The Sequitur

WESTDALE SECONDARY SCHOOL

JUNE 2018

SUMMER FESTIVAL SEASON

A list of exciting summer festivals to attend near Hamilton By: Sonya Pallapothu

To some, summer is *finally* almost here, while to others, summer came in the blink of an eye. Although there's still a few weeks left until the last day of school, there's no rule saying you can't prepare for the perfect summer already! Hamilton is



a great city to live in because it's close to so many cities that hold lots of annual events, and all Hamiltonians have to do is drive for 40 minutes to 2 hours to attend one of the best and hottest festivals in Ontario.

Even better, in our very own Hamilton, we have three well-known and major festivals! (**Summer Festivals** is continued on **page 4**)

Legalizing Weed?

An investigation of Canada's forthcoming legalization of marijuana

By: Kofi Donaldson

The legalization of marijuana has been a topic of debate lately, both socially and politically. Despite the illegality of recreational marijuana, it has become one of the most common substances of choice to become intoxicated. The consensus on marijuana use has changed over time and the public seems to have a more positive opinion about it. As a result, the Canadian federal government has stated that they will legalize controlled distribution and consumption of marijuana (Legalizing Weed continues on page 5)

In this issue . . .



... a gallery of gorgeous photography taken in France (insert) ...

... an investigation of the issues surrounding the Trans-Mountain Pipeline (page 6) ...

Evidently, the issue of the Trans Mountain Pipeline will not end easily, nor will it end anytime soon. The pipeline holds Canada's environmental, economic and social equilibrium at risk. . .



... a wholesome summer bucket list (page 12) ...

AND SO MUCH MORE!

The Sequitur



In this issue:

Editor-in-chief: Morghen Jael

Staff Advisor: Ms. Baboudjian

Contributors: Taz Chu, Zeynep Berra Yilmaz, Sonya Pallapothu, Justice Tomlinson, Esther Liu, Kate Folsetter, Talar Stockton, Kofi Donaldson, Sarah Walker, Julia K. Watson, Annie Kang, Angelica Tristani, Mackenna Friesen, Sarah Sellens, Peter Kan





TABLE OF CONTENTS

- 1) Cover page (Summer Festivals, Legalizing Weed)
- 2) This page ©
- 3) Note from the Editor
- 4) Summer Festivals continued
- 5) Legalizing Weed continued
- 6) Trans-Mountain Pipeline Issue
- 7) Trans-Mountain continued, Humans of Westdale
- 8) Humans of Westdale continued
- 9) The Stress Epidemic
- 10) Life Lessons and Closure
- 11) Life Lessons continued
- 12) Life Lessons continued, Summer Bucket List
- 13) Summer Bucket List continued
- 14) Summer Bucket List continued, Unsolicited Advice
- 15) Unsolicited Advice continued, NBA Playoffs Recap
- 16) NBA Playoffs Recap continued
- 17) NBA Playoffs Recap continued
- 18) "No Headphone Jack" Comic Strip
- 19) Comic Strip continued
- 20) Ask A

Insert: Photography, Visual Art



NOTE FROM NEXT YEAR'S EDITOR

Hey Westdale,

Next year: A complete Sequitur redesign. A tutorial on thread-andneedle bookbinding. In-person editing. Writing workshops. My name is Taz Chu, and I'll be the editor for the Sequitur in our 2018-2019 school year. I'm an artist and a writer with plenty of editing experience accrued through years of editing my friends' assignments. My number one goal for the Sequitur is to expand its audience, which means some exciting changes. I've been conducting interviews around the school about what Westdale wants from the Sequitur, and the top tier request from interviewees is more consistency from issue to issue of the Sequitur. That means I'll be implementing a basic template for the Sequitur (e.g. every month a regular sports issue, regular cultural issue, visual arts section, etc.) to give some more direction for each issue of the Sequitur. Of course, I'll preserve creative freedom; you won't need to be a regular sports columnist to submit a sports article, it's just that there will be one published every month. As well, on a personal note, I'm working to redesign the Sequitur issue and logo; if you're a graphic designer or visual artist interested in collaborating with me, please email me at tazlchu@gmail.com. Get ready for a great 2018-2019 year folks

Taz Chu

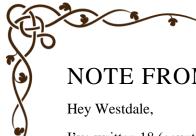
ANNOUNCEMENTS





Do you want to learn more about pride month, buy some snazzy art, and support the LGBTQ+community at your school? Positive Space students will be hosting a table at the June 8th art crawl on James Street N., selling art prints from young LGBTQ artists in the Westdale community. Come check us out in front of the Cottage 13 tattoo shop!





NOTE FROM THE EDITOR (*and Morghen's last one!)

I've written 18 (count 'em, eighteen) editorials since stepping into this role at the beginning of the 2016-17 school year. A great big shout-out goes to anyone who has managed to read every single edition of Note from the Editor – your dedication is much appreciated, and still pleasantly surprising to me.

The Sequitur has meant more to me than probably anyone else reading this. It's been an experience of learning for sure – about the most efficient ways to proofread, about the intricacies of resizable text boxes and Google Images clip art, about how little most students care about their school newspaper, as much as that hurts to admit. But actually, I learned a lot about myself in this process too. I learned that I work most efficiently alone, but most creatively and happily with a supportive team of talented people. I've confirmed that, frankly, I don't think creative student-led projects are lame or a waste of time. I think they're valuable, fun, and impressive. You're doing your part in sustaining this fragile industry in the very act of reading this editorial – so, truly, unironically, thank you.

The concept of a legacy is one that I've been toying with in my mind for a while; whether it matters what you're remembered for. Whether it matters if you're remembered at all. Admittedly, I am infatuated with the idea of leaving a footprint on the surface of Westdale's collective being – I want to be thought of, and often, and fondly. I want people to be impressed by my work ethic, attracted to my energy and wit, and actually mildly afraid of my ability to do good, productive work at 4:30 AM. This concept is silly and selfish, but probably relatable.

I've had the same recurring thought every night for the past two years, at around 8PM, as the light fades: if I were to suddenly and tragically die today, tonight, how would I be remembered? What would my last impression on the world have been? What would have been my last words to my dad? What would my friends say about me at my funeral? The answer means the world to me. That's why I say yes (maybe more than my schedule can handle), that's why I give unsolicited (but always genuine) compliments, that's why I keep waking up and keep trying. This might seem like an unhealthy mix of fatalism and egoism, contemplating your death every day at 8PM. Maybe it is. But it keeps me honest. It keeps me humble. Most often, it keeps me grateful. Unfairly, I've been privileged with the means to make my life sparkle - and sparkle it does.

Someone also recently (and wisely) remarked that I have been living my life "with urgency." This doesn't sound comfortable, but I think it can be. What I want to leave you with, Westdale, is this small piece of advice: be compelled to live your life with comfortable urgency. Live like you might not make it past 8PM. Live like everything matters. Say yes. But say no sometimes too, stay home and listen to music and eat Nutella with a spoon instead. Say what's on your mind. In making your footprint, try not to walk on the sand laid out for someone else. Step softly, but intentionally. Make choices that your heart can settle into snugly – be it a creative project, a postsecondary commitment, or just the variety of your tea.

Ultimately, it doesn't much matter if you remember me. My body and presence won't exist forever. I've decided that I want my legacy to exist somewhere in the back of your busy, beautiful mind instead. As an idea, an emotion, a shade of pink. Trust the tugging on your heart. Get up, get to work, breathe deeply, and live in a way that makes sense to the deepest parts of you. Your eulogy will write itself.

Goodbye and good luck, Westdale.

Morghen Jael

P.S. Tears were shed, in a café, composing this editorial. I was listening to Bleachers. Look them up if you're into anthemic alt-pop <3



(Summer Festivals continues from front page):

The Peach Festival

In the small community of Winona, now considered a part of Hamilton, the Peach Festival is running from August 24-26. The Peach Festival will feature rides, food demonstrations, entertainment, and over 100 vendors. *And*, you get all this with free admission for all ages!

The Lights Festival

Have you ever wanted to lift a glowing paper lantern into the night sky, just like they do in China for Chinese New Year? Well, you don't have to travel halfway across the world for it, because our own Lantern Festival is being held on September 1 at the Dunnville Agricultural Fairgrounds. The ticket prices start at \$25 for VIP tickets and go up to \$55, which is the final price.

WestFest

Every year in early September, Westdale Village holds an annual festival called WestFest. During this event, people come together to enjoy entertainment, products from vendors, and indulge in Westdale Village's vast number of restaurants. WestFest has free admission, so anyone can attend the event!

Not far from Hamilton itself is Ancaster, which holds its own very popular annual festival!

Ancaster Rib Fest

Taking place at the Ancaster Fairgrounds, the famous Rib Fest will run from July 13 to 15. The event will be filled with many vendors and zones packed with fun! This event also has free admission.

Just an hour drive away from Hamilton is Toronto, which holds many annual festivals and events that are *definitely* worth the commute.

Taco Fest

For all the adults at Westdale Secondary who are into Mexican food, Taco Fest is for you! From June 15 to 17 in Toronto, this 19+ festival brings everyone's favourite Mexican food, tacos, with ticket costs starting from \$9.95 to \$19.95.













Canadian National Exhibit

The CNE is back for 2018, and it's running from August 17 to September 3, only in Toronto. The Canadian National Exhibit is perfect for trying out their fun rides and naturally shopping. And, of course, there is tons of food brought to you by many restaurants and food trucks! CNE is giving away 20 000 free admission tickets for those in financial need, but the actual ticket prices are to be revealed in the early summer time. Stay tuned!

Fan Expo

The infamous Fan Expo in Toronto takes places at the Metro Toronto Convention Centre from August 30 to September 2. The ticket prices range from \$25 single day passes to \$569 VIP passes.

If you're willing to drive for a little while to London, Ontario, then you'll be pleasantly surprised by the city's food festivals!

International Food Festival

From June 22 to 24, London is holding its annual International Food Festival, where foods from all around the world are brought together for everyone to enjoy, along with entertainment and must-see vendors. What makes this event even better is its free admission!

TD Sunfest

TD Sunfest brings food, music, dance, and visual art all to one place, and that's downtown London in Victoria Park! This event runs from July 5 to 8 and has free admission.

If you take a thirty-minute drive from Hamilton to Milton, you might find your favourite festival yet:

Mac & Cheese Festival (pictured left)

Be sure to drive to Milton between June 8 to 10 to attend the Mac & Cheese Festival! The event consists of a Mac & Cheese competition, where whoever wins the competition receives a \$10 000 cash prize, and \$5 000 goes to a charity of the winner's choice! The best part is that the attendees get to taste each of the competing dishes and vote for their favourite twist on macaroni and cheese. The admission prices range from \$7 to \$15 for this funfilled festival.

Ontario holds so many more events during the entire year, but the mentioned festivals are the most talked-about summer festivals in 2018! Be sure to check them out for some fun and celebration of the end of another year of school!

(**Legalizing Weed** continues from page 5):

At www.ontario.ca it is stated that, 'people [aged] 19 and over will be able to purchase cannabis in-person or online through the Ontario Cannabis Store'. The Ontario Cannabis Store will be the only store that will be able to legally sell recreational marijuana. They will also follow strict rules set by the federal government.

The main concern is about the use of marijuana by minors. Many people who are against the legalization of marijuana argue that the legal large-scale consumption of marijuana would make it easier for minors to obtain it. This brings us to another drug that is popular among minors—alcohol. In a study surveying several Ontarian grade 11 drinkers, 13 years was the average age of first exposure and 14 years was the average age for first intoxication experience. As alcohol's legal age is 19 and it is popular among minors, we can use it as a model for comparison for marijuana. If marijuana is legalized, who is to say that a minor couldn't obtain it from an older sibling, relative, or friend? Also, marijuana can be carried and concealed easier than alcohol. This is because marijuana can be contained in small plastic bags without being detected. This has made it easier for the drug to infiltrate many schools within Ontario.

On the other side, it is thought that there would be many positive effects after marijuana's potential legalization. Marijuana has been shown to have many positive medical uses, such as shrinking aggressive cancerous brain tumors and reducing seizures in those with epilepsy. Cannabis may also reduce symptoms of depression and anxiety. However, more research is required for the full extent of medicinal marijuana.





There is also the controversial opinion that marijuana prohibition has been a heavy burden on the public as well as the government. From 1999 to 2000, the Canadian federal government spent somewhere between \$422 000 000 to \$444 000 000 on enforcing marijuana prohibition. A total of 49,585 people was charged of marijuana-related charges in 1999 under the Controlled Drugs and Substances Act. Cannabis-related charges represented seventy percent of all legal charges in 1999. The legalization of marijuana would relieve the government of the high costs of prohibition as well as relieve the amount of manpower that it currently requires to seek out and arrest those who are in possession of marijuana products. Socio-economic groups that tend to be more likely to use marijuana recreationally would also be aided by its legalization. Lastly, the legalization of marijuana would incentivize people to purchase it through legal means. The drop in demand for illegal cannabis could mean a decrease in black market activity as well as a decrease of drug traffickers (for marijuana) entering Canada. The profit from legal marijuana sales could also create a pool of money that the government could tax in order to support government programs.

The senators have stated that the 'final vote' will be held on June 7th, 2018. However, marijuana wouldn't be available for purchase until a few months later (late August to early September). Due to the increase in positive public opinion and the positive effects of marijuana, it is believed that marijuana will become available to the public soon.

The Trans-Mountain Pipeline: A Crude Situation

By: Talar Stockton

The Trans Mountain Pipeline is a pipeline that was developed in 1953, shipping Alberta bitumen from the province to British Columbia's West Coast. In 2013, the owners of the pipeline, Kinder Morgan, made an application to the National Energy Board to expand the pipeline; both Trudeau and the NEB approved. After this was declared, more than one hundred protesters in British Columbia's Burnaby conservation region were arrested when trying to prevent the drilling and construction crews that were occupying this area. The Liberal government of B.C. supported the pipeline; the protesters' charges were dropped, and for a few years, it appeared that for Kinder Morgan the expansion of the pipeline would continue on smoothly. The federal government, despite its claims to help reconciliation, were ignoring the Tsleil-Waututh, Squamish, Kwantlen, and Coldwater First Nations file court challenges. The Kinder-Morgan asked the NEB for permission to override bylaws of the city of Burnaby, B.C., that would block pipeline construction: the NEB granted permission swiftly.

But the pipeline-favouring B.C. Liberals were toppled by a coalition Green and NDP government in their provincial election of 2017. The main platform of the coalition government was blocking the construction of the expanded Kinder Morgan pipeline at all costs. The B.C. government restricted any increases of bitumen flowing in on the pipeline, until they could fully investigate how frequently bitumen spills would occur along the pipeline -82 spills have occured since 1961 - and how to efficiently clean them up. However, in February of 2018, the Alberta government responded by banning the sale of B.C. wines in Alberta, in efforts to hurt British Columbia's economy and manipulating it into relenting to the construction of the pipeline. Protests escalated all along the proposed pipeline site: Green Party leader Elizabeth May and New Democrat Party Member of Parliament Kennedy Stewart were arrested for protesting. The city of Burnaby filed an appeal.

Kinder Morgan grew anxious in the growing tension: they claimed that if as of May 31, 2018, the Canadian

government could not guarantee the company the escalation would go through, the company would walk away from the development altogether. And now, Canada's Prime Minister Justin Trudeau has traded in his so-called "sunny-ways": the Trudeau federal government has announced, via Minister Bill Morneau, it will be buying the Trans-Mountain Pipeline for 4.5 billion dollars.

Why? The pipeline has proven to be nothing if not detrimental to the Canadian environment: in fact, just May 28th, 2018, one hundred litres of crude oil spilled from the pipeline at the Darfiel Station in Barriere, B.C. Kinder Morgan has had four major crude oil spills of more than 100 cubic metres, or 100,000 litres, since 2005. The pipeline also crosses over 1,300 waterhouses: meaning that these spills could, and most likely will, wreak havoc on Canada's waterways and environment.

Furthermore, the pipeline poses danger to Canada's First Nations People. The federal Liberals claimed that they had consulted the Aboriginal First Nations that would be affected by the expansion. According to the Tsleil-Waututh First Nation, the lead plaintiff in a challenge against the federal government, they weren't. The Tsleil-Waututh say that their fishing-and-hunting way of life will be damaged if the pipeline and its planned terminal in their territory finish construction. The Squamish Nation called Trudeau's purchase "a betrayal".

.. (Trans-Mountain Pipeline continues on page 7)



(**Trans-Mountain Pipeline** continues from page 6):

The Squamish Nation territory covers Vancouver, Burnaby, and extends to Whistler, B.C. "[Trudeau] told Canada's Indigenous people that our rights would be respected and upheld. He has broken that promise," said Khelsilem, an elected councillor and spokesperson for Squamish Nation, in a statement. The pipeline was indicator of whether of not the Trudeau government was serious about reconciliation with Canada's First Nations, and Kanahus Manuel of Secwepemc Nation, which the pipeline crosses approximately 500 kilometers of, claimed "All this word play about reconciliation is thrown out the door and spit on and stepped on."

Evidently, the issue of the Trans Mountain Pipeline will not end easily, nor will it end anytime soon. The pipeline holds Canada's environmental, economic and social equilibrium at risk.

Testimonies of First Nations representatives were taken from CBC News, with special thanks to CBC writer Jorge Barrera.

http://www.cbc.ca/news/indigenous/trans-mountain-pipeline-bc-first-nations-1.4682395

Humans of Westdale



Triune President, Corbin Mcbride (right), and Triune Vice President, Pamela Wang (left)

Pam: I'm running to be president next year. If I win, I kinda hope that Triune can move in a direction where it's less politically organized, and more like a start-up; everybody can come in, and no matter what position you're in, you can have your ideas and go directly into action. . . (**Humans of Westdale** is continued on **page 8**)

(**Humans of Westdale** continues from page 7):

Like, you can get it done without going through a long process where it's like: "I have to ask permission from my grade rep," or from this person, or that person. I just kind of want to streamline it, where anybody can do anything.

Corbin: Yeah, I hope to be working with whoever is elected for these positions to go over things like the event system—because I think that really goes into what Pam was saying about streamlining things—and making it so that different people don't have to be an official this or an official that to make things happen, if that's what they really want to see. In terms of mesince I'm on my way out—I think that's what I'd like to be focusing on. I'm just really trying to step back for now, and let people who are emerging as leaders fill in the spaces.

Corbin: I think that one thing people don't really fully comprehend is that it takes a lot of time and work to make the kind of pictures people have in their heads; it takes a long time for that to happen. Especially when you do work behind the scenes, there are so many obstacles—especially this year, cause it's a huge transition year from four periods to five. What I recommend is that people get involved. It's really easy to just sit back and let the four years of high school go by, and not do anything to make it memorable. But, if you are passionate about making something happen, doing something new, or having something to be proud of when you graduate, I absolutely recommend joining Triune. I think it's the place where you can start making things happen, no matter how slowly they can go or how much work it takes. You can find a group of people that are like-minded and are willing to put in that effort that's required.

Pam: Definitely. We hear the phrase, "get involved", a lot. It doesn't have to be that hard, it can just be something that you want to do. Like, if you wanted a dance, then just make a dance. You don't have to be thinking about a lot of other people and what other people want, because the chances are that a lot of people want the same thing. Yeah, like the food truck. That was awesome! Chances are, a lot of people want what you want too. Honestly, just do what you want, and then, go from there. I think it's the initial spark that people have trouble with.

Corbin: Especially in a school as large as Westdale, I think that Triune is one of those centralized places where you go to make something happen. Usually you'd think of something like a list of events, like a pep rally, or a bake sale, or a dance. A lot of people think that there's this list that you have to adhere to. Without passion, without creativity, without drive? Of course it's gonna stay on that one list, because people know it's possible. But, things like the food truck, or the Diversity Week at Westdale that are organized by kids like us. Don't limit yourself to that one list.

Stressed? Yeah.

By: Anonymous

The world is increasingly getting more and more stressed with high school students certainly being no exception. A survey from *Centre for Addiction and Mental Health* says that within Ontario, the percentage of teens with mid- to high psychological distress has increased from 25% to 33% in two years.

Clearly, something is happening—something that *can't* be blamed on hormones—and this 'something' is rapidly affecting our mental states.

Stress is usually attributed to a variety of factors—whether familial, social, academic, extracurricular, a mix of the above, or something else entirely. Some credit the increasing use of technology, others blame schooling systems, sometimes it's dismissed entirely.

There are quite a few symptoms for stress that vary from person to person. For example, some emotional symptoms include becoming easily agitated and/or frustrated, feeling overwhelmed, and having difficulty relaxing. Some physical changes include fatigue and headaches, difficulties sleeping, tense muscles and sweating, etc. Frequent worrying, having difficulty concentrating or making decisions, or becoming more forgetful are also common. Adjusted appetites (eating more or less) and procrastination can also be a byproduct of high stress levels.

And yes, sometimes stress is good—it starts our "fight-or-flight" response which boosts our adrenaline (giving more energy) and cortisol (which increases the sugar in our bloodstream) which spurs us into productivity. It's especially helpful in quick-thinking situations. But it becomes less and less useful the more constant of a state it becomes, which... happens to be where we're all headed.

These increased amounts of cortisol and adrenaline begin to interfere with our regular bodily functions like sleep and digestion. We begin to "burn out" as our systems have trouble keeping up with their production. We fall into physical and emotional exhaustion, where usually the most difficulty in concentration and productivity happens.

It's important to understand your personal reactions when faced with long-term stress, whether that means forgetfulness and lack of concentration or stress eating and procrastination. Find a suitable method to counter these habits. There are so many possibilities—



controlled breathing, exercise, setting timers, taking a break for a hobby, facing the root of the problem. If nothing seems to work, remember there are other resources! Ask a friend, or Google some ideas.

In tough times and high pressure, don't get tied down by stress! This is a reminder to take care of your mental health! There's so much going on in our world that's constantly affecting us, but we can't do much if we are constantly stressed and tired.

New websites and apps have started popping up, targeting the younger generations to focus on their mental health—to calm, to relieve pressure, to *pause and think*. This is nothing but good; we do need some relaxation to slow down and clear our minds. By lowering our stress, we can all succeed and strive to achieve our best.



Some Life Lessons and Some Closure

By: Justice Tomlinson

It's the end of high school. For me, anyways. It ought to be an exciting time but it's also a somber occasion. My entrance into university should mark the birth of a new life, new people, and new sensations, and it certainly does. But it also marks the death of many of the familiar characters and habits I cherished. From these characters and habits, I salvaged a lot. I'm satisfied to say that the last four years have completely changed who I am for the better. I think, therefore, that the most appropriate use of this space be will to share the lessons that created my change in hopes that they'll be helpful or entertaining.

Lesson 1: Ideas are discovered. Not created.

A lesson I consider valuable is that ideas are discovered and composted. They're not created. Of course what we consider creation is the result of some form of discovery and composition. But we consider that which is discovered differently than that which is considered to be created. I contend that regarding ideas as something to be discovered is certainly superior for reasons I will explain. Every idea exists within the realm of possible ideas. This realm is like a sandbox, a shapeless ocean that can be molded into any shape. The abstract material of the universe, on some level, is already there; I would say that because the idea already exists in on realm (that of possible ideas), it therefore has an existence on some level and can be said to already exist. The sand in the sandbox is all at the same time a component in the walls of a sandcastle, the floor of a sand cave, and the body of a mermaid sculpture. It's a component of all of these things because the answer to what a sand castle is made of will always be loose sand but not just loose sand. Just as talented, shaping hands and a little bit of moisture can create a beautiful, towering sandcastle, our minds bend the abstract material, these things that exist as possibilities and as components of everything and forms only of themselves, of the universe into intricate thought structures. Likewise, the destinations for every path our thoughts can take exist insofar as one can even possibly identify it as a destination. If two people on opposite sides of the planet who have never talked before come up with the same idea at the same time, I don't think it's correct to say that they both created it. It makes much more sense to me to say that they both used the faculties of their minds, their experiences, and their thoughts to sift through and shape the abstract material before them.

My takeaway from this lesson is that the most effective and useful way to consider someone is how they interpret reality as if they're a prism and the world is a beam of light being bent through them. That's exactly what behavior is, the light of one's humanity being bent and shaped by the invisible panes of the physical and mental world around them. That's how I see it, at least. I think this model is true and useful because people don't have traits that are unilaterally static or constantly existent. Often stimulus changes and people change. So naturally people are always behaving slightly differently depending on the nature of the sensory experiences before them. Personality in any given circumstance can cause some traits to expand and take up noticeable space and in another circumstance see those same traits shrink into non-existence. This mode of viewing ideas emphasizes judging the process of discovering or assembling an idea from the abstract material that surrounds an individual. It strikes me as a remarkably more insightful and accrediting way of considering ideas than assuming ideas are merely created and that we should therefore primarily judge the end product.

Lesson 2: There are varying levels of subjectivity and that really matters.

There are several important things to know here. First, that the imposition of a subjective narrative can act as an umbrella for other subjective elements. Second, we create boundaries, or limiting categories, to that which is subjective which create a context surrounding the subjective element itself. For example, I could tell you that a dish tastes good insofar as it satisfies my preconceived categories of good taste. Likewise, I can also take a much broader example and say that it's important to live a good life. I could stipulate that it's important to live a good life insofar as it fills you with a sense of satisfaction, or insofar as your health is good or insofar as you have something in your life to share with others. . . (**Life Lessons** continues on page 11)



These boundaries fraction into smaller boundaries regarding the minor subjectivities regarding what ought to or does satisfy you, what you consider worth sharing in relations with respect to the opinions of others, and even what constitutes good health. In the realm between these boundaries and the core subjective idea, everything is true. For example, it's true that a particular dish tastes good through some composition of the abstract space and material between both the outermost boundary "insofar as it satisfies my category of tastes good" and the innermost idea "this dish tastes good". In fact, everything within the context created by a subjective idea and its boundaries is true. Within a subjective realm, what is considered fact is tailored to the nature of the subjective. If someone tells you that television is bad, they can maintain that this is factual insofar as television causes people to, for example, spend less time outside. This might not be true and definitely isn't true for everyone. But it's factual for the postulator in their stipulation-based subjective.

I think it's clear that we, people, deal in the subjective. What's in objective reality almost doesn't matter. Our hopes and dreams, our love, and our hate are all elements of the subjective part of our mind. The psyche, while still undeniably servient to our biological processes, it most definitely controlled by our subjective senses and our ability to reason. The imposition of a category, voluntary or involuntary, is another unit of distance between having no control over your life and autonomy. Imagine you could declare things only to be good or bad and only do so from a basis of what's biologically good for you. Well, you'd be something like an animal. Contrast that to multilayered gradients of positives and negatives. That's a demonstrably more complex setup. With all that potential and no means of deciding what is useful or positive or likeable (or the inverse for that matter), it would be difficult to live life at all. But we categorize our lives with experiences and reasoning. Eventually, since we operate in the subjective, we have a complex, winding matrix of interlocking means of categorization and their respective contexts. My takeaway:

Lesson 3. Realistically, I don't know anything.

To be clear, I don't think anyone can actually know anything in the most absolute sense. I would say that knowledge works similarly to the way subjectivity works--and that's because knowledge is subjective.

. It's still difficult for me to define knowledge and truth. It's hard to succinctly place quite what they are because people have differing ideas of what it means to know something. To know things, we rely on our senses. But our senses themselves are only really fallible perceptions of the world and the things we can claim to know through reasoning are fallible perceptions of the mind. Let's say I have my eyes closed but still claim to know someone else is in the same room as me. What does this mean? I have to rely on my senses and ability to reason. I might say that I hear them talking or feel vibrations on the floor as they make their way towards me. Can I say beyond any doubt that there's someone else in the room? I don't think so. There could very well be a radio with a prerecorded message or a pipe vibrating underneath the floor. I think it's safe to say that the principle of parsimony applies in this situation; obviously it's incredibly unlikely that there's an elaborate setup designed to fool you into thinking you're in the same room as someone else. But you can't say for certain that there isn't. Certainly you can always have an educated, reasoned guess, but to claim knowledge within the realm of absoluteness is impossible.

The notion that I don't know anything used to actually be a pretty daunting prospect. My experience with this knowledge of nothing was like a plunge into a cold dark room. For a few years I stood on the threshold of this room while the room behind me got progressively more hot and uncomfortable. The more thought I devoted to the issue, the less comfortable I was with dealing in absolute absolutes. For me, it became unlivably uncomfortable to be aware of the knowledge that I certainly don't have. . . .

(**Life Lessons** continues on page 12)



(**Life Lessons** continues from page 11):

Without knowledge, you can't prove anything, which leaves you very little to believe in. I couldn't gain any knowledge on the meaning of life, the right things to do, and how I should live my life. So, eventually I decided I'd walk into the cold dark room; I accepted that I know nothing within the realm of absolute knowledge. Initially, disorienting. But in the long run, powerful. In terms of structuring my own world, I found it incredibly liberating to allow myself to dictate categories of knowledge and let go of the notion that absolute knowledge is obtainable. The philosophical realization that I know nothing was also a pretty startling reveal that I also have experienced incredibly little from a personal standpoint; at this point I realized that I had done incredibly little and know incredibly little about the world (categorically speaking, that is). My lack of experience and knowledge was something of a driving force to simply do more things; I

didn't know then and perhaps I still don't. But it made me want knowledge even more. My takeaway; use your ignorance as motivation and never become too certain of yourself.

I look at back on myself and others with a sense of bewilderment. It's like listening to an old recording of yourself and not quite believing that you were the same person. It happened in the blink of an eye but there were a lifetime of eternities in that short time. For me, a lot of life's lessons are philosophical in nature. They make life more vibrant and an honour to experience. Important lessons aren't going to be the same for everyone. We shape what we find important and what we find important shapes us. So whether you're a grade 9 finishing their first year of high school or a grade 12 finishing their last, you've accomplished a ten month period of growth. You've made a lot of important moves and certainly taken a few lessons from the whole experience. Cherish those lessons.

Good Morning, Summer

A Summer Bucket List by: Taz Chu

These twilight days of school are melancholy on the tongue. On one hand, there is the eagerness to leave for sweltering days; we drink thick summer and its promises—oceanic sleep, midnights spent watching old films, raspberry gelato, heat and sunlight. On the other hand are our lies: "I'll see you this summer!" and "We'll keep in touch," and "I won't forget you." Never becomes a parody of itself: too dramatic, too final, too easily thwarted by the attempts of our future selves (who won't bother making them). But lies are realer in June, more visceral, made true by the raw sincerity with which they are declared. It's the nature of the season: it's impossible to be wan and sullen and blue-boned in summer. Summer is the long, vicious, luxurious stretch of open hours and open days, a yawning yellow mouth of sunlight and opportunity. It is late nights, spilled secrets, sweets, the steady chug of work. It is early morning, green tea, driving lessons, libraries. Summer is a dilatation.

But then, there are pitfalls. There is nothing sadder than a wasted summer: a few too many nights spent inside, scrolling through post after post; a few too many days spent sleeping in till two and lumbering through premature days. The lazy, ephemeral pleasure of phone in hand stays an uninspired hedonism, a biting fly of temptation promising everything and only yielding a sticky electronic haze.

So embrace your incoming freedom—but if you're stuck on ideas, check out this bucket list. We won't leave you to your own devices—literally. And after you've done a couple of activities on this list, you'll know exactly what you're going to do next. (Summer Bucket List continues on page 13)



(Summer Bucket List continues from page 12):

- 1. Wait until it's sunset and go for a bike ride with a friend. Figure out the trail together beforehand; try to find somewhere that will take you to the water.
- 2. Get a camera and go solitary train-hunting. Try to go to as many spots as you can. Your pictures are your trophies. (Don't be an idiot and walk on the tracks.)
- 3. Go on a waffle hunt: how many different places can you go to find waffles? Prioritize the far-off places; you'll get more out of it.
- 4. Call up an artsy friend and create a collage together. It's a surprisingly calming way to pass an afternoon. No talking required. Bring all the junky magazines you want to get rid of and let them fuel your creativity.
- 5. Bind a book. There are a ton of tutorials out there online. All that simple book-binding requires is ribbon or thread and a needle. Maybe bind some artwork?
- 6. Volunteer! You need to get those 40+ volunteer hours, and it's best not to leave it to the last minute. Whether it's environmental cleanup or helping out in a soup kitchen, your contribution helps to build a better community in Hamilton.
- 7. Go to a weird vintage store and buy something junky and great—maybe a vintage Goofy statue or a miniature globe. Paint it, break it, glue it to poster board, put it into a small diorama tribute to Norman Rockwell—the possibilities are endless. Give it to someone you hate if it doesn't work out: I find a least-favourite aunt often suffices.
- 8. Learn all the countries of the world by name! Be smart and find some online games for this. Sporcle is pretty decent. For bonus points, learn all the capitals.





- 9. Binge Khan Academy for a day. Sometimes it's nice just to listen to Sal Khan's voice. Maybe learn what conic sections are if you haven't already?
- 10. Learn how to program! There's Codeacademy, Free Code Camp, EdX, Khan Academy (again). It's fun, it's not too hard, it's a nice way to spend your time. Try it out.
- 11. Take up a language. Duolingo, although I personally loathe it, is a decent place to start. Go for a subscription service like FluentU if you're really committed, or simply pick up a \$10 learner's dictionary. Free vocabulary lists are easy to find on Quizlet. Get learning!
- 12. Go for a picnic. I follow the formula of some sort of filling between grains (quesadillas, sandwiches, wraps, etc.), a Tupperware of salad, and plenty of fruit. Bring plenty of napkins, otherwise you'll hate yourself later.
- 13. Take a moment to get lost in your city. If you're stuck for ideas, just choose a direction and follow it. Meander to anything that catches your eye.
- 14. Read! Just spend a luxurious morning outside reading. I recommend finding somewhere shady. Bring a parasol if you want to feel fancy; prop it up, lie on the grass, and dive into a book.
- 15. Find a tree. Climb the tree. End of story.

(Summer Bucket List continues on page 14)

(Summer Bucket List continues from page 13):

16. Try your hand at gardening; even simple weeding can make a garden look better. Most garden centres sell tons of temporary potted plants, with the idea that you'll transplant them into your soil at home. Quick guide to transplanting: dig a hole at least as deep as your pot (the surface of the pot should be below the top edge of the hole). Put your hand on the top surface of the dirt and get a firm hold of the plant; now invert the pot. Before you transplant your plant into your hole, make sure to break apart its root ball on the bottom so that you open the way for new growth. Transplant your plant into the hole and pack in firmly. Happy planting!

17. Begin a journal. It collects your thoughts. It's easy. It's you and a book. You can set aside 15 minutes every day for some future self to read, right? Yes. Yes, you can.

18. Get bored. Get really, really bored. Glaze over with the easy boredom of a long afternoon. See what you can cook up. Condition: no internet. That's too easy.

19. Try working like a maniac. Honestly, if you have some project that you've been grinding away at a long time intermittently, not making much progress, set aside a couple of days to just work full-throttle. See how much you can get done with some really, really deep work. Consider turning off your internet or phone and minimizing other distractions. The nice thing about unsustainable work in summer is that you can always quit if it gets to be too much. So don't be afraid to push yourself.



20. Take up running or weightlifting. We should all exercise throughout the year... but we don't necessarily. Summer is a great time to build up that habit. I recommend getting up earlier in the morning when it's still cool or working out inside; it's really easy to overheat and get really dehydrated really quickly under a hot midday sun. Don't skip leg day!

That's all from us! You may be stressed right now, but a sweet summer beckons. Get out there. Westdale!

Unsolicited Advice

By: Julia K. Watson

The school year is wrapping up quickly in a storm of last-minute assignments, planning ahead for the summer, and genuinely struggling to find the motivation to get out of bed every morning. It also means that high school is finally coming to an end for a lot of Westdale's seniors. As I am among the graduating class of 2018, the idea of leaving Westdale to pursue new things is making me feel really nostalgic and is allowing me to reflect on all of the things that I have learned along the way. Without further ado, I present to you some unsolicited advice for no matter where you're going next year. (I apologize if this sounds like it's coming from an amateur self-help novel,



The first piece of advice that I have is to put yourself in uncomfortable situations. I don't mean uncomfortable as in something totally negative, I mean it as a situation that you might not be used to. Whether it ends in your favour or not, you can always find a way to learn from it. Use your head and don't do anything harmful, but start doing new things and see what comes out of them. Go join that club even if you end up hating it. Ask someone if they want to hang out at lunch even if you don't know them that well. Wear something that you normally wouldn't and feel good about yourself in it anyways. . . (**Unsolicited Advice** continues on page 15)

SPORTS

15

It is so much better to live life knowing that you tried something that you were unsure about rather than never knowing what it felt like. The pressure that we feel to fit in, act a certain way, or play it safe by not putting yourself out there is stupid. Yes, doing new things is intimidating and not knowing the outcome of how situations are going to play out is alarming. But there is also something exciting about the unknown too. You don't know if you're going to discover your passion in that club. You don't know if that first lunch could result in a lifelong friendship. Or if that outfit could start a new trend. The fear that you have in the moment could one day turn into gratitude for having the nerve to try something in the first place.

The second piece of advice that I have is to find something to look forward to. It is so easy to get swept up into the mess that high school can become. Trying to manage classes, homework, extracurriculars, a part-time job and some sort of social life is exhausting. I think above all else, your mental health is the most important thing to take care of. If you're not doing well mentally, it will be very difficult to see success in other aspects of your life as well. No matter how bad a situation may seem, something that has helped me push through is to try

to find something to look forward to. It can be the smallest thing too. Push through because you might see your friend that you haven't seen in a while soon. Push through because you can go home and read your favourite book without having to put up with anyone else. Push through because you might get to cuddle with your cat later on in the day. I don't care what you're looking forward to, just find something.

Whether you take my advice or not, I truly don't care, I simply wanted to put it out there. No matter what path you're going on, I hope that you find personal happiness and share that with people who care about you. Here's to next year and the new things that will come.



Recap of Every 2018 NBA Playoff Team

By: Zeynep Berra Yilmaz

Everyone looks forward to the summer holidays, but it's always sad when NBA goes into offseason and there will be no NBA for 4 months. However, at least they have left their fans with an extremely engaging playoff experience which to talk about throughout the summer. Here is a quick recap of all 14 teams who made it into the playoffs (yes, including the Champion):

Rockets (Conference Finals/ 3-4): Houston led the NBA with 65 wins, which allowed them to steal home court in the first round, and make the likely league MVP this year James Harden. Houston stars Harden and Chris Paul have had multiple collapses in previous postseasons but this season looks to be divergent. They were expected to sweep in the first and second rounds and did so. They

maintained the lead this season as the league's best team. They had a 39 percent chance of winning the title, which would have been their first since the consecutives back in the 1994 and '95 Finals.

Wolves (Round 1/1-4): They simply cannot guard Houston—as a result, it was a high scoring but a short series.

Thunder (Round 1/2-4): This was, without question, the series people were most looking forward to watching in the first round and a tough series to call. Even though the Thunder was expected to be a championship contender after trading Paul George and Carmelo Anthony, it dealt with unsteady plays and. . . (NBA Playoffs continues on page 15)

(**NBA Playoffs** continues from the page 15):

injuries — including losing arguably the league's best defensive player, André Roberson, to a knee injury. As a result, the Thunder's final record was not much different from a year ago with only Westbrook to count on. Oklahoma City entered the playoffs as a team no one was enthusiastic to face, but they ended up leaving by the first round. The success of Thunder remains a prominent subject of debate. With George's free agency coming up, how the result reflects his decision will be something to monitor.

<u>Jazz (Round 2/ 1-4):</u> Paul George, one of the best players and wing defenders, was guarding Jazz rookie Donovan Mitchell. Being the leading scorer on the team and going against an all-world defender like George was too much for Mitchell and Utah to handle. How they were able to beat Thunder and rise up was unbelievable—but losing 4-1 to Houston the next round was not a stretch.

Blazers (Round 1/0-4): The Trail Blazers should feel fortunate they lost all four games by margins of approximately 10 with their leading scorers playing that badly. Their backcourt players Damian Lillard and C.J. McCollum could not get going against the tough defense. The Blazers' star combo was still inferior to Pelicans' Anthony Davis alone. Lillard has a routine of proving himself in big moments—but not this time, when his team needed him the most.

Pelicans (Round 2/1-4): It was their defense that got them through the first round. Jrue Holiday was a huge difference-maker defensively, proving himself worthy of the All-Defensive Team. He produced at the same rate he has all season long—which is all that he needed to do-and successfully lifted the game, alongside Davis to whom he is a trustworthy sidekick. It looks like Holiday has helped Davis, who has established himself as a top five player in the NBA, to win the first playoff game of his career and rise to the next round. Despite being the lower-seeded team and dealing with the absence of DeMarcus Cousins, they've made a strong statement and had their playoff moments. After a series which they were more than capable of winning, they lost to Warriors. No surprise here.



Warriors: It became clear that Warriors would win after one specific moment in the Game 1 of the first two rounds: they came to the game. There was no doubt that both were bound to be short series. Golden State's plan was to get to the all-star healthy and improve over the final months of the regular season. However, things did not go as planned. Stephen Curry, who missed Golden State's last 13 games due to ankle and knee injuries, missed the first round. Without Curry, Kevin Durant was the firepower and was free to get whatever he has wanted. The Warriors spent several games over the past month playing without all four of their stars — Curry, Durant, Draymond Green, and Klay Thompson. Unlike three years ago when they first started to make their name heard, this year the Warriors have looked worn out. There hasn't been the same level of desire as the past few years and The Warriors seem almost lost but still, their stars outshine any other; there is no doubt that they are an amazing team.

Spurs (Round 1/1-4): Before the playoffs, many NBA analysts suggested Spurs as the team who has a shot at going to the finals but Spurs could not even make their blowout of the first round, or even at least look competitive. A lot can be said about their performance, like how they struggled mightily with Golden State's length all across the court, and how they tried to slow down the game in order to break their offense. But you do not need to name any of those as the reason they lost. Just playing against the Warriors was bad news for the Spurs and the result was evident from the beginning. As a team whose focus hadn't even been to score in the regular series, they definitely didn't stand a chance scoring against Warriors.

Raptors (Round 2/0-4): Raptors have once again had a hard time but, as always, they'll find the way to progress past it. Toronto's only victory in the opening game of a playoff series was on May 6, 2001 with Vince Carter and this year, they lost the first game with one point. Unfortunately, Cleveland's ongoing domination of the top-seated Toronto Raptors repeated itself and Toronto was eliminated at the second round even though they had just completed the best regular season in franchise history.

Wizards (Round 1/2-4): Washington is one of the league's most confusing teams. One night, the Wizards look like they can win over any team on the court, while the next, they do not know how to play. During the first round, all the players were just careless and persistently made dumb plays. With this attitude, their first round became their last round and the series was an even bigger blowout than it already is. The Wizards had the talent to go toe-to-toe with Toronto. They knew they could beat the Raptors on this stage from a four-game sweep in 2015 which gave them confidence. . . (NBA Playoffs continues on page 17)

(**NBA Playoffs** continues from the page 16):

but what was left out of the equation was that Raptors had improved dramatically in just two years.

<u>Cavaliers</u>: They have been anything but static, changing much of their roster throughout the season. Cavaliers entered the postseason as the favorites to win Eastern Conference Finals for a fourth straight year. That would make eight straight trips to the NBA Finals for LeBron James. LeBron has been coming out more aggressively and been putting on shows at games. Cavs have the oldest and most expensive roster in the playoffs—yet James does the work and rest of the team rides his talent. They ranked 29th in defensive efficiency during the regular season— the worst of any team in James' career. What we can fathom here is that LeBron's supporting cast needs to step up their game and this casts some doubt as to whether the Cavs are still the favorites to repeat a Championship.

Pacers (Round 1/ 3-4): Victor Oladipo was the Pacers' only hope in the wake of Paul George forcing a trade last summer. They had given up one of the best players in the NBA but had no idea at the time that the newcomer could transform into the Russell Westbrook of Pacers. Oladipo has 82 total clutch points this season, the 12th in the NBA. Among the players to play at least 50 clutch-time minutes this season, only five are averaging more points than him (per minute). Even though they lost, it should be considered a success that they won 3 games against Cavs. That was a feat easier said than done.

76ers (Round 2/1-4): Unlike typical teams which take gradual steps forward, Philadelphia has gone from a nonplayoff team to one that won 52 games this season. To finish Heat, Sixers were producing behind the 3 point line as if they were the Warriors, which was a shock considering they usually do not tend to specialize in that area. Diversity has been a virtue of Philadelphia. Their roster is varied in national origin and their offense sensibility is similarly diverse. Instead of opting for the pick-and-roll strategy that is the pillar of the extensive majority of attacks in the NBA, the Sixers turn to a farreaching toolkit. They dealt with physical plays and won in various ways. Their growth is undeniable but making it beyond round two was never even a possibility. You can see that their game was not exceptionally good during the playoffs since their most memorable moment on the court was not even their play. Instead it was Joel Embiid picking up Kevin Hart into his arms for celebration.

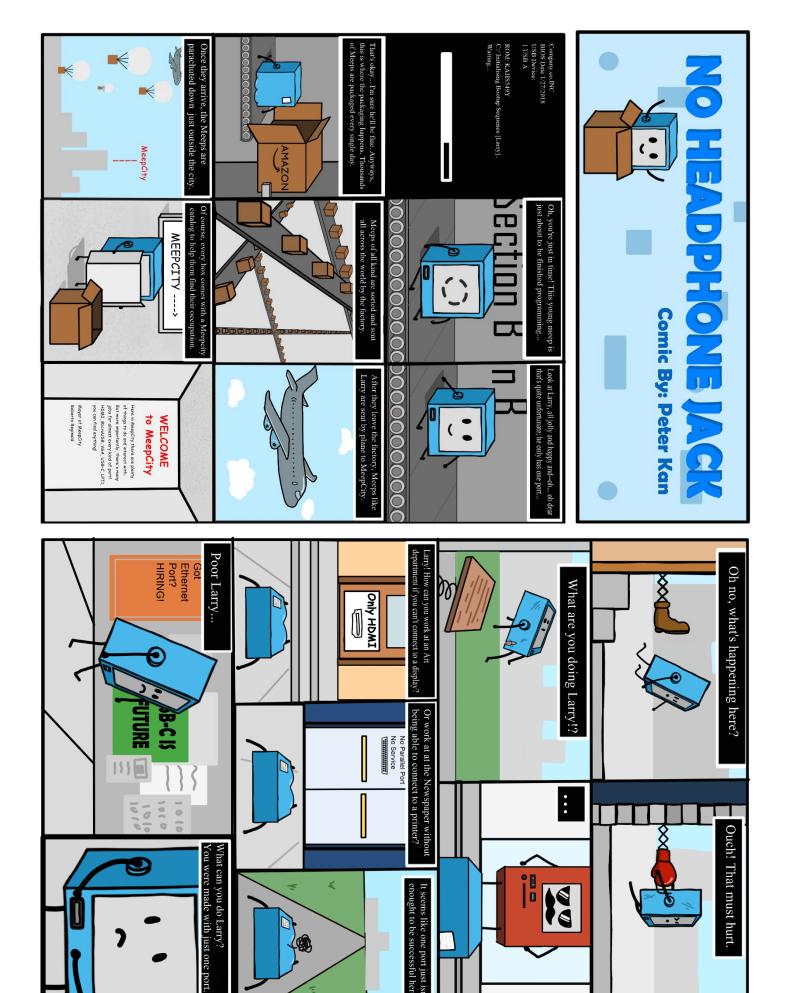
Heat (Round 1/1-4): Miami has a lot more experience

than Philadelphia—but less talent, which led to the loss. They tried to space the floor with at least four shooters throughout the series. They kept on placing emphasis on depth across the roster. It's clear they needed it more than they had practised for, especially since Philadelphia's size and length on the court gave them problems. Most thought Hassan Whiteside could make an outsized impact on the series but he turned out to be a non-factor. He was largely invisible and was an ineffectual skimp. The Heat was -6 with him on the court. That statistic alone does the talking.

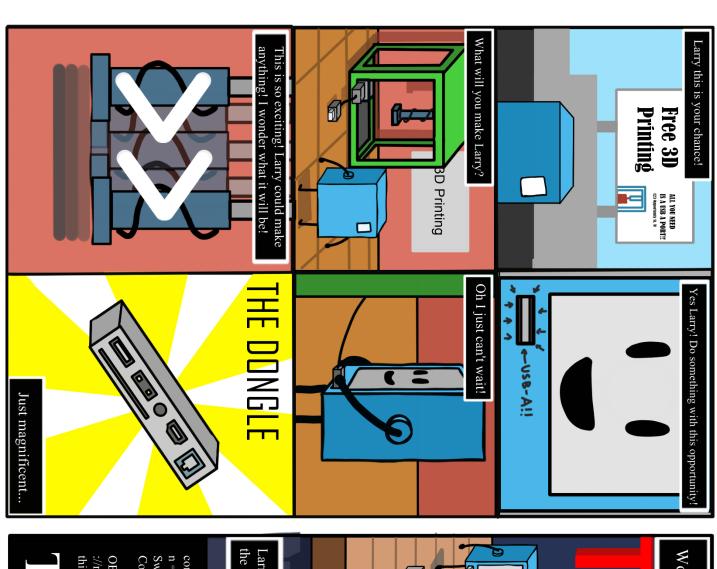
Celtics (Conference Finals/ 3-4): The injury-depleted Celtics have thrived this season. The genius and tactical acumen of coach Brad Stevens has allowed Celtics to overcome the burden of losing their two biggest stars to injury. The task of overcoming losing their best players to key injuries was seemingly insurmountable. Yet Stevens manipulated his roster; every player was coached as if they were going to play a significant role at the very next game. The stellar combination of 20-year-old Jayson Tatum and 21-year-old Jaylen Brown were given more of a scoring role. When you watch them, you cannot help but wonder how good this team would be if it had a healthy Kyrie Irving and Gordon Hayward playing next season. Without Irving's magnificent isolation game, Terry Rozier has become one of the primary guards to commence the offense, and the Celtics have further emphasized ball movement. Defense is Boston's identity and their defensive rotations require specific, vigilant, cooperative involvement (everything about Al Horford, for short). Last season's Celtics, with a roster filled with underpaid veterans, is nowhere to be seen. Their talent and potential to win a championship is unquestioned.

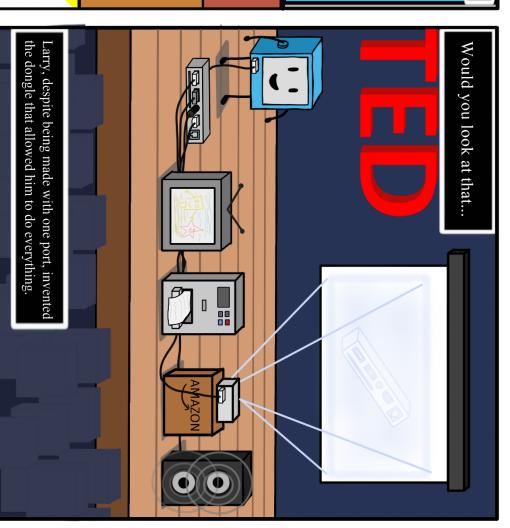
Bucks (Round 1/3-4): The Bucks do have Giannis Antetokounmpo—the Bucks' best hope since Kareem Abdul-Jabbar—who could have lead them to the second round, but Celtics proved the better team. Khris Middleton, the Greek Freak's 26-year-old swingman, is used to living his NBA life in the shadows after five seasons with the Bucks and his superstar teammate Antetokounmpo. Yet this playoff was different. It became clear that Middleton served as the most dependable influence for the rest of the young team. Jaylen Brown's offensive development clearly came with learning how to play defense. It's not bad that they were able to win 3 games against a team like Celtics, a team which gave Cavaliers a hard time at the Conference Finals.

Lastly, I would like to thank everyone for reading The Sequitur and the Sports Category. Hearing positive comments throughout the year was overwhelming! I hope you have a great summer and don't forget to get your copies during the 2018-19 school year (with a wider range of sports coverage) when you return!



It seems like one port just isn't enought to be successful here...





console.log <Credits>Peter://Kan; function(n); VarGift (p).

n = Writer/2; p = Draw '(1)' tmpClient.username exc
Switch(dospm_wphehe,type
Console.loog("Larrythemeepwhocould_14") 01 + 5 = 6

OBJ_Over
://rcode = true;
this.phase = Round Openi Waiting...

AMAZON

DEAR A

Advice from the best

Dear A,

I'm worried I'm never going to see my friends again after I graduate. After four years of being inseparable, how am I supposed to deal with the inevitable drifting apart?

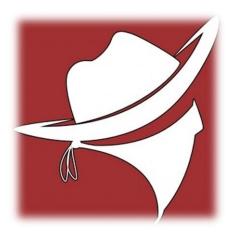
Sincerely,

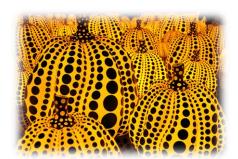
Sarah McLachlan

Dear Sarah,

Some cliché, alarmingly multivalent advice: if it's meant to happen, it'll happen. If you make an effort to keep in touch, you'll see them again. If it was never a friendship that was worth keeping, it'll naturally dissolve. Some of my favourite people are going to be in a different time zone than me for the next four years but I love them enough to make it work. Some of my least favourite people are going to be on the same campus as me for the next four years but I love myself enough to make it work. You're going to be okay my guy. They'll remember you. Sincerely,

-A





Dear A.

What are the biggest lessons you've learned after going through four years of high school? Sincerely,

The People

Dear The People,

- 1. If you analyze life like you're analyzing Jane Eyre for the IOC it's going to be a heeelllllaaaaa tiring ride. Keep it chill and let some things work themselves out
- 3. In four years, people change drastically. The person you are is no longer the person you were and the same goes for the people around you. You don't have to hang onto people you no longer feel happiness hanging around. At the same time, if someone has stuck with you for four years, that's something that'll last for a long, long time.
- 4. Nobody cares if you know a guy who knows a guy who knows a guy who knows Tesla. Do something you're proud of and start conversations around that. Let people know what you are passionate about and what your goals are. In some conversation an opportunity will pop up and it'll be yours for the taking.
- 5. The best moments are the little moments. Incorrect translations of "be humble". Power outages at Burrito Bandidos. That time you sat on the filthy bathroom floor and talked about nothing and everything. You'll forget what exactly happened in those moments one day but the joy that filled each of them will stay with you forever.
- 6. Never forget the people who supported you through your worst moments. The teacher who looked over your essay when she was in the midst of marking midterms. The friends who comforted you with the classic "I haven't started studying either". Your parents who didn't nag you about your messy room and/or mood swings. Without them you wouldn't be where you are. Appreciate them.
- 7. You don't have to be perfect all the time. It's okay to take a break and it's also okay to fall short of expectations. If you wake up every day with a positive attitude and a willingness to try to improve, it'll be alright.
- 8. Milk before cereal. This truly changed the game for me.
- 9. If you feel lost, talk to somebody. It's hard to be vulnerable and reach out but it'll be worth it.
- 10. Procrastination kills time that could've been spent with friends or family so try your hardest to stop that. There's more to life than just studying. Go out and explore the world. Go see the cherry blossoms and go take the train to see the Yayoi Kusama exhibit. The essay that you need those last few minutes to write wouldn't be costing you the chance to see someone for the last time in a long time if you didn't procrastinate. The new episode of Brooklyn Nine-Nine will be waiting for you online forever but the the world doesn't wait. Stop wasting your very limited, very precious time and get out there.

It's been a great couple of years writing as A. Giving unsolicited advice is now my number one passion in life. Catch you on the flip side! Sincerely,

Student Photography Gallery

Welcome to The Sequitur's gallery of student photography!

Photos are IN COLOUR on a limited number of copies!

Enjoy!

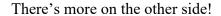


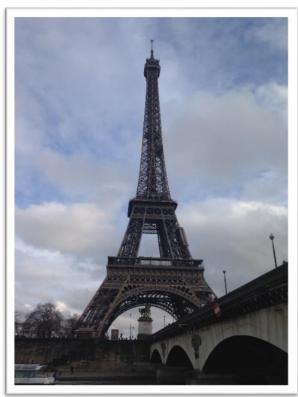
Gallery: Sarah Sellens















Gallery: Mackenna Friesen

















Visual Arts Kate Folsetter

