

A photograph of a modern, minimalist bus stop or shelter at night. The structure is made of dark wood and glass, with a metal roof featuring integrated lighting. A white wooden bench is visible inside. The background shows a dark sky and some trees. The title 'the spyglass' is overlaid in large, white, serif font.

# *the* spyglass

winter issue  
twenty seventeen



## table of contents

WARM AMIDST THE COLD	1
SELF IN THE MODERN WORLD	2
WHAT I WISH I LEARNED IN HISTORY CLASS	4
A TASTE OF THE HOLIDAYS	6
WHICH HOT DRINK ARE YOU?	7
HIGH CALIBER HOSTILITY	8
THE INEVITABILITY OF OUR FAILURE	10
PHOTOGRAPHY SHOWCASE	12
SMART : WEBSTER'S DEFINITION	14
AND MY HEART SKIPPED A BEAT	15
A LOVE LETTER TO MY TEXTBOOK	16
SPONGEBOB SQUAREPANTS	18
RHHS FALL LOOKBOOK	20
THE NEW YEAR'S DISEASE	22
PASSIVE AGGRESSION	24
NOT YOUR MOTHER'S HOLIDAY MOVIE MARATHON	25

# *Warmth Amidst the Cold*



Ask yourself this: why is it that so many of us associate winter with being a time of misery and despair? Living in Canada, winters can be long and harsh — so I understand that pretty much none of us have any interest in stepping out and enjoying dangerous ice storms and -35° temperatures. That being said, we should not allow Earth's natural course of life to affect our mood. Allow me, your fellow Raider, to enlighten you with some winter pick-me-ups. So sit back, grab some hot chocolate (or any beverage really, I don't judge) and enjoy!

Whether you celebrate Christmas, Hanukkah, New Year's, or any other observance, there is no denying that one of the best things about winter is the holiday season. It's the endless Christmas movies playing on an everlasting YTV loop that remind us of our childhood. The mesmerizing lights that liven up the deadliest streets on the coldest nights. The insanely apocalyptic manner in which we crowd the malls searching for that perfect gift. *The food.*

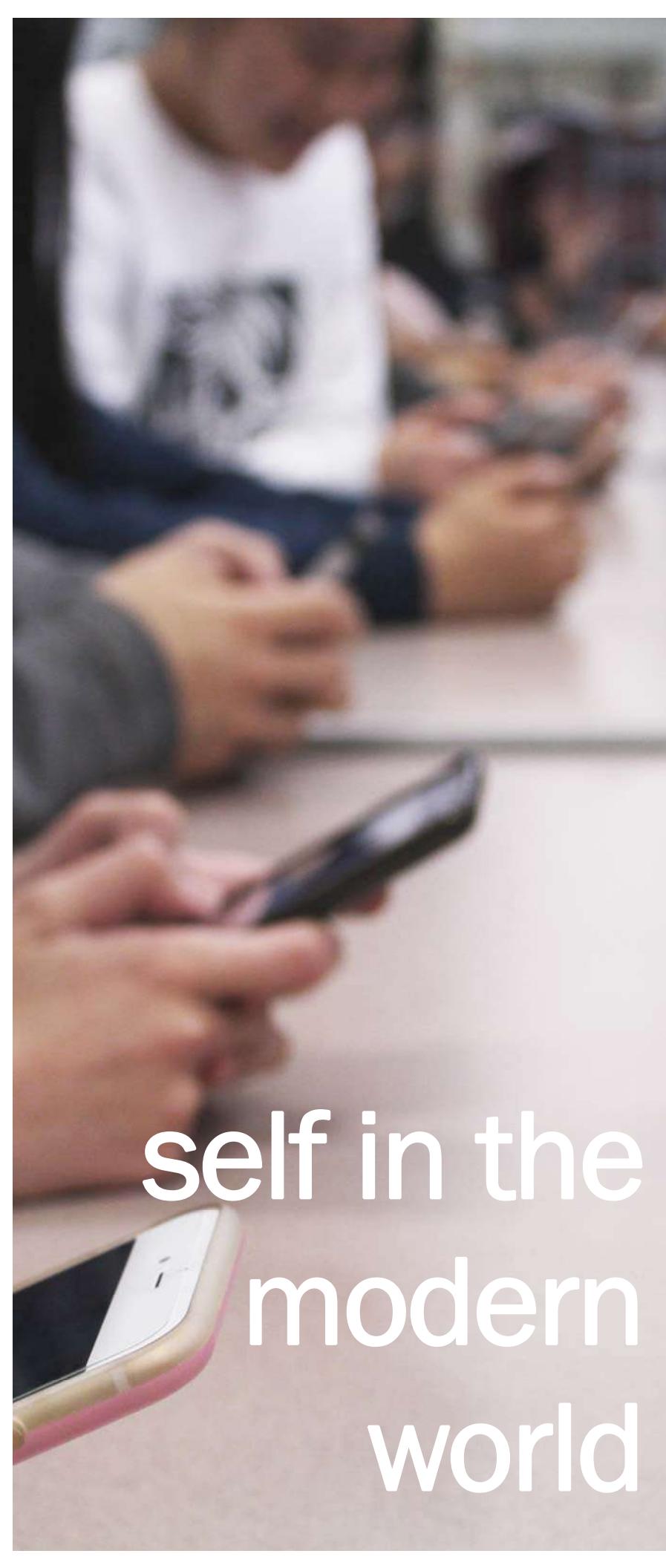
But most importantly, the holidays are a time for making memories with the people that matter the most. A time that bounds us together and lifts our spirits, despite the fact that the world around us is engulfed in cold, hard ice. So this winter, whether you celebrate every holiday or none, have that movie night with your friends or cook

dinner for those family members you haven't seen in ages. When you wake up the next morning with a smile on your face, regardless of the fact that it's -37 degrees outside, it'll be worth it.

Moving on to my favourite part of winter: the fashion. While I understand that many people have no interest in stepping out into the harsh cold with an expensive Canada Goose jacket or \$200 Timberlands, that's not what the true indulgence of winter style is about. It's really about that warm hoodie that's way too big on you and basically falling apart but keeps you comfy anyway, or that cute beanie that you stole from your friend's closet and never gave back. Regardless of our personal tastes, we all have that one item buried away in our closet that makes the long, freezing winter the tiniest bit more bearable.

To wrap this up; take advantage of winter, do not let it consume you. There is so much to enjoy about this season that is shadowed by our overbearing hatred for the cold. It's fair to hate the cold, everyone does at one point or another, but find what keeps you warm and you'll make it.

// ZEHRA RAZA  
DESIGN // JENNA KIM



# self in the modern world

When I was young, fairy tales would ignite my imagination, illuminating my thoughts with wishing wells, fantastical kingdoms, happily-ever-afters, and of course, the most classic of them all, the mirror that reflects our deepest desires.

However, what do we really see through this looking glass, but an image defined by our culture? And so, are we a product of our society? Can the truths within be answered by the revelations without?

Inevitably, are we not an integral part of the threads that hold the fabric of society? If so, it is clear we mirror the social climate of our day, as its influences permeate every corner of our existence, from the teachings in our home, to the textbooks in our schools, and yet still, to the explosive influx of social media on our phones and computers.

The same year that an airplane full of passengers struck down the landmark towers of New York, I entered this world oblivious of the willful tyranny that undermined the freedoms and liberties of people far beyond its borders. The pain of loss and the struggle to regain stability set into motion global strife and unrest. Following this cowardly attack, the President ordered the invasion of Iraq, causing an economic burden, and in turn, plummeting the country into further financial debt.

As we face growing economic crises and diminishing markets around the world, our lands are further ravaged by catastrophic earthquakes and other natural disasters, rendering millions in a desperate and dismal state.

Born within a technological age, this decade has witnessed the proliferation of computers, mobilizing information in a matter of seconds right to our fingertips. This tug-of-war of news, events, and happenings, from the most trivial of cat videos to the significance of ISIS retaliations, pull our attentions in all different directions. As a result, our interpersonal interactions have been relegated to internet sites like Facebook and Twitter. In many ways, the global village, created by networking systems, has only served to alienate people more than ever before. There is an insatiable movement towards taking selfies and an obsession with amassing followers. With this oversaturation of information, we are bombarded with opinions, comments and the media, clouding our judgements, and muddling the lines between right and wrong.

But, most alarming is the recent US presidential election between Trump and Clinton. Although the campaign trail had been paved with controversial issues, such as derogatory statements against women, discrimination of minorities, and questionable emails, a candidate who can maintain support after blatant dishonesty and racial remarks is most daunting. More so than any election in history, the lines of division has torn into the nation, creating an unbreachable chasm. In the wake of Trump's victory, while we may take comfort from being spared of a civil uprising, the traditional values of honour, integrity and chivalry may just have been tossed into the wayside. And worse yet, there are people willingly accepting these ideas as norm.

What are we to do? Where do we stand in the whirlwinds of chaos and uncertainty, in the midst of an ever-changing world, and last, but not least, the downward spiral of humanity lost in self-absorption and entitlement?

Ironically, the answer may lie in the insights of my childhood fairytales. In a twist of fate, beseeching the mirror, the wicked queen stares into a reflection of absolute beauty - innocence as pure as the white of snow. The juxtaposition of purity amongst such degradation typifies the optimism towards change- the possibility of the existence of something greater.

Perhaps, there is a glimmer of hope for us after all, as I ponder the image reflected back to me in the mirror. Fairy tales may just be stories from old, but they still bring about wonder and thought. Indeed, I am no longer a child - there is no magic wand with its sparkling dust to heal our lands, and wish our troubles away.

But, the image before me holds the strength to discern our trying times, and in doing so, reflects the desire to effect change for a brighter future. In fact, we have the power to set our sights beyond the social parameters which define us from birth, and consequently, create a different image.

Ultimately, the person in the mirror must be the one to take the first step.

// KATELYN WANG  
PHOTOGRAPHY // REINA DINGMAN  
DESIGNER // ALLAN FANG



# What I Wish I Learned in History Class



# CHAPTER 9

One credit in history is all that is required, and somehow the government believes this is enough for students to understand the subject. With students approaching voting age, teachers should be terrified of leaving a perilous future to people whose only knowledge of the past comes from a month of summer school. Can we really guarantee that such misinformed citizens will prevent tyranny from arising?

A good history curriculum must teach empathy for other cultures. It's important to address the two main reasons why students have a negative opinion about history. These involve simply not caring and wanting to care but finding the curriculum extremely upsetting with its limited focus and biases. Students who dismiss history often state it won't be useful in any careers, while the latter group would find a lot of truth in Napoleon Bonaparte's words, "history is a set of lies agreed upon" to which the Ontario curriculum is not an exception but a preeminent example.

Even though there is no such thing as being truly unbiased, it is still important to aim to present many different viewpoints so that both the apathetic and mildly interested will find more to analyze. Everyone knows the curriculum is Eurocentric, but that's not even the worst of it. If there is only one mandatory history course, it would make a lot more sense to cover world history rather than focusing on the short narrative of a country whose existence is a mere fraction in the timeline of human civilization. Even if we decide to limit it to Canadian history, we'll see that it needs adjustments. Students just can't relate to a history course that focuses on men of European descent. If the course is only going to focus on one country, it must at least represent the diverse groups that make up its population. There is not a single Canadian history or geography course that fails to brag about how we're proudly multicultural, so why don't we actually talk about those cultures in our history and geography courses? Francis Pegahmagabow was just as heroic as Leo Major!

Perhaps not all patriotic indoctrination can be eliminated, but Canada's faults must be mentioned. One improvement to the history course would be adding more aboriginal-related content and informing students of how much better off aboriginal people were before their land was invaded. We have a lot to learn from the societies of First Nations prior to European contact. I wish history class taught me about the how indigenous people invented lacrosse, our national summer sport, or that the North American idea of democracy was inspired by the Iroquois confederacy, not by Athens. Unlike Athenian democracy, the Iroquois actually allowed women to vote and hold positions of power. Indigenous societies were also acceptant of LGBT+ people, which is another thing we must take note of. How many LGBT+ students at our school can say they feel completely accepted by their own family? Justin Trudeau has said "no relationship is more important to Canada than the relationship with indigenous peoples". This relationship will never improve, no matter what party or leader is in power, until our awareness changes. A renaissance can only occur when humanity allows itself to be humbled by the wisdom of the past and polish the gems of history and when we can see the resilience of the human spirit manifested in every culture and marvel at the strength we have to survive.

There are many more improvements that could be made to the curriculum, but this is the one about which I feel most passionate. If you could change anything about history class, what would it be?

// FREYA ABBAS  
PRINTS // REG DAVIDSON  
DESIGNER // ALLAN FANG





# A Taste of the Holidays

I'm not sure about you, but I love the different holidays and all the different food that comes along with them. For many, specialized food tends to be easier bought than homemade, but if a recipe is easy enough, it can be fun to try your own hand at creating some delectable treats.

Starting with December 6th, the month of celebrations kicks off with St. Nicolas day in the Netherlands, more commonly known as known as Sinterklaas. Luxurious Chocolate letters are one of the trademark sweets of the event, which are available all over the country come November. All you have to do for this sweet — find your initials in milk, dark or white chocolate varieties and then you're all set!

If you've heard of Hanukkah, you have also probably heard of latkes; delicious fried potato and onion patties. Here is a simple recipe that anyone can follow to make some of your own!

1. In a bowl, whisk together 2 eggs, 1 tsp salt, and 1/4 tsp pepper
2. Grate 2 medium russet potatoes and 2 medium onions using a box grater or food processor.
3. Add grated potato and onion to egg bowl and combine, along with 1/2 cup matzo meal
4. Heat large skillet with 2 tbsp oil, drop large spoonfuls of mixture into skillet and spread evenly to make pan-

5. Repeat step 5 with any remaining mixture.

Although you may not know many people who celebrate the winter solstice (December 21), there are many food-related traditions you can follow if you please! Wassail is a delicious drink made of juices and savoury spices, guaranteed to warm you up during cold weather. Simply add 8 cups of apple juice, 2 cups cranberry juice, 3/4 cup sugar, 1 tsp allspice and 2 cinnamon sticks to a crock pot and cook for roughly 4 hours on low.

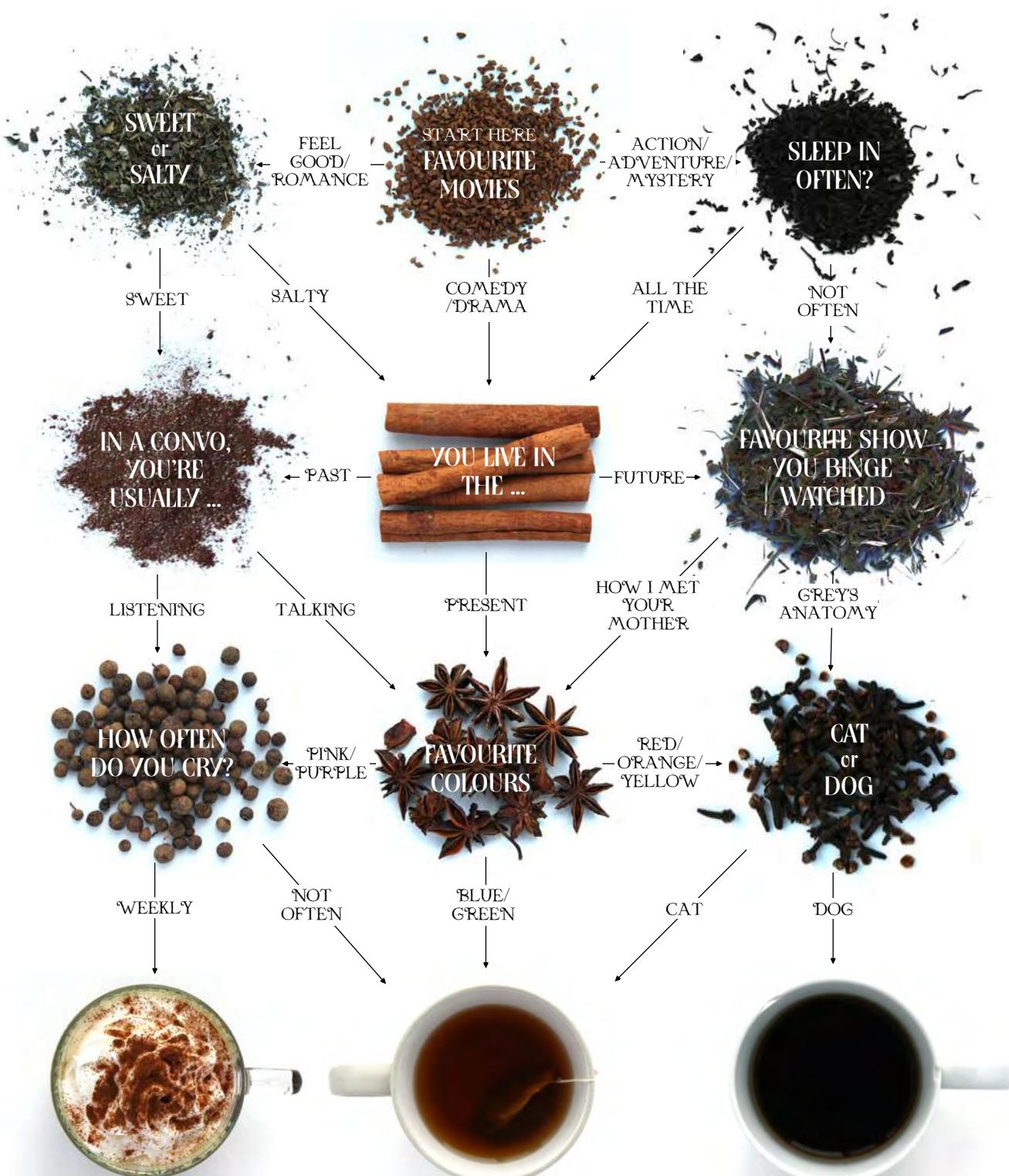
On December 24th and 25th, enjoy a classic Christmas dessert of gingerbread cookies, whether in the shape of people or not. If you really want to get festive, try your hand at making a gingerbread house from scratch, which is much more difficult to put together than the perfectly shaped kits available at Loblaws.

For Kwanzaa, December 26- January 1, you can eat some collard greens cooked with bacon and your choice of seasonings. Feel free to bring this to your New Year's Eve party on the 31st, perhaps along with baked brie and apricot preserves.

Have fun expanding your palate and cooking up a storm this December!

//JULIA COLLINS  
PHOTOGRAPHY//SHIYAO LI  
DESIGNER//RAYNI LI

# Which Hot Drink Are You?



You're HOT CHOCOLATE. You're very empathetic and warm. This makes you very sensitive to both yourself and those around you. As a result, you're incredibly kind and caring.

You're TEA. Your chill and down to earth attitude makes you great to hang around. You're also "aesthetic" and rather artsy- say hello to Instagram.

You're COFFEE. You're always productive and a real go-getter. Your hard work isn't your only redeeming quality- you're also really adventurous and love trying new things!

# HIGH CALIBER HOSTILITY

W, /q , A A / , A A' q  
/ Aq ,

IF YOU HAVE NEVER ENCOUNTERED THE BAD  
SIDE OF PEOPLE IN ONLINE VIDEO GAMES,  
YOU'RE AN UNBELIEVABLE

KIND OF

LUCKY

/ . /

/ . /

/ . /

/ . ,

N

/ . / A

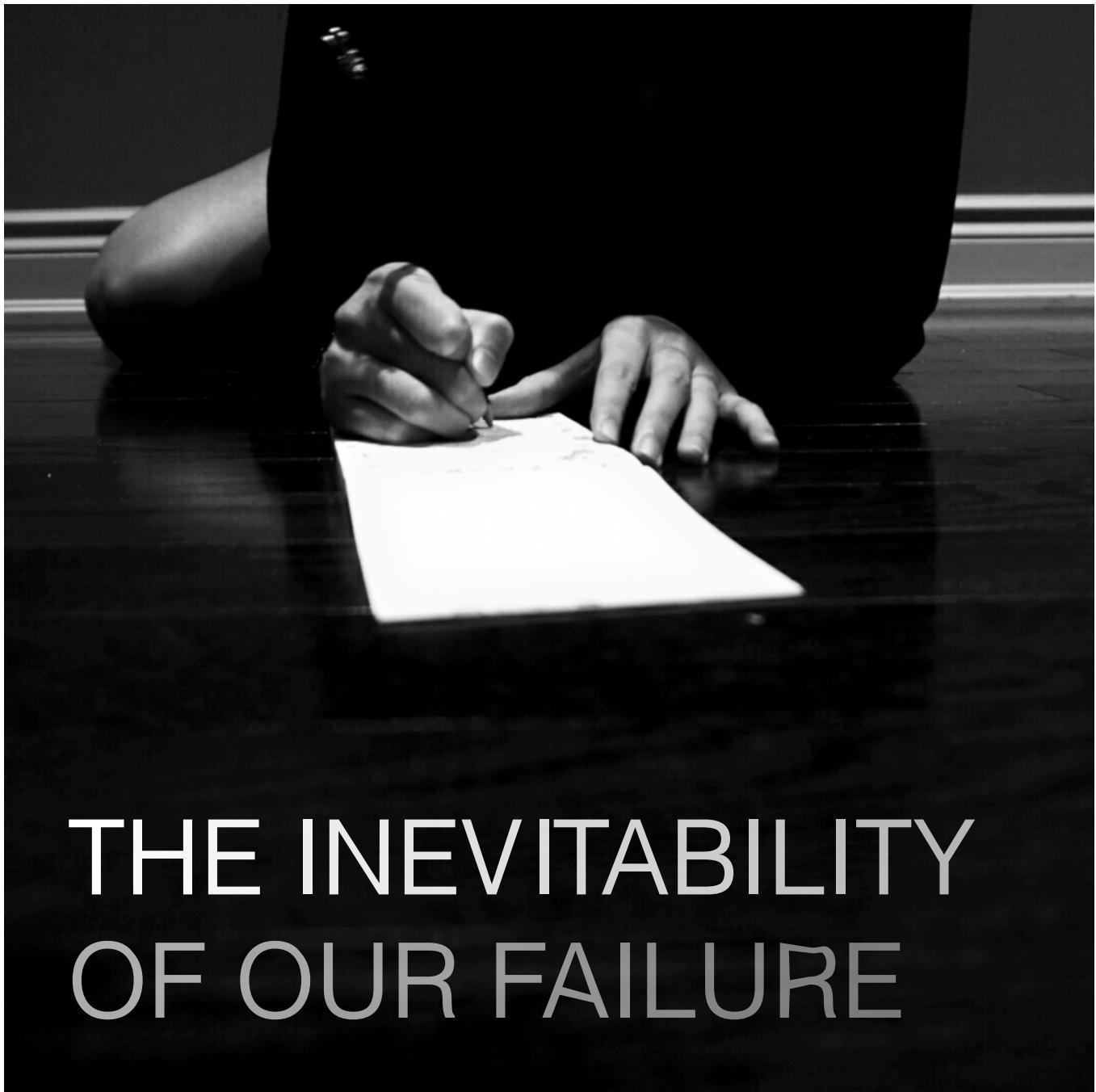
N

/

A

/

A. N / /



THE INEVITABILITY  
OF OUR FAILURE

Think about the first time you thought about your future and had a dream. You were probably young, and your mind ran wild. Maybe you dreamed about an extravagant life as a baseball star or a famous doctor. Or perhaps a more modest future as a fire chief with a spouse and kids made your heart go racing. There's even the chance you reached out farther and dreamed of being a magnificent wizard, or a Pokémon Master. Your dream has probably changed half a dozen times since then, but something about them remained the same. You found what made you happy and it became your dream life, and what made you happy evolved just as you have since your first dream way back then.

Now you're in highschool and building towards your future. Your dreams probably changed to going to university, getting a stable job and making money until your youth escapes you and your cynicism shapes you. Some of you have held onto your wildest dreams even when the world tells you not to. Some are still waiting to find out what you will strive for.

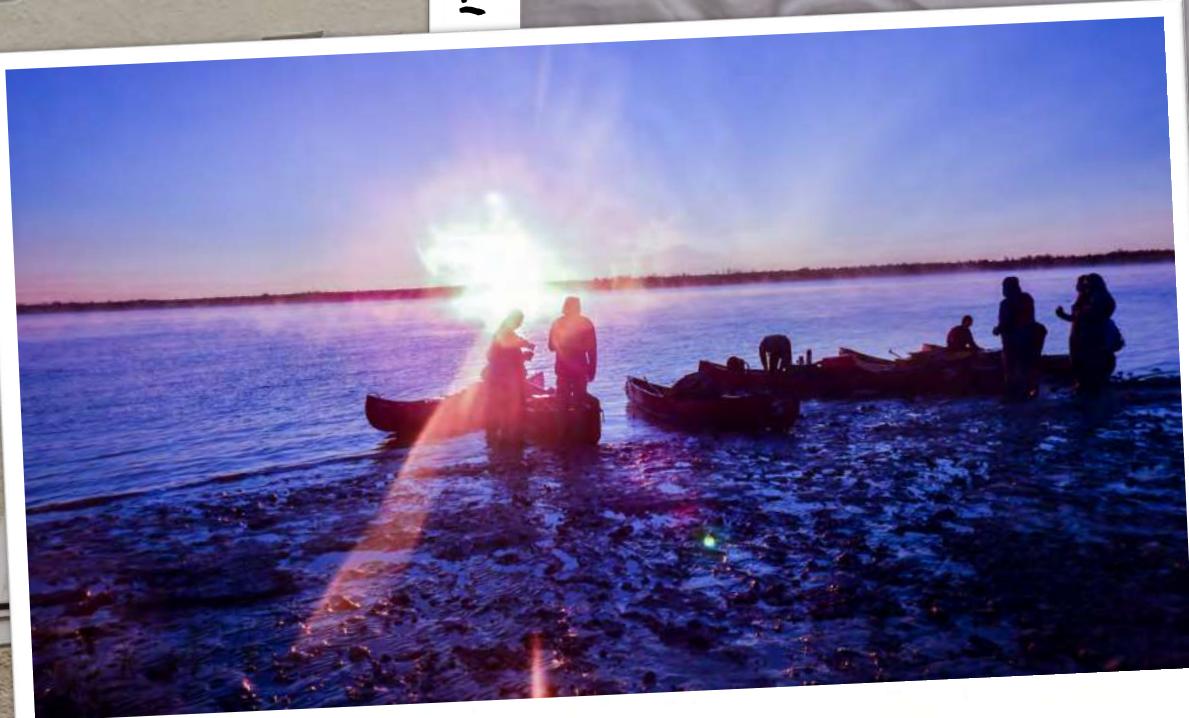
Sadly as part of the high school experience, you're likely experiencing the inescapable fear of failure. Every failed test is a reminder that you're not smart enough. Every competition you don't win says that no matter how hard you practice, there will always be a kid that will beat you who has been grinding since they were 7. Every rejection from a studio or publisher is the universe itself telling you that you just won't make it. We all have these thoughts, because sadly failure in our lives is a truth we have to accept, but the failure of our lives is a different matter.

Failures aren't a condemnation to collapse. They are the lens to see the path to our success. They are both our drive and our compass to reach our potential. While you're tearing yourself down, telling yourself that you're not good enough, you're lying to yourself. You have exactly what it takes. You've been succeeding whether you've known it or not for your entire life. You've become smarter and more able to take on challenges every year. Challenges from five years ago are child's play to you now. Whether it's learning new math concepts or getting through another hard day, you've won a new victory every day. You can prove to the world that you have what it takes to achieve your goals regardless of where you are now.

Let's face it though - just because you can do anything doesn't mean you will. You may not get into that university, and you probably won't be that Pokémon master. However this isn't a defeat, because you are not the same person as ten years ago, and you won't be the same ten years from now. As you change, what you love will change too. You will choose new goals, a new life that will make you happy and a new standard for success. Learn from your defeats, chase what you love and keep adapting to your new world. Most importantly, never let someone tell you what you can't do, even if it's yourself. Especially if it's yourself. Like a shark, the only way you'll be truly defeated is if you stop swimming. So keep learning, accepting and moving forward, and failure will never stop you, it will only drive you further.

//REZA QURBAN-ALI  
PHOTOGRAPHY//ANDREA LEE  
DESIGNER//ILYA SPIVAK

BOXED IS BETTER - SWYAO LI

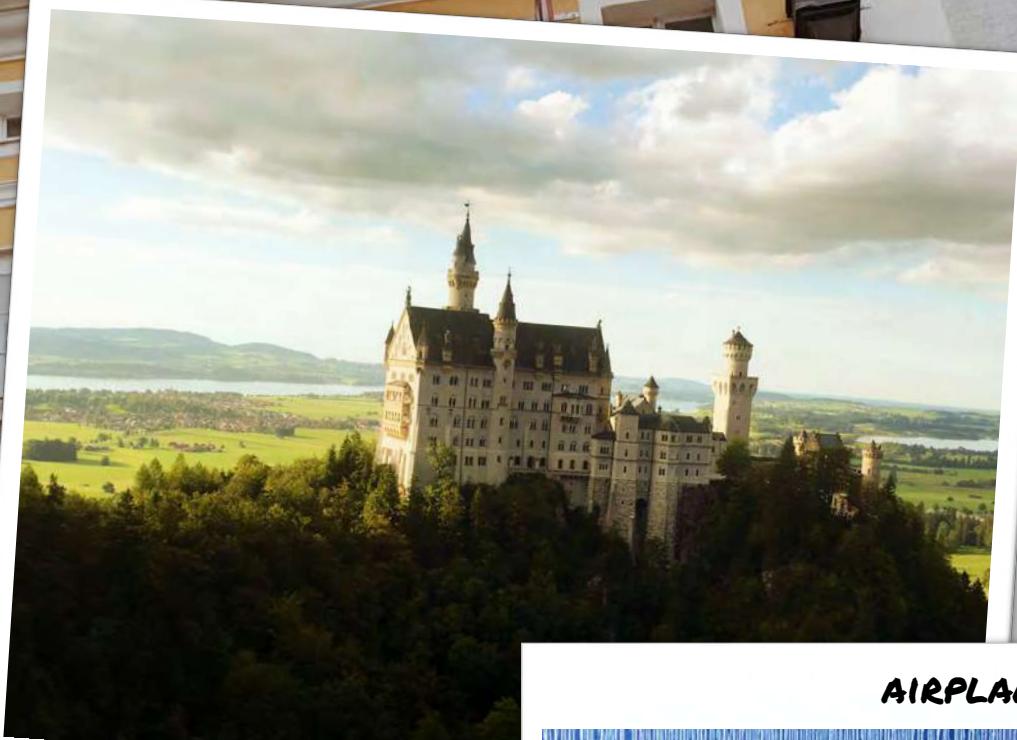


RED CANOE - AIDEN GERKIS



LIGHTSPEED - IRIS XIE





FAIRYTALE - ELLA XU



AIRPLANE ICE - REINA DINGMAN



I ❤ NY - ANDREA LESS





# smart: WEBSTER'S DEFINITION

Smart, gifted, talented - we hear these words constantly being tossed around as we grow up. We listen to our parents use them to describe the three-year old chemistry prodigy they see on The Ellen Show, or the cousin who can play the violin like a restless bee. Naturally, we associate these traits with those who are the top of their class, with those who never study because the material is "too easy", or with those who glide through school with a big red A on every one of their tests. All our lives, we are told that there is only one definition of "smart" – but what if there's more to it than we originally thought?

Here in Canada, the education system is organized so each child is categorized into groups. Right from the beginning, parents are offered to choose between French immersion or English, and private or public. As children transition into elementary school, they are separated into mainstream and gifted, and going into high school, split into academic and applied. While a wide range of choices seems desirable, these options put an immense amount of pressure on students. We try to mould ourselves into the clay of society, and when we can't, we crack.

Why is it that some of the brightest minds get bogged down? Why is it that students feel forced into uncomfortable situations?

Unrealistic expectations and pressures trap students into the mindset that there is only one definition of intelligence. We thrust ourselves forward, wanting to meet society's standards – simply because it was drilled into our minds there is only one way to become successful.

However, what we often fail to realize is that the outcome of our future is dependent on far more than just our grades. When someone applies for a job, the qualifications are not based off of the gifted test from third grade, or that one exam they flunked in their freshman year. It will be based off the applicant as a person. To determine somebody's success solely through their high school experience is inaccurate, because we will continue to evolve as learners throughout our lifetime. The social standard of intelligence sets impractical goals for adolescents, and by neglecting students' individuality, we are preventing them from reaching their full potential. As a society, we need to stop fixating the already narrow definition of smart and encourage youth to make their own decisions.

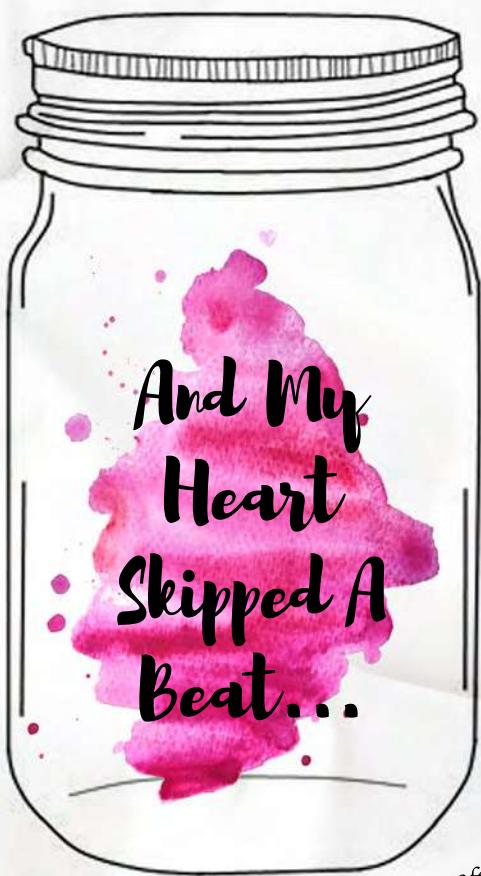
We are all different; you may be the one who skipped a grade, or the one who falls behind. But for every student, there is another definition of smart.

// LUCY ZHAO  
DESIGNER // ILYA SPIVAK



Imagine it. You're walking down the hall when you see them: your picture-perfect other half — or at least that's what you tell yourself. Your eyes meet and your stomach flips, and the smallest of gestures leaves you with the deafening sound of your heart pounding in your ears. Forget butterflies — this is something else entirely.

It's one of many feelings: your heart skipping a beat, heat rising to your cheeks, even bouts of dizziness. And when you're heartbroken, you welcome the long lasting and constant dull ache in your chest. But have you ever stopped to wonder why or how emotions can trigger such physical responses from our bodies?



For starters, emotional and physical pain use the same areas in our brains. And when we fall in love, chemicals like dopamine, oxytocin, and adrenaline are responsible for our newfound euphoria. Researchers have even compared the feelings we encounter in those moments to the effects of drugs. In fact, the results of these chemicals on your brain are so strong, that emotional pain can lower your immune system. Moreover, these different chemicals of the brain released during different stages of love do separate things. Some, like Oxytocin, deepen emotional bonds. Others can make you feel sick, like the stress hormone cortisol, which contracts your blood vessels leaving you — quite literally — lovesick.

Falling in love, unfortunately, isn't the only stress-inducing change our bodies can face. Heartbreak is also quite powerful — and painful. We've all had, or at least heard of, a broken heart, but have you heard of stress cardiomyopathy? Despite the sophistication behind its name, the more common term is "Broken Heart Syndrome". This condition weakens the heart muscles, and even has the potential to cause heart attacks when one is in emotional distress. Women are also ten times more likely to experience this phenomenon. Similarly, studies have shown a significant increase for heart attack risk in those who recently lost a spouse, only providing further evidence of the link between emotional and physical heartbreak.

These physical responses are not only exclusive to love, either. One can change their perception of pain solely based on empathy. In fact, this is not limited to just humans: studies have shown higher pain sensitivity in mice when seeing their cage mates are being hurt. This pain sensitivity is seen to diminish when the mouse encounters another friendly and unharmed mouse. Similarly, us humans don't necessarily need to be romantically involved to experience these physical after effects. Friendships and other relationships can have similar results.

Remember — despite the potential of heart attacks and the lovesickness — the results of love can be wholly positive too. The drug-like euphoria mentioned earlier, for example, can leave you giddy and unreasonably happy. And the adrenaline of being with the one you love can be addictive (in the good way). There are also, believe it or not, methods to relieve heartbreak — if only by a little. Try coming to terms with what has transpired, meditate, connect with your friends, and pick yourself up in every little way you can. Soon the heartache, both the emotional and physical, will melt away — at least until the next set of butterflies roll around.



A love letter to my textbook...

My dearest textbook,

Thoughts of you consume my waking hours, leave me tossing and turning through sleepless nights. Time without you seems wasted, and my eyes scan your minimalist design until it is seared into my retinas. As chapters within a novel, we are bound together till exams do us part.

Your allure is much deeper than your supple binding and limber pages. It is not only you whom I worship, but your silent promises of future comfort and success. I am drawn to you by the siren call that someday my devotion will bring me - no, us - riches of far greater value than the tears I shed: an education, a job, and money. Oh beautiful tome do not misinterpret me, your knowledge is the only wealth I will ever need, but... knowledge can't buy me a Maserati.

Since you know me so intimately, dearest scroll, you are aware of my impatience. Greedy as I am, I could not bear to stay with you if your delicate fruits only ripened in a decade. No, you keep me drunk on small successes and immediate satisfaction. I'm addicted to the grades you bring, the recognition that sings in red pen at the turn of the test paper. Who knew small checks on a page could be so irresistible?

And yet... so meaningless. Sometimes I wonder if this is all for naught. Your impassive complexion and your unforgiving fine print both scream the truth: you'll never love me back. Am I wasting my time on someone who takes, and takes, and takes, but can never give more than the construction of an ego so delicate that it is crushed by every wrong answer, false turn, or slip of the tongue?

But despite your shortcomings, still I stay with you. Your embrace reminds me I am part of something greater than myself: the vast, accepting cult of nerdom. Surrounded by individuals who can only be described as fleshy Wikipedias with infinite bandwidth, I feel the unique peace of -

No. This isn't true.

You've betrayed me. After all I have lost, the sleep, the friendships, the dazzling high scores on niche online games, I am repaid with only disgrace and insult. My eyes burn with the fruits of your treachery, but I will choke back tears only to deny you the satisfaction of driving me to shed them.

It's staring back at me from its bolded TeachAssist frame, smug defiance written across every nightmarish curve and angle.

A 70%.

Woe is me and the mediocrity with which I am plagued! I struggle not to internalize this failure as a reflection of myself, but I know that it is your vitriolic teachings that are the true cause of my suffering.

While my heart lies in pieces, I must thank you, satanic tree-spawn for teaching me a final lesson. Never again will I be lured into the toxic dependency that has eroded my mental health into a needle, shattered by numbers on a graph. My value will not be defined by academic achievement but by my development of character, my kindness towards others, and my improvement of the community. Tangible successes and personal growth will be my new totems, and I refuse to let these insignificant errors taint my, not our, resplendent future.

That being said, I need an 85 average, so I'll see you tomorrow?

Lovingly,  
An Academic

// DANI FOX  
PHOTOGRAPHY // AIDAN GERKIS  
DESIGNER // JOYCE TRUONG

Spongebob  
Squarepants

"I'm ready!" repeats a whimsical sea sponge as he dances his way to work. Despite being bombarded by rude customers, a cheapskate boss, and apathetic peers, Spongebob's over-the-top personality parodies even the most mundane situations. The success of the show extends to the uniqueness of its undersea world, one characterized by the paradoxical natures of walking fish, fires, and the infamous Goo Lagoon; an ocean beneath the ocean. An impressive Spongebob brand has even developed since its creation in 1999, one that has blossomed into viral memes and slang. Its popularity is unrivaled by any other children's television program yet somehow, this lovable little sponge has earned a poor reputation among parents. A lawsuit threatened to cancel the series for its supposedly "harmful effects on developing minds". Their arguments were evidently dulled when compared to the sheer brilliance of this animation.

The most common accusation against Spongebob is the fallacious attack that the show is of no educational value. However, the program acts as a gateway into several fields of study from business to marine biology. The diverse range of fish that populates this series captivates young children's imaginations, coercing them to discover the obscurity beneath the ocean. Some might say, "Isn't Spongebob an inaccurate depiction of a marine ecosystem?" True, but to hook a young mind buzzing with a hearty three seconds of attention span, exaggeration must play a critical role.

If that's not enough, Spongebob draws parallels to the world of business. The Krusty Krab where Spongebob works, has throughout its history, employed multiple tactics to increase profit. Mr. Krabs, Spongebob's boss severely exploits his employees and refuses to spend extra money on the restaurant. In one episode, it is referenced that Spongebob is paid a nickel a day and is forced to work weekends. Meanwhile, season 5 episode 85b, "Krabs à la mode", develops its entire plot around Mr. Krabs' refusal to turn up the thermostat in order to save on utilities. His cheapness proves to be financially strategic when he is revealed to have made his millionth dollar in the episode "Clams". On top of decreasing cost, the Krusty Krab has managed to increase revenue and size up the scale of the company. First, a new



concept is introduced. Perhaps the restaurant may be relocated to a scenic cave or the interior is transformed into a theme park. When crowds enthusiastically gather during these peak times, Mr. Krabs inflates the prices to keep up with the increasing net value of his patties. Through these tactful strategies, children are enlightened about the world of business while being thoroughly entertained.

Another poorly formulated jab at our childhood favourite sponge is that he enforces reckless behaviour. This argument is especially infuriating as it condescends our youth, painting them as senseless imbeciles that unanimously believe they will regenerate if torn in two. Plenty of other children's shows diminish the severity of injuries for comic relief yet Spongebob seems to be the most criticized for it. In fact, this show projects a more positive message than most programs of its calibre. Altruistic and optimistic characters like Spongebob and Patrick experience the bliss of life, whereas cranky Squidward endures the misfortunes he deserves. Through this, children are taught that good behaviour is rewarded and thus they begin their journey to becoming a better person. Unlike a plethora of poorly scripted Disney channel shows whose protagonists get laughs for their social aggression, Spongebob utilizes humor to enhance their moral agenda.

For those of us young enough to experience being a toddler on the internet, let us reminisce the joy that Spongebob has brought into our lives. We must compile our love for this childhood relic and see to it that its legacy lives on.

//LLOYD FAN  
PHOTOGRAPHY//SHIYAO LI  
DESIGNER//RAYNI LI

# R H H S

## FALL LOOKBOOK

DESIGNER//JOYCE TRUONG



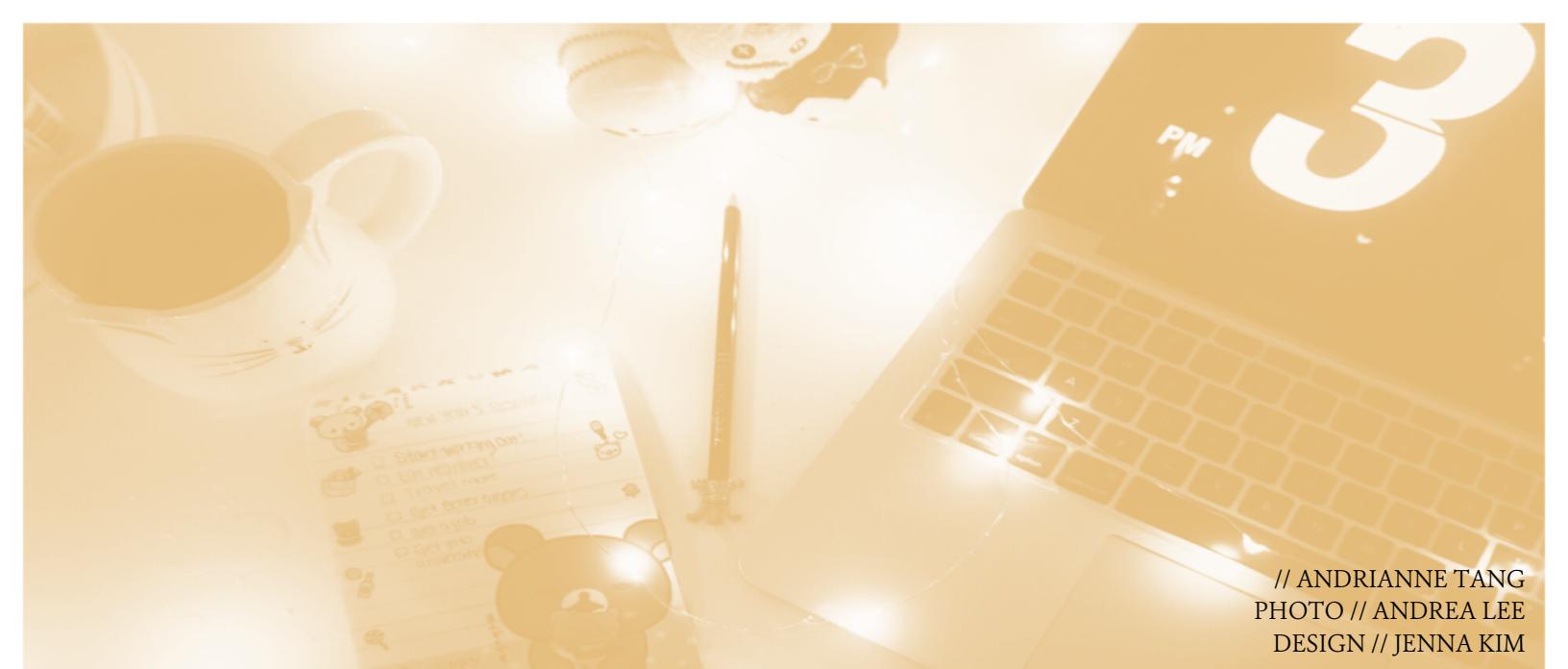


**THE**

**NEW**

**YEAR'S**

**DISEASE**



// ANDRIANNE TANG  
PHOTO // ANDREA LEE  
DESIGN // JENNA KIM

3:50 p.m. "I'll do it later." You claim, as you cast aside your math homework in favour of one episode on Netflix.

1:20 a.m. When your gaze drifts towards the digital clock, the angry red numbers blink accusingly. Frantically, you fling the math textbook open, scrawling the improbable answers to the assigned trigonometry problems.

A lack of motivation, an inexplicable feeling of lethargy, a penitent aversion of incomplete tasks. Sound familiar? Whether you have succumbed to one, or all of the aforementioned symptoms, you are only one of the many victims of this notorious epidemic. There is no definite pill you can take, nor a physical vaccine that can spare you from these sleepless nights of self-imposed agony. The disease's deleterious effects on academic progress have only been amplified by the swelling heap of untouched assignments. The infamous plague with which you have been diagnosed is none other than procrastination.

While procrastination may not be worse than the flu, it is certainly a student's worst nemesis. Tormented by both guilt and increasing stress levels, students are also vulnerable to the fact that emotional health can eventually inflict harm on physical well being. According to a report by the University of Maryland's Medical Center, chronic stress may affect the immune system's responses, making the body more susceptible to infections. Students tend to forget the importance of mental health in the midst of academic deadlines and test dates, which is often worsened by the temptation to procrastinate.

With New Year's looming near, it seems to be a grim 2018 when you've caught the common procrastination. Resolutions ranging from academic productivity to ambitious fitness goals are printed neatly across the page. Tragically, the empty checklist boxes may never be graced with a satisfying hook. January first is accompanied by a specious hope; one that deceives procrastinators that this year, they will certainly meet their expectations. You may be tormented by a chronic illness that evokes both misery and frustration, but the culprit is not a contagious bacteria. In fact, procrastination is uniquely self-imposed by the individual.

Resolutions ranging from academic productivity to ambitious fitness goals are printed neatly across the page. Tragically, the empty checklist boxes may never be graced with a satisfying hook. January first is accompanied by a specious hope; one that deceives procrastinators that this year, they will certainly meet their expectations. You may be tormented by a chronic illness that evokes both misery and frustration, but the culprit is not a contagious bacteria. In fact, procrastination is uniquely self-imposed by the individual.

By perpetually delaying tasks, procrastinators are impeding their own progress, and are subconsciously refusing improvement. Although procrastination is often an intentional choice, you may not realise that you are denying a positive change. Similarly, a student whose science test is scheduled in a week might perceive it as a distant date. It is justified that they have no desire to study immediately when there are numerous days available to prepare. Before they know it, the student is vehemently cramming the night prior. Not only do stress levels escalate sharply, the student has refused lucrative study habits that would have ensured a healthy emotional state.

Consider New Year's resolutions as the most blatant example of exchanging a potential gain for a definite loss. Resolutions are generally established to seek personal development in various aspects of a lifestyle by the time the year concludes. Often, they are unrealistic and vague, which discourages individuals from pursuing their ambitions. Unfulfilled resolutions symbolize that we subconsciously deny a significant change.

Fear not — the treatment is at your disposal. The most effective remedy for the common procrastination is developing the proper mindset. This involves breaking down your goal into several stages. When you meet the checkpoints, treat yourself to rewards. Most importantly, set your own pace — no one else can determine it for you. Refusing to take the first step results in a lack of execution, so be willing to take the initiative to start. This New Year's, if you happen to catch the infection, know that the cure is to simply persevere.

W, /q , A ' A q / , / A W/ q A

# Aggressive Passivity?

wait  
let me urban dictionary this...

Q Chat

Bell Q Chat

21

Katelyn  
Opened just now

26

Andy  
Delivered 5m ago

41

Zhi  
Opened 3m ago

349

James  
Opened 3m ago

54

Nick  
Delivered 12m ago

Michelle  
Delivered 12m ago

Sam  
ANNUAL

A

A

N

/

O

A

N

N

A

/

W

W



We all have our favourite holiday movies that we look forward to watching each year. Thus it is inevitable that this winter break, you will find yourself glued to your television screen, and watching either Love Actually, Home Alone, or Elf. While those are all good films and classics in their own right, they've quickly become overrated. So this year, to combat holiday movie staleness, here is a list compiling some of the most underrated festive films:

## Arthur Christmas

(Sarah Smith & Bart Cook , 2011)

This animated feature answers the age old question: how does Santa deliver presents to all the kids in the world in one night? The answer — a high tech elf based operation run by Santa's eldest son and successor, Steve. However, when a hiccup in the system causes a young girl's present to go unnoticed, Santa's clumsy, but nonetheless eager son, Arthur, embarks on a race against time to deliver the gift.

## Unaccompanied Minors

(Paul Feig, 2006)

When a blizzard cancels all of the flights leaving Chicago, a band of five unaccompanied minors are left stranded in Hoover Airport. Despite coming from different walks of life, the members of the group quickly become acquainted with each other, and they form a mutual hatred for their Christmas-hating airport supervisor, Mr. Porter. Think the Breakfast Club, only more festive and set in an airport instead of a high school library.

## Krampus

(Michael Dougherty , 2015)

Based upon the ancient Germanic folklore of the same name. Krampus chronicles the story of a young boy who unknowingly summons a demonic spirit to punish his family for ruining his Christmas. Beyond being a Christmas horror film, Krampus manages to fit in a few good laughs for comedic relief, and ultimately reminds audiences of the true meaning of the holidays.

## Iron Man 3

(Shane Black, 2013)

Okay, so this one isn't technically a holiday film, but it is set over the Christmas season, and the plot is reminiscent of A Christmas Carol. In the third instalment of the series, we meet a more human, Scrooge-like Tony Stark, beginning to feel the effects of his PTSD. Losing sleep, engulfed in work, and plagued by the threat of a terrorist attack, Iron Man is forced to confront the demons of his past and present. Relying on only his grit and dexterity, it is up to Stark to protect himself and those closest to him.



Editors in Chief

Lloyd Fan & Freya Xocoyotl

Design Editor

Jenna Kim

Photography Editor

Andrea Lee

Copy Editor

Danielle Fox

Layout Designers

Jenna Kim

Allan Fang

Ilya Spivak

Joyce Truong

Lauris Petlah

Rayni Li

Copywriters

Reza Qurban-Ali

Freya Xocoyotl

Lucy Zhao

Jennifer Yang

Dani Fox

Lloyd Fan

Adrienne Tang

Katelyn Wang

Caroline Mo

Raymond Wang

Hooriya Masood

Julia Collins

Zehra Raza

Photographers

Andrea Lee

Ella Xu

Iris Xie

Reina Dingman

Shiyao Li

Aidan Gerkis