



Editor: Victoria Wright

CURRENT EVENTS

Light Amidst the Darkness

Madeleine Polak

NEVADA, Las Vegas -- Sunday, October 1, 2017, 64-year-old Stephen Paddock opened fire at an outdoor country music festival in Las Vegas from a Mandalay Bay casino hotel room window. Killing over 59 people and leaving nearly 500 injured, this tragedy is the deadliest mass shooting in modern U.S. history. The incident, which occurred while Jason Aldean was playing on stage, has been ruled non terrorism related by the police. However, they have yet to find a motive. Despite this horrendous act of evil, the tremendous acts of kindness and selflessness displayed by so many that night and in the days following reassures people that in a world filled with so much hate, good still prevails.

There are multiple examples of the immense compassion displayed by the people of Las Vegas during this time of the tragedy. First, there are several reported cases of motorists

who saw injured, bleeding strangers on the sidewalks who were fleeing from the concert and without hesitation, drivers picked up the wounded and drove them to the hospital. The drivers then stayed with the wounded until they had been admitted and taken care of. That is just one example of the empathy shown by those in Las Vegas.

Another illustration of the selfless individuals who aided in the time of the crisis is the Las Vegas-based food trucks who were installed outside of hospitals. These trucks offered free meals to the doctors, nurses and other hospital staff who were working overtime to help care for those who were hurt. Furthermore, a hospital in Las Vegas, *Dignity Health-St. Rose Dominican*, has been taking in victims regardless if they have health insurance or not. The hospital has decided that those impacted by the shooting will

not have to pay out of their pockets for their treatment and other hospitals are following suit with the help of a state program called Victims of Violent Crime which is helping to erase any hospital bills from those who were injured at the concert.

Finally, there are numerous accounts of bravery where people placed themselves in front of their significant other, children or even strangers to protect them from the bullets and many of them were shot in the process. There is one account where a man saved over 30 people before being shot in the neck while helping two young girls reach shelter. Amazingly, he survived.

These stories of heroism are only a fraction of the many different accounts of bravery and kindness that the people of Las Vegas demonstrated during the time of crisis. In the wake of a catastrophe such as this, it is important to look at the good in the world instead solely of focusing on the bad. “Let light shine out of darkness” - 2 Corinthians 4:6



Dedication and Determination
Victoria Wright

ALBERTA, Sherwood Park -- Scots students are known for being diligent in pursuing their schooling and future career choices; likewise our Scots football players strive for success on and off of the field to ensure all performances enhance future opportunities. With immense support from parents, teachers, and coaches, our strong Scots athlete’s work to overcome all odds and challenges they may face. With dedication and perseverance, the Scots football team continuously makes us proud and honoured to be a Scot. While for some Scots their journey is coming to an end, for others it is just beginning - and a promising future awaits.

Lookin’ Good

After a tough loss against St. Albert Skyhawks of 57 to 21, the Scots were in need of a new boost of confidence. In order to inspire the athletes, the coaches held an exciting uniform reveal, in order to help the boys to refocus for the game against the Ardrossan Bisons. Not only were the boys ready to win their next game, they were ready to look good while playing!

Scots Taking on the Ardrossan Bisons

In their new black and gold uniforms, the Scots football team played a competitive game against the Ardrossan Bisons. Their improvement as teammates and leaders, the Scots were able to score a touchdown within the first five minutes! Through this perilous match, the Scots were able to maintain a tied score of 14 to 14 at halftime. During the second half, the Scots faced a devastating injury - quarterback, Simon Francescut, had been hit in the head and injured with a concussion. Determined to play their best, the Scots athletes showed great tenacity as they worked to overcome yet another adversity. Finally, finishing the game with a discouraging loss, but the determination to play better than ever next week.

Once a Scot, Always a Scot

In honour of the last game on home turf, the student athletes demonstrated extreme compassion for their own team mates and others in the community. The October 5th evening was recognized as Seniors Night. This game



celebrated the hard work and contributions of the grade 12 athletes over the past years. The persistent efforts proven by these athletes was an important piece of the Scots legacy and solidifies our Scots identity within the community. Even if this is the end of a football career for some teammates, all of these athletes hold bright futures ahead - we look forward to seeing wherever their lives take them.

Scots Spirit

While October 5th had many exciting milestones for the senior teammates, it was also an opportunity for the Scots to give back to the community. In order to raise awareness of Breast Cancer, the team sported their flashiest pink attire. Not only did the team get a lot of attention for their classy accessories, the fans were inspired to see the young athletes come together in support of people in need.

Scots Challenging the McNally Tigers

As the Scots football season continued, our team exhibited massive improvement and team spirit. With packed home bleachers, the Scots athletes gave their all against the McNally Tigers. Unfortunately the game ended with a devastating loss of 27 to 21. With Simon Francescut injured with a concussion, Callum Noonan filled in as the Scots quarterback. Through the valiant efforts in both defense and offense, the Scots had many of their plays executed with perfection. During this critical game, touchdowns were scored by Matt Toms, one on the ground and one through the air thrown by Callum Noonan. The other touchdown was ran in by Tommy Hoijska, senior player and Scots running back, who was later awarded the the Best Skill Position and Most Valuable Player of the game. Noonan’s leadership qualities were evident as he reminded his team mates that “the next two games [they] play will prove [their] evident improvement as a team, especially since the past two games could have gone either way. With [their] expert coaches and hardworking players, a win is in the future!”



Working Hard Against the Rams

In a gruelling match against the St. Francis Xavier Rams, the Scots athletes played with dedication and spirit to maintain a 16 to 7 loss. Along with the scrapes and bruises that came with this tough match, the Scots left with heavy hearts - ready and persistent to win their next game.

Farewells and Goodbyes

In the final regular season game, the Scots football team had an exciting match against Leduc Tigers! Even though the Scots had won against the Leduc Tigers in their early exhibition game, the Scots unfortunately lost with a score of 7 to 21. This discouraging loss prevents our Scots football team from moving forwards to the quarter finals. While the players were disappointed, reminiscing on their city championship last season, they look forwards to next year - knowing that their team is young and developing. The team played their best until the final buzzer rang, never quitting on themselves and their teammates, making all of us very proud to be Scots!

Mission Accomplished

With the football season finished, it marks the start of many new beginnings for the athletes. Not only have these athletes made us honoured to be Scots during all of their games, they hopefully have made themselves proud. The milestones reached, achievements received, and the lessons learned prove one thing - mission accomplished Scots.



The Future
Ashleigh McKinnon

ALBERTA, Sherwood Park -- It seems that ABJ has a great chance at the volleyball finals this year. The Senior Boys and Girls team started the year off strong with a silver medal each at the King’s University Tournament. Personally, I cannot wait to see how their season ends up, and I have high hopes for them! The Junior Boys and Girls are both stellar teams! The boys have already brought a gold home from the Oscar Romero Volleyball Tournament. They have notably good teamwork. Junior girls have incomparable enthusiasm and ability to pump each other up at the games. Keep it up, juniors! Finally, the grade nines are undoubtedly strong and fierce. The girls brought home bronze and the boys brought home silver recently. The junior and senior team will be kept in good hands next year after grade nines move up! Not only do all these players have clear skill, they are also very generous with their time and money. Some of your very own ABJ Scots Volleyball players went out to run for a cure and raised a whopping \$350! ABJ Scots, keep doing what you’re doing!

Who is the ABJ Staff?
Piper Bruneau

Mr. MacDonald
Teaches grade nine and ten science and is well known around the school.

Question 1: Why did you become a teacher?
“Because I couldn’t become a professional motorcycle racer. Also I like working with kids and I felt like I was meant to do it. My parents were also teachers.”

Question 2: How long have you been a teacher?
“Since 2000. This is my 18th year.”

Question 3: What’s your favorite passtime?
“Spending time with my family, MMA (Mixed Martial Arts), watching movies, riding around on my motorcycle. I also play hockey.”

Question 4: What’s your favorite part about your job?
“Casually interacting with students at lunch in the hallways. And hopefully, being influential.”

Question 5: If you could change one thing about your job what would it be?
“Definitely organization, or being less fussy is a far second.”

Mr. Joly
He is known for his bold and awesome style. He teaches English 30-2, English 20-2, English 30-1, video game design, and religion.

Question 1: Why did you become a teacher?
“To help people grow. I grew up “rough” so to help the kids who grew up like me and to give back to the community I took from when I was younger.”

Question 2: How long have you been a teacher?
“21 years. That’s also how long I’ve been married so I’ll never forget.”

Question 3: What’s your favorite passtime?
“World of Warcraft, and spending time with my wife.”

Question 4: What’s your favorite part about your job?
“Definitely my students. I would’ve quit a long time ago if it weren’t for them.”

Question 5: If you could change one thing about your job what would it be?
“I’m dissatisfied that I can’t grow a longer beard and I wish it wasn’t so grey.”



Music to Our Ears
Isabelle Egilsson

ALBERTA, Sherwood Park -- The Archbishop Jordan band has been working dedicatedly to create a more musical school environment as we begin the 2017 - 2018 school year! You may have seen their exciting performances at the Scots’ football games or on the Scots news. These young musicians have been practicing their many popular songs, including “Eye of the Tiger”, “Shake it Off”, and “Great Balls of Fire”. While their early Tuesday and Thursday morning rehearsals can be tiring, the effort is worth it, to showcase their artistic capabilities. With a performance coming up on the Remembrance day ceremony, we all look forward to seeing their improvement since September. These high school band students are especially excited to showcase our Archbishop Jordan talents at Disneyland this year!

Break a leg Scots!

- Top Ten This Month!**
Isabelle Egilsson
- Riverdale returns to Netflix on October 12 with a suspicious second season - who is responsible for the crimes?
 - Selena Gomez released a new song, “Wolves”, featuring EDM artist Marshmello.
 - Kloé Kardashian is reportedly having a baby boy! Is Kylie Jenner expecting too?
 - The cinemas released and continue releasing exciting new films including:
 - Wonder Woman
 - It
 - Blade Runner
 - Geostorm
 - Hugh Hefner dies on September 27 and Gord Downie on October 17.
 - “Old” Taylor Swift is reportedly dead, and she is now releasing new music for her new persona.
 - Prince Harry is hinting to a future royal wedding. Will he propose to his girlfriend?
 - Hurricanes rock the southern United States Coast.
 - “Sorry Not Sorry” by Demi Lovato reaches number one on the music charts.

What is Upcoming at ABJ?
Students and Staff

October 27th
Pumpkin Carving in front common area!

October 30th
Pumpkin smash in front common area!

October 31st
Halloween costume contest in main gym!
(alternate bell schedule - extended lunch hour)

November 1st
Early dismissal (alternate bell schedule)

November 3rd
Scots Basketball tryouts begin



What the World Needs Right Now

Victoria Wright

ALBERTA, Sherwood Park -- My entire life I have lived in Sherwood Park. As a sixteen year old girl, my entire world has been this little community. I viewed international events as an outsider - having trouble to relate to other sixteen year olds across the world. While teachers always tell us that “the possibilities are endless” and “be the change you want to see in the world”, I think adults neglect to understand that our biggest struggle is having to write our social essay tomorrow. How can teenagers be expected to change the world when our parents still do our laundry? For me, changing the world might be a lot simpler than what adults think. What the world needs right now is some ABJ Scots character and spirit!

Many of us have not had the opportunity to visit third world countries or witness first hand the social inequalities and other global problems; we are isolated in our community. Through our technologies, we learn about world events. We try to interpret and understand natural disasters, terrorism, hatred and discrimination, polarizing politics, animosity between countries, and rising environmental crisis. We try to comprehend how our world is changing and our place within this world.

Being a teenager involves understanding our own place in the world, but as we look to the future and see ourselves as leaders, what does this mean? Who we are as individuals impacts future generations. *We* are what the world needs right now.

Perhaps the world needs that which we take-for-granted at ABJ... Scots character and spirit. Scots demonstrate the character virtues needed to improve our world - compassion, teamwork, creativity, and responsibility.

Scots Are Compassionate

As a new student at ABJ, I was impressed with the kindness and warm heartedness of all my fellow students. I was

welcomed and cared for by all the amazing people I have met. The compassion that the Scots demonstrate on a daily basis is transferrable to the world events occurring right now.

As citizens of the world, Scots pay forward good deeds; therefore, making the world a better place to live in. Scots compassion was evident during the 2017 Terry Fox Run as we came together to raise funds and awareness for cancer research. The symbolic marathon of hope proved our empathy and compassion.

The compassionate virtues of the Scots is also noticeable in small acts of kindness. Next time you hold the door open for the person behind you, help someone in class, or even smile in the hallways, you are making our school, community, and world a better place to live in. Scots act in the best interests of *all* people and continue to treat others how we wish to be treated.

Scots Are Team Players

While the Scots’ community is made up of many unique individuals, what makes our school special is our ability to come together for the greater good. With strong collaboration and communication skills, we work together as a team.

Scots athletes and club members continually demonstrate their unity and ability to work together on and off of the field, court, or stage. Scots always try their best to make our school proud. As teammates, the Scots athletes stick together and protect each other. At ABJ, students build successful networks and harness our collective expertise to solve problems or challenges confronting us.

Scots Are Creative

ABL is positive place where our Scots are able to be innovative and creative. Through experiments, tasks, and

projects, ABJ teachers diligently help us understand the curriculum so we can apply our creative ideas to real world scenarios. As teenagers, we see things through a different lens than adults - we come up with new ideas and solutions to problems that affect us everyday. We are creative, think critically, and engage deeply and in ethical ways. Scots are known for taking risks and trying new things.

Scots Are Responsible

As 2017 draws to a close, our global leaders struggle to assure our public and aren’t always held accountable for their actions. As Scots, we are responsible for our actions - we celebrate the things we do right, and learn from the things we do wrong. We view mistakes as opportunities for learning and we hold ourselves accountable for all of our actions. We are guided by our values.

Because we are responsible, our teachers, parents, coaches, and peers trust us to do our best and and balance our school, extracurricular, and home lives. While finding this balance may be difficult for us teenagers, we are continually learning to be responsible for our own lives and are preparing ourselves for adulthood. Even though we are trying to figure things out on our own, we are also responsible enough to know when to ask for guidance.

What the World Needs Right Now...

As we struggle to find our own place in the world, and as we look to the future, the ABJ Scots are the leaders that the world needs right now. Our character and spirit is evident in the character virtues we live and model daily - compassion, teamwork, creativity, and responsibility. These four virtues, although they seem quite simple, have the power to improve our schools, communities, nations and the world. Continue the journey, Scots, the world needs us!



Counsellor’s Corner
 ABJ Student Services

What is Mental Health?

Mental health (like our physical health) is a resource for living. It allows us to learn, work, play and find enjoyment in life. It helps us through tough times.

What is Mental Illness?

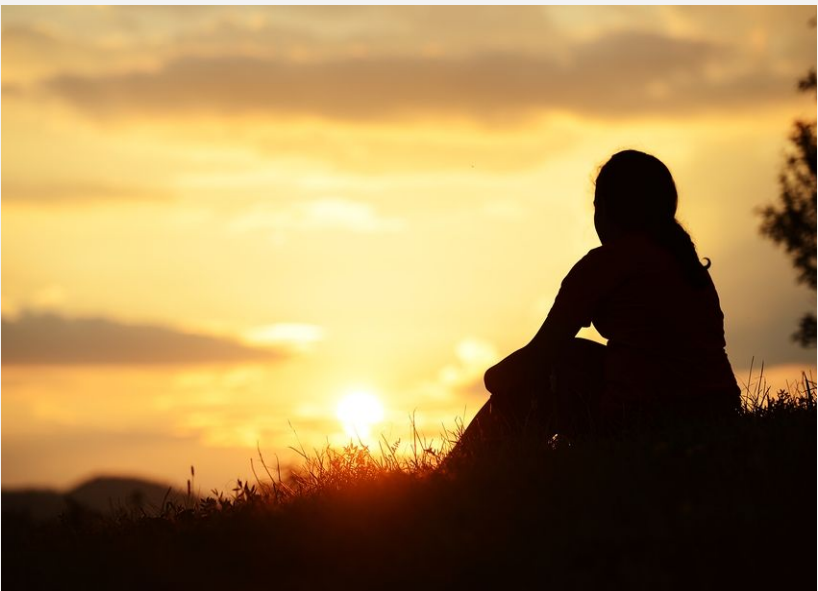
People have mental health problems or mental illnesses when problems with thoughts, feelings or behaviours get in the way of functioning at home, school or work. Everyone feels sad or upset from time to time. But when these feelings are so strong that it’s hard to carry on at school or home, then there may be a mental health problem. Mental health professionals can help youth deal with problems with thoughts, feelings or behaviours like: Mood problems (anger, anxiety, depression) Eating disorders, Addictions (including problems with drugs, alcohol, gaming or gambling) Coping with stresses with relationships, school, work and home.

Stigma: Negative Attitudes about Mental Health Problems

People often feel ashamed, guilty or embarrassed about having a mental health problem. People may believe that the problem is a sign of weakness or that they really have no good reason to feel the way they do. Parents may feel guilty, that they’ve done something to cause a child’s mental illness. And others may blame or judge people who have a mental health problem. This kind of ‘stigma’ makes things even more difficult for children, youth and families coping with mental health problems. And it’s one reason why people don’t get the help they need. It’s probably a lot healthier if we all started looking at mental health the way we look at physical health. If we have stomach pain that makes it hard to go to school, we go to our doctor. And if we are having emotional pain that makes it hard to carry on at home or school, we should get help too.

Talk to someone you trust, share your concerns with a trusted adult and remember, you're not alone. Here are some great resources to help:

- School Counsellors - Mrs. Miskiw-Chetek & Mrs. Diogenes
- Family School Liaison Worker - Michelle Steeves
- Kids Help Phone
 - 1 (800) 668 - 6868
- The Distress Line
 - (780) 482 – HELP (4357)
- Canadian Mental Health Association, Edmonton Region
 - 780-342-2701
- Mental Health Services (Addiction and Mental Health Sherwood Park)
 - 780-342-4675
- Addiction Services Sherwood Park
 - 780-449-3468
- RCMP Sherwood Park
 - 780-467-7741
- Child and Family Services Sherwood Park
 - 780-342-4600
- Saffron Centre for Sexual Violence and Trauma
 - 780-449-0900
- Victim Services Strathcona County
 - 780-449-0153
- Alberta Bullying Helpline
 - 1-888-456-2323
- Child and Adolescent Health Mobile Response Team
 - 780-427-4491
- Health Services Child and Adolescent Mental Health
 - 780-342-2701
- Boys and Girls Club of Strathcona County
 - 780-416-1500
- altView Foundation
 - 780-666-LGBT (5428)
- Canadian Association for Suicide Prevention
 - www.suicideprevention.ca



Run, Run, Run!
Isabelle Egilsson

ALBERTA, Edmonton -- The Scots athletes demonstrated immense improvement on October 21st at the cross country running provincials. With a huge congratulations to all the athletes who participated on the Scots cross country team, the three athletes that qualified for provincials made our school very proud. All three athletes placed in the top 50 out of approximately 130 students at the provincial meet. Brayden Miller, Keeley Hatch, and Natalie Hansen all proved their athletic abilities and we look forward to seeing them compete next year!



Climbing the Charts
Victoria Wright

ALBERTA, Sherwood Park -- Grade 11 student Keltie Monaghan released her single “Someone Tell Her”. With it reaching number 2 on the music charts she is inspiring young men and women, both at Archbishop Jordan and throughout our entire community. Her continual dedication is evident as she continues pursuing her passion as a singer and a songwriter. As a 16 year old student she has proved her capability by receiving prestigious awards and performing on many different stages. Keltie explains that, “music is important to [her] because [she] thinks it’s great to express yourself and [...] because there are no rules”. By creating her own rules, Keltie has a promising musical future ahead of her!



Fido

10:25 AM

Back

Songs

1

The Stranger

Gord Downie - Secr...

\$1.29

2

Someone Tell Her

Keltie - Someone Te...

\$0.99

3

Lost Boy

Ruth B. - Safe Haven

\$1.29

4

Secret Path

Gord Downie - Secr...

\$1.29

5

Come Out With Me

Alan Doyle - A Week...

\$1.29

6

Let Her Go

Passenger - Let Her...

\$1.29

7

Build It Better

Aron Wright - Build I...

\$0.99

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v.wright346@gmail.com
jaimee.russnak@eics.ab.ca

