

A close-up portrait of a young woman with long, wavy blonde hair, smiling warmly at the camera. The background is slightly blurred, showing what appears to be a window with blinds.

the Sequitur

Dedicated to Westdale Graduate
Nicole Avsec

February 14th, 2001 — August 25th, 2019



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NOTE FROM THE EDITORS

Kaya: It is October. We have all made it through the onslaught of the first month back at school and are getting accustomed to the rhythm and flow of the 2019-2020 school year. All of us have entered this academic term shouldering different burdens and blessings, yet in the rush of excitement that inevitably envelops the first month of school, we have not had the time to process and reflect on all the changes that have occurred since leaving the bounds of summer. I believe that this year there are no other words to describe this transition but “bittersweet”. There are the freshly minted grade nine students, bursting with enthusiasm and simultaneously with trepidation as they begin a new chapter of their lives. There are seniors like myself who are torn between leaving our childish selves behind and seeking the prospects of greener pastures ahead. And then there are the SJAM students who are also ambivalently stepping into Westdale, grieving the loss of their old school and friends, while contemplating what new opportunities and relationships may lie ahead for them here. The fall has brought about a season of change for all, though perhaps one of the largest pangs that resound around the entire school is the loss of our former student, Nicole Avsec. Though not everyone, including myself, had the privilege of knowing Nicole profoundly, the hole that she has left in this school is undeniably tangible. Nicole’s friends and family have impressed upon us all that Nicole radiated kindness and possessed a beautiful soul. She loved to run and compete in athletic events and also had a soft spot for writing and expressing herself through her precocious style and voice.

Lane: This issue of The Sequitur is dedicated to Nicole Avsec. We wish to honour the beautiful life she lived. I was talking to her friend the other day and he said something that stuck with me. He said that while Nicole had a short life, she filled up every day of it. She never wasted a moment. She came home from school after a long day of learning and laughing with friends, went to work, came back home, spent time with her family and friends, frequently pulled all-nighters to do homework and then would do a triathlon the next day. I didn’t know Nicole well, but I did know her. And what her friend said to me did not come as a surprise at all. Nicole was in my law class. I used to see her laughing with her friends all the time. Specifically, I remember her sitting in one of the cross hallways on the third floor or in the girls’ washroom making funny videos with her friends. You could always trust that there would be a smile on her face. I think we all should try to keep Nicole’s legacy alive by living our lives as she did, fully. Life is a precious thing and cannot be wasted.

Kaya and Lane: When we discovered that Nicole loved writing we thought it would be fitting to reach out to her family and ask them to share some pieces she had written in her English class. One piece is a poem about the difficulties of facing our true emotions. The other is about a multisport race she loved: triathlons. We found these pieces to be inspiring and thoughtful. We hope you will give them a read.

We also encourage you to check out the other articles featured in this month’s issue. Here are some of the highlights: Maria Seo interviewed Westdale’s very own biology teacher, Ms Linder, to discuss her career as a science teacher. A great read if you are thinking about going into STEM and/or teaching! Then of course, how could we forget about Kofi Donaldson’s informative article featuring Ella Morreale’s art on Jessica Yaniv’s court case and the controversy it brought about. Sonya Pallapothu wrote an article about the dangers of hopping social justice bandwagons just to feel validation from others rather than for authentic reasons with a legitimate goal in mind. Ellie Shimizu’s poem about the end of summer will send shivers down your spine. Every student can relate to the longing to return to the break that ended in what seemed like the blink of an eye.

We hope the 2019-2020 school year is kind to you. Work hard. Have fun. Make some memories.

From your co-editors in chief,

-Lane O’Hara Cooke & Kaya Shimizu



TRIUNE STUDENT COUNCIL

Sequitur Update

Hey Westdale!

We at Triune Student Council are wishing you a sPoOky October! We are happy to announce the Grade Reps this year are...

Grade 9	Maria Chzhen	Nafiul Alam
Grade 10	Aparna Silverstri	Erin Lou
Grade 11	Jason Wang	Lauren Misiaszek
Grade 12	Abinaci Bahra	Tasnia Noshin

Our team is excited to start organizing some exciting events coming up over the next few weeks!

Meetings will now be held in the Library Learning Commons (LLC) after school on Tuesday's every other week. Follow @WestdaleBuzz on Instagram to keep up to date on when meetings will be hosted!

We encourage everyone to join us at our public meetings to add to the discussion, suggest new ideas, join sub-committees (e.g. Year-End Video committee), voice their genuine feedback on Triune's performance, or just get the inside scoop!

We are planning to run our annual Halloween carnival on October 31st. There will be games, challenges, and a costume contest! The top 3 costumes will receive a prize! 1st place will receive One Formal ticket, 2nd place will receive a \$20 Gift card, and 3rd place will receive 2 Winter Variety Show Tickets and an Assorted Candy Basket!

Please note that all extracurriculars are pending job action. This includes all Triune meetings and events. We're hoping for an amazing year while supporting our teachers, EAs, caretakers, and other staff.

Follow us on IG @WestdaleBuzz for the latest information on Triune Student Council, clubs, and school events!

Happy Fall!

Ryan Truong

Triune President

Catherine Mulcaster

Triune Vice President

Raymond Chen

Triune Vice President

Westdale TRIUNE Council

Grade 9 reps



Nafiul & Maria

Grade 10 reps



Aparna & Erin

Prez & Vice Prez



Raymond & Ryan & Catherine

Grade 11 reps



Lauren & Jason

Grade 12 reps



Abinaci & Tasnia

Nicole Avsec

By: Kaya Shimizu and Lane O'Hara Cooke



We learned from an article in *The Spectator* regarding Nicole Avsec's tragic passing that she loved to write. Her mother said that she had a knack for poetry and that "the voice she put in her writing was above what someone her age would produce." Aside from being a criminal lawyer, Nicole's dream career was to become a writer. We thought it would only be fitting to include two pieces of writing that she created in her Writer's Craft course at Westdale, that her family kindly shared with us. This issue of the Sequitur is dedicated to Nicole: to honor her life and to pay our respects to the ones who loved her dearly.

Feelings: Embrace or Erase?

I would die just to erase,
The ones I'll never forget.
Other times I'd rather embrace,
Or I know I'd feel regret.
On the surface or deep within,

My thoughts they do escape.
They're who I am beneath my skin,
Giving my soul its shape.
Relationships end, a loved one lost,
Sadness hits you hard.
Now you have to pay the cost
To mend your heart in shards.

A sunny day, you ace a test,
You found cash on the ground!
The feeling that you would express,
Is happiness all around.

Hiding in the deepest part,
Of your complex brain,
Lions, spiders, or the dark,
Fear can bring you pain.

A person cuts you off in line,
They're mean, they cheat, they lie.
That feeling that you can't define,
Is anger deep inside.
Jumping around, you just can't wait
You're overcome with joy
Excitement oh a feeling so great
For every girl and boy.

Regardless of my moods
I try my very best
To keep a positive attitude,
Towards life and all the rest.

It makes me feel so weak.
But I always try to power through,
Be as strong as I can be.

In the end my feelings, I trust,
They mean a lot to me
Accordingly I must adjust
Fight, opposed to flee.

Sometimes I want to keep them,
Let them flood my head,
Starting at the stem
A rose grows crimson red.

But other times I hate them,
I try to shut them out.
Afraid of who I could become,
The red rose faces drought.



Judgement Day

Judgement day. The day of all days. *My day.* My day of judgement. The day that can make or break my goals. The day my muscles will scream for help at the top of their lungs and I'll have to ignore them. The day my heart will be pumping so hard I'll fear it might burst right out of my chest. The day my stomach will twist and turn in fear and discomfort. The day I've prepared endlessly for but will never feel confident about. The day my muscles have adapted for but won't see coming. The day my coaches tell me about at every practice yet I know nothing of. The day my life goes on the line. The starting line. The day all eyes are on me. This is my moment. This is it. All the hours of blood, sweat and tears at practice are being put to the test. The ultimate test. Don't think about it. Breathe in deeply. Go.

I dive off the wooden platform into the air and the adrenaline is uncontainable. My arms and head hit the water and it's too late to back out. I'm all in. I can't help but feel an immediately flush of regret come over me, though. What have I gotten myself into? Am I really ready for this level or competition? How about what follows if I'm successful today? But what if I perform *poorly*? What if get in a bike crash? Or wipe out on my run? I shook my head and blocked out the negativity and continued swimming. I can't afford distractions. Not right now. My mind needs to be in one place and one place only. My arms were on fire, burning more and more after every stroke. The water that was so frigid just minutes ago is much more manageable now. My body aches from being kicked from all directions, my competition violently trying to pass me. I know I'll be covered in bruises at the finish line. The end of the 750

meters is near. I take a brief glance up between strokes and see the swim exit as my hand brushes the sandy bottom of the lake. I can now begin dolphin dives and proceed to run out into T1. I can feel my stroke slowing as I begin dolphin diving; plunging downwards in the sand and pushing off hard with my feet, launching my body forward with a wide wingspan. I finally reach the shallow waters and attempt to gain footing in the squishy substance. My toes sink, my feet slowly submerging, but I continued running. I can't afford to stop. I finally exit the water and I desperately rip my goggles of my head and peel my swim cap off. I quickly glance over my shoulder to see who's behind me and I panic at the sight of thirty girls sprinting out after me. I pick up my pace, and whip around the corner into transition.

Slightly disoriented and dizzy from having swam in a horizontal position for so long, I can't immediately find my bike. I sprint down the closest aisle and find it hung at the end. I toss my goggles and cap into the plastic bin, pick up my helmet from the ground, and secure the strap under my chin. I unhook my bike by the seat and run with it all the way to the bike entrance and leap onto my bike in a flying motion. Three other girls arrive there at the same time as me and we create a draft pack, alternating leader every few minutes. My legs are utterly exhausted. We're the second pack in the race, motivated to push hard and catch the lead pack. It's my turn to lead so I pull out to the left and pedal hard until I'm at the front. It's up to me to set the pace for the next ten minutes or so. I don't want to jeopardize our chances of catching the lead pack, but I don't want to go too hard as to kill my legs before my strongest portion of the race. The three girls know I'm a strong runner.

(Article for Nicole Avsec continues from page 5)

They'll likely attempt to drop me soon so that I'll have to cycle alone and end up burning out. Within minutes the first girl starts to pass me and I can identify they're making their move now. I can't let this happen. I can't lose them. I sprint to stay on the girl's wheel and give everything I have to stick with them. As we approach the twenty kilometer sign I unfasten my clip shoes, sitting my feet on top of them. I glide up to the dismount line and hop off my bike, sprinting into T2 with the other three girls. The lead pack of girls are in sight. I hang my bike back up on the rack and grab my running shoes. My feet are bloody and sweaty as I slip my shoes on my feet.

I sprint at near full speed towards the run exit only feet in front of the girls. A long hard run awaits me. My strongest event of the three. I start out at a hard pace that I can maintain for the entire race. The gap between me and my draft pack lengthens and the one between me and the lead pack shortens. My legs feel as heavy as boulders as I desperately lift them with every step. My arms pump at my side and my braids sway in the wind. Approaching the final bend I hug the corner like a little girl hugs her teddy bear. My steps were executed just as I had practiced and my turnover was fast. The thirty-degree heat was beating down on my back making me as red as a lobster and allowing me to serve as human furnace. Coming to my final steps of the race my heart rate rises intensely until it obtains a seemingly inhumane pace. I have lost all control of my breathing. My heart and lungs have developed minds of their own and have taken the reins. The finish line is in sight. Sprinting the final stretch I notice famous coaches, athletes and scouts on either side of me in a passing blur. My every move is being watched and analysed like

surveillance footage. As I complete my last strides over the finish line I let out a huge sigh of relief and my coach is there to hug me and congratulate me. Having been so deep in focus in I hadn't even realize the position I finished in. Hearing the scream of shock and joy from my parents and coach that I finished in third place and qualified for world championships was too exceptional and complex for my brain to even begin grasp. I couldn't decide if it was utter fatigue, my state of hysteria, or the lactic acid build up and excruciating pain in my muscles, but I was entirely out of it. The only thing I knew for sure was I am totally in love with my sport.

My strength and will power were put to the absolute test of that day. On my judgement day. It's moments like these that make the pain and suffering worth it and I wouldn't have it any other way. My judgement day is a day I'll remember forever. My qualification for world championships. Though all eyes were on me and this was a stressful day for the books, surrounded by coaches, friends, family, and teammates, the irony of it all is that I didn't feel the slightest bit judged.

The day to remember.



<https://www.thespec.com/news-story/9566453-waterdown-teen-killed-in-crash-about-to-start-university-at-western/>



Maslow's Triangle: Concept or Mindset?

A Discussion and Explanation. By Jersey Myke-T

The triangle of vitality's core necessities—It's a hierarchical concept built from 5 different layers. The bottom 2 layers are physical necessities and the top 3 being psychological needs for one's own true ability to reach a life in which they've met their true meaning. Each layer below the other is the fundamental base needed to achieve the next to the fullest extent— with the ultimate goal of self-actualization. Abraham Maslow's concept of self-actualization can be summarized as fulfilling one's own potential and is, in essence, the pinnacle of life fulfilment in his eyes. It's a magnificent concept to apply to your personal life and witness where you fall in line or whether or not you can/are achieving "life's goal". The triangle, however, isn't just a concept we apply to ourselves—in fact, the use for this triangle is incomprehensible. Not only can it aid you in realizing where you are with physical and psychological needs but it can be applied to various problems, and be used as a mindset.

Many problems and contrasts can be made with this system. Take this, for example, a school is a place where self-actualization is attempted to be maximized within a large group of kids, however for many factors regarding lower layers of the pyramid this aim is missed wildly. Rising rates of anxiety,

depression, and suicide now plague the youth— and schools, which play a significant factor in this epidemic and do little to address these problems by the very roots. It fits into the "Esteem" and "Love and



Maslow's hierarchy of needs

Belonging" components to the pyramid as these are psychological issues. Without these fundamental pillars to self-actualization being achieved we begin taking a route to a different location—one that is an unfortunate reality for many today that have been failed by the current system in place. In The United States, one of the most essential pillars is threatened in schools. "Safety needs" is a pillar in the American education system that has many worried to even show up to school in the first place—thus making the ultimate aim of actualizing one's self incredibly more difficult. I'm of course talking about firearms. Without the ability for one to truly self-actualize their health should go without threat. You can bare whatever opinion on firearms you want, however, this doesn't change the fact that many students in America have this fear and it can prove to block self

actualization.

Although a powerful and useful tool—the core principles are to reach self-actualization and there is a misunderstanding that it is required that one needs the previous concept to move on to the next. This is wrong. One can achieve self-actualization without fully having one of the latter concepts in check. Therefore the pyramid concept isn't entirely a concrete, step by step process. The misunderstanding may rest in just how it is visually formatted. The premise in which you need to achieve self-actualization is actually more fluid in that you can still reach self-actualization without a strong sense of, for example, "belonging"—even though it would certainly help you to do so. I have made a restructure to perhaps better illustrate the triangle into the more fluid model I explained.



This restructure to the famous model first conceptualized by Maslow illustrates that you can indeed chase self-actualization without a hierarchy build. If one pillar, for example, esteem, would



(Maslow Triangle: Concept or Mindset- A Discussion and Explanation continues from page 8)

be cracked from negligence the building's structural integrity would diminish, but it still remains a building. Now let's say the pillar loses a large chunk due to an outside force. Now the goal of self-actualization is in jeopardy! So what happens when you chip a pillar and let the damages get out of hand? You focus on and repair with extreme focus and caution.

The idea of earth playing a factor is quite blunt, in that without a functioning planet it's overall plain impossible to reach true self-actualization. The earth on which your 4 pillars stand is important to maintain (especially in today's society) because without it the pillars can not stand to support the main goal.

The analysis of Maslow's hierarchy of needs and other models describing personal potential and meaning are invaluable lessons you can apply to your life or even problems within society. It's a valuable concept and I urge you to look into this set of ideas and configure your own mental or physical model.

The Wrong Bandwagon By: Sonya Pallapothu

We live in a world of validation. Without it, we feel empty and outcast. We need to feel included to feel important. I've found that our need for validation has overshadowed our identities and opinions, making us someone different than ourselves. We hop on the bandwagon, maybe even more than one bandwagon, without carefully thinking about why we're joining a movement and what that movement means. What if we hop on the *wrong* bandwagon? Who will that impact?

Very recently, the Sudan and Kashmir crises came to the attention of social media users. In order to spread awareness about the situations, users changed their profile pictures to blue and red respectively, and posted videos regarding the crises on their stories. After one or two weeks, posts about Sudan and Kashmir were deleted and no one brought them up anymore — not on their stories, and not on their profiles. People changed their profile pictures back to how they were before social

media was flooded with news, and it seemed as if everyone forgot that innocent people were still crying for help.

I thought about this phenomenon more when I saw a story posted by my friend. It said, "Everyone's only posting about these crises because it's become a trend." And honestly? I noticed that, too. For something as serious as massacres and failed democracies, we didn't step back from following the trend. Did we really care about what was happening in these countries, or were we just attracted to the situations as a fad?

When the devastating news was circulating, people suddenly formed opinions on everything about the topic: "I think the government should—" "Why isn't anyone doing anything?" "This is fake news and it's clear that—" It's not a crime to have a political opinion, but if you're unaware of the full situation, these opinions can be harmful. If you opened the comment sections on those posts, the amount of opinions was overwhelming. Users

were engaging in arguments and others were liking comments — it was a mess. It was almost as if we needed people to know that we were aware of international politics and that we were educated and smart enough to take a stance regarding the situation. We needed validation.

Metal straws are the new trend, right? Buy a new metal straw and you'll "save the turtles!" One person bought a metal straw and showed the world that they were being environmentally aware, and now everyone's buying metal straws so *they* can be environmentally aware. More accurately, we want to *seem* as if we're environmentally aware.

Has anyone researched if metal straws are really helping the planet? From what I've read, metal straws aren't exactly eco-friendly either, mostly because the mining of the metal itself is increasing fossil fuel emissions — which isn't exactly saving those turtles, is it? Without questioning the trend and without questioning what we thought



(**The Wrong Bandwagon** continued from page 9)

about it, we hopped on the bandwagon, hoping that others would recognize our metal straws and believe that we care about our planet.

Your decision to follow or not

follow a trend does not make you a bad person. Before you jump on the bandwagon, ask yourself if you're doing it for the right reasons. Is it for validation? If it is, remember that this is a new year, a new beginning, and you're a strong

person. You don't need validation from someone else. As long as you validate yourself, there's no point in hopping on the bandwagon.



Overwhelmed? Job Ideas / Interviews for the Indecisive



By: Maria Seo (Date of Interview: September 24th)

Introduction:

Sarah Lindner is currently a biology teacher at Westdale. She studied at McMaster for an undergrad in history and political science, but then transferred to Western for kinesiology. She went on to the Teaching Education program at Brock University. A beloved teacher to many students, Ms. Lindner has been teaching since 2005 and has been at Westdale for ten years. Mrs. Lindner is known for her enthusiastic approach to teaching, her remarkably organized notes, and her quirky sense of humour. She is—to quote one of her students—"a legend."

Q: What inspired your teaching career?

A: I had a really good teacher in high school. His name was Mr. Huckenberg. He was the German and English teacher, and he made learning about English—something I didn't really like—a lot of fun and interesting. He was the one who inspired me to get into teaching, to try to teach my passion to other people. I'm not passionate about English, but I am passionate about science and biology, and I really try to make that fact known. I also... I like to think I'm a highly motivated person, and I try to pass that on to other people too. This is because I understand what it's like to be a teenager, and to become demotivated because things happen to you. So, I try to show that you don't have to stay there; you can go up a little bit.

Q: Were you considering any other careers?

A: Yes! Yes... but not by choice. I considered going into law because my dad was a lawyer and he said, "You should go into law." I thought, "Sure I should." I knew what I wanted to do, but at that point in life, I was like, "Well there's other things out there... Why would I just follow this one path, maybe I should study law, maybe I should study other things." I did mull around with it, but in the end it just wasn't for me.

(Ms. Lindner Interview continues from page 10)

Q: What do you find challenging about teaching?

A: Time. It is time. I'm sure a lot of people can say this. I have so many things in my head I want to do: I want to make everything an inquiry-based lesson; I want to bring people in; I want to have hands-on activities. But then life gets busy and you just can't design that. Even if you can find something online that's similar to that, you have to go get the equipment; you have to read about it; you need time to learn about it. If I had the time, I would just create a course that I want to, and just teach it like it was a hands-on course. So, it's time. When you guys get those days where you're like "ugh, paperwork," it's because that teacher is just overworked and with little time.

Q: What do you recommend for students wanting to pursue a career in science?

A: One of the things I recommend is volunteering. And volunteering at not just one spot, but at maybe three completely different areas of the scientific field that you're interested—and it doesn't have to be for long, it could be for like eight weeks, once a week. And just see what the vibe is like. Talk to the people there. Say, "Look, I'm interested in going into this as a career, what do you think?" You would be amazed, because...[Mrs. Lindner laughs]... people like to talk about themselves. You sit down and you ask a couple questions to them, like me, people will ramble on and on, and you'll get a really good sense of what's happening. That's what I recommend, and I say that, because when I started out and I knew I wanted to teach, I was thinking "Should I go high school or should I go elementary?" And I volunteered at both, and then I knew high school was for me—it helped a lot. I would also say do your research. As soon as you can, look into different programs, see what excites you, and just apply to what you think would be good. And you can always change later.

Q: What is something that most people do not know about you?

A: Know about me? I'm...lactose intolerant? But I think people know that! I feel like I'm an open book and I don't really hide anything. Hmmm...I like awful T.V. I like those reality shows that don't teach you a thing and you can just sit there, and just watch, and just deestreeessss.

["Do you have a favourite show?"]

I like...I like Say Yes to the Dress. I get chastised for it! "You're already married, you don't need to buy another—" "I don't care!" I love that show!

Q: What is your favourite biological molecule?

A: I love Epsom salts (heptahydrate sulfate mineral epsomite). I say Epsom salts because as you get older, your body creeps with age, and they are very nice and very helpful. It has more of a practical application than a scientific purpose.

Q: Do you have a favourite unit of biology?

A: Evolution. Because it's unknown and because it's an area that hasn't been proven. I love that there's two sides to that story, and we just don't know where to go yet.



Jessica Yaniv By: Kofi Donaldson

Same-sex marriage has been recognized nationally in Canada as of July 20, 2005. Since then, LGBT people have become more accepted by the general population. This societal progression was the result of brave activists, who fought for legal changes that would protect the rights of sexual and gender minorities. Nonetheless, this was just a single step, seeing that for whatever reason, the acceptance of transgender people has been slow regarding their ability to freely live as their chosen gender being constantly challenged by transphobia.

Transphobia, like homophobia and biphobia, manifests in different forms. Transgender people can blatantly be denied the ability to use public bathrooms or to be legally recognized as the gender they identify with because of this intense prejudice I think that the reason why it is taking longer for people to accept transgender people is because of transgenderism being a more visible difference than homosexuality or bisexuality. Without someone telling you, you may not notice that someone is a homosexual. On the other hand, if a transgender person does not “pass” as their gender identity, it can be easier to identify them. To cisgendered people, they might appear as something that breaks the standard mold of what a guy or girl is. Cisgendered individuals may feel uncomfortable when they see someone who does not necessarily fit into the gender binary that is embedded within Western culture and transmitted to children from a young age. Acceptance of transgender people is also subdued by people like Jessica Yaniv.

Yaniv, a transgender activist of British Columbia, testified in front of the BC Human Rights Tribunal claiming that she has been denied services (such as Brazilian waxes) from dozens of estheticians on the basis of her being a transgender woman. In the spring of 2018, she filed human rights complaints against thirteen different waxing service providers. According to Yaniv, as soon as she informed the businesses that she was transgender, they suddenly began apologizing for no longer being able to perform the service. In actuality, the estheticians did not take Yaniv as a client was because they were either untrained in dealing with



Art by Ella Morreale

male anatomy or felt uncomfortable providing waxes for someone of the opposite sex due to religious or other reasons.

In early July 2019, Calgary-based Justice Centre for Constitutional Freedoms represented three British Columbian estheticians, who were all women of colour, before the Human Rights Tribunal. Support at the public hearing on July 19 was divided, as some came to encourage Jessica Yaniv, while others favoured the estheticians' points of view. Many felt that these women should not have to provide a service that they are untrained in or uncomfortable with. As of now, Jessica Yaniv has filed 29 complaints against individuals and establishments who have allegedly refused service to her. The Merle Norman salon in Burnaby shut down due to the costs of legal processes. The accused independent estheticians, many of whom were low-income mothers and wives that worked from home and not for a company, were especially in danger as they now have to cover expenses themselves.

Since gaining notoriety on social media, Jessica Yaniv has been exposed to be a racist who holds anti-immigrant sentiments and Islamophobic ideas. Videos and screenshots have gone viral of her ranting about Muslim people, with her making comments like “can’t stand them turban f*ckers” and “they shouldn’t even be allowed in Canada.” Yaniv’s attitude has lead the public to believe that she specifically targeted salons that were mainly run by people of colour, and that it was her goal to sue them and force them to shut down.

Jessica Yaniv represents the LGBT community poorly with her racist tendencies and attacks on other minorities, while claiming to be discriminated against on the basis of transphobia.



Biggest Pet Peeve of High School

By: Sara Abbas

High school. Hearing these words would make any teenager groan and complain. While people have different reasons for feeling this way, we can all come to a consensus of what annoys us most: the halls.

Let me start by saying that the five-minute breaks in-between classes are never going to be enough time to complete everything. We need to go to our lockers for binders and books, fill up our water bottles, go to the washroom, and so much more. People, including teachers, need to work around this tight arrangement at least three times a day, and it's very difficult with the number of students trying to navigate the halls in different directions. All in all, the halls in-between classes are very chaotic and need some more organization.

While some have managed to master the art of walking through the halls, the majority of us are trying to figure out their secret. The halls have been proven very difficult because high school students cluster within them, a variety of groups occupying different spaces, creating an obstacle course: around the water fountain; in front of lockers; lined up in front of classroom doors, awaiting their teacher. By blocking off the halls, not only is it an invitation for others to push you to get by, but it also annoys those who have places they need to be. Please, just leave some room for people to get by from both directions and be respectful to one another!

Another major struggle is the absence of gaps. It has become a nightmare with the large increase of students, particularly with the snail-paced walkers. Sometimes, you can walk around them and continue on at the pace you desire. Other times, there is a group of these people walking side-by-side, shutting the pathway entirely and forcing you to undergo the pain of slowing down. You can try to ask them to let you through, but the noise throughout the halls will definitely overpower your voice.

Do you know what's worse than each of the two reasons above? A combination of both. Every day, there will be a person sauntering through the halls, and as much as you don't want to be, you will be stuck behind them. Suddenly, they stop moving right there in the middle of the corridor! This seems to always happen when time is of the essence. Depending on how fast they are walking, you could have run into them and dropped everything in your hands. Managing these situations takes even more time and definitely makes you late for your next class, ruining your mood for the rest of the day.

The halls are versatile and complex. Various people enjoy the time between classes to catch up with friends, while others need to fight their way through these crowds. But I have a solution: most of us have been in a car; we all know vehicles stick to the right side of traffic to avoid collisions. Please treat the hallways this way. To add on to that, please try and be a little more organized and considerate of each other. This will save everyone's time and defuse the stress of getting to class, which everyone will appreciate.





Raptors Summer Mode? Installed! By: Zeynep Berra Yilmaz



This summer, all of Canada jumped on the Raptors' bandwagon. Since everyone is now a Raptors expert, I don't even need to mention the 2018-19 Finals, Larry O'Brien's trophy's new home, or Drake responding to interviews like he's trying to reach the minimum word count. I also don't need to mention the sad, yet rightful departures of Canadian sports hero Leonard, and Green who was overlooked, but commendable.

This offseason, most NBA players celebrated in Los Angeles, but the Raptors-squad chose to either travel the world or rest-up in Canada. This article is for all you bandwagons out there—whose support hasn't wavered just yet (but I see it coming!) You can memorize this list and brag to your bandwagon buddies about your newfound knowledge of how the Raptors spent their summers.

Marc Gasol won the World Cup with Spain, making it his second championship in less than three months. He became the second player to get a ring feat. gold medal in the same year. Gasol then took to Twitter, demanding that we call him "BEER PAPI" from now on. I was thrilled to see his posts because based on his performance during the Raptors parade, he undoubtedly became the tanked up, drunk-as-a-skunk life of another parade. Despite being denied the mic at the Raptors parade due to his "lack of sobriety", his pals in Spain mustered the courage to give him the mic. Congrats to Gasol because he managed to deliver a few words this time, without imitating a rockstar at the bow of the Titanic!

Chris Boucher played in "Summer League Second Team" and withdrew from playing for Canada at the World Cup. Boucher then returned home, to Montreal, with the championship trophy, and toured his old neighbourhood. He also held his first youth basketball camp. Despite all the amazing Boucher did this summer, I bet the best part must've been all the BBQ and junk food he got to eat after a long season of strict diets.

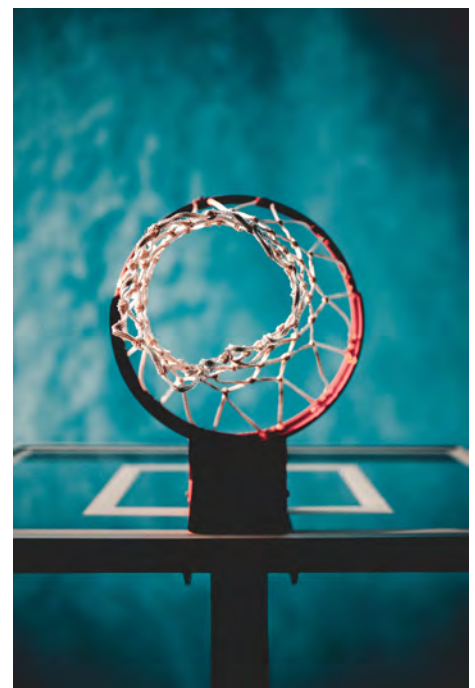
Kyle Lowry hung out with his BFF Demar DeRozan. He also underwent surgery for his left thumb, but on the other hand, he was fine—ba dum tsss! (Sorry!) He then competed for Team USA at FIBA and got crushed...pretty badly, though the reason as to why—which he couldn't quite grasp—could be because of his thumb injury. (Sorry again!) But hold on! (Did it again. I'm truly very sorry.) Let's not forget that he had earlier voiced his love for golf in a rather peculiar way: "Would you rather me go play golf or rather me go do something dumb?" And he did go enjoy golf courses around the world this summer. But if golfing supposedly keeps him from doing dumb things, I think he should've adopted the hobby BEFORE leaving Adidas to sign with Peak!!!

Serge Ibaka celebrated his 30th birthday. Then, after Vogue named him "one of the most fashion-forward players in the NBA," he showed up at Paris Fashion Week with an outfit that held an uncanny resemblance to a fish tank. Later on, he adopted more of a "Gone fishing. Be back soon" look during his vacations in Greece, Italy, and other countries. Additionally, as of late he has chosen to take his talent for fashion to the next level by creating a line featuring an item that is not generally showcased to the public—men's underwear. Lastly, as "MaFuzzy" Chef, he not only fed his friends on his YouTube series "How Hungry Are You?", but he also stuffed the bellies of Canadians as he cooked for charity.

Norman Powell told Canadians to

celebrate "ALL SUMMER LOOOOONG" and he kept that promise. He gifted his mother a brand-new 2020 Range Rover for her birthday. Her response in the reaction video? "Is this not the bomb dot com?!" I don't know what that means, I just know that it should never be declared at an airport. Based on the huge smile on her face, I'll assume it's a good/positive/nice/rocking thing.

Patrick McCaw made an appearance on social media many times after a reporter mistook Stanley Johnson for him. So the highlight of his summer was being another guy's doppelgänger. That's it. **Fred VanVleet** had told fans to "celebrate this sh*t for the rest of the summer", and he didn't disappoint. In his hometown, he kicked off his annual summer camp and the "Fred Van Vleet Fan Fest." Now that's a good tongue twister warm up for drama class! You get dizzy after saying it for the fifth time and you get hypnotized into buying his merchandise.





Climate Crisis, Not Climate Change

By: Kate Folsetter

It can be terrifying hearing all of the negative news of our ever-changing climate and seeing its effects on our planet every time we open our social media. It often feels like we, as youth, are powerless. It feels like we are too young and that no one will listen to us. This, however, didn't seem to stop sixteen-year-old Greta Thunberg. She first heard about the climate crisis in 2011, at only 8 years old, and became concerned about how little the government was doing to help. She became depressed and stopped eating and talking. Greta was able to persuade her family to give up flying and become vegan in order to reduce their carbon footprint.

In 2018 she began her protest. Greta wanted the Swedish government to reduce carbon emissions in accord with the Paris Agreement. Every Friday she would refuse to attend school, and she would sit in front of the Swedish parliament building. The reason for her protest was to convince the government to do more to help with the climate crisis. Shortly after, many students around the world joined the fight, organizations like Fridays For Future created all around the world.

This is proof that the actions of one person can create an impact and eventually change the world. Greta has spoken around the world to governments, at conferences, and even at the United Nations in New York. To get to one of her most recent conferences she sailed a 60-foot boat all the way from the United Kingdom. The boat was carbon-neutral with solar panels and wind turbines. The voyage took 15 days and ended with her speech at the UN Climate Action Summit.

You may be wondering, "How do I fit into this?" The current climate situation may be daunting, and you may not know what you should be doing. According to the United Nations:

"Climate Change is the defining issue of our time and we are at a defining moment. From shifting weather patterns that threaten food production to rising sea levels that increase the risk of catastrophic flooding, the impacts of climate change are global in scope and unprecedented in scale. Without drastic action today, adapting to these impacts in the future will be more difficult and costly. "

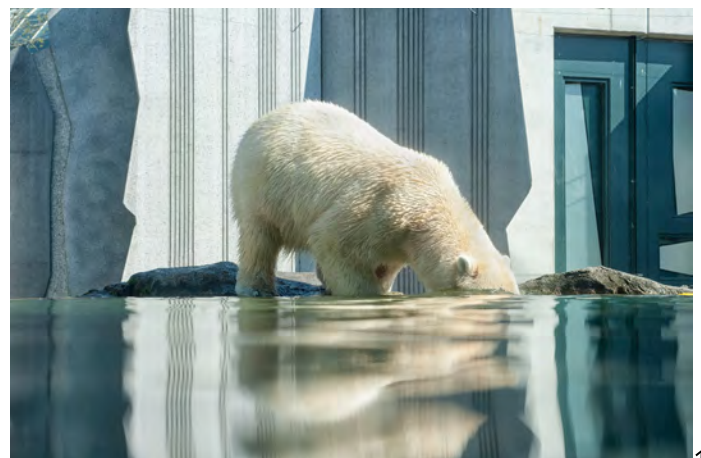
Instead of feeling helpless, we can take back our future and do something. We say we are the future, but if we want that future to exist at all, we must act now for

the earth.

Planting trees is one of the easiest ways to drastically reduce the effects of climate change on our planet. During photosynthesis, trees absorb the carbon dioxide we exhale and release oxygen. The less carbon we have in the atmosphere, the less heat is trapped and the less the earth's temperature will rise.

Vote and hold government officials accountable! As a Canadian citizen, it's your civic duty to vote in order to maintain the democratic structure of our country. Vote in the upcomingWhen it's your time to vote, make sure you pay attention to your political party's platform on climate change. If you can't vote, tell your family and friends to vote for a candidate that will help our planet during the climate crisis. You can contact your MP and demand they do more in the climate fight. Ask for their support in the Green New Deal and banning single-use plastics. We need to hold our government representatives responsible for our future.

You can also do your part in helping the climate crisis by reducing the number of meat products you consume. You can hold big corporations accountable for their actions against climate change by supporting smaller, sustainable companies instead. You can stop using single-use plastics (not just straws) to keep them out of landfills. You can consider investing in more sustainable alternatives to single-use plastics. If you can, attend a climate strike. It's upsetting that we young people must miss school and give up our education so that people will see that climate change is a big issue, but it's something that we have to do. This past September 27th, we left school to strike in Gore Park. I rallied along with friends and classmates. The next Fridays For Future strike will be held on November 27th and everyone is encouraged to attend if they want to show politicians that we as young people really do care about the future of our planet





(Climate Crisis, Not Change continues from page 15)

Every small action has the potential to change the world if you are passionate and driven. We have to act for our future and our children's future. We have to act to save our beautiful blue planet before it's too late.

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Selfies and Narcissism By: Ainsley Hodge

Teenagers are often told that they are on their phones too much, care too much about social media, and what others think of them. In particular, what others think of their *appearance* seems to be a common source of anxiety among students. This is mainly displayed in a popular way of passing time: selfies. Selfies are a common topic of scrutiny and much of it stems from the *assumed* reasons for taking them. So what do we assume about a person who happens to take a significant amount of selfies?

The name "selfie" tends to create a lot of stigma around the action, being that the word literally has "self" in it. All your brain has to do is associate that with "absorbed" and you already have a negative view of them. Moreover, it doesn't seem like a stretch to assume that someone who takes a lot of photos of themselves is a vain or narcissistic person, does it? While I can understand that point of view, it is not a healthy way to form an opinion on the subject. Thus, my friend and I conducted a survey regarding this issue--as an assignment for my English class of all things--and I thought that the results were so interesting that I wanted to share them with a wider audience.

46 students from all grades in Westdale were surveyed (17 males and 29 females) by responding to questions on a Google Form. I will provide a link if you

would like to help provide more information. As I reviewed the information, I immediately noticed certain trends beginning to surface. An interesting one is when respondents were asked, "Why do you post online?", 20% of all students answered that they do it exclusively for praise or attention. The remaining 80% admitted to either posting for friends and family to see, or to share and celebrate their experiences. This suggests that the majority of people who do post online do not do so to fuel narcissism but to communicate and strengthen bonds between others.

On the other hand, when answering the question "Do you ever regret or delete posts?", 56% of students answered "Yes". Of that 56%, 77% were female respondents. When asked the question, "Do you ever feel badly/embarrassed about past posts?", 48% of respondents answered 'yes' and of that group, 82% were female. This suggests a certain impulsivity to posting, especially in female students and that their perception of themselves may not be as vain as we are led to believe.

The last trend and one of the most interesting, in my opinion, is regarding habitual posting and pressured posting. Out of the 46 students interviewed, 63% reported that they do not post out of habit, nor because their friends do so. This was evenly reported between both genders, being 55% female and 45% male.



(**Selfies and Narcissism** continues from page 16)

However, the females that did answer “No” only account for just over half of all the females surveyed, whereas the males that answered “No” account for 76% of all the males surveyed. This suggests that males are less likely to post out of habit or peer pressure than females.

So, it would seem like a lot of that Baby Boomer propaganda isn’t quite as accurate as they make it out to be, is it? Vanity, though definitely playing a part in why people take photos of themselves, is not the largest driving factor. If anything, the pressure placed on them by beauty standards and peers has a much higher effect, and it’s causing students to make

decisions they later come to regret. Let’s drop all the preconceptions that come with hearing the word “selfie,” and the judgement associated with social media users. Instead, start scrutinizing how we treat those kinds of people.

Link:

https://docs.google.com/forms/d/e/1FAIpQLSdgSlwS-qLou4PXH2uAqUYE6dukGMI_WqMn7dlyJFFQzDS-uA/viewform

Contact me with questions: ainsleyhodge24@gmail.com

Originality By: Franklin Gaydos

All things that have an identity have an origin. When something is seized by the long tentacles of human history, it becomes a legend. Much like a person, a television has its creator; just like the use of fire and brick working has its mystery in history. To explain originality, we can inspect art where originality is a common variable. I will specifically look at the perception of art, the surrounding aspects and other forms of originality.

Original pieces are the pioneers of art. They are the first and most forward thinking for the time, and they’re often said to be the finest. This is a question regarding value. Let’s take this piece here by French artist Francis Picabia, called *Caoutchouc*:



This was an early, but extremely revolutionary, piece of art due to its abstract style. Hundreds of thousands followed in this artist’s footsteps and were also inspired by other pioneers of abstract art such as Pablo Picasso. This is an example of something being famous because of its originality. Sure, there are many abstract artists who still follow this paint-on-canvas style of abstract art,

but the only originality lies in the artist’s style.

Sometimes with small-time artists, there is no originality at all.

Originality is a resource that is claimed by everyone at some point and is one of the most overlooked driving forces for progression. Humans progress is provoked by competition, fear, desire and originality. Without it, the present would simply be a record player for the past and without change or evolution in culture and technology, we would be getting nowhere. We always want to be the first ones to do something; we always want to be the pioneers. There is a sense of progression that gives us that revolutionary rush. It’s not only in art, but in technology as well.

In new innovations and inventions, we see the demand for new creations to tackle new problems. And with these inventions we always know the first: the first cars which looked silly and bulky; the first boats made from wood and planks; the first nuclear bomb tests before the thousands afterwards. Even for innovative weapons that could end all life, we always want to know how it came to be. Maybe, it’s because we want that originality for ourselves. Maybe, we’re always looking for that new opportunity which holds so much potential value.

There is a danger in originality and it’s the association of originality with authenticity. I do not advise you to make this connection, because there is



(Originality continues from page 17)

always something new and the possibility for something that could change the world for the better. New ideas are sometimes dismissed simply because they're not original. This is an unhealthy attitude towards new ideas, especially in politics where they are needed for the constantly shifting environments of policy, diplomacy and federal management, which are all very large and active categories.

Next time you think of a good idea, think of its originality and how you can revolutionize something. There is a great expanse of new ideas you can envision. It's all a matter of finding something like an issue or need, and then filling it with something new. That fame of being the first may be yours. That fame is a driving force for our society and it should be noticed. On that note, keep noticing and keep observing, for you will always find interesting concepts like originality. It's always a plus to understand the fundamentals.



The Sound of Summer By: Ellie Shimizu

"Is it a whisper?

Or is it a song?"

That's what she asked me the day she was gone.

I told her, "Who knows; it could be either one."

She tilted her head and nodded along.

As we stood by the ocean,

The waves grew thinner and thinner.

I knew it wouldn't last forever,

And it didn't.

I looked to the moon and said to myself,

"I think it's a whisper disguised in a song,

A melody telling me right from wrong."

Her voice floats softly in my head,

Though I wish it were in my ear instead.

A season's greeting while another leaves,

A timid voice calls out to me,

"Do you remember?"

"Why did you leave?

Where did you go?"

I cry out to Autumn's quiet blow.

"I'm here, I always am,

Though my time draws to a close while another grows.

But, fear not my child, I will return.

Look for me in the budding flowers and leaves of fern."

That day I named it after her,

The calling of the oceans,

The whisper of the wind,

...Summer's song.



Image: <https://www.pinterest.ca/pin/648518415061064507/?lp=true>



Greta Thunberg: Youth Taking Action

By: Anika Gupta

As a global society, it's safe to say that climate change has been the elephant in the room at large political summits with the goal of potential actions but a whole lot of fake promises. And with hundreds of reports released on our planet's state, it seems as though all this talk about our planet has reached nothing but dead ends. Enter Greta Thunberg.

A little over a year ago, Greta Thunberg, was just your average teenager, she went to school, had friends and did her homework. However, little did people know that Greta had a strong passion for the environment. She was a witness of the climate trends favouring the irreversible changes to our climate that would become a reality in the near future. She knew that the mistreatment of the only planet we have to cherish and live on was wrong. In protest, she skipped school and sat outside of the Swedish parliament every Friday for almost a whole year. It could not be more obvious that Greta knew what it meant to take a stance and bring attention to our planet's condition by casting a different kind of light on the situation. She clearly wanted to make a difference and she was doing so by defending her beliefs.

Many of you must be familiar with a largely shared Instagram post of Greta speaking at the United Nations conference a couple of weeks ago. The videos have garnered millions of views alone through Instagram and Twitter, shares and reposts on other social media platforms further increasing the number of interactions with the subject. Regardless of the views it has received, it's important to recognize and the courage that it takes to speak in front of such a large audience of reputable individuals while also criticizing them for chasing profits rather than chasing the companies, individuals or unhealthy practices that are largely contributing to the very-familiar climate crisis. Not only has Greta demonstrated the courage she has to speak up but we also find out about her dedication and willingness to maturely discuss important issues regarding our planet. In return, Greta has sparked many topical discussions surrounding practical climate change solutions by marking her presence and being accountable. In a time when we desperately need action from politicians to

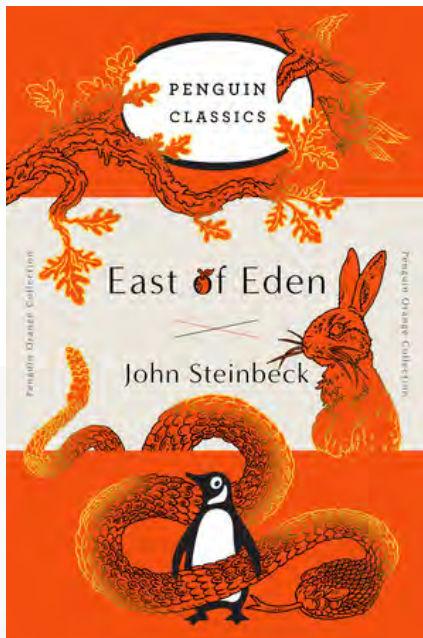
put actions into words, Greta could not state the scenario any better: "You have stolen my dreams and my childhood with your empty words". For many protesters with the same intentions as Greta, politicians have stolen their dreams as well. The dreams of future generations may also be stolen if Earth becomes a planet that is no longer suitable for life. This would be very unfortunate; however, not far from the truth. All I'd like to say is that please continue to use your voice for the better so politicians will *need* to come to us for solutions when they don't have the answers.





East of Eden By: Sue Lee

East of Eden is a novel by John Steinbeck, a Nobel Prize-winning author. Steinbeck considered this work to be his “magnum opus”, his masterpiece. The novel explores the everlasting cycle of sin, the simple yet inextricable relationship between parents and children, and the human soul’s capability for evil. Lyrically written and thought-provoking, *East of Eden* is eerily accurate in its portrayal of humanity.



While the story may at first appear to be fragmented with its different storylines, all the characters’ tales eventually intertwine. Honest and open-hearted, Samuel Hamilton is a farmer establishing a family in the sere land of Salinas Valley, California. Adam Trask is a mild man haunted by his childhood, with a dishonest father and an abusive brother. Cathy Ames is a beautiful young girl with a warped “monster” of a soul. Finally, there is also a subplot about John Steinbeck, who is the narrator himself, growing up with his sister Mary.

A clear underlying theme that ties the novel together and that many readers can relate to is the thirst for acceptance, and the jealousy and recklessness that results from failure to obtain it. Humans stand firm in the face of many hardships, but in many cases, all it takes is rejection from a loved one, whether it be a father or a lover, to break them down. In *East of Eden*,

murderous thoughts—and deeds—spring from the rage of feeling dismissed. The seemingly insignificant rejection of a gift, or the sweeping aside of a sign of affection, arouse a turmoil of dark emotions in the human mind. This is a natural reaction that cannot be helped following the absence of gratitude and delight when it is what we yearn for. How many sins in the world would we have been able to prevent if we’d known how much one careless word could slash at another person? *East of Eden* portrays the devastating effect of rejection with stark vividness.

If being deprived of appreciation can spur humans into committing crimes, what else could? In the outwardly angelic, yet satanic character of Cathy Ames, Steinbeck explores the concept of evil in humans further. Cathy is described as a monster who uses her sexuality as a weapon and does not hesitate to sacrifice her family and lovers to attain what she wants.

Meanwhile, other young, heedless men attack, banish, and murder others because of their sheer insatiability for affection. How depraved can a human heart become because of their inability to obtain love? Together, the graceful prose, the flowing narrative, and the vivid setting succeed in making *East of Eden* an appealing and satisfying read in spite of the heavy questions that it ponders. Exploring the ideas of destruction through sin, how it can shift forms, and how easily a person can become a slave to his own darkness, this novel is a powerful and thought-provoking piece of work. *East of Eden* is a true masterpiece that successfully portrays both the wonders and horrors of human life.



Art in Toronto By: Miles KV



"The opposite of the self is no longer the crowd. The opposite of man is no longer nature. The opposite of fame is no longer anonymity. The opposite of nobody is no longer somebody." Welcome to *The Age of You*, an overwhelmingly timely exhibit at the Museum of Contemporary Art (MOCA) Toronto. This exhibit explores individuality, the terminal phase of democracy, and the newest commodity on the rise... YOU. On until January fifth, *The Age of You* teaches an essential lesson in understanding what it means to be an individual. With artwork that makes statements and raises questions, *The Age of You* will leave you questioning yourself and wanting to understand more.

September 21st, The Toronto Biennial of Art began, 72 days of free art in one of the cultural capitals of the world. The Biennial tradition is popular around the world, in cities including Sao Paulo, Venice, and Istanbul. The Toronto Biennial of Art showcases artists

from around the world in more than 30 locations throughout the GTA.

After visiting the MOCA, I sat down at a harbourfront restaurant, conversations swirling around me as I finished my lunch. The sounds of faraway ship horns called to me, bouncing off surrounding buildings and adding a new sonic layer to the normal harbour soundscape. I stood up from the table, looking around to see where the horns were coming from. It was the *Toronto Harbour Symphony*, a musical arrangement of ship horns, originally performed in 1983 in St John's and a part of the Toronto Biennial opening day.

Only steps away at The Powerplant Contemporary Art Gallery, artist Hajra Waheed presents *Hold Everything Dear*, a poetic reflection of upheaval in human experience. "For Waheed, the spiral visualizes ascent and descent, growth and decay, evoking both vital forms in nature as well as notions of flux inherent in forced

displacement and political turmoil." It explores the dangers of how drastic transitions of any sort, political, environmental or social, can be detrimental to our world. On until January 9th.

In a piece commissioned by the Biennial, Syrus Marcus Ware's two-part installation *Ancestors Can You Read Us?* and *Antarctica* creates "an imagined time portal through which the next generation of racialized activists offers insight into a future radically altered by climate change." This exhibit is on at 259 Lakeshore Blvd East and Ryerson Image Centre, and runs until the end of the Biennial, December 1st.

These pieces and countless others are all free through the Toronto Biennial of Art. Get out there. Experience art. Always make sure you have enough time to explore the (in)significance of YOU, to understand how a potential future can shape the present, and to figure out where you fit into the mess of it all.



Advice Column

Welcome to the advice column in the Sequitur!

You're probably bored as you're flipping through this newspaper, but I think you should stick around and read the rest, including this article of course. This column is where you and your friends can get advice from a random person who really wants to help everyone!

I know this is slightly odd, but this column will (hopefully) be a monthly part of the newspaper, where you send an email to the address sequitoradvice@gmail.com, and if you're lucky enough, you will be selected to receive advice!

I will try my best to get to all the emails I can, however I may not have enough space to answer everyone's questions, so if you don't get an answer to your question in one issue, it will most likely be in the next month's.

For now, since I haven't received any emails yet, I'll just give one piece of advice from the top of my head to show you a possible format that you could easily follow when you message me for advice.

Dear Hope,

I'm so stressed about school and I can't think properly! Do you have any tips for this kind of stuff?

- ***Stressed and confused***

Something to keep in mind is that if you want to be kept anonymous, either put a fake name (like the one shown above) or simply don't include your name. I will likely respond with something like this:

Dear Stressed and confused,

Take a break from reality for a while. Try some meditation. Focus on breathing. Bring your head out of the clouds of stress and back down to earth. You're allowed to take a break if you need one. And finally, don't stay silent if you need help! There's lots of people in your life who are more than willing to help you when you need it.

- ***Hope***

While the example I have shown you above models the format of a letter (with the recipient, body, and signature), if you would prefer to use any other style, go right ahead! Always keep in mind that this is 100% anonymous and it's here in the newspaper to help you. You don't need to feel forced to write to me, but if you want to, please feel free. I can't wait to read and respond to you all next month!



Art and Puzzles!

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Answers in next issue

Fuzz heads / Ethan.R





October Horoscopes

ARIES ♈

Welcome back, Aries! It's far from any fire sign season but I'm sure you can "fire it up" this month. Trust that these last few months of the year will take you far.

TAURUS ♉

Wow. Just wow. It's only month 10 of what -- 12? You don't know? Sorry to burst your bubble. Anyway, you should note that the new school year won't mean a drastic change for you. But, you should always stay true to yourself. Remember that that's not a bad thing.

GEMINI ♊

You always say you have 20/20 vision. Unfortunately, you may or may not be telling the truth. Oh? You say that you never claim to have impeccable, all-seeing eyes? Your other face claims otherwise. I suggest you rein it in before something unpleasant happens. Actually, something unpleasant could be quite entertaining as well to spice things up. Nevertheless, I hope you keep yourself on track and enjoy the month!

CANCER ♋

It's been quite some time since we last talked, huh? Well here's some advice from your old pal: search deep within yourself. Look deeper and deeper in every nook and cranny of your very being. I think you'll find some things you want to change, but even more that you will like! They'll even be parts that you'll eventually love. Don't stress too much Cancer.

LEO ♌

My condolences Leo. You may face some disagreeable situations and/or people this month. Or the next. Or the one after. Or even last month! That's lesson 1: don't always trust what other people tell you. But trust me! You can trust some water signs too. I love you.

VIRGO ♍

Recently, you may be experiencing some strange feelings. Want to know where you got them from? Find out more for just \$99.99 per month! Just kidding. That was a joke if you didn't know. In any case, don't swallow those feelings: let them consume you; let them cradle you and swallow you whole; let them change your vision to something you will love forever. Just a thought!

LIBRA ♎

I don't know if you've noticed but other people sure have. We appreciate your sense of peace, Libra, but sometimes you just have to spice it up. Just add a little bit of zest into your daily life. So please, pick a side. Pick my side. My side is whatever side you hope to pick, dear Libra, because you must stay true to your values. I appreciate that no matter how much it hurts.



Art by Ella Morreale

SCORPIO ♏

You always hear about Halloween being the time when the veil is the thinnest. So, be on the lookout for your loved ones (or even those you hate! It's always a grab bag) as the end of the year approaches. Ensure that you're emotionally and physically prepared for any type of encounter by keeping in good health and taking care of yourself.

SAGITTARIUS ♐

Well. I guess you're here. I know we've had our differences but I hope we can reconcile. You know, being bound by blood isn't all that bad! We can move on, I'm sure if neither of us hold a grudge. I hope to see you soon for coffee, or maybe some tea. Let's work it out, Sagittarius.

CAPRICORN ♑

It's that time of the year for us to meet once again, Capricorn. We glimpse each other out of the mind's eye far too often, but share a conversation far too little, if you know what I mean. But let's be a little bit softer, a little bit more tender. It'll do us good in the long run.

AQUARIUS ♒

When I say I appreciate you, I truly do. Watch the stars for inspiration.

PISCES ♓

Oh Pisces, shall I compare thee to a summer's day? I would if I could, but I'm not very poetic. I'm just a little bit too cheesy for that. But if you asked me to, I would still try. Obviously. Just don't let it get to your head. Actually, ask your other friends to do it as well! If they don't... Well. They can pack up and head out. You deserve the type of friends who like to have some fun.