

# THE ADVOCATE

William Aberhart High School  
Volume 22, Number 10 March 16, 2017

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## EDITORIAL

# FREEDOM!

by JORDAN BUNKE

England and Scotland have an ancient shared history. Their stories relationship includes conflicts between the Celts and the Romans on Britannia, Hadrian's Wall, and William Wallace. After the passing of Queen Elizabeth, there was confusion about the line of the succession due to the fact that she had never married, had no children, and declared no heir. She was the last monarch of the Tudor dynasty, and was followed by James I. Prior to his ascension to the English throne, James I of England was James VI of Scotland, and upon becoming the King of England, he also retained his title as King of Scotland, and the two monarchies entered into a personal union. During the interregnum, when Oliver Cromwell served as Lord Protector without a monarch, the English and the Scottish governments were combined. Finally, the Kingdom of Great Britain was established in 1707, and England and Scotland were officially united.

In 2013, due to rising discontent in Scotland, an independence referendum was organized to determine whether Scotland would leave or remain in the United Kingdom. It was conducted on September 18, 2014, and all Commonwealth or EU citizens residing in Scotland that were 16 years or older

could vote. With a record turnout of 84.6% of eligible voters, the "remain" vote won with 2,001,926 votes (55.3%). Throughout the European Union, world leaders offered their support for the outcome and issued politically neutral statements. Angela Merkel, Chancellor of Germany, said, "We have always respected the fact that this referendum was called and that the central government in London agreed to this. And now we respect the outcome of it as well". President Obama added that he looked forward to "...continuing our strong and special relationship with all the people of Great Britain and Northern Ireland".

Apart from minor protests in Scottish cities, there was no fallout from the referendum, despite how divisive its verdict was. That changed in 2016. A similar situation as between Scotland and the United Kingdom occurred with the United Kingdom and the European Union. A movement in the UK that sought to separate itself from the European Union coined "Brexit" gained popularity, and Prime Minister David Cameron offered the British people a referendum. On June 23, 2016, with a majority vote of 51.89%, the United Kingdom voted to leave the European Union. The voting pattern was anything but

consistent among demographics. In cities, among the youth, and in UK territories outside of England, the overwhelming majority of voters voted to remain in the EU. However, the majority still favoured the rural areas and the elderly, and thus, the UK chose to leave in what was widely considered by liberal media as the biggest political disaster of 2016, also accounting for the election of then President-elect Trump.

This decision bred far more discontent than the Scottish independence referendum did, and now, First Minister of Scotland Nicola Sturgeon has declared intent to file legislation that will authorize a second independence referendum. Ultimately, the authority lies with the new Prime Minister of the United Kingdom: Theresa May, as Scotland is not a top-level sovereign nation-state and Theresa May is still the head of government. If the referendum is approved, it may lead to the dissolution of the United Kingdom, an institution that we have recognized as a unit for over three centuries, and if the referendum is rejected, the rift between the people of Scotland and the rest of the UK may worsen and lead to catastrophe. Either way, it is certain that the fallout of Brexit has already and will continue to dwarf the fallout of the 2014 Scottish independence referendum, permeating through all aspects of the socioeconomic existence as a British citizen.



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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.

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## ORANGE PULP

## Pieces of the Past

by YUSEF ZIA

On March 9th, archaeologists in Egypt discovered an ancient Egyptian statue in a Cairo neighborhood. It may be a depiction of Ramses II, making it up to three thousand years old. The quartzite statue was found broken into large fragments, but a great deal of the detailing on it has been preserved over the past millennia. This discovery will become the newest addition for the collection of the Grand Egyptian Museum, due to open in 2018. With all the effort being put into the development of the Grand Egyptian Museum (GEM), it begs the question: why are ancient artifacts so important to us?

The museum has been in the works since 2005, and is not expected to open for another year. It is meant to showcase and celebrate ancient Egyptian art, and is currently one of the largest museum projects in the world. The discovery of the ancient statue depicting Ramses II is now just a small part in a massive project. The museum is expected to become a cultural center for the country, and attract even more tourism with countless ancient works.

This being a public work, there are obviously many benefits to the Egyptian economy that are meant to come from this. Thousands of jobs are expected to come directly from the museum itself, and countless more will be created due to the increased tourism in the area. More consumers will be around to spend money

and the flourishing businesses will have opportunities to expand with their new-found income. The museum is expected to attract four million guests a year upon its completion, and that number is expected to increase as time passes.

It is established that the GEM will benefit the Egyptian economy in the long term, but the artifacts themselves have a different effect on society. Humanity has always been intrigued by the work of our ancestors. Art in all its forms is meant to speak to the viewer, but there is something about old works that make them exceptionally impactful. We have a constant desire to preserve and hold all these works, even though many of them are similar to one another.

Every time an old piece of art is recovered, it is cherished, much like the newly discovered statue of Ramses II. We appreciate the artifacts' abilities to endure and survive over lengths of time that are difficult to comprehend compared to one human lifetime. These windows to the past grant us a greater connection and understanding with the civilizations that existed centuries ago. The appreciation strengthens whenever the societies of today are considered. For example, whenever people see a grand building that was constructed centuries ago, such as a cathedral, there is an inescapable feeling of amazement. Then, when they realize the technological

limits of the time, the appreciation for the work grows even more. The craftsmanship of all ancient works and artifacts that are discovered rival even the best works of today. Today, our architecture can often be built for the sole purpose of functionality, which is why many newer buildings resemble one another. Many years ago, people would pour their heart and soul into just one building, and that effort impacts us even today.

One last effect that these ancient works can have on us is to give us a sense of legacy. We revere so many old and ancient civilizations with wonder, and their surviving architecture allows them to leave behind a legacy thousands of years later, and helps us understand them. If we can look back three thousand years and observe another civilization, it's hard not believe that a civilization three thousand years in the future will one day look at the remnants of our society today. We have to consider the legacy that we are leaving behind, not only for future generations, but centuries ahead where our effects on the Earth will shape the direction of future societies. With the mass production of everything, and our tendency to disregard the environment, will we inspire future civilizations like the Egyptians did to us, or will we be disgraced for the damage we have done to our world?



# Wee Celebrations of Life

by MACKENZIE CLARKE

Saint Patrick is the patron saint of Ireland. His date of birth is unknown, but is estimated to have been between 373 and 390 A.D. According to Saint Patrick's autobiography, he was kidnapped at 16 years old and sold into slavery in Ireland. During the six year period in which he was a slave, he became increasingly religious, believing his enslavement was punishment for a lack of faith. Many years after his escape, Saint Patrick returned to Ireland, in order to convert pagans to Christianity. By his death on March 17, 461 A.D., he had established monasteries, churches, and schools. Saint Patrick's Day honours him, not only commemorating his great success in evangelization of Ireland, but also celebrating his life. The holiday has evidently evolved to become far more secular, however it remains a celebration of life. As a whole, Irish culture is infused with celebrations of love, death, and the beauty of life. Traditional Irish music reflects these themes, as well.

*Come by the Hills* is an Irish folk song, filled with love of the present, as well as hope for the future. The past can only be remembered and learned from, while the future remains to experience and, therefore, to cherish. In modern society, it is easy to be so consumed by plans for the future that appreciating the present moment is forgotten. However, as this song states, sometimes "the cares of tomorrow can wait until this day is done". So, love at every opportunity you are given and embrace each day, for none are certain. Each moment offers a unique perspective on the chaos of human existence.

The song *Finnegan's Wake* is a comical Irish ballad that tells the story of

a man who died by falling from a ladder. When a wake is held in his memory, the rowdy mourners spill whisky on his corpse, causing him to come back to life and join in on the celebrations. While this situation is indeed fantastical, possibly even paradoxical, it is an accurate description of the traditional Irish outlook on death. Although death is a sad occasion for all, a traditional wake is seldom solemn. Friends and family gather to share memories and stories, and are more concerned with celebrating life than mourning death. Memories do remain after death, so in remembering a life led in ardour, love can never truly disappear. Perhaps the Irish are correct, in treating death as a cause to celebrate the wonderful life an individual has led.

Traditional Irish values are relevant for all cultures and, in turn, Irish music is quite widespread and often found in the most unexpected places. For example, the song *Whisky in the Jar* is a well-known traditional Irish song that has been performed by a myriad of musicians. While it is evident that Irish and folk groups, such as The Dubliners or The Searchers, have recorded this song, so have Metallica and Thin Lizzy. Furthermore, Irish jig tunes have significantly influenced musicians on the east coast of Canada. For example, Great Big Sea, a folk-rock band hailing from Newfoundland. They are best known for performing energetic rock interpretations of traditional Newfoundland folk songs, often drawing from the island's Irish heritage.

Whether you possess Irish heritage, as I do, or you believe Saint Patrick's Day is merely an occasion to wear green, I hope you have the strength to live the life you wish to lead. Then, like the stories told in these songs, we will go forward remembering the past, but never yearning for it; always celebrating life.

## PLAYLIST

by ADITYA KHATU

Nav - *Up*

Drowning Pool - *Bodies*

The 1975 - *Heart Out*

R.E.M. - *It's The End of The World As We Know It*

Queen- *Spread Your Wings*

David Guetta (feat. Sia) - *Titatium*

Future - *Incredible*

Great Big Sea - *Ordinary Day*

Aminé - *REDMERCEDES*

2 Chainz - *It's A Vibe*

Metallica - *Turn the Page*

DJ Lucci (feat. Sage The Gemini) - *Butter*

Led Zeppelin- *Bonzo's Montreux*







## FICTION

# The Sanskrit Letter

*by MONIQUE VIGNEAULT**Cont. from last page*

My eyes had glazed over from staring so long and intensely at what had now seemed like an unappetizing plate of food. Not daring to look at my wrinkly father's eyes, I focused on the deep green asparagus that adorned my plate.

"I don't understand. All my life, you've been cold to me. Now ten years later you come back as a damn Buddhist Monk?"

He scratched his naked head.

"I've got some news for you, I think it will please you."

He reached into the pocket of his robe and fetched a Manila envelope with 'Son' written in bold calligraphic letters. As I tore the beautifully adorned envelope eagerly reading the text, I stopped. My dad looked at me expectantly.

"I've become," He coughed uniformly again, "Somewhat of a polyglot over the years myboy, this letter is written in Sanskrit. You won't be able to read it."

He took a swig of tea.

"I want you to come with me to the Himalayas. I want us to fully understand each other in a true sense. Climb Everest with me, will you?"

## Tibetan Himalayas, Shigatse Prefecture, 1975

I'm writing to you, from a small shrine on the peak of Mt. Everest. whomever it is that crosses paths with this paper, this is the story of how I came to understand my father, the complex man that he was. A scroll was provided for me in the Buddhist temple of Rongbuk, in the Shigatse prefecture of the Tibetan Himalayas to write on.

To spoil the story, yes, my father and I did climb Everest, to my dismay, the cold bit him a few days after we reached the peak; his last words came to me in a jumble of languages. I learned Cantonese, Mandarin, Spanish and small bits of Latin as I spent five years with my father, but I never got around to understanding Sanskrit. The scroll sits in my hand, patiently as ever, and I do think I should get back to my wife and son now.

Inspired by the films of director Wes Anderson





# The Oscars Always Cause Drama

by SEAN RUHLAND

The 89th annual academy awards, otherwise known as The Oscars, happened February 26th, 2017. And this year, it was more than just awards and fancy dresses being presented up on the stage.

The night was hosted by Jimmy Kimmel, late night talk show host and creator of several challenges that could give your children psychological problems. He and Matt Damon had some classic celebrity drama, and Kimmel milked the joke for all it was worth the whole night.

The winner of Best Adapted Screenplay was the movie *Moonlight*, and Best Original Screenplay went to *Manchester By The Sea*. Visual Effects went to *The Jungle Book*, Sound Editing went to *Arrival*, and Sound Mixing went to *Hacksaw Ridge*.

The Oscar for Makeup and Hair went to the film *Suicide Squad*, which many people have criticised the academy for. Best Director went to *La La Land*'s Damien Chazelle. *La La Land* also took home the Oscars in Production Design, Cinematography, Best Original Score, and Best Original Song for "City Of Stars" with lyrics by Benj Pasek and Justin Paul, performed by Ryan Gosling. The best original song win took away Lin Manuel Miranda's shot at being the youngest EGOT winner in history (an EGOT is an Emmy, a Grammy, an Oscar, and a Tony).

Best Actress in a Supporting Role went to Viola Davis for her performance as Rose Maxson in *Fences*. Best Actor in a Supporting Role went to Mahershala Ali for his role as the father to the main character of *Chiron*.

Best Actress was Emma Stone's honour for *La La Land*, while Casey Affleck took home Best Actor for *Manchester By The Sea*.

And of course, the big one, Best Picture. In order to understand the incident, first some background on how the Oscars are set up. Either side of the stage has the red envelope with the name of the winner. In a public TV mishap that will be famed for years, someone gave the presenter's the second "Best Actress" envelope instead of the "Best Picture" envelope.

Presented by Warren Beatty and Faye Dunaway, Warren Beatty opened the envelope and seemingly joked with the audience by stalling saying the name. In a moment of needing to do something, Beatty said *La La Land*. As the cast and crew collaborated onstage to celebrate the victory, in the middle of the acceptance speech, Fred Berger said

"We lost, but [thank you]."

James Horowitz held up the official card for the cameras too see; *Moonlight* had won Best Picture. Horowitz was very gracious about his loss, stating "I'm going to be really proud to hand this to my friends from *Moonlight*."

Truly, a night to go down in the history books.



# Jazz Dessert Night

March 4th, 2017 marked the annual Jazz Dessert Night put on by the William Aberhart Jazz Program. Not only was there enough dessert to feed a small village, but the music itself was wonderful.

The night started with the delightful Combo One, who won "Best Calgary Jazz Combo" at AIBF this year. Following them was the Gyloh Winds band from Germany, on their "Music Knows No Borders" band tour.

Following them was the Abe 2 Jazz Ensemble, who won gold at this year's AIBF performance. After them was another German band, this time a combo by the name of "Sechs On The Beach" because there were originally six players. No, the combo is not what the German word for "six" sounds like.

After the second German band, the Vocal Jazz Ensemble took the stage with talented soloists Holly Sangster, Madison Gauthier, and Brianna Jones. After them was the Abe 3 jazz ensemble, then combo two. The Gyloh Big Band then performed, the third and final guest ensemble from Germany.

The night closed off with Abe 1, who, by winning gold at AIBF as well, made a full sweep of the jazz department's AIBF success.

The music department would like to thank the Reid Family, who donated the coffee, Brandi Bertamini, who donated the tea, and WAMPA for always supporting the bands.



# The Art of Self-Motivation



by LINDA HE

You wake up in the morning filled with dread, grab a coffee, skip breakfast, and head off to school. You drag yourself through all your classes in a passive manner, and you survive the day alone, alone in a sea of unreadable strangers. As you walk through the front door of your house and into the kitchen, you are reminded by a rich, robust aroma that you had skipped out on both breakfast and lunch. You stare at the sugar-filled snacks strewn the kitchen table. Your stomach hurts but you have no desire to eat, so you decide to grab a single brownie and head to your room. Unmotivated, you opt out of your studies and spend the rest of your day staring blankly at a bright LED screen. As night falls, you climb into bed, feeling wakeful and empty, without memory of any part of your day. Something feels wrong. You feel desolate, hopeless, guilty, and weak. You desperately want to fall asleep, but alas, your fatigue somehow prohibits you from doing so. Hours later, you are still exhausted and awake, but just as a glimmer of light trickles into your room, you find yourself being lulled into an unconscious state, quickly followed by the sound of your obnoxious alarm just moments later. You rip open your shrivelled eyes filled with dread.

You are depressed, undeniably depressed. You may not be aware that you are depressed, but you are depressed. It is normal to be depressed at least some of the time, because everyone will experience several periods of depression over the course of their lifetime. It is important to recognize that there many different causes for depression that range

from genetics, climate change, death or loss, major events, personal problems, substance abuse, illness, and many more. Sometimes depression may last for as little as a week, sometimes it may last for over a year. One of the biggest problems associated with depression is a lack of motivation. Studies show that when you are depressed, instead of being able to perform at 70%-90% of your full potential, you are only able to function at as little as 20%. Whether you are depressed or just simply unmotivated to work, here are some tips to get you back on track.

The first step to self-motivation is to acquire a healthy diet and regular sleep schedule. You may often find yourself being reminded on numerous occasions about how important it is to make healthy diet choices and to sleep well. That is because this is one of the key aspects to the foundation of any

healthy lifestyle.

Apart from eating wholesome foods and a rainbow-coloured variety of nutritious vegetables, you may also want to avoid a number of foods that include the following ingredients: Sugars, artificial sweeteners, hydrogenated oil, trans fats, sodium, white flour, caffeine, and alcohol. Foods that include such ingredients have been shown in studies to induce and promote depression, which is often linked to an unmotivated mindset.

As well as eating a healthy diet, it is also important to establish healthy sleeping habits. It is recommended for you to sleep 8-10 continuous hours a day, but no more than 10 hours, as sleeping too much can actually promote laziness and a variety of health problems. The quality of sleep you get is more important than the quantity of sleep you get. Avoid eating or doing vigorous exercises three hours before going to bed, and avoid doing homework, watching TV, or related activities at least one hour before going to bed. Sleep helps both the brain and the body to rejuvenate, to establish brain chemistry and to secrete sufficient hormones for your daily life. It is recommended for you to sleep in full sleep cycles every night. A sleep cycle will last about 90 minutes, and waking up at the end of a cycle will often leave you feeling refreshed and motivated for the rest of the day.

After ensuring that you have built a solid foundation for self-motivation, it is time for you to start setting goals for yourself. When you wake up in the morning, jot down a few goals you would like to accomplish throughout the day, physically write these goals down, and check off the goals as you complete them throughout the day. Do not check your social media news feed. This is a

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big productivity killer. Instead, use that time to ensure that you have a good, balanced breakfast, or, use that time to exercise.

When you first start doing this, set the bar low, keep the goals small and realistic. When you are only functioning at 20% of your full potential, having the same expectations for yourself when you are feeling 90% will only result in yourself feeling overwhelmed and defeated. Make sure the goals you give yourself are specific, such as completing chapter 7 of a book you are reading, or finishing the assigned question in section 3.1 of your math textbook. These goals are not meant to be enjoyable. When you are feeling unmotivated, you will lack an interest in doing tasks you would normally enjoy. This is why it is so important for you to set specific goals that are small, and realistically achievable.

Before you start tackling a task, envision how you will feel after you complete the task. Set aside any sort of distractions and delve into the given task with a focused mindset for fifty minutes. When your fifty minutes are up, stop, and take a full ten minute break. This break should be a revitalizing ten minutes that does not include reading, playing video games, or surfing the

internet. These ten minutes could be used for taking a shower, going for a quick walk, grabbing a snack, meditating, or anything that will recharge your batteries and get you back into a working mindset.

Avoid multitasking at all costs! Multitasking not only lowers efficiency and inhibits your motivation, but studies have shown that multitasking can lower your IQ by up to 15 points in cognitive tests, and the MRI scans of high multitaskers show less brain density in the anterior cingulate cortex. It is much better to focus solely on one task at a time with all your energy until it is complete. This is the best and most efficient way to get your work done.

Remember; never criticize yourself for being unproductive or lazy. Try to think of encouraging things you would say to your friends or family, and apply it to yourself. If you attempt to perform a task and fail, try again. Failure is only the beginning to success, use it as a stepping stone and move through it to your end goals. If you need help or support, remember to ask for it. There will be people who care, whether it may be your friends, family, teachers, a counsellor or even perhaps a total stranger, we will be there for you.

## Dear ABE

by ALEXIS HILL

Dear Abe,

What is the distance from a child to the sun in round meters?

-Curious

Dear Curious,

That is an odd question....

If the child were standing in the northern hemisphere in the midst of perihelion (Earth's closest point to the sun, which occurred on January 3 2012 at 6 pm Mountain Time) and stood 150 centimeters tall then the child would be about 149,597,870 kilometers from the sun. If the same child stood in the northern hemisphere on July 4 2012 at 9 pm Mountain Time (during aphelion, the Earth's farthest point from the sun) the distance between the child and the sun in regular meters would be 152,102,196 kilometers.

The really tricky part of this is the "round meters". Honestly what came over you to suggest round meters? For those of us who prefer slightly more standard units of measurement a round meter is a not a real unit of measurement, rather it is a round scale that measures quantities often used in electrical circuits. An example of a round meter would be very similar to a speedometer or an ammeter. The diameter of a standard ammeter (unfortunately) varies incredibly. Consequently, I took to Amazon. The current Amazon actual physically round ammeter under the searchword "ammeter" is the "CE Certified DC12-24V Plastic Car Boat Digital Voltmeter Ammeter Blue LED" by RDEXP. The diameter is 6.604 cm or 0.06604 m or 0.00006604 km. With some shaky unit conversions done by myself, one round meter is equal to 0.00006604 km. Therefore the distance between the child and the sun during perihelion would be 2 265 261 508 176.862 round meters. The distance between the child and the sun during aphelion would be 2 303 182 858 873.410 round meters. Clearly this depends almost entirely on your interpretation of round meters, however this is as accurate you are going to get from me at whatever horrific hour of the night it is.

Hoping this was helpful, or at the very least slightly amusing.

-Abe



# Take a Risk

by ADITYA KHATU

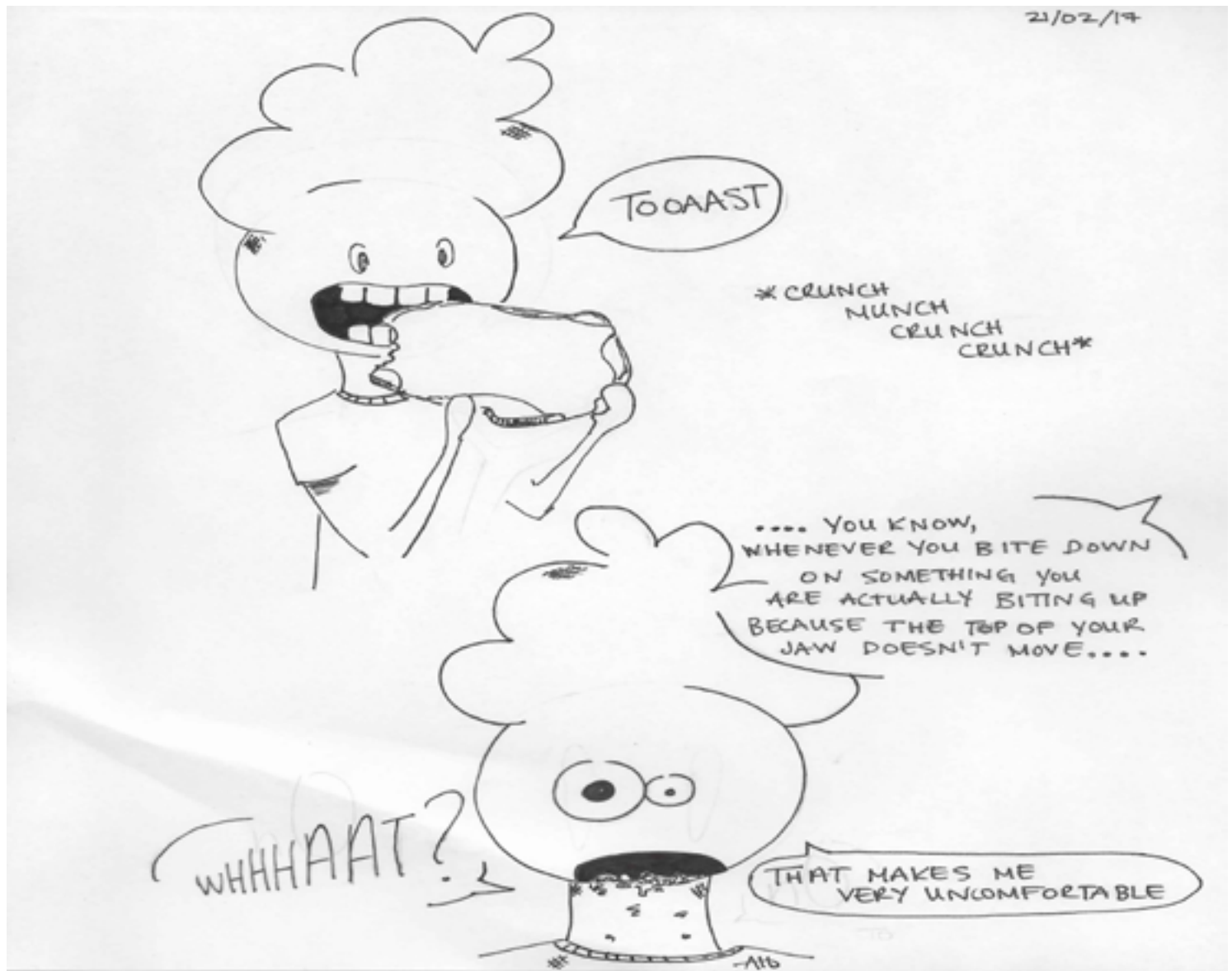
Late in 2014, Alberta underwent a crisis in the price of oil that hasn't been completely resolved yet. For those of us graduating this year, we've been living in this downturn ever since high school began. While there are signs of improvement, Alberta still hasn't reached the level of economic growth that it once enjoyed. A direct impact of the downturn was felt by those who worked in the oil and gas sector and who were laid off as the recession progressed. Even at this point there are engineers, geologists, geophysicists, and other business professionals still seeking positions.

To make matters worse, the majority of graduating high school students will be heading into the previously listed careers that aren't growing to accommodate increasing supply of professionals. For some new gradu-

ates of university, they have to move back in with their parents while they continue to seek jobs in their career. So what does this all exactly mean for those of you that are passionate about the sciences and are worried about the future? With this much uncertainty, a unique situation is created that can be used to your advantage. Basically if it's a known fact that it will be difficult to find a job after graduating, there's nothing that can happen that's worse than that. Not getting hired is really as bad as it gets. What this leaves you with is a chance to pursue whatever you please because there really isn't any risk. More innovation occurs during time of crisis, not comfort. Explore areas of interest, gain as much knowledge as possible and take the chance to veer of the well-beaten road. At this point in time, it's going to take you nowhere.

During Alberta's boom, a job in a large oil

company was desired by most and because of this research into alternative sources of energy shrank. Maybe this is where some of us can find success. Instead of becoming a chemical engineer because it used to be in great demand, maybe you can pursue a lesser known option. If you have an idea with some of your fellow students, create a startup. If nobody's going to hire you, might as well hire yourself. Seriously, if you have a dream just chase it. It's better than just waiting around for things to improve. Even if some of these things don't work out, you'll be more attractive to companies looking to hire. Perseverance is the only way that this downturn can be avoided anyways. University students find themselves with little responsibility to others while enjoying maximum freedom. There isn't a better time than now to take advantage of this to create your own path to success.





## The Metta Clinic Needs Your Help

by SEAN RUHLAND

The Metta Clinic, hosted in the Alberta Children's Hospital, was established in 2014 as a pilot project to provide trans youth in Alberta with the health care they need. This care includes mental health supports, puberty suppressants, and hormone replacement therapy drugs, also known as HRT drugs. When started, the wait list was just over nine months, which is still quite a long time for a trans person to wait in order to start their physical transition.

Three years later, the clinic has so little funding and such a long wait list that it's open half a day once a month, and the wait list is 29 months long. The time that it's open translates to less than 2 weeks in a full calendar year.

If it took 29 months to gain access to any other type of medical help, it would be called cruel. Politicians would be called out for not working harder to make sure medical care was accessible. But because this is for transgender youth, we have to fight to have it be called cruel.

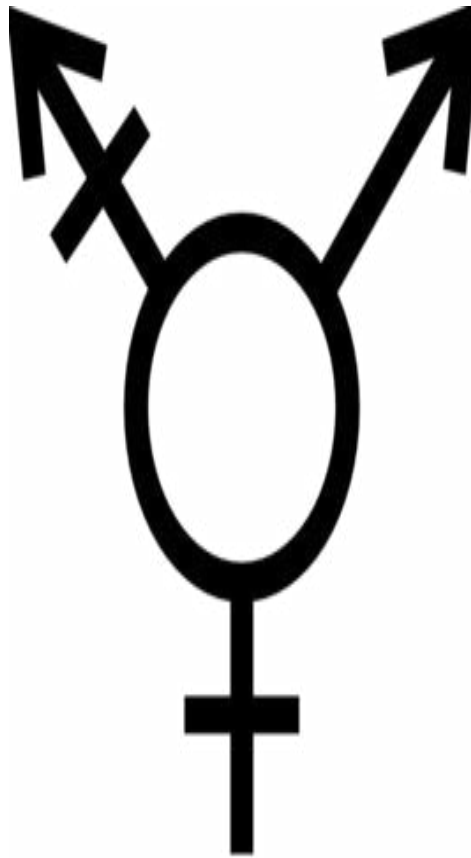
To put that time period into perspective, from the time of being referred to the clinic to the time you'd actually get into the clinic, you could be pregnant and give birth three separate times, back to back, and you'd still have time to spare before setting up your first appointment with them.

While waiting to receive this extremely exclusive care, trans youth are at risk for a plethora of mental health challenges, including but not limited to self-harming behaviors, suicidal tendencies, severe gender dysphoria, harassment, and abuse from ignorant people. All of these happen at much higher incidences than in any other demographic. The Metta Clinic is the only place in the entire province that allows trans youth to gain access to HRT and gender therapy. It's heartbreaking to know how much help is here in Calgary, but how restricted it is makes it so inaccessible.

The Skipping Stone Foundation (found at [www.skippingstone.ca](http://www.skippingstone.ca)) is working to change this. Every Monday of February, they released a video of trans kids and their families speaking out about the struggles faced while waiting to get this exclusive care.

On the website you can find a link to MLA listings and a template letter you can fill out. By sending this letter to MLAs across Calgary, you can help trans youth feel less afraid of who they are and less afraid of

their own body. It takes less than five minutes, but it will impact countless youth in our province for their entire lives.



## Cultural Speciation

by RILEY MARTENS

*"Life moves pretty fast. If you don't stop and look around once in awhile, you could miss it. I do have a test today, that wasn't bull\$#(%). It's on European socialism. I mean really, what's the point? I'm not European. I don't plan on being European, so who gives a crap if they're socialists. They could be fascist anarchists and it still wouldn't change the fact that I don't own a car. It's not that I condone fascism or any 'ism' for that matter. Isms, in my opinion, are not good. A person should not believe in an 'ism,' he should believe in himself."*

- Ferris Bueller's Day Off by John Hughes

This revered monologue from the iconic pop culture film, *Ferris Bueller's Day Off*, while mocking the usefulness of content learned in social studies, also shows some insights into the nature and utility of isms. One symptom of modern day life with political correctness, fake news, and the internet has led to the creation of some philosophical and ideological movements that cause a culture rift. Some of these movements are beneficial such as raising finances and support for not widely known issues, for example Clowns without Borders that looks to provide entertainment and joy to the underprivileged. Others are questionable in their nature that may use hatemongering, bigotry or pseudoscience to support their beliefs or causes, such as "anti-vaxxers" or Donald Trump and some supporters. Some of these however result in the strange and odd, like speciesism or third wave feminism.

Speciesism, in its simplest form, is the assumption of superiority based off of an individual's species. This can lead to the assigning of certain rights and values to a certain species. It is ideologically similar to racism or sexism, where instead of ethnicity or sex, it is the species. Speciesism however is a lesser issue by a large margin compared to racism or sexism. Speciesism is most prevalent towards non-human organisms, also considered human supremacism, however some pets, cats or dogs, benefit from this favoritism. Those who condemn speciesism, almost always advocate for fair treatment of animals, and sometimes equal rights for all species. Speciesism is closely associated with veganism, with many being vegans to avoid animal exploitation. Some supporters for species equality range from Richard Dawkins, an evolutionary biologist, to PETA.

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Arguments concerning speciesism are interesting because they merge ethical philosophy with biology and natural history. One argument against speciesism is called the "discontinuous mind" proposed by Richard Dawkins. He argues that the remainder of animal kingdom is separate from human ethics and laws because the tendency to categorize organisms. He illustrates the allegory that a zookeeper has a right to put down an animal. If the zookeeper did put down an animal there would be minimal backlash, however if a zookeeper would put down a human the consequences would be grave. This does show the disparity between human and animal rights. Another argument is animal mistreatment is abundant in industries of animal exploitation, and solution to this would be to push towards animal equality. This seems more pertinent in areas with animal experimentation and abuse, which is morally troubling. Speciesism can be shown to be a tool to show the privileges of humans and the mistreatment of animals as a consequence.

Some arguments for speciesism and human supremacy are validated for economic and historical reasons. The first argument is humans have the right to exploit animals because they emerged as the dominant species of the planet since the agricultural revolution. The majority of animals used for exploitation are for food and clothing, including sheep, cows, and pigs, are a product of domestication. These animals are a consequence of artificial selection, and were specifically bred for these purposes. A second argument is rights and equality should not be extended to these animals because rights and equality are human concepts and may only be applied as such. Rights and justice were conceived as human ideas and the addition of animals as equals would shake the foundation of such systems. Speciesism is not as valid as sexism or racism because ethical and sexual differences are minimal and negligible compared to different species as a whole. Arguments for speciesism can even lead to illustrating the favour humans show to certain species, such as pets, and how they benefit.

Speciesism through and through is an interesting and thought provoking topic. Arguments both pro and con, can show the differences in privileges humans may take for granted, the idea of universal concepts, like justice, only being pertinent to one species, the concept of sentience and the

natural history of some species. Speciesism brings to the forefront whether humans have an inherent right to exploit animals without regard, treat them as equals or exploit them, but with a greater regard in the manner of doing so. As the future advances, speciesism may move from the dredges of forum debates and animal activist marches to a hot topic, especially with environmental awareness rising. The logical conclusion that may be drawn from speciesism will be ever more pertinent when humans achieve in creating true A.I. Should robots be given the same rights as humans or animals, and what do we classify as sentience?



**"LIFE MOVES  
PRETTY FAST.  
IF YOU DON'T STOP  
AND LOOK  
AROUND  
ONCE IN A WHILE,  
YOU COULD  
MISS  
IT."**





# Crossword

by JORDAN BUNKE



Across:

1. A specific type of mollusk
5. An oblong fruit resembling an apple
8. \_\_\_\_ "Left Eye" Lopes
10. Finding \_\_\_\_; the first one
12. The subject of discrimination according to the definition of xenophobia
14. AI \_\_\_\_
15. Acronym for technology such as the Oculus Rift
16. A globe; synonym
18. Collective term for the non-human subjects of "Jurassic Park"
20. To be, first person
22. Elliptical with equal semi-axes
24. Vocal emissions for musical purpose; present participle
25. An ancient rock with inscriptions
26. A sampling of choices can be found on one
28. Indian colour festival
29. Bear, Spanish
30. To offer compensation, often monetary
32. The seven deadly ones should be avoided
33. Vessel in Star Trek

Down:

1. Municipality mentioned in the title of Drake's song "4 PM in \_\_\_\_"
2. \_\_\_\_ in one
3. The capital of Burkina Faso
4. "Money" in Spanish
6. A subculture, staples of which include dark clothing and makeup
7. The back
9. Preposition, synonym of within
11. Kafka: "The \_\_\_\_"
13. The \_\_\_\_ of Man
15. Kafka: "Die \_\_\_\_"
17. "Dirty \_\_\_\_ 2"; a Future mix-tape
19. Naked: "in the \_\_\_\_"
21. To make something less severe
23. Preposition, synonym of on top of
26. The northernmost of the eastern contiguous states
27. To gain power by force, such as with a coup d'etat
31. A mildly term used in Great Britain



## HOROSCOPES

by TWINKLEGAZE ASTROPANTS



### Aries (March 21 - April 19)



Roses are red,  
Violets are blue,  
Horoscopes are bland,  
And so are you,  
I'm writing this in prose,  
So you'll understand,  
Then we can be bros,  
And all be together in happyland,  
Aires you're the ram,  
We'll have to goat you to believe,  
Stop sending spam, using my ram  
Shalt Shakespeare cleave,  
From the knaves t'il the chops,

### Taurus (April 20 - May 20)



We got beef, Taurus,  
I'm gonna swear beep-blop,  
This ain't a rap, but it's got a chorus,  
Trap you in a beat some trip hop,  
I say shanks for the memories,  
You're not an udder failure,  
You're key maintianing trees,  
Tell those hippies you cur!

### Gemini (May 21 - June 20)



We'll be like identical twins,  
So inseparably Siamese,  
We'll be the future kingpins  
Gemini, all the other signs we'll  
tease,

### Cancer (June 21 - July 22)



I'm sorry Crabs and Cancer,  
You make me sickly silly,  
Be raised by a necromancer,  
My throat lumpy and hilly,  
**Leo (July 23 - August 22)**



Roar, Roar like a lion,  
Like a latino with dreadlocks,  
Shakira your mane in Zion,  
Rasta from the town to the docks,  
I'll be like Dicky Lioheart,  
I'll do my lengthy part,  
I'll have to survive from backlash,  
From my created word clash,  
They carried me away in a cart,



### Virgo (August 23 - Sept 22)

Lost rhyme scheme specs,  
Just to poke fun at the next,  
For safety Bunke checks,  
That I don't say the word Mexican,  
I can't say things,  
But I can still make fun of Jordan,  
He can't read them in wing-dings,  
He looks at me and says man?  
Endless censorship in abundance,  
I don't stand a chance,



### Libra (Sept 23 - Oct 22)

This will be equal to and fro,  
A scale of balance required,  
Nothing is ever free yo,  
Whoa slang! I give up tired,  
Equilibrium will be achieved,  
But not in the rhymes or lines,  
However this is your pet-peeve,  
Ruins the wind in the chimes,

### Scorpio (Oct 23 - Nov 21)



Do you hear that?  
A snake named Steven,  
Scorpio he is, and a brat,  
Slither Steve, I can't even,  
You're as fun as a rave,  
Where we sit there and drool,  
Watching reruns of Caillou,  
That bald cancerous knave

### Sagittarius (Nov 22 - Dec 21)



An archer so keen and pristine,  
Does a double squat at the pot,  
He's a mean, lean shot machine,  
He don't get caught, with you lot,  
You'll be like cupid,  
No matter how stupid,  
The idea of shooting people,  
Gives the idea of gun control,  
From m'erica and it's Seoul,  
Even under the steeple,



### Capricorn (Dec 22 - Jan 19)

Capricorn you vegetable,  
You're gonna get reactive,  
To this caustic chemical,  
Of a comment that's not attractive,  
These sciences puns are magnetic,  
You find them repulsive,  
Like a many limb prosthetic,  
It looks so prophetic and aesthetic,  
I do thisobsessively, compulsive,  
In praise of flat adverbs, What else?  
Unlike else where ther is nothing,  
Badda padda ladda bing ping!



### Aquarius (Jan 20 - Feb 18)

You can carry water,  
That's a bit diluted,  
So can I, you otter,  
This bravado is well rooted,  
**Pisces (Feb 19 - March 20)**



I have a proposition for Pisces,  
A riddle concerning two fish,  
They had a series of crises,  
Concerning they had a wish,  
To be a NBA starting line quar-  
terback,  
They just dreamed of legs,  
So they bid with an ace and jack,  
To bad I ate caviar using their eggs,  
Too bad this didn't make sense;  
So I can't make change, Cash  
Money!  
WE HAVE A WINNER!  
!MC ASTROPANTS!

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

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