of Pinyin. (This isn't too big a problem in most European languages, but if your language features a lot of accented words, consider downloading a similar extension.) Now listen to the Forvo recordings, several of them if possible, of your target word.

Why the insistence on pronunciation? Because it's probably the most important part of learning any language, after comprehension. Trust me, I know this firsthand. Chinese is a tonal language and for years, through my own laziness, I pronounced Chinese words incorrectly or tonelessly. In a language where the word for ‘pen’ pronounced wrong can refer to a slur for a certain reproductive part, this was not ideal. Learn pronunciation first. You'll save yourself years of frustration later when you actually have to use the word in a native situation. I tend to repeat and echo the Forvo recording of the native pronunciation a couple times, in order to ensure I have it correctly.

Final step: pop over to Google Images. Type in your word, in your foreign language. Remember, at this point, you still don't know the English translation of your word. Now browse through the images and try to guess the meaning of your word. Sometimes this is easy; other times it can be quite a puzzle. However it is, once the meaning of the word hits you and you figure out the translation, you'll realize why this method is so good. . . (**Learning languages** continues on page 9)





(**Learning languages** continues from page 8):

Why? One, you've figured out the word from the actual context of its meaning--not by skimming over an English translation. You won't have to rely on translation when recalling this word. Translation is a two-step process; instant recall is one-step. Two, in all foreign languages there are words that don't have an exact counterpart in English. You'll find this especially as you start advancing through your language and progress through more complex vocab. Translations will start to hinder you, not help you. Three, this is incredibly effective for remembering words. The moment when your brain pieces together the meaning from Google Images packs in a punch. Something about typing in the word 保护 and watching images of the environment, people holding hands, polar bears, and money sheltered under umbrellas pop up really makes it sink in when you realize 保护 means 'protect'. It's that effective. Four and finally, you're learning as naturally as possible without an immersion environment. I mean, you're seeing the word, you're hearing the word pronounced by native speakers, you're being presented with pieces of evidence giving meaning to the word. It's as close an imitation as you're going to get.



Oh, and one more thing—finally, check your translation. You'll end up making a couple mistakes here and there, especially for obscure words. Just fix your mistake and move on. I myself, as a native English speaker, find out my misconceptions about certain English words all the time. It's perfectly natural, so don't let your mistakes discourage you.

And what about forgetting? The option final final step is consolidate and back up this information through a lot of implicit learning--that is, language learning that isn't explicitly, well, language learning. Translations, vocab sheets, grammar--this is explicit learning, and don't get me wrong, it's all super important and necessary for learning languages. But even the best Forvo recording is divorced from the reality of how language is used by actual speakers. So also go out of your way to find implicit learning. That means watching TV shows, conversing with your cousins, listening to audiobooks, texting with a friend, reading recipes. Once you've studied enough vocabulary, especially with decent breadth, you'll start to notice the words you've already learned pop up again and again in 'real' scenarios. And once you see these words in native context, they'll be sealed in your memory. Really. It's super hard for me to forget the word 'dough' (面糊) at this point because I've binged so many Chinese baking shows... This can and will happen for you, too. And it will be so much faster than studying in ways you hate.

Good luck, my friends. You now know the info I would have killed to know 5 years ago. Study often, and have fun Googling.

## Canada and the NBA

Canadian Basketball's amazing accomplishments, past and present

By: Zeynep Berra Yilmaz

**SPORTS**

Basketball is the second most popular sport in the world, but its fame in The Great White North had remained out of the spotlight for a long time, even though it was actually invented by James Naismith, who has Canadian roots. For a long time, basketball in Canada had not established itself in its native land, and people did not think it was important or could be popular. It did not take long to prove them wrong, with the increasing level of talent that brought along the basketball revolution in the nation. The talents of former players used to be repetitive, but with the rapidly improving skill of its new generation of players came an explosive growth to the game. As more and more Canadian kids play hoop, basketball is becoming a threat to hockey's reign as Canada's game.

Even a report by Solutions Research Group in Canada found that basketball is the second most popular sport among Canadian millennials, after hockey. . . (**Canadian Basketball** continues on page 10)



(**Canadian Basketball** continues from the page 9):

With the Toronto Raptors being set up in 1995, plus the outstanding play of Steve Nash throughout the 2000s, the game has skyrocketed in popularity across Canada. The wide appeal of the Toronto Raptors has transformed basketball into a civic fixture. Even the 2017 NBA All Star Events were hosted in Toronto, which marked the first time in the 67-year history of the event that it was held outside the United States. And when the main event began, Kyle Lowry and DeMar DeRozan represented Toronto, making it the first time two Raptors had competed in the All-Star Game together since 2001, when Vince Carter and Antonio Davis took the floor in Washington D.C.

In its early years, the Raptors were really struggling. The boost brought from Damon Stoudamire, who was the first ever star of the team, was not enough to rise. Later, Vince Carter became the face of the Raptors and his explosive style of play with sensational moves drew huge attention to the team, even though the team was not a consistent winner. In recent seasons, the Raptors have become a regular playoff team, cementing the team's connection to the city and all of Canada. They were even ranked first in the East Conference this year with remarkable games, and have a huge fan base from around the world. Canada has had top players in the past but what we are witnessing now is entirely different.



From the formation of the league in 1946 to 2011, only 19 players with Canadian citizenship had ever played in the NBA. But in the past years, that number has risen to 39 (8 of which foreign-born), thanks to an impressive flood of young Canadian talent into the league. Considering there were only three Canadians in the league just about 10 years ago - Steve Nash, Jamaal Magloire and Joel Anthony - it is impressive that this season, the most represented country outside of the U.S. is Canada with 11 players, according to ESPN statistics. Canadians have definitely harvested the benefit of the Raptors' appearance and experience. As a result, the once wide and broad talent gap between Canada and the United States is substantially shrinking.

Canada is climbing up the stairs of success as its young talent is featuring in the first-round drafts, which can also be called the lottery, since 2010. Nearly a dozen Canadians have been selected in the first round of the NBA Draft since 2011, including back-to-back first-overall picks by the Cavaliers in 2013 and 2014. Anthony Bennett was the first Canadian player to be selected first overall in the NBA Draft and Kelly Olynyk was drafted 13th overall by the Mavericks. That selection marked the first time that two Canadians had been picks in the same draft. The second first overall pick was Andrew Wiggins and he was chosen the Rookie of the Year after a year in the NBA. There were about 30 Canadians playing in the NCAA around 2010, but in the 2017-18 season, that number jumped to 186. When they, along with the growing talent pool in Canada from all four corners of the country, take off to the NBA, they will infuse some much needed skill into the league. They will continue improving the game of their country – which has just one Hall of Fame player to its name, Bob Houbregs.

The new generation of players in Canada has an amazing advantage. Most of them do not even have memories of Canada without its own NBA team and they are all growing up with NBA hoops in their backyards. Now they have the opportunity to continue improving their game, because unlike the former players, they can see what has been done in the past and look ahead to what they can do by bringing their momentum to Canadian basketball. The present may look perfect, but there are surely more tremendous times to come.

## NBA Off the Court - The Kardashian Curse on NBA Players

By: Zeynep Berra Yilmaz

The Kardashians have definitely dated plenty of celebrities, but it seems like their real type is athletes, especially NBA players. Their affinity for dating NBAers grew over the years, and the players they get close with somehow suffer from "The Kardashian Curse." Somewhat curiously, every athlete that gets romantically involved with a Kardashian or Jenner sees their game and career plummet. As soon as they break up, their pro careers break to pieces. Kylie Jenner said, "The Kardashian curse is every male figure that comes and dates a Kardashian and their life kind of just goes downhill after that," and she is every bit right. Here, we look at NBA players who experienced the "Kardashian Curse":

**Rashad McCants** was bound to be a steady force in the NBA after his college career but he didn't live up to the hype and hopped from one franchise to another. McCants struggled to get accustomed to the association's style of play and was hindered and tormented by a rash of nagging injuries. More worrisomely, when he was 4 years into the league, he dated Khloe Kardashian for 6 months. Within a week of their breakup, McCants was traded to the Sacramento Kings but they declined to extend his contract in 2009 and as his burgeoning career sank. He was out of the NBA for good at the age of 24. Following the 09-10 season, McCants was scheduled to join the Cleveland Cavaliers NBA Summer League team. However, after not turning up to the team due to personal reasons, he was cut and is an NBA burnout today. According to him, it was his public relationship with Khloe Kardashian that made his story take dark turns. With regards to Khloe, McCants told the Charlotte Observer, "Without that situation in play, I'm a \$60-70 million player. Easily." So he just blamed his own shortcomings and lack of responsibility on someone else. It turns out he was not NBA material after all.



After a month of brief flirting, **Lamar Odom**, who was chosen the Sixth Man of the Year and was winning titles, got married to Khloe Kardashian in 2009 and divorced in 2013. He actually had a lot on his plate and was at the peak of his career, but the demands coming from both his basketball life and celebrity life as the husband of a Kardashian were too much to put up with. However, as soon as Khloe filed for divorce, Odom was found unconscious after a drug and alcohol overdose which nearly took his life. Odom was placed on life support before he regained consciousness. After four days of close medical attention, Lamar eventually woke up from his coma, but still suffered strokes and kidney failure. Khloe provided him with full support as he recovered, and even withdrew her request for divorce during this time but re-filed when Odom was getting better. Odom had fallen into the grasp of the eldritch curse and the relationship had costed him a fortune

Former NBA player **Rick Fox** is debatably one of the most accomplished role players in the annals of the NBA. He was a vital piece of the Los Angeles Lakers' team, which won three consecutive titles. In December 2015, Fox purchased the League of Legends Championship Series, formerly owned by Gravity Gaming. Now known as "Echo Fox," it has been one of the league's most dim and weak franchises since he bought it. Why did that happen? Maybe because shortly after Khloe Kardashian's split with Lamar Odom, she was spotted dining with Fox and they became friends.

Following her separation from Odom, Khloe Kardashian was dating another NBA legend in 2015: the Houston Rockets' star **James Harden**. During his time with Khloe, Harden was beyond dreadful defensively and Houston proved to be a disappointment. His Rockets were lambasted out of the playoffs by the Warriors in the first round in April 2016. Since parting ways from Kardashian in 2016, his game has never been better and his amazing plays make you 'fear the beard'. That was a narrow escape for sure. As of now, he's one of the leading candidates to take home the 2017-18 NBA MVP Award. In a later interview with SI, Harden said that the year he dated Khloe was "The worst year of my life." "I feel like it was for no other reason than getting my name out there and my face out there, and I don't need that." "(Dating a Kardashian) wasn't me," said Harden. . . (**Kardashian Curse** continues on page 12)



(**Kardashian Curse** continues from page 11):

The last person to make his way into Khloe's heart is **Tristan Thompson**, who played a complex and significant role in the Cleveland Cavaliers' 2016 championship campaign. He began dating Khloe the same year and they remain a couple. With Kardashian now supporting Cleveland, Thompson's squad got swept by the Golden State Warriors last year. The couple is currently expecting a child; we hope the curse does not keep on showing its power. Lastly, since all the examples up to here have been from Khloe's past, we can grasp that Khloe has a special place for NBA players in her heart and she can set up an NBA team with a powerful starting five from her exes. I am guessing it would not be a problem since most of them would be glad to make it back to the NBA. At least she could spend her money for a good cause this time. (Of course, they would not miss the opportunity to make a reality show featuring the whole team: Keeping Up With the Competitors?)

Other than doing lot a of controversial stuff like saving our unpleasant world with a can of Pepsi, or having photo shoots with themes that draw a lot of backlash, or posting weird videos (like showing the world how differently you can drive a car), Kendall Jenner's interests also include big, tall, muscular NBA players. **Chandler Parsons** was one of the league's fastest-rising stars but after getting cozy with and being dumped by Jenner, he has undergone two surgeries to repair a torn meniscus in his knee alongside a number of other surgeries. He drained his once promising career and never produced consistently. His troublesome thread of injuries follows him wherever he goes.

**Jordan Clarkson** has excelled as a Laker and he made the 2015 NBA All-Rookie First Team. He is looking to make other steps in order to work his way up the roster. Clarkson fell into the arms of Kendall Jenner in April 2016 and then parted ways. Clarkson moved on to dating Bella Thorne and Kendall to dating Blake Griffin. With Jenner in the equation, Clarkson had to put up with the intolerable LaVar Ball. As another victim of the curse, he is just lucky he got away lightly.

**Blake Griffin** has become one of the league's faces and has been linked to Kendall Jenner after she split up with Jordan Clarkson. Per usual, Griffin didn't escape with any harm from Jenner. His relationship may have caused him to miss the playoffs for the first time in six years.



Kim Kardashian shares the family's fondness for athletes, but there is only one basketballer in her list. Atlanta Hawks power forward **Kris Humphries** and Kardashian enjoyed 72 days of wedlock in 2011. Sadly, Kardashian quickly realized she didn't love Humphries and filed for divorce. Prior to his marriage in 2011, Humphries was experiencing a breakout season playing for the Nets. His production on the court was average at best, and when their divorce was finalized in 2013, he spent the rest of his few years bouncing around the international leagues only to exit the league in 2017. As if that was not enough, he received the most hate in the NBA that year, from the huge Kardashians fanbase. The spotlight did indeed get brighter when he was with a Kardashian, but maybe he should have improved his play to stay there.

If you still do not believe the curse, there is another example athlete who was affected by the curse but is not in the field of basketball: arguably the premier soccer player in history, **Cristiano Ronaldo**. CR7 and Kim Kardashian were snapped in April 2010 during dinner at a restaurant. Megastar Ronaldo was not named one of the world's two best players that year. To date, that year remains the only season that Ronaldo did not win a trophy. Maybe these are all coincidences that occurred due to poor performances of the players, but it cannot be denied that the extra outside stress that comes with dating a Kardashian/Jenner and every moment of their life being followed by millions of fans will be a distraction to their game. Everyone talks about must-dos to be a successful NBA player - like working hard - but I think there is another rule that should be added to the list: Avoid the Kardashians at all times.

# An Honest Account of a Saturday morning

By: Anonymous

I brushed my teeth in the dark. The house was quiet, and the first rays of sunlight pressed against the closed blinds. As I pulled them up, the window behind was covered in fog. I traced my finger down the frosty condensation and peeked outside—there was enough sun out for a walk to Walmart. I'd planned this the night before anyway, filling my half hours with tasks for Saturday, April 28th on a spreadsheet.

In my second-hand Adidas sweater that girls asked where I bought and millennial pink jacket for that small extra boost of confidence, I stepped out onto the front porch. As I began walking, I slipped in an earphone and played a podcast called, "How a Simple Loving-Kindness Meditation Can Transform Your Life". I searched for meaning in its words, but quite inevitably I was distracted by the small white clouds my breath was forming. The frigid air was comforting, refreshing. It seemed to clear up my mind as if I'd only woken up once I stepped out the door.

On the large parking lot in front of Walmart, the sun cast a warm glow; my elongated shadow was my height in a parallel universe. The podcast was still playing, but now I was actually listening. "Just like how water can't become wetter, kindness isn't just something that you can add on. It's apart of your core being." Well, I supposed so, but isn't it good to act kind even if genuine intention may not be there?

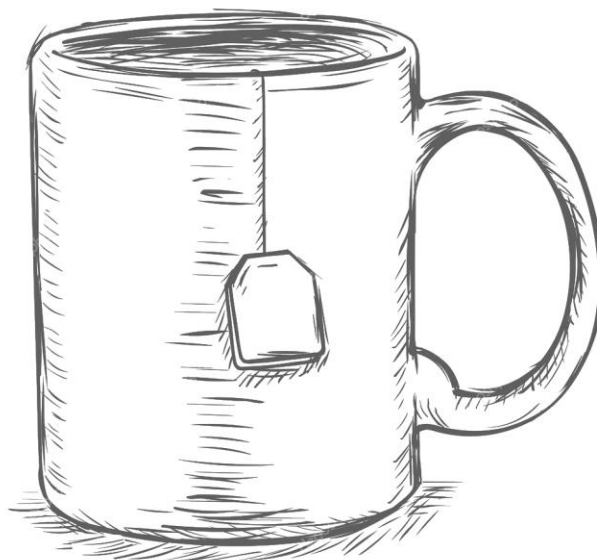
I neared the automatic front doors of the superstore and changed my auditory stimuli to pop music. There was no way I could absorb information as I scoured for tea. The store was few with people—the large, empty expanse welcomed me and spread out in front of me like a place to explore. Undisturbed, I browsed the tea aisles. There was no need to get out of someone's way. There was no need to be embarrassed to scan the cookies section in public. There was no need to make a quick decision. Yet I did anyway, because green mint tea was on sale! Oh—and also earl grey vanilla tea! I had never tried that one before. I took them off the shelf without hesitation and impulsively bought a box of Smart Pop along my way to the cash registers.

Standing in line, I prepared for the anticipated social interaction in my mind. "Hi, I'm good, how are you? Hi, I'm good, how are you?" Meanwhile, I avoided unnecessary eye contact and glanced at the flashy tabloids. They were adorned with large blocks of text promising "ABS!", "SEXY TUMMY!" and a multitude more. Who even was Corey Bohan and why should I care about his divorce?

After my mission for that morning was complete, I began my walk back home. Yet again the nearly empty parking lot embraced me, and I took my time walking right through the middle of it. The sky was now a little brighter.

I reached home at 8:02 am, only 2 minutes late according to my schedule. I was quite pleased, and promptly made myself a cup of green mint tea. Now was the time to relax and write this story. As water bubbled in the kettle, I raised the blinds of all of the windows, filling the room with a soft, idyllic glow. The sunlight gently reflected off of the books scattered across the kitchen table. I sat down after stirring some almond milk and Splenda into my tea, which was lovingly sweet, and turned on my laptop.

My hands hugged the mug, once cold but now comforted. I pressed play on a piano soundtrack that played delicately in the background. And then I opened a new document and began to type. And then I sipped some tea. And that morning was, in all its simplicity, euphoric.



(Self-Care Is Not Vanilla Candles continues from front page):

Questions tend to spring up in one's mind. Such as: *How do I complete mountains of work with my sanity intact? How can I have my schedule together without becoming an anxiety-ridden mess? What is the ideal studying/completing/learning schedule? What is the point of doing all this work, anyway?*

Well. *What is the point of doing all this work, anyway?* We'll start with the final of these questions. Firstly--the point of doing all this work is graduating high school. Never lose sight of this. Whenever you get caught in the dread-trap of high school stress and angst, remind yourself this time is a path from Point A to Point B. Point B is the place you want to be after graduation where you get the hell out of here. Whatever grades, classes, courses you need to get to Point B--that's what you focus on earning now. Anything more is a matter of hubris. Don't get caught up in the grades game. Unless there's something other of value in it for you--incredible teachers, interesting assignments, thought-provoking subject matter--don't do more than you need to. Why sacrifice your time trying to get perfect grades when you can spend that time discovering the sort of person you want to be?

Next. *What is the ideal studying/completing/learning schedule?* Good news: you don't need to sweat this one. The so-called 'ideal' studying/completing/learning schedule is irrelevant for most people. It exists, sure. But you wouldn't stick to it. The real 'ideal' studying/learning schedule is the one that works for you. It's the schedule that lets you complete that bare minimum you need in order to eventually get to Point B--no more. But this can create more conundrums. Say you need to study physics an hour a day to get the A you need for your engineering degree down the road. But for some reason, you can't make yourself study. You've got the student blues, and your dread at doing any work remotely has met your panic at not doing said work. What the hell do you do?



Well, first stop banging your head against the wall. Second, start focusing on figuring out any way to artificially or naturally raise your willpower. Which incidentally brings us to the last two questions. That is, *How do I complete mountains of work with my sanity intact? How can I have my schedule together without becoming an anxiety-ridden mess?*

Let me introduce to you the concept of self-care.

Oh. *Self-care*, you say. *Isn't that like, vanilla candles, or something?* It's true that self-care has a frivolous connotation for many, and not wholly undeservedly. Advertising has seized upon the label of self-care as an easy way to sell more massages, shower gels, and wine bottles. But it needn't be so. And self-care is probably the most effective, efficient, and sane way you can naturally raise your willpower.

Okay, let's back up a bit and clarify a couple things. One. Willpower is finite. You probably already know this. But it's good to remember. Two. Willpower may be a finite resource, but it's also an improvable skill. Your willpower increases the more you practice using it. Every time you delay gratification, the easier it will be to do so the next time. Three. Willpower is also an *efficient* skill. The higher the skill level of your willpower, the less often you'll need to use it. A lifestyle where you make sane decisions is more sustainable and less taxing day-to-day than a lifestyle where you're constantly scrambling to fix yesterday's mistakes. Four. In that same vein, willpower begets willpower, just as money begets money. Once you get a certain baseline of willpower, you'll be able to spiral up. Adequate quantities of willpower, wisely spent, will allow you to make decisions that raise your willpower the next day.

So how does self-care come into this? Well, practicing self-care doesn't just imply physical hedonism. It can also be a wise psychological investment. Per my definition, self-care consists of healthy actions which compound your willpower for the next day. And this makes dealing with school infinitely easier. . . (Self-Care continues on page 15)



(Self-Care continues from page 14):

What sort of actions does self-care imply? Well, actions such as sleeping an appropriate amount. And eating regularly--eating actually nutritious food. Drinking more liquids than a couple chugged cups of coffee. These are all things we're aware we are supposed to do. But that doesn't mean we necessarily do them. Well. Abraham Maslow, everyone. Your physiological requirements provide a foundation for all the decisions you make in your life. Get your routine there together, and your energy will honest-to-God go through the roof.

What else raises your willpower? If you've got the time, try cleaning. Your environment has a huge effect on your mood and your ability to do work. So at least make it accommodating one. Scrape together the willpower to at least do some dusting. You can start small: wiping down surfaces, donating hated books, throwing away some stuff. It will still reap real benefits. Or you can, dive right in it. Either way, you'll increase your mental wellbeing and your ability to get schoolwork finished with on time.

Get together your work habits, too. I'll pay some lip service to it: part of self-care is taking a break when you need it. There are times when the answer is honestly to simply let yourself relax and take the hit that comes after. But try not to get into the habit of resting when you don't need to. I usually follow the maxim that taking a break is appropriate after I've worked hard, not when I feel awful about doing work. Sure, that's a touch taskmaster, but I find it useful, personally. At the very least, I can feel awful afterwards without having work over my head.

Coupled with work habits comes focusing on your self-talk. This is the most interesting component of self-care: keeping useful maxims in your head! Please—toss out all your negative, cynical, fatalistic personal sayings, starting with *I'm too lazy, I can't*. Toss away your dread and your disappointment in yourself and your resignation to being disappointed in yourself. These are all very useless thoughts which don't tend to help much. Stop being resigned to your own failure. Get up and fight.

And consider throwing out some of your 'helpful' maxims, too. You know, the ones that are supposed to encourage you to do work. These can sometimes be more self-defeating than your *cynical* maxims. One in particular I'd like to call your attention to is the saying, *I*

*shouldn't*. Whether that means *I shouldn't* procrastinate, *I shouldn't* stay up until midnight, *I shouldn't* skip breakfast—*I shouldn't* is a weak statement. It always leaves an opening for *Screw it, I will*. Don't tell yourself you shouldn't. Tell yourself that you are able not to. Tell yourself you can resist. Tell yourself you have the power to avoid doing an action. Place the locus of control firmly within yourself. Instead of *I shouldn't*, I prefer the maxim *I can just not, though*. Sounds dumb, I know. But statements that remind you of your power instead of your constraints tend to be more resonant.

So—stop reading this article. Start planning out your essay, and reading your English rubrics, and studying for physics an hour a day. Start cooking breakfast and going to bed at 10 and drinking a damn glass of water. Start accruing willpower. You'll thank yourself for it later.



# Finding the Silver Lining

By: Kate Folsetter



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As an educated person in today's society, I like to read the news and see what is going on in the world. I want to stay up to date on global issues and social causes. But in the past few months, or for that matter, years, most of what's found in the news headlines and the media is generally negative. So much violence and discrimination and so many attacks. Rarely are really positive things included in the news because they aren't considered sensational or "newsworthy enough," whatever that means. It makes me feel really sad that the news is so depressing. After a while it starts to affect your day. This is especially true with the recent events in Toronto, as they hit close to home.

If the news has you down, see below for some things that you can do to improve your mental health and stay positive. It's important to learn self-care skills to help you in tough situations. I am also writing this article because May is mental health awareness month, and I think it's an important topic to discuss.



First of all, it's very important to talk. Talk to anyone about how you are feeling and how you have reacted the news. It can be a friend, parent, teacher, counsellor, family friend, or anyone else that you trust. You can share your thoughts, provide opinions, or ask for advice. People are there to support you. They want to help you cope. It's hard to deal with hearing about bad things in the news so much. Chances are you're not the only one that is feeling impacted the same way. I think that it's vital to start a conversation so we can have a better understanding.

It's important that you take time for yourself. Taking care of yourself is essential. It's totally okay to be sad and to grieve after a tragedy. This is very normal. However, you need to make sure that you are taking care of yourself. You need to give yourself the things that will make you feel better. Here are some things that you can do to care for yourself: read a book, look at funny memes online, chat with a friend, stretch your creative muscles, write in a journal, meditate, exercise, or anything else that you want to do to make you feel better.

Here are a few other ideas:

- Take a break from the news and social media - even an hour or two helps you clear your head.
- Focus on the good news stories - the heroes and the helpers.
- Focus on your normal activities and continue doing what you love.
- Donate or volunteer to help the cause or those affected.

There are a lot of other ways to feel better about the world around us as well, but these are just a few of the strategies that work for me. Send us a note if you have some strategies that help.

**#TORONTOSTRONG**

# 6 Ways to Help the Environment

By: Sonya Pallapothu



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For centuries, Earth has been severely abused by human activity, whether it was intentional or not. Although our planet's life is slipping away every day, there is still enough time to help its rejuvenation. Here are 6 ways to help easily take care of the Earth.

## **Recycling and Garbage Separation**

Ever since elementary school we've been taught how to recycle and were told why it's important. Although separating your garbage may not seem like it could have a large effect on the environment, it most definitely does. Separating your garbage can help reduce the production of excess pollen and also to prevent polluting the air.

## **Using Water Carefully**

Treating water properly and allowing it to safely reach your faucets requires lots of energy, which means there are many carbon emissions in the process. These carbon emissions can harm our atmosphere and interfere with its natural cycles. Taking shorter showers and turning off the water while brushing your teeth are very small acts that have a large impact on the environment.

## **Biking or Walking to Places**

Not everyone has an electric car to drive around, but on days with good weather, we can try to bike or walk to reduce carbon emissions. Hamilton has SoBi bikes, which are public bicycles that you can use for an entire day for a few dollars. Walking and biking is also beneficial for your own health.

## **Turning Off Lights**

Electricity is created from the burning of fossil fuels, which creates greenhouse gas emissions. Turning off the lights and electric devices in your house when they're not in use can reduce the amount of greenhouse gas emissions produced.

## **Using Reusable Water Bottles and Bags**

Plastic water bottles are harmful for the environment, so using a reusable non-plastic water bottle can allow you to drink more water without damaging the Earth. Also, instead of buying plastic bags at the grocery store all the time, you can bring reusable cloth bags which are both stronger and cheaper.

## **Volunteering for the Community**

Volunteering for community clean-ups and getting involved in Hamilton's tree-planting programs are also big steps you can take in taking care of our planet.

There are many ways to care for our planet, and they are not limited to the 6 ways I described. It's time to help make our planet healthy again!





# A Sudden End.

By: A Rough Hazy Ink Ninja

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Why are feelings never reflected?

I was right there; ready to start something, and you got scared.

You thought it would be easier to pull a line and end things before they started.

Why it that those I feel connected to don't feel the same way?

Was I not enough?

I opened up.

I told you things I don't normally share.

I let you see me.

Now I'm left to wonder if you didn't like who I am?

Or were you not ready to face the reality that relationships to any degree take effort and time?



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## Humans of Westdale



“When I have to do something, I get too caught up with trying to make it perfect, which slows me down. I’m trying to take it one step at a time though—even if it isn’t perfect—before going back and improving it. It’s going to take some time, but I’ll get there eventually.”

# The OSSLT

A sonnet by: Jan Dick

Each year grade tens write a much dreaded test  
 Its purpose, to prove we are literate  
 It causes lots of people to be stressed  
 Its creators aren't considerate

The test is not particularly hard  
 The difficult parts are the trick questions  
 Those are ones we often have to leave starred  
 You have the answer? I'd take suggestions

Some people think all the horses were black,  
 Or, all of the players are submitting.  
 A lot of us want to have that choice back  
 It made some of us want to start quitting

The only good things about it are the memes  
 Those are genuinely the things of dreams

me picking which skill to write about  
 #OSSLT



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## FOOD



## Strawberry Smoothie

A recipe: Anonymous

It's strawberry season soon! Make this delicious warm-weather treat for your friends or for yourself. This is one of those easy "throw-all-the-ingredients-into-the-blender" recipes. Serve with a strawberry on the edge of the glass for extra points. But unlike the picture, don't use plastic straws. Because sea turtles.

Blenderize:

- 2 cups fresh strawberries (washed)
- 2 cups ice cubes
- 3/4 cup water
- 1/4 cup lemon juice
- 4 Tablespoons sugar

you can say many things about Life  
and many things have been said

Life is beautiful

it is the laugh of your friends, the embrace of your mother,  
a kiss from your dad, the love of another  
it is the bloom of a flower, the cries of a child,  
old lives protecting new, getting the chance to smile  
it is a song that means everything, a memory you share,  
small moments of affection, and showing you care  
it is rain that pours, and in clouds that rumble,  
the flash of lightning, and assurance in a mumble  
it is screaming with glee, giving people your help,  
being with others, being by yourself  
it is lazy days, or days filled with wonder,  
Peace in everything around you, a world filled with colour

Life is beautiful  
but

Life is unfair

it keeps you awake, when you need to be sleeping,  
missed opportunities, and breaking down weeping  
it gives you a chance, you know you can't take,  
makes you think of others, instead of your own sake  
it is blinding light, and shattering cold,  
young lives taken too soon, the grieving of old  
it's clocks that stop ticking, or time passing you by,  
bottling emotions up, not saying a proper goodbye  
it's leaves that turn soggy, and blossoms that wither,  
the dulling of colour, the grey period of winter  
it is feeling too much, and three deaths in a year,  
being all too numb, but having to persevere

the duality of Life,  
Living is beautifully unfair



# Student Photography Gallery

Welcome to The Sequitur's gallery of student photography!

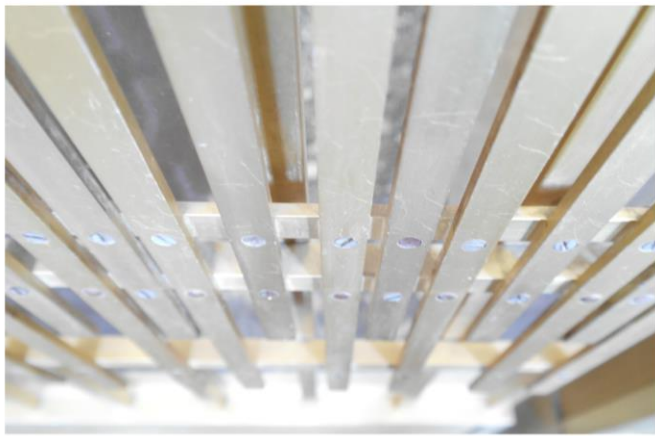
Photos are IN COLOUR on a limited number of copies!

Enjoy!



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Gallery: Sue Lee



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



Visual Arts  
Anonymous

