

THE ADVOCATE

William Aberhart High School
April 16, 2026



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Note from Head of Layout:



Guess where I went on spring break...

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FROM MENINGITIS TO MEASLES: A REITERATION OF THE IMPORTANCE OF IMMUNIZATION

by: Laura Z.



On the 13th of March, 2026, the United Kingdom Health Services (UKHSA) were notified of a case of meningitis in the county of Kent; a student of the University of Kent was identified and diagnosed with the highly dangerous disease, commencing what would become a nationwide outbreak. In response the World Health Organization (WHO) and the UKHSA have reiterated the importance of vaccination to prevent not only infection, but transmission as well.

It is crucial to recognize the necessity of vaccination, as immunization saves the lives of not only yourself, but your community. If a disease such as meningitis becomes prevalent in society, the best form of combat shows itself to be inoculation. However, more and more cases of hesitation are appearing globally. Concerns have been raised around uncertainty on the necessity or safety of vaccines, which is detrimental to society's ability to stay healthy. These pressing issues remain a reminder to society that vaccination is not just a safety measure for yourself; self-immunization stops the spread to other individuals, some of which aren't capable of receiving vaccinations themselves.

The situation in Kent intensified, as hospitals reported an increasing number of symptomatic young adults consistent with meningococcal disease. By Sunday, the 15th of March, the UKHSA prepared an extensive response, preparing for large-scale administration of antibiotics on the university campus. However, it was reported that two people had already died due to the disease. By the 17th, the UKHSA announced a targeted immunization programme against the MenB strain for all students of the university living in residency.

Meningitis, caused by group B meningococcal bacteria, is an infection spread through prolonged interaction and contact through the nose and mouth of infected individuals. While it is most common in youth populations, it can affect anyone. The meningococcal bacteria appears in multiple strains and can have a variety of symptoms, such as: fever, vomiting, headache, confusion, joint and muscle pain, and aversion to bright lights. If left untreated, meningitis can result in hearing loss, brain damage, epilepsy, and in some cases it may even be fatal.

Thankfully, there are many vaccines available against the meningococcal bacteria, though they do not encompass all of the different strains of the disease. This is why it is critical to be up to date with all of your vaccinations, even if you have received a dose in your childhood. According to the Government of Canada's immunization guide, healthy children of around 12 months in age are recommended to be vaccinated with a monovalent conjugate C meningococcal (Men-C-C) vaccine routinely, though it should also be considered for all children up to 11 years of age. There are many more immunization options available in Canada, encompassing low, high, and even post-exposure risk, ensuring that everyone has an opportunity to protect themselves and others from infection.

Another concept to pay attention to is herd immunity, also known as population immunity. This concept accounts for the individuals in society who do not have the opportunity to receive the vaccination or are not physically able to due to illness. If everyone plays a role in getting immunized, we can better protect the lives of those who cannot.



The situation in Kent is alarming, as the meningococcal disease is fairly uncommon, ranging from 300-400 cases yearly in the UK. In Canada, about 200 cases are diagnosed yearly. It is the rapid emergence of the outbreak that is unique about this scenario; as of March 23rd, 29 cases have been confirmed.

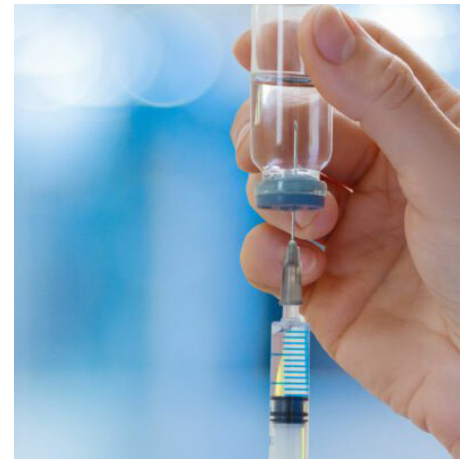
A similar situation has arisen in Canada, with a monitored increase in measles and rubella cases in the month of March. Between the 15th and 21st, 68 new measles cases were reported, a shocking contrast to the 0 cases reported within the same dates of March just last year. So far, in 2026, a total of 650 cases of measles has been reported by the provinces of Canada. Manitoba has reported the highest distribution of cases, amassing to 392, with Alberta having the second highest at 209 cases. As of November 10th, 2025, The Pan American Health Organization has revoked Canada's measles-free status. Measles, unlike meningitis, is one of the world's most contagious diseases; it is airborne, spreading by coughing or sneezing. According to the WHO, "One person infected by measles can generate up to 18 secondary infections", proving that it is highly infectious and can lead to incredibly severe complications.

Both of these cases entail rare—if not previously eradicated—diseases, which have greatly impacted many people on an international level. Advocates against the necessity of vaccination often state that inoculation is a personal choice, and should not be enforced upon any individual. Nevertheless, they ignore the repercussions their choice has on community, not accounting for the individuals in society who do not have the opportunity to receive the vaccination or are not physically able to due to illness. In the end, the individual decision becomes one of selfishness, or survival.

So why is it on the rise again in Canada? The answer lies in the public's so-called "vaccine hesitancy", a term that can be described as a median between outright refusal and acceptance of all vaccines, likely due to a decline in trust of science and medicine across the country. A survey conducted by the Government of Canada concluded that 17% of parents either hesitated or refused to vaccinate their children with one or more non-influenza vaccines. This lack of confidence is detrimental to the fact that community safety relies on everyone to keep diseases such as measles and meningitis at bay.

Immunization saves millions of lives, as vaccines incorporate your body's natural defenses to build protective immunity. According to the WHO, "Immunization currently prevents 3.5 million to 5 million deaths every year from diseases like diphtheria, tetanus, pertussis (whooping cough), influenza and measles." It is an indisputable fact that healthcare is a human right, and is one of the most important investments to continue to move society in a forward direction.

Events such the meningitis and measles outbreaks remain a reminder to the world of the necessity to utilize precaution and safety measures in order to avoid spreading sickness. Especially amongst younger communities, being informed about your personal health and what you can do to help keep others around you safe is the first step to creating a world where diseases such as these are completely eradicated. As science and technology continue to develop and more vaccinations become publicly available, it becomes more important to understand the benefits of immunization and play a role in preventing outbreaks from becoming epidemics, or ultimately, pandemics.



THE ADVOCATE

THE ADVOCATE is the official newspaper of William Aberhart High School. 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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“I AIN’T READING ALL THAT”

THE CULTURAL DECLINE IN MEDIA LITERACY

by: Addison C.



“I ain’t reading all that.” What started as a joke in comment sections has quietly evolved into a far more serious reflection of how people interact with information. In a world where content is designed to be fast, effortless, and instantly gratifying, the willingness to engage deeply with text is fading. This shift isn’t just about shorter attention spans or changing habits, but it points to a broader decline in media literacy. As people grow more accustomed to skimming, summarizing, and scrolling, the ability to critically analyze and fully understand information is weakening. In an era where misinformation spreads rapidly and digital content dominates everyday life, this decline poses a significant cultural and intellectual risk.

Media literacy is defined as “the ability to critically analyze stories presented in the mass media and to determine their accuracy or credibility.” Beyond the scope of books, said media includes everything from movies, news articles, social media posts, podcasts, music, art, etc. To be media literate is to ask questions such as “Who made this and why?” or “Is this really accurate?” Essentially, media literacy is the ability to be conscious of what your brain is absorbing. It allows people to think independently in place of being

spoon fed opinions. Without the practice of media literacy, information is simply consumed instead of being understood.

In our modern technological society, that ability is starting to weaken very evidently as around 50% of Americans read below a sixth-grade level as of November, 2025. However, these statistics don’t just highlight the ability to read, they also highlight the gap between access to information and actually understanding and evaluating it. Reading, although often viewed as monotonous and boring in this age, provides practice and triggers the proper thought process to provide individuals with a sense of media literacy. When reading, you consume texts at a slower speed and therefore give your brain more time to process the information that is being conveyed. In an overwhelming world saturated by information, it’s vital to take a moment to understand what said information truly means.

However, the root of the issue lies in the quick and easy content consumption social media provides. Present day platforms have trained people to expect information in a very short amount of time. Platforms such as TikTok have mastered the “dopamine hit”, which delivers endless streams of content that require little to no time and

effort to process. Over time this subconscious doom scrolling trap psychologically reshapes attention spans. When the human brain receives satisfaction from minute long videos, reading a 300 paged novel or even a 1,000 word news article becomes mentally taxing. This issue runs deeper than just distraction and into the diminishing ability to stay engaged with complex ideas for long periods of time.

The COVID-19 pandemic in 2020 has irreversibly changed society in many ways, one of which includes this decline in media literacy and the accelerated dependence of social media. During lockdowns, education was moved entirely online, and students relied heavily on visual and online learning. While this information was more accessible at the time, it reduced the amount of deep, focused learning students were expected to do. On top of that, the internet and booming social platforms at the time became much more accessible and appealing to quarantined students.

A couple years later, the rapid rise of generative AI took things a step further. AI platforms such as ChatGPT became a tool for students to summarize readings, complete assignments, and generate answers in seconds. These tools are, of course, life changing and convenient to anyone who

ISU FIGURE SKATING WORLD CHAMPIONSHIPS: PERSONAL PREDICTIONS + RESULTS ANALYSIS

by: Lia A.V.



As of today, March 22nd, there are 2 days left until the ISU Figure Skating World Championships, held in Prague, Czechia. Notably, this event is the highest competitive level one can reach in the sport, as only the top 1-3 athletes of each country make the cut. After the 2026 Milano-Cortina Olympics, there has been a spike in interest in figure skating, and for good reason, it's one of the most mesmerizing sports to watch. Seeing as World Figure is typically the last event of the 2025-2026 senior season, it is more than likely that the public wants to see their favourites compete one more time before they vanish until July, or, in some cases, before they retire. In light of this, I have been relentlessly checking the ISU world standings, and trying to come up with predictions as to what could happen over the course of this year's event.

Sure, the standings usually predict who will win, but, there have been many instances in this season where not only have some underdogs, such as Mikhail Shaidorov, come back stronger after placing pretty low in other events, but also moments where reigning champions freeze up, and lose it all in one skate. Either way, I can't

ignore the fact that a good day for one skater and a bad day for another can flip tables; with this in mind, I would like to illustrate my hopes for the 2026 World Figure winners, in both the men's, and women's singles disciplines.

Starting with the women, I truly believe that Kaori Sakamoto of Japan has a real shot at getting gold. The fact that this is her last skate ever before retirement leads me to believe that she would want to go out with a bang. Placing second overall in women's singles at the Olympics is no simple feat, and, looking back at the data, Sakamoto was only 1.89 points short of the 2026 Olympic champion: Alysa Liu. Especially because Alysa has announced she will unfortunately not be present at worlds this season, I don't think there's anyone else who could hold Kaori back. Though I am not ready to say goodbye, I think one last good win before it's over is deserved; she's worked so hard this season, and I think it will pay off.

Up next: Ami Nakai, also from Japan, is my silver medalist. Being only 17, Nakai has demonstrated such dedication, and such talent. In the beginning of the season, a lot of people didn't have high hopes for

her, given her age; albeit, I can see why some might have had such doubts: 17 is extremely young in the seniors' space. Nevertheless, she has proven that she is more than worthy to have her spot on Japan's national team—side note, the raw domination Japan has shown in figure skating this season is jaw dropping. Placing third overall at the Olympics, I think Ami is coming to Prague wanting more. She's already proved so much to so many during her debut, and I'm so excited to watch her programs; I pray she has a long career ahead of her, and that this is just the beginning.

Finally, yet importantly, I need to see Amber Glenn of the United States as our bronze medalist. Amber has fought for this since 2022, going from considering retirement after not making the 2022 Beijing team, to making the 2026 Milano-Cortina team and placing 5th overall. She is 26 now, which is considered "old" in this sport, but nevertheless, Amber continues to push boundaries. Being the oldest American woman to compete in the Olympics in nearly a century, as well as one of the oldest women to land a triple axel in competition, she is truly an inspiration to

so many. But, not only is she a great athlete, she's an amazing human being. Her focus on breaking the stigma surrounding mental health for athletes is super impactful. In the figure skating world, Glenn is said to be one of the leading figures in the reform of the skating world, taking it from toxic and full of rivalry to wholesome and sportsmanship focused. I need to see her get her flowers in the form of a gorgeous medal from Czechia.

Switching gears, let's look at the men's discipline! For first place, I, of course, am going to predict a three-peat World Figure win for Ilia "QuadGod" Malinin. The public can say what it wants, but it's indisputable that when he is in that mode, he goes undefeated. Though the Olympics were a shock to him, he's done worlds before, and has won, twice. I think he's coming to Prague with an even stronger competitive spirit & he has something to prove. When asked how he felt going into it, (especially after the incident...), he stated he was going to "get up and use that as motivation." I think he's back for blood, and I guess all that's left to do is see what fate has in store for him & his quadruple axels.

Secondly, it is imperative that Yuma Kagiya has silver in the bag. Kagiya has shown us all that he is capable of, and his energy is just radiant; he owns the ice he skates on. Some of the most memorable moments of the Olympics were his programs; with beautifully crafted step sequences, a mastery in artistry, plus astounding technical elements like his gorgeous quadruple toe loop, I can see him placing extremely high, maybe even just a couple dozen of points behind Ilia. Similar to Ami, I have confidence in a long and prosperous career for him; Snoopy incarnate will not let Japan—or, to be honest, the rest of the world—down, because we are all rooting for him.

By the same token, we, (yes, we), all believe that the bronze medal is reserved for Mr. Canada, The heart of UoF himself: Stephen Gogolev. Historically, Canada has been in a bit of a slump in both the women's and men's disciplines, resulting in only one available spot for a Canadian skater per singles discipline. Though he is the only Canadian man to have gone

international this season, he's making a comeback for the whole country. After he placed 5th overall in the Olympics, I have so much faith in him, and I think it's in his hand to move up even higher. With endless charisma and laces that come untied in the worst times, Gogolev is putting Canada back on the global radar.

In short, my predictions for the women's discipline are as follows: 1. Kaori Sakamoto, 2. Ami Nakai, 3. Amber Glenn. In the same fashion, I believe that the men's discipline standings will be: 1. Ilia Malinin 2. Yuma Kagiya 3. Stephen Gogolev. This article will be completed March 29th, when World Figure 2026 concludes.

As of today, March 29th 2026, World Figure is over! That was an emotional roller coaster. To keep it brief, since this article is already long enough, my predictions for the women's discipline champions were way off. Officially, we have 1. Kaori Sakamoto (JPN), 2. Mone Chiba (JPN), and 3. Nina Pinzarrone (BEL).

Alas, my previous statement about underdogs stands true! I'm surprised by how well Nina skated; not because she isn't talented, but because I had never really seen her sparkle so much before! All it took was a moment of motivation; something looked like it had switched in her face, and all of a sudden her stake fell right into place. Overall, her programs were very well executed, I'm excited to see where she goes next season.

Additionally, I am elated that Kaori placed first, not because she was the only medalist I was right about, but because she got to go out in glory. Like I said before, I am not ready to say goodbye, and watching her take her final victory lap, while also trying to finish some late work, may result in a couple of my assignments being turned in with tear stains on them; (sorry in advance to my teachers).

However, my joy is quickly converted into absolute anguish when I remember what happened to Amber Glenn. Watching the absolute shock of popping her triple axel entrance cross her face was devastating; she is not the most consistent skater, but her heart is always in it, and that is the most valuable thing. I was rooting for her

and still am, but with the way this season went, (though by no means is 6th in the world a bad thing), coupled with her age, I worry that she may announce her retirement; I guess all we can do is wait for next season...

Moving on, the official men's discipline standings went a lot better in terms of forecasting. For the 2026 season, we have 1. Ilia Malinin (USA), 2. Yuma Kagiya (JPN), 3. Shun Sato (JPN).

Of course, who else could've won worlds except for the QuadGod? He showed up, he delivered, and he kept his promise! Malinin's comeback: from 8th at the Olympics, to 1st in the world, is exactly what I had hoped for. His evolution this season has been extraordinary, and genuinely inspirational; one bad moment does not define your entire career trajectory, all that matters is your ability to stand up again, and use it as motivation to come back stronger, scrappier, and better.

On that same note, I am euphoric that Yuma placed second! Although my initial hypothesis that he would only be a couple points behind Ilia was slightly off, he, nonetheless, still made it up onto that podium, where he deserves to be. Overall, Kagiya had an amazing season, and although I am sad to see his I Wish program go, I'm so excited to see him again next season. Him and Shun are a lethal combination, and again, that Japanese domination is strong!

Overall, I think the men's event was just perfect. Stephen Gogolev placed fourth, and although I wanted to focus on the medalists, I couldn't skip over Mr. Canada's great feat. Remember how I had said Canada has been in a slump? Gogolev gave it his all, and ended up unlocking another spot for Canada in the men's discipline for the next season! As I type this I cannot stop smiling; next season is going to be a true adrenaline rush, and I cannot wait to see who goes with Stephen to worlds next year; genuinely, he's revitalized the way Canada is perceived in the figure skating world, and in doing so, has become my absolute favourite figure skater. Big things lay ahead for him, I can already see it.

FROM COWBOYS TO CUBA: AN INTERVIEW WITH MR. ANDERSON

by: Ruby T.

Tell us a bit about yourself, a little introduction

I grew up in South-Eastern Alberta, just North of Brooks. I was born in Brooks.

I grew up with agricultural, cowboy, and oil culture. Both my parents were born there. Then they divorced, and

I came to Calgary. From age 10 I spent basically the rest of my youth here, and was sort of acclimatized to city culture. I went to school here, and then went off and studied elsewhere and worked abroad. I did a degree in political science, and then I did a degree in education in French at the University of Alberta.

What are some of your hobbies/interests?

Oh, well, I like photography, all the prints in my room are my photography.

I like writing, I like playing squash, hiking, kayaking, reading, and studying Spanish. Yeah, travelling and learning how to cook dishes from different cultures, that sort of thing.

If you had to describe yourself in 3 words, what would they be?

Good question... Empathetic, compassionate, and funny.

You mentioned that you grew up in Calgary. What school did you go to?

The high school I went to has been renamed Our Lady of the Rockies. It was renamed after the revelations of the residential schools, but when I went there, it was called Bishop Grandin.

How did you end up at Aberhart?

So actually, funny coincidence, when I first decided to start teaching, it was probably nine years after my degree,

I moved. I wanted to move somewhere close to the university because I liked the area from when I was a student. I moved to a half a block away from Aberhart, and when I was driving, I said, oh, isn't that funny there's a school right near where I'm moving to, maybe I will end up working there. My second interview was with Jacques Ferguson (previous Aberhart principle), and I got the job.

I worked for three and a half years, and then I went to the junior high that I was at



previously for 11 years, and then I had the opportunity to come back. I ran into some teachers that told me there were positions opening up at Abe, so I reapplied to come back.

What's your favourite book/movie/play to teach in French?

For movies, I like teaching "Babine", that's quite good. As far as books go, it would be "La Route de Chlifa". Outside of school material, my favourite French book is "Le Comte de Monte-Cristo" and my favourite movie or play is "Les Misérables".

How many languages can you speak?

I can only speak two fluently. But I did, at one point, have a good conversational level in Japanese, and I've been restudying Spanish. So my Spanish is at an OK level for reading, but for speaking, it's not very good.

I'm getting back to an intermediate level for Spanish.

How many countries have you been to, and can you tell us about one of them?

I've been to a lot of different countries. I don't know how many, definitely more than 10, but probably the country that I know the best would be France or Cuba, and I think Cuba is quite interesting. It's the country that was really the most drastically different from Canada when I lived there. I studied Spanish at the University of Havana, and it was different because it's not the same sort of capitalist system that we have here. So there wasn't a lot of advertising, and there's not a lot of access to consumer goods, there's a lot of censorship.

So when you go into a bookstore, you can't just buy any book, it is limited. The country was different because people couldn't just buy and sell their houses, so there was a real sense of community. When you made a friend in Cuba, you really made a long term friend. So I was

there initially in 2008 and 2009, and I'm still in touch with the friends I met there at that time. Also, there's a real sense of community and culture and emphasis on sports, it's really about your being as a person, the idea of "being" as opposed to having, because they don't have a lot as far as consumer goods go, but they do "have" a lot, you know, quote unquote in the sense of who they are.

So there's a lot of emphasis on the arts, music, sport, culture, reading, and being well educated. Of all the photos in my room, many of them are from Cuba. Like, there's a photo at a birthday party where everybody came and they all dressed up and made funny costumes, but nobody had anything. And then what they really brought to the party was their conversation, their fun, and their music. Everybody was singing, and it was probably one of the best birthday parties I've ever been to. Everybody knew everybody very, very well.

Who's one artist you want to see live?

Well Neil Young is one. And I did see him live here at the Jack Singer, when he did the Honour the Treaties tour. Apart from that, I would love to see Pink Floyd. One of the most recent artists that I've been listening to is William Prince, and I did just see him recently.

What were you like when you were in high school?

I was probably not one of the better kids until I was in my last year, and then I started to take school more seriously because I became more thoughtful about, "okay, where am I going to go in life and what do I want to do?" And the seriousness of becoming an adult and having a future. So I would say I was really kind of a happy-go-lucky spirit until probably my last year where I really started to think, "okay, I need to study, I need to be more serious in my work."

If the world were ending, what would you choose as your last meal?

I don't know. It's a tough one. Probably a French fondue.

What's a fun or little known fact about you?

Well, I used to ride steers in the rodeo. I used to rodeo as a kid until I was 14. And it's not something that I pursue now, but I

grew up riding steers from the age of eight until I was fourteen.

What is something you look forward to every spring?

Gardening. Yeah, growing garlic.

When you were a kid, what did you want to be when you grew up?

No idea. I probably wanted to be a famous cowboy when I was a kid. Like a bull rider, a famous bull rider.

Do you have a role model/idol?

Yeah, Noam Chomsky, and Chris Hedges. Because they're people that care about others and they are fighting for social justice, for those who are the most persecuted or downtrodden. And they don't have to. They do it because they see it as part of their intellectual responsibility and

they use their voice to advance the idea of human rights and social justice.

Any advice for this year's graduating class?

I wouldn't give advice to others, but I found what was good for me was when I asked my friend's father about life, he said, "Make sure you take the time in your youth for yourself, before you start with a family and a career that you've had that time to really explore who you are as a person". And probably, I would say, live on your own independently for just a year. Somewhere outside of Canada. And enjoy yourself.

Any closing remarks?

Yeah, I think it would probably be just to be nice to yourself.



SEVEN WORKS TO LEARN ABOUT CLASSICAL MUSIC

by: Cameron W.

“Classical” music is a massive genre, consisting of hundreds of years of musical development. The vast number of pieces that fall under the title of western “classical music” makes it difficult to define this genre and therefore daunting to know where to even begin. This article is hoping to help you along that path, providing you with eight suggestions plus additional listening recommendations to show you what classical music has to offer. The seven pieces are all very different in terms of style and sound, and they may challenge what you believe “classical music” to be. Along the way, you will also be introduced to some key terms that you should know to begin your classical music journey.



~1724 - Concerto in D Minor for Two Oboes, RV 535 - Antonio Vivaldi

A concerto is a type of piece that features a soloist or soloists against an orchestra or ensemble. Concertos are typically written in three self-contained sections, called movements, that can be listened to separately but are intended to be heard in a specific order.

The carefully thought out interplay between instruments in an orchestra, also called instrumentation, is a hallmark element of this piece. For example, the oboes and orchestra regularly exchange short passages in the second movement that leads to a playful sound. The fourth and final movement further expands on this idea with a concept called polyphony, where multiple melody lines can be heard at the same time. The third movement is quite different, but it is quite common to

have a different feeling movement, usually the middle one in a concerto.

Overall, the key thing to listen for is the way that Vivaldi chooses which instruments to play different parts and how they interact with each other.

Further Listening:

Vivaldi's *Bassoon Concerto in E Minor, RV 484* is a very playful and interesting piece that even further expands on the careful instrumentation of RV 535 (a catalogue number for Vivaldi's works). Both his *Flautino Concerto in C Major, RV 443* and *Flautino Concerto in C Major, RV 444*, demonstrate this as well, this time featuring a soprano recorder soloist.

~1710 - Toccata in E minor, BWV 914 - Johann Sebastian Bach

Both this piece and the previous one come from the Baroque era, the first of three major “foundational” periods of classical music which lasted from about 1600 to 1750. Polyphony, as seen in RV 535, is a major part of Baroque music and a fugue, is a piece in which these multiple lines of melody occur throughout the entire piece. This piece's last part is a famous three-voice fugue. The thing to listen for during this part is the complexity that arrives when you have three independent melodies all playing at the same time. It isn't always clear which of them should be the main focus, but that is the fun part about fugues—they have a very different sound to other pieces you may have heard.

Further Listening:

Bach is widely regarded as the “master of the fugue” and he composed several hundred of them. An interesting thing about the genre is the ease in which it can be arranged for other instruments. You can explore this idea with many fugues, but his most famous organ fugue, the *Fugue in G minor, BWV 578*, also known as the “little fugue,” is a good place to start because there are so many arrangements.

1773 - Quartet in B-flat Major, K. 159 - Wolfgang Amadeus Mozart

This piece was composed in what is known as the Classical period, which last-

ed from about 1750 to 1820. The Classical period was somewhat restrictive compositionally, and prioritized things such as form and symmetry. The first movement of this string quartet (a group of four musicians consisting of two violins, a viola and a cello), is a good example of the style of this period. In the first minute or so, you can hear how the harmony resolves quickly, adding tension and releasing it in a specific way—a cornerstone of the classical period. Listen to the way the quartet doesn't feel that “free,” instead feeling more rigid and planned out.

Further Listening:

A good majority of music from the Classical Period is similar in its structure and use of form. If you like this sound, find a composer or two you like and try some different types of pieces (like sonatas, concertos, quartets, etc.). The three most prominent composers include **Joseph Hayden**, early works by **Ludwig van Beethoven**, and of course **Wolfgang Amadeus Mozart**.

1846 - 6 Lieder, Op. 1 - Fanny Mendelssohn

The Classical period overlapped slightly with the Romantic Era, which lasted from about 1800 to 1910. It marked a change and opposition to some of the ideas of the classical period with music that was expressive, emotional, dramatic and most of all, individualistic. Fanny Mendelssohn was one such composer, but unfortunately was not given the respect she deserved. Despite the struggles of being a female composer in the music scene at the time, she was able to write over 450 brilliant compositions, nearly half of which are lieder, or art songs—the setting of German poetry to song, usually accompanied by the piano. Her opus one is probably her most famous song cycle of six short lieder which demonstrate her exceptional compositional abilities. The first and last songs, *Schwanenlied* and *Gondellied* are both very contemplative and slow, demonstrating the emotional qualities of Romanticism. The four others are quick, joyful and also very expressive. The key thing to notice is how the “free” sound of these pieces make them so expressive, es-

pecially compared to the previous periods of music.

Further Listening:

If you like *Schwanenlied* and *Gondellied*, *Die Mainacht* from her Op. 9 is also a very romantic and reflective piece. Another take on *lieder* comes from Franz Schubert and his song cycle *Winterreise*, Op. 89, D. 911, a more depressing and sombre cycle that tells the story of a wandering protagonist. Many *lieder* have also been arranged for other instruments, or for solo piano. Flutist Emmanuel Pahud and pianist Eric Le Sage have an excellent album, **Romances**, that features several *lieder* from Fanny Mendelssohn and works arranged for flute and piano by other Romantic composers.

1901 - Piano Concerto No. 2, Op. 18 - Sergei Rachmaninoff

Sergei Rachmaninoff's second piano concerto, commonly referred to as "Rach 2," is considered by some to be one of the best concertos ever written.

The concerto has three distinct movements that all share the same "lush" quality that is present in lots of orchestral Romantic era music. Its expressiveness and instrumentation are praised and unparalleled, and the second movement is especially romantic and lyrical. This is considered one of the last "great" Romantic compositions, and it is an essential work to listen to.

Further Listening:

Rachmaninoff has composed several pieces celebrated for the same reason as his second piano concerto, including his

Piano Concerto No. 3 in D minor, Op. 30 and his *Symphony No. 2 in E minor, Op. 27*. His collection of songs for voice and piano, *14 Romances, Op. 34*, also demonstrates his romantic and lyrical style, but there aren't many recordings that feature all 14 pieces.

Sergei Prokofiev's *Piano Concerto No. 2 in G minor, Op. 16* is also a similar piece, although nothing quite compares to Rach 2. This concerto is a more modern sounding piece than goes beyond anything in the Romantic Period, but despite its differences, lovers of the small details present in Rach 2 will really appreciate this concerto.

2013 (Recorded in 2021) - Planet Ocean Suite - Armand Amar, Performed by Angèle Dubeau and La Pietà

This piece comes from the documentary *Planet Ocean*, whose soundtrack was composed by Armand Amar. Canadian violin virtuoso, Angèle Dubeau and her all-female string ensemble, La Pietà, have arranged a few of the tracks from the film into a concerto-like suite with three movements.

This is an example of program music, a genre that tries to convey a narrative or a description of a scene. The piece really evokes three different aspects of the ocean that are open to interpretation. No matter what you imagine when listening to the suite, it is a very beautiful piece that is brought to life by Dubeau and La Pietà.

Further Listening:

Vivaldi's *Four Seasons, Op. 8*, is a very popular set of violin concertos that can also be considered program music. These concertos can actually be quite similar to

the *Planet Ocean Suite* and if you haven't heard of them, they are a must-listen.

Another piece to explore is Ottorino Respighi's *Gli uccelli*, or "The Birds," which is an example of a more direct form of program music, with specific instruments attempting to recreate different sounds of birds.



2023 - Umbra - Alexandra Stréleski

This piece by Canadian composer and pianist Alexandra Stréleski is a good example of a style found in more modern music, a focus on texture and harmony rather than traditional melodic ideas. *Umbra* is featured on the extended version of Stréleski's *Néo-Romance* album, which was on the Long List for the Polaris Music Prize. The main thing to listen for is the way this piece is less melodic than some other pieces, but is still very expressive and has a forward moving feel.

Further Listening:

The rest of *Néo-Romance* has a similar feeling to *Umbra*, specifically, *The Hills* and *The Breach* with their focus on texture and harmony. Fellow Canadian pianist Jean-Michel Blais also composes similar music. His album *Dans ma main* is worth a listen if you enjoy more modern classical music. *Roses* is a very beautiful and emotional piece that has an even greater focus on texture and harmony, and some of the other pieces showcase more experimental techniques. His newest Juno nominated album, *Désert*, composed with harpist Lara Somogyi is also worth mentioning.

Icelandic composer and pianist Guðni Ólafsson has also been composing very interesting pieces recently, such as his conceptual and film-score-like album *Polar*, which uses various instruments to imagine a fictional, perpetually winter planet.



ABERHART THEATRE + INTERVIEW WITH THE CAST

by: Zach B.



As part of the Advanced Acting, taught and directed by Ms. Peters, the Aberhart drama program is proud to present 12 Angry Jurors. This court themed play takes place in the 1950's where a jury of 12 people— where in most adaptations, it is 12 men but there are versions that change dialogue for other gender combinations—are presented with a case where a teen boy is accused of murdering his father. Between the 12 jurors, they are told to debate honestly and thoughtfully about the innocence of the boy. This play will be able to be seen by students, staff and parents on April 22nd and 23rd at 7:00pm in the Aberhart drama room. \$5 for students (including university students) and \$10 for adults.

INTERVIEWS:

Ms Peters: Director

Q: *Why did you choose this play?*

A: It's a great play. It contains timeless themes throughout the entirety of it, most of which are still relevant today. Such as prejudice and the concept of reasonable doubt. On top of that, there are very few details about the characters' lives outside of jury duty, so it gave the actors an opportunity to develop their characters and make up their own stories. This cast is also very talented in their capabilities to portray their characters. This production also has very flexible casting for the roles. It's simply a matter of changing pronouns for the characters to make them male or female.

Jamie D.: Juror #3

Q: *What has been your personal take on the rehearsal process?*

A: I find the rehearsal process to be very enjoyable. Although, given how the script is very wordy, it makes it slightly difficult to be fully off book. I find that the character is quite different from myself. She is such an angry and passionate character that I find it hard to get myself into the headspace to play her. This, on top of the memorization, takes great focus for me during rehearsals and when I'm on my own time.

** I wholeheartedly agree with the points Jamie made. The script is very wordy and can be slightly hard to decipher. My character, like Jamie's, is very different from myself, being soft spoken in contrast with my slightly antagonistic personality. Though the head space of my character is easy to get into. **





Avery C.: Juror #8

Q: What has been your personal take on the rehearsal process?

A: The rehearsal process for me goes in stages, first comes the constant repeating. I repeat my lines to myself over and over again to get them down. This is followed up by what I call the fun part. It feels like a dance, we can always bounce off one another and keep ourselves going. Then it's right back to repeating and listening to my lines on loop. I would describe this as feeling like I'm going insane. Then comes the day where we're all off book and it goes back to being extremely fun, making jokes and enjoying each other's company. We are all laughing together, with each other. It also feels like we're kind of watching the play while we are going through these later rehearsals.

** I personally agree with all the points Avery made. Especially how it feels like you're going insane as you constantly repeat and listen to your lines on loop. The fun part is also definitely there, watching everyone else while we all make jokes with each other back and forth at the same time while we all laugh together is one of the best things about theatre. Also with such a small cast, we all get along very well and it makes me look forward to going to rehearsals. **

Sonja V. and Grace P.: Members of tech

Q: What has the behind the scenes/tech aspect of this play been?

A: I find the tech process to be quite enjoyable, it's a very fun class to do that doesn't inflict stress when I'm there.

Everyone is super fun to be around and hangout with, especially after school. It's a super easy class as well, quick and easy 100% - Sonja V.

The process has been wonderful. There's a very diverse group of people to collaborate with on specific tasks that need to be completed for the production. Some of these include: learning how to do specific make, such as old age, lighting, set design and piecing together the general look of the stage. It's an overall amazing experience and truly makes the shows happen. The credits you gain from this is the extra cherry on top. - Grace P.



SONGS OF THE MONTH

by: Lia A.V.

Congratulations Aberhart, we've made it through roughly a third of 2026 already! April can be challenging, especially with the transition that comes with going back to studying after spring break. Even so, it has always been one of my favourite months, partially because it is the beginning of spring, making it one of the easiest to romanticise. All this to say, life is a lot more fun with a playlist that makes you feel like you're living in your own personal movie, so, I would like to present some of my April favourites!



First, we have "Ladders" by Mac Miller. I love to have an upbeat r&b / hip-hop track going in my airpods in the spring, and this song is absolutely perfect for every moment. With lyrics that are pretty motivational, on top of a beat that's so unique and flowy, I cannot stop skipping through my playlist until I get to this one! It's criminally underrated, and I'd argue that it's actually one of his best. As I sit at my desk and churn out assignments one at a time, I just have to remember that Mac said: "Somehow we gotta find a way, no matter how many miles it takes," and suddenly I can do it all in 30 minutes tops.



Secondly, exercise is commonly recommended when searching for ways to re-energize before hunkering down to study, in order to get back into the zone. This is where the next track comes in: "BOOGIE", by BROCKHAMPTON. Genuinely, this might be the loudest song I've ever heard, but don't get me wrong, that's exactly why I love it so much. I feel as though it is scientifically impossible to feel tired when this track is playing; it's the perfect mix of loud, thrashing, upbeat, and careless, that feels like a shot of espresso to keep me going during my workouts. And the lyrics? I can't even get into it without feeling an adrenaline spike. All you have to do is say "there's no stopping me tonight, imma get all the things I like," in tandem with Kevin Abstract; it generates enough ATP to power a jet.

Switching gears, I don't believe I could think about spring without associating the entire season with at least one Dominic Fike song. Specifically: "White Keys." A popular choice? Absolutely. Popular for a reason? Absolutely. The chorus always seems like an invitation to think of a certain someone or something, and there's tons of leeway in terms of who or what that could be. Honestly, zoning out

and letting your head rest on a brisk bus window, with the warmth of the early morning sun as it begins to rise, and this song playing provides a feeling equivalent to stepping off a plane, and feeling a warm rush of air flow over you. Whatever Dominic put into this song makes me feel like I'm in SoCal instead of Calgary.

Last but not least, I can't talk about music without mentioning my favourite band: Måneskin. As the seasons change, so does my main Måneskin album rotation. "Il Ballo della Vita" (i.e.: The Dance of Life), is the usual to-go as the days get sunnier. "L'altra Dimensione" (i.e.: Other Dimension), the third track on the album, is one of my warm weather favourites. It's a lot different from a large majority of their discography, and I think that's why it's so memorable to me. There's a more acoustic-folk feel to it, compared to their usual pop-rock tone. It's a song that tells a story about the lead singer, Damiano's first encounter with one of the band's many fictional muses, Marlena, who takes him out of his dull, gray world, by asking for his hand for a dance. It's a perfect background sound for taking a moment to relax in front of the window, or dancing around your room alone during golden hour.



HAIKU

by: Anwyn M.W.

Haiku is a form of poetry that originated in Japan in the 1600s, evolving from an earlier form of linked verse poetry called *renga*. Eventually, the poet Masaoka Shiki named this form of poetry 'Haiku.' Haiku are short, unrhymed poems, typically structured in three lines, the first containing 5 syllables, the second 7 syllables, and the third with 5 syllables like the first. These poems are closely tied to mindfulness and awareness of the current moment, which is what got me interested in them in the first place. I have been intrigued by the art of Haiku for a while now, and only recently have I begun writing some of my own.

FAMOUS HAIKU

"The Old Pond"

by Matsuo Bashō

An old silent pond
A frog jumps into the pond—
Splash! Silence again.

"A Poppy Blooms"

by Katsushika Hokusai

I write, erase, rewrite
Erase again, and then
A poppy blooms.

HAIKU BY ME

The Fading light

Far from the city,
Life glows with a different light,
Once bright, now fading.

The Greatest

The greatest alive
Gazes at their reflection
Still wishing for more.

Gentle for now

The falling rain is
Like a gentle memory
Pray it does not change.

Wishes in a broken world

The little one sits
Sheltered from the world with a
wish that free meant safe.



Image that inspired me to write "The Fading Light"

PUZZLES

by: Max C.

END

20

OH NO! A PYTHON!
MOVE DOWN

21

~ = LETTER IN WRONG SPOT
- = LETTER IN RIGHT SPOT

G	A	R	U	M
D	E	T	O	X
C	O	U	R	T
O	R	C	A	S

SOLVE WORDLE AND MOVE 2 SPACES

22

FIND SOMEONE TO PLAY TIC-TAC-TOE WITH

IF YOU WIN MOVE 2 SPACES, IF YOU LOSE OR DRAW MOVE 1

23

OH NO! A BOA!
MOVE DOWN

YOU WIN A FREE JUICE BOX FROM THE CAFETERIA!

19

MOVE UP THE LADDER!

SPOT 4 DIFFERENCES

MOVE FORWARD HOW YOU ARE FEELING OUT OF FIVE.

18

WRITE A HAIKU ABOUT SNAKES AND HAVE A FRIEND RATE IT OUT OF 5

MOVE FORWARD WHAT THEY RATE IT

1	2	3	4	5	6	7
8						
9						
10						

ACROSS 1. CRAZY 10. LAST BIT
8. USE A MACHINE 11. REFUSAL IN PARTS
9. EMERGE FROM WATER

DOWN 16

- POPULAR SPEAKER BRAND
- A PIECE OF BUTTER WITH WINGS IS AN EXAMPLE OF
- SOMEONE WHO TAKES ONLY AP CLASSES, MAYBE
- DOG SOUND
- INDIAN BREAD
- ENERGY COMPANY
- FOUND IN HIDE AND SEEK

MOVE 1 SPACE

11

OH NO! A COBRA!
MOVE DOWN

12

MOVE 1 MATCH STICK TO FIX THE EQUATION

$$6 + 6 = 1$$

AND MOVE THE 1ST DIGIT OF YOUR B-DAY

TO MOVE FORWARD YOUR FAV NUMBER (1-10)

13

CONNECT ALL 9 DOTS IN 4 LINES (PENCIL CANT LIFT UP)

MOVE FORWARD

14

FIND 3 ANIMALS TO MOVE FORWARD

A	B	R	A	M	S	T	M
O	F	T	L	C	N	R	S
N	O	Z	R	N	A	K	L
F	X	R	S	O	N	H	N
I	L	V	A	Z	S	Q	H
X	R	E	S	H	M	L	E
A	M	O	A	N	X	O	N

THE LAST DIGIT OF YOUR CURRENT AGE (0 MOVES 9 SPACES)

15

COLOR IN THE BEETLE WITH A COOL DESIGN TO MOVE FORWARD 1 SPACE

10

CONTINUE THE CHAIN TO THE BOTTOM OF SQUARE AND MOVE 1 SPACE PLUS HOW MANY PETS YOU OWN.

- STOP
- SIGN
- POST
- MAN
- DOWN
- UNDER
-
-
-
-

9

MOVE FORWARD THE AMOUNT OF LETTERS IN THE ANIMAL YOU DRAW

DRAW HERE

8

DRAW A WEAPON TO DEFEAT THE DRAGON AND MOVE 1

DRAW HERE

7

NAME A WORD STARTING WITH THE LETTER 'A' TO MOVE FORWARD

Movie _____

Artist _____

Book _____

THE LAST DIGIT OF YOUR PHONE NUMBER

6

FINISH MAZE AND MOVE FORWARD

THE CURRENT HOUR OF THE DAY

3

MOVE UP THE LADDER!

4. SOLVE THE SUDOKU AND MOVE FORWARD

	2				
	1				
			2		
			3		

THE FIRST DIGIT OF YOUR MATH GRADE

5. SOLVE PUZZLE

IS ROTATED TO:

A) B) C)

AND MOVE FORWARD THE CURRENT MINUTE OF THE DAY

START HERE!