

THE ADVOCATE

William Aberhart High School

March 6, 2025



WINTER BOOTS ON SALE: SOCIAL MEDIA IN THE LANDSCAPE OF CONTEMPORARY ACTIVISM

by: Sophia Lee

When thinking about activism, the images that come to mind are typically protests and demonstrations -- crowds of people gathered together, holding signs and shouting slogans for change. However, recent activism has seen nothing of the sort; instead, these protests are all taking place behind a screen.

Following Donald Trump's election, American citizens have taken to social media to express their discontent. Many protested his executive orders, which encompass everything from eliminating Diversity, Equity, and Inclusion (DEI) programs to banning transgender individuals from serving in the military.

Youth in particular have turned to platforms such as Tiktok and Instagram to share news and their opinions on Trump. However, many are concerned that this content is being controlled and taken down.

In an effort to avoid potential shadow-banning, where algorithms censor certain content by banning it or removing it from people's feed pages, social media users have begun to use the phrase "cute winter boots" to signal discontent or share information about Donald Trump's policies. Both content creators and consumers engaged in the trend; in a popular video, a Tiktok influencer talked about buying cute winter boots. At the same time, she flipped through a notebook with the words "For You Page is being censored" and other comments about Trump's policies on illegal immigrants on each page. Her followers filled the comment section with more conversation about winter boots.

This kind of rapid sharing has been made possible by the growing popularity of social media. Platforms like Instagram, Facebook, Twitter, and Tiktok have fundamentally changed activism through two different mechanisms. Firstly, it allows regular people in the community to share

information. News reporting has long received criticism for being gate-kept by select media outlets. These traditionally accepted actors are typically controlled by large corporations or governments, which provides a limited perspective into current events. Social media provides an alternative outlet for the average citizen to add to the political narrative, which presents opportunities for greater diversity in perspective and even political subversion. Regular American citizens are able to share their opinions, shifting power back in their hands.

The recent Trump protests are not the first time social media has played a significant role in protests. In May of 2020, 17-year-old Darnella Frazier filmed the arrest and murder of George Floyd. She uploaded this clip to social media, sparking the Black Lives Matter movement. Civilian journalism like this continues to establish itself as an essential part of news broadcasting in today's world, such as with people uploading clips of their life in active conflict zones in Palestine and Ukraine. These first-person accounts provide a new level of insight into these issues, and have never been so easily accessible.

Social media has integrated itself seamlessly into activism. Posts, videos, hashtags, and comments all work in tandem to share new information and bring more attention to it. Author Xiao Mina stated that this content has become "...the seeds from which social movements grow."

However, social media has now started to saturate activism to an unprecedented level. This has provoked a rise in so-called "slacktivism".

"The word slacktivism gained popularity in the late 1990s to mock the way people were willing to support a cause... as long as it didn't cost real-life time or money," wrote Tanya Lloyd Kyi and Julia Kyi in their novel, *Better Connected: How Girls Are*

Using Social Media For Good. Social media is particularly conducive to this kind of activism, where one can show their support for a cause by liking a post or retweeting a comment. The distance -- both emotional and physical -- that being behind a screen provides removes the pressure to be personally aligned with a cause.

Slacktivism can be particularly distressing because it allows people to feel as though they are contributing to a cause without provoking any meaningful change. This causes social movements to stagnate and stall without accomplishing any tangible objectives. The entire purpose of activism is defeated.

Even with all of the attention it has garnered, the cute winter boots trend has no tangible goal. Trump has continued to release executive orders on extensive tariffs on US trading partners and removing citizenship rights for children of migrants who have entered illegally or with a temporary visa. While this has created a community for American citizens to express their discontent,

THE ADVOCATE

THE ADVOCATE is the official newspaper of William Aberhart High School. THE ADVOCATE is meant as a forum for student expression and is published to inform and entertain the students and the entire school community.

Editor-in-Chief: Sophia Lee

Managing Editor: Ryan Li

Staff Sponsors: J. Colautti

Columnists: Temi K, Ruby T, Max C, Catherine A, Misan A, Oliver K, Lauren S, Tess W, Kyu M, Emily R, Addison C, Laura Z

Editing: Lauren S, Abir K

Layout: Ruby T, Zac T

Cover Art: Alena D

it seems that leaving these hidden comments merely gives social media users the chance to feel as though they are part of a thrilling plot to overthrow the government -- without any real life action.

This is the pitfall of social media, which has caused other movements to fail as well. As essential as platforms like Instagram and Facebook were to the Black Lives Matter movement, performance activism soon began to impact the movement negatively. In June of 2020, the #BlackOutTuesday trend saw over a million social media users posting a black square to their feed. The trend encompassed everyone from celebrities to major corporations. However, many criticized this trend as a tokenistic sign of engaging with the movement. Twitter user Anthony James Williams claimed that the trend was not just unnecessary; it was dangerous. "It is intentionally and unintentionally hiding critical information we are using on the ground and online."

Virtue signalling does not just allow the average person to feel good about themselves. It carries broader implications for the potential for influencers, politicians, celebrities, and corporations to

exploit social movements for their own gain. Participating in these trends allow these users to gain support from their followers and boost their content, which distorts and trivializes the true aims of the movement.

Is that to say social media is fundamentally detrimental for activism? Not necessarily. "Slacktivism is something people say to make particularly young people feel like they're not doing enough, that they're not as good as the last generation of activists," said Dr. Catherine Corrigall-Brown, head of UBC's social department. She warns against being too critical of activism on social media, because it may discourage youth from engaging in any participation in social movements at all.

"Ideally we would critique performative activism while encouraging more activism in real life, and using social media as a tool to facilitate concrete, real-life movements," said Kyi. She acknowledges this is easier said than done.

However, other social movements have begun to strike this balance. During the recent protests over martial law in Korea, citizens who could not attend

demonstrations in person bought coffees and food for protesters at nearby cafes. They used social media to share these locations so protesters could know where they could stop by for a hot drink. Social media users in Gaza have created GoFundMe's so their followers can support them financially. People can now show their support from anywhere in the world.

These events show that there is hope for using social media as a tool to supplement and further activism. Youth in particular have begun to show a greater awareness that social media has to be accompanied by real life change, shifting their attention to using social media to organize protest locations and digital fundraisers.

With Donald Trump continuing to pass orders that spark dissatisfaction, it remains to be seen whether American citizens will start changing the way they use social media to support their activism rather than encompass it. Perhaps cute winter boots are in season after all -- as long as they are accompanied by a tangible agenda.



The Advocate

Do you have a passion for writing or have an eye for designing pages? The Advocate is created by Aberhart's Newspaper Club, consisting of creatively published newspaper issues by devoted students to bring our high school information on current world events, sports, and Aberhart news that you don't want to miss! Meetings are on Thursdays at lunch in Room 331.

by: Addison Carr



As the warm weather creeps in from around the corner, Calgary offers a wide range of events that can satisfy just about anyone. If you would like to fill your weekends with excitement ranging from captivating concerts, hockey games in our very own Scotiabank Saddledome, or numerous theater productions and many other adventures unique to Calgary, you're in the right place.

Music and Concerts

Kane Brown's "The High Road" Tour: Country music sensation, Kane Brown, embarks on his performance scheduled for March 29th, 2025, at the Scotiabank Saddledome. The tour supports his latest album, featuring popular singles like "Miles on It" and "Fiddle in the Band".

Jelly Roll: Beautifully Broken Tour

Jelly Roll will be headlining an unforgettable night at the Scotiabank Saddledome, with Josh Ross, Savannah Dexter, and Brabo Gator opening the show. Fans can enjoy a wide selection of food and drinks, from classic snacks to craft beer and gourmet foods.

Hometown Hockey Action

Catch the action at the Scotiabank Saddledome this March with Calgary Wrangler home games on March 1st, 4th, 5th, 21st, and 23rd for AHL hockey. Plus, cheer on the Calgary Flames as they face off against the Ducks, Golden Knights, Sharks, and Wild on March 8th, 12th, 14th, 25th, and 27th. It's a month full of intense hockey action!

Perplexing Performances

StoryBook Theatre: Kensuke's Kingdom (Until March 8th)

This adaptation of Michael Morpurgo's

THIS MONTH IN CALGARY

novel explores themes of survival and friendship as he embarks on an adventure to an uncharted island, where he forms a life-changing bond with Kensuke, a mysterious inhabitant.

The Wizard of Oz (March 13th)

Alberta Ballet's Canadian premiere of The Wizard of Oz brings a fresh twist to the classic tale with a fusion of classical and contemporary ballet. It explores the important themes of strength, bravery, and friendship.

Vertigo Theatre: A Killing at La Cucina (March 15th to April 13th)

Detective Lucia Dante investigates the mysterious death of a world-famous food critic at a high-end restaurant. This world premiere introduces a new crime-solving legend in a fast-paced and intense mystery.

The Story of Taylor Swift

Charity Eden, a talented recording artist and Swiftie, takes you on a journey through Taylor Swift's rise from writing songs in her bedroom to becoming a global music icon. This show celebrates Taylor's resilience, empowerment, and artistry, featuring all of your favorite hits at the Southern Alberta Jubilee Auditorium on March 1st.

PHENOMENA: The Exhibition

Explore mind-bending illusions and the science behind them at PHENOMENA: The Exhibition at the TELUS Spark Science Centre. This interactive showcase invites visitors of all ages to discover how our brains perceive reality through engaging, hands-on exhibits running until March 26th.

International Women's Day - March 8th

Celebrate International Women's Day with events like the International Women's Day Forum on March 14th at the Calgary Petroleum Club, focusing on women entrepreneurs. You can also join interactive displays and entertainment at the Making Changes Association event at The CORE on March 4th to 6th, supporting local women's initiatives. Additionally, you can attend the She is... event on March 8th for a morning of conversation and support for families recovering from domestic violence.

Daylight Savings Time

Daylight Savings Time in Calgary begins on Sunday, March 9th, 2025, when clocks will move forward by one hour at 2:00 AM. This marks the start of longer evenings as we transition into spring, so be prepared to not only wake up on a monday morning, but wake up with one less hour of sleep.



CHESS CLUB

ROOM 127 WITH MR. PAREDES

Mondays and Thursdays
Starting September 5 at lunch!

Come to:

- Just to play
- Learn
- Meet New People
- Play in Tournaments

All skill levels welcome!

TRUDEAU'S RESIGNATION: AN END TO CANADA'S RECKLESS GOVERNANCE

by: Lauren Schultz

The Trudeaus have dominated Canadian politics since the late 60s. As of January 6th, Prime Minister Justin Trudeau has answered the call of Canadians by announcing his resignation after a prolonged reign of over 9 years. This event was foreseen by Canadians as Trudeau was under growing pressure from his very own party, triggered by a shocking public announcement by Deputy Prime Minister and Finance Minister Chrystia Freeland on her resignation.

Freeland brought to light Trudeau's use of costly political gimmicks and disagreed with the fiscal direction of the government, including the significant debt that the Liberal government continues to incur on Canada, which some estimates place at over \$1.4 trillion. To put that in perspective, in 1962, the adjusted debt was only \$25.63 billion. From 2018 - 2023, the Liberal Government recorded the six highest levels of spending in Canadian history, which, of course, included the Canadian government's response to the COVID pandemic.

This debt incurs even more than what was spent during WWI, WWII, the Great Depression, and the 2008 Financial crisis combined. Unfortunately, all of this spending leaves future generations to pay off this debt with \$27.4 billion per year in interest costs, or \$75 million per day.



Justin Trudeau famously stated in 2014 that "budgets will balance themselves". Canadian citizens are rightfully distraught by how their tax dollars are being used to pay interest charges on the massive debt instead of funding social programs.

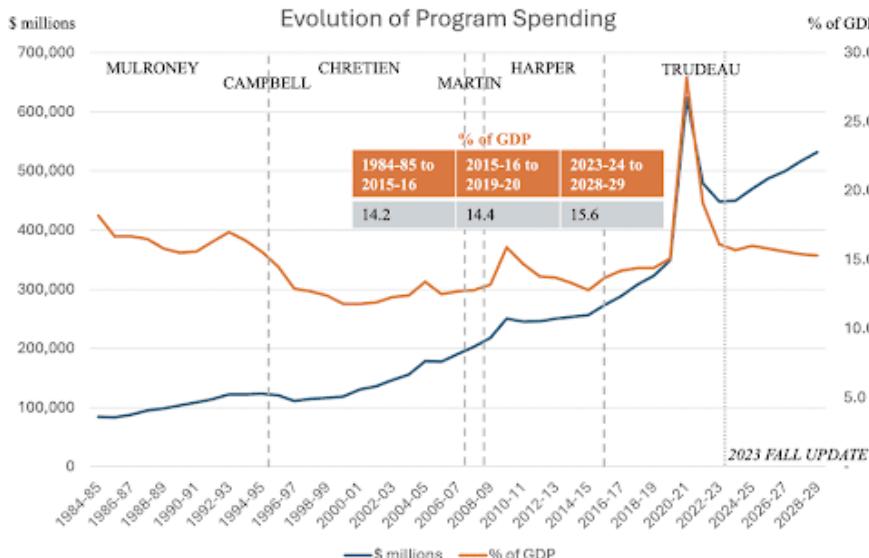
Issues including affordability in housing, inflation of basic necessities such as food, therefore worsening the homelessness epidemics, and poor healthcare have become growing problems despite all of the government's spending. Concerningly, the Military has been significantly underfunded, with old equipment and not enough staff, leaving our Arctic vulnerable and causing international embarrassment.

Parliamentary Budget Officer Yves Giroux eviscerated the Liberal party's economic statement, which was delivered in December, stating that the government's economic scenarios downplayed potential economic risks facing taxpayers in light of uncertain and volatile global events. On top of our stressful economic situation in our country, we are facing threats to our sovereignty and are at face with economic warfare from our neighbouring country, the USA. It will take strong leadership from the next political party to help Canadians navigate through the significant upcoming years.

With an end to Justin Trudeau's nine-year stretch as leader, Canadians wonder what the next steps will be for their nation. The Liberals are selecting a new leader and may call for an election soon. The question now becomes: who will Canadians pledge their support to next? The Green Party, The Conservatives, and the NDP are all eager to be the replacement. Or, will we have another 4 years of Liberal reign, extending it to 13 years? Canadians are anxious for an answer.

During these rocky political times, it is crucial that Canadians stay united, informed, engaged, and focused on promoting stability and progression for the upliftment of our nation, the true North, strong and free.

Chart 1



LIGHTS, CAMERA, ACTION: THE BIGGEST MOMENTS TO EXPECT AT THE 2025 OSCARS

by: Temi Kayode

As the Academy Awards are fast approaching on March 2nd, 2025, we're all on the edge of our seats in anticipation of the most rewarding night in film. From shocking snubs to fierce competition across all categories, this night is shaping up to be one full of plot twists and shocks. The red carpet is set and the nominees are in, but who will steal the spotlight, and who will be left in the credits? Here's what to expect for the evening of cinematic drama, with some surprises lurking in the shadows.

Predictions: Who Will Take Home the Golden Statue?

The 2025 Oscars are already heating up with the musical/thriller film "Emilia Pérez" leading the bunch with a stifling 13 nominations, including Best Picture and Best Director. The film, created by acclaimed director Greta Gerwig, has captivated audiences worldwide and is a clear frontrunner in this year's race. It's positioned to take home top honors, but "The Brutalist" and "Wicked" aren't far behind, each holding 10 nominations.

In the acting categories, Timothée Chalamet is widely expected to win Best Actor for his portrayal in "A Complete Unknown", while Demi Moore has a strong chance at Best Actress for her stunning performance in "The Substance." Who will step out of the shadows and steal the spotlight?

Snubs & Surprises: Unexpected Nominations



While the nominations have mostly been well-received, some snubs have sparked serious debate. Nicole Kidman was left off the Best Actress list for her role in Babygirl, a film that many expected to make waves this year. Similarly, Angelina Jolie missed out on her performance in Maria, leaving fans and critics questioning the Academy's picks.

But, it's not all bad news—there have been a few pleasant surprises. Fernanda Torres earned a Best Actress nomination for her role in I'm Still Here, a film that also landed a Best Picture nod. This marks a shift toward greater recognition for international films, making many wonder if the

Academy is finally opening up to a more global range of storytelling.

Fashion & Culture: Red Carpet Trends and Iconic Looks

The Oscars aren't just about the awards, they're also a chance for celebrities to show off their unique fashion sense. This year's red carpet is expected to feature bold looks, and in contrast, sleek, minimalist designs. Designers like Michael Kors and Tory Burch are already setting the tone, combining elegance with comfort. In addition, with a growing focus on sustainability, many stars are choosing eco-friendly options like upcycled gowns and fabrics made with the environment in mind.

Margot Robbie will likely turn heads in a stunning Chanel dress, while Cillian Murphy might go for a classic, yet sharp, Prada suit. With each celebrity bringing their own style, the red carpet is sure to be one of the night's biggest moments.

The 2025 Oscars promise to be a night of drama, glamour, and historic moments. With talent across the board and a wide variety of films earning recognition, it's anyone's guess who will take home the top honors. Stay tuned for what is sure to be a memorable and exciting night!



**Students
Helping
Students**

Need help with **tough classes**?
Come and get **FREE** student led tutoring in
Room 305 during WELL block on Tuesdays!

We tutor **Math, ELA, FLA, Social Studies**
and **all Sciences** (even **Computer!**).
Whatever help you need, we have it.

MUSIC AND THE MIND: EXPLORING THE EFFECTS OF MUSIC ON STUDY PERFORMANCE

by: Laura Zitkova

Studying can be a challenging task for many students, and staying focused for long periods of time proves to be a considerable obstacle, especially with so many distractions surrounding everyday life. This task can prove to be demanding on both physical and mental stamina after a while, which is why many students opt to ease the burden of studying by motivating themselves with music, in hopes to make the task of learning seem less menial and obligatory. However helpful you think it may be, the overall question surrounding this topic has been debated for many years: Is it actually beneficial for your mind to fill the silence while you try to focus on learning, or does it lower your cognitive function altogether?

The effects of music on cognitive ability have long been an area of research, with different experiments focusing on a vast variety of outcomes such as recall, comprehension, and general mood that participants displayed when subject to music. A study done by *Frontiers Psychology* suggested that having a good mood will generally increase your learning outcome, and listening to music that you like can aid in relaxing and calming your brain, leading to higher success rates when learning new material. A 2024 study done by the University of Maryland concluded that the complexity of the chosen music can greatly affect your focus, making instrumental or ambient music optimal for studying.

Everyone knows the feeling of getting overwhelmed when something is not going the way you want it to go, especially when you don't understand a new concept or a homework question. When you are in a negative headspace, it gets increasingly difficult to stay focused, and not get distracted with your own thoughts. Music has been used as a tool to evoke emotion for thousands of years, so listening to something that you enjoy can help your mind and body relax, therefore working more effectively to overcome problems. It's also important to choose music that makes you feel good as it keeps you in a positive and focused mindset to optimize your performance levels. No matter how useful music is in avoiding negative or overwhelming emotions while studying, it can be equally important to take breaks when you come across these



feelings, as music can only minimize said emotions, rather than stop them completely. If you do take a break during studying, switching up the music or pausing it can also help give your mind a well-deserved rest.

According to a 2007 study done by *Neuron*, music can help your brain engage in ways that train it to be more aware of details which therefore facilitates the interpreting and processing of new information. This allows you to make sense of new material, as it strengthens your brain to reason through answers while you're studying, or during class lessons. Based on this research, it is suggested that certain types of music actually have a great benefit to enhancing cognitive abilities, such as memorization.

While there are proven benefits to listening to music while studying, there can also be exceptions, as not everyone finds it to be helpful. If you need to focus on a task, it's possible that the music you find yourself listening to doesn't offer any benefits to your schoolwork, but rather leaves you singing along. Sometimes what starts as a helpful tool turns into a distraction which then interrupts your thoughts and simply slows you down rather than allowing you to focus. When this occurs it can leave you feeling too overwhelmed with your work, which in turn affects your mood and overall performance, leaving a lasting impact on your ability to memorize or comprehend text.

It's true that music doesn't work for everyone, specifically in certain scenarios, but that can possibly be solved with the question of what type of music you should be listening to so that you can optimize your performance. As was mentioned earlier, wordless music such as classical or instrumental repetitive noise is

ideal, as it doesn't offer the temptation of singing along, but still occupies your brain enough to keep focused on a task and not allow your thoughts to wander. Alternative solutions can be slower-paced songs, or songs without a drastic change of rhythm. Avoiding music that you love can also be productive, so you don't find yourself feeling too caught up in it. Another option can simply be relaxing audio clips in place of music, such as calming rain noises or even white noise, which have been proven to relax both mind and body into an optimal environment where you can apply yourself without distraction.

With all of that being said, the capacity to focus and elevate cognitive function can be strengthened by a number of factors, including rhythm, volume, and even the emotions that music evokes to keep the brain stimulated.

The question "is music a help or a hindrance?" is incredibly unique to each individual, as everyone requires different strategies that help them learn their best. It's also important to keep in mind that different subjects require different amounts of focus for separate individuals, as everyone learns things differently. What remains true is that music helps stimulate the brain as a form of exercise like with that of a muscle, allowing its cognitive ability to grow. To conclude, though it has been proven that music can be an advantageous tool to use while learning, there is a fine line between aid and distraction. If applied correctly, music can both provide a peaceful learning environment, as well as a calm mindset, which can prove profitable in any academic endeavors.

Improvisational Theatre and Audio-Visual Club

Is acting and performing things on the spot right up your alley? Join Improvisational Theatre Club today! This club is a fun way to make new friends with similar interests, and helps build up your confidence in speaking and thinking on the spot! Students have the opportunity to perform if interested, or can just join to have some fun and gain some experience in the world of performance art. Meetings are Tuesdays at lunch in the Drama room, Room 128. See Ms. Peters to sign up!

REVIEW OF THEATRE CALGARY'S A STREETCAR NAMED DESIRE

by: Emily Ren

A Streetcar Named Desire is a critically acclaimed play written by Tennessee Williams. The play won the 1948 Pulitzer Prize in the Drama category and has also been adapted into a movie of the same name starring Marlon Brando and Vivien Leigh as Stanley Kowalski and Blanche DuBois, respectively. Understandably, there have been many productions of A Streetcar Named Desire since its Broadway debut in 1947, but Theatre Calgary's interpretation still stands as a wonderful production, mesmerizing this modern audience into the world of this classic piece of theatre.

The story of A Streetcar Named Desire centers around Blanche DuBois, played by Lindsey Angell in this production, a charming southern woman whose traditional values clash with her sister's husband's more modern approach. The husband's name is Stanley Kowalski, played by Stafford Perry, and he is the antithesis and almost always the antagonist against Blanche. Amidst this tumultuous dynamic lies Stella Kowalski, Blanche's sister wife of Stanley played by Heidi Damayo, and Mitch, Stanley's best friend, who is played by Sheldon Elter. The play depicts these two characters as more of a middle ground between the opposing forces that are Blanche and Stanley, and as the play goes along, it is interesting to watch just which way they end up swaying to; it is the magic of A Streetcar Named Desire, to watch un-



fold how these characters, who are written so unbelievably human, act in these messy situations that they've often created out of their own shortcomings.

In Theatre Calgary's specific rendition of the play, one of the main aspects that stands out is the set design and the use of real-life musicians. In fact, the play starts with the plucked notes of the double bass on stage and is soon accompanied by a singer, Katelyn Morishita, who also plays Eunice in the play. Afterwards, you can see the musicians behind a screen placed on set, casted like silhouettes as the music rings through the theatre, and the current scene transitions onto the next. This choice does wonders at immersing the

audience into the setting of 1940s New Orleans where the play is set. The other greatest quality of Theatre Calgary's production is the acting itself! Every single one of the characters was brought to life from the pages of the play into breathing, living beings. It makes sense, as the actors are not only professionals, but have also played these exact roles just months ago! This specific production of A Streetcar Named Desire is also a co-production with Edmonton's Citadel Theatre. That run ended in October, leaving around three months of a break between its closing and Theatre Calgary's opening in late January. The repetition and deep knowledge of each actor's character culminates in an enrapturing theatre show as you can feel the emotions and tension radiating off the stage and turning into goosebumps across your skin. Even when the play has finished, the shivers linger and follow.

It is important to note that Theatre Calgary recommends their production of A Streetcar Named Desire for ages 16 or over as there are depictions of sexual assault, domestic violence, sexual themes, and strong language. The show itself is also around three hours in length, including a 15 minute intermission, which can be a little antsy for someone who doesn't like sitting for long. All in all though, Theatre Calgary's A Streetcar Named Desire is a fantastic production of an equally fantastic classic.

ABE TEACHER MONTHLY: MR. FREY

by: Ruby Tovich

Tell us a little bit about yourself; hobbies, music, where did you grow up, what sports do you play, etc

Currently I'm in my third year of teaching mainly FLA but a bit of math too this semester. As far as hobbies go, I enjoy racket sports, soccer, hiking, and watching TV and gaming with my friends. Although I was born and raised in Calgary, I did live in France for about a year and a half when I was in grade 5. We were living in my dad's hometown, a small city, and he being French and all, he wanted us to have the experience of living in another country.

What is one thing you're looking forward to this year?

The badminton season for sure! We had an extremely competitive tryout this year, and our squad is looking good, so I'm excited for what this season will bring.

How long have you spoken French for? Can you speak any other languages?

French is technically my first language. I speak it at home, but growing up in Calgary, you naturally pick up English out and about. I tried learning Spanish, but that didn't go so well. While living in Europe I learned a little German, but like Spanish, I can only pick out some words

and phrases.

What are some things you like about Aberhart compared to teaching at other schools, if you have?

My experience in teaching is primarily here at Aberhart. Though, when I was doing my master's, I taught adults for a while who were learning French for the first time. What I love about Abe, however, is the community. I'm able to do what I love in the classroom, while leading extracurricular activities. Just seeing the kids flourish in both aspects is great.

Favourite winter activity?

When I was young, I loved tobogganing at the hill by my house. Now, I love to ski, but it's been a minute since I've been out. Still my favourite winter activity though.

Any fond memories from high school?

Funny enough, I was a student at Abe myself, alumnus of 2011! You can find my picture on the third floor, up in the corner of the frame. My fondest memory would be being on the badminton team with my friends, and seeing people I didn't usually see in class. I loved being a part of something at school.

Favourite cuisine?

So I love to cook French food. French cuisine is all about the red wine, the white wine, your cream, your butter, and to me it sounds perhaps a little simple but when you mix all those ingredients with your veggies and your meats it's super, super tasty. As for cuisine however, it'd probably be Japanese. I love sushi and ramen. Honestly Asian food in general, even like Vietnamese pho, I absolutely adore.

Do you think everyone should know a second language?

Great question! Yes, as a language arts teacher, I do believe in learning different languages than your native tongue. There's been research that shows your cognitive abilities are enhanced when you learn a second language, especially for youth. I'm big on advocating for language learning.

What is the most interesting place you've travelled?

I've done a lot of traveling to Europe and Central America, but the wildest place I've been to is Greece. It was super fun, and definitely different from the rest of the continent.

If the Aberhart staff were in the Hunger Games, who would you want to team up with and why?

That's so funny; I would like to team up with Mr Colautti, because he would be a very entertaining person to be with. Personally, it'll all be about, you know, "no matter what happens to us, let's try to have a good time." No flame, but I don't think there's anyone on the staff team who's that great at survival. Even more, I'm not sure if there's anyone with the survival instincts or fervor who'd go all the way to the end



with, because it definitely wouldn't be me. I think I'd be one of the first to be eliminated, so I'd just want to enjoy it while it lasts. If not Mr. Colautti, then either Mr Paredes, or Mr D'Adamo—those guys would be funny too.

What is your favourite French and English book?

In English, it would have to be between Holes and Tuck Everlasting; those were great ones to read when I was in school. My favourite French book is Le Petit Prince, one of the novels we study in grade ten.

Current favourite slang word?

Sometimes in class I'll use the words "cringe" and "based". Based is very much a video game term from around ten years ago, so it might not be relevant anymore. There was a student that used to say "Oh my days" and we all thought it was pretty funny. I don't follow the Gen Alpha slang that's being used now. I'd never say "skibidi toilet" to someone—like what does that even mean??

What's your go-to morning beverage?

Funny enough, a little bit of apple juice with some water in it. I like some sugar in the morning, so I'll have a half cup of apple juice that's a little diluted!

Any movies, shows, music, etc. recommendations for Aberhart students?

There's this awesome show on Netflix called Lupin, based on the Arsène Lupin series, which is like 100 years old. There's another new French movie called Le Comte de Monte-Cristo, also based on a book that's been around for centuries by Alexandre Dumas. For English recom-

mendations—it's funny, I'm a fan of the MCU—so I enjoy watching those movies with my family. Dune is great as well, the book and the film. I love fantasy classics like Lord of the Rings too, they're just staples in the genre. I'm not a huge music guy, and I don't listen to much pop music. However, I enjoy EDM, like synthwave and futurewave, and generally prefer electronic songs over lyrical stuff. Otherwise, my taste is just songs that I grew up with like Rihanna, Blink-182, Queen, The Beatles, Green Day, etc.

Do you have any closing remarks you'd like to share or any message you'd like to broadcast for March?

I forget what holidays are going on in March or what's being celebrated, but keep being who you are, love one another, and just be great people.



SCAN TO VOTE FOR THE NEXT TEACHER INTERVIEW!

WHAT ARE THE PRICES?

- CREW NECKS 30\$ (ORANGE, WHITE)
- SHIRTS 15\$ (ORANGE, WHITE AND GREY)
- EACH DECAL 5\$
- TOTE BAG 8\$
- LANYARD 5\$

ABERHART

ABERHART

ABERHART

ABERHART

WHY DO WE STILL CRAVE THE UNREALISTIC BUT BEAUTIFUL WORLD OF JOHN HUGHES?

by: Misan Abati

If you don't already know, John Hughes was an American filmmaker, producer, and screenwriter who began his cinematic career in the 70s and rose to fame, especially in the 80s. He's most known for creating numerous high school-setting films such as *Pretty in Pink*, *16 Candles*, and *Ferris Bueller's Day Off*. The common pattern among the listed films is that they all depict the many struggles of teenagehood: feeling alienated from everyone else, fantasizing about unrealistic romantic encounters, and seeking to break the cycle of monotonous school life routines. However, John Hughes can romanticize these situations through a good soundtrack and an inevitable happy ending.

I find the reason we crave these movies and wish they could be replicated now is because we are guaranteed pleasing visual aesthetics, a conventionally attractive cast, and most of all a satisfactory conclusion, something that is not promised in real life. We can relate, to a certain extent, to the trials and tribulations of these characters, but we differ in the fact that they will go on to live their happy ending set in stone by a freeze-frame shot and the rolling of credits. These movies act as a form



of escapism that distracts us from the uncertainty of our own lives.

The *Breakfast Club* is another one of his films that perfectly exemplifies this entertaining but unrealistic notion that everything will always work out in the end. The movie follows the story of five high school students who were in detention for one Saturday morning. A princess, an athlete, a brain, a basket case, and a criminal—five individuals in complete contrast with one another who are forced to spend a day together, trapped in the very space that upholds these titles. Initially, the five remain in their cliques, maintaining their conflict and tension. They all have an idea of what the other person is like and don't dare to challenge their label and try to understand them beyond their stereotype. However, as the day progresses, the five open up about their experiences and develop a more profound understanding of each other. By the end of the film, the initial tensions that existed were eradicated, and in only nine hours they all left detention as friends, with a deepened connection to one another.

While it is cliche and unrealistic, it's beautiful; it does show a very real aspect of adolescence, which is losing one's

identity due to conforming to other people's expectations. Watching the movie as someone who has never experienced adolescence in the 80s, I find that it seems even more improbable, especially with the advancements in technology that have occurred since the movie was shot.

I think phones have played an immense role in shaping how teenagehood looks. While we can still feel similar sensations depicted in these older movies, like the rush of emotion one feels when a crush confesses their feelings, or the alienation and insecurity when seeing your friends hanging together without you on a post, it has become less cinematic and seemingly less important. John Hughes's films showed a glorified depiction of teenagehood that is just not lived out as much today. Even how they talk seems so much more interesting and captures otherwise casual moments with sophistication.

Although I didn't live in this time, still, watching movies from this specific era of cinema still makes me miss the way teen life used to be, even if it's in its most glorified form.



TALES IN SELF-DISCOVERY

by: Tess Wilton

Spring was coming, and on a particularly warm day, I decided to go to my favorite kelp pool. In my opinion, the seaweed there is the best quality on Earth. The crispy, crackly, chewy texture, the perfect level of salt and umami—I dream of the stuff. Since the seaweed grows best in summer, I was pretty sure I could get the cove to myself, and with any luck, catch that first wave of seaweed goodness. I had been feeling a little down at the time, but the little bay was the perfect level of murky and was usually void of pesky little fish—it was my happy place. When I swam up to the shaded inlet, the cool water felt wonderful on my scales. I basked in the water, munching on the heavenly seaweed for a few hours. Life couldn't get any better than this. My belly, now full, and being rocked by the gentle waves, I slowly started to drift off to sleep.

Why was the happy clam screaming all of a sudden? Wait a minute, the piercing sound wasn't coming from my dream. I woke up with a start and thrashed around for a minute or two trying to figure out what was going on. Everything seemed normal underwater, so I poked my head up over the waves. There was a boat right in front of me. I made eye contact with a man aboard, and I can only describe his reaction as shocked with a hint of terror. Once he regained control of his face, he started to scream madly. Then all of a sudden, a sharp stick came whizzing towards me. I thought, "What the ****" and dove back under the water, making sure to whack my tail down a little extra hard to hopefully give that crazy guy a bit of a splash. I made a beeline for home after that, not wanting to keep being attacked. That encounter bugged me for days though, all I wanted was more seaweed, but I didn't ask to be impaled.

I let a few seaweed-less weeks go by before attempting to visit my cove again. This time I was determined that I would scare off any stupid people who were trying to ruin my peace (one of my goals for 1406 had been to be braver). But this time, when I came back to my sacred little cove, I barely had time to eat more than a few tons of seaweed before a boat showed up. At that point, I was pretty annoyed. I was used to having what I wanted and all the space I wanted—most people tended to be afraid of me.

So, I began my plot. If I could just show this boat of people that this place belonged to me, hopefully, they would tell all their fellow humans to steer clear of my super seaweed spot. I had always been a bit of a nervous creature but working on that was also part of my New Year's resolutions. I gathered up my courage, reared out of the water, and did my best to scream at this ship. The noise I produced was unexpected, to say the least. It was louder than anything I had ever heard before and I just knew that I had killed it. To this day, I

have never seen a boat speed away as fast as that one did. It was a bit of a confidence boost to tell you the truth.

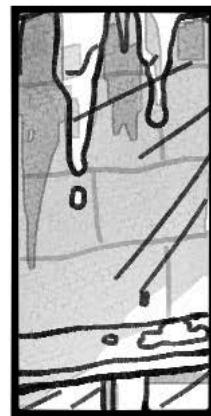
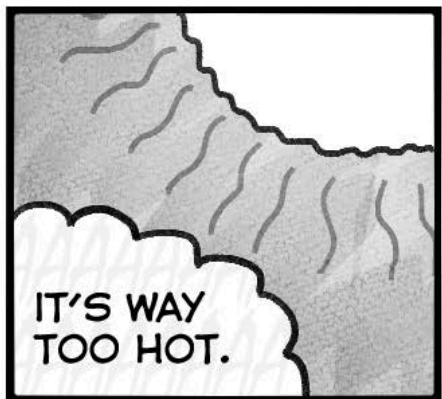
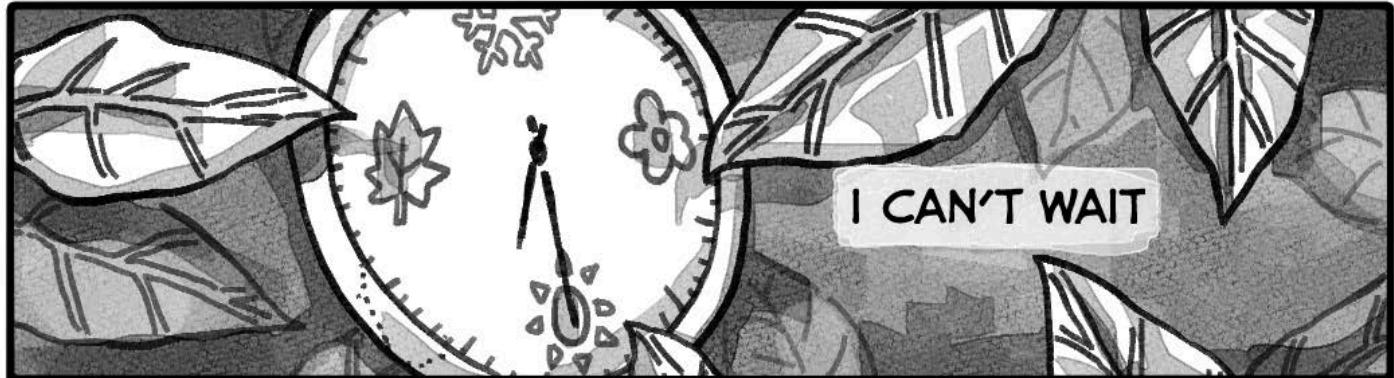
That moment really boosted my self-confidence, and I became hooked on the feeling. I started lazing around the coast more and more, just hoping a boat would come by. I couldn't tell you how many people I scared that year but my rough estimate is: a lot. After I had been doing this for a few months, I think I started to get recognized. Every time someone would see me, they would scream the same thing: "Loch Ness monster!!!!".

I'm still not sure what that means, but I will say that this scaring business has given me much more confidence and that it has allowed me to start accepting myself for who I am. So, if you are ever lacking a little confidence, I recommend you get out there and be unapologetically you. Defend your territory, because you deserve it.



MARCH COMIC

by: Catherine Ang



END

HOROSCOPES

by: Oliver Kane and Kyu Marchenko



Aries (March 21 - April 19)

A Your motivation comes in short, powerful bursts. Use it wisely before it disappears again. This month, you'll get a sudden urge to organize your entire life... for about two days. Ride that wave while it lasts, but don't be too hard on yourself when the motivation fades. Progress is still progress.

Taurus (April 20 - May 20)

T You're steady, dependable, and probably carrying a group project on your back. This month reminds you that it's okay to ask for help. You don't always have to be the responsible one (but let's be real, you probably will be anyway). Just don't let that responsibility turn into unnecessary stress, you deserve a break too.

Gemini (May 21 - June 20)

II You're full of great ideas, but actually finishing things? That's the real challenge. March will throw many opportunities at you, just pick one and stick to it. Also, your "I'll do it later" mindset is about to catch up to you, so maybe tackle that to-do list now. Future you will be very grateful.

Cancer (June 21 - July 22)

C You're feeling a little more occupied than usual, but that's not a bad thing. This month is about finding balance between working hard and taking care of yourself. Also, sleep... You need more of it. If you don't slow down now, your body will make you. Don't wait for exhaustion to be the reason that you rest.

Leo (July 23 - August 22)

L You're thriving in the spotlight, but March might humble you with a minor embarrassment, probably something like tripping in front of everyone. Shake it off, because honestly, people will forget about it faster than you will. Confidence isn't about being perfect, it's about laughing it off and keeping it moving.

Virgo (August 23 - Sept 22)

V You have a plan for everything, but life enjoys testing your patience. This month, something won't go exactly how you expected it to go, but it'll turn out fine, possibly even better! Take deep breaths, perfection isn't always necessary. Sometimes, letting go of control leads to exactly what you need.

Libra (Sept 23 - Oct 22)

L This month, your indecisiveness will definitely be prominent! Whether you're choosing a show to watch or deciding how long you should wait before replying to a text, remember that not every decision will be the end of the world. Do you really need that pros and cons list? Keep it light, try to go with the flow, and I promise you it will restore your balance.

Scorpio (Oct 23 - Nov 21)

S Everyone loves your ambitious spirit, but be careful, or you might find yourself falling down the rabbit hole of Brain Rot TikTok at 2 AM. You are a great role model and a loyal friend, but when a new character has become your obsession, there is no need to change your personality for the 3rd time this week. Don't forget to be your authentic self, and channel your passion into whatever truly makes you feel happy.

Sagittarius (Nov 22 - Dec 21)

S Being carefree can be a good thing, but make sure to come back down to Earth once in a while, I'm sure your friends miss you! Try your best to stay organized, because you never know when something will come back to bite you! In the long run, your risk-taking will pay off, and March will be topped with adventures.

Capricorn (Dec 22 - Jan 19)

C You sure work hard, but when was the last time you had a full 8 hours of sleep? For a natural leader, backing up to the sidelines can be a difficult feat, though being in control doesn't mean having to do everything by yourself. Perfection isn't always achievable, and that's perfectly okay. March is your reminder to go easy on

Aquarius (Jan 20 - Feb 18)

A This month, your brain is firing off brilliant ideas (but mostly around 3 AM when you should be asleep). People are drawn to your energy, maybe because you always know the weirdest facts or just make life feel a bit less boring. You'll have moments of deep motivation, followed by even deeper naps, and honestly both are valid.

Pisces (Feb 19 - March 20)

P Your role as the group therapist is very kind of you to take on, but do you really want the burden of everyone's problems? Sometimes it's better to take off your rose-tinted glasses, ground yourself, and set some boundaries. As a true empath, remember to spare a bit of kindness for yourself too, you deserve it!

The Advocate's Policy on Letters to the Editor

The Advocate encourages signed letters to the editor and prints both positive and negative comments.

Anonymous letters may be published if appropriate.

Letters to the editor are published as written by the author.

Spelling and grammar are not corrected.

Occasionally, letters will be edited for length and/or inappropriate language.

Editorial responses are not printed.

We reserve the right not to print letters that do not bring new light to an issue.

Please send your letters to sophial26@educbe.ca.

PUZZLE CORNER

by: Max Czuczman

MAX CZUCZMAN

CONNECTIONS

1 LITERALLY	2 SHED	3 GOLDFISH	4 BROOM
5 LOSE	6 WELL	7 RAG	8 BASKETBALL
9 CARROT	10 DITCH	11 MOP	12 um
13 SPONGE	14 DROP	15 PUMPKIN	16 LIKE

RULES
CREATE FOUR RELATED GROUPS USING THE WORD IN THE 16 BY 16 GRID.

CATEGORY 1

CATEGORY 2

CATEGORY 3

CATEGORY 4

FIND 4 BUILDINGS HIDDEN IN THE WORD HUNT!

WORD HUNT

P	N	B	A	M	M	L	H	U	Y	H	T	T	L	
E	T	I	O	B	F	S	T	P	W	F	D	L	P	
T	S	G	T	Z	E	W	S	I	X	T	O	X	S	
R	U	B	R	J	K	H	A	L	I	F	A	H		
A	I	E	O	N	T	R	E	D	A	M	E	L		
R	C	N	T	O	W	E	R	H	Z	S	T	O	M	
H	K	O	X	S	E	O	S	B	Q	W	M	O	A	
P	A	N	T	H	E	O	N	F	V	S	H	T	T	

FREE JUICE BOX FOR

EVERYONE WHO HANDS IN A FULLY COMPLETED SHEET TO THE CAFETERIA

DRAW HERE

OH NO! SOME BODY HAS GOTTEN STUCK ATOP THE BURJ KHALIFA. DRAW THEM SOMETHING TO HELP THEM DOWN!