

# THE ADVOCATE

William Aberhart High School  
Volume 22, Number 16 June 8, 2017

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## EDITORIAL

## Divided We Fall

by JORDAN BUNKE

Once again, the world has been struck by tragedy. On Saturday, June 3, three attackers killed seven people and injured 48 others in London. The attackers drove a knife into pedestrians, and then proceeded to exit the vehicle and stab civilians around the London Bridge. This attack is the second terrorist attack in the London area this year, and the third in the UK, just 12 days after the attack at the Ariana Grande concert in Manchester. A few years ago, such events would be so alien and shocking, but the prevalence of terrorism has made it almost routine. The fallout of the attacks was predictable, as the same discussions that cropped up after many prior attacks inevitably surfaced. Such debates included whether or not first responders should be armed or whether or not terrorism at its core was religiously motivated. Amidst the irritating amount of rhetoric that went back and forth, there was one thing that the British people markedly took offense to. A common denominator of most of the news coverage was that the attack left London, and by extension Britain, reeling. Thus, news media implied that a city and a country that had survived The Blitz and countless wars and conflicts could be brought to its knees with Saturday's attack. I will be moving to London to study in September, and I am excited to join the citizens of a global city with such storied resilience and strength of character.

Perhaps the most evident underlying commonality in the news in recent months has been the presence of President Trump or his administration and affiliates. Without fail, President Trump criticized the statement that London mayor Sadiq Khan made in the wake of the attack. As a security measure, London enforced a greater police presence in the city immediately after the attack, and Mayor Khan told the citizens that there was "no reason to be alarmed" in reference to the increased police presence. However, President Trump took the statement out of context, tweeting "At least seven dead and 48 wounded in terror attack and mayor of London says there is 'no reason to be alarmed!'" Regardless of the gravitas of the situation, President Trump once again displayed his complete disregard for the truth and his insensitivity by engaging in what was a selfishly motivated feud. Donald Trump and Sadiq Khan have been at odds since the latter was elected as Mayor of London, when Trump was still a presidential candidate. Sadiq Khan took offense to Trump's proposal for a "total and

complete shutdown" of Muslims in the US, and rightfully so. Though the ban would exempt diplomatic figures like himself, Khan argued that he is in no way exceptional, and that no Muslims should be banned from entering America. He continued to call Trump's view of Islam "ignorant," and when Trump was asked about how he felt about Khan's comments in an interview with Piers Morgan, the presidential hopeful was visibly offended despite the validity of the statement.

After Trump's tweets criticizing Mayor Khan, his sons Donald Jr. and Eric added to the criticism with entirely misinformed and baseless statements that implied that London was laying back rather than taking action. Donald Trump, Jr. stated that Khan "should do something to fix the problem rather than

just sit there and pretend there isn't one," while Eric Trump added, "This has become the new norm. And it's not right. And we, as a society, especially as Americans, better do something about it." The former made assumptions about the response to the attack that he could not possibly know, and the latter exemplified a dangerous cliché: that Americans presume that they have authority over other sovereign nations. While the attack itself was a terrible tragedy on a human level, the response from some figures in positions of power and the discord that was put on display at a time when unity should be the priority rubber stamp what has been a terrible month for diplomacy and international relations in the world.



### *The Advocate* wants YOU!

Do you like to write?

Do you like to take pictures?

Do you have a special affinity for organizing and laying out massive amounts of material?

More importantly,

do you want to wield PERSUASIVE POWERS you never thought possible?

If you answered YES to any of these questions, we want YOU! We're looking for journalists, columnists, cartoonists, photographers, and layout lackeys to help us with *The Advocate* this year.

Email your submissions and letters to the editor to [advocateabe@gmail.com](mailto:advocateabe@gmail.com)!

## A CLOSER LOOK

## On Procrastination

by SEAN RUHLAND

# tomorrow

(noun)

The best time to do everything you had planned for today.

It feels so good yet it always comes back to bite you in the butt. No matter how much you try, you will eventually give in to the urge. Procrastination, especially when it comes to studying or final essays, is something that haunts us all.

The thing is procrastination is a lot more than being “lazy”. It’s actually a battle between your limbic system and your prefrontal cortex. The limbic system is an unconscious zone that includes the pleasure centre. The prefrontal cortex, on the other hand, is your internal planner.

The limbic system is completely automatic. It’s what tells you to pull your hand away from the burner you accidentally touched, run away from possibly having to fight that bear, don’t do that mind-numbing social essay. According to Timothy Pynchyl of Carleton University, your limbic system directs you to immediate mood repair.

The prefrontal cortex is much weaker in comparison. It helps integrate information and make decisions, but there is nothing about it that is automatic. If you’ve ever hit the front of your forehead mumbling “think you stupid brain, think” you’re tapping the prefrontal cortex. You have to kick this part

of your brain into gear if you want it to do anything you ask it. The second you allow yourself to disengage from a task, your limbic system takes over, making you want to procrastinate even though you started your report five minutes ago.

The good thing is that you can trick your brain into being more productive. You’ll thank me later when you’re not cramming for your final exam at midnight the night before.

The first thing to do is the worst thing. Your mind has a limited supply of will-power when it comes to daunting tasks, according to Piers Steel of University of Calgary. If you go into the most daunting of the tasks when your energy is fresh, you’ll have a much higher chance of success. If you put off that essay while cleaning the bathrooms or getting groceries, you’re not fully present in your current task, which makes you more tired and less likely to want to do it at all. The worst isn’t necessarily the biggest task, but the task that fills you with the most dread. If that is making a phone call to the doctor’s office, let it be. It’ll fill you with more energy and make you more likely to do your other tasks.

During exam break, you’ll likely end up in a day-to-day slum of PJ days and Netflix binge watching. As the day flies by, you’ll realise you didn’t get anything on your to-do list done, making you more stressed as the day wears on. So at about 2 pm, think about what you have accomplished, what’s critical to accomplish, and change your plans so you’ll finish studying for math. If you do this any later in the day, you’re not giving yourself enough time, and at that point you’re putting out the fires you’ve set around yourself.

Joseph Ferrari of DePaul University said procrastinating is like looking at a forest and forgetting it’s made of trees. In other words, you see the whole task and how daunting it is and forget that you can break it into little pieces. Start by cutting down one tree. If you can’t cut down the whole tree, chop down a few branches. Don’t think about how much you can’t do at that point in time, but rather think about what you can do.

If you still can’t convince yourself to write the thesis for an english essay, try setting a timer for 10 minutes. Work as much as you can, even if it’s frantic, in that time. Anyone can work for 10 minutes. If you hyper focus, you might end up going farther and finishing the work you needed to get done. Once the satisfaction of finishing part of the project takes over the initial sense of dread surrounding said project, you’ll be much more likely to continue.

And finally, turn off your freaking phone. Shut off notifications for twitter and instagram and snapchat and messages. It’s not that everyone else is interrupting your work. You’re interrupting yourself. By letting your notifications ring you’re only going to let yourself be distracted more. If you have to do work on a computer, try a program like LeechBlock, which will block you from certain websites for a specific amount of time, or Freedom, which keeps you from the internet all together for a specific amount of time.

Procrastinating gets the best of us, but you’ll thank yourself in the long run if you do the work now.

*Information from realsimple.com*





## Hey Mister Sun

by MACKENZIE CLARKE

As stated by Mungo Jerry, "In the summertime, when the weather is high, you can stretch right up and touch the sky". The summer is a time of lazy days and stargazing nights, allowing plenty of time for adventure due to the break from routine and, often, responsibility. Every aspect of nature is in full bloom and the sun seems to uplift and inspire even the most lethargic among us. As a result, there are a myriad of songs describing the energy accompanied by this sunshine-filled season. Those that I believe epitomize this feeling, either in meaning or in melody, are as follows:

-*Vacation* by Connie Francis

-*Apple, Peaches, Pumpkin Pie* by Jay and The Techniques

-*In The Sun* by She & Him

-*Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini* by Brian Hyland

-*Heat Wave* by Linda Ronstadt

-*Too Darn Hot* by Ella Fitzgerald

-*Hey, Mister Sun* by Bobby Sherman

-*In the Summertime* by Mungo Jerry

-*L.A. Woman* by The Doors

-*I Make My Own Sunshine* by Steven Tyler

-*Beyond The Sea* by Bobby Darin

-*Summertime Blues* by Eddie Cochran

Summertime allows us to do what we wish with our time, even if that is nothing. It's okay to lose yourself; in music, in books, in art, or in life. I hope there are days when you fall in love with being alive. Summer should be taken as the opportunity to fall back in love with yourself and the world. Whether you believe the season is just "Too Darn Hot" or you're more inclined to stay "In The Sun", I wish you the happiest of summers and the best of luck in the future, wherever your path may lead.

## Drones and Planes Don't Mix

by CHRISTOPHER PRATT



Airplane engines are both incredibly powerful and unbelievably fragile. Capable of pushing an airliner to speeds upwards of 1200 kph, these gigantic turbines can be destroyed with just one object scoring a direct hit on them.

Airplane engines are meant to withstand some abuse. On average, an engine is expected to continue to perform, without major damage, should an object weighing 4-8 pounds enter it. However, as American Airlines Flight 1549, the so-called Miracle On The Hudson River flight demonstrated, objects travelling in the air can sometimes be much larger than any engine can be expected to withstand.

And we're adding to this problem. Up until 2010, the only real danger to airplane engines in the sky was birds. Birds that are easily scared off and very rarely large enough to take down something like a 737.

However, as time has progressed, we humans have been steadily making the skies more and more hazardous. Now anybody can walk into a store and walk out with an Unmanned Aerial Vehicle that is capable of putting upwards of 300 lives at risk and putting themselves behind bars for several years.

Before 2013, close encounters with UAVs and airplanes were virtually unheard

of. Since 2013, however, 79 different incidents across the country have come closer than 150 metres to becoming a national tragedy.

And the number of incidences keeps going steadily upwards. Unfortunately, this is a game that can only last so long. At some point, this game is going to end in a catastrophe.

The good news is, though, that this catastrophe has not occurred yet. In fact, it can be very easily avoided. For one, geofencing and other anti-UAV measures can be installed around major airports, preventing drones from even taking off or neutralizing them should they get too close.

In addition, everyone who purchases a drone in Canada should be required to hold certification prior to buying it. Upon buying it, their registration must be clearly displayed on the UAV and their knowledge with the rules surrounding safe drone operations must be refreshed every few years.

Drones are changing our future. They're a blast to play around with. One thing is clear though. We can't continue to keep putting lives at risk. Banning drones will not solve the problem. Regulating and assisting UAV operators will help to encourage a more responsible, safe and enjoyable community for all.



## POLITICA NON GRATA

**'Scheer' Insanity**

by *MONIQUE VIGNEAULT*

Canadian Politics — in a comparison to its European and American counterparts, tends to fall short in its 'soapy' qualities. Along with a primarily liberal government, relatively effective social safety blanket and constitutional government, Canada seems far from adopting the right-wing extremism that has been popularised in the majority of the Western World. However, in late May, ex-House Of Commons Speaker and Saskatchewan MP Andrew Scheer was elected as the new leader of the Conservative party of Canada, stirring hope among the Tories.

Scheer ran head-to-head against Maxime Bernier, a Libertarian who is currently the MP of the Beauce riding in Quebec. Bernier has had a somewhat tumultuous political career, which some may argue was a little too flirtatious and wishy-washy. In the 1990's, when East and Western Canada was at its greatest point of divide, Bernier supported the separatist movement.

Nevertheless, soon after, when the infamous separatist referendum was held, it became quite unclear which side of the fence Bernier stood on. Today, Bernier sports a conflicting political agenda, stating in the Victoria based newspaper the 'Times Colonist': "They can call me a fiscal conservative, they can call me a conservative

who believes in freedom, they can call me reasonable libertarian, call me anything you want," He then added, "— call me Max, call me Maxime, call me 'Mad Max'"

Scheer's political ideals however, very much mirror those of Stephen Harper. Scheer has been referred to as 'Canada's Smiling Harper', referencing to his similar ideals. Scheer encourages the traditional Harper-esque tax breaks.

On June 5th, Scheer returned to his old turf; the House of Commons and dabbled in a quarrel on foreign policy and terrorism with current Prime Minister of Canada, Justin Trudeau. Someone he's described to be as 'temporary' in his election speech.

As much as I personally lean towards the Liberal side of the political compass, Scheer is a better choice to Bernier as he is a 'safe' bet. Bernier, a rollercoaster, could've greatly wavered Canada's international relations, whereas Scheer is a mild ex-boyfriend; not great, but okay for a while.

Scheer's election begs a nationwide question: What will happen to the Canadian political pendulum when the right-wing leader of Canada comes packaged in the form of a grinning, Saskatchewan-born family man? Could a new epistemological variation of neo-conservatism possibly swing the 2019 federal election from Canada's prevalent Liberal leniency? The

questions of the fragility of the political pendulum clog every Western nation at the moment and at this point, Canada's political divide shows no sign of a clear answer. Like Bernier, Canada just can't seem to make up its mind.



*Scheer, 38, addressing the House of Commons*

## DEAR ABE

Dear Abe,  
How do I Filthy Friday?  
-Excited and confused

Dear Excited and confused,

Welcome to a diehard Abe tradition!  
**Filthy Friday is this coming Friday, June 9...**the last Friday that we will have classes in June. Personally, I'm stoked. Filthy Friday is something Abe is known for, and a tradition that every other school in the city is jealous of. Therefore, yes, I understand the anxiety and the pressure you might feel to uphold Orange pride. Ergo, I would like to present to you The Concise Guide to Filthy Friday:

Pretty much anything goes if you are fully clothed. Avoid feeling the need to go out and shop. You can literally wear a hockey jersey and your mum's slippers if that is what you have on hand.

Matching is irrelevant. Wear stripes and polka dots, or one roller skate and a Birkenstock. Filthy Friday is not about matching, it's about creativity and self-expression in your outfit. If you love tutus, then go tutu crazy, wear one on your head like a crown and one on each arm like water wings. Pair your tutus with cowboy boots and you are golden.

The Filthy Friday basics: Plaid flannel, jean shorts, bucket hat, Birkenstocks and socks. If it's cold go for baggy jeans. Overalls are always bomb. Channel your inner dad or mismatched chic. No matter what you wear, it will be cool because that is the essence of the Filthy Friday spirit.

Shoe game so strong: Anything from the cliché Birkenstocks, socks and sandals, some old and bedraggled flip flops that haven't seen the light of day in years, to rain boots are suitable filthy Friday attire.

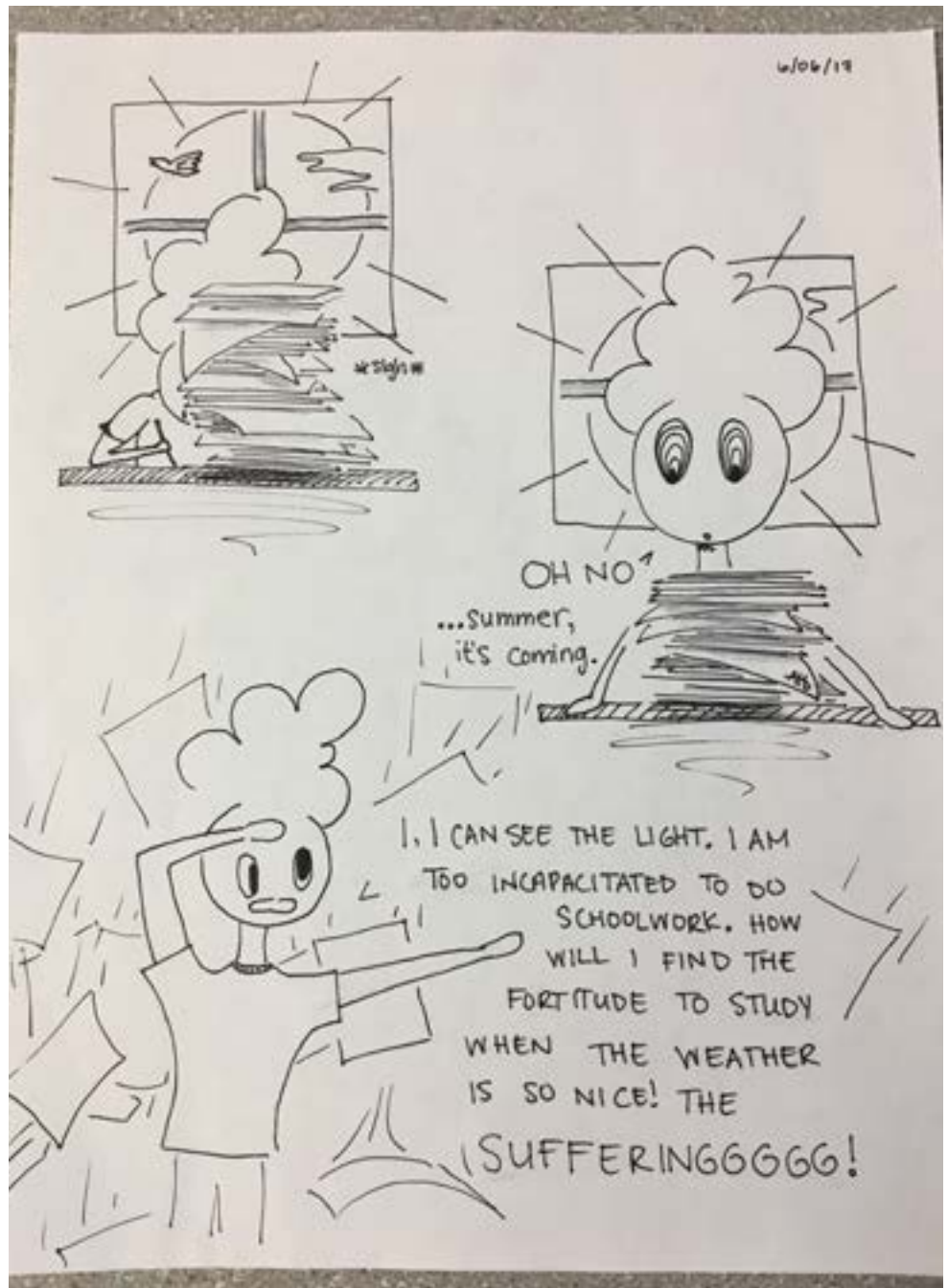
Is it twelve pm on Thursday night? Never fear, your pajamas, a backwards baseball cap and those bandanas that you have been mysteriously collecting for years are here to rescue you.

Be comfortable and layer up! Rock those boxer shorts over tights, or the dad vest and the fleece. Cuffed sweatpants and thigh highs? Sounds great.

Clearly what I am trying to get at, is Filthy Friday is easy. Wear what you have on hand,

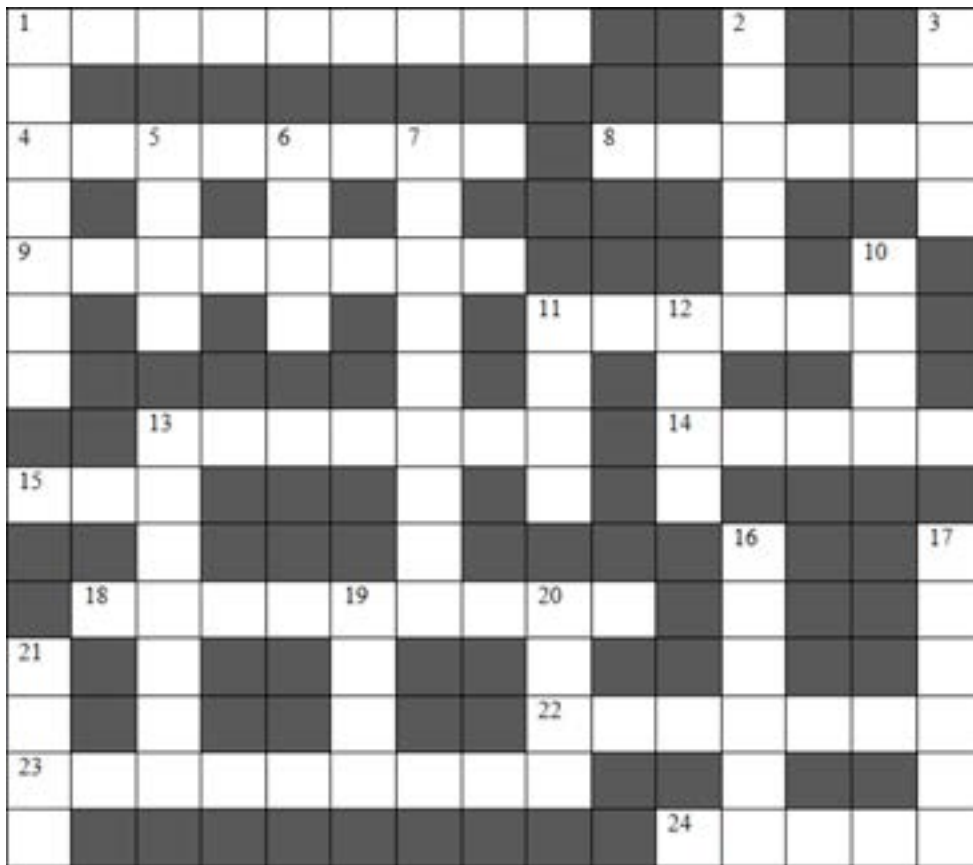
be confident, be comfortable, and make your friends do it with you. Rock your favourite hockey jersey, dress up as Mr. Craig (because his taco shirt and bucket hat combo is legendary), or layer some excessively bright colours. Just go out and have fun. You will be glad you did it, because it is a truly unique Abe high school experience. Finally, if you are still feeling doubtful then socks and sandals are the way to go. Filthy Friday was invented by students for students, it's not meant to be high pressure or overdone, it is just meant to represent the spirit of Abe. Therefore, wear what you want, go crazy, you'll be great.

It's been real students of Orange  
-Abe





# Crossword



Across:

1. 2000 OutKast album
4. Easily subject to change
8. To appear attractive to someone or something
9. "Language designed to have a persuasive or impressive effect on its audience"
11. Royal residence

13. African country
14. A deadly sin and a mammal
15. A term for a handshake
18. African ecosystem
22. Unit for measuring current
23. To display immense skill
24. Ominous avians often associated with negative symbolism



Down:

1. Professor Snape
2. Eazy-E famously owned one of these, specifically the 1964 model
3. Flagshiff Microsoft shooter franchise
5. A basic Pokemon move
6. An item used to aid in manual tasks
7. To idle and stay somewhere for no reason
10. To rant or a word with etymology related to "wind"
11. A fruit resembling an apple
12. An enumeration of items
13. A Greek city, whose demonym is a book in the Bible
16. The middle stage of an extraterrestrial body that could potentially collide with the Earth
17. \_\_\_\_\_ on Infinite Earths
19. Film \_\_\_\_\_
20. A bluish color resembling aquamarine and turquoise
21. Chris Brown's fourth studio album

## 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.

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**Staff Sponsor:** B Griffin

**Columnists:** Alexis Hill, Monique Vigneault, Sean Ruhland

**Contributors:** Christopher Pratt, Mackenzie Clarke, Alexis Hill, Aditya Khatu

## The Final Article

by ADITYA KHATU

There's a trend that most articles seem to follow this time of year. Everywhere you look, you see articles filled with anecdotes and sentiments. Seeing as this is my last article for the Advocate, I wanted to write about something that I feel could help others learn from my experiences. In no way am I perfect when it comes to school, which I feel helps make my advice more useful. Over the past three years I made plenty of common mistakes that could be completely avoided. I'm going to do my best to be as specific as possible to help it make clear what works and what doesn't.

1. Buy a planner and get used to making lists! Keeping track of all your assignments and tests can get overwhelming; let a planner do all the work for you. You'll never forget about stuff that comes up and it'll make it a lot easier to plan your studying. On a daily basis, making lists and assigning a schedule to tasks ensures that you can stay on track. If you get distracted easily like I do, this'll help save some time. It's also very easy to feel like you're drowning in work until all your tasks are planned out in front of you. Everything seems easier when you take it on piece by piece!

2. Take advantage of all the resources around you. When it comes to learning, there's so many different ways to reach understanding of a concept. Take Physics 30 for example. There's amazing notes on studyphysics.ca, recorded lessons from Ms.Booth (at <http://msbooth.ca/physics-30/>), the Key (by Solaro) has excellent questions, and of course don't forget about your teacher! They're the ones that know the most about the course and are always willing to help a student. Every class at our school has a wide range of options to get help. It's not the end of the world if you can't understand something right away. For some of us, it takes longer to understand some ideas and that's perfectly fine. It's important to figure out what learning strategy works for you early on to make studying more effective. For example, if you can't retain information given in lecture format try reading the textbook or creating your own notes.

3. Don't hold on to stress. I know that school can be stressful but honestly, stress gets you nowhere. Whether it's a bad test mark or anxiety about the future, learn to let that stress go. If you don't, it starts to drag you down and makes it a lot harder to be successful. I know it's easy for me to say that you shouldn't stress out, it often seems like stress is out of your hands. One mark is never going to be

the end of the world, there's always going to be other chances to fix things. Focus on controlling what you can and forget about the things you can't.

4. Grade 12 isn't a impossible challenge. At the thought of diplomas and the last year of high school, it's easy to feel that it's going to be very difficult to succeed. Sure, the content in most courses becomes more complicated but doesn't mean that your mark can't improve from last year. For me and plenty of other people, our averages increased from what we had in Grade 11. Learn to make the best use of your time and take each on each problem one bit at a time. My biggest fear was about the diplomas because I was sure that this test was designed to trick us. Don't become intimidated by new challenges. Really, it's just another test. Every course at Abe does its best to prepare you for the diploma so as long as you do your best in the course, you're going to do fine on the diploma.

I hope that my experiences can come to some use. I know that it would have helped me if I had known this earlier.

It's been an honor to be able to write for the Advocate for the past three years. Through this unique opportunity I've been able to learn so much and connect with the people at this amazing school. Thanks for taking the time to hear what I have to say. I hope you enjoyed reading my work as much as I enjoyed writing it.

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



### The Advocate's Policy on Letters to the Editor

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

*Anonymous letters will not be published.*

*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.*