

# THE ADVOCATE

William Aberhart High School  
Volume 20, Number 15 June 10, 2015

## Twenty years of publishing *The Advocate*

### Orange Track and Field Domination!

by STEPHEN PITTMAN

It was a very wet day when Aberhart competed in the track and field divisional meet on May 14<sup>th</sup>, and it did not stop raining even once throughout the day. Many ABE athletes wore their white warm-up shirts underneath their singlets during their events.

"[The dreary weather] was pretty tough!" said Travis Bell, senior male hurdler and long jumper. "It definitely had an effect on our performance. But it gave us a pretty good challenge! And it was still fun."

ABE really showed its true colour (orange) during the meet, with ABE ranking at or near the top in all categories. Intermediate and senior girls along with junior and senior boys won first, with all the other categories ranking second. Around 90 athletes qualified for the city championship meet by making the top six in each event. The hot weather at cities was a change to that of divisionals, which can have an effect on a track athletes' performance, especially with the lack of shade at Foothills. "For a distance runner like myself [the weather] made my race much more difficult," said Jacob Goudy, senior male athlete who competed in the 800m and 1500m. "It made me dig deep especially for the final lap." Despite this, Aberhart finished the city championship with impressive results. The junior boys and intermediate girls won first place, both receiving team banners that will be displayed in the main gym. All other categories came in second. Travis felt that the high competition was what pushed him to excel personally, which also helped the rest of the team to do their best. "Almost everyone competing in high school has done or is doing club track and field outside of school, so the competition was very challenging!" said Travis. "It was a good thing because it made me compete at a higher level than I thought I could."

All athletes who qualified in the top two in each event at cities qualify for provincials. Twelve ABE



athletes will be competing in provincials on June 5<sup>th</sup> and 6<sup>th</sup> in Lethbridge.

"I think ABE is going to do really well!" said senior female Emma Dixon, who competed in the 800m and 1500m. "ABE has a really well rounded team going to provincials including both a girls and a guys 4x400m [relay team]. I know we have a lot of strength in the distance events, field events and hurdles."

It is definitely hats off to the entire team and coaches who have worked tirelessly at all morning and afternoon practices. It has definitely paid off with outstanding results at divisionals and two team victories in the city championships.

"ABE's coaches have really dedicated themselves to helping the team succeed," said Emma, "and I know we can count on a lot of good performances at Provincials!"

On a more personal note, it was great being able to compete with a great track team for all three years of high school. All the coaches helped me push myself, and along the way it was great getting to know team members, many whom I competed with in cross country. I have no doubt that the team will continue to do well in the years to come.



## E D I T O R I A L

# Don't Listen to Telus, The Future Ain't All Friendly

by DENNIS KWOK

Alas, we come to the end of another school year. For some, it was full of beginnings and for others, a year of endings. Perhaps some of us will go on to get our college degrees, hunt for a job, work our 40 hours a week until the age of 65, get married, have two and a half kids, retire, die, and be remembered as a nice fellow. I know that I didn't know what I was doing next class let alone next year for the longest time this year. My conception of the future has changed many times over the course of my lifetime and it still continues to evolve. Some things I wished for came true, some didn't. Wishing for a lifetime of video with incorrectly synced audio unto less fond folk may not ever happen. The future is so uncertain and changing but here's some insight into what might happen in our lives. Whether this is exciting or depressing, that is up to you to decide.

As a grade 10 student, this could be it. You could drop out and decide to live your own life. This might mean getting a job, getting experience in the trades or maybe living your life in your parents' basement playing video games until you get good enough to get scouted by some Major League sponsor. You could also be stuck in the torture of school work instead with a pile of mandatory courses and few options for another year or two or even three. These could be the best or worst three years of your life. You could end up as the next sports star, drama diva, editor of *The Advocate*, academic achiever, talented performer or essentially the greatest thing

since sliced bread here at ABE.

Coming out of grade 11, you're more than halfway through your high school lives! All the things about dropping out still apply but you've survived this far already so might as well keep going right? Next year you'll be the scary grade 12s that we may have feared and/or respected in grade 10... it's a short while but then you'll be done with the public school system and Aberhart. Forever (unless of course, you decide to come back to upgrade). You'll be subject to watered down diplomas and perhaps the final stresses before the future that lies ahead. You may or may not find your high school sweetheart, accomplish something great, or enjoy the final carefree days without being a responsible adult (ha.) It might also be a scary time. Finding universities, keeping grades up in order to get into universities or deciding whether you want to even go to university can be challenging tasks. It is often known as the year full of decisions as well as the commencement of a new life. It is also the end of all the good and bad times you have experienced. In the words of Agent Smith, "everything that has a beginning must have an end."

For all of us, after all this schooling and education, we all have a multitude of possibilities ahead of us. Those that go on to post-secondary studies could spend the next four or five years of their life rolling in debt while investing in a career. Hopefully it is a career that sparks passion and fire in your eyes. Universities are the place where people have discovered their passions, their identities and of course more friendships that last for a lifetime. These are the times that define an individual. Whether these are dorm parties, binge drinking moments, studying for mid-terms, learning more interesting subjects than high school or being responsible for oneself, it will all contribute to who we will become.

The people that go on to the trades might just end up making more money than the rest of us for years while some of us will be stuck in white collar office jobs trying to scrape by. Maybe some of us will end up to be CEOs of huge corporations, some of us may end up to be broke artist gold diggers, some will make their living doing what they love regardless of fame or fortune. The people around us today could very well be who we see on television or the silver screen in the near future. Last of all, perhaps a career isn't for all of us. Who knows who might resist conforming to society and live off the grid for the rest of their lives?

Perhaps the most disturbing fact is that the people you know today may eventually have their own families. Some may even already have their own children. Either way, we might just find that special someone to connect with and share a life. Having a dreamy relationship that never seems to go wrong, or a statistical divorce after a year, it's all uncertain.

Eventually all that we have will come to an end unless some genius invents a method of immortality. In our life times, many things have already happened. Many things will continue to happen and we will become everything from day to day workers to artists, entrepreneurs, celebrities, and whatever else. Looking forward, it's scary and exciting at the same time. I'm embracing what's coming what about you?

## THE ADVOCATE

THE ADVOCATE is the official newspaper of William Aberhart High School. We publish on a bi-weekly basis and encourage letters to the Editor of THE ADVOCATE.

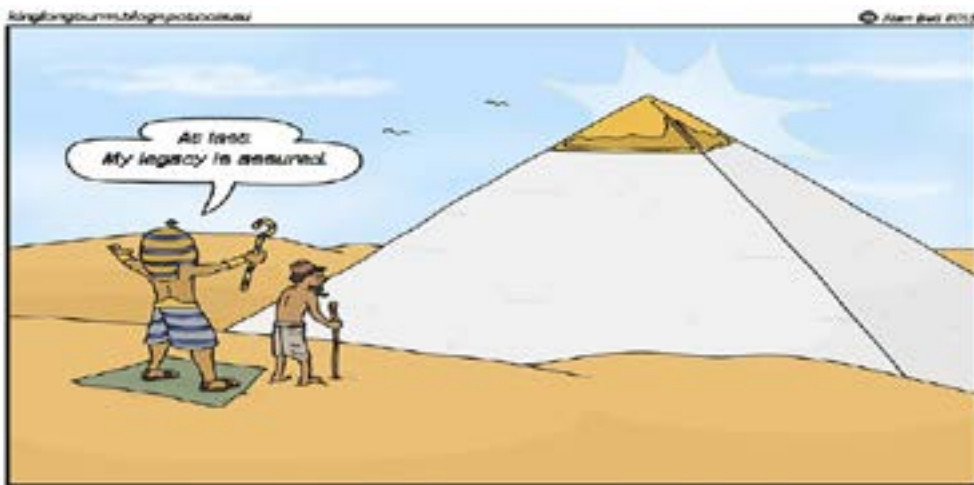
THE ADVOCATE is meant as a forum for student expression and is published to inform and entertain the students and the entire school community.

**Editor-in-Chief:** Dennis Kwok

**Staff Sponsor:** K Kempt

**Columnists:** Adam Brown, Aria Poutanen

**Contributors:** Matthew Garber, Kyra Otto, Kyla Wilson-Zelmer, Claire Kelly, Aditya Khatu, Stephen Pittman, Alana McPherson



Have you thought about your funeral plan?

# Saying Goodbye to ABE

by **CLAIRE KELLY**

As many of us are about to begin a new chapter of our lives, we have to say a final goodbye to Aberhart. Even if you have been here for all three years of high school or not, ABE really is a welcoming environment. This high school is extremely positive and supportive for each and every student, and I can honestly say that I am so thankful that I got the chance to come to Aberhart. Meeting all of the amazing people that I did really opened my eyes. Coming from a small junior high to a massive high school is life changing, but as every day passed I, along with many of my friends, became more and more comfortable at this school.

So many people have made me feel welcomed in this school, especially the teachers. Throughout my three years here, I have been so lucky to have the educators that I did and really build a relationship with these teachers, and be comfortable around them. There was always plenty of teams and clubs that really made us feel a part of the school community. The dynamic in this school is unbelievable, from our filthy Fridays to the yearly water fight; there was always something to look forward to. Our amount of school spirit at all of the sporting events was incredible! The Aberhart Oranges were always there to support each other, no matter what it was.

It's hard to say goodbye to something that we have been so familiar with for our entire lives, but the experiences and time spent at William Aberhart will always be remembered as some of the best times of our lives. I think that I speak for a lot of us graduates that we really are going to miss this school, along with all of the people who made high school such an unforgettable experience and we will always be grateful for that.

We'll miss you, ABE.



## HALL MONITOR

by **MATTHEW GARBER**

### A look forward: what are your plans for the future, short term or long term?

"Not getting run over by a car. Perhaps learn another language. Continue travelling. I like to travel, and to continue working at Aberhart as long as they'll have me."

**Mr Clark**

"Travel, sleep in and spending more time with my grandchildren."

**Ms Lowan**

"I plan to go to the William Aberhart music concert and retire in eight years."

**Ms Petrow**

"I love ABE. There's no place I'd rather be. In the summer I'm either going to Sweden or the West Coast with my trusty French Bulldog Hazel."

**Ms Rowlandson**

"Do everything I can to help my students finish the [Science 10 pre AP] course in a way of which they can be proud. Live my life in the way I believe God wants me to live it; do everything I can to help my grandchildren become the best people they can be."

**Dr Pike**

"Je vais être encore prof, ou directeur, et je vais grandir ma famille un petit peu, et m'assurer que mes enfants agrandissent en jeunes adultes indépendants. Terminer le semestre et déménager."

**M Power**

"Mi meta acorto plazo y largo plazo son iguales. Yo quiero hacer las personas en mi vida felices."

**Sra Clemente**

"Faire des randonnées dans les rocheuses, probablement avoir un pied dans un pays chaud, peut-être faire du bénévolat à l'autrui."

**M Vaillant**

"My goal in life is to be happy and get the job I want. I wanna do well in my final exams."

**Challen J. (Gr. 10)**

"Finish my labs so Dr Pike can help me be the best science student I can be; hangout with my friends, maybe study, but probably not. I dunno what I'm gonna do, but I'll be the best."

**Huba A. (Gr. 10)**

"Study hard and pass my finals with flying colours, then work hard over the summer to go on tour with my marching band. I want to be happy with my career and everything I end up doing."

**Jeremy K. (Gr. 10)**

"Je veux être médecin."

**Caia R. (Gr. 10)**

"Je veux être un avocat. Je vais être un avocat."

**Mary S. (Gr. 10)**

"I wanna pass the SATs and get accepted to Berkeley and Harvard. I wanna get a penthouse in NYC."

**Bill X. (Gr. 11)**

"Go to postsecondary. Get a degree."

**Kordel A. (Gr. 11)**

"Aller à l'université et avoir un emploi."

**Jamie C. (Gr. 11)**

"Avoir du succès en 12<sup>ème</sup> année, et aller à l'Université d'Alberta et avoir du succès là."

**Hannah T. (Gr. 11)**

"Aller à MRU, et avoir une famille."

**Alex J. (Gr. 11)**

"L'université, et avoir un emploi avec mon degré."

**Lexi P. (Gr. 11)**

"Get a castle. Buy some doughnuts."

**Maddy R. (Gr. 12)**

"Get Maddy's doughnuts. Eat a lot of doughnuts."

**Celia D. (Gr. 12)**

"Own two race cars. Graduate (pass English 30)."

**Jared M. (Gr. 12)**

"Graduate, work at COP, teach guitar, play lots of music, travel, figure out what I want to do in post-secondary."

**Eagan L. (Gr. 12)**

"Slay [kitty]."

**Greydon A. (Gr. 12)**

"Nail the English diploma. Be happy."

**Laura A. (Gr. 12)**

"Pfft... plans..."

**Joel S. (Gr. 12)**

"Honestly, right now up until whenever I just want to be happy doing whatever I end up doing, be it at university or in my personal life. Long-term, I want to make people laugh and emote – I want to have an effect on peoples' lives, whether it's positive or negative. My goal is to have people remember me, as 'that guy who was annoying', or 'that guy who was funny and made me laugh', or 'that guy who made me happy that one time'."

**Matthew G. (Gr. 12)**



## Did I Learn About Music?

by ADAM BROWN

Six years in concert bands, five years in jazz bands, two or three years in choirs. It's been a long journey moving through the music programs of various junior highs and Aberhart, and as we grade 12 musicians prepare to leave and meet the 'real world', I can't help but feel that I would not be ready to fully handle this world without the music program.

It seems like yesterday many of us were bright-eyed and bushy-tailed grade 10's, sitting at band camp and getting to know the students from other schools. We had one night, however, that I felt really started it all. In a large hall in the main lodge, we were doing team-building activities and once it was just about time for bed, Mr Willms and Mr Gingrich sat us all down and said something along the lines of "It doesn't matter where you came from, whether it was Branton, Vanier, SPB or anywhere else, you are all now Aberhart students." It automatically created a sense of community among us, but not just because we were all Orange students in general, but we were all Aberhart Music students. At concerts, we would watch the top jazz bands, concert bands and choirs perform and think "I want to be in that someday". We would hear about their stories from the Germany trip they took and think "I can't wait to perform somewhere different, and see the world". This gave many of us a motivation to go, just go, wherever we were bound to arrive.

We performed countless concerts, got up early what felt like hundreds of times, and stayed late at school until after most went home. But why did we do this? What was the point? I mean all we were doing was blowing some air into an object and counting on the right sound to come out, or hitting a round object that made a noise, or singing songs in languages we would never understand, right? Wrong. We would do this because of two reasons:

Reason #1: Obviously we like music. There is something about music unlike anything else in the world. It isn't just something you hear, but something you feel, something you create, and something you share. As to what that 'something' is, I like to think of it as life, but in a non-physical form, because everyone has it in some capacity. Picking up an instrument or singing wasn't just about 'playing' black dots someone had put on a white sheet of paper. Mr Willms would say that the piece of paper in on the stand in front of you was useless, it wasn't music. Instead



what was music was what we made, what we thought of, what we wanted to share. Music is ultimately a universal language, anyone can embrace it, everyone can love it and it speaks to everyone. Having an appreciation for music and striving to emulate or create it is fun, engaging and exhilarating.

Reason #2: You'll notice that up until now I haven't used the word 'learn'. Sure you can 'learn' about music, but I'd like to think that really we only discover new aspects of music throughout our lives. What we did learn about was life. It was life outside of a classroom, because I never saw the music room as a classroom. It is a community within the larger community of Aberhart. It is a place where no matter who you are, where you're from or what you believe in, you have the same love as everyone else: a love for music.

We learned how to make new friends, those that had similar musical interests, those that laughed at the same corny band teacher jokes as us, or those we just ended up sitting beside at the breakfast table at band camp. Many friends made in the music program aren't even in the same grade as you, but that doesn't matter in that room.

We learned patience, as spending countless hours on end with the same people can

get irritating. But we knew most of the time that starting some conflict was never worth it. These were our friends, our colleagues, our more-than-friends (believe me it happens a lot in the program), and even our brothers and sisters. Spending all this time with all of these people required patience and tolerance, but also smiles, laughter and a mutual appreciation for those around us. The Music Council (to which I am El Presidente) organized activity nights at music camps, or winter socials with Santa or year-end BBQ's, so that there was always an element of play mixed with the work we were doing.

We learned the value of money, fundraising for major European tours or asking our parents to pay just a bit more, saying we'd pay them back later. We got jobs, worked Flames/Stamps games, played gigs, had auctions, etc... so that we all could go take part in amazing experiences together. And speaking of those trips, we learned that no one gets left behind, no matter what.

We learned about both individualism and collectivism outside of social studies. Each of us had a different instrument, or a different part to play. This meant learning to be responsible for yourself, making sure your

*continued page 5*

continued from page 5

bars were numbered and you were prepared to start that one hard piece you were dreading (\*cough *Liturgical Dances* cough\*). We had to take care of our instrument and our many, many sheets of music. We were taught that practicing individually was learning our part and rehearsing with the group was to learn everyone else's parts. Collectively, even though maybe your part or instrument was unique, we realized that we were part of a larger purpose, that as a group we had to help each other and create balance to attain the desired outcome. We were responsible to each other, as well as our teacher, because if you weren't prepared, your entire section or the entire ensemble, might be let down.

We learned the value of time management. Some may know that music students spend many more hours at school all year long than any other students. The reality is that we're all in school and thus comes the homework. We would have to manage fitting in practice/lesson time, sometimes with more than one instrument, as well as homework,

somewhat of a social life, sleep, classes and early morning/after school rehearsals. Anyone in the program will tell you that sometimes it gets stressful, but I think most would agree that in the end it's very worth it.

This is only a small list of the things we learned in the music program. We learned all of this from Mr Willms, Mr Gingrich, Ms Olivier, Ms Phare-Bergh, Ms Trowbridge, and the other students, older and younger. We learned this all from band camps, choir camps, music festivals and international trips.

Most importantly though, most of us learned that where we are/were was home. It was where you could go happy or sad, stressed or relieved, together or alone. As soon as those doors opened, someone from that musical family was there. We're going to miss this family, and all I can wish for the students coming and staying, is that they too leave having learned the same lessons that we did. I always say that the Music Program is in good hands, and I mean it, especially looking at it now.

## It Takes a Village

by ADITYA KHATU

As school comes to a close, there are a lot of emotions tumbling around. Many are excited for a break. A lot of us are nervous for our future. Some of us might be afraid of what changes the future might hold. Writing an article full of cliches was not my intention, but please cut me some slack. This year was incredible and helped open my eyes to a lot of new experiences. I know that I can speak for many of my peers in that regard. I, like many, came to this school with few acquaintances and afraid of how this year would go. Aberhart has such an awesome community that helped me grow and become better as a person. I know that I may not have written very much for *The Advocate* but I want to thank Adam Brown and Dennis Kwok for letting me be a part of something that is such a fundamental part of our school identity. A few of us are graduating this year and I want them to know that while I may not have worked as hard as I could this year, I will be doing my best to help and preserve *The Advocate* as much as I can.

Thank you to all the wonderful teachers we had. Thank you for putting up with all of us and pushing us to reach our full potential. Thank you to the Administrative team at Aberhart for making sure that our year went as smoothly as possible. Thank you to all the Caretakers who kept our school a perfect environment for everyone. There were so many people who make our school a great place but I am certain that I do not have enough space to mention them all or enough words to express the gratitude that I feel towards them. I hope that for all of us, we continue to meet people so kind and in turn, we continue to pay that forward. Some of us may feel uncertain about our future but for some reason these words make it seem a little more brighter:

"It is not in the stars to hold our destiny but in ourselves."

- William Shakespeare





# Summer 2015 Music Events Calendar

by ARIA POUTANEN

## JazzYYC Summer Jazz Festival June 14-22 Multiple Venues

After five years in the making, JazzYYC brings back a jazz festival to Calgary! This year's inaugural festival hosts international heavy hitters such as Eli Bennett, Hilario Duran, and Seamus Blake as well as homegrown professionals such as Andre Wickenheiser, Mike Murley and the Calgary Jazz Orchestra. The week is also filled with tons of events in the day such as the RBC National Music Centre summer sessions. Most concerts take place at the Ironwood Stage and Grill and Lolita's Lounge. Tickets vary from \$15-30. For more information about the activities that week, check out [www.jazzyyc.com](http://www.jazzyyc.com)

## Sled Island Music Festival June 24-28 Multiple Venues

"Sled Island is thrilled to announce Godspeed You! Black Emperor as the festival's guest curators for 2015. Godspeed You! Black Emperor is a band we've dreamed about seeing in Calgary for years, and we can't wait to see (and hear) what's in store for this year's festival with their thoughtful input. In addition to unleashing their top musical picks on the city, the band will be playing two very special shows at the Central United Church in what will be their first-ever appearances in Calgary." – Sled Island Website

With Godspeed You! Black Emperor as this year's guest curator, attendees of Sled Island 2015 are in for a treat! Unlike other music festivals, Sled Island takes place not in just one place, but many MANY locations across Calgary (mostly bars, sorry minors!),

and over the span of five days. Sled Island also features Comedy, Film and Art programming, in addition to music. All Ages (under 18) passes start at \$50, and Festival Discovery passes start at \$199. For more information, including the full lineup and schedule, visit [www.sledisland.com](http://www.sledisland.com).

## Calgary Stampede July 3 – 12, Stampede Grounds

"The Greatest Outdoor Show On Earth!"

The Calgary Stampede features a variety of programs and locations catered to music. If you're digging country, check out Nashville North, and their annual Nashville North Star Competition! If high profile acts are catching your eye, take a look at the schedule for the Virgin Mobile Stampede Concert Series, all happening at the Calgary Saddledome! (If you're still hoping to get Stevie Wonder tickets, I would either start looking for a crossroads nearby.) Finally, if you're looking for some more alternative programming, check out the Coca-Cola Stage for bands like OK GO, Lights and July Talk. Best of all, all Coca-Cola Stage shows are free with admission, around \$16. For more information about lineup, schedule and other events happening at the Calgary Stampede, check out [www.calgarystampede.com/stampede/music](http://www.calgarystampede.com/stampede/music).

## Calgary Folk Music Festival July 23 – 26, Prince's Island Park

"Revel in one of the '7 musical wonders of the world' (Globe and Mail) at the 36<sup>th</sup> Calgary Folk Music Festival at Prince's Island Park, an annual sound salvation that

programs 76 icons and upstarts from 16 countries on eight stages in concerts and magical collaborative sessions. It's a genre-defying, continent-linking festival where fiercely independent, creative troubadours and master instrumentalists from Mauritania, Korea, New Zealand, Australia, the UK, Ethiopia, the US and Canada celebrate diverse traditions, deep roots and cool grooves." – CFMF website

There is no better way to spend a week-end than camping out in Prince's Island Park during Folk Fest! Food trucks provide sustenance for your body while jam sessions and mainstage performances provide sustenance for your soul. Single day passes start at \$55, and four day passes for students at \$119. For full lineup, schedule and more information, check out [www.calgaryfolkfest.com](http://www.calgaryfolkfest.com).

## Calgary International Blues Festival July 27 – August 2, Shaw Millenium Park

"Featuring a full week of blues that culminate in four days & nights of non-stop music at Shaw Millenium Park followed by the nightly Twilight Blues dance parties, this family friendly event is renowned for its great music, relaxed atmosphere and warm hospitality!" – CIBF website

With single day passes starting at \$35 and four day passes at \$129, Bluesfest is a perfect way to continue festival season, staring directly after Folk Fest! Find out the lineup, ticket information and schedule at [www.calgarybluesfest.com](http://www.calgarybluesfest.com).

## Calgary Reggae Fest August 13-15, Shaw Millenium Park

"Let the Main Event on Friday, August 14 and Saturday, August 15 at Shaw Millennium Park transcend you beyond all boundaries. Experience why this Calgary family event has become the premier summer Reggae Festival in all of Canada. Chill out with a brew in the Village, hang with the kids in the Zone, savor the flavours of island spices and see what souvenir you'd like to take home." – CRF website

Enjoy the sounds of Reggae and the culture surrounding it? Maybe you have dabbled, but want to see the full experience firsthand? Check out Reggae Fest! Friday tickets start at \$10, and Saturday tickets start at \$40 (in advance). For more information, lineup, and schedule, check out [www.reggaefest.ca](http://www.reggaefest.ca).



## STUDENT COUNCIL

## That's It, That's All

by ADAM BROWN

As the year comes to a close, five Council members are graduating. More grade 10s will be welcomed on next year, as well as hopefully more 11s and 12s. Looking back, a lot has happened for this organization.

A couple of years ago it was more like a club, where a small amount of things were ever accomplished and it was very inconsistent. Last year, Kylah Wilson-Zelmer and myself were invited onto a new Principal's Advisory Council being organized by some then grade 12s. We soon welcomed Robin Pearce and Mackenzie Meyer as our grade 10 representatives. When the 12s graduated last year, the four of us remaining looked at where we wanted the Council to go, in terms of purpose, membership and capacity. We met with our third principal in two years, Ms Annis-Johnson, who was very supportive with what we wanted to accomplish. We wanted to create a well-represented, balanced and inclusive council that would truly give ABE students a voice. It was with this goal in mind that we established the current Council, which became something we are certainly proud of.

Constructing a more organized student-representing body was not easy, but was certainly worth it. As we grade 12s depart this great school, the duties of the Council are left in solid hands. They may choose to do things differently, but one goal must remain at hand: that every Aberhart student feels that they can talk to someone on the council or on administration and feel like their opinion matters. We have the power to create great change, wherever we want it. Working with other students, teachers and administrators is key to creating and maintaining an optimal environment for this school.

So, in leaving I say this: speak out. When something is not right, make it right. When you have an idea, share it. When you care about this school, it gets just that much better for everyone. It doesn't matter if you're a music student, a sports star, a tech wiz, an actor or anything else, because everyone has ideas and everyone has something to say. So say it and people will listen.

Thank you to those that came to our Open Meetings, thank you to the lovely ladies in the office that would let us make announcements, merci to Mme Dunn for your support and most of all thank you to the administration of Aberhart who have always given us their ear when we had something to say.



## HUMAN SOF ABE

by KYLAH WILSON-ZELMER



"We're all pretty bizarre. Some of us are just better at hiding it, that's all."  
-Andy Clark (The Breakfast Club)



# H O R O S C O P E S


**Aries (March 21 - April 21):**

This week falls in your zone of travel and adventure, so even if you can't get out of the city for a while, at least try something different, such as a concert or new restaurant.


**Taurus (April 22 - May 21):**

It's the time to take care of yourself, so do all that you can to focus on your needs. If something is not making you happy, don't settle with having it in your life.


**Gemini (May 22 - June 22):**

It's an extremely busy week in terms of relationships, so pay attention to make sure to maintain those that mean the most to you.


**Cancer (June 22 - July 21):**

Motivation is high lately, giving you some extra energy to channel into your goals and plans. Focus on your highest priorities as to use the motivation well.


**Leo (July 22 - Aug 22):**

This is an awesome week for you coming up, full of love and fun. You will be full of charm and charisma, as you are ready for anything that's thrown at you.


**Virgo (Aug 23 - Sept 21):**

It's a good week to lie low and figure out some long-term plans. Now's the time to fix miscommunications between the family.


**Libra (Sept 21 - Oct 21):**

It's a great week for a trip. This is a good time to find a fun group of people and reconnect with some old friends.


**Scorpio (Oct 21 - Nov 22):**

Your financial prospects are strong this week, so you don't have to worry about splurging on something you have been wanting.


**Sagittarius (Nov 23 - Dec 22):**

You are in the spotlight of relationships. Whether you are doing good or bad, make sure to watch your actions as they are being closely watched as well.


**Capricorn (Dec 22 - Jan 20):**

Follow your instincts this week, as you might be getting important signals. Make sure to listen to advice given from others, because no matter the quality of the advice, it's good to look at the situation from a new perspective.


**Aquarius (Jan 20 - Feb 18):**

This week is booming socially for you, and your friend groups. Plan an event or a night to spend the time you need with these individuals.


**Pisces (Feb 19 - April 21):**

You are making important plans for the future now. Go for what you want, and you will find the success you are looking for.

When you're done, please pass this on or recycle. Thanks!

# P L A Y L I S T

## And The Livin' is Easy

1. Don't Shoot Me Santa - The Killers
2. Cub - She's A Sensation
3. Peach Kelli Pop - Plastic Love
4. Martha and the Muffins - Indecision
5. The Julie Ruin - Ha Ha Ha
6. The Pygmies - Inside Out
7. Sharpless - Franz Kafka
8. FASHIONISM - Smash the State
9. Teledrome - Boyfriend
10. Baby It's Cold Outside - Michael Buble
11. Dead Soft - Never Forever
12. Sleater-Kinney - Good Things
13. Escape - Rupert Holmes
14. Bad For Me - The Shiverettes
15. Liquid Daydream - POW!
16. Tough Age - Nicolas Bragg

*The Advocate  
wishes you luck.*

*Shower often!*