

U N I V E R S I T Y O F C A L G A R Y

gauntlet

VOLUME 52 | ISSUE NO. 16 | OCTOBER 13 | 2011



UPDATING ITS PORTFOLIO

haskayne school of business gets
new trading lab pg. 4

The Exchange



STUDENTS' UNION HAPPENINGS

FFWD & CJSW PRESENT

**GWYNNE
DYER**



**THE NEW
MIDDLE EAST-**

**MONDAY | MACEWAN
OCTOBER 17 | BALLROOM**

GET TICKETS AT primeboxoffice.com BPM 



**MONDAYS
@ THE DEN**

**MONDAY NIGHT FOOTBALL
MOLSON PINTS 4.00 ALL DAY**

**HALF POUND BURGER
6.50 5PM TO CLOSE**



est. 1969

6th Annual Students' Union Undergraduate Research Symposium 2011

Call for Abstracts

The SU Undergraduate Research Symposium will be held:
Thursday, Nov. 24th | 11am - 2pm in MacHall

- Over \$12,000 in Poster Awards
- Door Prizes
- Meet with representatives from industry and research institutes in Calgary
- Research projects are published in the University Research Repository
- Network with peers and faculty who share your passion for innovation and discovery

Submission
Deadline:

Friday, Oct. 28th
Posters must be submitted to the SU Office by Thursday, Nov. 17 at 4:30pm

Fill in your Abstract Submission Form at:
www.su.ucalgary.ca/symposium

For more information email:
suvpaca@ucalgary.ca or
stop in at the Students' Union, MSC 251

Prizes
&
Awards



Stay Healthy

Student Health
& Dental

SU Wellness
Centre

stör

Everything you need to
keep healthy is conveniently
located right on campus!



su.ucalgary.ca/stayhealthy

Editor-in-Chief: Eric Mathison
eric@thegauntlet.ca
403-220-7752

News Editor: Amy Badry
news@thegauntlet.ca
403-220-4318

News Assistants: Susan Anderson,
Michael Grondin

Entertainment: Andréa Rojas
entertainment@thegauntlet.ca
403-220-4376

Entertainment Assistant: Sean Willet

Sports: Erin Shumlach
sports@thegauntlet.ca
403-220-2298

Opinions: Remi Watts
opinions@thegauntlet.ca
403-220-2298

Features: Sarah Dorchak
features@thegauntlet.ca
403-220-4376

Photography: Aly Gulamhusein
photo@thegauntlet.ca
403-220-4376

Production: Nicole Dionne
production@thegauntlet.ca
403-220-2298

Illustrations: Morgan Shandro
illustrations@thegauntlet.ca
403-220-4376

Volunteer Coordinator: Kaye Coholan
volunteer@thegauntlet.ca
403-220-4376

Business Manager: Evelyn Cone
business@thegauntlet.ca
403-220-7380

Advertising Manager: John Harbidge
sales@thegauntlet.ca
403-220-7751

Graphic Artist: Ken Clarke
graphics@thegauntlet.ca
403-220-7755

Contributors

Justin Azevedo • Isaac "making math harder" Azuelo
Ryan Barlow • Olivia Brooks • Nathanael Darrell
Matthew Feeg • Crystal Gleeson • Tyler Harris • Riley Hill
Eesha Imran • Joëlle "the new Joëlle" Robichaud
Rheanna "fake alpaca" Houston • Beenish Khurshid
Richard Kolke • Evangelos "Typist" Lambrinoudis II • Ellen Lloyd
Erick Malenko • Josh "where's my coffee" Rose
Nicola "narwhal" Shandro • Julia Shaw
Sydney "squid" Stokoe • Tristan "white whale" Taylor
Chad Utke • Sean "what's with the nautical theme?" Willett
Andy "Franklin's expedition was a great success" Williams
Erin Yates

The Cover

Photo and design by Aly "pack a day" Gulamhusein

Golden Spatula



— Michael Grondin —
"Alfred Nobel said I was too peaceful to be rewarded."

First, to all of you who wrote in last week: no, the Golden Spatula award is *not* an Albertan version of the Nobel prize. Rather, the Spatula is an opportunity for us to recognize journalistic ghostliness. This week we would like to thank Michael Grondin for all the photographing, news reporting, undercover investigating and assistant becoming. Thanks Mike, you're slightly less of a peon now!

Furor Arma Ministrat

Room 319, MacEwan Students' Centre
University of Calgary
2500 University Drive NW
Calgary, AB T2N 1N4
General inquiries: 403-220-7750
http://thegauntlet.ca

The Gauntlet is the official student newspaper of the University of Calgary, published most Thursdays throughout the year by the Gauntlet Publications Society, an autonomous, incorporated body. Membership in the society is open to undergraduate students at the U of C, but all members of the university community are encouraged to contribute. Opinions contained herein are those of the individual writers, and do not necessarily represent the views of the entire Gauntlet staff. Editorials are chosen by the majority of the editorial board. The Gauntlet is a forum open to all U of C students but may refuse any submission judged to be racist, sexist, homophobic, libelous, or containing attacks of a strictly personal nature. We reserve the right to edit for brevity. Grievances regarding the Gauntlet follow a three-step process which requires written decisions from the Editor, the GPS Board of Directors, and the Ombudsboard. The complete Grievance Policy is online at: <http://thegauntlet.ca>. The Gauntlet is printed on recycled paper and uses an octopus-based ink. We urge you to recycle/sail the Gauntlet.

Letter Policy

Letters must be typed, double-spaced and received by Monday at 4 p.m., and must include the author's name, student ID number, telephone number and signature. Letters will not be printed if they include attacks of a strictly personal nature, statements that discriminate on the basis of race, sex, or sexual orientation, or libelous or defamatory material. All letters should be addressed to "Editor, the Gauntlet," and be no longer than 300 words. The Gauntlet retains the right to edit submissions. Letters can be delivered or mailed to the Gauntlet office, Room 319 MacEwan Students' Centre, or sent by email to editor@thegauntlet.ca.

Unfounded fears: Wi-Fi and cancer

Wayside Academy in Peterborough, Ontario recently made the decision to remove Wi-Fi from its classrooms following pressure from concerned parents. Are their children any healthier or safer because of this decision? No.

In May of this year, there was wide-spread fear-mongering when the World Health Organization announced the International Agency for Research on Cancer listed radiofrequency electromagnetic fields as a Group 2B agent. That simply means all wireless devices are considered to be possible carcinogens.

Sounds scary, right? Not really.

Group 2B agents are defined by the WHO as "possible carcinogens, which are things that have not been found to cause cancer but for which there is cause to study further."

According to the same press release, the evidence that wireless devices could cause cancer was limited and inadequate. The only reason the IARC decided that further study was necessary is that the potential consequences for public health could be embarrassingly detrimental if they were wrong.

Since the press release in May, the WHO has restated their position in a way that makes it clear that there is not substantial evidence that wireless devices cause cancer:

"In the area of biological effects and medical applications of non-ionizing radiation approximately 25,000 articles have been published over the past 30 years. Despite the feeling of some people that more research needs to be done, scientific knowledge in this area is now more extensive than for most chemicals. Based on a recent in-depth review of the scientific literature, the WHO

concluded that current evidence does not confirm the existence of any health consequences from exposure to low level electromagnetic fields. However, some gaps in knowledge about biological effects exist and need further research."

It's also worth noting that there is no plausible way in which radiation from Wi-Fi can cause cancer or negative health effects. The radiation emitted by Wi-Fi is not the same as the sort of radiation from nuclear fallout. It's a form of electromagnetic radiation which is all around us, every day, due to naturally occurring cosmic phenomena. EMR is a spectrum with high energy gamma rays on one end, visible light near the middle and radio waves on the low end. If the energy level is high enough to strip away elec-

trons it can alter the chemistry of your cells. Any EMR in the range of or more energetic than UV light can do this. Wi-Fi falls in the category of radiowaves — it carries about as much energy as your favourite background radiation of the universe. The worst thing that radiowaves can do is heat your tissue up, but don't work up a sweat. The amount of radiation given off by wireless devices can't throw off your game — exercising warms you up significantly more but hasn't been known to hurt anyone's health. On both of these concerns lightbulbs are a greater cause for concern than your wireless internet connection.

This has not stopped an onslaught of sensationalization from media, advocacy groups and politicians,

the newest fad of which seems to be disbanding Wi-Fi in schools.

For example, a story picked up by the Postmedia chain covering the recent development in Peterborough said "The World Health Organization listed cellphones in the same 'carcinogenic hazard' category as lead, engine exhaust and chloroform."

While this statement is true, it is clear that the author chose to list these agents because they are scary sounding and the public recognizes them as dangerous. Most people would not realize that these agents are dangerous due to their toxicity, not because they are cancer-causing. More benign sounding agents in the same category could have been listed, such as caffeine, carpentry and joinery, nickel, pickled vegetables and piercings, which are also listed under Group 2B.

There is nothing wrong with wanting to protect children from harm by erring on the side of caution. However, by going after these types of hyped-up imaginary threats, we are taking attention and resources away from dealing with the real issues facing youth. Besides, parents are trying to raise their children in a world that is scary enough without electromagnetic bogeymen.

It is the responsibility of media outlets and public figures to do their due diligence when talking about these sorts of issues.

In the case of the Wi-Fi scare, it's not even a matter of not having a science background or not having adequate resources, which are barely excuses. All they had to do was read more than just the headline of the damn press release.

Gauntlet Editorial Board



contents

news

Haskayne receives a new trading lab, students care about seniors and Fair Trade Fridays are back, **page 4**.

entertainment

Travel to the *Dark Side of the Moon* and back, a film review, an indie band is interviewed and a director is too, **page 9**.

opinions

Usage-based billing is still scary, fat tax is unhealthy, Tories rehash abortion debate, and reliable science, **page 14**.

features

The fascination of specialized diets comes to the features section in this first segment of a three part series, **page 18**.

sports

Athletes with dietary restrictions, Dino's women's rugby team wins varsity games and men's basketball gears up, **page 20**.

Haskayne joins the ranks

Construction of a trading lab will give business students an edge

Erick Malenko

Gauntlet News

After nearly 10 years in development, the Haskayne School of Business will be joining other top-calibre business schools in the country with its construction of a new Finance and Trading Lab.

Calgary billionaire N. Murray Edwards donated \$500,000 to the construction of the lab, giving Haskayne the facilities needed to provide its finance students with practical hands-on learning experience.

The Haskayne School of Business has been working to build the facility for the past decade, but due to construction costs the project was delayed.

It wasn't until Edwards's donation that the construction of the lab began.

Edwards donated only a partial sum of the total costs, and challenged the school to go back into the business community and fundraise for the remaining sum.

"We got to talk to the community about what the floor was going to do and got some donations because of that, and therefore I think it was useful for Mr. Edwards to push us back and do that," said Finance professor Gordon Sick, one of the faculty members involved in getting the project moving.

"Murray Edwards also provided funds for the market information centre which is on the second floor of Haskayne," said Sick. "He'd been watching how we've been utilizing that and therefore he was more than willing to donate when we came back to him and talked to him about the lab



Aly Gulamhusein/the Gauntlet

Construction of the N. Murray Edwards Trading and Finance Lab is almost complete. The launch of the lab will take place on November 30.

we were planning on developing." The lofty expenses of building a trading lab come from the high price tags associated with the terminals. The terminals will allow students to learn how to assess trades using trading information systems such as Thomson Reuters and Bloomberg.

In addition to the costly initial purchase price, an annual license fee is required in order to receive access to current market data.

In order to afford the initial purchase and maintain the terminals down the road, Haskayne sought sponsors for each of the terminal.

When the lab officially opens this year it will have between 10 and 12 terminals. However, Haskayne is still seeking more sponsors for terminals. The lab has

room for up to 18 terminals as need grows.

Finance students will receive hands-on experience using trading floor software and simula-

a lab like this students will be able to get exposure to those types of things. It also brings the University of Calgary up to speed with schools in the east coast which

It took a long time for Haskayne to get a trading floor . . . and it will now make us a whole lot more competitive in the market place.

— Chris Palmer, SU business representative

tions of real life events that they may not be able to access without the lab.

"Not every student may have the money to have their own trading account or be able to have access to trade the instruments that institutions may trade but through

already have facilities like these," said fourth-year commerce student Oliver Davidson.

The U of C business school is one of the top three business schools in Canada, along with Toronto and Montreal.

These terminals not only stand

to benefit the students but also employers. They will reduce the overall cost of training new employees on how to use terminals.

"When we approached some of the firms to ask them for donations for the lab, we said we are not looking for donations really, we are asking you to give us some money to help reduce your cost of training because now you are going to end up with more qualified people. You don't have to give them a full day of training, they are ready to go," said Sick.

Students with prior experience with the terminals will have a competitive advantage in the marketplace compared to others.

The Haskayne School of Business also boasts the Calgary Portfolio Management Group. The program is for third and fourth-year finance students to gain experience managing a portfolio that is worth around \$380,000.

In the past, the group managed the portfolio with the use of a single Bloomberg terminal that is available in the business library.

With the new trading lab, managing the portfolio will be a whole lot easier for the club.

"It took a long time for Haskayne to get a trading floor and a lot of students have been disadvantaged by the fact that Haskayne didn't have a trading floor," said Students' Union Haskayne School of business representative Chris Palmer. "And it will now make us a whole lot more competitive in the marketplace when compared to other high-calibre business schools."

The launch of the new Finance and Trading Lab will be on November 30.

How do you feel about hands-on learning in the classroom?



"It depends on what type of learner the student is. I think it could be beneficial."
— Robyn Pagenkopf, first-year biology/psychology



"As a paying student, you want to get more than a one-dimensional learning experience."
— Jordan Tam, fifth-year finance



"We don't have much. I'd appreciate more."
— Stephen Wiens, fourth-year computer science



"Active learning is a positive experience. It creates meaningful learning."
— Megan Magee, fifth-year education

c a m p u s q u i p s

MCF puts seniors on the map

U of C student volunteers for senior housing initiative

Nicole Dionne

Production Editor

The Metropolitan Calgary Foundation would like to put senior issues back into the dialogue of communities and government policy.

MCF is a non-profit organization in Calgary that provides housing for low-income seniors. With approximately 1,700 residents, MCF operates 17 independent townhouse, apartment and cottage-style housing options as well as nine subsidized supported living lodges that provide seniors with food service, house-keeping, recreation and 24-hour non-medical monitoring.

Matthew Pease, who has studied two years in biological sciences at the University of Calgary and is now in his first year in the faculty of medicine, has been volunteering for MCF for the last two years. Pease has volunteered with other groups but due to events in his personal life, he decided to devote his time to MCF.

"My grandpa was having some health issues and so we started thinking about whether or not he was going to be in a nursing home," said Pease.

Pease mentioned that his own personal concerns about the depression and isolation seniors face played a part in his decision to be involved with MCF.

"It becomes difficult for them to be engaged in their communities," he said.

"I was thinking, 'I hope someone is taking care of my grandfather,'" said Pease.

MCF's CEO Arlene Adamson said the program is a positive opportunity to come together and address senior issues.

"It's a very positive opportunity for us to lead in a different way in how we support seniors and to

/// These are people who built our country, built our city and I think it is incumbent for us to make sure we don't forget about them.

– Arlene Adamson, CEO of Metropolitan Calgary Foundation

recognize that not all Albertans, not all seniors, are doing well," said Adamson. "My career has led me to this place where I'm at the right time in my journey to be able to make a difference for seniors and try to put them on the map, make their story known and make their needs more known."

For Pease, his experience of volunteering has been positive. "You really get a sense of community."

With the Alberta election

coming up, Adamson hopes that seniors' needs will be a priority in the political discussion.

"We would hope that as we move into the election, that they will have that front and centre on their platform simply because we are a population of baby boomers who are growing and it's not an overnight fix," said Adamson.

Statistics Canada projects that the number of seniors in Canada will increase from 4.2 million in 2005 to 9.8 million by 2036.

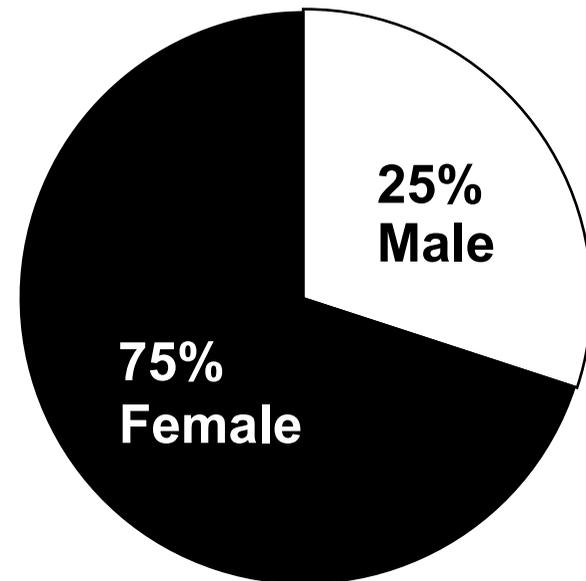
"We need support now for seniors who are left behind and we certainly need to be forward-thinking so that we're not reacting in crisis mode come years from now," Adamson said.

MCF is also in the process of expanding programs within its lodge-style accommodations to help support residents who have memory and mobility issues so that they can stay connected to their communities.

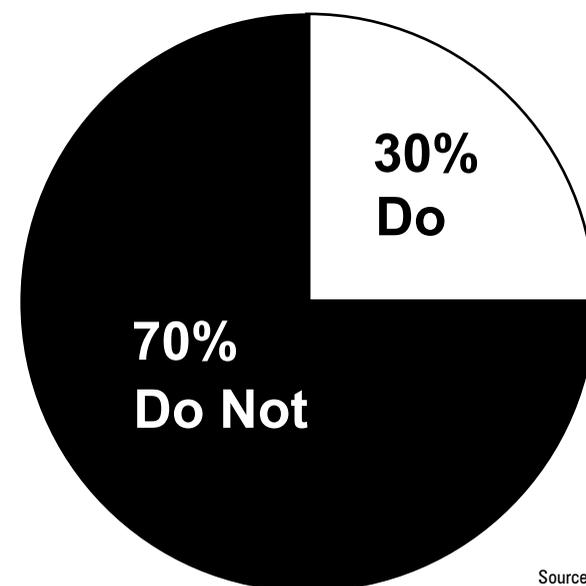
"These are people who built our country, built our city and I think it is incumbent for us to make sure we don't forget about them," said Adamson. "I think in a province that is as wealthy as ours is and is as prosperous as ours is we need to pay attention to the fact that all Calgarians, all Albertans need to have more than just a roof over their heads, they need to be able to live with dignity and that means a collective effort."

If you are interested in volunteering for MCF visit mcfhousing.com/volunteers.htm for more details

Seniors over 90



Seniors who seek financial advice



Source: Statistics Canada
Compiled by Michael Grondin



PRE-SEASON PASS SALE

Adults Save \$130
Pays for itself in 10 days
Exclusive Pass Benefits

\$769
Adult

\$1799
Family

\$599
Youth/Student
Senior/Midweek

Sale Ends Oct 15
1.877.956.8473
skilouise.com



Lake Louise
The Rockies' Biggest, Canada's Best

photo by Scott Rowed

ARCTIC SPEAKER SERIES

2011/2012



ARCTIC INSTITUTE OF NORTH AMERICA PRESENTS:

Arctic Speaker Series

Presentations begin at 4:00pm
in Science B 142

Free & open to the public

For more information, phone 403-220-7515,

email: arctic@ucalgary.ca, visit: www.arctic.ucalgary.ca

U of C Campus Map: <http://ucalgary.ca/map/>



UNIVERSITY OF
CALGARY

SEPT
21
2011

Mining Exploration Cycles in Canada's North: Where is the Next Ore?

This discussion of mining exploration cycles looks at the success of past and present exploration, and what geoscience could be collected in the future to aid in mineral exploration.

Keith Dewing
Geological Survey of Canada



OCT
19
2011

Muskox Health on Victoria Island

Subsistence and commercial harvests of muskoxen on Victoria Island provide food and income for the local Inuit communities, yet for the past three summers there have been mortality events that remain unexplained.

Cindy Hague
Dept. of Ecosystem & Public Health, University of Calgary



NOV
23
2011

The Mackenzie Delta: An Overview of Exploration Potential and Challenges of Drilling in the Canadian High Arctic

Learn about the process of exploring for hydrocarbons and locating, constructing, drilling, and abandoning a drill site on the delta during the winter of 2009.

John Hogg
V-P Exploration & Operations, MGM Energy



JAN
18
2012

Remote Sensing of Permafrost, Ground Ice and Glaciers: New Ways to Monitor a Changing Arctic

How new remote sensing and geophysical techniques such as ground-penetrating radar and unmanned aerial vehicles enable us to monitor changes occurring in the Arctic.

Brian Moorman
Dept. of Geography, University of Calgary



FEB
15
2012

Surging Glaciers in a Warming Climate

Discover how glaciers are responding to climate in Canada's St. Elias Mountains.

Gwenn Flowers
CRC in Glaciology, Simon Fraser University



MAR
21
2012

Cruising the Arctic

The increasing number of people embarking on expedition cruises to the Canadian Arctic provides an opportunity to present geology and other sciences to the general public.

Jon Dudley
Research Associate, AINA



Ten years of success for NAPI program

Julia Shaw
Gauntlet News

The University of Calgary's Native Ambassador Post-Secondary Initiative is in its tenth year. The goal of the program is to motivate and inspire Aboriginal youth to pursue post-secondary.

Senior NAPI ambassador Tessa Baily is from Teslin Tlingit First Nation in the Yukon and is in her third year at the U of C. When Baily came to the U of C she volunteered at the Native Centre located in MacHall. It was there she was asked to get involved in NAPI. Baily has been involved in the program for two years.

"It has enhanced my university career and push[es] me to want to become more," said Baily. "I've done a lot of things that I didn't think I would ever do, [NAPI] makes me push myself and have integrity as a leader."

Aboriginal students develop leadership skills by partaking in the NAPI program. It began as a small recruitment initiative out of the Native Centre in 2001 and after review, expanded in 2004.

"Once we got into the Aboriginal community and started working with Aboriginal youth, we realized very early on that a lot



Aly Gulamhusein/the Gauntlet

The Native Centre is located on the third floor of MacHall.

of our youth need more than just recruitment," said Native Centre Director Shawna Cunningham. "They needed more than information, they needed inspiration and encouragement."

To reach more Aboriginal youth aged 12-24 to pursue higher education, the NAPI program collaborated with Mount Royal University, SAIT, Bow Valley, the Calgary Board of Education and the Calgary Catholic School District in 2004.

"We're seeing more Aboriginal

students coming to U of C, and I'm sure other institutions are experiencing the same successes," said student advisor of Aboriginal programs and support Carole Tucker.

There are two components of the NAPI program: leadership training and educational outreach. In 2005, the NAPI program adapted the University of Calgary Student Leadership Program to provide ongoing training to NAPI ambassadors.

There are three levels of cer-

tification: Personal Leadership, Team Leadership and Community Leadership. The first two levels involve five modules each to empower and instil leadership skills within junior ambassadors. Once the Aboriginal youth reach the third level, they complete three modules and 20 hours of verified volunteering in a community or school-based setting, and become a senior ambassador.

"We use our NAPI ambassadors as a mode of inspirational presenters for the youth," said Tucker. "They talk about their experiences, their life history, and what brought them to education."

Educational outreach involves going to schools and career fairs both on and off reserves. On campus, Aboriginal students are encouraged to continue to upgrade and pursue further education.

"It is quite intimidating for students to come into the city to receive some of this information, but we're going to

them for free, so it's helpful," said Tucker.

Money, transportation, lack of motivation and good role models are obstacles that Aboriginal youth face regarding education. The NAPI program addresses these barriers and helps youth overcome them.

"Usually kids come out of our program and teachers will say that they are a lot more outspoken and less shy," said Baily. "We're giving a voice to our youth."

Nexen, a sponsor of the NAPI program, hired two NAPI ambassadors this summer to do leadership training with Aboriginal youth throughout northern Alberta, British Columbia, the Yukon and the Northwest Territories. The outreach into Aboriginal communities was a success.

"Last year the program reached out to 4,222 Aboriginal youth," said Tucker. "It has the ability to expand even further, and that's the excitement about it."

Baily thinks it's a great program. "I hope it keeps running," she said.

Breast Cancer...

not just a disease of older women



Risk Factors

- born in North America, Northern Europe
- strong family history of breast cancer
- hit puberty before age 12
- high levels of radiation exposure to the chest
- use of oral contraceptives
- alcohol misuse
- physical inactivity
- tobacco use/exposure to second hand smoke
- unhealthy weight/poor diet

Shanna (Shan) Larsen was only 24 when she lost her life to breast cancer

Funded by
Canadian
Breast Cancer
Foundation
PRAIRIES • NWT



visit or contact us at
teamshan.ca
facebook.com/team.shan.ca



SPARTAN HEALTH *Realize Your Dreams*

SCIENCES UNIVERSITY



- * Over 30 years of training medical doctors
- * 4 years MD program
- * Low affordable tuition
- * Long standing rotation programs in US and Canada

- * 2000+ practicing physicians in CANADA, US, and across the globe.
- * Same curriculum as US medical programs and universities
- * Located in the beautiful Caribbean island of St. Lucia
- * Direct flights from Toronto, New York, Miami, Atlanta, London
- * High acceptance rate into residency programs at major US hospitals



Low rate credit lines from reputable Canadian banks.
Call RBC at 416 974 8124



Spartan University
St. Lucia
Tel: (718) 841 7660



www.spartanmed.org
New York Office
Tel: (718) 456 6446

Fair trade Fridays at the U of C

Beenish Khurshid
Gauntlet News

The University of Calgary's Engineers Without Borders club is attempting to make the U of C a fair trade campus.

EWB has been holding 'Fair Trade Fridays' in a push to promote Fair Trade on campus.

"Fair Trade Canada came to EWB with this Fair Trade Campus idea to try to get EWB to implement it because there are chapters across Canada," said Sara Wilde, co-organizer of Fair Trade Fridays.

Fair Trade Canada is an organization dedicated to promoting fair trade products in Canada.

EWB is working with Fair Trade Canada to promote the Fair Trade Campus program.

"[EWB] has a very good relationship with Fair Trade Canada," said Wilde. "The Fair Trade Campus program is designed to acknowledge institutions that have shown leadership ... through their support of Fair

Trade," states Fair Trade Canada on its website.

To be considered a Fair Trade Campus three standards need to be met.

First, there are targets for the availability of fair trade products on campus, though these standards only apply to the university and students' union, not to independent businesses and clubs.

The second category is visibility, which is about promotion and exploration of the concept of fair trade.

The last category focuses on ensuring that there is a committee that will keep the Fair Trade Campus momentum going.

"Part of our interest ... stems from friendly competition," said co-organizer of Fair Trade Fridays Kelly James. "University of British Columbia became the first Fair Trade Campus in Canada last year and now it's a race to be the second."

Fair Trade Fridays focuses on the second category — visibility.

"We offered free fair trade coffee and tea as well as chocolate

every Friday morning and we used to do that in Science Theatres. It was quite successful last year," said Wilde.

James said he reached out to over 40 people each week. "So it was pretty busy."

EWB is planning to hand out free fair trade products such as coffee and chocolate in an attempt to encourage the student population to learn more about Fair Trade.

"You can buy fair trade. A lot of people [think] it's more expensive, but it's not — especially the coffee. If it is more expensive it's going to be pennies or dimes more, and that doesn't really make a difference," said James.

EWB hit a road block when Meetings and Special Events Services initially did not allow the club to set up a table in Science Theatres due to issues with proximity to food vendors.

"We are discussing different options. We don't want to burn any bridges with anybody," said Wilde.

Their initial idea was to give



Aly Gulamhusein/the Gauntlet

Coffee Company provides Fair Trade coffee to students on campus.

out chocolate and coffee guerrilla style, on random days.

However, Meeting and Special Event Services has now confirmed a table for Fair Trade Fridays in Science B.

EWB will be in Science B in the mornings on November 4 and 18

and December 2, 9 and 19.

"We do want to get fair trade coffee and the fair trade message out there, and it is a fun opportunity for us to get to know our fellow students as well," said Kelly. "We encourage fair trade around campus."



Graduate and Professional Studies Fair

Tuesday, October 18th • 10am – 3pm

Career Services is your connection to the future

- 50 Post-Secondary and Professional Institutions attending
- Upper Track Jack Simpson Gym



UNIVERSITY OF
CALGARY
CAREER
SERVICES

PINK FLOYD: REMASTERED

EMI's latest collection of re-releases raises the question: Is it worth it?

Richard Kolke

Gauntlet Entertainment

On September 26, EMI Music launched “Why Pink Floyd?”, a new advertising campaign surrounding both studio album re-releases and distribution of previously unreleased audio and video footage. However, a more apt question than “Why Pink Floyd?” may be “Is it worth it?” — especially when one considers the slew of Pink Floyd releases that have trickled out over the years, some less worthy than others.

First, it is worth considering the context of both the recording industry and Pink Floyd's catalogue.

“Double-dipping” is common in the home entertainment business, as the exercise is certain to generate cash from a proven money-maker for music publishers (and movie studios) with a minimum of expense and effort compared to the development and promotion of new artists. In the early '90s, this was welcomed as the first generation of CDs released in the '80s were generally taken from existing LP masters, which did little to take advantage of the dynamic range of the new medium. However, as the trend continued, this process began to be perceived as a cynical cash grab by greedy record companies.

So, how should we view the new spate of Pink Floyd releases? During a recent interview Pink Floyd drummer Nick Mason stated his belief that EMI (who lost £1.75 billion in 2009 and is currently up for sale) is releasing the Floyd catalogue one last time before all manufactured entertainment media goes the way of the 8-track tape and wax cylinders. Also noteworthy is that earlier this year Pink Floyd successfully sued EMI to prevent them from releasing album tracks as individual downloads.

The Pink Floyd catalogue was originally released on CD in the mid-1980s with the aforementioned dire sound quality and shabby artwork. In 1992, the massive *Shine On* box set was released, which contained remastered editions of seven titles in custom jet-black jewel cases with a bonus CD of singles and a hardcover book. Despite the lavish package, this release met with a fair bit of criticism at the time because of the omission of *Piper at the Gates of Dawn*, the band's debut album and founder Syd Barrett's masterpiece, the two film soundtracks, *More* and *Obscured by Clouds*, the live/studio album *Ummagumma*, the band's orchestral experiment *Atom Heart Mother* and the appropriately-titled *The Final Cut*. Also missing were the outtakes, rehearsals and alternative takes

There is a significant improvement in sound, containing a warmth reminiscent of vinyl while still enhancing the outer reaches of the dynamic range of the original recordings.

which were *de rigueur* for box sets at the time.

In 1993, a 20th-anniversary edition of *Dark Side of the Moon* was released in a box with new artwork but containing the same remastered CD released just a few months earlier. The remastered *Piper at the Gates of Dawn* made its appearance a year later, and in 1995 the final remastered titles missing from the *Shine On* box were released. The original mono version of *Piper* was released in a limited-edition box in 1997, along with a CD containing six singles previously included in *Shine On*.

In 2003, a 30th-anniversary edition of *Dark Side of the Moon* was released on a hybrid-SACD with a new 5.1 mix, but again no new material was included. In

2004, *The Final Cut* was reissued, including the single “When the Tigers Broke Free,” the first title to contain a bonus track. Finally, in 2007 a 40th-anniversary release of *Piper* was issued in a cloth-bound book containing one disc each of the mono and stereo versions in new (and improved) mixes, with a third disc containing the ubiquitous six singles and four recently-unearthed outtakes.

Any goodwill accumulated at this point was quickly undone later in the year by the release of the *Oh, By the Way* box set issued just in time for Christmas, which contained releases of all 14 studio albums in mini-LP sleeves in a limited edition box of 10,000 copies. Not only were the LP sleeves shoddily made, including off-kilter artwork and typographical errors, it was apparent that in

some instances the discs were the inferior 1980 masters and not the improved 1990 editions.

This brings us to the present-day project, which can be purchased either as individual titles or in a box set, this time with the unwieldy title of *The Discovery Studio Album Boxed Set*. There are also “Immersion Editions” of *Dark Side of the Moon*, *Wish You Were Here* and *The Wall*, said to (according to EMI) “present the complete artistic experience.” All titles have new 2011 mixes by long time Floyd stalwart James Guthrie. Still absent are the two non-Waters live albums *A Delicate Sound of Thunder* and *Pulse*, but the live *Wall* release *Is There Anybody Out There?* will be included as part of the *Wall* Immersion Edition.

So, is it all worth it? Well, the Immersion Edition of *Dark Side of the Moon* is certainly a Floyd collector's dream, with three CDs, two DVDs and a Blu-Ray disc containing the 2011 remaster, a live performance from 1974, an early 1972 mix, outtakes, the 2003 5.1 mix, the 1973 quadraphonic mix, the original stereo mix, a documentary, concert footage and screen films — all contained in a handsome box loaded with booklets and trinkets. *Wish You Were Here* is scheduled for a November release, and *The Wall* will be unveiled in February of 2012. The same three titles will also be available as “Experience Editions,” which will contain only the 2011 remaster and the live performances.

Also, in comparing the 2011 remasters to previous releases, it is apparent that there is a significant improvement in sound, containing a warmth reminiscent of vinyl while still enhancing the outer reaches of the dynamic range of the original recordings. Older releases such as *A Saucerful of Secrets* and *Atom Heart Mother* benefit the most from this process, but later releases such as *Animals* and *The Final Cut* are also greatly improved. All contain booklets with lyrics, but for some reason a few, such as *Animals*, lack the complete artwork from the original LP releases, although the mini-LP covers are superior to the 2007 box.

The bottom line is that these recordings have never sounded better. If you prefer ear buds and MP3s and already own all the Pink Floyd titles you desire, then you are probably not the target audience here. But if you are an audiophile with a taste for Pink Floyd, these are essential listening and the definitive statement on the band's substantial recorded legacy. Whether you choose to purchase a few favourites individually or go all-out for the *Discovery* box and Immersion Editions, you should be satisfied that your money will be well-spent.

Film review: *The Ides of March*

George Clooney exposes pitfalls of corruption in must-see political thriller

Chad Utke
Gauntlet Entertainment

For the record, I'd probably vote for George Clooney if his name popped up on my local election ballot. Wouldn't you?

He has built a reputation as one of the classiest and most charismatic men in Hollywood — an Oscar-nominated actor on-

screen and an active advocate of resolving the conflict in Darfur. If you happen to need any other reason to appreciate him, I'll give you one more.

In one of his most recent projects, *The Ides of March*, Clooney takes on the three-headed monster of acting, directing and writing with the hope of bringing his certain brand of class to the political thriller genre.

Starring a dynamite cast that includes the likes of Ryan Gosling, Philip Seymour Hoffman and Paul Giamatti, *The Ides of March* is an adept adaptation of the play *Farragut North* by Beau Willimon, who wrote the screenplay with Clooney. It follows a young political prodigy and his transformation from idealist to realist as he experiences the dark underside of American politics.

Though the premise of the movie is rather conventional in its political roots, its tightly-wound script and stand-out performances set it above other politically-grounded films.

Gosling plays Stephen Myers, a press secretary on the campaign team of Pennsylvania senator and presidential candidate Mike Morris (Clooney). As the Ohio primary closes in, the race has been reduced to two men: Morris, the people's choice and a man

of integrity and principle, and his counterpart, a hard-lined democrat named Pullman.

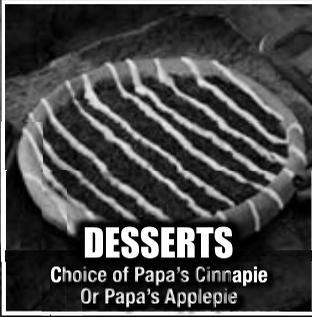
With victory in sight, the Morris campaign train begins to derail as Pullman's campaign director (Giamatti) drops the gloves and begins to play dirty. The tricks used by the opposing side start to plant seeds of doubt in the mind of Myers as he questions the integrity of his own candidate and campaign director (Hoffman). It's not

see IDES OF MARCH, page 11



PAPA JOHN'S

Better Ingredients.
Better Pizza.

 CHEESE PIZZA	 THIN CRUST PIZZA	 PEPPERONI PIZZA
 CHEESESTICKS Breadsticks & Garlic Parmesan Cheesesticks Also Available	 CHICKEN WINGS Choice of Hot, Mild, BBQ or Honey Chipotle. Includes Ranch Dipping Sauce	 DESSERTS Choice of Papa's Cinnapie Or Papa's Appletie

<p>PAPA'S DEAL</p> <p>When you buy any Pizza order at regular price, get</p> <p>\$6.00 OFF</p> <p>On orders \$30.00 or more when you purchase any Papa John's products at regular price.</p> <p><small>Valid at participating Papa John's locations. Offer cannot be combined with any other offer or promotion. Coupon must be presented at time of purchase. Offer ends Oct. 19, 2012. Taxes & Delivery charge will apply. Price subject to change without notice.</small></p>	<p>STUDENT SPECIAL</p> <p>2 Medium, 2 Topping Pizzas for</p> <p>\$19.99</p> <p>PAPA SIZE it to Large for \$4 More</p> <p>CARRY OUT ONLY</p> <p><small>Valid at participating Papa John's locations. Offer cannot be combined with any other offer or promotion. Coupon must be presented at time of purchase. Offer ends Oct. 19, 2012. Taxes will apply. Price subject to change without notice.</small></p>	<p>PAPA'S 6 PAK</p> <p>Two 10" two topping pizzas. One breadstick or dessert, Two 591 ml pops. One order of wings all for</p> <p>\$26.99</p> <p>Make them medium for \$4 More</p> <p><small>Valid at participating Papa John's locations. Offer cannot be combined with any other offer or promotion. Coupon must be presented at time of purchase. Offer ends Oct. 19, 2012. Taxes & Delivery charge will apply. Price subject to change without notice.</small></p>
--	--	---

Bonavista Square - 271-5757 - 119, 12100 MacLeod Tr. SE • Arbour Lake - 693-4440 - 18 Arbor Lake Way NW • West Market - 217-7373 - 1851 Sirocco Dr. SW
17th / Downtown - 693-7272 - 601 - 17 Ave. SW • Sunridge - 219-8400 - 3172 Sunridge Blvd. NE • Panorama Hills - 567-2000 - 177 Century Hill Blvd. NW
Banff Trail - 693-4444 - 2134 Crowchild Trail NW • Copperfield - 726-7000 - 230, 15566 McIvor Blvd. SE

403-693-4444

CLICK, CALL OR COME IN! ORDER ONLINE: www.papajohnspizza.ca

Available in 3 Crusts: Papa John's Original, Multigrain or Thin Crust. (Various sizes available, please inquire.)



e-classified

FREE CLASSIFIEDS FOR CANADA

Connecting Buyers and Sellers,
Landlords and Tenants, Personals

www.e-classified.ca



Adventure!

Teach English Overseas

> TESOL Certified in 5 Days
> In-Class or Online > No degree Required!

1.888.270.2941

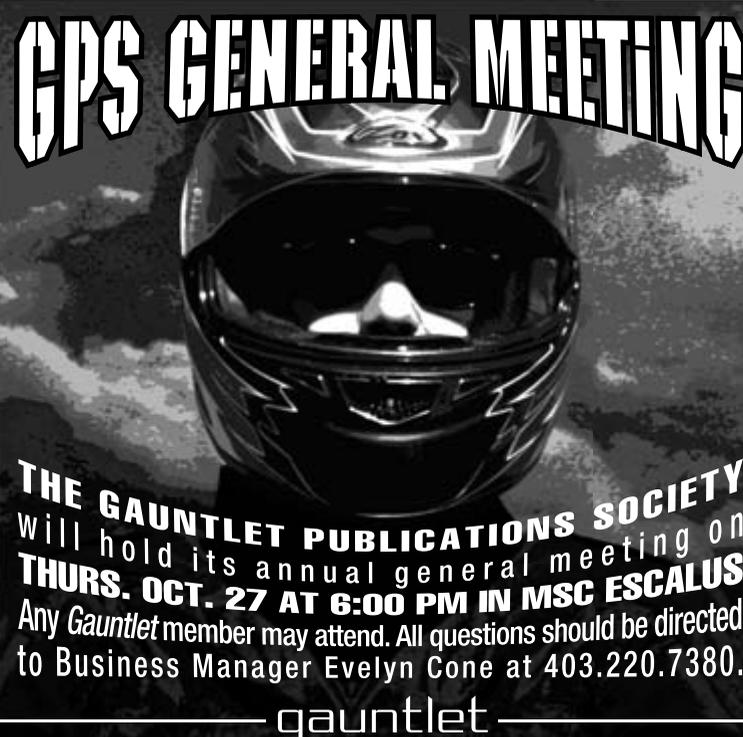
Job Guaranteed!

Next In-Class Course: December 7 - 11
Next Info Seminar: October 25 @ 7 pm

Travelodge University Hotel
2227 Banff Trail NW

www.globaltesol.com





GPS GENERAL MEETING

THE GAUNTLET PUBLICATIONS SOCIETY
will hold its annual general meeting on
THURS. OCT. 27 AT 6:00 PM IN MSC ESCALUS
Any Gauntlet member may attend. All questions should be directed
to Business Manager Evelyn Cone at 403.220.7380.

gauntlet

Ides of March, continued from page 10

until the doubt begins to fester in Myers's mind that he comes across a scandal that could un-hinge everything he's worked for and believed in.

Once a proponent of noble beliefs and values, Myers is faced with the stark realization that idealism might be untenable within the confines of his current political reality.

It seems as though every character has some sort of secret or a hidden agenda that drives them to unearth skeletons in

everyone else's closet to divert attention from their own.

At the heart of this film is the question that faces a society where shady dealings and back-room shenanigans have become the norm: How much farther can we sink? Is it not the idealists that we cling to now — those so bereft of immorality that we can see a light at the end of the tunnel through them?

Clooney's window into the political world of scandal is a cynical one that highlights even the

most idealistic of people might not be immune to the pitfalls of corruption.

The leading actor and his powerhouse of fellow cast members ought to garner some serious attention come awards season. In this film, they make what could have been a bland, run-of-the-mill movie into a must-see film that asks serious questions about society while remaining entertaining at every turn.

Catch *The Ides of March* at theatres nationwide.

It's that time of week again, kids

Yes, that's right. Time to drink away your sorrows. Or "accidentally" eat an entire container of rainbow frosting after that hot guy from your history lecture doesn't text you back — wait, what?

Young the Giant (MacEwan Ballroom, Oct. 14) — Around the year 1990, some people from Irvine, California partook in unprotected coitus. Their sons picked up instruments. This is the result.

Occupy Calgary (Bankers Hall, Oct. 15) — Be warned, you may be told to "get a job" by a fat guy in a top hat and monocle.

Russell Brand (Jubilee Auditorium, Oct. 15) — Can someone please go to this and ask him where his wife gets her candy-shaped bras? I'm all out. Thanks.

Gwynne Dwyer (MacEwan Ballroom, Oct. 17) — This renowned historian-turned-foreign policy speaker will be delivering a lecture entitled "The New Middle East." See, Mom? My Arts degree *can* get me somewhere!

Scene and Heard Club Songwriters' Circle (That Empty Space, Oct. 18) — Turn those tortured and tear-stained professions of love on your journal pages into something useful. Learn how from acclaimed songwriters, such as Calgary's own Lindsay Ell.

EDITORS TEND TO BE BAD PEOPLE



Or so Roberto Bolaño once remarked. Bolaño must never have heard of me, for if he had he most certainly would phrased it, "Remi Watts, opinions editor at the *Gauntlet*, is not only a bad person, as most editors tend to be, but probably a deranged one, too."

NARROW CASTED NEWS

((radio gauntlet))

FRIDAYS @ 11:30 AM
CJSW 90.9 FM

Hosted by Remi Watts

CALGARY 90.9 FM
cjsw

DEPARTMENT OF MUSIC



Organ Series
Romance: Germany Seduced by the South
Christina Hutten, organ
Tuesday, October 18, 2011
Eckhardt-Gramatté Recital Hall, 8 pm



Celebration Series
The Hyphenated Liszt
Charles Foreman, piano
Saturday, October 22, 2011
Eckhardt-Gramatté Recital Hall, 8 pm



music

AT THE UNIVERSITY OF CALGARY

music.ucalgary.ca

Discounts available
for groups and with
your U of C Alumni.
Friends of CJSW or
LiveRush cards.

Students
get in FREE
with your UCIID!
**CLAIM
YOUR
SEAT**

Tickets: 220-7202

Footloose and eighties-free

Co-writer and director Craig Brewer presents a fresh take on an iconic film

Eesha Imran

Gauntlet Entertainment

When talking to the children of the eighties, there is one movie most of them can name — a movie that helped guide their generation, as well as define the time period. It became so decade-defining that people are still talking about it. *Footloose* is regarded by many as the ultimate story of youth empowerment. On October 14, this generation will have the chance to see director Craig Brewer's modern-day ver-

sion of this classic film — a fresh take on a timeless story.

In the 1984 original, after a horrific accident, a series of unjust laws prohibiting dancing are created for the purpose of protecting the teenage population of a small town. Seeking to put the sleepy town's rebellious teens in the right for once, new-kid-on-the-block Ren, and Ariel, the local minister's daughter, begin to try and shake up the status quo by fighting the repressive set of regulations.

Fast-forward to 2011, and a brand-new musical score gives

new direction to the film. A teenage girl from South Carolina sent a demo of Bonnie Tyler's song "Holding Out for a Hero" to the filmmaking team, and this new twist on an iconic song mirrored the spirit in which Brewer and his team wanted to make *Footloose*.

According to Brewer, "Hearing that song was, like a guidepost of how to make this movie." From the very beginning, the goal of the whole project was to add modern aspects without altering what made the 1984 version special, and re-making one of the songs was the icing on the proverbial cake.

Along with music comes dancing, naturally, and this was also a key aspect of making the film relevant to today. At the same time, Brewer is adamant that the film is not just a dance movie — there is much more to it than that.

A "dance movie," according to Brewer, is "a plot basically linking a bunch of dance impromptu together." So *Footloose* was not, and is not, a dance movie.

Confident that he has made a movie people will like, Brewer



courtesy Paramount Pictures/Spyglass Entertainment

Brewer behind the scenes with Kenny Wormald, who plays Ren in the 2011 remake of *Footloose*.

states that "I think that no one would've made it better than the team we put together." However, there are also obvious difficulties one faces when remaking a classic movie, mainly trying to undertake the delicate task of updating it without compromising the original film's integrity, all while not drastically alter-

ing the overall feel of the film. Things like wardrobe and style had to be taken into account. Nearly every aspect of the film had to be brought into a new era, while still keeping the flow of the original.

That being said, one major plot change that Brewer and his

see FOOTLOOSE, page 13

An advertisement for Mount Royal University's Continuing Education program. At the top left is the university's logo, a stylized leaf, with the text "MOUNT ROYAL UNIVERSITY 1910". To the right of the logo is the text "CONTINUING EDUCATION". Below this is a photograph of a smiling woman in a white top holding a tablet, standing in front of a large white event tent. The background shows a scenic view of a lake and mountains. Below the photo, the text reads "Reveal a new you". Underneath that, it says "Invest in your career by taking Mount Royal University's Event Management Certificate. Classroom or online studies available. Fall registration is open." At the bottom left, there is contact information: "Information: 403.440.8804 or cebusiness@mtroyal.ca" and "Registration: 403.440.3833". A QR code is located at the bottom center, and the website "mtroyal.ca/conted" is at the bottom right.

Earn While You Learn



Earn your MBA while gaining valuable work experience with the DeGroot School of Business Co-op MBA program — Canada's Premier Co-op MBA.

To learn more, come visit us at your Graduate School Fair on October 18.

www.degroot.mcmaster.ca

DeGroot
SCHOOL OF BUSINESS

McMaster
University 

The Boxer Rebellion

British rockers cancel North American tour, are still rad

Crystal Gleeson
Gauntlet Entertainment

These days, it can sometimes be difficult to find a song with a theme other than that of the tragedy of love. Musical works touching on eerie themes of death and out-of-body experiences, such as astral projection, are few and far between. A London-based band by the name of The Boxer Rebellion, however, has decided to approach the art of songwriting differently.

The London, England four-piece debuted their most recent album, *The Cold Still*, in February of this year. This is the band's third album in their 10 years of playing together.

Their latest creation is comprised of songs weaving together powerful themes, lyrics and melodies.

"There's a song called 'Caught by the Light,' and it's about drifting away," explains frontman Nathan Nicholson. "[It's] kind of like an out-of-body experience, where your soul is leaving your body and you're watching the world as you ascend." Soft, surreal lyrics and hauntingly beautiful instrumentation attest to this.

The Cold Still is mostly meant to be experienced as a book might be — in a linear fashion, from start to finish. However, this doesn't mean that the individual songs need be rigidly attached to the album as a whole.

"[We] think it works really well as a full piece . . . [but] you've got to

take into account that not everyone is going to do that, so we wanted to make everything individually great, but also have some sort of continuity to it."

At press time, the band was about to embark on the second stint of their North American tour and was enthusiastic about the prospect of performing live in the



courtesy Tessa Angus

great Canadian West.

"We've only ever played in Vancouver and Toronto, so it will be really good to explore a bit more of Canada. We are really looking forward to it," Nathan shared.

Unfortunately, earlier this week The Boxer Rebellion had to cancel all upcoming North American tour dates due to an undisclosed per-

sonal tragedy. The tour would have included an October 8 stop at The Republik in Calgary. This isn't to say, however, that the boys from Britain won't be eager to play in North America in the future.

On the difference between North American and European tours, Nathan comments, "People are just more up for it, if that makes sense.

The crowd seems a lot more responsive and respectful, and for the most part, in the U.S. and Canada people just seem to enjoy going to live gigs."

Although you won't be able to check them out here, make sure to get your hands on a copy of *The Cold Still* — especially if you like music that's about more than just heartbreak.

Footloose, continued from page 12

team did choose to include concerns the reason why, in the fictional story, the laws against dancing were put in place — that is, to protect the teens of the town after a tragic accident.

From the point of view of the adults in the town, the accident had occurred partly because of dancing and the atmosphere it created. In Brewer's remake, though, "it's not as simple as a ban on dancing . . . [the parents] just don't want any unsupervised events with unlawful activities."

In the updated movie, this is the primary reason for a ban. This significant plot shift is strategic, however. Making this change in the movie will allow viewers to further sympathize with parents, according to Brewer.

It's clear that the ideals of the original *Footloose* are still relevant to youth today. It's Brewer's view that what sets *Footloose* apart is that it goes back to a time when teenage problems were actually addressed by teenage movies.

Overall, Brewer is confident that he and his team have "managed to make *Footloose* more relevant today than it was in 1984," and that it is time to "give it to a new generation that, I think, is in need of a *Footloose*."

Footloose opens nationwide Oct. 14.



CALGARY 90.9 FM
cjsw
cjsw.com

TOP 20 *canadian artist
**local artist ▶ sept. 26/11

- JENS LEKMAN** *An Argument With Myself* (Secretly Canadian)
- DUM DUM GIRLS** *Only In Dreams* (Sub Pop)
- SISKIYOU*** *Keep Away The Dead* (Constellation)
- TWIN SISTER** *In Heaven* (Domino)
- WILD FLAG** *Wild Flag* (Merge)
- BRAZILIAN MONEY*** *Jive bw/The Killer Instinct* (Self-Released)
- PRIMUS** *Green Naugahyde* (Prawn Song)
- PAJAMA CLUB** *Pajama Club* (Lester)
- BIG HARP** *White Hat* (Saddle Creek)
- CAROLINE SMITH & THE GOOD NIGHT SLEEPS** *Little Wind* (Self-Released)
- DAN MELCHIOR UND DAS MENACE** *Catbirds & Cardinals* (Northern Spy)
- BIG TROUBLES** *Romantic Comedy* (Slumberland)
- MEKONS** *Ancient & Modern 1911-2011* (Bloodshot)
- NATACHA ATLAS** *Mounqaliba-Rising: The Remixes* (Six Degrees)
- WILCO** *The Whole Love* (Anti-)
- RINGO DEATHSTARR** *Sparkler* (Sonic Unyon)
- BLITZEN TRAPPER** *American Goldwing* (Sub Pop)
- SANDRO PERRI*** *Impossible Spaces* (Self-Released)
- ST. VINCENT** *Strange Mercy* (4AD)
- GIRLS** *Father, Son, Holy Ghost* (True Panther)

METAL

- PATHOLOGY** *Awaken To The Suffering* (Victory)
- ANTHRAX** *Worship Music* (Megaforce)
- BREATHE KNIVES/KATAPLEXIS**** *Split* (NoList)
- DECAPITATED** *Carnival Is Forever* (Nuclear Blast)
- DEVIN TOWNSEND PROJECT** *Deconstruction* (HevyDevy)

EXPERIMENTAL

- KNOTTED CORD** *Polyphonic Beasts Expand In Parallel* (Self-Released)
- [n.]** *Ein Klagelied Fur 3f* (Cae-Sur-A)
- BENJAMIN BROENING, DUO RUNEDAKO** *Recombinant Nocturnes* (Innova)
- BIRD NAMES** *Metabolism: A Salute To The Energy Of The Sun* (Northern Spy)
- CHRIS INGUANTI*** *Vox Terra* (Redshift)

SPOTLIGHT ON CALGARY



THE YOU ARE MINEZ

Jean (Faux Fur, The Gooeys) makes his discordant and cute rock music shine with jangly guitar noise. <http://youremine.bandcamp.com/>

KAT'S PICKS

- GEM CLUB**
- J BOOGIE'S**
- DUBTRONIC SCIENCE**
- STILL CORNERS**
- ODONIS ODONIS**
- EXITMUSIC**

LIVE BANDS ON-AIR

FOON YAP AND THE ROAR: Fri. Oct. 14 2:30 pm on *My Allergy To The Fans*

THE MAGNETIC NORTH: Tues. Oct. 18 - 10 pm on *Radio Boys In The Shortwave Mystery*

MJ DIVA & RODNEY GUITARSPLAT: Tues. Nov. 1 - 2:30 pm on *White Lodge/Black Lodge*

TIRED SKIES: Thurs. Nov. 3 - 10 am on *Mind Folk'd*

RADTASTIC! 

YOUR GUIDE TO ALL THINGS MUSIC AT CJSW 90.9 FM To be added to the weekly email list, contact **KAT DORNIAN**, Music Director at cjswfm@ucalgary.ca

Hands on television experience & technical training on campus

New University Television (NUTV) is always on the lookout for outgoing, dedicated and enthusiastic individuals to support our public access campus community television station. No prior experience is necessary. Apply today and get involved today, it's that easy!

NUTV.CA
NEW UNIVERSITY TELEVISION

NUTVatUofC 
nutv.ca/join



We are currently recruiting volunteers to assist with projects and events such as these:

- Reporting, shooting and editing stories for our News Magazine show that airs on SHAW cable
- Live coverage of DINO's sports; Mixed Martial Arts (MMA) competitions; dance performances

NEW UNIVERSITY TELEVISION

Usage-based billing, still a threat

Justin Azevedo

Gauntlet Opinions



As one of the quintessential examples of human innovation, the internet has had dramatic impacts on how our species has interacted, survived and engaged in commerce.

As a tool for communication, a resource for contributing to open research and learning, and as a vehicle for entertainment, the internet is far and away the leader in all three categories. It's so easy for us to take it for granted — we assume we'll have access to open and free internet access anywhere we go nowadays.

But what if I was to tell you your federal government has been working to take certain rights away from you when you log on?

As the House of Commons enters its 41st session, there are a number of bills that have been reworked and will impact how you can use the internet — most notably bill C-11, which is a re-branding and re-tabling of the notorious bill C-32 that was introduced in the third session of the 40th parliament. While there are numerous changes the bill proposes, the most egregious of them is limiting our privacy on the web.

Under the guise of "security," Bill C-11 includes language that allows copyright owners to seek statutory



damages. Now, you may wonder how copyright owners would gain access to information that could lead to damage charges — the answer is found in C-11. C-11, along with former bills C-50, C-51 and C-52 attempt to allow police officers and other law enforcement agencies to monitor anyone's online habits without a search warrant or probable cause.

If you've read the Canadian Charter of Rights and Freedoms, the point on Legal Rights, Section 8 clearly states we are free from unreasonable search. Now, do tell me how unwarranted search does not

completely contradict this section?

This is where this saga gets more important than just the internet. We're now talking about a violation of Canada's Constitution — the highest level of the law in the country.

It's up to us, the citizens, to keep our most precious resource alive — the free, unmonitored exchange of information and ideas. The good news is we're making progress.

During the most recent federal election campaign, you may have heard of a concept called "Usage-Based Billing." Essentially, you pay for whatever bandwidth (both up-

stream and downstream) you use. Most people would've shrugged it off — it is true most customers wouldn't have been directly affected by UBB — but under one plan from Rogers, \$60 a month would've got you 60GB of bandwidth — that's among the world's costliest bandwidth. For the most part, we were able to stop UBB before the election due to a massive online campaign on sites like Reddit, 4chan and Something Awful.

But it didn't fix the basic problem with our internet providers (and the telecommunications industry in general). A systemic lack

of competition, which has been allowed to fester by an inept government agency. We're not just talking about the internet here — it's in all facets of telecommunications. This environment has led to various antitrust violations ensuring that pricing structures are similar throughout the bandwidth providers, which leads to telecommunications companies lobbying the Canadian Radio-television and Telecommunications Commission to make it nigh impossible for resellers to have competitive plans, which harms the consumer.

As it is, Canada has some of the most expensive bandwidth in the world. This, combined with attempts at violating our privacy, is absurd. Even worse are those statutory damages I talked about earlier: language in the official Ministerial Q&A states "Statutory damages are a tool provided to rights holders to take legal action without the need for proving the amount of actual damages suffered, as this can sometimes be difficult to prove." Mark my words, this is an open-ended statement that will lead to abuse of the law by copyright holders much like what has been done in the United States.

I'd urge you to read the bills and the Ministerial Q&A then contact your local MP and tell them why this bill is prohibitive to continuing to have open internet in Canada. Otherwise, visit openmedia.ca and sign the petition to stop C-11.

SU Undergraduate Research Symposium Abstract Deadline

STUDENTS
SU
UNION

Ola Mohajer
VP Academic



Promoting Excellence in Research

If you have a research project that is underway or completed, the SU is offering you an opportunity to showcase your accomplishments and compete for your share of over \$10,000 in awards. This year we have increased the number of awards and also the minimum value of all awards to \$1000!

The 6th annual Undergraduate Research Symposium will take place on November 24 and 25 but now is the time to get your abstracts in

so you can be featured at the event. This growing annual event features the impressive work of over 125 undergrad researchers and provides an excellent opportunity to network with fellow researchers and mingle with accomplished researchers from Calgary institutes and research firms.

If you are interested in showcasing and presenting your undergraduate research this year, you can access the abstract submission form and guidelines on the SU website at www.su.ucalgary.ca.

The abstract submission deadline is Friday, October 28.

Meet Your SU Faculty Reps

Got questions on what's happening? Got ideas for your faculty? These are the people you want to contact.

Medical Students Meet Michelle Huie

Type: Health Sciences
Speciality: Majoring in Biomedical Sciences
Level: Senior (4th and final year)
Habitat: Health Sciences campus, SU Office, TFDL
"Clans": Student Legislative Council, Clubs Committee, Teaching and Learning Funding Committee
Abilities: (proudly) representing the Faculty of Medicine, overseeing over 240 clubs, voice for student research funding. Contact Michelle at medrep@su.ucalgary.ca



Science Students Meet Jack Siu

Jack is a 4th year Biosci major with a minor in Nanoscience. He's highly involved on campus, having participated in Orientation Week and Safewalk for the past three years, and is an incumbent on the SU. He's an avid gamer and enjoys reading manga in his spare time. Contact Jack at science1@su.ucalgary.ca.



Engineering Students Meet John McDonald

John McDonald is a passionate leader with a zest for volunteerism. Coming out of his role as Engineering

Students' Society President, and leaving behind his legacy of Engineering Scarves to foster the community in Engineering, it is his hope that he can plant seeds to combat apathy and promote community across campus. John is a proud Albertan and drives a pickup truck to help the economy.

You get hold of John at engineering1@su.ucalgary.ca or by calling 403-903-5569.



“This again?! Abort me already...”

HJ Hornbeck
Gauntlet Opinions



Guess what's back in the news? Conservative MP Brad Trost warns that the debate on abortion access has been reopened in Canada, and that aggressive new tactics will be the name of the game.

Okay, fine. Let's talk abortion. We'll assume that abortion is murder, and that our goal is to eliminate it. I know some of you disagree with the assumption, but I bet all of you agree with the goal of eliminating murder.

The obvious approach would be to ban abortion. You can't kill if you're not allowed to, right?

That just won't work. Africa has banned abortion, overall, and yet has the same abortion rate as Europe, where it's mostly legal. Within Europe, countries that put the least restrictions on abortion tend to have lower rates. It seems the best

way to stop the killing is to legalize it!

On reflection, that makes more sense. By regulating abortion, we can force women into counselling or show them social programs that could save unborn lives. A doctor performing an illegal abortion just wants his patients out the door before the fuzz gets suspicious.

It's not like we even need a doctor; before doctors existed, women would kill their fetuses by dousing them in soap and water, or by puncturing them with pointy sticks, or just “falling down heavily.” There are hundreds of ways to abort, and no way to ban all of them.

You could even argue that a total ban on abortions would lead to more deaths. I read one sad case about a woman whose colon disease was made worse by pregnancy. Doctors knew her best chance was to abort the fetus, but none were willing to kill the unborn life. Not only did she miscarry anyway, she died in incredible agony. Only the most heartless person would argue that killing two people is better

than killing one, so we must permit abortion in some circumstances.

Perhaps we should settle for a more realistic goal. Eastern Eu-

by promoting contraceptives and sex education we can minimize it.

It would be wonderful if someone were already doing this, carry-

ing out abortions but mostly pushing contraception and counselling. Oh wait, Planned Parenthood already provides “a wide range of safe, reliable health care — and more than 90 per cent is preventive, primary care, which helps prevent unintended pregnancies through

contraception, reduce the spread of sexually transmitted infections through testing and treatment, and screen for cervical and other cancers.”

Perfect! So I'm sure MP Trost is encouraging the government to save lives by increasing Planned Parenthood's funding. But Trost wrote on his website that “many, many Conservative MPs pressed the [prime minister's office] to stop the funds from flowing [to Planned Parenthood] . . . Federal funding did stop for a time. Funds allocated to International Planned Parenthood Federation were considerably reduced. Furthermore, federal grants for IPPF also had more strings attached.”

Whaaa?! He's not only opposed to funding Planned Parenthood, he's actively trying to get them defunded? But if organizations like Planned Parenthood are the best way to save unborn lives, that would mean Trost is endorsing less effective methods. Brad Trost is causing more children to die!



rope's spectacular reduction in baby murders was not done by making them more accessible, but instead encouraging contraceptive use. Canada has seen a 37 per cent decrease in teen pregnancy rates between 1996 and 2006 by doing the same. While we can't stop abortion,

ing out abortions but mostly pushing contraception and counselling. Oh wait, Planned Parenthood already provides “a wide range of safe, reliable health care — and more than 90 per cent is preventive, primary care, which helps prevent unintended pregnancies through

CALGARY'S #1 HALLOWEEN DESTINATION

NOW AT 2 LOCATIONS!

NEW NW LOCATION
5403 CROWCHILD TRAIL NW
CALGARY, ALBERTA T3B 4Z1
403 457-3116
CROWCHILD SQUARE. ACROSS FROM DALHOUSIE STATION

CENTRAL LOCATION
1515 CENTRE ST. NORTH
CALGARY, ALBERTA T2E 2S1
403 262-5717

SPECIAL HALLOWEEN EXTENDED HOURS:
Monday-Friday 10am-9pm. Saturdays 10am-6pm.
Open Sunday Oct 16, 23, 30th 10am-6pm.

DON'S HOBBY SHOP & THEATRICAL SUPPLIES
(SINCE 1949)

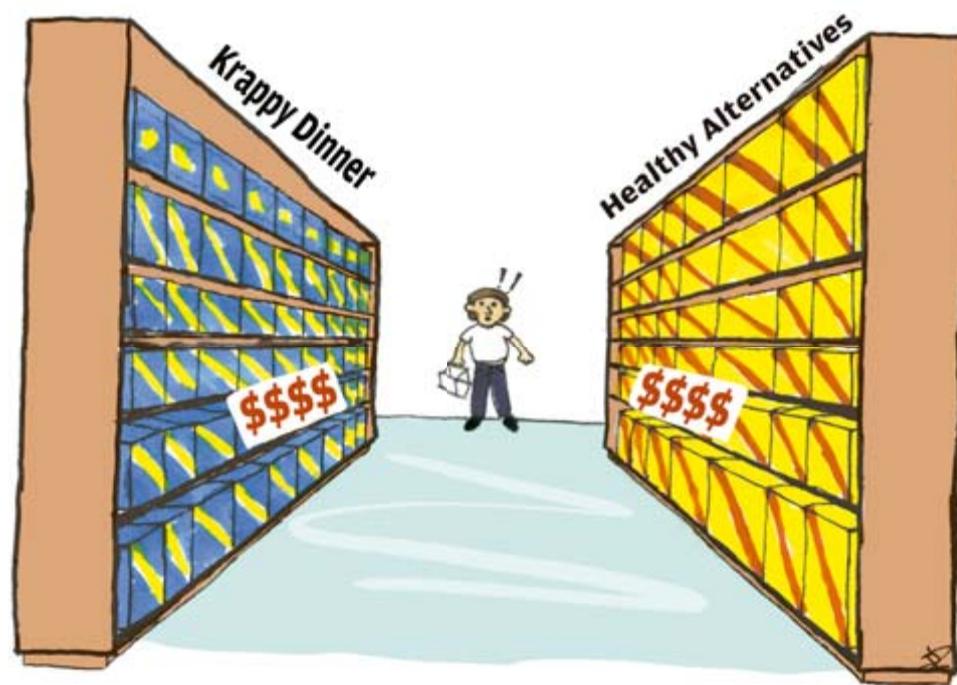
Danish fat tax: a step in the wrong direction

Joëlle Robichaud
Gauntlet Opinions



Denmark's recent move to add a fat tax — costing their consumers about 3 dollars per kilo of saturated fats — does not address any of the implications of the mass-production of foods. At the very least, if a similar fat tax were introduced to Canada, it definitely would not improve the habits or health of the general population.

In North America, at least, food changed drastically after the Second World War. The television was introduced around this time and at this point a need was perhaps created to entice people — especially housewives, who were in charge of food production at home — to buy foods that were easy to prepare at a lower cost. Whether this was due to clever advertising, the rise of the need for women to work more effectively around the home, or the television itself is another debate. The TV dinner was a common occurrence, and I bet most people who read this article can admit to eating at least some sort of "TV dinner" that took little time to prepare. I know my microwave has been my best of friends at times for its ability to zap me a fried



chicken and mashed potato meal straight from a plastic container. Yum.

Anyone who admits to eating these dinners should not, however, proceed to have an anxiety attack because they "chose" to eat processed, easy-to-make, crappy foods. Easy foods were at first a good idea, but they were

unfortunately influenced by food lobbyists to make it cheaper to produce them. Good business, however, does not always lead to good product.

The product, in fact, is food that is making us fat and sick. Taxation is not the best way to fix this problem. Implicating the

consumer for the choices that producers are making seems rather backwards, doesn't it? In fact, because the producers want to make food as "cost-effective" as possible due to the "demand" set by our large populations, they have given themselves license — with the aid of the lobbied governments — to put products into our foods that are not healthy. Hormones, genetic mutations and highly processed corns are just the beginning.

Introducing a tax would not yield better education, nor does it yield better farming or production so more healthy options are available. It does not eliminate the methods used by producers of our "healthier" foods from messing up too — how spinach causes E. Coli poisoning in such "sophisticated" and "regulated" times is beyond me.

Despite relating this to North America especially, the example in Denmark begets a slippery slope of blaming the consumers for choices they never made. If governments were not so influenced by corporations' fallacious arguments for the need of producing foods the way they do, they would perhaps be more inclined to punish the wrong-doers rather than those who have no choice but to eat cheaply and efficiently so they have time to work for the majority of their lives.

University of Calgary Bookstore's Annual

Hop & Save Sidewalk Sale

Oct. 17-21, 9am-5pm

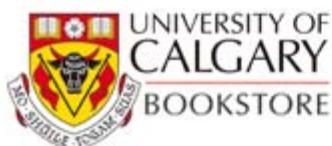
Hurt books
starting at \$1.

Stationary items
starting at \$1.



Up to 70% off
clothing & gift
items.

Scratch & win
cards with each
purchase.



Up to 80% off
academic
remainders.

New
items
daily

www.calgarybookstore.ca

A science of progress is a reliable science

A reply to *Limits of the scientific method*

Matthew Feeg

Gauntlet Opinions



The Sept. 22, 2011 issue of the *Gauntlet* ran an article entitled *Limits of the Scientific Method* by Louis Joubert. I have found this article to be most erroneous in its criticism of science. Part of this stems from the failure to clearly define science. The author proposes to “stick to the definition that seems to usually be in people’s minds.” This I find to be an unhelpful definition, and one that allows the author to totally confuse the scientific method with scientific theories, and thus much of his article is criticism of theories and not method. I will mainly consider the article’s criticism of scientific theories, but any discussion of science must touch on the scien-

tific method itself.

In his article Joubert that current scientific theories are doomed to be destroyed. It is with this wording (and what it implies) that I must disagree. It implies that what we know about the natural world is unreliable, and that at any moment our entire understanding could be shattered by a new paradigm.

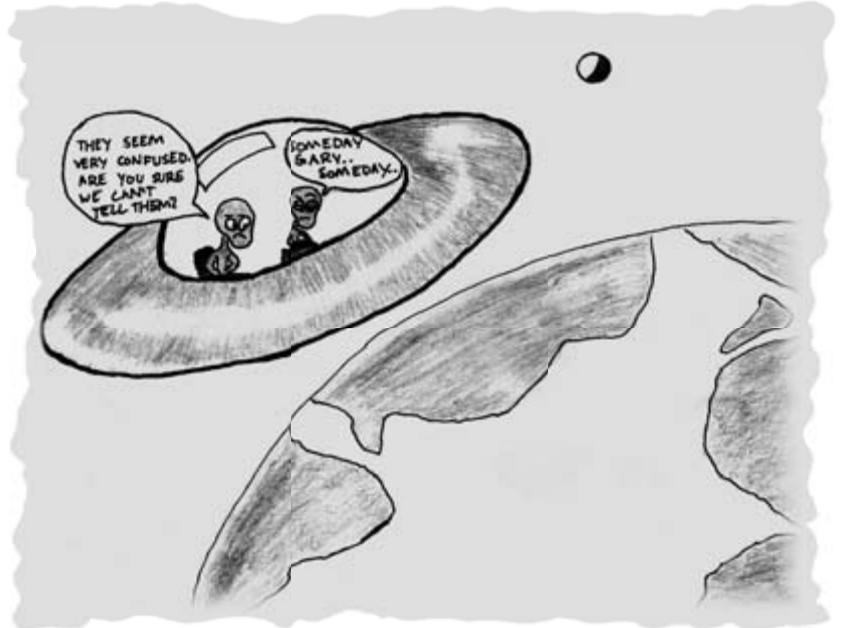
Such a claim shows a lack of understanding about the nature of scientific theories. Isaac Asimov put it best when he wrote “theories are not so much wrong as incomplete.” The process of science gradually refines and improves theories — it is like building on past foundations instead of tearing them down and starting again.

We can illustrate this with an example: at first the ancient Greeks (and other ancient civilizations) theorized that the sun and all other planets revolved around the Earth. Then, Coperni-

cus introduced a model where the Earth revolved around the sun.

The first theory was indeed wrong, but not totally wrong. It got the revolving part right, just not the order of planets. Later theories would improve upon Copernicus, and show that the planets orbit in ellipses, not perfect circles. Copernicus was wrong, but not totally wrong. He got the orbiting part right, just not the paths of orbits. These replacement theories build upon previous theories, keeping what works and replacing the incorrect aspects with more correct ones.

Another criticism that Joubert raises is the changeability of science, a point with which I strongly disagree. Change is not bad for scientific theories — indeed we should be glad to have it, lest our theories become dogmatic and stale. Or worse than that, they could become useless. Theories that fail to accurately describe the



world would prohibit technological progress. Imagine for a moment that our theory of gravity was incorrect. There would have been no moon landing, no space travel, and no artificial satellites orbiting the Earth.

The very fact that scientific

theories are changing is a virtue. It means that the process of science is still underway, that we are constantly checking up on our theories, and that we are actively trying to falsify them. Indeed, it is the very process of science that makes scientific theories reliable.

cjsw on-air guide

	SUN	MON	TUES	WED	THURS	FRI	SAT		
5:30	cjsw echo chamber	some velvet mornings	morning joy	syncopation nation	morning joy	my two cents flat	tea time with annie (continued)	5:30	
6 am								6 am	
6:30								6:30	
7 am	alternative radio	breaking the tethers	am mixtape	the morning after	soapbox derby/ the get up	the house blend	democracy now!	7 am	
7:30								7:30	
8 am	counterspin						bunte welle german	8 am	
8:30	eritrean radio							8:30	
9 am	hrvatski radio croatian	morning mix — with BBC updates on the hour from 6 am - 9 am every weekday							9 am
9:30								9:30	
10 am	radio pilipino filipino	her royal opinion	outside the lines experimental / classical	instant gratification: revoked!	mind folk'd roots	up for it	calgary vietnamese radio	10 am	
10:30								10:30	
11 am	buscando america spanish	students' union weekly	spooning & forking	alternative radio	democracy now!	narrowcasted news	hellenic melodies greek	11 am	
11:30								11:30	
12 pm	deztination worldwide	roger that	the via lactea caboose	freewheelin' sponsored by republic	pillage the people/ my public shame	daydream dance party sponsored by beatroute magazine	speaking in tongues roots	12 pm	
12:30								12:30	
1 pm	contramandatum						double entendre preserves	1 pm	
1:30								1:30	
2 pm		the new classics	white lodge/ black lodge	off duty trip	truffle shuffle	my allergy to the fans sponsored by tubby dog	flip your wig	2 pm	
2:30								2:30	
3 pm	knotted roots						music to my ears	3 pm	
3:30								3:30	
4 pm	mental illness	aubrey's shindig sponsored by the drum & monkey	electric company	halfway home sponsored by local 522	alternative to what?	road pops sponsored by fwd weekly	level the vibes	4 pm	
4:30								4:30	
5 pm								5 pm	
5:30								5:30	
6 pm	breaking techniques	french transe en danse	desi vibes	carnival mix	that's so gay!	musiquarium	voice of ethiopia	6 pm	
6:30							radio oromia	6:30	
7 pm	mind grapes	south louisiana gumbo roots	tombstone after dark roots	the blues witness roots	folkcetera roots	the dubble bounce	oh africa!	7 pm	
7:30								7:30	
8 pm	katharsis	yeah, what she said	artslink	writer's block		full moon funkalicious	nocturnable	8 pm	
8:30		fat beat diet		lift the bandstand	noise experimental / classical	dirty needles		8:30	
9 pm			least side story					9 pm	
9:30								9:30	
10 pm	that's classical? experimental / classical	the spin evolution	radio boys in the shortwave mystery	good character req./ estate sale	funk senden	what will the neighbors think?	megawatt mayhem metal	10 pm	
10:30								10:30	
11 pm		each one teach one	urban sex	am i right??	the twisted brainwrong	remote emissions		11 pm	
11:30								11:30	
12 am	translucent dreams	sweet chin music	twilight banter	blue collar bravado	bass ackwards metal	dna	attention surplus disorder	12 am	
12:30								12:30	
1 am	sunday night groove school					the mix up		1 am	
1:30								1:30	
2 am		the third rail	the freak show	the robotic uprising	rage cage metal			2 am	
2:30								2:30	
3 am	straight on 'til morning					tea time with annie	latin beat	3 am	
to 5:30								to 5:30	

CJSW is programmed and largely operated by a volunteer force of 200+ but we are always looking for new members of the Calgary community to join and help out! To find out more about how you can contribute, visit www.cjsw.com.

▶ STATION MANAGER: chad saunders
 ▶ PROGRAM DIRECTOR: joe burima
 ▶ MUSIC DIRECTOR: kat dornian
 ▶ ph: 403.220.3902 ▶ fax: 403.289.8212
 ▶ 24 hour request line: 403.220.3991
 ▶ email: cjswfm@ucalgary.ca
 ▶ NATACHA ATLAS photo: ken clarke

CALGARY 90.9 FM
cjsw
cjsw.com

MUSIC MIX BEATS NEWS / SPOKEN WORD JAZZ MULTICULTURAL

Give it to me raw

By Olivia Brooks

Part one of a
three-part series
chronicling a
Gauntlet writer's
attempts and
experiences with
specialized diets.

When we use 'diet' colloquially, it carries negative connotations, yet the root of the word refers to the kind of food habitually eaten. It can be argued that our obsessive "thin culture" that fuels individuals to go on fad-diets and drinking lukewarm salt water with cayenne pepper, has led to the tainting of the word 'diet.' The counterculture to this thin obsession is a world of Epic Meal Time rip-offs and bacon explosions. Even though a margin of hilarity comes with this backlash movement, it raises major health concerns. It seems like in this world of dieting extremes it's easy to fall into an apathetic rut. When you consume RockStar energy drinks and Ichiban noodles at every meal, how can you decide when bombarded by an overwhelming amount of information what is the "healthiest" way to eat?

Unfortunately, the life of an average university student does not lend itself to healthy eating. The freshman 15 is an acceptable, almost expected outcome of your first year of university and, between a 12-page paper and trying to make rent, it is hard for the average student to prioritize healthy eating. "It's about convenience foods," states Dr. Raylene Reimer, a registered dietitian and professor at the University of Calgary, about the average student diet. With inexpensive fast-foods available throughout campus, it's easy to take a route of convenience when it comes to consumption. The mental and physical health ramifications of a poor diet should be enough to make students prioritize their health, but a lack of awareness is a major factor in poor dietary choices.

Reimer teaches a first-year course on nutrition where her students do a dietary analysis within the first month. "Students are quite shocked [at the results]. Too much sodium usually comes up and the vitamins and minerals they are not getting enough of." Deficiencies are a big concern when it comes to healthy diets. Reimer gave the example of a calcium deficiency eventually leading to osteoporosis in the future. "The effects of a deficiency might not show up today, not in 10 years but in 20 years when

you might not be able to treat a chronic condition." With only 180 students taking Reimer's first-year class, the majority of U of C students will not see their diet analysis. The cost of seeing a registered dietitian also deters students who would rather assume their diet is sufficient.

While we know it is important to eat healthy and sustainably, why does it seem so hard? The organics section at the grocery store costs twice the amount as foods grown with chemicals, yet both agricultural methods use chemicals, as 'organic' pesticides are still chemicals. The healthy foods have exotic names and take time to cook when it's more convenient to purchase Michellina's from Safeway. A diet with optimal nutritional value shouldn't be this hard to obtain as a student.

I made the decision to put myself through three diets, all of which claim to be healthier and more sustainable than the mainstream western diet. Partaking in this litmus test of health for myself, I decided to immerse myself in a raw diet, a local food diet and a gluten-free diet in an attempt to understand their scope. At the end of this dietary journey awaited two possibilities: I could reach a dietary nirvana or be emaciated.

The first diet I ventured into was the raw, or living food diet. The roots of the raw diet can be traced back to the Essenes, a religious sect in the second century B.C. who ate a diet of raw fruits, vegetables and sprouts. As Tonya Coleman, a certified raw chef and co-owner of Healthy Living, stated, "We want to eat as close to nature as possible." Therefore organic, unprocessed and uncooked foods are the ideal things for raw foodists to consume. Raw foodists see themselves as following a lifestyle, not just a diet. It's a more holistic approach to nature and a relationship with food. It's common for those who follow the raw diet to own or volunteer at an organic garden. Growing your own vegetables, herbs and sprouting your own seeds gives you greater control over what goes into your food before it hits the plate.

Those with a penchant for hot cooked meals might have a hard time adjusting to

an all-raw diet — cooking foods above 40 degrees Celsius is believed to eliminate the nutrients and enzymes from the food. Most of the raw cookbooks call for you to own a dehydrator, a food processor, a juicer and at least a blender if nothing else, which can be a bit costly for some. There are sects of raw foodists who consume raw meat or raw fish like sashimi. Many raw foodists claim the living food diet has healing properties, especially when it comes to chronic illness. Diana Stoevelaar attests to the healing powers of a raw food diet after it cured her lupus, which she had been combating for 24 years. The certified raw educator and chef was not familiar with a living diet prior to her illness. "Most people find this diet out of desperation, not inspiration." Because the diet is not sustainable for students, Reimer classifies the raw food diet as a fad diet.

"It doesn't have to be all or nothing," argues Stoevelaar. "That's where I think most people have a hard time taking the step, because they think it's all-raw or all-cooked." Stoevelaar is a proponent of an all-raw diet but she does acknowledge that for students it might not be realistic. She, like many other raw foodists, strives for optimal health and balance in her diet. If a student cannot live an all-raw lifestyle, incorporating elements of the raw diet is encouraged in the raw communities.

Dr. Reimer agrees with incorporating more raw elements into the daily diet, but she explains the health concerns with going all raw. "There are pros and cons to it. The advantage is the amount of vitamins and nutrients in the food that will be protected. Broccoli in its raw state is great but tomatoes release more cancer fighting elements when cooked. If you just eat raw you're not getting all the benefits."

Throughout my research and experiences with raw foodism, I kept coming across an emphasis on organic foods. The absence of pesticides made these foods the superior choice. The claim that organic food is healthier is much debated. Denis Manzer, an employee of The Light Cellar, commented, "You can get organic chips and organic pop, but it's still processed." With no conclusive

Canadian Institute of Traditional Chinese Medicine

Looking for an Alternative? Try Acupuncture.

Are you in pain? Do you lack focus? Can't sleep? Can't stay awake?
Just stressed? Frequently catching the flu or a cold? Have a sports injury?

Try Acupuncture at the Canadian Institute of Traditional Chinese Medicine Intern Clinic

We can help! Only \$20 (plus GST) per session when you show your valid Student ID card.

Call to book your appointment at 403-520-5289

For school information check our website: www.citcm.com

138 17th Avenue NE right behind the Centre Street Safeway about 2 blocks from Peter's Drive In



evidence that organic foods are the only way to eat healthy it was hard to convince myself to spend the extra dollars on organic apples. Raw chef Tonya Coleman addressed this issue by stating she encourages students to volunteer at farms throughout the summer, where it can be easy to go a day's work of labour to get free vegetables. In theory this seems like a logical route for those who wish to obtain inexpensive living foods, but for the students who must work more than one part-time job to pay tuition, going out for the week and volunteering on a farm is not feasible.

"When we think of organic we also have to think of where it comes from. You can go to Community [Natural Foods] or Planet Organic and get all organic food, but most of it is from California. How fresh is the produce you're eating if it has to travel across the country?" questioned Manzer. The Light Cellar employee raised another important point about the raw food consumption in relation to Calgary's climate. In places like California where the growing seasons are longer it is easy to come by fresh raw food year round, but in Calgary with a shorter growing season it is nearly impossible to maintain a raw diet.

My initial attempt to be raw was a failure. I was en route to San Francisco and refused the complementary bag of mixed-nuts on the plane. I was quite proud of myself. Only a few blocks from where we were staying there was a Whole Foods, a chain store catering to natural and organic foods. With the excep-

tion of a few raw items in their deli, their options were sparse. Unless I wanted to live off of raw chocolate and kale chips for a week, I needed to purchase ingredients to prepare meals every day, which at Whole Foods would have cost an outrageous amount of money. At first I was determined to make my raw venture a success. After spending two days living off almonds and greens, I decided to return to my regular vegan diet and try being raw once I returned home.

▲▲ We want to eat as close to nature as possible.

- Tonya Coleman, certified raw chef

It was exponentially easier to follow an all raw diet back in Calgary. For someone who had never been raw and had never had to think with a raw mindset, traveling and transitioning was a terrible idea. These meals required forethought and planning. I was not able to just toss together a stir-fry in the morning or grab a container of crackers with hummus. My blender soon became a saviour for the week. Smoothies and cold soups where the quickest and most efficient way to get all my nutrients. The majority of the cookbooks I had pulled from the library catered to a student lifestyle, filled with quick, easy and affordable recipes. I had to make the extra effort to compile my meals in the evening or wake up 15 minutes earlier. Despite these difficulties, eating raw opened my world to using new ingredients and using familiar in-

gredients in new ways. Coconut, hemp and almonds became a staple for my proteins. Going to 100 Tops Supermarket and other ethnic food outlets had a variety of raw foods not normally found at the regular western chain store, which helped keep variety in my meals. Volunteering at the university's community garden made this diet cost-effective, as most of my vegetables were free. I had to make the time to get to the garden, harvest and return to my house to cook. It may have

going out to lunch I found myself checking menus online to make sure there was at least a salad I could eat. It was easier to shop at Sunnyside Natural Market or farmers' markets than Safeway or Superstore, but it costs more. If you are not concerned with purchasing all local foods, however, one can easily purchase raw foods in bulk at Superstore to save.

I wasn't on a raw diet long enough for my body to register recognizable changes with my health, although within a week I had lost weight. Becoming more conscious of the amount of fresh produce I consumed was another result of my journey into the living diet. I received warnings from friends that I would be starving myself and that all raw foodists were crazy, but the people I met and shared information with were far from crazy. They were individuals who were concerned about the pesticides and chemicals being put into our bodies through processed food. They were concerned for our environment and local economy and believed being advocates for the raw diet would help create a healthier lifestyle. In the end, I felt more aware of what I was putting into my body. Balance is a huge focus for the majority of raw foodists and, in university where balance tends to fall to the wayside as stress reigns supreme, taking a page from the living food lifestyle might be beneficial.

Want to read more about different diets and Olivia's experiences? Come back next week for a second daring tale of dieting and an article on the local food diet in the next issue of the *Gauntlet*.

MMI

The Master of Management of Innovation (MMI), University of Toronto, is an accelerated twelve-month masters program designed to complement students with a science or engineering background by providing a focused learning experience in management and economics and industry exposure through a Group Project. The curriculum provides a strong foundation in economic analysis, technology management, business strategy, finance, accounting, marketing and policy. That, combined with the option of taking graduate electives from within the University of Toronto allows the student to fine

tune the degree to their individual career demands. Classes are led by leading researchers in direct contact with students through very small and selective class sizes of no more than 24 students. Combine all this with our focused team building and leadership retreat, multiple career development seminars, (winning resume strategy, bio-writing, networking skills and dressing for success), with industry consultants and many networking opportunities, successful MMI graduates are well prepared to fast track their careers. Talented leaders are needed to manage the innovation process—are you interested?

Graduate & Professional Studies Career Fair
University of Calgary - October 18, 2011 - 10:00 am to 4:00 pm
Come see us at our information booth!

www.utm.utoronto.ca/mmi



Health Policy, Management & Evaluation
 UNIVERSITY OF TORONTO



Management
 UNIVERSITY OF TORONTO
 MISSISSAUGA

Athletes' diets: eating your way to the top

How an active lifestyle is compatible with dietary restrictions

Erin Shumlich

Sports Editor

A lley Lind-Kenny is like any other student-athlete. During the season, she straps on skates every day and focuses on keeping her body in top physical condition, ready to scramble for the puck.

As a hockey player, Lind-Kenny, like her teammates, needs to remain fit and prepared to exert her body to its full potential.

Unlike her teammates, however, Lind-Kenny is a vegetarian, a decision she made when she was 14 and has stuck to since.

"I did it for a month just as a personal thing for myself to show I could set a goal and do it," said Lind-Kenny before embarking on a cycling trip across Germany for the summer. "At the end of the month I realized, wow, I don't need to eat meat and haven't [had it] since."

She has always been an ovo-lacto vegetarian — her diet still consisting of milk and egg products.

"I tried to go vegan, but I have this overwhelming admiration for all milk products."

Lind-Kenny's dietary restriction has not deterred her athleticism, she said her diet fits perfectly with her athletic lifestyle, but does admit she waited until the hockey off-season before taking it to the extreme.

"I deliberately didn't want to [go vegan] when I was playing hockey because it would be too intense of a restriction to adapt to during the season, milk was a huge part of my diet. It would have been tough on my schedule — I wouldn't have had time to adapt and come up with a new dietary plan."

Lind-Kenny, who has been steady



courtesy of Cameron Novak

Cameron Novak gets ready to take to the streets of Montreal.

on skates since she was three, has been an important part of the McGill Martlets women's hockey team for the last four years. She said the team has always been supportive, but it hasn't always been that way on previous teams. Coaches have often questioned her ability as an athlete, but with nutritionists available at McGill, it's the least of her worries.

"I think especially before I got to McGill it was kind of seen as this weird, awkward burden that people didn't know how to deal with," claims Lind-Kenny. "Like when we would go out for team meals people would be like 'oh my god, what are you going to eat?' I mean, every restaurant has a vegetarian option so it's not a big deal, there is no need to stress about it."

She said it's the same with any

diet, you just need to be aware of how to get the proper nutrients.

Going Vegan

Cyclist Cameron Novak, who has been vegan for five years, said "the proof is in the pudding" and challenges anyone who questions his abilities as an athlete to a race.

"Try racing me and see what a vegan can do — I'll rock your world and keep you in the dust."

Novak started Cycle-Bird Courier, a courier company in Montreal, in 2008 and since then has biked over 10,000 kilometres around Montreal.

"When I first started the company, I was alone so I would be riding 100 km or more, sometimes in a day, doing all my deliveries. It has put me in some of the best shape

ever. I can maintain a constant speed all day without exhaustion and am only slowed down by traffic or a strong head wind."

Novak said he was teased about his dietary choice when he first became a courier, but a vegan diet has never affected him in a negative way.

"I work my ass off and I don't think people even talk about me being vegan anymore. I don't get sick very often, I feel great almost every day and generally have not had problems. I wonder if one day something will happen, but as of now, no major health issues or problems."

Novak said he was a vegetarian for one year before cutting out all animal products and has not once regretted the decision.

see DIETS, page 23

The deal with dietary restrictions

- The term veganism was first coined in 1944 by the co-founder of the British Vegan society meaning "non-dairy vegetarian." Today, it is the practice of eliminating the use of all animal products.

- In 1994 the Vegetarian Resource Group found about 1 per cent of Canadians were vegan.

- According to the American Dietetic Association, in 2003 4 per cent of Canadians followed a vegetarian diet.

- A 2002 poll of American adults found health reasons to be the number one reason for becoming vegetarian. The fifth reason was animal welfare and the seventh was concern for the planet.

- A recent Canadian-American study showed an improvement in health for people with type 2 diabetes who follow a low-fat vegan diet.

- Ovo vegetarianism is a diet including eggs but not dairy products. Lacto vegetarianism includes dairy products but not eggs. Ovo-lacto vegetarianism includes products such as eggs, milk and honey.

- A raw diet includes only fresh and uncooked fruit, nuts, seeds and vegetables. Vegetables can only be cooked up to a certain temperature.

- Vegetarians tend to have a lower body mass index, lower levels of cholesterol, lower blood pressure and less incidence of heart disease, hypertension, type 2 diabetes, renal disease and osteoporosis.

- Many major paths of religion, including Hinduism, Buddhism and Jainism practice vegetarianism.

Source: Wikipedia

free to u of c students

MY PERESTROIKA

A NATION'S HISTORY IS PERSONAL

ШКОЛА N 57 | КЛ

A film by ROBIN HESSMAN

Five Ordinary Russians Living In Extraordinary Times

WED OCT 26 - 6:00 PM

that empty space - macewan student centre

MY PERESTROIKA follows five ordinary Russians living in extraordinary times — from their sheltered Soviet childhood, to the collapse of the Soviet Union during their teenage years, to the constantly shifting political landscape of post-Soviet Russia. Together, these childhood classmates paint a complex picture of the dreams and disillusionment of those raised behind the Iron Curtain.

PANEL DISCUSSION TO FOLLOW.

A film by Robin Hessman | 2010 | 87 mins. | myperestroika.com

Non U of C students: suggested donation of \$5 to \$10 (to cover screening costs) or a donation to the Campus Food Bank

Presented by TRI-MEDIA (GJSW, The Gauntlet, NUTV) and the Students' Union.

Become a fan of Movies That Matter on facebook: www.facebook.com/moviesthatmatter

movies that matter

GJSW gauntlet NUTV SU

Victory! Dinos rugby makes history

Riley Hill

Gauntlet Sports

After a difficult first two years, the University of Calgary women's rugby team has burst out of the gates, winning its first two games of the season. Their first wins as a varsity team came after a troubled start to the program, which saw the tragic death of program founder Jenny Vincent in 2010.

The three-year-old team started their run of success on a two-game tour of B.C. First playing the University of British Columbia, the girls won their first ever victory with a strong 34-10 win. This was a relief for many Dinos who've been involved with the program since its inception.

"All of us were really happy — some were dancing on the field," said team captain and scrum-half Elizabeth Mackinnon. "It was really great."

This was quickly followed by a 31-15 win over the University of Victoria, placing the girls second in Canada West before their game against the league powerhouse, the first-place University of Lethbridge.

"We've already gotten more than we could have asked for last year, and were hoping to take it to U of L," said Mackinnon.



courtesy of Bob Frid/UBC athletics

The Dinos rugby team celebrates after their first win as a varsity team.

Leading the team for a second year, head coach Simon Chi stressed that development was the team's main goal. By promoting positive values, athletes are taught proactive skills necessary to make a positive impact on and off the field. From here, Chi hopes strong character will emerge, essential to the program's success and for the athletes themselves.

"We want them to be well-rounded individuals. When they leave here, we want them to have good character, good work ethic and

to be able to balance their time. We're not looking for one-dimensional jocks," said Chi.

The girls are expected to take their athletic development seriously. Fitness training is routine, and the team has taken a number of approaches aimed at developing player performance and team cohesion. Filming games has been an essential aspect, one that Chi said helps the players learn, while creating a culture of accountability.

"Right after the games we're processing the video, putting it on a flash drive and giving it out. The girls are usually keen to see it," he said.

The team's frequent travel presents unique challenges, forcing athletes into a balancing act between school work and the team. Number eight Jovita Byzitter faces a season balancing rugby with fourth-year neuroscience and efforts to attain the prestigious Rhodes Scholarship.

"With rugby, I've also got school and I'm applying for med school at the University of Alberta, so I'm keeping busy," said Byzitter.

With a tough season ahead, the girls have their eye on the Canada West playoffs, hosted this year in Calgary from October 21-23. The team expressed excitement at the chance to showcase their newfound success on home turf. Byzitter seemed hopeful for the team's chances in playoffs and said they have a refreshed spirit.

"Everyone's so excited. The rookies we have this year are amazing and all the vets are stepping up. It's a whole different dynamic than last year."

Whether they win or lose, 2011 has already shaped up to be a memorable year for the program, perhaps setting a foundation for future success.

step into character & SAVE!



15% OFF EXCLUSIVE CALGARY STUDENT SPECIAL

CROWFOOT VILLAGE
60 CROWFOOT CRES. NW
(403) 241-0102

SUNRIDGE MALL
3320 20TH AVENUE NE
(403) 568-7773

HERITAGE HILL
8228 MACLEOD TRAIL SE
(403) 252-0350

RED DEER
SOUTHPOINTE COMMON
5001 19th ST. (403) 348-0660

PARTY PACKAGERS

No minimum purchase. Coupon expires Oct. 31, 2011. One time 15% discount off your entire purchase, pre-tax with your student card. Excludes sale, clearance, Halloween airblown decor items and helium products. We reserve the right to limit quantities. Only while supplies last. Cannot be used in conjunction with any other promotion or offer. Photocopies not accepted. Please present this coupon at time of purchase.

1388284

Visit partypackers.com to browse our costume gallery!

1000s of COSTUMES ACCESSORIES, DECOR & MORE at the LOWEST PRICES GUARANTEED!

boo HALLOWEEN PARTY PACKAGERS SUPERSTORE

Dinos hoop stars ready to shine

Josh Rose
Gauntlet Sports

A versatile team able to play both the small-man perimeter game and the big-man inside game, the University of Calgary men's basketball team has the potential to go all the way to Nationals this year. Last season's record was 8-16 — almost good enough to qualify for Nationals.

"We switched what we do based on the talents that we have. This year is going to be a lot more passing, cutting and moving on offense," said head coach Dan Vanhooren. "We're not as strong athletically, but we are strong in a basketball skill perspective. We

will be making adjustments to our defense in relation to our athleticism as well."

The rookie players were able to show off their skills and talents earlier this year in the Battle of the Border tournament and during the training camps. Vanhooren said the new kids on the court are undoubtedly able to replace those who finished eligibility or graduated after last season.

"This team is much better than last year's team," he said. "We were a definitive presence on the perimeter. We're going to be tough to stop and we're going to be able to put up a number, but our biggest challenge is whether or not we can stop other opponents and

work together as a team."

Guard Tyler Fidler is expected to shine and excel on the team. He led Canada West in rebounds, was the Dinos's top scorer last year and is a great playmaker hoping to hop across the pond to play EuroBasket, an international tournament.

Forward Boris Bakovic, who has played on Canada's FISU and Pan-American teams, is going to be a key component to the Dinos.

"It's going to be a long season, we need to stay positive, especially if we want to reach Nationals," said Fidler.

Additions:

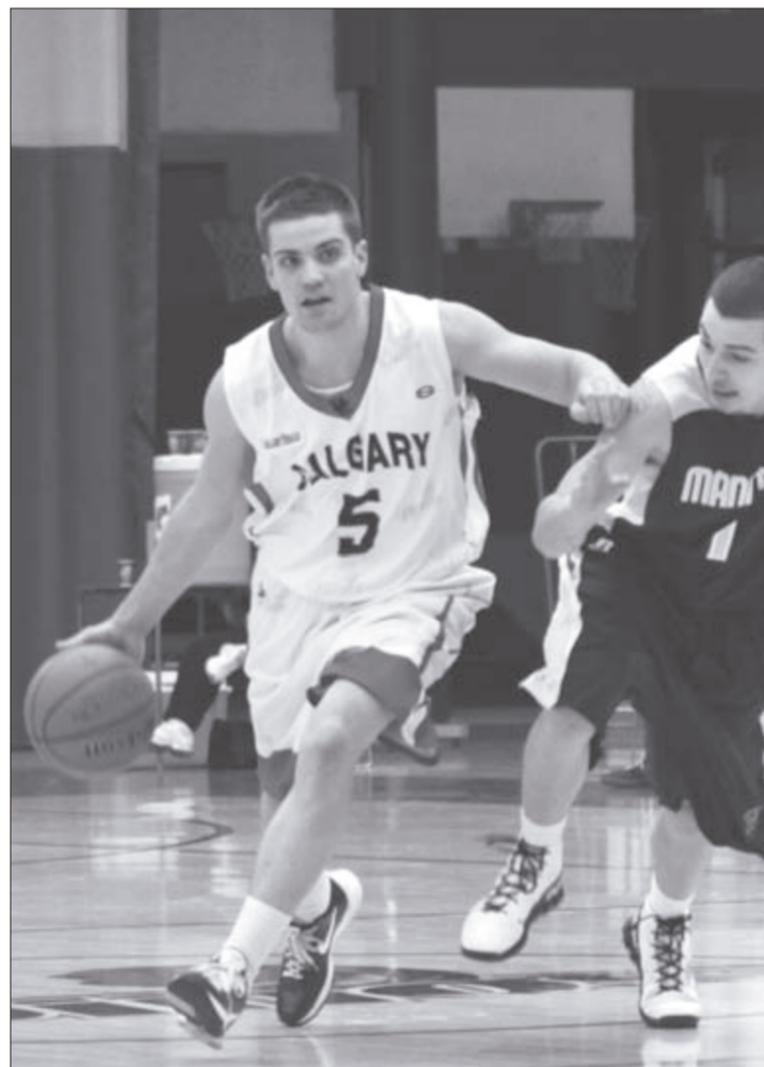
- 1st yr F Daan Wiersum
- 1st yr PG/G Josh Owen-Thomas
- 5th yr F Boris Bakovic
- 2nd yr F Patrick Walker

Subtractions:

- 3rd yr G Trevor Debolt
- 1st yr G Philip Labongo
- 4th yr G Jordan Flagel
- 3rd yr PG Andy Rochen
- 3rd yr F Youri Anisovets
- 1st yr F Brad Clark

Projected Starters:

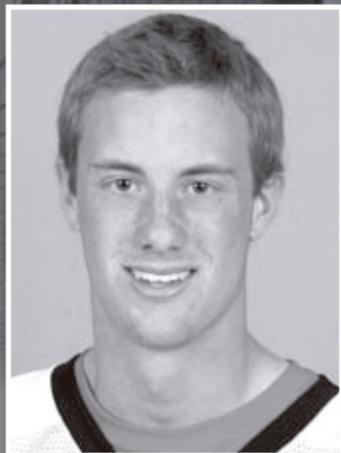
- PG- Jarred Ogungbemi-Jackson
- G- Keenan Milburn
- G- Tyler Fidler
- F- Matt Letkeman
- F- Boris Bakovic



Gauntlet file photo

Dinos men's basketball looks forward to a good season.

DINOS ROOKIES OF THE MONTH



VICTORIA MORETTI
Dinos Soccer

Freshman midfielder Victoria Moretti has received significant playing time and even chipped in with a goal through the first half of her first season with the Dinos.

The Haskayne School of Business student scored the only goal in a 1-0 win over Fraser Valley, and the Dinos sit at 4-2-2 and in a playoff spot midway through the 2011 soccer season.

JOHNNY MARK
Dinos Football

First-year kicker Johnny Mark remains the only perfect kicker in Canada West so far this season, splitting the uprights 11 times in 11 opportunities to help the Dinos to a 5-0 record to start the year.

The Science student also has an impressive punting game, averaging better than 37 yards per punt—third-best in the conference.

HFL Tested
Quality Assured
for Athletes

Varsity PHARMACY
MSC • 282-0100

PRECISION
All Natural
Whey Isolate

Suppliers of HFL tested products for DINOS and CSCC Olympic / Oval athletes

Join the SU Team!



The **Students' Union (SU)** at the **University of Calgary** is looking for enthusiastic individuals who enjoy a diverse, exciting and rewarding workplace. The SU has full and part-time openings for:

- Line Cooks, Prep Cooks, and Stewards
- Serving and Bussing Staff for the Den
- Set-up, Catering, and Bartending Staff for the MacEwan Event Centre
- Coat Check Staff for the Den and concerts
- Full time salaried Payroll Coordinator



MACEWAN
Event Centre
CALGARY



If you're interested in joining us at the Students' Union, please submit a cover letter and résumé to resumes@su.ucalgary.ca.

Diets, continued from page 20

"I should probably go see my doctor soon for a general check-up, but my iron levels have never been low and I have full, rosy cheeks and good, strong leg muscles."

Novak has never been to a dietitian, counted calories or used vitamins and has, as of yet, never experienced adverse effects.

"I think my philosophy has always been to just constantly eat," he said. "If I switch up my meals day to day, and eat lots of veggies while throwing in some random stuff here and there, I'll be fine. I am not an expert by any means and I will never pretend to be."

Nutritionist's knowledge

So can athletes really have a proper diet while cutting out a huge source of nutrition? There is nothing that screams protein as much as a huge steak, but more and more individuals are choosing alternative sources. According to a 2008 study by the American

Dietetic Association, approximately 0.5 per cent of Americans are vegans and 4 per cent of adults follow a vegetarian-based diet.

Sarah Remmer, a dietitian for Nutrio Consulting, specializes in sports nutrition, among other things. She said it is difficult for vegans to get proper nutrients to begin with, let alone individuals who are vegan and athletes.

"It's really hard for vegans to get enough nutrients in general, and even more so being an athlete having higher nutrient and energy requirements. I would say that it is definitely possible to do so, but that person would need to be seeing a nutritionist to make sure their meal plans are well-balanced with protein and energy."

People with dietary restrictions, like vegetarianism or veganism, can lead quite healthy lives if careful, but according to Remmer, most people should be more aware of replacing nutrients with

vegetarian sources. Post-workout snacks, carbs to replenish energy, protein for muscle tissue and staying hydrated are important — athletes should eat snacks every three to four hours.

"What we do worry about with vegetarianism is if the person who decides to go vegetarian is not careful about their food choices, they are really just taking out a huge food group," Remmer said. "[Lack of] protein, iron and vitamin B12 is detrimental, especially if someone is really active, because they are not getting enough protein to sustain repair of muscle tissues and other tissues and sustain their energy levels."

Athletes need well-balanced diets to begin with and they generally can get the right amount of fibre and protein through vegetarian options including eggs, dairy, beans, lentils, seeds and quinoa.

"Iron is really important, especially for women in sports. You

The Dinos this week

Friday, October 7
MEN'S HOCKEY: Dinos 5, UBC 4 (OT-SO in Vancouver)

Saturday, October 8
FIELD HOCKEY: UBC 3, Dinos 2 (in Calgary)
MEN'S HOCKEY: UBC 4, Dinos 3 (in Vancouver)

Sunday, October 9
FIELD HOCKEY: UBC 4, Dinos 4 (in Calgary)

can get all of the nutrients if you are really careful getting the proper vegetarian source of protein, taking a multivitamin and that kind of thing," said Remmer.

Vegan athletes

Many athletes who have chosen to go vegan claim it improves their performance, including Brendan Brazier, a professional Ironman triathlete and two-time Canadian ultramarathon champion. Georges Laraque, a professional hockey player dubbed the number one enforcer by *Sports Illustrated* in 2008, and Carl Lewis, who has won 10 Olympic medals,

nine gold, are also vegan.

Robert Cheeke is a vegan body builder that defies all stereotypes.

"Though a vegan diet is often a topic of concern when it comes to athletic performance, those concerns are unwarranted," said Cheeke in a blog post on his website veganbodybuilding.com. "As a vegan bodybuilder, I compete in a sport dominated by meat eaters, most of whom scoff at the idea that one could get sufficient protein from plants to be competitive."

As a 2005 INBA Northwestern USA Natural Bodybuilding novice champion, Cheeke shows that a vegan lifestyle can be suitable for anyone.

**Real clients.
Unreal exposure.**

Gather new skills, strengthen existing ones and benefit from exposure to new cultures and people. Ernst & Young's Global Student Exchange Program is your opportunity to go outside your time and comfort zones. Visit ey.com/ca/possibilities to learn more.

See More | Opportunities

ERNST & YOUNG
Quality In Everything We Do

IMAGINARY ANOMALY — MORGAN SHANDRO



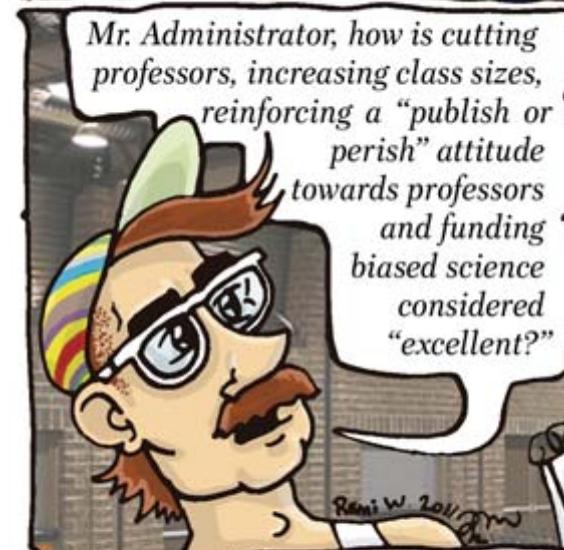
SOCIETY OF COYOTES — REMI WATTS



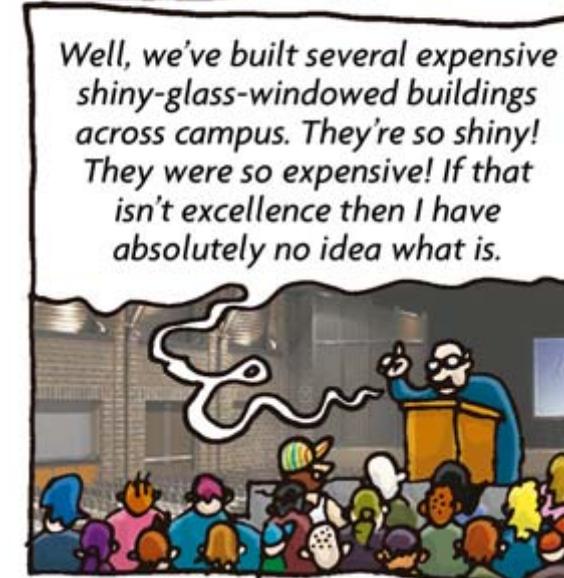
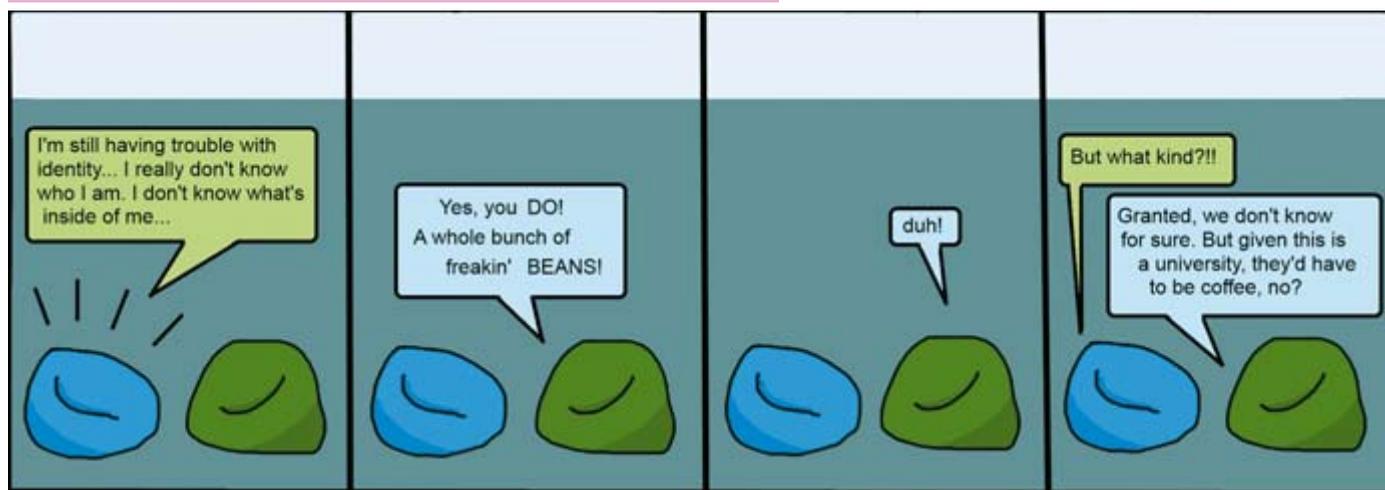
LIFE SCREAM — SEAN WILLETT



"Gonna win the Pulitzer this year."



THE SECRET LIFE OF BEANBAGS — NICOLA SHANDRO



Sit on the Gauntlet's Board of Directors



The *Gauntlet* needs **THREE U OF C STUDENTS** to be Directors of the Gauntlet Publications Society

Any U of C student can apply to be on the *Gauntlet's* Board of Directors. Become involved in the business direction of a newspaper. No experience required. Add to your resume. Meetings are once a month. Time commitment is 1 to 3 hours monthly. Applicants should be able to attend the Gauntlet Annual General Meeting on Thursday, Oct. 27, 2011 at 6:00 pm in MSC Escalus.

Need more info? Want to apply?

Contact Evelyn Cone, Business Manager, Room 319 MSC or phone 403.220.7380. Applications are available in Room 319 MSC. Application Deadline is Wednesday, Oct. 26, 2011 at 5 pm.

