

CARUNTELLETT





STUDENTS' UNION HAPPENINGS



Tell us your big idea.

Create your legacy on campus with \$1.6M

Whether your project needs \$1,000 or \$50,000 the SU is open for project proposals from students, faculty and other members of the campus community. Projects must contribute to enhancing the overall campus and student experience. This year's deadline for submissions is November 24. Details at www.su.ucalgary.ca



Quality Money is a leading edge partnership between the Students' Union and the University of Calgary Board of Governors

ADOPT A STUDENT FAMILY

Would you, and your family or department, like to **ADOPT A STUDENT FAMILY** this holiday season to provide gift hampers for children?

Are you a student who is worried about providing gifts for your children (18 and under) this holiday season? Apply to receive a **HOLIDAY GIFT HAMPER** from an anonymous sponsor.

For information and applications, email adoptafamily@su.ucalgary.ca

BECOME A TUTOR!

SHARE YOUR KNOWLEDGE
SIGN UP AT SU.UCALGARY.CA/TUTORREGISTRY



VOLUNTEER SERVICES, STUDENTS' UNION - 23RD ANNUAL
HOLIDAY FOOD DRIVE
NOVEMBER 15, 16, 17

No one should go hungry.



For your information, attend the mandatory clubs orientation meeting on **November 8th at 5:00pm** in the Desdemona meeting room (one representative from each club please).

To sign up your club or group for this exciting challenge, contact us at foodbank@ucalgary.ca by **November 8th**.





APPLICATION DEADLINE IS NOVEMBER 29, 2011

Late applications will not be accepted. Confidentiality is assured.

Please note: The Adopt-A-Family program is for University of Calgary students with children 18 and under ONLY. Valid campus ID and a piece of ID for all children will be required upon submitting the application.





Adopt-a-Student-Family is an important part of the Students' Union Campus Food Bank program. Student volunteers help to match sponsors with student families in need during the holiday season.

OCTOBER 27 2011

Editor-in-Chief: Eric Mathison
 eic@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 Willett

Sports: Erin Shumlich
 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
 Dixon Blume • Olivia Brooks • Jordan Clermont • Tyler Harris
 Riley Hill • Melanie Hirsig • Andrea Llewellyn
 Geoff Macintosh • Adam Marofke • Joydeep Mukherjee
 Josh "ghost of corn-huskers past" Rose • Colin Snyder
 Laura Wan • Alicia Ward

The Cover
 Illustration and design by Morgan "scared scaredless" Shandro

Golden Spatula



Andrea Llewellyn
 "Being spooky-groovy has long
 been one of my finest talents."

First, to all of you who wrote in last week: no, the Golden Spatula award is *not* an opportunity for us to recognize journalistic excellence, rather it is a chance to get spooky-groovy! This week we would like to get spooky-groovy with **Andrea Llewellyn** for all ass-busting, interview-doing and hard work that is required to achieve journalistic awesomeness. Thanks Andrea, you're slightly scarier!

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 a tears of fright-based ink. We urge you to recycle/haunt 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.

Study space is in short supply

On Sept. 5, MacKimmie Library closed its doors indefinitely.

This administrative move took 12 floors of study space away from University of Calgary students, including workrooms, computers, Information Commons tables and a large number of individual study carrels at arguably one of the least opportune moments in the university's enrolment history. 31,509 students registered for the fall 2011 semester, the highest figure seen yet by the U of C (an increase of 738 students from last year) — and there isn't enough room for them.

In response to this, on Oct. 18 undergraduates Sartaj Hundal and Nikolay Todorov created a Facebook event entitled "Open MacKimmie Library" in the hopes of encouraging students to gather to protest the lack of study space on campus on Nov. 10. The event has since garnered over 1,300 attendees — and a flurry of student-penned grievances, voiced through posts on the event's wall. The TFDL controversy has also become an active conversation topic on social news website reddit.

For now, MacKimmie is being "repurposed," a process which, as of print time, is indefinite.

Provost and academic vice-president Dru Marshall, acting as liaison between the university administration and students, met with SU president Dylan Jones

and subsequently authorized that \$70,000 be spent on single-person furniture for the TFDL, with carrels to be brought over from MacKimmie Library before they can be replaced with new ones. Additionally, Jones facilitated the opening of 135 new study spaces on the east side of the former MacKimmie Information Commons, and around 100 carrels will be added to the TFDL by this Friday — what Jones refers to as the

"first shipment" of several.

Lack of sufficient study space has been a recurring issue, as revealed by student surveys conducted by the university over the past several years. Jones himself acknowledges that adding more study carrels and the re-opening of the Information Commons is merely an "interim solution." The space crisis has led to study space improvisation in a lot of instances — it's not a rare

sight to see a student camped out with a textbook in a hallway, or for undergraduates in search of a quiet workplace to nudge out spaces meant for law students in the Law Library.

This editorial board knows that short-term solutions will only be as effective as time allows them to be. New spaces might quell the dissent of frustrated undergraduates until after midterm season, but the MacKimmie shutdown is sure to raise even more concern during finals. This is a matter that is more immediately pressing than university budget allocations are acknowledging. Attention needs to be given to the development of long-term plans to expand the physical environment available for undergraduate study, perhaps those involving a more useful "repurposing" of spaces like the dilapidated MacEwan Hall Loft.

Although the Students' Union might not necessarily know exactly where the solution is, their role is to work on it — and we are fortunate enough to be represented by a president who has articulated these very words. It is this editorial board's hope that this mentality continues, and furthermore that the SU translates it into more permanent, definitive measures to eradicate the issue of available student space at the U of C.

Gauntlet Editorial Board



contents

news

Secondary suite issue at a standstill, changes to SUSB and cannabis research lights up on campus, **page 4**.

entertainment

Skillex came to Calgary, *The Swamp Dwellers* isn't cheesy horror, and Jeff Beck and Jack's Mannequin play some rad tunes, **page 9**.

features

The three-part series on specialized diets comes to its culmination point with an examination of celiac disease and gluten-free eating, **page 14**.

opinions

An honest reflection of Steven Paul "Steve" Jobs's legacy, why our campus seriously needs sex space and a letter to the editor, **page 16**.

sports

National Basketball League arrives in Canada in the wake of the NBA lockout, wrestling team takes to the mats and gets ready for the Olympics, **page 18**.

Correction:

Last week's editorial ["Environment Canada is melting away," Oct. 20, 2011] incorrectly stated that nearly 800 Environment Canada job cuts would take place. In fact, approximately 300 job cuts will occur. Also, the original article stated that ozone measuring stations would almost certainly be shut down. Some stations may be affected, but Environment Canada maintains that ozone data collection in line with international obligations will continue. Sorry.

Secondary suite debate stalls

Students continue to struggle for affordable housing

Susan Anderson
News Assistant

The long and contentious battle to relax bylaws concerning secondary suites continues and the fight has come to a near standstill.

A secondary suite, also known as a basement suite or a grandmother suite, is an additional separate living space in a house that is originally meant to have one living space. Typically, this means putting a stove in your basement and renting the space out. There are an estimated 10,000–50,000 illegal and unregulated suites in houses across the city.

In March, City Council voted against all alternative proposals for changing secondary suite bylaws, including the three conditions Calgary Mayor Naheed Nenshi proposed: the suite had to be up to code, have off-street parking and the homeowner had to live in the house.

Last month, follow-up proposals regarding the secondary suite issue were presented before Council, and all consultation proposals were rejected.

“Having a plebiscite in the next election was voted down, consulting affected areas was voted down — all the different proposals were voted down,” said Students’ Union vice-president external Matt McMillan.

In addition, two potential landlords also came before Council last month to seek approval for their secondary suites but their proposals were rejected.

“I’m sure it will continue to be an issue as long as there are some members of Council who want to promote secondary suites everywhere,” said ward one alderman Dale Hodges. Hodges voted against



Amanda Zotek/the Gauntlet

This house has an additional living space for occupants. Often secondary suites are basement suites.

the relaxation of secondary suite bylaws.

“As long as they want to ignore complaints from their tenants . . . I’m not going to be voting for these things until some of these owners of illegal suites get it through their heads that they have to shape up,” said Hodges.

The Students’ Union has been fighting for better governing of secondary suites for years.

“We’re realizing that we’ll reach the end zone, not by a Hail Mary pass but by first downs,” said McMillan, using one of Calgary mayor Naheed Nenshi’s popular analogies.

McMillan is working to move the issue forward.

“We’re working with our other allies in our cause for secondary suites like Vibrant Calgary and the Chamber of Commerce and the Mayor’s Office,” said McMillan.

Secondary suites are a popular form of student housing because rent is usually cheaper.

“Students don’t necessarily remind themselves that safety is a concern and we’ve had people die in the past,” said McMillan, refer-

“I’m not going to be voting for these things until some of these owners of illegal suites get it through their heads that they have to shape up.”

– Dale Hodges, ward one alderman

ring to the Parkdale fire in January 2009 where three students died in a secondary suite fire because they were unable to get out. The fire was caused by a space heater provided by the landlord after the students complained about a faulty furnace. The windows were barred, the one

exit was inaccessible and the smoke detector wasn’t working.

Students need to know about renters’ rights and how to maintain safe living conditions.

“A Calgary where secondary suites are legalized is a better Cal-

gary for students,” said McMillan.

Hodges doesn’t criticize the operators of legal secondary suites, noting that there are legal suites within a mile or two of the University of Calgary.

“It’s not a theoretical issue that we’ll just make these things a per-

mitted use in every district. Why would we do that when we know there are hundreds out there that are illegal and owners who have no intention of putting in the improvements that need to be put in to meet the building code?” said Hodges.

Ward seven alderman Druh Farrell believes that legalizing secondary suites provides affordable housing in Calgary.

“By legalizing suites we can address the issues that people have identified — the issues of parking, maintenance, being a good neighbor and building in those safety code issues,” said Farrell in an online video where she explains her position on secondary suites.

Nenshi argued that there is overwhelming public support for legalizing existing basement suites. He campaigned on the issue.

“It allows people to be able to afford a home, it allows seniors and people with disabilities to stay in their home, it allows people to do with their property what they wish,” said Nenshi in an online video post. “We allow some of our neighbours to live in a world where they have no protections. If the smoke detector doesn’t work, if there are mice, if there’s mould, if the landlord is abusing them, these people have nowhere to turn, because if they come and complain to the city we have only one tool in our arsenal, and that is to rip out their stove and kick them out of their house.”

In March 2011, a Zinc Research Poll commissioned by the SU found that 79 per cent of Calgarians favoured legalization of existing secondary suites, and 75 per cent of Calgarians polled supported secondary suites in their neighbourhood. In ward one, which includes

see SECONDARY SUITE, page 5

What do you think should be done to help students access affordable housing?



“If you know they’re students, make sure to charge less.”
– Marig Habtu,
third-year psychology/linguistics



“If more information is available, then it would be easier to know where to look.”
– Giftii Girma,
fourth-year urban studies



“If you have more suites in the house you can charge less.”
– Jesselle Landlef,
second-year drama



“Everything is really overpriced, and the prices keep increasing. We need access to cheaper stuff.”
– Adrian Reyes,
second-year natural sciences

Secondary suites, continued from page 4

79

per cent of Calgarians who favoured legalization of existing secondary suites.

75

per cent of Calgarians who support secondary suites in their neighbourhood.

83

per cent of ward one residents who support legalizing secondary suites.

92

per cent of Calgarians who think safety of tenants living in existing suites should be a priority.

55

per cent of Calgarians who think on-site parking should be required to build secondary suites.

7

per cent of Calgarians who were aware of their community association's position on secondary suites.

the U of C, 83 per cent supported and 11 per cent opposed, six per cent said depends/no opinion/refused.

When asked "which, if any, of the following conditions or regulations do you consider important for City approval of secondary suites?" Ninety two per cent of respondents said that compliance with building and fire codes was important, 55

per cent said on-site parking (off the street) was important, 53 per cent said a requirement to have separate entrance is necessary, 44 per cent said the owner must live in-house and 23 per cent said restrictions on the size of the suite are required.

Ninety two per cent of respondents agreed that when discussing rules for suites, the safety of

tenants living in existing suites should be the most important consideration. Eighty per cent agreed that increasing the availability of secondary suites makes Calgary a more affordable place to live. The poll also found that 10 per cent of citizens are aware of their alderman's position on secondary suites, and of that 10 per cent, 63 per cent support their position. Only seven per cent of Calgarians were aware of their community association's position on secondary suites, and of that seven per cent, 63 per cent supported the position.

In March 2011, Calgary City Council voted not to make any changes to secondary suite regulations. Aldermen rejected several proposals, including one that would have loosened regulations around LRT stations and post-secondary schools.

Aldermen John Mar and Shane Keating were required to abstain from voting because of their own plans to build secondary suites in their homes.

"Every other major city in Canada has done this already," said Nenshi. "What they have seen is a

modest pick-up in this process and really, an ability to close down the bad ones, the bad ones that already exist."

In February 2009, the Edmonton City Council passed a bylaw that relaxed their rules governing secondary suites and they allowed garage and garden suites. Secondary suites are now permitted in every house and the community league and adjacent residents need not be notified of applications for secondary suites, according to the Edmonton Federation of Community Leagues.

The Edmonton City Council also has the right to allow garage suites and stand-alone garden suites on lots on corners, lots fronting onto a service road or backing onto a lane adjacent to an arterial road or lots adjacent to multiple unit housing

or a park. Adjacent residents will be notified of applications for a garage lot.

Edmonton City Council also provided funding up to \$24,000 to support the building of secondary suites. Funding is also available to bring existing illegal suites up to code.

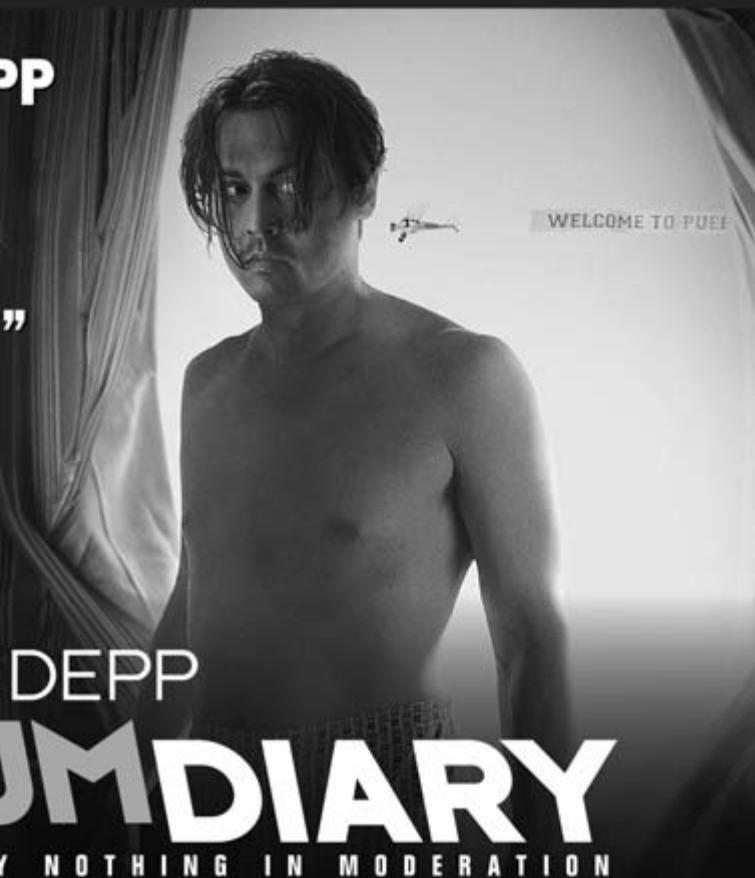
In 2004, Vancouver City Council changed the zoning and development bylaw to allow a secondary suite in every single detached family home in every community in Vancouver. In 2005, the City of Ottawa allowed secondary suites in all areas of the city with the exception of the former Village of Rockcliffe Park. In 1999, the City of Toronto approved secondary suites "as-of-right" in all single and semi-detached housing.

"AN ENTERTAINING ROMP!"

— ERIC KOHN, INDIEWIRE

"JOHNNY DEPP
BREATHES
LIFE INTO
HUNTER S.
THOMPSON!"

— RICHARD CROUSE, CTV



JOHNNY DEPP

the **RUMDIARY**

ABSOLUTELY NOTHING IN MODERATION

14^A

SUBSTANCE ABUSE,
COARSE LANGUAGE

FACEBOOK.COM/EONEFILMS
YOUTUBE.COM/EONEFILMS

FILMENGINE



EXPRESS



Love fashion?
WE WANT YOU!

Experience the fun of working in the world of high style fashion. Be a part of a 30 year legendary fashion icon with more than 16,000 associates and over 600 stores. Join the team of Express stylemakers and feel the energy that has electrified crowds who love to be on the cutting edge of style. Express is life where it all happens.

Join our team. Apply now at express.ca

IN THEATRES FRIDAY, OCTOBER 28TH



Geoff MacIntosh/the Gauntlet

TFDL celebrates grand opening

This celebratory bunch throws confetti to mark the grand opening of the Taylor Family Digital Library. The new Taylor Family Digital Library had its grand opening on Oct. 20. In attendance were Alberta Premier Alison Redford and Calgary Mayor Naheed Nenshi. Priced at just over \$200 million, the library is six stories high and the same size as three Canadian football fields. The library boasts an automated book return where books are separated into seven different bins according to their radio frequency identification number. The building promotes academic exploration and experimental learning. However, quiet study space in the library continues to be a problem.

Changes to SUSB

Riley Hill
Gauntlet News

The University of Calgary's Students' Union Sustainability Board has decided to change its direction this year to become more of a "working group," according to SU vice-president operations and finance Patrick Straw.

Moving away from its traditional role of promoting sustainability through events, susb has decided to play a more proactive role, pursuing development of their own research and sustainable projects.

"[In the past] It has kind of been a mix between events and promotion. I want this group to be actually doing more sustainable projects," said Straw.

susb plans on starting the year with updating the SU action plan, using their own research to make student life more sustainable. The board is still incomplete, and open to students who want to make a difference on campus.

susb is tasked with overseeing all

environment policies implemented by the SU. They currently have a number of sustainable programs, including campus-wide recycling and compost bins.

"The SU prides itself on being an environmentally friendly and sustainable organization," said Straw. "Anyone interested should definitely come and get involved."

The board also manages the susb Sustainability Fund — \$144,000 made available for student projects through the Quality Money program. Through agreements made between the university and Students' Union, Quality Money funds programs like the susb Sustainability Fund to give students greater control over campus finances.

All U of C students can pitch an idea to susb, and have the opportunity to make changes on campus. The ideas are presented to susb, and the board decides which ideas get funding.

"We determine what projects will have the most potential for impact among students," said Straw.

**Real challenges.
Unreal support.**

If you're a high achiever and want to work with some of the brightest minds in the business, an internship at Ernst & Young can give you all the support you need to help put your skills into practice and grow as a professional. To learn more, visit ey.com/ca/possibilities.

See More | Inspiration

ERNST & YOUNG
Quality In Everything We Do

Trick or Eat for people's needs

Melanie Hirsig
Gauntlet News

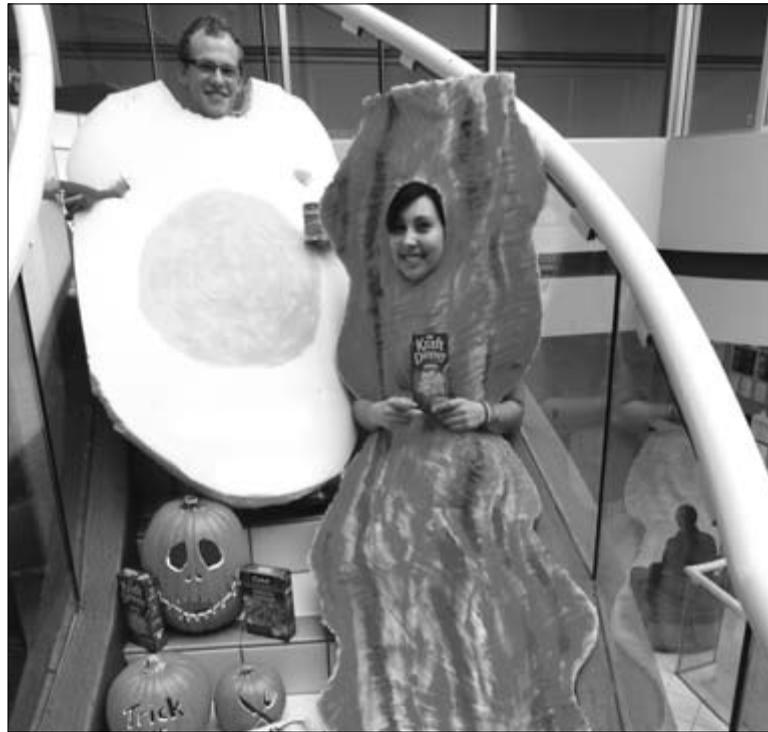
On Oct. 31, 500 costumed students — more than double from last year — are expected to fill the MacHall Ballroom to register for this year's annual Trick or Eat event.

Students will head to the communities of Scenic Acres, Varsity, Silver Springs, Edgemont and Charleswood to knock on doors, only they won't be asking for candy.

Trick or Eat volunteers will be collecting non-perishable food items which will be donated to both the Students' Union Campus Food Bank and the Calgary Inter-Faith Food Bank.

"This is our third year here on the U of C campus," said Chapter co-ordinator of the University of Calgary's Meal Exchange Stephanie Soto. "The first year we had 90 volunteers, last year we had 220 and this year we are expecting 500."

Despite only being in its third year, the U of C chapter was awarded Chapter of the



Melanie Hirsig/the Gauntlet

Meal Exchange co-ordinators dressed up as bacon and eggs.

Year in 2010.

"The University of Guelph's chapter in Ontario is the current leader — they get around 1000–1,200 students out," Soto said. "So if we can get to 500

this year then we're competing with them pretty well."

Last year the 220 participants collected 6,300 pounds of food for the Campus Food Bank and the Calgary Inter-Faith Food Bank.

Third-year political science student and Trick or Eat volunteer Scott Weir was originally involved in Trick or Eat through the Emerging Leaders Program, but enjoyed it so much last year that he says he will do it every year for the remainder of his time at university.

"I think a lot of students actually want something else to do on Halloween," Weir said. "So they come and help out with a worthy cause."

Even if students aren't willing to give up their Halloween party, Weir explained there are many ways to get involved before and after the event. "You can help organize certain things or decorate the ballroom, or hand out pamphlets the week before," he said.

Students who would like to help but do not like the idea of lugging around bags of heavy cans need not worry — each team is paired up with a car which meets participants at designated points to collect food and deliver it to Volunteer Services in MacHall.

Participants then make their way back to the hall to help with sorting and packing the food. Toiletries, pasta, peanut butter,

canned fruits and other needed items will go straight to shelves of the Campus Food Bank.

"November is the peak time," explained Campus Food Bank co-ordinator Shawnee Belleville. "Fall term tends to be busier than winter term because people's loans don't come in or they come in late, then there's the stress of Christmas and the holiday season."

Typically, the Campus Food Bank supplies 20–30 hampers per month. These hampers cost approximately \$67 for a single person.

"You can sign up as a team, go as a team or if you sign up as an individual we will help you be put into a team the night of [the event] so that no one is going by themselves, because it's not nearly as fun and there are the obvious safety reasons."

Weir, who volunteered last year, recommends to "stagger yourselves away from the actual trick-or-treaters. Don't follow the little kids because you just look creepy."

If you or a group of your friends would like to register for Trick or Eat, you can visit trickoreat.ca to find the U of C chapter and register

HALLOWEEN

SATURDAY OCTOBER 29

THE BACK ALLEY NIGHT CLUB

Tickets: **\$15**

4630 Macleod Trail SE 403-287-2500 www.mybackalley.com

Cannabis addiction research at U of C

Tyler Harris
Gauntlet News

Have you had a problem with marijuana use in the past? A PhD candidate in the University of Calgary psychology department is conducting research into recovery from marijuana dependence.

“We’re looking at an investigation into the recovery process from cannabis use disorders,” said lead researcher Jonathan Stea. “We’re trying to recruit individuals who live in or near Calgary who have once had a marijuana problem in the past, but haven’t had a problem for at least a year.”

Stea said there is not enough research on the recovery process for

problem users of marijuana. His research will focus on exploring how people recovered.

Cannabis is the most widely used illicit drug in the world. According to Statistics Canada, in 2002 about three million Canadians aged 15 or older admitted having used cannabis at least once in the previous year.

Of those who have smoked, about one in 10 will at some point meet the criteria for cannabis use disorder, said Stea.

He notes that a minority of people who try marijuana develop a dependence.

“That risk increases with frequency of use, so you will find that among people who are daily or near daily smokers, there is somewhere between one in two to one in three



Aly Gulamhusein/the Gauntlet

Cannabis is the most widely used illicit drug in the world.

of those who will meet the criteria.”

Public ideas vary on what constitutes dependence and addiction.

“Typically when people say dependence, this could be used in a more narrow way to just mean a kind of physical dependence. When we’re talking about dependence, we are talking about a substance dependence disorder, and so the model we use really encompasses both physical and psychological symptoms.”

The Diagnostic and Statistical Manual — a manual used by the medical community to assess mental health problems — describes the criteria of cannabis use disorder as physical and psychosocial symptoms individuals experience related to the drug.

In general, psychosocial symptoms include changes in an individual’s life pattern because of the drug. Physical symptoms include withdrawal — where people feel irritated or have trouble sleeping when not using the drug.

A National Institute of Drug Abuse report states that attention, memory and learning can be negatively affected for days or weeks after smoking marijuana. Students who smoke marijuana regularly receive lower grades and have a lower rate of graduation. Heavy marijuana users tend to report reduced life satisfaction and achievement compared to those who are not heavy users.

Stea takes issue with the idea of cannabis as a harmless substance.

“There is the misperception that

cannabis can’t be harmful at all, and I think this can be extremely misleading. Quite frankly, it can be harmful, and it can lead to physiological dependence.”

Volunteers for the study will go through a 15 minute phone screening by a researcher. If accepted, there will be a two hour interview conducted at the university. Subjects are not required to be abstinent from marijuana, but should feel that they are no longer problem users.

“The abstinence versus moderation variable is one we will be looking at,” said Stea.

The U of C Students for a Sensible Drug Policy club provides students with information about the effects of alcohol, tobacco, caffeine and marijuana — the substances students use most heavily. They also advocate for scientifically-informed policy making with regards to these substances, especially marijuana.

“I would have a hard time saying ‘dependence disorder.’ [Cannabis use] is not necessarily an acute disorder that we have to worry about like alcohol or tobacco, which are highly addictive. But when you look at cannabis use, there is definitely potential for abuse and addiction,” said SSDP member Carlos Negraeff.

People interested in participating in the study can visit calgary-marijuana-study.ca, or call 210-9580.

DEPARTMENT OF DRAMA

UNIVERSITY OF CALGARY
FACULTY OF ARTS

THE SWAMP DWELLERS

By Wole Soyinka

Oct 25 - Nov 5, 2011 @ 7:30pm
(except October 31 & November 1)
2 for 1 Matinee; Sunday, October 30 @ 2pm
University Theatre

Students get in FREE with your UOIDS

CLAIM YOUR SEAT

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

Tickets: Adults \$15 - Seniors/Students \$10

drama.ucalgary.ca Tickets: 403-220-7202

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



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.



courtesy Derek Neumeier

Adam Marofke

Gauntlet Entertainment

Lost in a sweaty and throbbing mob, awash with eerily luminescent lights, you are blasted with bone-rattling bass and ear-piercing screeches, all while dancing to the commands of a shadowy figure with long, dark hair. No, this is not a ghoulish dream — this is a Wednesday night Skrillex set.

The Oct. 19 Calgary show was not for the faint of ear, and thus would not have been an ideal night out for less-than-devoted fans of heavy electronic and dub-step music. However, for the legion of emphatic fans that turned out to support the 23-year-old Los Angeles native Skrillex — otherwise known as Sonny Moore — on his “Mothership” tour, this was Christmas come early.

This was evidenced by the fact that just after 9 p.m. last week, a long line of fans stretched from the front doors of Flames Central, down Stephen Avenue and around the corner.

Skrillex’s mercurial rise through the ranks of the electronic dance music scene has planted him firmly on the mainstream radar. For proof of this, you need not look any further from his appearance on the cover of this month’s SPIN magazine and to the crowd that was standing outside Flames Central on a chilly October evening.

Along with the usual glowstick-toting mob you would expect at a DJ set in Calgary, there was a remarkable number of fresh-faced youngsters and frat boys — this was not your average underground dubstep show.

As the line filtered in and concertgoers grabbed drinks, you could already hear the crisp breakbeats provided by opener Two Fresh. The trio onstage fulfilled their role as hype men adequately

as their danceable hip-hop beats got the crowd moving, with a live drum kit adding a nice touch.

12th Planet filled the next slot, using every spare decibel of Flames Central’s booming sound system. Even the crowds lining the upper balconies were up and bouncing as 12th Planet’s set climaxed with a remix of the “Tetris” theme, which they followed with an emphatic stage dive.

Those restless waiting for the main event were finally rewarded when Skrillex took the stage a little after midnight.

The young DJ took advantage of a swift stage turnover as he picked up right where 12th Planet had left off and kept the excitement levels running high. A light mix of the vocal hook to “Rock N’ Roll (Will Take You to the Mountain)” drifted out over the chanting crowd right before the speaker-punching beat dropped for Skrillex’s remix of La Roux’s “In for the Kill.”

Hearing wasn’t the only sense being bombarded, as Skrillex’s stage show, dubbed “The Cell,” provided non-stop visual stimulation. One main highlight was the enormous computer-generated effigy that appeared on screen, copying the bouncing DJ’s every move. The robotic image’s hand swayed up and down, leading the crowd along as a puppeteer would his marionettes.

The most popularly acclaimed hooks of Skrillex’s most notable songs were sprinkled liberally throughout the one-and-a-half hour set, ensuring that even the casual fan could continue rocking out to recognizable tracks. This culminated midway through his performance when the hits “WEEKENDS!!!,” “Rock N’ Roll” and “My Name is Skrillex” all dropped in a short time span, sending the writhing, sweaty crowd into a frenzy. Keeping to his genre-bending reputation,

Skrillex also dropped a segue of classic Ludacris songs. Although momentarily tripped up by the shift in style, the crowd responded well and kept bouncing along.

As the show pushed on well past 1 a.m., the tiring crowd was given a much-needed rest with the ubiquitous concert tradition of lighter-raising, accompanied by the DJ’s own remix of fellow EDM artist Benny Benassi’s “Cinema.”

The audience sang along right before getting hit one last time with the big drop on “Scary Monsters and Nice Sprites,” a point at which a scantily-clad youngster wearing a furry bear hat behind me grabbed my shoulders and screamed uncontrollably.

As Skrillex shook hands with the front rows and departed the



courtesy Bruno Postigo

Los Angeles DJ Skrillex spun at Flames Central on Oct. 19.

stage, the chants for an encore were only met by 12th Planet, who emerged to advertise the after-

party at the nearby Hifi Club.

Having had enough sensual discombobulating for one evening, I slipped out as those showgoers flying high off the bass scurried down the block to keep vibing into the wee hours of the morning.

Last Wednesday, hundreds of fans were treated to exactly what they had turned out for: bass heavy enough to crack your sternum, a cutting-edge light show and enough beat-dropping to punch a hole through the floor.

But the most memorable surprise of the evening was the diverse crowd — a sure sign that Skrillex’s star is still rising, for anyone from casual electronic dance music fans to dedicated bassheads.

DEPARTMENT OF MUSIC



Special Series

Contemporary Canada

Yoko Hiroto, piano

Saturday, November 5, 2011

Eckhardt-Gramatté Hall, 8 pm

music

AT THE UNIVERSITY OF CALGARY

Students get in FREE with your UOIC! CLASH YOUR SEAT

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

music.ucalgary.ca



Tickets: 403-220-7202

The Swamp Dwellers awakens onstage

Drama students interpret Nigerian story of conflict and modernity for the U of C community

Alicia Ward

Gauntlet Entertainment

Although it might sound like a cheesy horror flick, *The Swamp Dwellers* is actually a widely acclaimed play by Nobel Prize winner Wole Soyinka. The University of Calgary's drama department's production of this play, directed by MFA student Edward Ogum, is sure to offer up important, emotional and perhaps controversial conversation topics for audiences to carry with them long after the play finishes.

The play involves an elderly couple living in the Niger Delta and their struggle to relate to their son in the face of spirituality, modernization and the tension between rural and urban.

Conflict is a major theme in *The Swamp Dwellers*, and since conflict is the backbone of drama, audiences are already set up for an exciting night of theatre just based off the script. Cast member and U of C drama student Jon Molinski elaborates on the different types of conflict found within the theatrical text.

"There's a lot of clashing of two different dichotomies. There's the old versus the young, the spiritual versus the real and the city versus the village," explains Molinski.

While explaining the changing world that the play explores, Molinski uses a number of large hand gestures, giving a physical idea of how riddled with conflict this play

is. While conflict in drama can be entertaining, it can also be thought-provoking and emotionally stirring.

"The journey towards the city, and all the young people going to the city — it's kind of like abandoning your cultural roots. That's the major overarching undertone of [the play]," Molinski notes.

"There's this whole underlying theme of how oil and greed corrupt," he adds. "The corruption of power and greed is probably the most prevalent theme of the entire play."

Many Calgarian citizens have close links with the oil industry, which might open doors to negative community reviews of *The Swamp Dwellers* — but this is familiar to the actors.

"Alberta's an oil province, so I feel like [the play] will maybe bring awareness to what's going on... I feel like there are similarities between [Calgary and the Niger Delta] — this more advanced, urban out-sprawl versus being more natural and holistic," says Molinski.

Besides opening up a dialogue about corporate hierarchy and issues involving the oil industry, *The Swamp Dwellers* will also touch on humour and various aspects of religious symbolism — all with the help of a new projection system. The entire play is sure to be visually pleasing.

"[Masquerade dance sequences] were added onto the text by Edward. It's one of his directorial choices and

I feel like it really adds something to the entire play as a whole," adds Molinski.

Actor Mya Campbell coins this "something" Molinski mentions as a "spiritual cool." Audiences should expect to be taken into a world of spirituality and Nigerian culture. Molinski enthusiastically exclaims that the entire play is "definitely not Canadian."

"I've learned a lot about Nigerian

culture, which I definitely had no idea about before," confesses Campbell.

As drama students at the U of C, Campbell and Molinski are encouraged to audition for the three main stages offered by the Department of Drama. Performing in university on-stage shows has afforded the two actors not only creative challenges, but a chance to be exposed to outside-the-classroom learning.

"Working on shows is the best experience I have as a drama student," says Molinski. "You learn so much from them... I may be stressed out to all hell but I would not change it for all the world."

"I've taken each one of those [experiences] and brought it into the next show so I can continue to grow."

The Swamp Dwellers runs at the University Theatre until Nov. 5. Admission is free with UCID. For more information, visit drama.ucalgary.ca



Ken Clarke/the Gauntlet

Jeff Beck still the master of the Stratocaster

On Monday evening, legendary guitarist Jeff Beck (left) and his top-notch band delivered a solid two-hour set of mostly instrumental guitar wizardry to an appreciative sold-out crowd at the Jack Singer Concert Hall. Highlights of the show included an exquisite instrumental version of "A Day in the Life," the always crowd-pleasing "Led Boots" and an unexpected encore interpretation of Lady Gaga's "Bad Romance." For more photos, of the evening, visit thegauntlet.ca.

Share Your Knowledge: Become a Tutor

Ola Mohajer
VP Academic



Makin' the Grade – SU to Build Tutor Registry

As the first part of an SU campaign to build a new Tutor Registry Program, the SU is looking for those exceptional campus community individuals who are subject matter experts and want to share that expertise with a student needing some support. "One of the key initiatives that I want to get off the ground during my term with the Students' Union is a new tutor registry program," said Ola Mohajer, VP Academic.

"All students have the potential to succeed but sometimes frustration with that one course can become overwhelming. We need an on-campus resource that can match us up with someone that can help us succeed."

Matching students who need a little boost with their courses and experienced members of the campus community who can earn some part-time income is a double win.

This initial step in building a vibrant tutor registry involves gauging the interest level of campus community members in serving as tutors.

If you are interested in taking on this challenge, just check out the SU web site, su.ucalgary.ca, for more details and how to sign-up. You'll be asked about your qualifications, your areas of expertise and your availability.

Meet Your SU Faculty Reps

More of who you need to contact if you've got ideas for your faculty or questions on getting more engaged in student life.

Arts Students Meet Ben Cannon

Ben is a 4th year Law & Society student who aims to bring the Arts together. In a faculty of 7600+ students who are everything from dancers to economists, this task may seem daunting. But Ben is working on faculty association plans and promotional events in an effort to unite Arts.

Contact Ben at arts1@su.ucalgary.ca



Social Work Students Meet Bobbi Michaud

Bobbi is a fourth year Bachelor of Social Work student attending the Calgary campus. She is an executive member of the Social Work Student's Association and works hard to improve the social and academic lives of the students. Her goal is to unite the three campuses and engage students.

You can reach Bobbi at sowkrep@su.ucalgary.ca or by calling (403) 808-5040.





I WANT YOU TO WRITE FOR FEATURES

NEAREST GAUNTLET RECRUITING STATION

Absolutely no experience is required. The Gauntlet not only provides a service to campus but gives training to aspiring journalists on how to report, interview, edit and do layout.

Come up to the Gauntlet office in room 319 of MacHall, or email me at features@thegauntlet.ca.

— Sarah Dorchak, Gauntlet Features Editor



Jack's Mannequin fixes up, sounds sharp

California four-piece brings tour and re-worked third album to Calgary

Jordan Clermont
Gauntlet Entertainment

Jack's Mannequin's most recent album took two tries to get right. Lead singer-songwriter and pianist Andrew McMahon says that there are two ways to look at the recording process for *People and Things*, released earlier this month: "Either I made a record and scrapped it, or I just made really good demos."

Feeling that the original approach to the record, which McMahon believes relied too heavily on professional production tools, didn't "feel as genuine as it needed to." For the second try, McMahon got together with guitarist Bobby Anderson, bass player Mikey Wagner and percussionist Jay McMillan to work out the new songs and create a record that, according to McMahon, "was more rooted in the ideals behind our live show."

The result, McMahon explains, is a record where you discover that "it's not that the piano's gone. It's that the guitar and everything else is just finding its place through the vehicle of live performance."

But on "Restless Dream," a track origi-

nally written for a movie that never saw fruition, the piano *is* gone — along with everything but Anderson's country-style finger-picking and McMahon's introspective lyrics. McMahon says that he likes the idea of taking a risk and introducing fans to a "different sonic landscape" underneath his voice.

Other tracks from the album, like first single "My Racing Thoughts" and "Amy, I" stick to the band's trademark piano-driven rock, recalling Elton John mixed with the attitude and melodic sense of Tom Petty and the Heartbreakers. Talking of his classic rock influences, McMahon says that there is something "inside of these classical singer-songwriters that I've always tried to channel."

Paying tribute to another one of his biggest influences, McMahon recorded a cover of John Lennon's "God" for the 2007 album *Instant Karma: The Amnesty International Campaign to Save Darfur*, a Lennon tribute work released as part of Amnesty International's global "Make Some Noise" project.

No stranger to philanthropy, McMahon founded the Dear Jack Foundation in 2006 following his personal victory over



Andrew McMahon is the frontman, lyricist and pianist for Jack's Mannequin.

leukemia, an organization created to fund research, raise awareness and help young adults suffering from the disease cope.

McMahon's struggle with the illness was documented on the band's second album, 2008's *The Glass Passenger* — a defining feature of which was his deeply personal lyrics and emotionally vulnerable songwriting.

"I don't really know how to write about anything else . . . which can be a blessing and curse to say the least . . . all I really know is to write my truths."

Going from the topic of songwriting to touching on the potential of future albums, McMahon says that he loves the band he plays with and hopes to continue playing with them, but he's not sure if he will continue to perform under the name "Jack's Mannequin." For now, the band is focused on wrapping up their North American tour in November, including a stop at the university's own MacEwan Ballroom on the second of that month.

Nowhere are the lyrical truths that McMahon swears by more evident than on *People and Things* — the songs are honest and the music is genuine. It might have taken a whole album of discarded songs for *People and Things* to come to fruition, but it's clear that for Jack's Mannequin, the second time is the charm.

CJSW
FUNDING DRIVE 2011
FRI. OCT. 21 UNTIL FRI. OCT. 28 AT 6 PM

Pledge Line: 403-220-5000 **Online Pledging: cjsw.com**

LIVE DRIVE EVENTS

THURSDAY OCT 27:

- ▶ **THE MAGNETIC NORTH CONSTELLATIONS CD RELEASE PARTY** with guests CLINTON ST. JOHN AND THE SACRED CHESTER MARCHING BAND and GEIST • *BROKEN CITY* - Cover \$10 - Doors: 9 pm
- ▶ **CJSW PRESENTS LIVE JIVE 2011** with KOTD EXHIBITION BATTLE, CASH FLOW AND J THADEUS, DEEZUZ, SARGAENT & COMRADE, CONTRAVERSE and DJ SWANN *DICKEN'S PUB* - Cover \$8 - Door: 9 pm - Show: 10 pm
- ▶ **CJSW 90.9 FUNDING DRIVE ALL AGES PARTY** with MEISHA & THE SPANKS and guests • *TUBBYDOG* - Entry by donation of \$4 and up - 8:30 PM

SATURDAY OCT 29:

- ▶ **BEATROUTE PRESENTS: WHAM-BAM GORILLA GLAM! CJSW FUNDING DRIVE WRAP-PARTY/HALLOWEEN PARTY** PINE TARTS as T-Rex, THE EX-BOYFRIENDS as Gary Glitter, BEAVER SQUADRON as Roxy Music and CHRIS NEVILLE as Freddie Mercury *BROKEN CITY* - Cover: \$10 - Doors: 10 pm

CALGARY 90.9 FM
cjsw
cjsw.com



Radiohead
TKOL RMX 1234567
(October 10, XL Recordings)

When Radiohead released *The King of Limbs* earlier this year, it fell short of expectations. Still considered to be a viable addition to the Radiohead canon, the letdown came from the direction in which the band took the album. A remix compilation featuring some of Thom Yorke's favourite producers, *TKOL RMX 1234567* seemed to be a fresh and promising way to experience and explore *The King of Limbs*. Sadly, *TKOL RMX* fails to deliver this experience.

The problem with *TKOL RMX* is that too few of the 19 tracks preserve the feeling of rhythm found on the original album. Many of the remixes scrap the basic framework in an attempt to explore new directions, creating meaningless ambient tracks that are neither particularly interesting nor enjoyable. Despite these concerns, a few tracks stand apart from the others. One memorable example is Caribou's take on "Little by Little," which blends percussive elements of the original with bright piano and looping vocals.

Rather than being an exciting musical experience, *TKOL RMX* is totally disappointing. In the end, it feels like little care was taken with many of these tracks, and the result is an unfortunate, mostly dull and tedious effort to listen to.

Dixon Blume



Wilco
The Whole Love
(September 27, dBpm)

Wilco's latest album is a true culmination of everything the band has done. *The Whole Love* pulls sounds from the experimental folk-rock of 2002's *Yankee Hotel Foxtrot* and the straightforward rock of 2009's *Wilco*.

The seven-minute-long epic opener "Art of Almost" starts with a barrage of loops and sounds not unlike the opener on *Yankee Hotel Foxtrot*. First single "I Might" is a great up-tempo track, covered with fuzz guitars that recall an earlier Wilco sound.

"Dawned on Me," currently my favourite track, is instantly memorable. It's a song of desperation with a chorus that is guaranteed to get stuck in your head, thanks to Tweedy's perfectly imperfect delivery. "Born Alone" also stands out, opening with a melodic, clean guitar riff that's soon joined by another great vocal melody that contrasts the melancholy of lyrics like "sadness is my luxury." Fans who dismissed *Sky Blue Sky* & *Wilco* as boring "dad-rock" will be pleased with the return of more experimental aspects of production on *The Whole Love*.

The album does drag a bit with a few too many down-tempo songs, but it's refreshing to hear a band as late into their career as Wilco still moving in different directions.

Jordan Clermont



Bleeding Knees Club
Virginity
(October 18, IAMSOUND)

Had this album been released a few months earlier, it would have been the soundtrack to my summer. Bleeding Knees Club brings their highly danceable pop-punk to life on their EP, *Virginity*. This Aussie outfit injects their coastal sound into songs that recall those of noise-rock bands Black Lips, The Hives, and Step-Panther.

But don't pin it on these boys to be as cute and innocent as their EP title might suggest. The band is all about fun times. This translates well into tracks like "Teenage Girls" and "Camp Out." Throughout the entire album, the duo reflects on every great, rebellious thing about teendom in their tracks — tattoos, smoking, heartbreak and general badassery. Dirty riffs and raw vocals are a constant, but lyrical themes change as the CD progresses, as if the band themselves are growing up as the songs move along. The closing track "I" captured my heart — while still gritty and punk rock, there's a touch of soul in it.

The boys of Bleeding Knees Club have put together a seriously solid album with only six tracks. Fun-loving, youthful lyrics and upbeat rhythms make *Virginity* a go-to for sunny music, even when Calgary weather takes a turn for winter.

Laura Wan

CJSW

FUNDING DRIVE 2011

FRIDAY OCT. 21
until
FRIDAY OCT. 28
at 6 pm

Pledge Line:
403-220-5000
Online Pledging:
cjsw.com

90.9 FM
cjsw
cjsw.com

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

Against the grain

Spotting a bag of paprika in the IKEA with the label “Gluten-Free” often garners eye-rolls. It is easy to assume there is no gluten in spices, but the reality is quite different. To prevent clumping during packaging and to extend shelf life, most spices are mixed with wheat flour. It is also common for sausages to contain gluten in their fillers, making it risky for a celiac or those with wheat allergies every time they go out for groceries. Gluten finds its way into products like ketchup as a thickener or as a binder in prescription vitamins. Gluten is under the label “Generally Regarded As Safe” by the u.s. Food and Drug Administration, so many companies do not list gluten as an ingredient.

Gluten, a protein, is found in wheat, spelt, barley, rye and malts, among other things. Rice flour, corn mill, tapioca flour and teff flour are all alternatives to conventional flours. Those who have never baked gluten-free dishes at first might come across exotic ingredients in recipes. Xanthum gum, though sounding like an ingredient from a Dr. Who episode, is one of the alternative binders for gluten-free products. Without gluten, bread tastes bizarre and lacks the thickness of ordinary breads. For a PB&J sandwich you can be faced with an unrecognizable lump on your plate.

I quickly found out that most people on the gluten-free diet didn't have a choice. Celiac disease is an autoimmune disorder and those afflicted can have symptoms including

chronic diarrhea, fatigue and, in extreme, undiagnosed situations, organ failure when they consume gluten. Those who have wheat allergies often follow a gluten-free diet as well.

Cross-contamination can be a huge issue. Like most disorders, celiac disease is on a spectrum. Those with more severe afflictions of the condition can be bed-ridden upon ingestion of gluten products, while others may experience a stomach ache. To ensure that restaurants are actually celiac-friendly and not just “gluten-free,” celiacs like Courtney Keen have to investigate. “When I go out I have to contact the manager of a restaurant and say ‘are you gluten-free?’” Keen is a severe celiac who has to avoid cross-contamination. This means avoiding restaurants where pots used to cook regular pasta are the same as those used to cook the gluten-free pasta.

Unfortunately for students, the restaurants in the city that offer celiac-friendly cuisine are in the higher price range. “Basically the more expensive you go the better chances you'll have because they will make something for you,” says Keen of restaurants. She points out that Chop Steakhouse or Halo Seafood Bar can accommodate a celiac diet but are not in a realistic price range for students. Places like Fiores, Chianti's and Joey Tomatoes do offer a selection of gluten-free dishes but they too are expensive. For gluten-free options at most restaurants, a celiac is looking at an extra \$3 tacked onto their bill.

The third and final instalment of a lone writer's experimentations with specialized diets.

By Olivia Brooks

Although \$3 doesn't seem like much it adds up quickly. There is also a stigma that comes with ordering gluten-free at restaurants. Celiacs can come across as picky eaters, and with the absorption of the gluten-free diet as a fad-diet, celiacs face judgement from their servers. “The first couple of years that I was diagnosed I didn't go out to eat because it felt like I was being judged,” confessed Kathleen Collier, an employee of the Calgary chapter of the Canadian Celiac Association.

Recently, however, conventional supermarkets like Safeway and Superstore have been stocking their shelves with gluten-free products because of raised awareness around the limitations of celiac disease. “They're not the most extensive aisles, but they are there,” comments Keen.

Because of increased screening in the medical community, the awareness of celiac disease is on the rise. Along with this also came the side effect of marketing the gluten-free diet as a way to lose weight. There is controversy around completely eliminating gluten from your diet. Deficiencies in iron and fibre,

found in high quantities in gluten products, are common for those who eradicate the protein from their diet. Celiacs and individuals with wheat-allergies need to take extra precautions when eliminating gluten from their diet. Finding foods high in iron, fibre and calcium can help curb deficiencies. University of Calgary professor and registered dietitian Dr. Raylene Reimer recommends those with dietary restrictions prioritize seeing a registered dietitian since deficiencies are common. Students who have celiac disease are at a disadvantage as there are few of options on campus for them and the gluten-free foods that are offered are not celiac friendly because of the cross-contamination. The resources on campus for those with celiac disease are limited to seeing a registered dietitian at the university's Wellness Centre. Diagnosed celiacs suffering financially are able to claim the dietitian costs back on their tax return, which director of marketing for Planet Foods Shelly Mercier sees as reasonable because “there is no medical treatment for [celiac disease] — the only treatment is to

Breast Cancer...

not just a disease of older women



Self Help

- choose a healthy lifestyle
- know your body/breasts
- learn how to check your breasts & check 'em regularly
- obtain medical attention for unusual breast changes/any breast cancer symptom
- talk to your doctor about routine clinical breast exams
- obtain medical attention for any persistent symptom and ask “Could this be cancer?”

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



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: November 29 @ 7 pm

Travelodge University Hotel
2227 Banff Trail NW

www.globaltesol.com



220-5000

Is the CJSW Funding Drive Pledge Line!

You have until Friday, Oct. 28
at 6 pm to show your support!
Pledge online at cjsw.com!



Tune into

NARROW CASTED NEWS

((radio gauntlet))

CALGARY 90.9 FM
CJSW

Fridays @ 11:30 AM with host Remi Watts

avoid the gluten.” Celiac sufferer Keen, however, finds faults in the system: you have to be a diagnosed celiac to claim the benefits. Undiagnosed individuals who cannot consume gluten products without getting sick are passed over.

Thankfully, those who are cannot consume gluten have resources like the Calgary chapter of the Canadian Celiac Association and Planet Foods to assist them once diagnosed. Planet Foods is a Western Canadian foods distributor and its mandate is to bring healthy and nutritious food to the mainstream consumer. “We work very closely to our products, working with the local celiac chapter and with all our suppliers,” said director of marketing Mercier. Organizations like Planet Foods offer alternatives to conventional supermarkets and ensure consumers their foods are actually gluten-free. The Calgary chapter of the CCA also ensures that information is readily available for those with celiac disease. “We send out new member package information,” said employee Collier. The organization also has a newsletter that includes recommendations of restaurants by other celiacs in the community. According to Collier, the majority of university students do not approach them and because many health care plans don’t cover the expense of going to see a registered dietitian there is a community of students who are not getting the information they need to eat healthy.

Outside of medical conditions, I was hard-pressed to find individuals who could attest

to the health benefits of a gluten-free diet. Then I came across Dr. William Davis, cardiologist and author of the blog *Wheat Belly* who theorizes the modification of flour in the past 50 years is directly linked to high obesity rates and is making us sick. Davis’s blog updates with anecdotes about individuals who have become healthier by removing wheat from their diet as well as articles on the detrimental effects of wheat. On his blog, Davis explains, “Over 80 per cent of the people I meet today are pre-diabetic or diabetic. [. . .] With few exceptions, foods made of wheat flour raise blood sugar higher than nearly all other foods.” Davis continues, explaining that whole grains contain “more than table sugar, more than a Snickers bar. Organic, multi-grain, sprouted — it makes no difference.”

Mercier argued that it was not wheat itself that is unhealthy for the population but how we process the wheat. “[The] process doesn’t leave it [wheat] in very digestible states for us,” states Mercier. “Other grains have to be soaked. Grains in stores don’t take those steps to cut costs but because of the lack of proper processing, the nutrients and vitamins cannot be absorbed.” Mercier also pointed out that due to mass agriculture we no longer have the variety we used to have with our grain. The hybridized and genetically modified grains have created an over-abundance of wheat in our diet when we should be getting a larger variety. “Just like corn in the U.S., in Canada wheat is in everything,” she explained.

My attempt to be gluten-free failed within

the first day. I made a stir-fry with rice noodles and vegetables but used soy sauce in the recipe. As it turns out, most conventional sauces contain gluten, including soy sauce. I became paranoid about what foods to consume. They could potentially contain gluten but have no indication in their nutritional information. I decided to stick to basic ingredients, but that didn’t mean my meals were bland. I experienced ingredients and dishes that are not normal staples to the average Canadian diet. I avoided most of the gluten-free aisles at the stores since they were costly. Finding bulk foods that are gluten-free was more cost-effective in the end. Bulk lentils, chickpeas and quinoa were my staples throughout the week. Even after reading labels I was never 100 per cent sure of the contents of my ingredients, so all I could do was hope that I was being faithful to the diet’s restrictions.

As a vegan, I related to the community of celiacs. I know that when going to restaurants you have to be assertive with your servers. Sometimes the dishes may indicate vegetarian but are served with chicken stock. In the last three years I can’t count the times I received scoffs from servers because I am a “picky eater” for asking a meal to be made vegan-friendly, and still have it come to me with cheese on it. In the end, removing gluten from my diet made me realize how disadvantaged those who are afflicted with wheat allergies or celiac disease are. I was able to return to eating bread at the end of this trial while people like Keen, Mercier and Collier

still had to navigate through our gluten-saturated aisles to find non-contaminated foods. But a defeatist attitude about gluten-free options is unnecessary.

“It’s becoming easier,” states Keen. “I mean, it’s going to take time. I have relatives in southern California who say that every restaurant has gluten-free options so eventually it will come to Calgary. It’s getting better than it was five years ago, better than it was 20 years ago.” For example, quinoa is an alternative grain that has become mainstream. As a result of this popularity, there are more celiac-friendly options available at conventional supermarkets.

Finishing these three diets solidified my belief that individuals should be conscious of what they are consuming, whether it is due to health, medical or environmental concerns. Resources are available, even if they are limited. Although it is easy to excuse a poor diet when we do not see the effects of our deficiencies and penchant for refined products, consumers need to start making informed decisions if they do not want to suffer from chronic conditions down the road. Our values are reflected in what we consume and purchase. If we want to have a strong, healthy and sustainable community, we need to start with our basic necessities.

To read about Olivia’s experiences with raw foodism, check out thegauntlet.ca/story/15807.
For a detailed recollection on her attempt to eat local, visit thegauntlet.ca/story/15840.

STIC



STUDENT ENTREPRENEURS: HAVE A BUSINESS IDEA? JOIN THE STIC BUSINESS PLAN CHALLENGE!

The **Student Technology Innovation Challenge (STIC)** is calling all Southern Alberta post-secondary student entrepreneurs to participate in a **FREE** Technology Business Development seminar series. Submit a technology-oriented business proposal to compete in the STIC business plan competition.

PRIZE PACKAGES:

1st Place: \$6,000 + an In-Kind Technology Commercialization Service Package
2nd Place: \$2,000
3rd Place: \$2,000

The Top 3 STIC finalists will compete in the province-wide TEC VenturePrize in the Alberta Student Business Plan category for a chance to win cash and in-kind prizes worth up to an additional \$10,000

Competition Registration Deadline: November 25, 2011

Sponsored by:



For more information and to register, visit innovatecalgary.com

Measuring Steve Jobs's greatness

Joydeep Mukherjee
Gauntlet opinions



The global mourning over Steve Jobs's death has made it abundantly clear that the man was respected not only in his home country, but in all parts of the world. Seldom has the world seen such a huge public outpour of grief in recent history, perhaps barring the death of Princess Diana in 1997 (incidentally also the year when Jobs was brought back to Apple for a second term when the company was on the brink of a gigantic collapse). Tributes were paid in many forms — half-bitten apples were left in front of Apple stores, virtual candles were lit on iPads and iPhones, the Apple logo was reformed to accommodate his silhouette and even flags were kept at half mast in some corporate headquarters.

Eulogies from the likes of Barack Obama, Bill Gates, Mark Zuckerberg, Larry Page, Salman Rushdie and Rupert Murdoch were concise and sincere. Some like Steven Spielberg went a little over the top, going so far as to say that Jobs was the greatest inventor since Thomas Edison. If one were to listen to sensible people from different corners of the planet, it could be unequivocally agreed upon that Steve Jobs was not only a marketing genius and an astute businessman, but also a person who changed the world to make it a better place.

After the initial dust has settled in, it might be a good idea to take a closer look at Jobs and his achievements. Who was Steve Jobs, exactly? Among the vast number of accolades showered upon him after his death, the term 'visionary' perhaps suits him best (as correctly pointed out by Stephen Fry, an ardent Apple fanboy and Jobs admirer). Steve Jobs was neither a scientist, nor a computer programmer or a mathematician or an artist or a humanitarian or a philosopher. So what was he, exactly? And how did he change the world to make it a better place? Is his greatness solely based on his accumulated wealth? Or is it that the collective voices of his mind-

less followers have stifled the objection of a saner minority who believe that Jobs was no more than a glorified toymaker who parted millions of fools with their money? Has our youth chosen the icon of their generation carefully? Or is it just another one of those mindless media-created hyperbole, and 'this too shall pass'?

In the 1970s, Jobs was among the first to envision the concept of personal computers. He may not have been the first person to think of it, but he was certainly the first to visualize that desktop computers, the use of which was limited to scientists and researchers until then,



could be re-designed so that they could be used by everyone. This idea eventually led to the birth of Apple II, which was the first personal computer to be manufactured on a large scale. It was beautifully designed, with a graphical interface (first use of desktop icons, and mouse support) instead of a text interface — features which helped ordinary people interact with computers seamlessly. In the '80s, Apple introduced the Macintosh operating system with a wonderful graphical interface (he mentions this in his Stanford speech where he speaks about putting his calligraphy course into practical use). These two products cemented the foundation of personal computers in the market, and Steve Jobs should be praised for that.

Another big achievement of Jobs was to transform the Pixar Animation

Studio into what it is today. Some of the best animation movies of all times (*Toy Story*, *Monster Inc.*, *Up*, *A Bug's Life*, etc.) were produced by Pixar. As an admirer of animation movies, I can't thank Jobs enough for this. When he returned to Apple in 1997, Apple was on the brink of a disaster. Jobs planned to turn the company on its feet by introducing a couple of products which would go on to revolutionize their respective industries. The first was the iPod, followed by the iPhone and finally, the iPad. The iPod marked the beginning of the line of products that had Jobs's design motto firmly sketched on them. It wasn't the only MP3 player

“Steve Jobs was not only a marketing genius and an astute businessman, but also a person who changed the world to make it a better place.”

available in the market, but so grand was its design, style and performance that it outperformed every other music player in the market. Add Jobs's outstanding marketing policy coupled with his extraordinary ability to read the market, and Apple was on its way to become the most admired company in America. To understand Jobs's brilliance, you have to look at the line of products that came out next. The Macbooks, iPhones and iPads were all designed with obsessive attention to design and style, a trait Jobs was famously known for among Apple employees.

For a man without any conventional educational background, Jobs had an amazing intuition for predicting successful technological trends. He was, so to speak, a computer geek. The NeXT series of computers was built on

UNIX, an operating system designed to support networking the best. While none of these devices seem to be of world-changing stature, it is important to understand that Jobs was trying to create a line of next-generation products which would make it simpler for ordinary people to handle technology at its basic level. In other words, through his minimalistic design style and interface, Jobs was bridging the gap between humans and technology, although he wasn't making it any cheaper. His detractors have often questioned the exorbitant prices of Apple products, and quite fittingly so, for this is one aspect Jobs overlooked.

One reason as to why Jobs became a cult figure in the modern generation is because of his personal life. Struck by numerous difficulties ranging from monetary troubles to health issues to being kicked out of the company he had founded, Jobs not only overcame those monumental challenges but did so with so much ease and conviction that it appeared to be straight out of a fantasy novel. His take on conventional education, his brief tryst with the counter-culture movement, and his conviction to follow what he believed in strikes a chord within all of us, and his courage in the face of adversity propelled his image to a legendary level. His personal success story would serve as an inspiration for millions of people, and that in itself is a far more significant achievement than the iPhone and iPad can ever be.

The answer to whether Steve Jobs was a 'great' man or not depends a lot on how you define 'great' these days. Abraham Lincoln was a great president, Gandhi was a great political leader and Einstein was a great scientist. Could Jobs, as the CEO of Apple, be placed in the same category? Surely not, although few would disagree that he was a great businessman, maybe even the greatest one in recent history. In a world where the term 'great' is now used to describe the likes of David Beckham, could a visionary like Jobs be a right role model for this generation to follow? The answer is a most definitive 'yes'.



No place to study . . . one another

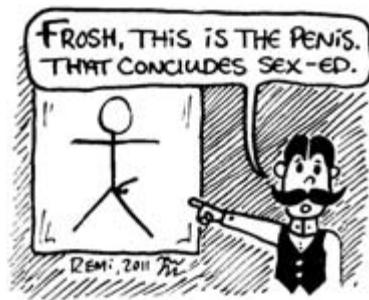


The Taylor Family Digital Library opened to considerable fanfare, but its study spaces are absurdly busy, noisy and in short supply. The majority of MacKimmie Tower closed, robbing us of a study place of solace. Coupling these concerns with the record enrolment numbers and the bureaucratic hodgepodge of both the SU and campus administration, students are realizing that our campus has woefully inadequate study space. However, there is an equally pressing concern that most students haven't yet considered: the woefully inadequate lack of sex space.

The studying of sexuality and sex in all of its scholarly manifestations

is ubiquitous in the fields of academia. But in our university the having of sex and exploring of sexuality have been denied a constructive outlet. This has condemned campus sex and sexuality to secretive trysts and regretful dorm room encounters.

If our school really wants to achieve "excellence" they need to



affirm sexuality and create sexual space. Sex space would undoubtedly reduce the amount of pointless and often painful one-night stands

that result from the immature sex rituals of ThursDen. If we had sex space students would waste less of their days and nights ogling their fellow students, searching for a human connection or for a fuck. It's understood that sex is a wonderful option for stress relief. I'm certain most students don't need the benefits of stress relief explained to them. With less nights and days wasted, with our focus regained and our stress reduced, grades and emotional well-being would improve. Our burden upon services such as the Wellness Centre would certainly be reduced. The practical element of establishing sexual space would be an incredible adventure that only a closed mind would not appreciate. While there is something to be said of clandestine rendezvous in empty classrooms, sex space would foster a better relationship to sexuality.

Sexuality is an essential aspect

Letter to the editor

Dear Editors,

I read with surprise and pleasure sports editor Erin Shumich's article "Athlete's diets: eating your way to the top" [Oct. 13, 2011]. It holds really important messages about the roles and values of different foods in an athlete's diet — pointedly critiquing a commonly held belief that athletes must eat meat to be a top performer. It's time to shed those stigmatizing beliefs. I'd like to take Shumich's important message that challenges societal beliefs a bit further, by

sharing personal knowledge that not only has Lind-Kenny been "an important part of the McGill Martlets women's hockey team for the last four years" but that in her second year on the team she scored the winning goal in the CIS National Championship finals, winning the gold medal for her team. Her hockey stick from that game now resides in the international Hockey Hall of Fame. Not bad for a vegetarian hockey player!

Candace Lind

Assistant Professor, Faculty of Nursing

of humanness — it expresses itself in a bountiful plurality of beautiful possibilities. However, perhaps resulting from the hyper-sexualized sexist corporate media, sexuality within our campus has, almost entirely, been relegated to the

darkest recesses of our school. Sex space is a possible means by which we can reverse this trend. Our university needs to graduate from its immature understanding of sex — a coital convocation that affirms genuine sexual values.

Motivated.

Like you.

At Athabasca University, we have over 800 online courses you can transfer to your degree at your home university. And with year-round admissions and monthly start dates, we're ready when you are.

Learn more at explore.athabascau.ca.

Athabasca University

movies that matter

GRANITO

HOW TO NAIL A DICTATOR

GRANITO is a story of destinies joined by Guatemala's past, and how a documentary film intertwined with a nation's turbulent history emerges as an active player in the present.

PANEL DISCUSSION TO FOLLOW

Directed by Pamela Yates - 2011 - 103 min.
<http://skylightpictures.com/films/granito>

FREE TO U OF C STUDENTS

(with valid U of C I.D.) Non U of C students: suggested donation of \$5 to \$10 (to cover screening costs) or a donation to the Campus Food Bank. Become a fan of Movies That Matter on facebook:
www.facebook.com/moviesthatmatter

WED NOV 30
6 PM That Empty Space
Macewan Student Centre

cjsw gauntlet NUTV SU

Presented by TRI-MEDIA and the SU
moviesthatmatter.org

HUMBER
The Business School

8 ways to
launch
YOUR CAREER

POSTGRADUATE
CERTIFICATES IN:

- Event Management
- Financial Planning
- Global Business Management
- Human Resources Management
- International Development
- International Marketing
- Marketing Management
- Public Administration

be
more

business.humber.ca

National Basketball League arrives in Canada

The new Canadian league offers basketball fans an alternative to the NBA

Josh Rose

Gauntlet Sports

As of yet, there is no NBA season — the preseason and much of the season has been cancelled. An extended lockout has resulted from player-owner negotiations not reaching an agreement. Many players have headed to Europe, Australia, China, the streets of the U.S. and now Canada to play basketball. Starting on Oct. 29, the National Basketball League of Canada will begin entertaining basketball-deprived fans across Canada.

So far, the NBL consists of seven franchises, three of which were formerly of the Premier Basketball League — the Halifax Rainmen, Saint John Mill Rats and Quebec Kebs — who all left the PBL complaining of poor management. Halifax owner and NBL CEO Andre Levingston stated the following in a team news release: “After watching the final playoff series and analyzing the statistics, I am appalled by the officiating that took place during the playoffs and am ashamed of the PBL’s operations this season. I want nothing but the best for our city, our fans, our sponsors and our players. I can say with confidence that the best is no longer found in the PBL.”

The newly formed clubs are the



Josh Rose/the Gauntlet

A basketball player shoots some hoops on campus.

London Lightning, Oshawa Power, Moncton Miracles and Summerside Storm. Like the Canadian Football League, the NBL will have a mandate for each roster to carry a certain number of Canadian players. The league is hoping to develop young talent from Canadian and international universities and colleges alike as a headway to NBA drafts.

The NBL has invited tier-three NBA players to stay close to home and still play basketball. Although

the league can’t afford a LeBron James or a Kobe Bryant with a team salary cap of \$150,000, the league will be showcasing incredible international talent. Jamario Moon, a former Toronto Raptor, will be practicing and helping coach the Quebec Kebs while the lockout lasts. Former NBA players have signed with numerous NBL clubs. Will Blalock, a former Detroit Piston, has signed with the Saint John Mill Rats and Denham

Brown from the Seattle Supersonics has signed with the Oshawa Power. Brown has also played for the University of Connecticut, the Canadian national team and BC Dnipro based in Ukraine. Players from the Harlem Globetrotters, the Continental Basketball League and PBL have also been signed.

“We know we’re only going to get one chance to do it the right way, so we’re not going to blow it,” Levingston said to the Canadian Press. “Professional basketball can’t survive in Canada without corporate support.”

Although basketball will be

competing with hockey for corporate sponsorship, the NBL is not a league to be underestimated — it’s signing great players from the NCAA, CIS, FIBA and former NBA players and coaches. Slam dunks, three-point shooting and high-speed games will be abundant in NBL games. A basketball league that will last in Canada is long overdue — players will no longer need to travel abroad in order to play in a competitive league.

“There’s a lot of passion and hunger for professional basketball in Canada and I’ve never wavered in that belief over the years,” said Levingston.



Aly Gulamhusein/the Gauntlet

Dinos women’s rugby capture bronze

The University of Calgary women’s rugby team captured the Canada West bronze medal at McMahon Stadium on Saturday. In their first year qualifying for playoffs, the team defeated the University of Victoria Vikes 20–15. The team, who went into the 2011 season without having won a game, went 2–2 this season. In a thrilling bronze medal game, the Vikes took a 15–13 lead in the second half. Anna Ahart scored a try for the Dinos with 30 seconds remaining and Kate Scoland added a convert for the final score.

The Dinos this week

Friday, October 21

WOMEN’S RUGBY: U of A 10, Dinos 0 (CanWest semi-final in Calgary)

MEN’S HOCKEY: Dinos 4, U of A 1 (2OT in Edmonton)

WOMEN’S HOCKEY: Dinos 2, U of A 1 (OT in Calgary)

MEN’S BASKETBALL: Dinos 63, UBCO 59 (non-conference in Kelowna)

Saturday, October 22

FOOTBALL: Dinos 41, U of M 2 (in Calgary)

WOMEN’S HOCKEY: Dinos 1, U of A 0 (in Edmonton)

MEN’S HOCKEY: Dinos 2, U of A 1 (in Calgary)

WOMEN’S SOCCER: U of M 0, Dinos 2 (in Winnipeg)

MEN’S SOCCER: UVic 3, Dinos 1 (in Victoria)

FIELD HOCKEY: Dinos 6, UVic 2 (in Victoria)

MEN’S BASKETBALL: Dinos 93, UBCO 74 (non-conference in Kelowna)

Sunday, October 23

WOMEN’S RUGBY: Dinos 20, UVic 15 (CanWest bronze medal game in Calgary)

WOMEN’S SOCCER: Dinos 2, Regina 0 (in Regina)

MEN’S SOCCER: Dinos 2, Regina 0 (in Abbotsford)

FIELD HOCKEY: Dinos 2, UVic 2 (in Victoria)



Andrea Llewellyn
Gauntlet Sports

Wrestling is as old as the ancient Greek Olympics, dating back to 776 BC. Although the University of Calgary Dinos wrestling squad has been around since the university's inception, the team has had varsity status 18 years for the men and 12 years for the women. The Dinos Invitational Wrestling Tournament outdates the Dinos's varsity status — Oct. 22 marked its 20th year.

U of C alumni like Christine Nordhagen have paved the way for women in the sport both nationally and internationally. Today, the Dinos women's wrestling team is top-ranked internationally. While student athletes duelled it out on the mats in Calgary, Canada's women's national team achieved a gold and silver in Guadalajara at the Pan American games with only three athletes on the team.

Women's wrestling in Canada garners interest because of consistent results — it receives more funding in Canada than its male counterparts because women wrestlers perform the best internationally. At the Olympics, women wrestlers have four weight categories, men have seven. In 2004, the International Olympic Committee cut back men's weights from 10 to allow women to wrestle in the Olympics. In 2008, Canadian wrestler Carol Huynh (48 kg) won a gold medal while teammates Tonya Verbeek (55 kg) won bronze and Martine Dugrenier (63 kg) narrowly missed competing for bronze, placing fifth. This was only the second Olympics where women were included — they placed second overall out of 30 teams.

The Olympics are on every Dino's mind with trials from Dec. 15–18 in Winnipeg. Calgary has a top-ranked wrestling facility worldwide — the U of C wrestling teams'

combative room and facilities serve as one of six High Performance Training Centres for wrestling in Canada and the presence of the Canadian national team athletes and coaches gives the Dinos an extra push in training. Although the national team and the Dinos operate separately, the practices are combined.

Senior Dinos team member Alex Burke said training with the national team has been important.

"I think having the support system from the national training centre helps bring in better athletes and bring in better training partners throughout the year," he said. "Having [the national team head coach] in the room has helped a lot of our girls get a lot better."

Fourth-year kinesiology student Erica Wiebe will have a lot on her mind this December. As the only varsity team member trying out for the Olympics, she will have to balance training with attempting to finish her degree by April. She currently ranks fourth internationally — her club teammates Vanessa Wilson and Leah Callahan will also be competing against her to become a 2012 Olympic team member.

Weibe said the balancing act has been tough, but has made her stronger.

"I'm not too worried," she said. "I am the only person going through this process of Olympic trials from Calgary, at least with exams and classes at the back of my mind — it has been kind of a struggle."

Dinos head coach Mitch Ostberg, who has been with the team for 18 years, said the team is supporting athletes trying out for the Olympic team with extra practices.

"We've set aside extra workouts for people preparing for Olympics trials," he said. "Championships for the varsity team are in February — the timing of competition is very different so we want to make sure they

are getting what they need."

Although the U of C's student population helps fund varsity athletics, Dinos wrestler Brian Hutton said lower profile sports on campus like wrestling and swimming need more support.

"I wish that we had more acknowledgement of our sport," said Hutton, a third-year geography major. "You see the posters for football and volleyball around and we have tournaments twice a year in the gym. [The school] is focusing on volleyball, and we'd like if the university made posters for us too."

Hutton also commented that people are often surprised to learn the Dinos have a wrestling team, but that the U of C is a great place to start supporting wrestlers who dream of the Olympics.

Although the team is really young this year, Wiebe said there are many athletes who have been training for years and that she expects the team to do very well.

"I think they just need to realize their own potential," she said. "[The team] is really developing."

Congrats to the Dinos women's and men's volleyball teams on an excellent weekend in the 25th annual Dino Cup.

Thursday
WOMEN: Dinos 3, U of A 0
MEN: Dinos 3, U of A 2

Friday
MEN: Dinos 3, Regina 1
MEN: Queens 3, Dinos 2

Saturday
WOMEN: U of A 3, Dinos 0
MEN: Dinos 3, Queens 0 (gold medal game)



Gauntlet file photo

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**

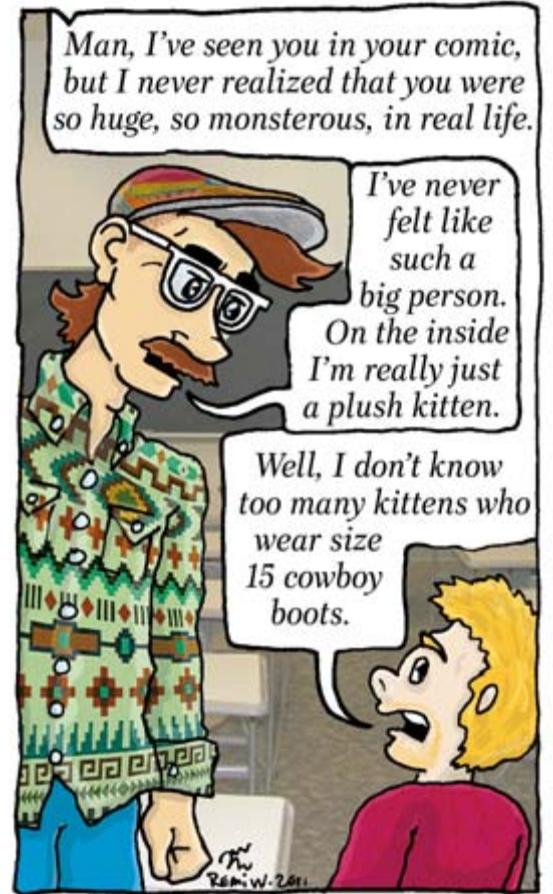
138 17th Avenue NE right behind the Centre Street Safeway about 2 blocks from Peter's Drive In



IMAGINARY ANOMALY — MORGAN SHANDRO



SOCIETY OF COYOTES — REMI WATTS



LIFE SCREAM — SEAN WILLETT

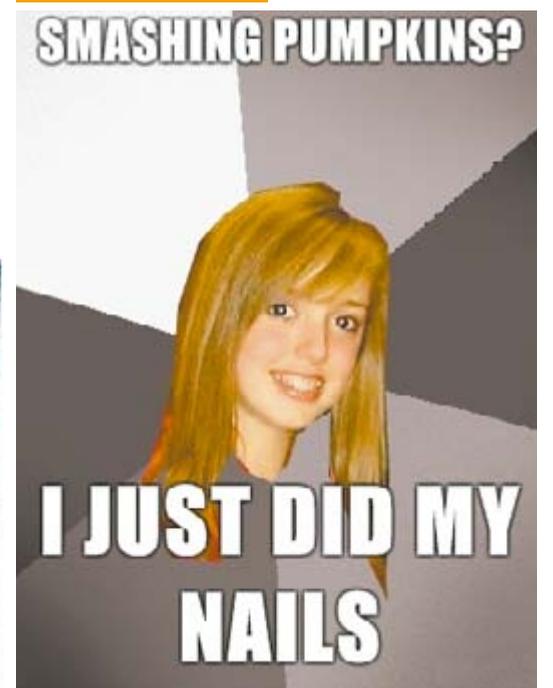


"That's not fair to the ants."

STERCUM ACCIDIT — KURT GENEST



NETWORK ADMIN



**OPEN 9 AM
UNTIL MIDNIGHT
7 DAYS A WEEK**

219 - 16 Ave NE • 277.2747 • www.petersdrivein.com