

THE ADVOCATE

William Aberhart High School
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An Embassy for the World

by DENNIS KWOK

Music is the universal language which every single culture that exists on our planet shares and acknowledges as a crucial element in our lives. Music is a powerful diplomat that bridges cultures and brings together people from across the globe. It offers powerful lessons in the importance of diversity and the responsibilities from working as an ensemble. The 3rd annual UN International Jazz Day on April 30th aimed to do exactly that. As the festivities of the worldwide jazz culture were celebrated in 196 different countries, the potential of music and the common ground created by jazz melded into one unifying force that promotes global peace and understanding regardless of background or culture. In the words of bassist Marcus Miller "Initially we don't even know how to say hello. We play music, and all of a sudden we're a family."

This year, Calgary joined in on the worldwide party with events that spanned

all of April highlighting Jazz Appreciation Month before culminating in numerous free concerts all day across the city. In collaboration between JazzYYC and the Calgary Association for the Development of Music Education, Calgary has also put the advancement of the future of jazz into local spotlight with the week-long Celebration of Youth in Jazz. Eight high school bands including our very own ABE 1 Jazz Ensemble were privileged with the exclusive opportunity to work with and perform with saxophone legend Dick Oatts. Although the local scheme may not seem as grandiose as the UNESCO's ambitions, what happened here not only connects the players, students, enthusiasts, and teachers here locally, but our participation on International Jazz Day links us to the entire world through the mutual allegiance towards the magnetic influence of music.

It is only in these events that we realize that the ties between us and the world also connect all who share the passion for the music. It is through jazz we are citizens of

the world. It is through jazz that we break down barriers of faith, culture, language, and history to stand united for each other. In recent events, a school in New Orleans donated thousands of dollars in instruments for the tsunami stricken Swing Dolphins group in Japan as a return favor for their similar generous donations during the devastation of Hurricane Katrina. Jazz diplomacy is not a new idea. Its roots lie with the desires of freedom, justice, and collective cooperation that inspire and will continue to inspire us forever.

"Jazz is truly cosmic, and its power is infinite."

-Herbie Hancock, UNESCO Goodwill Ambassador



EDITORIAL

Is School Killing Us?

Most people know how to live a healthy lifestyle. Eat a balanced, moderate diet; exercise regularly; sleep well and for long enough; surround yourself with positive people; don't take on stress you can't handle. In fact, such information is usually some of the first we receive upon entering the school system, and with good reason. No person, let alone *child*, should be forced into a situation in which they are more likely to develop any sort of illness based on lifestyle choices that they don't understand the consequences of. We've internalized that we should ideally live clean, calm lifestyles, and yet we can't be bothered to work towards a world where that is feasible for everyone. One of the greatest signs of this is the way schools are structured, and for the purpose of this article, high schools specifically. Many students eat poorly, don't exercise enough, don't sleep, are surrounded by unsupportive people, and/or are overstressed. Perhaps this would be irrelevant if the circumstances that led to any of these were external, separated from the actions of the education system, but the fact of the matter is that schools are often the greatest contributors. It's important to recall the purpose of a school: teach youth knowledge they'll need to know in order to become a functioning member of society, both theoretical/academic and more tangible skills. If schools aren't promoting an environment that sets students up to live long, active, happy lives, are they really setting students up to excel in life?

Eating well and staying active is important for preventing heart disease, diabetes, obesity, malnutrition, anemia, and various other ailments, in addition to combating stress and regulating moods. You'd think that having been taught the food pyramid early on, none of these would be particularly

major problems among youth. Unfortunately, reality tends not to match up with the ideal. Physical Education is mandatory up until grade ten. Beyond that point, it's optional. In the best possible world, some form would be encouraged the whole way through. Not necessarily the aggressive, elitist gym classes that plague many people's memories to this day, but classes where it is possible to move around and get fresh air. The status quo, in which the majority of classes are done entirely whilst sitting in a musty classroom, is doing more harm than good, and there does need to be more variety to prevent us from becoming sick in some way. Most food in and around the school lacks nutrition. The most accessible options for students who don't bring lunch are high-calorie, fatty fast foods like fries and pizza. Our vending machines are stocked with diet beverages loaded with aspartame, as if those will somehow be healthier drinking choices (spoiler: science says they won't). The salads in the cafeteria rarely seem fresh or appetizing. Nutrition and flavor are not mutually exclusive. In a society with an increasing focus on clean eating, this is doubly apparent. Unfortunately, it seems that our schools haven't yet received the memo, and we still have a long way to go.

Stress and mental illness are serious problems amongst students. Many students are overworked or in a toxic social environment, and any existing health problems can be worsened by those circumstances. Not sleeping enough can alter your state of mind. Taking on unmanageable work loads can add anxiety. Being around unsupportive peers can create any host of problems and exacerbate existing ones. Unfortunately, all of these issues can be perpetuated by our school system. Students may not get the amount of sleep they need due to studying or being involved in extracurricular activities. Adolescent circadian rhythms are delayed, and to better accommodate that, high schools would ideally start an hour or two later. The status quo tends to result in students not receiving

enough sleep, and the irony is that people are better equipped to succeed in academic contexts when they're fully rested. For many students, balancing school with a social life, work, and activity in extracurricular activities can be overwhelming, and the sad reality is that some have to sacrifice one or more of the above to stay afloat. Students can easily feel pressured by the amount of work, which is an awful circumstance to place anyone, let alone adolescents, whose minds are in the process of development and are heavily impacted by such conditions. Students are often competitive or unnecessarily dramatic. They can be moody and shallow and petty. There are some who are strong enough to resist any negative pressures placed upon them by others, but they tend to be a minority. Far too many students become involved in the wrong crowds, and are worse off for it. The lack of a supportive environment can lead to drug/alcohol usage, depression, eating disorders, anxiety, and other psychiatric problems. Perhaps this would emerge in any environment, but it seems especially prominent in high schools. Many students are interested in creating drama or involving themselves in self-destructive activities to avoid boredom or to ignore legitimate problems, and the competitive nature of academia fosters an unpleasant environment for many. The saddest part is that all of this has become so normalized that most affected don't do anything to mitigate the problems.

School should not kill us. It should set us up to succeed. To not be in positions where the pursuit of knowledge or success should be jeopardized by health. We deserve to be placed in circumstances that don't force us to make unhealthy life choices, and schools need to practice what they preached back at the beginning.

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Email your submissions and letters to the editor to advocateabe@gmail.com!

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 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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A Golden Year for ABE Music

by DENNIS KWOK

As this school year is coming to a close, ABE's musical prowess is proudly displayed in the form of multiple plaques, trophies and certificates that echo the magnitude of hard work put in by both teachers and students over the course of this year. With band and choir camp, AIBF, Kiwanis Music Festival, an amazing trip to Europe as well as many other experiences, this has been an amazing year for music here at Aberhart. Our ensembles have collectively achieved local, provincial, national, and international acclaim at various festivals and performances. The dedication to countless hours of rehearsal, the many early mornings and late afternoons is extraordinary. For some of us, a typical school day starts at six and doesn't end until six. None of this would have happened without the incessant toil of our wonderful teachers, Mr. Willms, Mr. Gingrich, and Ms. Phare-Bergh, the music administrator Ms. Trowbridge, and the entirety of the Aberhart student body of musicians.

This year, our choirs consistently achieved gold ratings at festivals that they competed in. The Concert Choir received 1st place in their category at the Young Prague Festival, as well as in the Kiwanis Music Festival. The Concert Choir also received a gold rating at ChoralFest South along with the grade ten Women's Choir. The Vocal Ensemble won their category at the provincial level of the Kiwanis Music Festival and achieved a gold rating at JazzFest South.

ABE's concert bands also performed exceptionally well this year with both the Wind Ensemble and the Symphonic Band receiving a gold rating at the Alberta International Band Festival. The concert band received an excellent rating at AIBF and has yet to perform at the ABA Festival of Bands in Red Deer.

The jazz program racked in its fair share of accomplishments including the Rose Bowl for the Most Outstanding Jazz Ensemble for the "ABE 1" Jazz Ensemble. This band as well as both jazz combos achieved a gold rating at the Alberta International Band Festival. The "ABE 2" and "ABE 3" Jazz Ensembles received an excellent++ and an excellent

rating respectively. The jazz program has also had the wonderful opportunity to work with saxophonist, Dick Oatts as part of the JazzYYC Celebration of Youth in Jazz.

Along with the success of our ensembles, a number of ABE students have received awards and scholarships for outstanding performances and musicianship at AIBF this year.

Although this only lists the achievements that we have accomplished over this school year, the year has been filled with so much greatness in traveling, bonding, performing and becoming better people overall. Our tireless efforts have shown results and our achievements, memories, and friendships are our reward. Even though the music program may never cross your mind, Aberhart should be very proud of its musicians.

Rocky (1976)

by MAIA CHAPMAN

Hey guys! This week i'll be taking over Jason's column and reviewing a classic film, one of my personal favourites, Rocky.

Rocky Balboa is a lowlife boxer whose good old days have long since past. His life doesn't seem to be going anywhere until he's given the opportunity of a lifetime to participate in the "Bicentennial Fight", which is a boxing tournament against the reigning champion, Apollo Creed. Rocky is the story of a 'nobody' from Philadelphia who becomes a nationwide sensation.

This film was a huge hit when it came out, and I can see why. Rocky achieves the American Dream: somebody insignificant making it big. Rocky was Sylvester Stallone's breakthrough film. He wrote the script and starred in it, immediately projecting him to fame. Rocky was nominated for ten Academy Awards and ended up winning best picture!

The majority of the fighting was filmed with handheld shots, making these scenes very personal. I think this is very

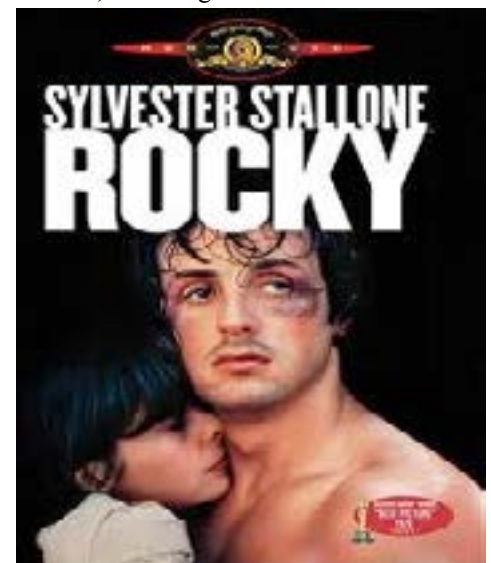
important in a film about fighting because using this technique creates movement. A lot of the shots were right up in the characters faces, which was effective because fighting someone would be like that; up close and personal. Also, quite a few of Rocky's workouts were taken with no cuts. This technique gave an impression that Rocky was really dedicated to getting fit. I think if there had been cuts throughout his workouts(i.e when he was doing one handed pushups) it wouldn't have been as impressive and would seem slightly fake. Using one shot in these scenes made the film seem more realistic.

The acting was quite good in this movie. Sylvester Stallone created a very dynamic character. Rocky could have been a stereotypical tough guy, but what surprised me was just how gentle he was. Near the beginning of the movie there is a scene where he's talking to his turtles and it was adorable-definitely not what I was expecting. His character has very good intentions, and I get the feeling he just wants to be happy. He comes up with a joke every day to tell the shy woman at the pet store. Of course most of these aspects of his character are due to the writing, but I think Stallone really brought Rocky to life and

created a character that was believable.

The Rocky soundtrack(specifically the theme song) is widely used in media everywhere, and it's really cool seeing where the song originally came from. The theme song is really upbeat, giving a sense of hope for Rocky to succeed in his fight. The scene where he runs up the steps is iconic, and it's mostly due to the music.

I highly recommend this film to anyone in need of an uplifting story. If you enjoy watching underdogs who achieve success, this is a great movie to watch!



THE BARD'S BANTER

Why You Should Take Up Distance Running

by CAMERON BARDWELL

"The miracle isn't that I finished. The miracle is that I had the courage to start."
(John Bingham)

As any serious runner will tell you, running is as much of a mental battle as it is physical. Stepping into those shoes, it is easy to be apprehensive: in the worst case awaiting you is relentless burning of lactic acid, the creeping feeling of asphyxiation, maybe even the urge to upchuck breakfast. Let's face it; we're not all Forrest Gump. That being said, that battle is relatively insignificant when compared side by side with the potential rewards gathered from actually going out and running. All it takes is a good pair of shoes and the courage to get out and run.

Alongside the famous "runner's high", running can have many positive impacts on your mental and physical health. Running is generally regarded as one of the largest, if not the greatest, consumer of calories. It boosts the immune system, reduces the risk of blood clots, lowers blood pressure and prevents muscle and bone loss. Not only that, but it has been linked to reducing the risk of stroke and several types of cancers. Do you have a tough exam approaching? Running is an excellent way to reduce stress. Are you feeling depressed? Research has shown that running can help alleviate depression by forcing you to abandon inactivity, improving self-esteem through goal-achievement, enhanced body image and through the release of endorphins, those feel-good chemicals released by the brain after exercise (the "runner's high").

That is not to say that running is all beneficial, because there are some serious potential health problems that can arise if precaution is not taken. Injury derived from running is common, especially involving the knee joints and the lower legs. This is where proper training and stretching are very important. Besides injury, it has been found that running can actually lower life expectancy! Recent studies have found that long distance runners – generally those running more than 20 miles a week – tend to have a shorter lifespan than the moderate 2-hour-a-week jogger, which suggests that

there should be a cap on your weekly mileage.

Another advantage to running comes in its versatility. You don't need to spend thousands of dollars on hockey equipment; you just need a decent pair of running shoes and a watch, if you really want to go high-tech. Not only that, but running can take place essentially everywhere - in the mountains, a park, the street, even a gym. Anytime, anywhere.

The final and possibly most important argument I can give you for taking up distance running is that at Aberhart you have one of the best high school cross country and track programs in the city staring you in the face, and all you have to do to be a part of it is to put on

your runners and show up. If you haven't already noticed, the gym wall is littered with a plethora of cross country and track and field city banners. This year Aberhart won three city champion banners in cross country alone. Our program is strong, in numbers and in spirit.

Running is not an easy sport to start, but it is well worth it in the end. If you are ever feeling bored or stressed, remember that serenity is only one pair of running shoes away.



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Feminism Is For Everyone

by RACHEL WILFORD

On Friday, May 9th, Aberhart hosted Calgary's first ever high school-hosted TEDx event, all organized by the incredible Aiden Huffman. Along with Scott McClure, Shannon Abeda, Sophia Shah, Elise Pullar, Paul Hong and Combo 1, I gave a talk about something I'm passionate about. As per usual, this topic happened to be gender. But I was only given about fifteen minutes to touch on something that I could literally talk about for days. Fortunately for you, I will not subject you to this, unless you really want me to, and my speech will be on the TED website within a few weeks for you to enjoy at your own free will.

Something that I said on that stage has been nagging at me for quite a while and I feel as though I didn't quite cover all the bases. When I mentioned the language we use for femininity and masculinity and how it's guided by the patriarchal power dynamic, I realized that aside from just plain convincing people to care specifically about women's issues, it's the key to getting men onboard with feminism. It's the answer that pops into my head every time someone asks me where men fit into feminism and how it adds up that fighting specifically for the rights of women will result in equality rather than female dominance. In addition to what it means to be a woman in this world and what women need to do to overcome misogyny, the questions we need to be asking are, "What does it mean to be a man? How can we raise men with tools to fight misogynistic culture?" That might have been a little wordy. Try asking anyone that, no matter their gender, and they'll just look confused. But it makes sense to start putting the burden on men to combat their own social construct because it affects them almost as much as it affects women.

What *does* it mean to be a man? It's about dominance, and it starts young. The most suppressive thing you can do is to tell a young boy to "be a man". It means he has to be powerful, strong, hardened, aggressive, etc., all things that a little kid has nothing to do with. He can't cry or show pain, and emotions are muted, even love, tenderness and kindness. Such emotions have been feminized over millenia, to no benefit to either gender. Women aren't taken seriously because they're supposedly too emotional due to hormones. In fact, hysteria stems from the Greek word *hystera*, meaning uterus, and

until the early 1900s the condition was cured through a hysterectomy, or the removal of the uterus. In other words, the cause for a psychological condition of excessive emotions was reduced solely to the fact that the patient was a woman. As for men, their emotions have been suppressed for just as long, resulting in things like untreated mental illness such as post-traumatic stress disorder, under-reported incidents of assault and abuse where victims were male, and school harassment being brushed off as bullying being some sort of rite of passage, with the excuse that "boys will be boys". I don't know about you, but I certainly saw the documentary *Tough Guise* in junior high health class, in which men and boys hide any form of femininity in them by trying to be tough. Men are taught to dominate over one another and over women, whether it's sexually, physically, or in their position of power.

We also have to ask ourselves what happens when men reject masculinity. There are varying degrees to this rejection, whether it's simple affection towards other men, drawing away from seemingly powerful roles such as sports or more "manly" career choices, paying extra attention to fashion choices, or being outright effeminate. Let's be honest, in a high school environment, we're much more likely to do a double take at two guys

holding hands or hugging than two girls, and guys tend to feel a lot more need to justify this affection by saying "no homo." It's kind of ridiculous. And when it comes to dressing or acting feminine, it's assumed either that the guy is gay or he lost a bet. Iggy Pop, in sequence with his photo shoot wearing women's clothing, said, "I'm not ashamed to dress 'like a woman' because I don't think it's shameful to be a woman." This speaks volumes of what's really implied by the attitude towards feminine men. It's reinforced by the fact that women dressing as men is exponentially more accepted than the opposite, and gender neutral or androgynous clothing is usually defaulted as masculine.

Being a dude is hard work. But after looking at why it's hard work, I will never not be bewildered every time a dude says that the world doesn't need feminism. Everything you could possibly protest in the name of men has to do with our patriarchal society. The last thing I want to do here is invalidate the struggles of one gender by saying that the other has it harder. But like Ash Beckham said in her own TED talk, "We need to stop ranking our hard against everyone else's hard." That means coming together as a community to have meaningful discussions, breaking down barriers between genders, and destroying prejudice against nonconformists.

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CURRENT EVENTS

The World - China, U.S., and the New Era of Spies

by EVAN GIBBARD

On Monday, May 19th, 2014, 5 Chinese military officers were charged for cyber espionage against American companies. The officers allegedly stole trade secrets from American companies. Chinese officials have categorically denied the accusations, calling them “fictitious” and “extremely absurd”. They also called the move “hypocritical” due to evidence released earlier this year by Edward Snowden that shows America has been spying on Chinese organizations. American officials have countered, saying that this situation is different. The cases in which the 5 have been accused center on the principle of using espionage to give state-owned companies advantages over American companies. This could have had a major effect on the ability of American companies to compete in the marketplace.

Despite the bravado on both sides, this move to arrest the 5 men will likely be more symbolic than practical. China has made it clear that they do not view these accusations as credible, so it is unlikely they will be extradited to go on trial in the United States. As for their part, the American has said in the past that the maintenance of cyber security would be a major topic for the current administration. This is likely part of their following up on past pledges.

In response to the accusations, China has suspended a joint program with the United States that had been working on cyber issues.



LOCAL ART

Aber-Art

by SIGNY HOLM

When we think “art”, the first thing that comes to mind for many people is painting, drawing, sculpting or something that involves handwork, and the final result being something concrete, and something that you can see. However, we know that this is not always the case; the term “art” can apply to more things than it ever has before, as more diverse fields are becoming more widely used and accepted within society. To be called an “artist”, you are no longer required to be talented in one specific area such as drawing, and perfection within art has become almost a renaissance notion. What it means to be an artist in today’s age is more focused on creativity and uniqueness than perfection and replication. While it’s true that classic art techniques like this are still popular, the spectrum has broadened.

To see some of the various art forms out there, we need not look anywhere but within the very institution of

William Aberhart High school. In fact, our school has some of the most unique programs and people in the city; Film Fest for example, is unique to Abe, and brings the school tons of amazing artwork in the form of short films. The students that put hours of time and creative effort into their films are able to show their talent to people, whereas without something such as the Film Fest gala, they might have gone unnoticed. Our drama program is another renowned outlet for artists, giving Abe’s aspiring actors and actresses a way to put themselves out there. I’ve noticed that students and teacher alike at Abe are very open minded when it comes to showcasing art. For those who don’t already know, the school is hosting our own open mic contest on May 30th, where participants can perform their own artwork in the form of slam poetry, monologues or any other spoken medium. These, along with all of our school’s regular art classes, sculpture class, band, choir, photography, multi media and every other creative course, I’d say that almost every one of us could find the artist within ourselves.



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H O R O S C O P E S



Aquarius (Jan 20 - Feb 18)

Avoid letting your thoughts become too out of touch with humanity. Novel ideas may seem exciting, but keep in mind how they may affect those around you and remain skeptical.



Pisces (Feb 19 - Mar 20)

Unnecessary aggression causes unnecessary tension. Stay cool and don't let petty dismissals get to your head.



Aries (Mar 21 - Apr 20)

Your intellect is at its peak right now. Take advantage of any cerebral challenges you come across!



Taurus (April 21 - May 20)

Impulsive decisions should be avoided right now. You have a lot at stake, so ensure that your actions have been predetermined well.



Gemini (May 21 - Jun 20)

First things first. The future is great, but you must avoid forgetting about what needs to be done in the here and now.



Cancer: (Jun 21 - Jul 22)

People are bound to disagree with you. Instead of lashing out, try to have a calm, reasoned discussion.



Leo: (July 23 - Aug 22)

You don't need to be the best at everything. Feel free to excel in your natural areas of strength, but don't feel too let down if other activities are problematic for you.



Virgo: (August 23 - Sep 22)

In the face of adversity, examine unconventional solutions. You never know what will help, so don't rule out anything without fair consideration.



Libra: (Sep 23 - Oct 22)

Sometimes, it's necessary to break the rules. That being said, moderation is key.



Scorpio: (October 23 - Nov 21)

You're under a lot of pressure, but you must stay strong. Nothing is permanent, so do what you can to emerge victorious from your struggles.



Sagittarius: (Nov 22 - Dec 21)

Others may be trying to control you, and you may find yourself in negative situations as a result. Taking a more assertive, independent approach to life in the near future should mitigate this possibility.



Capricorn: (Dec 22 - Jan 19)

You might find yourself stretching your energy too thin between projects. Though what you're working on is important, so is your wellbeing, so try to find a balance and prioritize if you must.

P L A Y L I S T

Academy

1. **All Night** - Icona Pop
2. **Coffee** - Sylvan Esso
3. **Oxford Comma** - Vampire Weekend
4. **Ribs** - Lorde
5. **Tightrope** - Janelle Monae
6. **Sprawl II (Mountains Beyond Mountains)** - Arcade Fire
7. **Dancing Queen** - ABBA
8. **Bulletproof** - La Roux
9. **Anna Sun** - Walk The Moon
10. **No Below** - Speedy Ortiz
11. **Young Folks** - Peter, Bjorn and John
12. **Nine in the Afternoon** - Coeur de Pirate
13. **Smile Like You Mean It** - The Killers
14. **Falling** - HAIM
15. **Clocks** - Coldplay

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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.