

# THE ADVOCATE

William Aberhart High School  
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## Twenty years of publishing *The Advocate*



### Orange Track and Field

by STEPHEN PITTMAN

On April 30<sup>th</sup>, the ABE Track & Field team officially kicked off the season with the first meet at the Foothills track located near McMahon Stadium. Every year several high school track teams have the opportunity to compete in a series of three meets hosted by the University of Calgary called the Dino High School Challenge. Each of the three meets has a different set of events, but they all fall under the main categories (throws, jumps, sprints and distance). The Dino meets are used as a means of determining the placement in the divisional meet, because three athletes from each school are selected. As well, it is a good practice meet.

"It felt great to see all my friends competing and cheering everyone else on," says Colesen Faunt, who competed in the intermediate boys' 100m dash.

"As far as my performance, my race felt good, but my 200m this Wednesday is what I've really been focusing on, so [this] meet was just a fun meet."

"It felt great, honestly" said Emma

Martin, who competed in the senior girls' 1500m race. "I know the team is one of the strongest I've seen in my three years at ABE. And it was awesome seeing how well all the athletes did individually given the fact that we have only been training for a month."

Indeed, there has certainly been an improvement from the start of April to now. All the athletes had already been practicing mainly in the school field and at Foothills once a week. Head coach Mr Beland has noted that running has been very popular this year, both sprints and distance running, though there is also a solid number of throwers and jumpers. Several of the distance runners participated in cross country this year, providing a good training base for track running.

"This year there will be a lot more competition," said Colesen, "but nothing out of this world. It will make for a good final."

It has definitely been a promising

start to the season. ABE has had a very good track history, coming in 2<sup>nd</sup> in provincials only a couple of years ago and remaining in the top eight in other recent years. The largest at ABE, the team has had many strong athletes who compete in track clubs or just do very well in general. The intermediate girls won the city championship last year, and both the junior and senior girls won the year before.

"Hopefully our girls can do a repeat of last year, but this year I'm feeling more confident with our intermediate boys," said Colesen.

"Hopefully we can bring some [banners] home!"

"I'm confident that we will be the champion of at least a few banners this year," said Emma. "If not all."

The next two Dino meets will be on May 8<sup>th</sup> and 10<sup>th</sup> respectively. Divisionals will be on May 14<sup>th</sup>.

## E D I T O R I A L

## Voting For Those That Fought To Vote

by DENNIS KWOK

As the Alberta provincial election brings in a new government that toppled the previous conservative regime, we must also remember the sacrifices made in order for this right to exist. Recently I attended a ceremony commemorating the Battle of the Atlantic. Lasting from 1939 until 1945, this was the longest ongoing military campaign during the Second World War. Convoys from North America supplied the Allies with provisions, weapons and troops necessary to continue fighting. It was through this conflict that contributed to Allied victory since import supplies were vital in Europe. However, it is thanks to all the brave servicemen and women on land, sea and air that we have the right to vote today.

Voting is a hard fought right not a privilege in Canada. Early estimates show that 59 percent of eligible voters cast their ballot this year, which is a huge improvement from the 50.9 percent average across the last six elections, but still meager compared to Malta, Chile and Austria with over 92% turnout each. It's disrespectful to those that sacrificed their lives if we choose not to exercise our



right to vote. It isn't a matter of party affiliation or values. It however is something that we have over countries that are not run by democratic governments. We as youth should recognize and use the freedom we have to ensure that the people are involved in our country's decision making. We live in a country that allows us to participate and voice our own views in order to better our lives. As youth, we must have our voices represented as well.

During the Battle of the Atlantic, Canada lost over 4600 sailors to the depths while bringing supplies to Europe. During the entirety of the war, almost a million Canadian men and women enlisted in order to fight

overseas. These are people that went to war, a feat that few of us would consider doing nowadays, in order to protect what we now take for granted. Democracy, freedom and human rights in our homeland today are all a result of their actions. Let us respect the fact that we are fortunate enough to have these and use our political power to ensure it stays this way. Upon receiving your legal drinking rights, you also receive the opportunity to vote so get out to the polls and make your voice heard for the future of our nation and for the sake of the past. We fought in order to keep democracy in our country so we should use it to all its extent.

### *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)!

## 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, Stephen Pittman, Alana McPherson

## The Beauty of Language

by *CLAIRE KELLY*

Recently I came across an article that summed up the life of a French Immersion kid. From running into teachers outside of school and having to formulate a very loose French conversation, to realizing that the dollar sign actually goes BEFORE the amount. This made me realize that French Immersion kids really have their minds translated into two different languages. Personally, having taken French for twelve years now, I never really realized how cool it is to be able to fluently speak another language. Although sometimes we can get tongue tied, our brains can process and understand this language. It doesn't just have to be French, it includes any other language that you are fluent in. Your brain can switch over from one language to another, without you even really thinking about it.

Languages are really one of the biggest barriers that there could possibly be between two people. When you have trouble understanding someone, it can make it hard to really comprehend what they're trying to tell you. That's why I find it so intriguing when you meet someone that can speak several different languages and they are still able to use these languages without too much trouble. It's harder to pick up a new language when you're older, but it gives your brain a good workout. It also allows your mind to become more cultured and understanding of said culture, opening your eyes to so many new things.

## HUMANS OF ABE

by *KYLAH WILSON-ZELMER*



"I like sports, but studying is more important for future successes."

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## HALL MONITOR

by *MATTHEW GARBER*

## Who would you have voted for in the recent provincial election?

"NDP because the conservatives aren't looking great and I really don't want a liberal government. A minority government would be best I think"

**Holly B. (Gr 10)**

"I don't really know enough about politics to have a solid opinion or allegiance towards one party."

**Carson M. (Gr 11)**

"NDP because I support the left wing more."

**Stephen P. (Gr 12)**





## Talent Show



# An Aberhart Nobel Connection

by DENNIS KWOK

On a regular April day, no one would of thought that ABE would have not only one, but two connections to the Nobel Prize for a brief period. While learning about genetics in Ms Fehres' Biology 30 class, the class discovered that their substitute, Ms Wensley, and grade 12 student Taylor Sanford are both related to members of the team that won the Nobel Prize for synthesizing DNA in a test tube! Ms Wensley's father, Dr Ebel Pol, and Taylor's uncle, Dr Gordon Tener both worked with Dr Gorbind Khorana at UBC. Khorana was the first scientist to chemically synthesize oligonucleotides (small molecules of DNA or RNA). Dr Ebel Pol's work as a technical assistant also includes work with another Nobel Prize winner, Michael Smith. Smith won the Nobel Prize in chemistry for his contribution to the development of site-directed mutagenesis (specific, intentional change to DNA or gene sequences). Dr Tener and Dr Pol can

both be cited on Google Scholar under GM Tener and EH Pol.

The class was able to contact Dr Pol via Skype and have him speak to the entire class. He encouraged the students in that class to continue pursuing the sciences and to continue the work of our forefathers and ancestors. Over half of that particular class wanted to pursue a career in the sciences. Dr Pol urged them to "take up the challenge" as there is still a lot of progress yet to be made. We students can and will be the future of science. Regardless of whether or not the students wanted to pursue a scientific career or not, Dr Pol was an inspiration to them all as they have interacted with a part of history! Dr Pol expressed that "with talent like this, Canada has a bright future ahead!"

Ms Wensley worked in her father's lab herself before she changed over to a teaching

career. She kindly agreed to speak to us about her experiences in the scientific world as well as in the teaching world

## 1. How did your father's work inspire you to become a teacher?

While attending high school in Montreal, my father tutored me in Chemistry. He was able to help me with any Chemistry lab or assignment that I was struggling with. This helped prepare me for any tests or exams that I had to write. It provided me with a competitive advantage, so that I graduated as the top Chemistry and Physics student in my high school.

## 2. Why didn't you choose to follow in your father's footsteps and go into genetics?

I spent a summer working in one of my father's science labs as a student and realized that I really wanted to pursue a career working with people. I loved science and decided to combine that love with teaching. My mother was a teacher and I likely inherited some of her teaching genes. We know that disease can be inherited and likely some of interests and abilities are also inherited.

## 3. How have the sciences influenced your life from childhood until now?

One of my favourite questions growing up was, "Why?" I always wanted to know why things worked a certain way. Why was grass green? Why is the sky blue? I found answers to the questions I had while studying science. It helped me to understand life and living things around me.

## 4. What would you share with aspiring scientists?

To aspiring students who have dreams to become scientists, follow your dreams! I read a plaque recently that said, "To make your dreams come true . . . Wake up." This is so true! You need to wake up from dreams and get to work. I know that the Nobel Prizes received by the two scientists that my father worked with at UBC were not achieved by simply dreaming but by investing years of effort into hard work with a lot of patience. Be prepared to work hard! As the saying goes, "No pain....no gain!" It can be a real 'pain' to get the work done, but without the investment



Biology 30 students chat with Dr Pol via Skype

*Continued on page 6*



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of time and effort there will be no rewards.

### 5. What challenges have you faced during your scientific and teaching careers?

Working one of my father's chemistry labs taught me that you need to be incredibly organized if you are going to have successful research. All your data needs to be accurately recorded and your measurements need to be precise and accurate. I also realized that you need incredible patience and sometimes the work is very repetitive when you repeat trials over and over again. There was not much contact with people, so I chose to combine a career of science with teaching. I spent a lot of time tutoring students while I was studying and enjoyed the rewards of realizing that they could excel with the extra effort put into tutoring them.

One of the biggest challenges I've faced in teaching is trying to teach students who don't really want to learn. Once they are convinced that the time invested in learning is worthwhile to them you have overcome your biggest obstacle. If you turn learning into a game, a lot of students are quickly engaged in learning. Learning can be fun and using teaching strategies that help to enjoy learning is an important challenge.

### 6. What do you think the future of science holds?

My father told the Biology 30 students that



Dr Pol in the chemistry lab

he felt that Canada had a bright future ahead of them with talented students like them. I totally agree with him! I think the future of science will be as bright as the dreams and efforts of our youth. Approximately half of the students in the class planned to pursue careers in science when he asked them what their future plans were. He was extremely pleased about this and was very optimistic about Canada's future as a consequence. These students are extremely hard working, focused and ambitious as well. I'm excited to hear about their future successes!

### 7. How do you think we should prioritize scientific research today?

Each area of science needs to focus on what the current and future needs of our people and planet. We cannot isolate the needs of people from their surroundings. Anything we do, impacts the environment around us.

There is a ripple effect, so consequences of new developments need to be considered.

### 8. How do you feel about stimulating scientific interest?

Stimulating scientific interest is essential to teaching science. Without the interest the students will not invest the time into their studies. I've enjoyed motivating students to participate in science fairs at their local schools as well as the Calgary Youth Science Fairs. Some schools have encouraged students to create their own inventions and present them as projects in *Invention Conventions*. It's been so inspirational to listen to the students present their creative inventions and dream of having them produced one day! We need to continue to encourage their dreams and motivate them to keep working to achieve their goals since our future depends on our youth. We have much to look forward to!



**STUDENT COUNCIL****Thank you, ABE**

by ADAM BROWN

Last week, Students' Council put on ABE's very first Youth Week, celebrating the dynamism that youth provide to the world.

The week started off with the teacher vs student dodgeball game, which was evidently quite close on both sides. Tuesday was volleyball, which students easily won, not counting Ms Owen's style points, and Wednesday was floor hockey, which became dominated by our outstanding teachers showing off their skills. Even Mr Doak scored a goal, celebrating to loud cheers from the crowd. Speaking of such, we had tons of fans lining the bleachers every day; it was great to see everyone supporting their friends and teachers.

The video game tournament was awesome! With about 20 participants, there was certainly a lot of competition and everyone stepped up to show what they were made of. Through the perils of *Super Smash Bros*, they faced each other and narrowed down the list until one name remained.

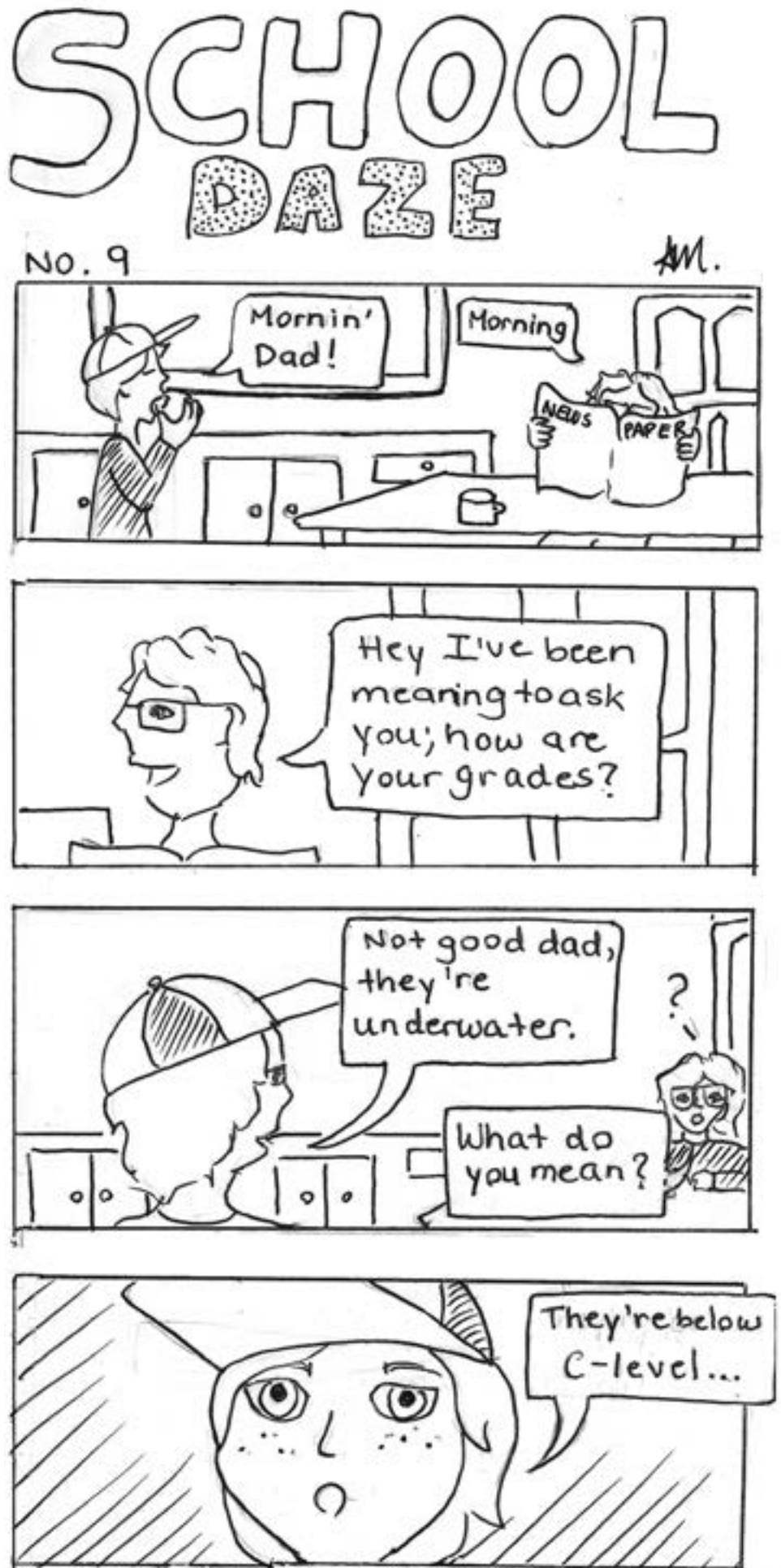
Finally, to finish off the week, we had our big pie throw. Eight teachers volunteered, and we would like to send out a very special thank you out to them. There were many great moments from Mr Willms getting picked to pie Ms Lloyd, to Ms Owen being spared due to another pie for Ms Lloyd. We raised some great money for the Eco-Team's solar panel project through entries and donations.

This was just the beginning of what will hopefully become a tradition for Aberhart. Students' Council believes it is very important that youth are recognized for both all they contribute, as well as the potential they present for the future.

Have any ideas about what events you'd like to see at next year's Youth Week? Send us an email at [abefeedback@gmail.com](mailto:abefeedback@gmail.com), or drop a suggestion into the feedback box at Will's Till in the cafeteria.

Our next Open Meeting for anyone and everyone wishing to be part of the Council's discussions with administration is Tuesday, May 26 in the Cave in the library. We hope to see you there!

Also, if you haven't yet, follow us on Twitter @WilliamAberhart or on Facebook at William Aberhart High School, to get all of the latest updates on events and announcements.





## H O R O S C O P E S



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

Lately you've had the need to make a decision, meet a deadline or research for a certain task. The best thing to do is to choose an exact time and hammer it out until it's over with.



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

Lately you've been in your comfort zone, able to let your talents shine. Take this opportunity to further your goals.



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

If you feel overwhelmed by the busyness of life, it's completely normal. Take a moment to recharge and then set small goals as not to be overwhelmed.



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

Things have eased from a frantic pace lately, so this is a good time to appreciate all your hard work.



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

With a focus on job and career matters, you'll certainly benefit from a more action-oriented approach to getting results.



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

You may feel emotionally overwhelmed lately. Don't worry, just put some thought into the overall importance of the situation.



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

If someone's been opposing your ideas, try not to get frustrated. Take some time to understand their point of view and think of a possible compromise.



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

Dealing with ongoing chores and other responsibilities early can clear the way for more fun later, so it's better to just get it done.



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

To keep from getting swamped by too much work or everyday responsibilities, devise a plan and stick to it.



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

This is one of the best times to tweak routines and habits so they help create a fitter, happier you.



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

Aligning yourself with like-minded people can give you a feeling of purpose and power.



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

While intuition and inspiration can be helpful, keep your feet on the ground and don't get carried away by a wild idea.

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

## P L A Y L I S T

### Nice Days, Cool Nights

by ARIA POUTANEN

1. The Future - Crystal Eyes
2. 256 Greys - The Cable Knits
3. Exit Through My Head - Soft Cure
4. Go Love Yourself - Mark Mills
5. Knights of Cydonia - Muse
6. Heart Attack - The Funfuns
7. Come Up - Shaani Cage
8. Bad Bunny - The Plodes
9. Make me Cry - Napalmpom
10. Diamond Ring - Burro
11. Losers Never Die - Fist City
12. Guilty Partner - New Order
13. Kitty Color - Lunatique
14. TV - Colleen Green

### 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.*