

HILLTOP REFLECTIONS

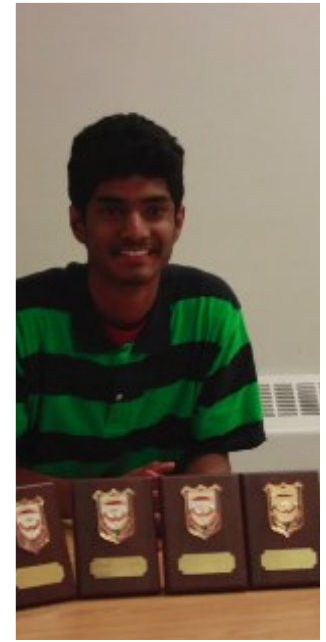
WINTER 2013

WEST HILL COLLEGIATE INSTITUTE

BAKED GOODS, BITTER RIVALRIES AND GENERAL AWESOMENESS

ARTHITHY VALLUVAN

After tirelessly filming shot after shot, performance after performance and interview after interview, the video was finally complete. This was my only functioning thought on the night of December 19th, 2013. This video was everything. This was a representation of our school, our peers, and our determination, despite all that was pitted against us. I thought that making the video was stressful enough – especially after the saving scare we experienced – but little did I know that for the weeks to come, right up until the 15th of January, my life would be taken over completely and wholly by a type of stress akin to no other.



Laurentian University's "Awesomeness Contest" entailed entering a video depicting how awesome your school is to gain as many votes as possible. Over four and a half weeks West Hill Collegiate Institute garnered well over 2000 votes through Facebook in an effort to win \$10,000. I'm not a mathematician, not even close, but even I know that with a small population of about 800 students, obtaining over 2000 votes for our video was truly awesome. This does not go to say that it was not a challenging feat.

It was a battle, through and through. The sheer number of tweets, Facebook statuses and mass text messages sent throughout this competition was astounding. The effort made on the part of our students who genuinely believed and fought for West Hill was

admirable, and the way we all came together as a collective student body was amazing. Baked goods were issued and laptops were rolled around in order to maximize and encourage voting. It was no holds barred, and the West Hill Warriors were not going down without a fight.

We held our own over the duration of the Winter Break, without clear communication between students we did all that we absolutely could through those we could reach. The elements worked against us when many voters lost power and as a result our numbers suffered, but we bounced back. The true race began once school started up again, and the rivalry between Agincourt CI and West Hill heightened.

Anxiety had become my best friend as voting progressed and the competition

neared its end. Many others can attest to this, I'm sure. That gnawing feeling in the pit of your stomach. You feel as though you should do more, that you want to do more, that you *need* to do more, but you know in the back of your mind that you can't. That feeling of helplessness and powerlessness. At some point, this became more than just a competition for money, this became something bigger than just getting the most votes and bringing home a cheque, this became something beyond just fighting for the top spot and beating out Agincourt CI. This became a chance to prove ourselves and do something for a school that truly deserves it. A chance to prove that West Hill ...

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CURRENT EVENTS

HOLIDAY WEEK KIRANDEEP RANDHAWA

From December 16th to the 19th, hideous sweaters they could West Hill got into the Holiday spirit by celebrating Holiday Week! Throughout the week before the Holiday Break, the students of West Hill got into the spirit of the season with Spirit Days and events from our SAC. To start the week off, Monday was Holiday day. Students came to school in their most festive outfits, ranging from wearing red and green to some students even dressing up as Santas and elves and spreading a little holiday cheer in the halls.

Holiday day was also the SAC's Santa Claus Photo Day where you could take a picture with Old St. Nick for those Christmas cards! We continued holiday week with Ugly Sweater day where students came to school in the most

hideous sweaters they could find. These appalling sweaters included some with severed toy baby heads, bold prints, and some awfully cheesy Christmas designs. With so many ugly sweaters in one place, the hallways were a huge eyesore.

On Wednesday students showed up looking ready for a nap as it was Pajama Day. There's no difference between a school desk and a pillow, right? Students walked from class to class like they were walking from their bed to the kitchen, covered in cozy clothing. From pajama pants and t-shirts to dinosaur onesies, the WHCI Warriors were looking weary. The students at West Hill had a very comfortable day



dressed in the same clothing they'd lounge around in on their break!

Finally, West Hill ended Holiday Week and the 2013 school year with the Annual Holiday Concert! Our very own students had the chance to showcase their talents with some truly amazing acts including the return of the annual West Hill Feud. Students took the stage and wowed the crowd with their skills! With fantastic monologues, astounding piano playing, and some extraordinary singing acts that had everyone cheering, West Hill celebrated the end of 2013 with a bang! We had a fantastic 2013 and here's hoping to an even better 2014! We hope you guys had an amazing winter holiday and school year. Here's to another year of crazy awesome fun (and maybe even a little studying). HAVE A REMARKABLE 2014 WEST HILL!





RAINBOW TIE GALA

ANMOL PATEL

West Hill's Gay Straight Alliance was cordially invited to the Fifth Annual Rainbow Tie Gala at the University of Toronto Scarborough on Wednesday January, 9th 2014. The Gala attracted about 500 students, faculty, and community members from schools around Scarborough ready to have a blast!

The room was filled with the buzzing of chatter and music. The venue was ornate; it was decorated in brightly coloured stage lights, positive and safe space posters, and rainbow flags. Guests had the opportunity to make their own pride buttons and take pic-

tures with lavish accessories. The reception had an array of appetizers that were devoured almost the second they were brought out. (I don't blame them though, the food was delicious!)

The guests received Egale Canada bracelets with positive space stickers and tattoos. The positive space sticker is a rainbow triangle combined with two images used in LGBTQ communities: the

rainbow flag and an inverted pink triangle. The rainbow flag is commonly known as the pride flag symbolizing gay pride worldwide. The downward pointed pink triangle was originally a badge of shame worn by homosexual prisoners in Nazi concentration camps. They were forced to wear an inverted black triangle. This symbol has now been reclaimed as a mark of remembrance and pride.

The evening began with a warm welcome by Mike Plumton, Residence Life Coordinator at UTSC and Positive Space Committee member, who ad-

dressed the crowd filled with members and friends of the LGBTQ community. This was shortly followed by a band performance by Woburn CI and Dr. Norman Bethune Collegiate. The entertainment then continued with a talent show, including performances by UTSC students. A special dance performance stole the spotlight which involved guys dancing in high heels! The performance that concluded the night was a number that got everyone to get out of their seats and do the twist!

The Rainbow Tie Gala event was a great time! Not only was West Hill the best dressed school, but we were also the first school to arrive and the last school to leave. Well done Warriors!

GSA will be involved in more events throughout the year. If you are looking to join, meetings are held every Friday at lunch in the GSA room (room 202). We always have cookies and juice!

ME TO WE NEEDS YOU!

BRANDON RAMDIAL

The month of February was extremely busy for West Hill's Me to We Committee. Starting Monday February 10th, they began their We Create Change campaign. This campaign is all about collecting your coins to fundraise for Free the Children's Year of Education: an initiative to build 200 schools, improve access to education in developing nations and improve the quality of life for communities around the globe. Every twenty dollars we collect is equivalent to one brick which will go towards the construction of a new

school in a developing country. For the rest of February, leading into early March, members of Me to We asked people to donate any spare change. If we band together, our efforts can make a difference in the global community.

Me to We will also held a movie screening in the following weeks in support of the We Create Change campaign. The movie selected was *I Am A Girl*. *I Am A Girl* is a feature length documentary about feminism in the 21st century. This film follows six

women in six different countries and documents the day-to-day events and obstacles that they encounter. This movie will both inspire and motivate you to take action against the harsh and crude lifestyles that women still endure.

Let's go warriors! Let's continue to battle poverty and strive towards improving the quality of life for all!

...is more than just its reputation and restore some hope within the skeptical student body and staff.

It is difficult to comprehend and even harder to admit that after all the effort put into this contest we did not end up winning – at least not in the traditional sense of the word. It sounds ridiculous, almost as if I'm grasping at straws in an effort to enforce optimism (which maybe I am), but I believe that we truly reaped the benefits of this competition. Maybe not the biggest

benefit, the one that can be seen by the naked eye, but if we take a microscope and truly analyze it, we can clearly see that we gained much more than we lost. We enforced real school spirit, the type that this school has not seen for quite a while, and we did it together. We held our own in a competition that had us pitted against a school with double our population, and only lost by a margin of 200 votes. We truly embraced the pronoun 'we'.

After tirelessly submitting vote after vote, making announcement after announcement and posting status after

status, the one thing I can take away from this competition is that I love my school. I love the people, the integrity, and originality associated with our small bunch. Agincourt may have "won" this round, but even that is up for debate. We will come back swinging, as we always do, and we will prove to be as awesome as we say we are!

Congratulations to my fellow West Hill Warriors, we are the essence of what an underdog truly is, and who doesn't like an underdog?

Creative Writing

ANA

JANAKA GUNASEGARAN

"Fat. You're so fat! Look at you, you've become equivalent to the size of a cow," Ana told me, staring at my body in the long mirror leaning against the wall.

I stood in a pair of shorts and a t-shirt that once clung to my body like a second skin. I rolled the shirt up and held it right below my breasts to examine my stomach. With one hand, I laid my palm over the sickening fat, seeping from between my fingertips. It fell over the waistband of my shorts slightly, hanging like a muffin top. I wanted to feel my rib cage poking through the skin of my body. I was beginning to understand what Ana was noticing. My thighs had become the size of two widening tree trunks that had grown too close together. I hated the feeling of them rubbing together as I walked.

"How much have you been eating lately? You've put on so many pounds!" My best friend continued. "Don't you want to look perfect Lana? Perfectly

thin?"

Ana and I met a few years ago. That was when I began to realize how fat I really was. She guided me through the suffering I experienced, helping me to achieve perfection. I have been struggling to be perfect since I was fourteen years old. Perfectly thin.

"Yes," I whispered, pinching the fat on my thighs, "I want to be skinny. I want to look perfect."

My eyes continue to wander over the reflection presented to me, wishing I wasn't so fat. I wish I could tear the stretchy skin off with my own fingertips.

"I won't eat today Ana, in fact, I won't eat for the next couple of weeks. Oh, better yet, I'll stop eating all together. I don't want to disappoint you Ana, I'm so sorry," I muttered, staring disgustedly at the mirror reflecting my sad excuse for a body.

The days that followed went according to plan. The words I uttered to Ana remained true and I had never felt better. I began to count my calories, gradually decreasing my intake from 100 calories to a couple slices of an orange, to nothing more than a few sips of water. The sound of my gurgling stomach kept me satisfied, knowing that as long as the noise continued, Ana would not be disappointed. She lived to hear that sound; thrived to hear it.

It was the following Wednesday when I finally began to crumble. My friend Emma's voice became white noise over the shouts and yells from hoards of other teenagers. I could barely focus on her conversation as she ranted about how obnoxious her boyfriend Kaden was this weekend. My sole concentration was on a slice of chocolate cake staring back at me from across the table.

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Taunting me. I tried to ignore my sweaty palms and tried to not think. If I did, I knew my pounding headache would only get worse as the pangs of hunger threatened to take over.

My mouth began to salivate at the thought of moist cake melting on the tip of my tongue, the sweet decadent flavour erupting in my mouth as chocolate frosting coats my lips in utter deliciousness. The sweet smell wafts to my nose and I smack my lips together, hoping my mind wouldn't betray me and beg for heavenly delight.

"Are you even listening to me Lana?" Em asks with annoyance in her eyes.

"I'm sorry," I said, with a small sigh. My eyes shifted from hers to the chocolate cake just begging to be devoured. I reached for my bottled water instead, hoping to sate my hunger with the zero-calorie liquid.

"Lana just take it if you want. I'm not very hungry either. It'll just go waste," Emma said as she moved the styrofoam plate towards me.

"No, I couldn't. You should eat it considering that you bought it for yourself. Cafeteria food is usually disgusting anyway."

"Lana, c'mon just eat it. All that ever goes through that mouth of yours is water."

I slowly reached over and slid the plate towards me. "I could just run an extra hour tonight, it couldn't hurt," I told myself. The slice looked amazing, it held me hostage and completely captivated me.

My hand shook as I gripped the plastic fork and nudged a piece of the cake apart. Slowly I brought the fork to my mouth, inhaling the sweet scent of the dessert as my lips wrapped around the utensil. I moaned as the delightful



cake crumbled in my mouth, melting down my throat. The sticky, chocolate frosting concealed the length of my tongue with utter sweetness. Before I knew it, the slice of cake was gone as I licked up the remaining crumbs off the plate. I craved more. I wanted food, I wanted more.

"More, more Emma, I want more!" I shuddered, feeling withdrawal. My eyes shifted to Em, begging for more.

"Sweetie, are you alright?" She asked concerned, walking to my side of the table she clutched my arms.

"You fat cow, look what you've done. You're already too fat and now you've eaten an entire plate of cake, don't you think you've had enough?"

"Oh Ana, I'm so sorry. I just got so hungry," I pleaded. My eyes began to water as realization hit me.

"All those calories are going straight to your stomach and thighs. You're so fat Lana!"

"Lana, who are you talking to? Is everything okay?" Emma asked me, concern shining through her bright blue eyes.

"Puke it out fatty, go! Puke it out."

"I'm sorry Em, I gotta go," I said hurriedly, concealing my sobs as I grabbed my bag and speed walked through the cafeteria and into the

washroom.

The door closed with a bang and I ran into a stall. I got on my knees and bent over the toilet, sticking two fingers down my throat in haste. It felt good, my fore and middle finger reuniting me with Ana. It was familiar.

"I'm so sorry Ana. I won't do it again. I'll never do it again," I muttered to her as I wiped away the aftertaste of bile lingering on my tongue with the back of my hand. My glossy eyes stared disgustedly at the remnants of the cake I had devoured just moments ago sinking down the well of the toilet bowl. Slowly, as I reached over aiming to flush the discolored chunks of cake down the toilet, the repugnant smell of vomit filled my nose, causing an all too familiar sensation in my throat. Once again, my fingers clutched the sides of the white seat as my body lurched forward spewing fluid from my mouth. I pulled my hair back, and wiped away the tears staining my puffy cheeks, pressing down on the handle of the toilet, expelling the bile from my sight. "There you go sweetie. You're well on your way to becoming perfectly thin."

LIFE

HOROSCOPES FOR 2014!

KEERTHANA ELANKEERAN



CAPRICORN (Dec. 22-Jan. 19)

This is the year for you to shine in all aspects of your life, with a large focus being on your career. This is the time to put into action those ideas you have had for months, this is the time to make a name for yourself. On your road to success, you will encounter several new faces, which means it is time to let go of those who are bringing you down. 2014 is your year to embrace all your ideas and goals head on!

AQUARIUS (Jan. 20-Feb. 18)

This is a year for adventure. It is time you climb out of the hole you have dug yourself into and discover what the world has to offer. Take any opportunity to travel, learn something new, and meet new people. It is important you manage your finances wisely this year and try not to spend it carelessly. Continue to keep your family, friends, and all other support systems close to you on this eventful journey.

PISCES (Feb. 19-March 20)

2014 is the year to broaden your horizons. It is time for you to embrace change and new experiences. Embrace experiences that make you uncomfortable or scared as they carry the biggest rewards. Through these experiences the most rewarding gift will be what you discover about yourself. Decisions, choices and options will be flying at you from every corner, it is

important not to get overwhelmed and consider all factors before making a decision. 2014 will be a learning reward for you.

ARIES (March 21-April 19)

Naturally, Aries are highly independent people; however, it is important that you allow people into your life this year. You need to learn not to be so impulsive and to act on your immediate emotions. Instead, you should be more open to change and compromise on some of your ways. This is the year that the problems that have been dragging you down finally reach a beneficial conclusion. Although the year might get off with a rocky start, it will all play out smoothly in your favour.

TAURUS (April 20-May 20)

This is the year for expansion and development. It is crucial you venture off on your own to fulfill the goals and ambitions that you have been wanting to pursue for a while. They might not be successful at first, but with time and effort it will all work out in the end. Also, you need to stop taking care of other people and their problems and begin to focus on your own. This is the time for you to be selfish with your time and to better yourself. 2014 is the year that you should put yourself before others.

GEMINI (May 21-June 20)

This is the year that all your hard work

is going to pay off. It is time to enjoy the rewards of all your efforts; however, it is important that you still make time to focus on future endeavours. It is crucial you keep those that were there for you throughout the year close to you and let go of those who don't benefit you in anyway. 2014 is the year you enjoy the rewards of your hard work with those who you love.

CANCER (June 21-July 22)

Get ready for a chaotic year filled with many sacrifices and rewarding results. You will need to invest long hours, endless nights and hard work into all your projects, which will result in a lifestyle change that will all be worth it in the end. You might also want to take up new activities and hobbies to relax during your free time. Activities such as yoga, baking, art and walking can be extremely beneficial. 2014 is the year you focus on your professional life and work towards fulfilling your goals and ambitions.

LEO (July 23-Aug. 22)

You must continue to work towards your dreams and goals. Although the rewards might not come to you immediately, there are larger rewards waiting for you in due time. This year, it is important to maintain both your physical and mental health in order to continue making progress towards your ambitions. Don't let your anger control you but rather control it by releasing it

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through a positive platform, such as physical activity. It is also important that you listen to other's perspectives and be more open to constructive criticism. Continue to work hard and maintain good health in 2014.

VIRGO (Aug. 23-Sept. 22)

2014 is the time to take risks and put yourself out there. You will encounter challenges, but you must continue to persevere and continue on your path to success. Everything is slowly but surely working in your favour as you figure out what you want to do with your future. This is the time for self-exploration and acceptance. It is crucial you not hold anything back and tackle any projects head on. You need to set your priorities straight and not take on more than you can handle, but when you do, it is important you make the right decisions that benefit you in the long-term. 2014 will be a year filled with learning and discovery.

LIBRA (Sept. 23-Oct. 22)

2014 is going to be a busy year for you, Libra. It is going to be crucial you manage your time wisely between your professional, social and family life. It is important you don't neglect those who are important to you and make time for them despite your busy schedule.

Whatever you set your eyes on could be yours and your career will head in the direction that you want it to. Throughout this hectic year, you must not only manage your time wisely, but also your money. You need to be cautious with your finances and work towards saving and investing for the future. Throughout this busy year, don't forget to breathe and relax.

SCORPIO (Oct. 23-Nov. 21)

2014 will be an intense year in which you continue to grow and mature. You will be faced with intense challenges that will test your mental strengths. You need to learn how to accept things that do not go according to your plans. Although it might not seem like it for

the time being, everything happens for a reason. All the hardships, struggles, hard work and challenges will all pay off in the end as you witness your own transformation and change into a better person. This change in attitude and behaviour will benefit all aspects of your life in 2014.

SAGITTARIUS (Nov.22-Dec. 21)

2014 is a blank slate where you can take your life anywhere you please. It is crucial to leave 2013 in the past and embrace a whole new outlook on life. Use your past as motivation to further improve your future. It is also important that you stand up for yourself and not let people take advantage of your kind spirit. 2014 is the year to get rid of all and any unnecessary baggage. It is also the year to fix the issues and problems that continue to trouble you. You will need to face these issues head on. Although the conclusion might not be what you wanted, it will always work in your favour. 2014 will be a year of embracing the future.

SPORTS

WINTERTIME WARRIORS

KRINA PATEL

TEAM SPORTS

West Hill C.I. has proven to be extremely triumphant in this winter sports season! From girls' volleyball, to curling, wrestling, swimming and boys' hockey, we have shown true Warrior talent. All of our teams have had strong seasons, with our senior girls' volleyball team making it to semi-finals, our swimmers going to cities, our wrestlers bringing home medals and our boys' hockey team with a 6-0

record! With the winter season coming to an end, we can start to welcome the spring season. With a new season, West Hill is ready to discover new talents, with badminton, track and field, flag football, slow-pitch, baseball, soccer and so much more!

WEST HILL OLYMPICS

Being a West Hill Warrior is something we are definitely proud of, but we are just as proud to be Canadian. The 2014 Winter Olympics have given us

another opportunity to show our pride as Canadians. Taking this opportunity, West Hill's Athletic Council has planned our very own West Hill Mini Olympics! This event is taking place in the month of February, to coincide with the national Olympics. We will be playing a number of sports, with the main event of course being hockey! Let's see who has what it takes to be number one!

Healthy Living Tip: Make changes to an unhealthy lifestyle one step at a time. Don't be afraid to challenge yourself, but keep it realistic. Only you know what is truly best for you.

TO INFINITY... AND BEYONCÉ!

KORIN THOMAS-SMITH

For Christians, there is Jesus; for Buddhists, the movement of Karma; For Muslims, the savior Muhammad. There is always one who makes the world go round, a reason to be a better person and embrace a better life to live. I may not be any one of these faiths, but I am one thing.

I am a Beyoncé fan.

There will be no event more memorable than when my sister downloaded Beyoncé's second studio album "B'Day" onto my MP3 player back in the fourth grade. I have been a part of the Beyhive ever since. My love is not a simple love; it is a devoted and obsessive love. I guess you can say that I'm Crazy in Love, bordering on Dangerously in Love—I may even be Drunk In Love for Beyoncé. And her newest album has got me feeling turned.

You can only imagine my anticipation, and now, love for her newest and historical release. Beyoncé's newest album, *Beyoncé*, was released on December 13th, 2013 (If you haven't heard about this, you must have been living under a rock—a rock with no internet access!). The self-titled title broke several world records such as ranking #1 Worldwide, being a trending topic on *Twitter* for weeks, and the raking in of over \$800,000 in the first three days alone, solely through online purchases! The album was also one of the first complete visual albums available, as each song got a corresponding music video that captured the fierceness that is Queen Bey. Beyoncé is no ordinary artist; she'll slay your favorites left and right. So in dedication to



this amazing artist, mother and woman, here are, in my opinion, the best songs on *Beyoncé*.

DRUNK IN LOVE

There is not a single person in the entire universe that can say "Drunk In Love" isn't that good. "Drunk In Love" is the song that will define a generation. This song has changed an entire generation from basic to bold, and ratchet to royalty. "Drunk in Love" is just that good. As one of the most popular songs on the entire album, DIL is a testament to love and sexuality. It successfully captures the beauty and power of love, to the point where it is intoxicating. Jay-Z and Beyoncé are THE ship, THE OTP.

Drunk in Love has such iconic melodies, lyrics and the videos are on point! Everything about this song—whether it's her vocals, the bass drum in the background, or that whining melody that shines in the beginning of the song—is absolutely perfect. Beyoncé

can do no wrong with her surfboard on the beach. I have nothing to say. Words cannot come out. All I know is, I love this song and will until my dying day.

FLAWLESS

Woke up. Flawless. Post up. Flawless. This song screams the strength of being a woman, and I'm loving it! Not only is this song celebrating Beyoncé's hard-earned success, but it's teaching women worldwide to love themselves the way they are. We are so much more than how we look; it is our goals, accomplishments and character that should truly define us. "Ladies, tell them, I woke up like this."

One of the most awesome parts of this song is that it features author Chimamanda Ngozi Adichie who is infamous for her amazing TEDTalk, "We Should All Be Feminists". In this TEDTalk, Adichie discusses the pressures that women face as they strive

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to surpass social standards for image that are simply unrealistic. This song is an encouragement to women to be their own path makers and to not define their success by their relationship status. Remember, you're ***Flawless!

PRETTY HURTS

Pretty Hurts. And it got me right in the feels. This is one of the saddest songs I have ever heard from Beyoncé. She could slay a riff, but who knew that she could slay my heartstrings as well? Pretty Hurts is a song about the need for perfection and its toll on self-esteem. Mothers tell daughters, daughters tell granddaughters and the cycle continues on. Women are con-

sistently being held to an impossibly higher standard than men are. The visual aspect to this song is set in a beauty pageant where Beyoncé lines up with other competitors who are trying to win the crown. The viewer observes and explores the desperate lengths, the abuse of self and of others, the brutal life behind beauty, and the side of beauty that is never shown to the public. Beyoncé executes this song perfectly and the message is clear; a life deemed by others as 'perfect' is never so. Find your own beauty and be you.

Beyoncé by Beyoncé is an amazing album, filled with slower songs than we expect from her, but also with

deeper inspiration. I would recommend this album if you want to add a little bit of fierceness to your everyday tasks. Calculus and Vectors? Beyoncé is the missing variable. Organic Chemistry? Beyoncé will give you that positive charge. The entire album is amazing and I encourage you all to go out and pick up a copy of this musical masterpiece. If you're fans of Drake, Frank Ocean, or upcoming star, Blue Ivy Carter, you'll love this album. This song will teach you about feminism, female sexuality, and being an independent, strong woman. Where can you go wrong with that? So if you're in the Beyhive, keep on buzzing. But if you aren't, why aren't you?

BLACK FISH — A MOVIE REVIEW

TERRA SINCLAIR

One whale in Iceland named Tilikum is infamous. Though whales are relatively docile creatures, this one is known for the killing of three individuals, including a woman named Dawn Brancheau. In regards to her death, SeaWorld representatives commented that "she just so happened to be wearing a ponytail". While this statement was meant to provide the public with a sense of closure, it only raised more questions and more doubt. Whale aggression is one of the many consequences that result from keeping killer whales in captivity, as well as the misinformed, ill-prepared trainers who do not know of these risks before they take on the daunting task of training these poor creatures. The film, *Blackfish*, by director Gabriela Cowperthwaite shows the real tale behind these creatures and it is an educational experience that everyone can benefit from.

Blackfish focuses on the negative ways in which human beings treat animals, and reminds us that the practise of captivating animals for our pleasure is

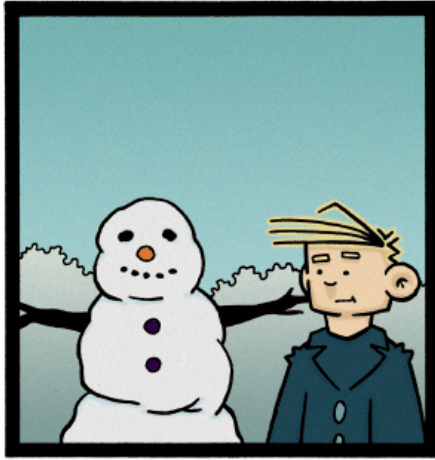
simply cruel. Though we choose to believe that the safety of animals is a high priority at places like MarineLand and Sea World, it is not uncommon to hear of the inhumane treatment experienced by our friends with fins. Like other documentaries, such as *The Dolphin Dealer* or *Shark Water*, it is consistently stressed that the conditions of being captivated not only hinder the growth and development of these animals, but also cause pent-up aggression. Bear in mind, the whales are separated from their families-- by force! Whale capturers prey on the smaller, younger whales that are easier to catch, doing so one by one, as their mothers call out and cry for them. Wrenched from maternal embrace, these young whales will most likely spend the rest of their lives in captivity.

A horrible history of animal abuse is associated with these aquatic entertainment parks, especially with the bigger companies. In this documentary, it was shown that animal workers



were not allowed to feed whales who did not correctly do their routine. Hunger was common, as whales grew accustomed to sensing when their allotted food was running out by listening for the ice at the bottom of the bucket. Their starvation is a great factor as to why whale aggression is becoming more and more common in these parks. These creatures are often malnourished, at unhealthy weights, and begging for their trainer's mercy.

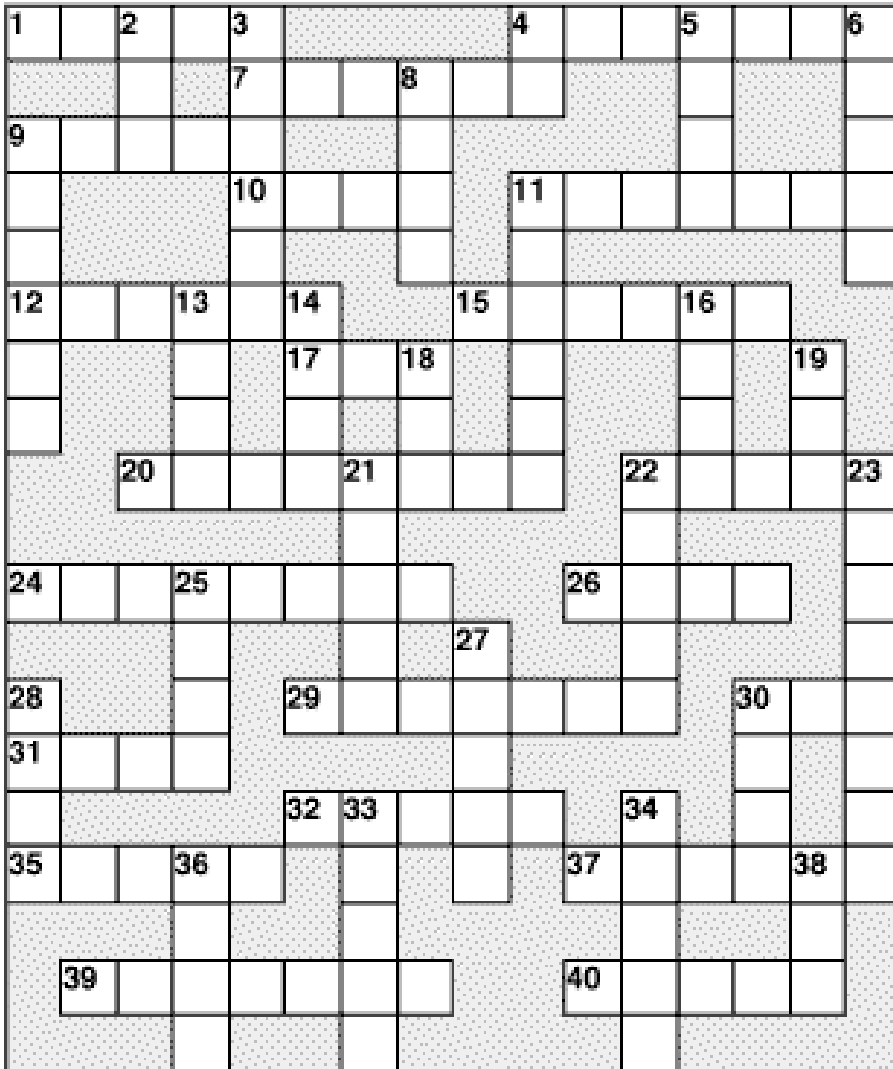
Fish are friends, not food and certainly not vessels for our entertainment. The supporting of these parks is support for the confinement, abuse and neglect of these poor creatures. Get involved with the boycotting of these parks for the good of all life, whether it is for friends with legs or friends with fins.



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- 24. Valentine month
- 26. Thaw
- 29. Keeps drinks warm
- 30. Small dog
- 31. Winter Olympic sport
- 32. Silky material
- 35. Breezy
- 37. Ice sport
- 39. Foot warmer
- 40. Direct a vehicle's course

DOWN

- 2. Frozen water
- 3. Small
- 4. Myself
- 5. Smallpie
- 6. Neck warmer
- 8. Chilly
- 9. Used to move snow
- 11. A season
- 13. Strong emotion
- 14. Ripped
- 16. Nil
- 18. Bath _____
- 19. Cloud of water vapour
- 21. Last month of winter
- 22. Wooden snow vehicles
- 23. Winter road conditions
- 25. Be carried on
- 27. Locomotive
- 28. Carried along by wind
- 30. Piece of Hockey equipment
- 33. Make this in the snow
- 34. Winter foot wear
- 36. Faucets can do this
- 38. You hear with this

ACROSS

- 1. Sudden cold breeze
- 4. Hand warmers
- 7. Hanging spike of ice
- 9. Freezing rain
- 10. Show and _____
- 11. Conditions outside
- 12. Flowering plant, colour
- 15. Achoo
- 17. Not in
- 20. Month of winter
- 22. Carols, etc.

Editorials

ARE WE REALLY THE NICE ONES?

AJITHA JAYARATNAM

When innocent civilians are being maliciously murdered by the masses because their country is at war with another nation, Canada intervenes with our infamous peace-keeping missions. When an abusive political regime becomes aggressive and greedy for power and is a threat to the security of the world, Canada intervenes by participating in sanctions. When a catastrophic natural disaster abolishes a nation and turns the lives of civilians upside down, Canada intervenes with financial and social aid. In all three of these situations, alongside many others, Canada has proven to be a front-runner in leading the world into a more positive and secure future; however, what happens when Canada is forced to choose between supporting its own people, and supporting the right to equality worldwide?

In June of 2013, Russia passed an anti-gay law that makes it illegal for homosexuality to be promoted and publically displayed. Shortly after this bill was passed, there was an explosion of public outcry worldwide that suggested that the Sochi Winter Games be boycotted in an attempt to punish the Russian government. This soon was met with another public outcry arguing that by boycotting the games, the world would also be doing an injus-



tice to all of the hard-working athletes who have been preparing to represent their countries for years. Canada, being one of the first countries in the world to pass gay marriage laws had found itself needing to answer a daunting question: should Canadians support our athletes on the international stage, or should Canadians fight against the oppressive anti-gay laws in Russia? Regardless of the answer to this question, it is inevitable that an injustice will be served. The fact of the matter is, the moral line between right and wrong in this situation is painfully unclear, and thus, a definitive answer to this question is difficult to give.

This being said, is it possible to take a neutral position in an attempt to support both our athletes and the notion of equality for all?

Perhaps the solution to this predicament is to only watch the games in which Canada is playing and to boycott the rest of the games; but is this really a solution? President Kennedy once stated that "the hottest places in hell are reserved for those who, in times of great moral crisis, maintain their neutrality". So by choosing a neutral stance, is Canada tarnishing its image as 'the nice ones'? Again, it is difficult to say, as every solution to this dilemma seems to have some flaw. In the end, the viewing of the games will be a personal decision. While some Canadian will choose to boycott the games, others may simply choose to sit and watch the games in guilt. Regardless of the decision that Canadians will make, it must be understood that "aggressive fighting for the right is the noblest sport the world affords" (Theodore Roosevelt).

TEENAGERS AND THE STIGMA OF MENTAL ILLNESS

ZARA M. NARAIN

Mental illness has always existed in society; however, in recent years it has become a prominent topic of concern and discussion. Mental illness will affect everyone in his or her lifetime, either directly or indirectly through a family member or friend. High school students are in the prime age for developing a number of mental health conditions. There is no way for anyone to control whether or not they develop a mental illness, but teenagers have the opportunity to control something even more ominous: the stigmas associated with mental illness.

Society's refusal to acknowledge mental illness has resulted in terrible stereotypes and prejudice regarding sufferers. The choice of words used by the average high school teen contributes to maintaining these negative ideas. Phrases like "you're crazy" or "what a freak" are uttered by teens without a second thought. When these phrases are spoken in a joking manner, a healthy teen is likely to feel impartial to them. These same phrases however, may be very distressing to a

teen who suffers from a mental illness. Word choice and tone are very powerful. In order to reject stigmas, teenagers need to make a conscious effort to change the way they speak.

Social media is another medium where consciousness can be used to either help or hurt those suffering from mental illness. On twitter, a teenager who constantly shares "depressing tweets" is labeled by a number of their peers as attention seeking. The teens who regard this behaviour with a negative air fail to realize that these individuals are trying to seek help. A cry for help should not be met with judgment. Teenagers need to create an environment where they are not afraid to approach their peers for help or provide it to them. Texting, tweeting, inboxing, direct messaging, calling, or having a simple face-to-face conversation with someone exhibiting concerning behaviour is enough to make a difference. The options available for communication and support are endless. The knowledge that one's peers are supporting them



can have a huge impact in their recovery.

Mindfulness of the way teenagers speak and interact with each other will work to create a more open and comfortable environment for everyone affected by mental illness. If this environment is supported with accurate knowledge regarding mental illness, teenagers will be able to eliminate the current stigmas associated with mental illness for themselves and future generations. A staggering 20% of the population will be rewarded by these efforts.

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