
the Sequitur

Westdale's School Newspaper ■ er y ■ nd I s A New
Beginning...

03 05

09

11 12

13

14

15 18 19 20 21

23



Table of Contents

Letter from the Editors

Triune Student Council Address

Teenagehood: the awkward art of the in-between Part Two

Tips On Healthy Living

How Netflix's Tiger King Hooked Audiences Around the World

E-Learning: For Better or For Worse?

The Pressure to be Productive in the Face of COVID -19

Myers-Briggs Test: is it

Valid? Vivid Dreams

The Overstory? A Book

Review Windows

Sudoku

Horoscopes

Our Team

Editors in Chief:

Lane O'Hara Cooke Kaya Shimizu

Teacher Adviser:

Ms. Baboudjian

Writers:

Erin Lou

Sonya Pallapothu

Sara Abbas

Jersey Myke-Tomlinson Kate

Folsetter

Casey Kisielewski

Ellie Shimizu

Esther Liu

Sudoku:

Casey Kisielewski

Social Media Team: Jersey

Myke-Tomlinson Lane O'Hara Cooke

Editors:

Kaylee Glavin

Sarah Walker

Halema Ahmed

Sara Abbas

Casey Kisielewski

Erin Lou

Sue Lee

Rand Amer

Cover Artist:

Samantha Potts

Design Team:

Renny Wang

Abby Roy

Peter Kan

Hey Westdale,

LETTER

From the Editors

Not much has changed since we last wrote to you, except for the fact that this is our last and final letter to you. It has been a whirlwind experience running our school newspaper together and getting to be the first Co-Editors in Chief this publication has seen, a tradition we hope to continue into next year as we welcome Sonya Pallapothu and Jersey Myke-Tomlinson as the future Co-Editors in Chief for the 2020-2021 school year.

It's a little bizarre the way things are ending. It seems as though you go through your whole public school education creating images in your head about how the curtains will close. We're not sure about you, but we anticipated that the end of grade 12 would include choosing residences at our dream universities, picking out prom dresses, putting on a cap and gown, and walking down the Westdale hallways with our friends one last time before, potentially, never returning again.

Through late-night contemplations of how life has played out and will play out (in light of COVID-19) the idea of endings and beginnings have been at the forefront of our minds. Yes, the school year and our time at Westdale is coming to an end, but there is no official closure to solidify and mark the whole of our experience. As I am sure most of you have heard, prom and graduation have both been cancelled. On that same note, the beginning of an exciting new adventure at university does not feel as though it will actually happen. Many universities have announced that the first term will be beginning online in the same childhood bedrooms that we'd been planning to box up and leave behind. There will be no first year initiating activities, no mingling on campus with new faces, and no experiencing newfound independence and freedom.

How can this be a new beginning when we are stuck between the past and present in some stalled transition phase?

For students who are not currently in grade 12, we know that this isn't an easy time for you either. We're sure that you face anxieties about how your next year of high school will proceed. Will public schools continue online learning in September? Are you kissing goodbye clubs, teams, and

extracurriculars that many of you rely on to put on scholarship applications (and sometimes even university program applications)?

To anybody working as an essential worker during one of the most uncertain times in our country's history: we thank you. We value you. We hope that you will soon be recognized for your importance in keeping our communities on their two feet by being paid a living wage, and given guaranteed health insurance and paid sick leave.

Despite not being able to control our current situation or what the future may hold, we know that we can be certain of the great memories we have created in our four years here at Westdale. From our first-ever day of high school, to our last right before March break; from all of the friends from middle-school that we got to learn and grow with, to all of the former strangers who we can now call our best-friends; Westdale has been the background of many experiences and fun-filled times.

We want to say a huge thank you to all of our dedicated readers who continue to read these letters and our small unassuming publication on a monthly basis. You are proof that student journalism is not dead and you are the reason why we are still here.

We must also thank our formidable team who have never failed to impress us. You guys inspire us every day and this publication proved not to be an exception of your exceptional creative and analytical skills. Sue Lee is back with another delectable book review, this time on *The Overstory* by Richard Powers. Give it a read and you may just find the next member of your Quarantine book list. Sonya Pallapothu spoke to the pressure to be productive in the face of COVID-19, a pressure I am sure we are all experiencing and can relate to. Casey Kisielewski wrote a beautiful, descriptive piece called *Vivid Dreams* which we highly recommend you read to escape to another universe, even if just for a moment. Finally, we recommend that you find a comfortable seat and get cosy before giving our feature article a read. It is definitely a must-read where you can inform yourself more about the popular Myers-Briggs Test and see if it is well justified in being all the rage. And may we suggest that while you're at it you take the Myers-Briggs Test for yourself and begin on the road to self-discovery.

Well, that's all, Westdale. experiences we have gained outside) your beautiful walls. for you in our hearts.

Thank you for everything!

Your 2019-2020 Co-Editors in



Cheers to the growth and during our times within (and We will always have a soft spot

Chief,



TRIUNE STUDENT COUNCIL

ADDRESS Hi Warriors!

I hope everyone is doing well and staying safe during these strange and unprecedented times. I want to open this letter by saying that it has been an absolute honour to represent your interests over the past year and that I am very grateful to have been elected as your 2020 Student Body President.

We started the school year off with our Halloween Carnival where our grade representatives and I got pied in the face. We ended December with Winter Formal and were brought together for the first-ever Winter Variety show. Most importantly, we came together for the March Talent Show just before the beginning of the pandemic.

All of the amazing things that have happened this year have been a product of your support of our Student Council. Everyone at Triune this year has worked hard to plan events, get to know you, and make a fun-filled experience for all. Make sure to reach out to your grade representative, our secretaries, student senators, graphic designers, publicity representatives, and members at large to say thank you. None of the amazing events could have happened without their commitment - which sometimes meant missing class or lunch, spending spares handing out pumpkins and getting decorations ready, or even bearing the smell of rotten whipped cream after being pied in the face?..

It has been a blast. I would like to end this letter by saying thank you. Thank you for your support, thank you for your amazing ideas, and thank you for all the random conversations in the halls, library, washrooms, and classrooms. It truly has been a pleasure to work with so many different people here at Westdale. I am glad I could be that person whose name you just had to shout down the hall to find out more about school events. I am glad you have been able to express your frustration, happiness, and gratitude. I am glad that many of you have seen that this role has not just been a title for me and that I have put my blood sweat and tears into making our year amazing. I am grateful many of you recognize that this role of organizing a team takes time, energy, and a lot of work.

It's crazy to think that our time together has been cut short. I'm disappointed that we couldn't spend the last few months together. I hope that our community will be able to come together in person soon. Regardless of the uncertain future, we must remember that we are a community of Warriors - strong and resilient - we will get through this.

So stay connected with each other - reach out to a friend, a family member, teacher, someone you haven't talked to in a while, and join in on the fun with the @WestdaleBuzz Instagram challenges.

It has been a privilege to work with you all this year and I hope you consider joining our team in the fall. Take care,

Ryan Truong

Student Body President

Cont inued

Catherine Mulcahy - Vice President

Thank you, thank you, thank you.

I have grown and learned so much more in the past year than I have in my entire life. I owe a great deal of that growth to my time spent as Triune Vice President. I don't know what my future holds but I'll be very lucky if Triune is a part of it.

Raymond Chen - Vice President

When our first Triune meeting was held in the library back in September, I couldn't wait to meet and work with everyone to improve our experience here at Westdale. With an abundance of new students, many of whom have transferred from Sir John A. Macdonald, I already knew that the 2019-2020 school year was going to be unique—a journey full of experimentation as we grew accustomed to our new, unified student body.

Looking back months later, I am proud and grateful for our time spent together as a community. During times of hardship, such as the loss of one of our own, the absences from school, or the current situation with COVID-19, our Warrior spirit has never wavered. We have embraced our initiative and leadership through student-run events, our love for competition through a wide range of sports, our special talents through variety shows, and our diversity through celebrations of peace and recognition. Today, that inextinguishable spirit continues to be expressed. Online challenges and initiatives preserve our enthusiasm and character, even though we are no longer physically connected. Thank you to everyone at Westdale for contributing and making a difference, no matter how small: our accomplishments and triumphs across the year wouldn't have been made possible without you.

Nafiu Alam - Grade 9 Rep

Thank you for this great year! I've gotten to meet many new people and try many great things

I normally wouldn't have. It's been very fun and I'm thankful for the opportunity to have had this position. It's been a chaotic year, but it's been a good one. Here's too another great year!

Maria Chzhen - Grade 9 Rep

This is my first year at Westdale and though I'm only a quarter through high-school, the experience has been nothing short of exciting so far. I have made many new friends, acquired lots of new memories to smile about at night, and have gone through quite an emotional rollercoaster. Being a rep was a learning experience during which I grew as a person and as a leader. It helped me learn to come up with new ideas, become more organized and focused, and improve my people skills.

Thank you to everyone who made this school year unforgettable, it is a pity I won't see you all for such a long time!

Aparna Silvestri - Grade 10 Rep

Regardless of COVID-19, this school year has been really great. It's been a pleasure working with everyone. Big ups to everyone this year especially with what is going on in the world right now. Despite all the work and organizing we've had to do, this has been so fun. I'm looking forward to what next year has in store and I'm excited to see all your faces again.

Erin Lou - Grade 10 Rep

This past year, I had a lot of fun planning school events like the Formal, buy-ins and Talent show. I really enjoyed the matchmaker that we sold during Valentine's Day because it was a great way to connect with people that you didn't know and had similar interests to you. This



year, I have not only expanded my learning in class, but also outside class as a teammate on the cross country and varsity soccer team. In these activities, I am reminded about the importance of leadership and collaboration skills. I look forward to grade 11 because I'll be sixteen and able to drive (haha)! I'm also looking forward to hanging out and studying with my friends, and the new classes! 5

Jason Wang - Grade 11 Rep

As the semester comes to a close, I would like to take the time to say a few things. Thank you, to the teachers, for teaching me and helping along with my transition into a new place. Thank you, to the members of Triune. I've had great fun in helping organize events such as the Formal and the Talent show by working with the team. Thank you, friends, for the most wonderful and beautiful winter I've had in Canada - for taking me into your community and making me feel like I'm home despite being away from home. To those who I have spent time with in and outside of school, I have shared many memories with you, and even to those who may just be passing acquaintances - without you I would not be standing here today, you all made me who I am now.

Lauren Misiaszek - Grade 11 Rep

Hi Westdale, I just want to thank everybody who's contributed any ideas to Triune for a great school year! Although it ended on short notice, I'm very grateful for the people I've met and the overall experience of representing the class of '21 for the past few months. Fulfilling this role has further taught me what it means to be responsible and I'm happy that I've learned this with people I can now call my friends.

Abinaci Bahra - Grade 12 Rep

I know everyone is going through a difficult time right now and sadly our year has been cut short. However, I am so glad I got the opportunity to be one of your class of 2020 representatives. Being on Triune has introduced me to so many new people and taught me a new sense of time management and responsibility with the numerous activities we have planned with your help and input. Thank you so much for a great school year!

Tasnia Noshin - Grade 12 Rep

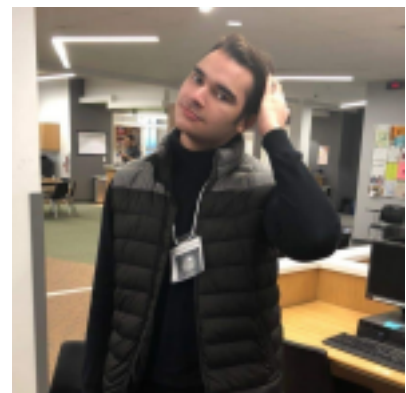
Overall, I've had a great experience organizing fun and engaging activities involving all of Westdale from formals to variety shows to buy-outs! I was inspired by all our talent which only reinforced

the versatility of each and everyone of us! So thankful for our heightened efforts to maintain a sense of community despite the pandemic and looking forward to continuing to stay in touch even at post-secondary. Thank you Westdale for the phenomenal final year and making me proud to be a Warrior!

Jersey Myke-Tom linson - Graphic Designer

This school year I was elected graphic designer for Triune. I came into this role with a few expectations and a few surprises accompanied them. I first expected the work to be a little strenuous along with school work since I truthfully didn't have that much experience designing graphically. Shortly after a few projects and finding the program and methods I enjoyed using most, I slowly found myself wanting more and more things to design. The biggest surprise about being the school's graphic designer was how free I felt to explore my style.

Looking back on the months, the posts and posters I made for events read like a timeline. At the beginning I was inexperienced, and couldn't even tell you the difference between a JPEG and PNG - eventually of course I learned what the difference was. After I mastered basics and began putting out decent work, I knew I had a long way to go. Over the school year I experimented and got better at designing posters. What really came as a surprise was how good you can get at something in a short amount of time. I really became entranced with working on new projects,



and I'd like to think this helped me even more with developing as a designer.

Even though the latter part of the school year has been rather hectic, it has still been amazing. All the people I met and talked to about design, planning events, people from other clubs, have all been an influence on not just my graphic design ability—but also who I am as a person. I became more engaged than ever this year in the clubs and next year I will be more than ever. I look forward to growing even more in whatever area I find myself in.

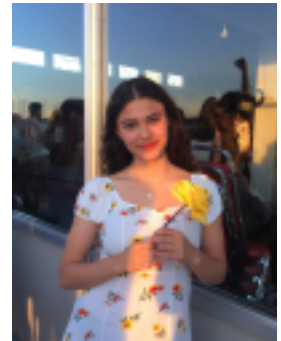
Sabrina Partun - Publicity Coordinator

This time in quarantine has made me realize how much I took my friends and family for granted. Now, not being able to see anyone, it takes a lot more effort to stay in touch with everyone, and it's a lot harder than I thought it would have been.

Natasha Brousseau - Publicity Coordinator

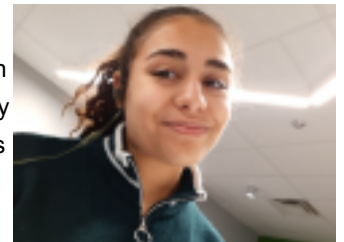
It would be an understatement to say that this past school year has been anything but an experience. Everyone's lives have drastically changed since mid-March in terms of education, social interaction and just life in general. It is important to remember that no one is alone right now. I learned a lot this year,

but I think what stands out most to me is how thankful I am to have made so many new friends & reach out and connect to more people throughout the school. Being a part of Triune was a huge thing for me this year and I am very grateful to have had the opportunity to take up the position that I did. I am looking forward to the next few years and the things to come for our school and its students!!



Camila Moran-Hidalgo - Secretary

My last year at Westdale came to a close way too fast but I am so proud of what we accomplished in the time we did: from Westdale classics like clothespin ninja to a first ever Matchmaker survey and everything in between. Being in Triune this year really opened my eyes to the hard work that goes into each event and has taught me communication skills that I will use in university and probably someday in the workplace (organizing Triune members, student volunteers, teachers, and caretaking staff is no easy task). I would highly recommend Triune to anyone who is interested in leadership roles and/or has ideas about changes they would like to see in our school.



Nour Elbadan - Secretary

Student Council was one of the most enjoyable things I did in school. With all the planning and decorating for many different events, it felt great to be a part of something. I am excited for even more events in the future as we continue doing our Instagram challenges.

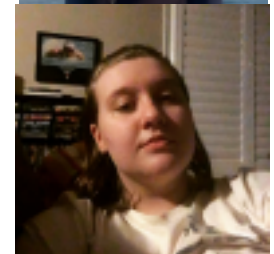
Arooba Amir - Student Senator

As a student senator, I was able to not only represent our student voice in Westdale but across the HWDSB. This year especially, Triune has taught me the importance of community.



Amman Waheed - Student Senator

After being on Triune for several years and just recently joining the executive council, I have realized just how much our community is capable of. This year, we were met with many new changes that required innovative solutions to learn how to meld new and old traditions. This was an incredible learning process for me. I'm grateful for being part of an amazing team of outgoing people, and although this year might not end the way we thought it would, I know the school spirit will live on!

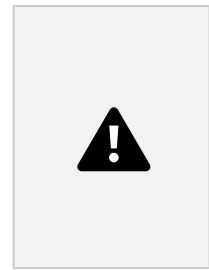


Ainsley Hodge - General Member

I was glad to make myself a part of Westdale's history, and do a service to the school and students simultaneously.

Kate Folsetter - General Member

Although it was cut short, I am thankful for an excellent grade 11 years I had. I am grateful for all of my friends and classmates, as well as my teachers, who are working hard to make sure we all get a quality education during these unprecedented times.



7

Teenagehood: the awkward art of the in-between

By: Lane O'Hara Cooke

For years I have been asking my parents to redecorate my bedroom. Each time they have told me we would go to IKEA that weekend to buy some new shelves, lamps and other pretty things. This inevitably never happened. It became a vicious cycle that would repeat every four months or so. In September, the cycle was about to begin again when I came to an abrupt realization: there is no point redecorating my room as I only have about ten months left of living in my family's home. Soon enough I will be moving out into a university dormitory. Redecorating my current room would not be worth the time or money. To anyone with a basic sense of time, this would not be something to be shocked about, I've been planning to go to university since I was about seven. But laying there, alone in my bed, the thought hit me like a truck. I am growing up.

I am the same age as the girls who used to babysit me, who I idolized. They seemed so mature and cool like they had everything figured out. Of course, I know now that they probably didn't. If there is one thing I know I have in common with most other teenagers is that we have no idea what we are doing or where we are going. Being an adult and having a plan was always something of the faraway future, a fantasy of sorts. Now, I watch as my older friends are applying to university and see my friends' older siblings deal with their first year of university midterms. Things in my life are changing and I don't know how to handle it.

There's a desperate want to move from my hometown and start fresh, but another part of me will walk past a park I used to play in when I was little and suddenly feel this deep sadness, as I am mourning something that once was. I long for the simple happiness of yesterday, yet I want to skip to tomorrow just to find out if everything will be alright.

It feels as though everything I do is preparing for the future. I am researching universities and scholarships, getting good grades to get into the programmes that will prepare me for my future career, not redecorating my bedroom because I know it will be a waste for such little time I will spend

in it. But what do I do that is for the now? What is adolescence other than a confusing grey area of not-quite-adulthood but certainly-not-childhood? I think it is coming home at one in the morning from a party, falling into bed and seeing the old one direction poster still hung up on your wall from when you were twelve.

Part 1

8

"Teenagehood: the awkward art of the in-between": A Reflection

Dear Westdale reader,

In November of 2018, I wrote **Teenagehood: the awkward art of the in-between**. If you have read any of my articles in the past, you would know that this one was unique. Typically, I wrote opinion pieces about social and political issues that I thought needed to be brought to light. But this raw, 500-word piece was a peek into where I was in my personal life. I was in my first semester of grade 11 and feeling very lost about where I wanted to go and who I wanted to be.

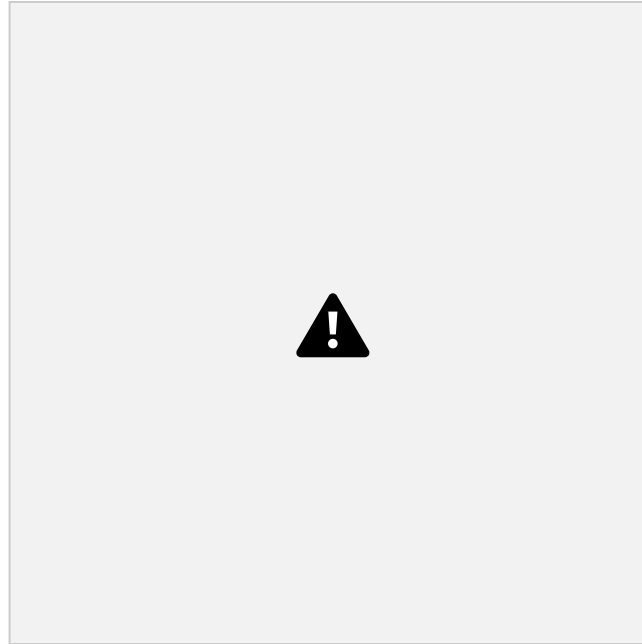
In this piece, I used not redecorating my bedroom as a metaphor for not living for the present, yearning for the simplicity of childhood or the independence and certainty of adulthood. Teenagehood is a time where, pardon my french, sh*t is constantly hitting the fan. Between pressures to perform well academically and navigating the complexities of friendships and first relationships, it can seem there is never a moment of peace or stability. This can create a time of memory-making and a lot of fun. But it can also be a time filled with anxiety.

But I ask you, the reader, to bask in uncertainty. Lift your head up from your chemistry textbook and look around, rise above the petty drama between you and whoever ground your gears most recently. Allow yourself to explore who you are and the world around you. Allow yourself to just be. Try new things, learn from trial and error, make dumb mistakes, fall down and get back up, meet new people, and cherish new experiences and first times.

Tell your friends you love them, allow yourself to cry when you're sad, be honest and communicate how you feel, don't just hear what others tell you but listen and try to understand. Have courage and always be kind; stand up for what you believe in, even when it's hard or unpopular; nobody will remember why you were cool, but they'll always remember if you treated them with care.

A few months after **Teenagehood: the awkward art of the in-between** was published, I truly started to learn these lessons. I have experienced more growth and have both received and given more love in the past year and a half than I have in my entire life. I learned to adore the structured chaos that is adolescence. While learning from my past and planning for my future, I started living my life for the now. I have never been happier. And I'm proud to say, after years of

Part 2



Tips On Healthy Living

By: Erin Lou

When the world is in lockdown due to a pandemic it can be a stressful time for all. Frontline workers, such as healthcare providers and grocery store employees are helping the community in tremendous ways. Although we may not be able to assist directly on the frontlines, what we can do is take care of ourselves by staying healthy and active at home. Here are my top tips on how to do just that.



1. Have Good Sleeping Habits

I know I speak on behalf of many when I say that many of our sleep schedules have probably switched over to those of the inhabitants of Australia. But, why not take advantage of this time in quarantine to develop better sleeping habits? Try waking up at a reasonable time instead of three in the afternoon. Getting the proper amount of sleep at the right times can help protect mental health, physical health and quality of life. Studies show that good sleeping habits can increase productivity and concentration.

Furthermore, poor sleepers are at higher risk for developing diseases like heart disease and stroke. Ideally, you should develop a sleep schedule where you go to bed early and wake up early. After all, you'll still be getting the same amount of sleep, the only difference is you won't be living in Hong Kong time. By making an effort to wake up earlier in the morning, you will have far more time in the **day** to complete your tasks while also getting time to relax.

2. Exercise

Yes, working out at home can seem daunting, but it definitely has its benefits even past the feat of being fit. Exercise can help combat diseases, boost your mood and improve cognitive health and memory. Unfortunately, many of us are probably unmotivated and can't bring ourselves to get out of bed. So, how do we start? First, I recommend starting small. Create a specific goal for the week such as working out for 15 minutes for three days every week. This plan will help you create a habit that you want in place for the future. Second, find a workout that you enjoy doing. Whether it's a music workout on YouTube or a workout challenge from Pinterest, find something that you can stick to and do not quit! If you are a fan of Netflix and Disney Plus, you can find workout ideas on Pinterest that pair with movies on said apps. For instance, as you watch Iron Man, whenever Stark says something sarcastic, the workout will instruct you to do ten burpees. Finally, consider working out in the morning. From personal experience, working out in the morning wakes you up and gives you a much needed boost for the rest of the day.

3. Eat Healthy

Now that we have all the time in the world, this is the perfect time to start eating healthy. You can find healthy recipes everywhere, from a simple google search to the cookbooks stashed away on those dusty shelves. If you have a blender at home, try making a smoothie for breakfast (strawberry and banana or mango and pineapple). Give your parents a break and cook dinner for **them**, and be sure to include the four food groups. Perhaps you can delight them with a side dish of mashed potatoes (you can find the perfect recipe here: <https://armagazine.com/2Azhijq>). It is important to start eating healthy so that later, you can stay healthy (while also having some great recipes up your sleeve, of course).

To summarize, being in quarantine can make us all feel rather useless. Though we can't do anything to remedy the situation immediately, we can stop the spread of COVID-19 by staying home and keeping ourselves healthy. So stay safe and keep well because we can get through this together!

10



How Netflix's

Tiger King Hooked Audiences Around the World

d By: Kate Folsetter

In light of Covid-19, we have all been held up in our homes with

so much time on our hands. Because of this, many people have been spending their time binge-watching Netflix. Currently in

Canada, one of the most popular shows is **Tiger King**.

With its wacky plot, **Tiger King** has captivated many audiences. I found it quite mind-boggling that it was a true story because it seemed fake at first; I didn't think anything like this would happen in real life. This made me ask myself, why is Tiger King so popular?

The documentary is centred around the life of a red-necked, hillbilly, gay polygamist known as Joe Exotic who breeds large cats in Oklahoma. He is the protagonist of the story. He houses thousands of big cats at the GW zoo. He is involved in a throuple (a three-way relationship, a combination of the words three and couple) with two men that aren't actually gay whom he manipulates. The so-called "Tiger King" has a blond mullet, is a country singer and even ran for President of the United States at one point. The story is like an onion with many layers. To me, watching the documentary felt like a car crash; I wanted to look away but I just couldn't because of how bizarre it was.

I think that Tiger King is a good source of entertainment while we are all social distancing. It helps to numb people from all of the terrible things that are happening due to the Coronavirus and makes us forget a bit of the world around us, even if just for a just a few moments.

The documentary also looks at Carole Baskin, who rescues and rehabilitates big cats at Big Cat Rescue in Florida. She is the enemy of Joe Exotic and wants to shut down his zoo. She has grown her brand and has become increasingly popular on social media, gaining a large following throughout the years. The documentary also looks at Doc Antle, who breeds big cats and pets them out of Myrtle Beach, South Carolina. He hires young women to work at his safari and often has romantic relationships with them. He also leads a polygamist lifestyle.

In my opinion, I think that if Tiger King was a fictional film,

people wouldn't like it as much because they would see it as too far-fetched. The documentary involves many topics, including guns, politics, drugs, polygamy, murder, revenge, romance and conspiracy. Put all the elements together, and you have a great binge-worthy Netflix show with an insanely complex story about two animal owners and their conflicting ideas about the way big cats should be handled. These topics are intriguing and make stories interesting enough that people want to just keep watching. You never expect what happens next because of the many twists and turns, which make it quite difficult to even predict the show's ending. This is a story that is so crazy, it would be impossible to fabricate.

Even the best screenwriters couldn't make up characters like Joe Exotic, with his zany energy, the blonde mullet that he is so proud of, and vendetta against Carole Baskin, who may or may not have fed her late husband to a tiger. Nobody would have even been able to make up Saf's character, a worker at Joe's zoo that had his arm ripped off by a tiger but still continues to work for Joe Exotic.

The documentary boomed in popularity, and it became viral on the internet and quite meme-worthy. All over the internet people are turning Exotic into memes and quoting Carole Baskin's catchphrase, "Hey, what up all of you cool cats and kittens!"

When Tiger King finished, it left questions unanswered. Did Carole kill her husband? Should more people that worked with Joe be arrested? What will Joe do when he is out of jail?

Overall Tiger King is a crazy show that has greatly influenced society. The show was original and captured audiences of all ages. This is probably the first and last show we will ever see like this.

FOR BETTER OR

FOR WORSE? By: Sara Abbas

COVID-19 has resulted in a lot of stress across Canada and the world. Physicians studying the virus have concluded that most provinces in Canada should close their schools to minimize the risk of someone contracting COVID-19. The advice given to Canadians is to keep at

how to describe over email. Some classes are also at least a two-meter distance from people you don't live with, and closing the schools enforces this rule. The education of students is valued across Canada, and this decision of closing schools without a specific end date has made many students worry about how their futures will be affected by this; some students feel as though they are

missing out on opportunities they've been working toward, others fear they will have a large amount of work thrown their way once schools open up again. These concerns are valid, and so the Ontario government and Ministry of Education have looked for various solutions to this problem. You can probably guess the best solution the government has come up with: online classes.

With the inability of students to leave their homes and go to school, online classes are the best way for students to earn their credits during these unprecedented times. It works around the students' schedule; as long as they get the work done by the recommended due date, there are no problems. While some students don't have access to technology or the internet, the Hamilton-Wentworth District School Board has been working very hard to distribute them to students in need, creating an equitable learning environment for everyone. But will having access to technology still help every student earn their credits?

Different people have different learning styles, and learning through a computer isn't something many students prefer. There is no face-to-face communication, and although there can be class meetings on Microsoft Teams, you can't call your teacher every time you have a question you don't know

having open book tests and quizzes, but some formats won't send students any feedback, so they won't know what they did wrong or what they need to study more of. These are all issues we are looking to find solutions for, and while we wait for one to appear, we need to do the best we can to work around these challenges.

Many students can relate to the above, but what happens to the students who are in hands-on courses, such as construction? How do you take a hands-on course without being in the classroom? Some teachers are sending worksheets to their students along with videos they found to help with their understanding, but knowing the parts of a certain machine isn't the same as being able to look at it and use it in person.

Some individuals have taken it upon themselves to express their disagreement over the government's decision of having students learn online; because the majority of the population is concerned with the pandemic, students should not have the additional burden of schoolwork. While this is true in some areas, Ontario has considered this issue and stated that students should be getting 3 hours of work per course every week. Schoolwork can also create a distraction for students and keep their minds off what is going on around the world.

Stress is affecting Canadians and people all over the world, and it is important to stay healthy and keep a positive mindset during these unusual times. For the situation at hand, online courses are the best option if people are staying at home for the majority of their day. Officials are aware of the problems students are facing, and are working to address them the best they can. Even if you are struggling with this transition from going to school to learning at home, just know there are people working to make the online school experience better for you.

The Pressure to be Productive in the Face of COVID-19

By: Sonya Pallapothu

It's been more than one month since COVID-19 sat on everyone's doorstep and forced us to stay inside to prevent the deaths of many. This led many of us to lose our jobs, work from home, and start online classes—suddenly, our lives

became foreign to us, and we were filled with uncertainty. Personally, my brain has grown used to being bombarded with knowledge for seven hours and driving to work twice a week. But recently, I've felt as though my brain has begun to clear up and I now have an absurd excess of time every day. After finishing my classes, there's still a large span of time left in my day, and I'm unsure of how to use it. And I know many of you are in the same position as I am. Some of us are resorting

to finding a new hobby, developing a neglected talent, paying more attention to our health, or generally using our time productively. Everyone else, such as myself, are turning towards binge-watching TV shows, scouring the internet, or are living a life that can only be defined as "unproductive". If you're feeling guilty about how you're spending your time during this quarantine period, don't be—and here's why.

It's not a secret that everyone, at some point in their academic careers, felt that school was becoming a strain on their lives and health. I can't even imagine how stressful it must be for the grade

12s and the students who are finishing their victory lap because they won't be able to experience their last year of high school with their friends. Some of us have a part-time job or multiple ones, and balancing those with schoolwork was a necessary weight. What about extracurriculars? I'm sure the grade 12 students understand the struggle to be a well-rounded student and are practically forced to bite off more than they can chew if they want to be recognized by post-secondary institutions. And of course, managing home life isn't always a walk in the park, either. Although the government didn't enact this quarantine

to

After I finish my online classes, I've been cooking, binge-watching my favourite TV shows, starting new ones, reading, drawing, and just doing everything I love but never had enough time to do.

They're not exactly the most productive things to do when I have so much time to spare, but sometimes doing unproductive things can be considered as a form of self-care. I've also been focusing on losing bad habits and developing better ones, like eating healthier foods and waking up at a reasonable time instead of sleeping in. For me, this quarantine period is an opportunity to relax and better myself.

But not everyone needs to interpret the situation as I do. When I scroll through my social media, I can see a lot of people taking advantage of this time to learn something new, like painting, cooking, or playing an instrument. Especially with new trends coming out, like Dalgona coffee, many are jumping into the kitchen to make this trendy beverage. If you have

a few months to spare, then why not start working out? This is the time to change an unhealthy diet and start exercising for a healthier lifestyle. There's no better time than right now to dive into something you've always planned on doing.

There is no one way to spend this quarantine period; there are no guidelines that you need to follow (other than staying at home and social distancing, of course) to make the best out of the current situation. Especially since we're all forced to stay at home for an unpredictable time, we're left with a limited amount of options on how to spend our days, anyway. So do whatever you want! Don't feel pressured to do something productive during this time, because it's all yours. Stay home, wash your hands, and fill that emptiness that spans across most of your day with something you love, no matter what it is. Have a safe quarantine, everyone!

Myer s-Br iggs Test : is

it Valid? By

Jer sey Myke-Toml inson

Your mind: it's the complex labyrinth of knowledge and instinct that makes you? you.

So, who are you?

For one, you and I are both humans. We have many of the same needs; we interact with each other, and we all think and analyze our environment. But the

subtle differences within these key similarities are vital to seeing how you, I, and others contrast. Dispositional theory, or 'Trait theory' is a personality study. Personality traits can influence how

humans interact with each other and the world among many other things.

Personality tests are a great tool for self discovery and finding out who you are and why you act the way you do?The Myers-Briggs test (MBTI) is among the most popular.

Humans love to categorize things, and yes, among those things are ourselves. So how valid is the test at hand?

Certainly, categorizing people by their personalities isn't a new phenomenon; a major influence in the development of the MBTI was Carl Jung, who published Psychological types in 1921. This categorial practice has become more and more popular over the years with the social media uproar. The MBTI was created with the purpose of determining your personality type from 1 of 16 types using survey-style personal questions. Based upon your answers, the test maps you to traits within 4 dichotomies: Introversion (I) vs. 11

Extroversion (E); Intuitive (N) vs. Observant (S); Thinking (T) vs. Feeling (F); and Judging (J) vs. Perceiving (P). From these four criteria, the test will determine what your personality ?type? is. These often create perplexing four-letter codes. Take for example ENTP. This means you are Extroverted, Intuitive, Thinking, and Perceiving. Or consider ISFJ. This would be someone who is Introverted, Observing, Feeling, and Judging. If a four-letter acronym isn't enough, further reading on your ?type?is available in many online articles?or the testing site itself. To many, reading about their Myers-Briggs type truly feels like self discovery. The MBTI was created by a

mother-daughter pair: Katharine Cook Briggs and her daughter, Isabel Briggs Myers. Katharine and Isabel, however, didn't create the personality test all by themselves. They based the test off of the psychologist Carl Jung's theory on human personality. Originally, there were fewer possible types identified, but this framework was increased by Katharine and Isabel to 16 types measured against the 4 dichotomies we know today.

Understanding the MBTI, however,

requires not only knowing about Katharine and Isabel but also knowing more about the one who laid out its initial framework: Carl Jung. Carl Jung was a Swiss psychiatrist who contemplated why people's nature differed so much from others and he eventually developed his own system for categorizing people. He?s considered one of the most important figures in personality psychology. Many of his seemingly anecdotal observations have been backed up time and time again by evidence from modern psychology. For example, the concept of ?extroversion? is now highly supported, backed up by studies and research, and included in many modern personality tests such as the Big Five?another popular metric of personality. His observations about personality have thus far been proven to be sound.

This psychometric tool has an abundance of uses, even professionally. After all, it turns out that the Myers-Briggs test is actually used by real-life companies and bosses to find out more about their employees and their work habits.

Though it can be used as a form of personal entertainment and is an incredible tool for businesses to use, you'll quickly discover that the test receives a lot of backlash and criticism. Critiques state that the test is ?outdated?, ?obsolete?, or even completely ?ridiculous?. An article that really jump-started these critiques is ?The Mysterious Popularity Of The Meaningless Myers-Briggs (MBTI).?Well, the title of this article is pretty self explanatory and it makes rather bold claims about the validity of the dichotomous system, asserting that it is ?pretty much absurd?and that the

results are ?essentially meaningless?.

In light of these claims and criticisms, their spotlight in modern psychology, and their rising popularity, I say we dive into this subject and take a closer look at the Myers-Briggs test and what it means for us.

Why would a simple four-letter acronym entrance so many people?The test is so

well-loved mainly because it creates a sense of personalization for its fanbase. In-depth analyses are available for every type, and some consider personality tests to be a great avenue for self exploration. Its popularity is immense, ranging from the thousands of accounts on Instagram with ?INTJ?in their bios, to the thousands of articles published online about each type. The ?fanbase? behind this personality test is colossal, and perhaps it is what draws so many to the test: people create speculation, memes, and debate, which only expands upon its entertainment.

But has such a colossal fandom been misled like so many claim?Has all the time?and sometimes even money?gone to waste for all these various iterations of the MBTI?The entertainment value from this typology is priceless, but just how

accurate is this test after all?

Just before we jump into the arguments and rebuttals regarding the validity of the test, the answer to the initial question of ?But has such a colossal fandom been misled like so many claim??is both yes and no. The test has evolved over the years in a way that has been beneficial to its popularity, accuracy and accessibility. Originally the concepts expressed by one of its conceptual founders, Carl Jung, had numerous baseless theories about each type and their traits, but thanks to community involvement and studies, it has become the trusted and reliable MBTI that we know today. Now we'll dive into whether the MBTI is a valid tool.

From whom the MBTI originated from reveals why the test has received so much criticism. Many people believe that because the two creators of the test

13

lacked formal education, they also lack the ability to produce a valid invention. In my opinion, it?s invalid to argue that just because Isabel Myers and Katherine Briggs lacked formal education that their test, research, and discoveries are ridiculous. Many formally ?uneducated?people in the past have

made groundbreaking discoveries. After all, the Wright Brothers, despite never graduating high school, invented the first airplane through years of research and personal study. The path the Wright Brothers

ite similar to

Based upon your



answers, the test maps you to traits within 4 dichotomies: Introversion (I) vs. Extroversion ; Intuitive vs. Observant (S); Thinking vs. Feeling (F); and Judging vs. Perceiving .

the one Myers and Briggs took: both parties lacked formal education in their field, but nevertheless built upon previous ideas to make historical breakthroughs in their fields. Discrediting Myers and Briggs for expanding upon ideas that have been routinely proven to be valid in modern psychology because they weren't 'educated' is ludicrous. With the inclusion of societal and systemic barriers in place at the time—making it even more difficult for women in particular to pursue higher-education workfields and be taken

seriously—this argument gains another layer of absurdity. The women, despite these barriers, made a huge breakthrough. Therefore, they should be acknowledged and celebrated more, for not only creating such an astounding scientific breakthrough, but also for challenging the social norm through their progression. They made an accurate test for their era, and to an impressive extent, it even holds up in today's psychology.

On the subject of social influence, what Myers and Briggs accomplished, despite being women in a male dominated industry in the 1920s, was incredibly remarkable. The MBTI wasn't just a landscape-changing personality test, it was also a society-changing innovation that realized yet another step in the right direction for gender equality. This

is a reason for which the work of Myers and Briggs has been subjected to much criticism because as innovators they were both women. This line of thought though is quite foolish considering the impact it has had—both academically and socially. The test is symbolic. In many ways, it contributed to a field, but it also drew attention away from race, gender, sexuality, religion, and highlighted our differences in personality—what really matters when evaluating someone's character. e. It added a spotlight to the study of personality. The test was just as much of a massive step socially as it was scientifically.

In 'The Mysterious Popularity Of The Meaningless Myers-Briggs (MBTI)'—a popular article that served as a catalyst to the MBTI's criticism—the author makes his own dichotomous system as a tool for critiquing the MBTI: 'You stand on the MBWI scale and it says your weight type is either obese (O) or anorectic (A). Can you imagine taking that seriously? Saying one's weight is either obese (O) or anorectic (A) is not just lacking validity, it's pretty absurd. And so too is the MBTI itself with its 'four pairs of opposing preferences'. This poorly-informed and flawed argument does nothing but display how easily the dichotomous system is misused,

and, in contrast, how it is used expertly in the MBTI test. Firstly, the dichotomy he uses just makes absolutely no sense of course. While both things are related to health, obesity is considered a classification of one's physique, whereas anorexia is a mental illness. Someone who is obese can also be anorexic. Not only do these classifications not even fall under the same category of health, but moreover they further the false narrative that only 'thin' people can be anorexic, which just isn't factually true and is damaging (but that's besides this reckless and horrible comparison's point). You just can't compare those two concepts. Take Judging and Perceiving for example; you can have tendencies for one over the other and contrast them. Furthermore, the Judging and Perceiving dichotomy is backed up by modern psychology, much like the other dichotomies are. Judging has a correlation to

'Conscientiousness' and Perceiving has a correlation to 'Openness to new experience'. Both 'conscientiousness' and 'openness to new experiences' are traits measured on the modern personality test, the 'Big Five', which measures these traits on a scale-based system. Lastly, it's a valid dichotomy because it's actually a dichotomy—they weren't poorly/randomly picked like the author's example; the traits have been proven to exist in dispositional theory, and one can have tendencies for one over the other. So not only does the MBTI use the dichotomous system well and in a sound context, but it also finds scientific validity from its affirmation by the Big Five—a test which uses a scale-based system and proven trait theory.

The other main criticism of the Myers-Briggs test is that it's too old to be accurate in our modern day and age. This, in a sense, is true, but not entirely. Modern psychology has made leaps and bounds from when the Myers-Briggs method was developed. Of course, this has led to the development of new personality tests/evaluations. One very popular modern personality test is the 'Big Five'—a test which is, by the consensus of many trait theorists, superior to the Myers-Briggs test. The Big Five measures five factors which are highly important to understanding one's true behaviors, and the test also stays away from unscientific postulation about

personality. These 5 factors are: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism (OCEAN). In comparison, the Myers-Briggs is more hypothetical. The Myers-Briggs uses 4 dichotomies rather than a 5-factor scale and puts far more emphasis on what side of each dichotomy you score on, rather than considering subjects as a **percentage** along a spectrum of a given trait. Comparing the two, the MTBI is black and white while the Big Five is more gradient. Naturally then, the Big Five is more scientifically accurate at determining who you are than the MTBI.

Where does this leave the Myers-Briggs? The two testing methods both have their own respectable advantages, with one of the MBTI's being its accessibility to all, unlike the Big Five which often costs money for detailed

results. The MBTI has also drawn a lot more general attention, meaning there are more written pieces about the MBTI and a greater sense of community. More people care and therefore hypothesize about the MBTI; there's just a superior amount of content regarding the MBTI to digest. Finally, given that there are only 16 possible results, you can easily read and uncover more information on your specific *type* in many articles or forums on the web, rather than score a percentage.

In conclusion, the Myers-Briggs is definitely a useful tool for self discovery and getting an idea of your personality, that is, if it is used with its weaknesses in mind. It is certainly a valid way of determining your personality, and it gives you the further opportunity to read about your results in a unique and in-depth lense; unlike some other current personality tests it has a massive community with tons of insight on

each type. Above all, examined through a cultural lens, the Myers-Briggs today is far more than just a personality test—it is a community. The test also made a massive impact socially: two women made an enormous academic stride in a time where that wasn't socially normalized. I recommend you **try** at least a variant of the Myers-Briggs online. The most popular website of them all is 16personalities.com, but there are more websites that you can explore. All you have to do is answer a few questions, and a few minutes later you have your *type*. From these results, you can do further reading on the same website or explore the many articles and Instagram accounts about these personality types. For some like myself, the test is indeed more than just a useful tool. Find your type and your path of self discovery will begin.

Vivid Dreams

By: Casey Kisielewski

cloud. It's grey. Made of lies. That's why it's grey.

librarian. The colour of fallen, old, dying, frozen, dead, crispy, crumbled leaves.

The colour of thoughts. Did you

A

Weighed down by the guilt it bears, it falls. Not slowly.

Descending fast, like an anvil from the sky. Like you are metal. Like it is a magnet.

An ocean wave, so pure of teal, deep in the colours of envy and the shades of regret. Teal because it rages with perfect, practised anger; because it roars so loudly, it

needs not make a sound in order for you to hear. Pulled up by the strings of awkward tension in the air. Pulled along from the collar by the raging forces of fury. You, an unsure swimmer. It, surrounding you.

A Paris breeze, painted the colours of love and stroked by feelings of joy. Novelty and freshness. A newness of sorts. Tinged with the colour of red, the colour of passion. Red, the colour of love; of anger; of resistance; of betrayal; of eternity; of loyalty.

It pushes through, but is pulled in the same direction. It is only a gust of wind, after all. But what a gust of wind can do. Tips over her beret, messes his hair, gets her kite caught in a tree, spins the umbrellas in circles and circles and circles and circles and circles and circles and circles.

A blanket, the colour brown. The colour of a very boring know that? Did you know that thoughts are the colour brown?

Warmth spreads over you. It's often not enough. You

think, today, it is. This blanket doesn't do much. It doesn't blow in the wind. It doesn't push or weigh down on you. It's only a large rag. You, unusually warm. It, the warmth that is just enough, just barely satisfactory.

An aged blue necktie. Stitches unravelling at the seams. Blue, filled with bottled up youth. You wore it when you felt alive. Now you feel nothing. The tie is now a stale piece of cloth.

Hanging on your neck, it doesn't feel the same as it used to. It used to be exciting and novel. It used to have a type of hope and meaning. Now, it stands for old dreams. It stands for a dreamed life you never got to live. You, lost. It, a little too tight around the neck.

An old, yellow pair of high heels. Dirty, covered in the ages that they have been worn, smothered in every walk they've been on. Barely yellow anymore. Used to be yellow, now a brown-tinged mustard type. You, a narrator. Them, an endless story.

THE OVERSTORY? A BOOK

REVIEW

By Sue Lee



Greta Thunberg and her army of environmental activists have, so far, succeeded in raising awareness about the consequences of climate change. The media has quickly picked up the call for action: our planet is dying; what will you do about it? Contemporary fiction has similarly branched its way into environmental advocacy. **The Overstory** by Richard Powers, a New York Times bestseller and the winner of the Pulitzer Prize, narrows its focus onto the concept of trees. Trees—ever-growing, moving, and communicating, and which once

formed beautiful and life-giving forests—are now diminishing at an unimaginable rate.

The Overstory is composed of four main parts. The first part, "Roots," introduces nine main characters. Diverse in culture, personality, and background, they are marvelously sketched characters: imperfect, passionate, fearful, and somehow incredibly real. Despite their differences, however, the nine adults share a central characteristic that eventually brings them together: a connection to trees.

Nicholas Hoel, after a family tragedy occurs overnight, takes the family treasure—a photo flipbook of a chestnut tree—and retires into what he calls "tree art". Mimi Ma is a Chinese-American girl growing up with

the odd stories her Chinese father tells her and her sisters. Adam Appich, connected to his maple tree since birth, struggles with the world's disbelief of his scientific discoveries. Ray Brinkman and Dorothy Cazaly are proof that while opposites may attract, there are many consequences to marrying your polar opposite. Douglas Pavlicek crashes into a banyan tree and loses a leg, yet he steadfastly plants young trees, unaware of the consequences he's creating. Neelay Mehta is a brilliant and physically impaired Indian game designer, replicating the real world with computer graphics. Patricia Westerford is a scientist struggling to communicate with humans, but who has no trouble doing so with trees, from whom she hears an urgent message. Finally, Olivia Vandergriff is introduced: a bratty, aimless undergraduate who fatally touches an electric socket with a wet hand one night.

The growth and change of these characters are, admittedly, shown quickly, like a time-lapse. This makes sense, however, seeing that a human lifetime is only a tiny fraction of that of a tree. Whether the characters grew up taking photos of a tree, inherited a ring with one, or were brought back to life by one after being electrocuted, they are a vibrant, flawed band of activists, willingly poised to protect trees from their ultimate extinction, and very soon, our own. **The Overstory** is a stunningly written literary work spanning an incredible range of cultures, sciences, and stories while staying true to its ultimate focus on trees and their magic. It is an unfiltered portrait of human violence and recklessness, as well as human beauty and determination. This novel is a must-read in today's impulsive, deeply divided world. With dry wit and sarcastic humor concerning modern problems, it is a rewarding and intelligent read for young adults today.

WS

By: EllieShimizu

Windows.

What is a window without its glass?

To hide without a mask

And what is a kingdom without its walls?

For without them an empire falls

Living in fear of who can see in

But this will only let the others win

Tinting the glass, locking the doors

Hiding beneath imaginary floors

Hiding forever simply won't work

For it's truly inside where monsters lurk

The walls, the windows, they're lined with deception

It all depends on sweet perception

Is it better to be defenceless,

Or safe but lonely and truly senseless?

For those who fear the coming night

¹⁶Will miss the wonderful, exuberant sight

Windo

desire

For a glass half full is held by a liar

So open a window and show what's inside

Or a part of you will have already died

For those without windows are those without
souls

That search for a way and use loopholes

Happiness may be perceived as what is within But
open your window, let the rain touch your skin Feel
alive and know that whatever is hidden Won't be a
part of the story that's already written

Windows.

Of fireflies dancing

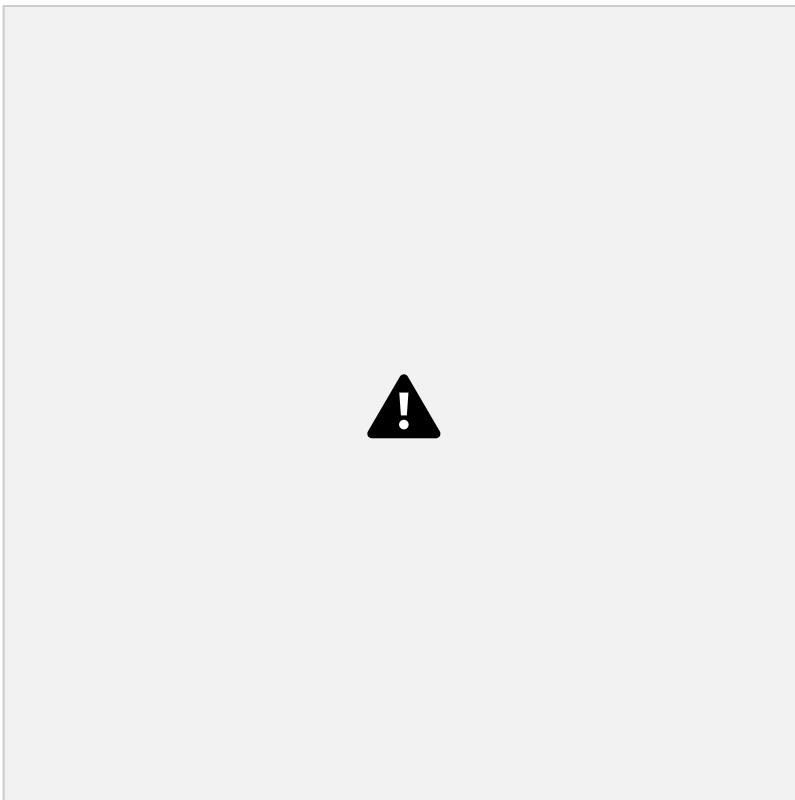
And shooting stars prancing

Every day is a window of possibility

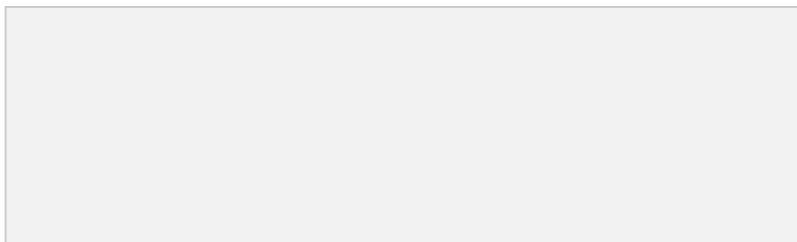
And every wall has the sense of impenetrability So

knock them down or keep them up But there is

only one way to fill the cup Of loneliness and



S

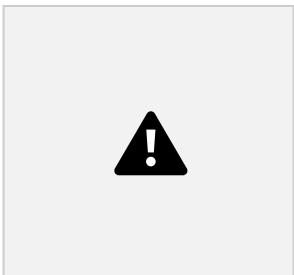
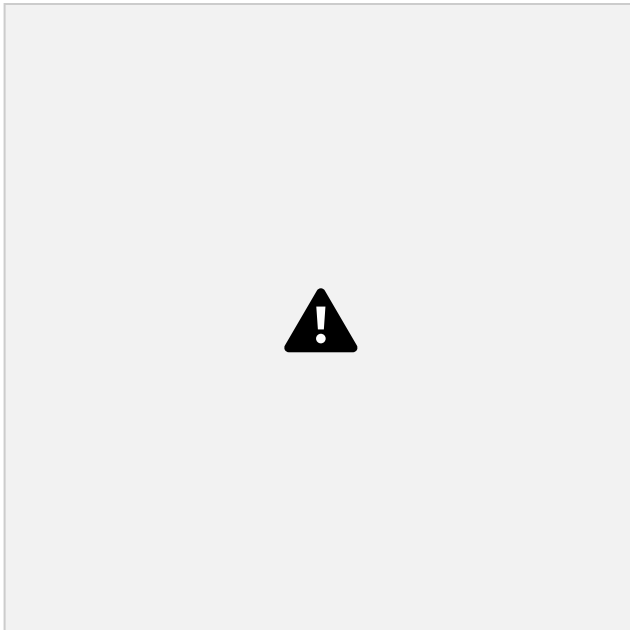
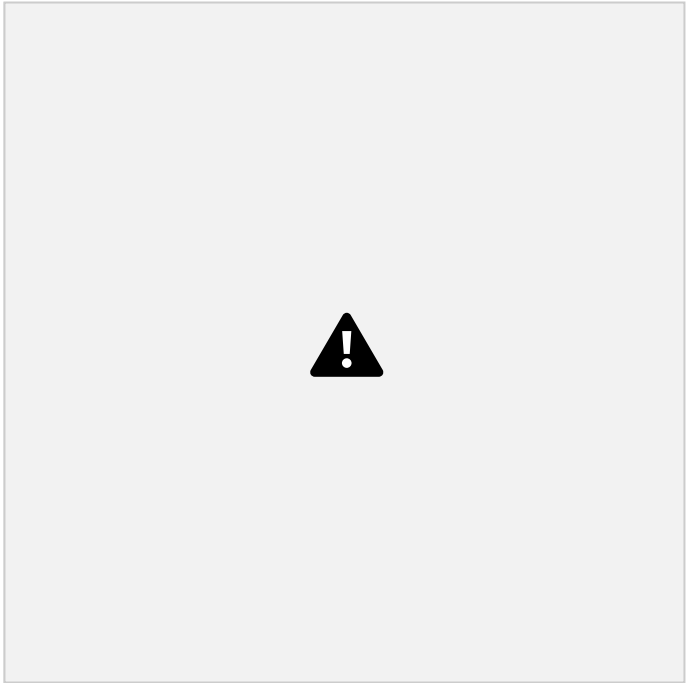
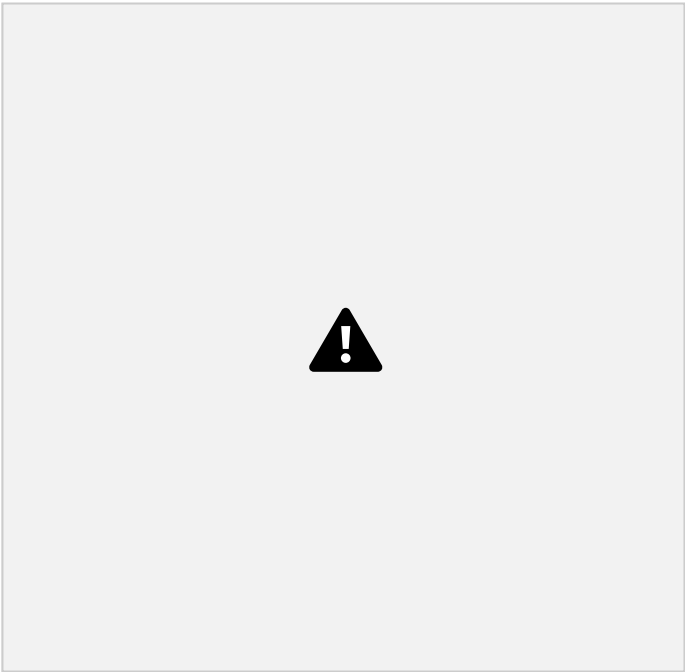


u
d
o
k
u

Answers for the Previous Issue



Answers for this Issue



MAY

Horoscopes

ARIES ? (March 21 –April 19)

You're doing amazing! This is a sure sign to get some piercings but not a spacer -you'll have to wait for a different sign if you want one of those.

TAURUS ? (April 20 - May 20)?

Have any thoughts about capitalism lately?I sure hope so! The Stars want to casually remind you that your productivity is not your worth. A lot of people are spending this time trying to be productive,but remember that you can go at your own pace.

GEMINI ? (May 21 - June 20)?

Hey, you know what?You're doing alright. Pretty solid. Sometimes the Stars like to make fun of you because of who you are as a person,but now is a good time to really show the world who you are! Loudly broadcast where you are at all times to really show your Gemini pride.

CANCER ? (June 21 –July 22)?

You'll be alright, Cancer. The Stars and I know that you're a real softie;embrace it! It's the perfect time to watch a sappy movie,bake some almond-bread and give it to your friends,tell the meaningful people in your life that you love them.

LEO ? (July 23 –August 22)?

Did you know that your sister sign is Aquarius? Go show them some love. You've made my life difficult in the past, but I'm sure you and Aquarius will have fun nevertheless.

VIRGO ? (August 23 –September 22)?

You didn't hear it from me,Virgo,but someone's been

trash-talking you behind your back. (Hint: you should go find Capricorn, work out your differences,and work together to find the culprit. Good luck.)

LIBRA ? (September 23 - October 22)?

I'd watch out if I were you! Cancer's got a mean-streak and a victim complex.

SCORPIO ? (October 23 - November 21)?

Feeling restless? Are you out of touch on Thursdays? Alone on a Friday night? Grab a friend (via Zoom call) and revisit old memories! Start a fire in a public area (make sure there's nobody within two meters of you,though)! Love yourself!

SAGITTARIUS ? (November 22 - December 21)?

Is your love conditional? Gemini's acting a little strange lately?_The Stars encourage you to find some time and let Gemini know you care... even if interventions can seem violent at first.

CAPRICORN ? (December 22 - January 19)

Time to get into poetry! Ask around to get recommendations and stitch them into your ribs. Maybe swallow a few secrets and hold a few hands. Keep in mind that you should avoid being wholly consumed by the media, so try to keep a healthy balance by enjoying it and recognizing your experiences as relatable and universal.

AQUARIUS ? (January 20 - February 18)?

Doing great, Aquarius! You may feel kind of pathetic at times,but know that your friends are here for you (and so are your enemies).

PISCES ? (February 19 - March 20)?

Happy late birthday! You're always a shoulder to cry on and always around to have some fun. We appreciate you :)