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gauntlet

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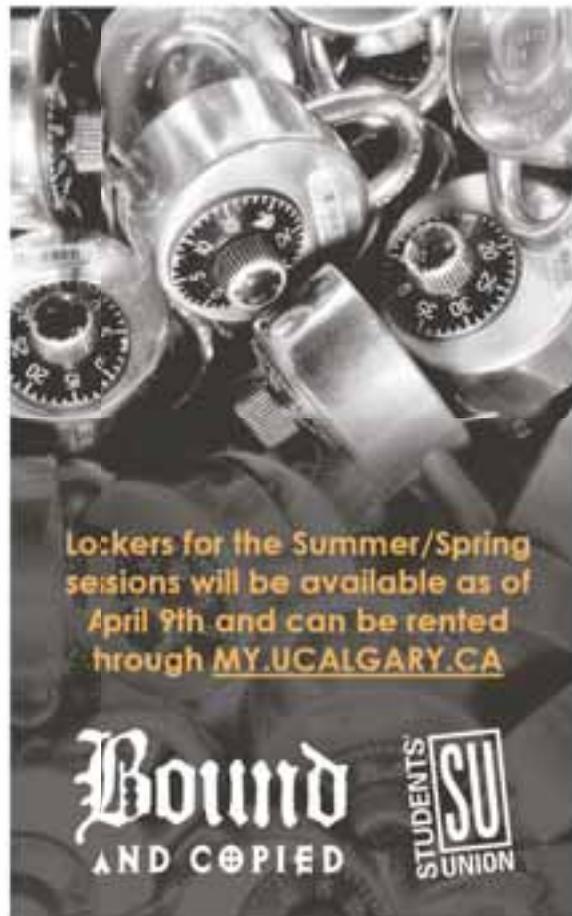
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Golden Spatula



— Sean Willett —
 "It's W-I-L-L-E-T-T, damn it!"

First, to all of you who typed furiously at us last week: no, the Golden Spatula award is *not* an award for internet yelling. Rather, it is a chance for us to recognize those whose family name contains double consonants, doubly. This week we, the *Gauntlet*, would like to thank *Sean Willett* for drawing things, interviewing things, (future-ly) entertaining things, writing things, sleeping on things and putting up with chronic name misspelling. Thanks for all your help, Sean!

Furor Arma Ministrat

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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: thegauntlet.ca. The *Gauntlet* is printed on recycled paper and uses an DMGBSDI/MSODRUNK based ink. We urge you to recycle/expose 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.

These are not the candidates you're looking for

For the first time in years, the political opportunity many Albertans have been pining for, campaigning for and tirelessly working toward might be at hand — the chance to dethrone the provincially entrenched Progressive Conservatives. We asked for change, but perhaps we should have been more specific.

In power since 1971, the PCs have never been challenged this seriously, and never from a party as ideologically similar to them as the Wildrose. The PCs have run a consistent majority government for decades, which has left many wondering when any real alternative would be offered. However, this isn't exactly the situation those hoping for change had in mind.

The PCs of Alberta are facing a serious threat from the Wildrose Party and its leader Danielle Smith. For the first time in its over forty-year reign, the right-wing vote is being split and there is a unique opportunity for an alternative in Albertan politics. But not all alternatives are worth choosing.

Alternative parties include the old standards: the Liberals, the New Democrats, the Social Credit Party as well as the upstart progressive Alberta Party — but none of these parties has the funds or



the name recognition required to win a substantial number of seats, let alone an entire election. What would be refreshing is a grassroots movement that respects the intelligence of voters under 30 and introduces elevated discourse to the electoral process. It is a perfect time to introduce some fresh air among the talking points and spin provided by the older generation of political parties.

Ideologically speaking, PC leader Alison Redford may not be on the same plane as conservative

Danielle Smith, but both parties are fighting for the same political real estate. Redford has ruffled the feathers of the conservative establishment — one of her first moves after assuming power was restoring the \$107 million to education that the Ed Stelmach government cut.

In the case of Wildrose, it may be the lack of knowledge regarding Smith's positions that makes her so alarming. Smith consistently defers to the voting public when confronted on major social issues,

such as the continued funding of abortion. On April 7, when Smith was asked whether or not she would stop funding abortion in a Wildrose government, she said, "We have had no direction from our members that they want to open this issue, we have never had any policy on this issue. I would not legislate in this area and it's not an issue Albertans are talking about." This response is not a definitive answer and leaves space for Smith to legislate if she felt that the voters wished her to. This is simply taking the power of legislation out of the hands of those entrusted through election and dispersing it to the whims of a vocal minority of voters.

Many moderates are now facing the Faustian bargain of choosing between the lesser of two conservative parties, one of which is moving farther and farther to the right, with campaign speeches that sound like a Reagan diary poetry slam, while the other party has no idea what they really represent any more. What is left in its wake is the vast majority of voters who don't feel ideologically represented by either party attempting to pick between which incoming overlord will be the least draconian.

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Residence rates on the rise

Room and meal plans expected to have a 3 to 5.5 per cent increase

Erick Maleko
Gauntlet News

In a move to cover higher debt payments associated with the recently built Yamnuska Hall and to respond to increasing operating costs, University of Calgary room and meal plan rates will increase starting next year.

After receiving recommendations from the Board of Governors, the increases were approved at the Feb. 21 Operations Committee meeting.

Residence Services had initially approached the Residence Students' Association with proposals for the increases in November, 2011.

These increases come after last year's increases, which ranged from three to 5.5 per cent.

Residence Services operates as an independent financial entity, meaning it doesn't depend on other university bodies for operational funding.

In a summary document to the BOG, a spokesperson for Residence Services indicated that the increases will allow them to keep up with negotiated labour increases, util-



Arlene Laie-Warner/the Gauntlet

Residence students eat in the Dining Centre on campus.

ity fees, debt servicing and general maintenance with minor improvements to the residence complex.

With internet and utilities being included, residence rates cover the full academic year from September to April.

The meal plan cost increase of three per cent is due to inflation in food prices and labour increases at Chartwells.

Due to some students finding the Ultimate Meal Plan — the largest available — too large and the Stan-

dard Meal Plan not large enough, a new meal plan called the Standard Plus Meal Plan will be introduced starting September, 2012.

Students living in Global Village will no longer be required to purchase a sampler Meal Plan.

“Due to education affordability being one of our top concerns, we've dedicated a lot of attention towards these increases,” said Students' Union president Dylan Jones. “After a rigorous analysis, we came to vote in favour of resi-

dence fee increases because we thought the reasoning was fair.”

Jones said the price increase for the meal plan was turned down.

“As for the meal plan increases, we voted against it, our reasons stemming from complaints we've been getting from residence students concerning the already high cost of the meal plans,” said Jones.

First-year Rundle Hall resident Brandon Worhip said the food needs to be of higher quality before an increase should occur.

“Before they increase meal plan costs, they should first start offering better food,” said Worhip.

The increases are providing students with more of an incentive to live off campus.

“There's little reason to live on campus after the first year. The meal plan cost is super high,” said Worhip. “You're required to pay rent for an entire semester all at once, the internet is shitty and you're paying \$800 annual parking fees for a slot that is a 10-minute walk away.”

Changes will be effective as of May 1, 2012 for single-student housing and April 1 for family housing.

Residence Buildings and their expected increases:

Family Housing.....	3.5%
Global Village.....	1.5%
Norquay.....	2%
Brewster.....	2%
Castle.....	2%
Olympus Hall.....	3%
Glacier Hall.....	3%
Cascade.....	3.5%
Kananaskis Hall.....	3.5%
Rundle Hall.....	3.5%
Yamnuska Hall.....	3.5%

Faculty of Arts students will soon have a place to call home

Charis Whitbourne
Gauntlet News

The Faculty of Arts Lounge is set to be open to students on April 27, 2012.

Two years ago, the University of Calgary's Board of Governors voted to merge the faculties of communication and culture, fine arts, humanities and social sciences. Since this merger there has not been a sense of unity between

the faculties other than the common name. The faculty of arts has been trying to get an arts lounge for about 20 years, and it is now nearing completion.

Dean of Arts Kevin McQuillan explained that the purpose of the lounge is to unify the diverse population of the faculty of arts and give them a space of their own.

“The opening of the Arts Student Lounge is an exciting development for our students. It will be

a gathering point for our students and student groups from across the faculty who have had no well-equipped meeting space until now,” said McQuillan.

The Arts Lounge is currently being built in the Social Sciences building across from the Program Information Centre. There have been a few delays, but they have recently acquired some extra space.

Associate dean Geoffrey Simmins, who is responsible for the

infrastructure of the lounge, said “this new project is very exciting as it is going to be right in the middle of campus. We literally have 1,500 people walking by the space every day, so it will be a convenient meeting place.” He continued, “the Arts Lounge will be a central hub for arts students and will complement existing departmental lounges.”

The lounge is being funded by a combination of funding from

Quality Money, the Students' Union and additional funds from the faculty of arts. Quality Money is a partnership between the SU and the U of C.

Each year the SU is provided with approximately \$1.5 million from the U of C Board of Governors to invest in projects that will enhance the overall student experience. Ideas for these projects come from students and other
see ARTS LOUNGE, page 5

If the rates in residence increase, what should the money go towards?

campus quips



“Improving the overall conditions. No one wants to live in a shithole.”
– Lisa Fornalik, first-year development studies



“Res really needs some better maintenance.”
– Ian Stevenson, first-year engineering



“Improving the living conditions and getting good food.”
– Lindsey Boyes, first-year business



“Opening up more options for people who live in res.”
– Hiteshwar Baga, first-year biological sciences

Employers asking for personal passwords

Alexander Cheung

With files from Dylann Golbeck & Josh Rose

Have you ever wondered if your presence on Twitter or Facebook is affecting your job prospects? There are measures you can take to keep your personal information private on social media sites. However, some employers are taking their efforts to the next level to reveal what might be hiding behind your privacy controls. Several companies in the United States and Ontario have reportedly gone as far as directly asking for candidates' Facebook login credentials during interviews.

With the rise of social network usage in recent years, employers have been turning to the popular social hubs to supplement their recruitment tactics. Whether companies are asking for login credentials, performing a simple Google search, or asking applicants to add human resources managers as friends, questions are being raised about the ethical and legal nature of the practice.

Fourth-year geomatics engineering student Omar Al Emrani is adamant about employers keeping away from the private lives of applicants. "They shouldn't have access to your personal life," said Emrani.

Professor of law Peter Bowal



Alexander Cheung/the Gauntlet

Employers are trying to exploit the growing popularity of social media.

from the Haskayne School of Business said the legality of the practice is vague, especially when dealing with private businesses.

"From a legal point of view, I don't think there's any clarity in the law that would prohibit this right now," said Bowal.

However, he believes that the trend may be short lived.

"Young folks today who have been fairly unrestrained on Facebook would probably like to have a very clear divide between their personal life and recruiting credentials," said Bowal. He points out that these applicants would likely be the most opposed to giving out this information.

This sentiment is common,

given the opposition towards the issue.

"It's a violation of personal space," said fourth-year history student Cameron Wilson. "It should be illegal, but people need to use common sense [and say no]."

Bowal reiterated his belief that market powers could ultimately put an end to the issue.

"[If] you don't like when a prospective employer asks you for your Facebook password, you're not going to give it to them so you're not going to work there," said Bowal. "If all good, young people will take the same position — pretty soon they're going to stop asking."

Arts Lounge, cont'd from page 4

members of the U of C community.

The lounge will need to accommodate the diverse population of students who will use it due to the differing range of majors in the faculty.

The current arts representative

Kelsy Norman expressed excitement for the new lounge, saying it will be great for students.

"I want the lounge to be run by the students and in the way that they want it," said Norman. "Students have come up to me asking to be a part of it and so we are

considering having a committee of students to run it."

The lounge will feature a series of workspaces, room for movie showings, plays and enough space for students to hang out, a place "where people can study and hangout in the same place."

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David Cataford, a career specialist with the University of Calgary Student Success Centre, advises students to make sure their online identities are well-curated.

"We always advise students to make sure that their Facebook and online presence is clean and looks good," said Cataford.

Regarding the question of whether students should provide personal passwords when asked, Cataford said the answer should be no. If faced with an employer demanding such information, Cataford suggested that it's best to be polite and political.

"You don't want to say 'No, I'm not giving you my password' and storm out," said Cataford. Instead,

he suggests that students maintain separate professional profiles on LinkedIn and direct employers to that profile instead. As for why this trend is being observed in the job market, Cataford thinks that employers' intentions are not malicious.

"The biggest thing is fit," he said. "Employers want to see fit, what you're interested in or what you're doing on Facebook to see whether you'll fit into their organization."

He deemed the direct asking for Facebook passwords to be the result of laziness.

"A good interviewer can really get in between [the lines] and really find out what you're like and what motivates you," said Cataford.

Join the SU Team!

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Bio-Sci students get a taste for grad school

Kaleem Khan
Gauntlet News

Biology undergraduate students presented at the Biological Sciences Student Symposium April 3-5, where they displayed research they collected and recorded over the past year.

Over the three days, 67 students presented research ranging from coffee consumption and prevention of obesity in rats to aging of host defense mechanisms in pond snails. Each student gave a 30 minute presentation, followed by 10 minutes for questions from the audience. Each presentation slot had an acting chair from the department of biological sciences to facilitate the presentations.

"We've been doing these project courses for probably 30 years or more but we thought to really celebrate what the students had done, to make them feel apart of a community within the department, to actually have their research become public brings it to some fruition," said acting head of biological sciences Anthony Russell.

According to Russell, the symposium gives undergraduates the opportunity to explore the way scientists experience it and prepare them for post graduation.

Though most students will choose not to pursue graduate school, they are still given a taste of how the scientific community operates and what they might



Adrienne Shumlich/the Gauntlet

Dr. Lashitew Gedamu and PhD student Trinh-Don Nguyen discuss a project.

face if they choose to further their education.

"This shift from knowledge consumer to knowledge producer is a major transition and so these courses for these senior students is part of that journey," said Russell. "They're actually learning,

well what have I learned and how can I use that to find this answer," said Russell.

The students enrolled in cellular, molecular and microbial biology 528 and 530 were guided through the process of choosing a topic of interest, applying re-

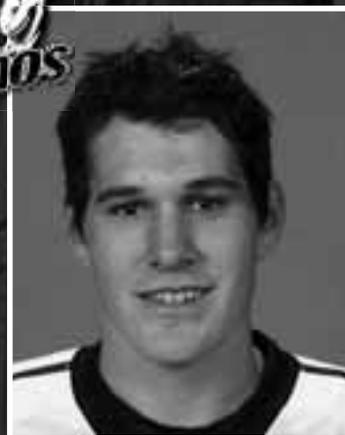
search skills gained throughout their undergraduate degree and working toward a conclusion. The presentations were grouped together with ones of similar topics in order to promote related discussion.

Fourth-year zoology student and participant Kathryn Lipsett said the symposium is an opportunity and advantage for students.

"It's good to get the experience of giving a scientific presentation and the fact that it's not necessarily in your classroom makes it a little bit more professional," said Lipsett. "You get used to presenting to people you don't know and haven't been working with and higher minds that challenge you."

There was a large turnout of participants as well as spectators. Awards were also given for various categories and a closing ceremony concluded the symposium.

DINOS ROOKIES OF THE YEAR



AMANDA REASON Women's Swimming

Amanda Reason, a former world record holder, had a sensational freshman year with the Dinosaurs. She returned from her first CIS championship with three gold and two silver medals, including the individual title in the 50-metre freestyle. She helped the Dinosaurs to gold in the 4x100 and 4x200-metre freestyle relays, and she added CIS silver medals in the individual 100- and 200-metre events. Last week in Montreal, Reason capped off a dream season by qualifying to represent Canada at the London 2012 Olympic Games, where she will swim in the 4x200-metre freestyle relay.

TEIGAN ZAHN Men's Hockey

Teigan Zahn became the first University of Calgary player to be awarded the conference's men's hockey rookie of the year award since Eric Schneider in 1999. A five-year veteran of the Saskatoon Blades, Zahn joined the Dinosaurs this season after attending the Los Angeles Kings' rookie camp. Brimming with confidence, Zahn became a stalwart on the blue line early in the season and played consistent hockey all year, recording three goals and 12 assists in 23 games with the team in his freshman year. Zahn was also named a first team All-Star on defence and was honoured on the CIS all-rookie team.

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DYLAN JONES

It's 2:35 a.m. at Karma in Seaside Heights and your "kooka" is one vodka shot away from hanging out of your pleather dress — and those sexy guidos from across the dance floor are totally staring. Dylan Jones is the kind of guy who would discreetly escort you into a cab back to the shore house to preserve your dignity.

The role of president can be hard to define, but Jones has done an effective job of being a strong advocate for the students and fostering a professional relationship with university administration — much like a benevolent house-mother figure like JWOWW would lovingly tend to an inebriated Snooki.

His major initiative this year was Out of Office, encouraging SU executives to connect with students. He gave a refresher speech to the Student Legislative Council at the beginning of the winter semester to re-inspire them to reach out to fellow students. Though there isn't a quantitative way to measure the success of this program, it has changed the perception of the SU. However, the Out of Office campaign lacked use of social media.

Jones also delivered a professional tuition consultation this semester with vice-president Ola Mohajer.

The SU voted in favour of a tuition increase.

This was a good move on the SU's part, as it built a rapport with administration. Jones did compromise with the provost so the grants will be in-line with Eyes High, but it will still be a student directed, grass-roots program.

The provost has agreed that the registrar won't be funded through student services. There will be a \$150 rebate for next year, and there will be reports on where the fee goes. Small wins, but more work on regulating non-instructional fees is still needed.

Jones established himself as a leader, and brought together the diverse viewpoints of his executives.



OLA MOHAJER

Remember when Snooki got day-drunk and hobbled down to the beach in her fluffy slippers, falling flat on her face and disrupting innocent beach-going families with her belligerent antics? Only one thing was there for her in her time of darkness — the Seaside Heights Police Department. Mohajer is the chief.

Mohajer has been one of the best SU executives in the past few years. She has been instrumental in influencing the direction of the University of Calgary's strategic plan, Eyes High.

Initially, the document included little mention of teaching and a lot about research. Mohajer and the SU team made recommenda-

tions to the administration, and the key goal of "enriching student experience with and through research" was changed to "quality and breadth of learning."

Mohajer's advocacy skills will affect the direction of the university for the next five years. She has also met with every faculty representative to discuss how to use the campus improvement fund and improve spaces on campus.

She planned to have a conference for professors to share information about material affordability, but scrapped those plans. Instead, she is working on an information package about material affordability to send to professors and

an incentive program similar to teaching excellence awards, yet there is still a lot of work to be done to make materials more affordable.

When Mohajer ran for the position, she called for a centralized website for awards and scholarships, and it has been approved by the university and the first phase is expected to be ready for fall 2012.

She said she knew there was a lot of committee work involved, but underestimated the time commitment of dean searches.

Mohajer has improved her delegation skills, and she did find other people to take over a few committee positions for the future.



MATT MCMILLAN

She's four-foot-nine, has a penchant for pickle-munching and refers to herself as a "meatball." Nicole "Snooki" Polizzi and Matt McMillan are like night and day, but in Seaside Heights, the time between downing that last cup of "Ron-Ron Juice" and picking scraggly extensions out of your hair before falling into bed can be fuzzy, to say the least.

McMillan has been out and about this semester, travelling across the country and province to lobby and advocate on behalf of students. The most notable achievement this semester is the changes to Alberta student loans, making them more accessible to students. This win was

achieved because of student advocacy on part of McMillan and the Council of Alberta University Student Union.

Another success for McMillan this year has been the Get out the Vote initiative. Currently, over 6,400 students have pledged to vote in the upcoming provincial election. McMillan has been successful in identifying barriers to voting. For example, this year, resident students will have difficulty voting, as they must be moved out of residence 24 hours after their last final exam and most will be gone from Calgary before April 23. The mailing system in residence can't allow for mail-in ballots, leaving many

students without a voice. Although nothing can be done about this issue currently, McMillan is letting the government know it is a problem.

Despite his successes, he is not accessible to students. McMillan reported that he spent 15 out of office hours interacting with students. Although it is difficult to be accessible to students with a job that involves a lot of travelling off campus, McMillan needed to communicate with students to let them know what he is up to. An acceptable vodka-cran-to-gorilla-juicehead ratio at Bamboo bar doesn't just happen — there needs to be some effort made.



STUDENTS UNION EXECUTIVE REVIEWS

MATT DITELJAN

The ample circumference of Matt Diteljan's biceps betrays the love affair with the gym that he shares with Mike "The Situation" Sorrentino. Unlike Sitch, though, Diteljan lives by the mantra GSP: Gym, strategy and planning.

These have become Matt Diteljan's main approaches to the position of vice-president student life, and as the semester and his term come to a close, he feels this tactic has changed the dynamics of his position.

Diteljan said he tried to stray away from only planning events, and focus on creating plans and strategies to solve the issues associated with students and their campus experience.

"The students at this school really need strategic level thinking, because there are so many root problems," said Diteljan, outlining engagement, health and wellness, as well as advocating a positive learning environment. "What I've really tried to do is move out of the events realm, and into the advocacy realm."

An achievement in the past semester includes identifying issues around engagement and negotiating with the university administration to identify the gaps that are present, and creating and maintaining programs so that students want to be on campus. The Situation may have a "no-grenade" sleepover rule, but Diteljan is fo-

cused on including all types of students in campus life. Where more improvement is needed, however, is with more coordination with the SU, administration and students to close these gaps, and he believes more work in this regard needs to be implemented in the future.

"Hopefully moving forward, we'll be able to establish a better role at the university to combat those issues," said Diteljan.

He may be able to look at a situation and develop a strategy to overcome the issues that arise, and of course more work needs to be done, but at least he isn't flashing the students his abs.



PATRICK STRAW

Pauly D is probably the best type of wingman a bronzed post-adolescent claiming Italian ancestry could ask for. His perfectly-gelled hair won't budge after dancing for four hours, and he's the only member of the cast with a perceptible talent — chicks dig DJs, bro. And you know what chicks also dig? The ability to discover the best solutions to any of the issues that arise when a big project is underway, and finding the most affordable way to go about them.

Enter Patrick Straw. His best efforts to accomplish this were tested in the last semester, and regardless of the many struggles that came

up, he pushed through them and reached some tangible results.

His biggest successes were the implementation of a Fair Trade campus, as well as reaching an agreement for the Stör expansion, which took some space away from the Hive, the clubs' meeting space and area.

He says that through the struggles, without the student input and negotiations with administration, none of these accomplishments would have been possible.

"We really had to make sure that these changes would be benefiting the students and would

be do-able. Having [the university] agree and work with our operation is a huge victory," said Straw.

His shortcomings occurred with the new trash, recycling and compost bins that were installed in MacHall this semester, as students found them confusing, and they were expensive, but Straw says it was a rocky step to better waste disposal at the U of C.

"Not everything can be planned perfectly," he said, adding that once the issues are identified, communication, management and discussion are necessary to fix the problems.



The Last Word Final Shout-Outs from Your 2011-2012 SU President Dylan Jones



Dylan Jones
SU President



U of C! It's Dylan Jones, your SU President — for a couple of more weeks anyway! If you haven't taken a few minutes to watch my video message that I sent out last week — check it out at www.su.ucalgary.ca. Inside is some info you might really find beneficial.

Well, we're in the home stretch — a couple more days of classes, then it's finally time to cut loose at BSD before we start getting ready for exams. I can't

believe the year is almost over — and what year it's been!

The SU delivered a huge range of student programs, awards and events and actively advocated for you on important issues like the quality of your education, tuition costs, and the regulation of non-instructional fees. We were able to produce some major results as well, like saving every full-time student \$150 off their Student Services Fee next year while also securing better accountability for how that money's spent. Not to mention, we worked to ensure that the quality of

your education was a top priority for our university administration. It was hard work but, well... that's our job!

On that note, I'd like to take this opportunity to give an extra big shout out to all my SU brothers and sisters. I've witnessed firsthand how hard they've worked to represent their faculties and different portfolios and I've heard from a lot of students the difference they noticed this year as our SU reps got Out of the Office to connect with the student body which is a testament to that hard work. I am endlessly proud to say I

was a member of the 69th SLC.

Finally, to the undergraduates of U of C — thank you! It has been the greatest honour to serve as your SU president. To every club on campus, every student who smiled at me in the hallways, and to every student who wrote me a letter of complaint, concern or applause, I am grateful. The memories you've left me with I'll forever be fond of. I'll be gone next year, but keep it coming; your SU will always be at your service.

U of C, I'm gonna miss you. One Campus/One Love!

VARSITY MLA CANDIDATE PROFILES

The provincial election is in full swing. We interviewed the six candidates vying for the position of MLA in the University of Calgary riding. The *Gauntlet* asked each one to describe their policies relating to post-secondary education. *Compiled by Ryan Barlow and Amy Badry.*

Rob Solinger



Wildrose Party

ROB SOLINGER GREW UP IN Calgary-Varsity and graduated from the University of Calgary with a business degree. Solinger has worked in oil and gas for 20 years. He worked for Truax Resources, Outlook Energy, Defiant Resources and Ironhorse Oil & Gas.

Solinger's website says his experience raising his five children and volunteering with many youth-related charities allows him to understand the challenges and obstacles that confront young people today.

"I believe a strong post-secondary education system is essential to unlocking opportunity for tens of thousands of Albertans. It is also criti-

cal for our province's long-term economic prosperity. As more Albertans seek the education and training necessary to succeed in the global economy, we need to tailor our post-secondary system to better suit the needs of Albertans."

The Wildrose Party platform on post-secondary includes reviewing the Alberta student loan application process to ensure loan amounts meet the basic living needs of students, collaborating with the federal government to expand tuition and other education-related tax credits and also using tax credits to promote donations to scholarship, research and university endowment funds. The Wildrose also hopes to

encourage online teaching on campuses to increase capacity without having to increase the infrastructure.

"It is imperative that we attract more private-sector research funding into our universities while at the same time ensuring that Alberta taxpayers receive a return on investment for the commercialized technology which result from publically-funded research grants."

As well, the Wildrose wants to work with schools and industry to enable trades students to have the option of taking verbal certification exams and use of loan forgiveness strategies to keep graduates working in the province.

Donna Kennedy-Glans



Progressive Conservative Party

KENNEDY-GLANS IS A CALGARY LAWYER and businesswoman. Her work has taken her to over 35 different countries. She was also the first female vice-president of Nexen Inc. Kennedy-Glans wants to see a more nuanced dialogue on the development of Canada's oil sands in order to ensure sustainable development, one that provides for global energy needs as well as benefits generations to come.

"The number one issue in Calgary-Varsity is education. In other ridings it would probably be health care. People move to this community because of education. We are a

community of lifelong learners and stay here for the same reason. Alberta has the nation's leading apprenticeship program. We represent 11 per cent of Canada's labour force and we train more than 20 per cent of apprentices."

The Progressive Conservative platform on post-secondary issues includes new completion grants to replace the previous remission program designed to ease a student's debt load on graduation. They will provide students who have loans with grants of between \$1,000 and \$2,000 upon graduation and a new retention grant will provide graduates

who work in Alberta for three years in essential occupations with an additional \$1,000.

"We've met with the SU president, the Graduate Student Association president at the U of C and at SAIT to talk about what matters to them. We have some wonderful opportunities in this province to do that. We want to make sure that the flow of ideas and application is very vibrant. The government will invest in the U of C's Schulich school of Engineering. I think that's the role of government to make sure the infrastructure is there for education."

Bruce Payne



Alberta Liberal Party

BRUCE PAYNE HAS WORKED AS a carpenter, has held leadership roles with various industry associations and has a reputation as a labour negotiator.

With experience in both the public and private sectors, Payne has been involved with organizations such as the Calgary Board of Education, the City of Calgary, the Stampede Board, ATCO, PCL and Ellis Don.

Payne raised money and twice travelled to Sri Lanka following the 2004 tsunami disaster. On his second journey, he established a carpentry school to train young orphans.

"My [opinion on post-secondary educa-

tion] is very strong and supportive. Only about 17 per cent of Calgary Board of Education graduates go on to post-secondary right after high school. The rest fumble around before they know what they want to do," said Payne.

Payne is a part of the Calgary Board of Education's Career and Technology Chief Advisory Council.

"We develop strategies to find career paths for alternative post-secondary training. We create strategies for poor high school students in Calgary to pursue careers. Post-secondary can be technical training such as mechanics,

electrical engineers and beauticians."

The Alberta Liberal platform on post-secondary education includes capping and lowering tuition for undergrads by \$250 per year, creating a post-secondary endowment fund to reduce and eliminate tuition, forgiving five per cent or \$1,000 of student debt each year a student stays and works in Alberta and expanding distance learning opportunities

"We need to incentivize students to pursue their post-secondary in Alberta and stay to keep working in Alberta. Education is the future of our province. If we fail to educate sufficient numbers, we are in trouble."

VARSITY MLA CANDIDATE PROFILES

Carl Svoboda



Evergreen
Party

CARL SVOBODA HAS BEEN A resident of the Calgary-Varsity constituency since 1975. He is currently retired, after a 32-year stint in the oil industry as an engineer and manager.

Svoboda holds degrees in chemical engineering from Gonzaga University and archaeology from the University of Calgary.

He hopes to address the challenge of sustainability in a world that “assumes unlimited economic growth to be both desirable and possible.” Svoboda believes the problems of climate change and environmental deterioration are symptoms of this attitude.

Svoboda says he will ensure long-term con-

sequences of proposed policies are evaluated, and will not make decisions based on if he is going to win the next election or not. He says that his years in the business world have taught him to be a practical problem solver, working harmoniously with others and compromising when necessary to achieve objectives.

“I would like to reduce the interests of business in our system — to reduce the reliance of corporate funding for universities. The present government believes that certain faculties are more useful. This is to the detriment of the attention the arts and humanities deserves.”

The Evergreen platform on post-secondary includes implementing a tuition price freeze on all Alberta post-secondary institutions and investigating a province-wide plan to address the rising costs of tuition.

“One thing that really impressed me about the University of Calgary was how tough it is for a lot of students. Students would work 15 to 20 hours a week while going to school,” said Svoboda. “You hear stories about frivolous young people but I didn’t encounter that. The students seem to be much more dedicated than when I went [to university] for the first time.”

Jackie Seidel



New
Democratic
Party

JACKIE SEIDEL IS THE NDP candidate in Calgary-Varsity. She had been a teacher for 21 years. Currently she serves as the director of field curriculum and is an assistant professor in the faculty of education at the University of Calgary.

“I really, really care about the issues that affect students and young adults. Post-secondary students’ concerns need to be taken seriously and [students] should not just be future workers or taxpayers, they should be treated as citizens,” said Seidel. “The purpose of a university is not just for jobs, it’s for education of all kinds.”

The NDP’s platform points on post-secondary education include immediately freezing tuition fees, removing all non-instructional fees collected by post-secondary institutions for operating revenue, and starting fall 2012, reducing tuition fees by 10 per cent.

“Access to education is a human right. It creates a just and fair society. The cost of post-secondary education is putting it out of reach for many Albertans. I think Alberta is a compassionate place and I think it’s important for equitable access for disadvantaged groups, including those with

disabilities and indigenous students as well as students from rural areas. Alberta is a really rich province and I believe we can afford high quality education for all.”

Other NDP platform points include helping students who graduate from Alberta post-secondary institutions and who are living in Alberta by forgiving up to \$1,000 per year until student loans are paid off, replacing the revenue lost from reducing tuition fees and eliminating non-instructional fees and working with trade unions to increase apprenticeship training.

Alex McBrien



Alberta
Party

ALEX MCBRIEN IS A STUDENT at the University of Calgary currently finishing his graduate studies in communication and culture. He is 24 years old and has lived in Calgary since 1990. He was a rower and hockey player at the University of Ottawa, where he completed his undergraduate degree.

McBrien wants to see an Alberta that is economically prosperous and culturally rich. He wants Alberta to reach its full potential. He proposes a different approach to politics and a vision of renewal for Alberta

that isn’t offered elsewhere.

“Post-secondary education is the key to having a competitive economy. We need to have universal access for qualified individuals. It is a basic right to have that access,” said McBrien. “We need innovation in our economy and to diversify we need an educated workforce. Democratic engagement will also increase [because of post-secondary education].”

The Alberta Party platform on post-secondary includes conducting a comprehensive review of the student finance system to reduce

the financial barriers that may deter Albertans from pursuing a post-secondary education at trade schools, colleges, technical institutes and universities, implementing a tax credit to offset a portion of the housing costs incurred by post-secondary students and their families, expanding industry-based job training and apprenticeship programs to address shortages of trained workers in specific industries and ensuring that the student finance system can accommodate the unique needs of adult students.

HOW TO VOTE

Voting takes place on April 23. Polls are open from 8 a.m. to 9 p.m. If you reside in Varsity, you can vote at 300 Lounge Varsity Courts, 3735 32 Avenue NW. To be able to vote, you must be 18 years or older on election day, be a Canadian citizen and must have had Albertan residency for six months immediately preceding the election.

A PUSH in the right direction

Student-run exhibition
teaches vital skills to
upcoming artists



The piece shown here is "Imaginary Indian" by Caitlin Bodewitz, a senior art student at the University of Calgary. It will be on display at PUSH, along with the rest of her work.

Alicia Ward
Gauntlet Entertainment

University is the perfect place for artists to hone their craft. Surrounded by thousands of like-minded individuals, they are able to flourish and grow in skill and confidence. But what happens when they finally leave school and enter the potentially unforgiving world of the professional artist?

To help prepare art students for life after graduation, the University of Calgary's visual arts department is helping to prepare PUSH. This student-run exhibition at the Virginia Christopher Fine Art Gallery gives students a chance to exhibit their work, while learning about the intricacies of running an art show.

"[PUSH] was created as an opportunity for senior students to get some experience with curating and piecing together a professional show," explains U of C art student Amanda Hu.

Applicants submit their curriculum vitae, an artist statement and a proposal for their work. This mimics the process that is undertaken with professional artists when applying to display their work at an art gallery. Each student's application was reviewed by a jury before being chosen.

"We had probably over 30 submissions, which was quite an increase from last year," says Hu.

With the large number of submissions, there is more preparation and a larger body of work to transport and organize. Last year's reception was held in Craigie Hall. It was a smaller exhibition in an intimate space, which created a relaxed atmosphere.

This year, with the increased amount of submissions, the PUSH team is taking the display off campus. The organizers had to deal with the art galleries on a professional level instead of working internally on campus, a challenging and exciting experience that prepares the art-

ists for life outside university.

"In Calgary I think we have a very welcoming art scene in general," notes Hu. "[People] are so friendly and they're willing to give you the knowledge."

It's art that is from people who are still developing their artistic direction. I think there's going to be a lot of people who are willing to talk about their work, and get feedback on their work."

— Amanda Hu, art student

Hu, like many artists, craves advice and feedback on her work. PUSH offers the chance to see some astonishing talent while helping students out by offering them valuable input on their pieces.

"It's art that is from people who are still developing their artistic direction. I think there's going to be a

lot of people who are willing to talk about their work, and get feedback on their work," explains Hu.

Although Hu is excited to have her artwork displayed, she also remarks that it's nerve-racking to

photos, because I often have models in the photos who do some sort of action or process that is supposed to give them a sense of relief. I also explain my own perspective on things through my work so that's a sense of catharsis for me as well," says Hu.

Hu admits that her art is a "work in progress" but that is why PUSH is exciting. The artists whose work is on display are just beginning their careers, yet the skill residing in the arts department is already monumental.

Additionally, Hu believes that being able to talk to the artists gives spectators a chance to learn more about the piece, the artist and art in general.

"One of the best things when you go to an opening is that you get to go out and talk to people about what they're trying to put out there and get a new perspective on it."

Spirituality and Calgary hip hop

DJ Transform scratches two different types of records

Andréa Rojas

Entertainment Editor

It's hard to have a conversation about Calgary's underground hip-hop scene without encountering names like "Transit" and "Dragon Fli Empire." These figures might dominate through their ubiquity, but what about those whose domain is located beyond lyrics, the ones who set up the other half of the sacrosanct union between words and beats? Producers, those who synthesize the rhythmic base of a hip-hop song, are underrated but indelibly important — especially in Calgary.

Scott Grubbe is an unlikely candidate for badass hip-hop, to say the least — the man who calls himself "DJ Transform" onstage is a thirtysomething-year-old stay-at-home dad, churchgoer, husband and De La Soul enthusiast.

What's interesting about Grubbe is his choice to stay in Calgary and produce and DJ for the past 15 years. An unfortunate but real trend in NYC music is the standard pilgrimage to Vancouver or Toronto once one's solo or band career shows a glimmer of promise — "[leaving] for greener pastures," as Grubbe puts it. He's perfectly all right with being a hip-hop producer who doesn't necessarily enjoy rabid popularity in a country music city, though, and uses a sports analogy to explain it.

"If you look at people who are passionate about sports . . . they'll play basketball in high school or whatever [but] the guys who don't go all the way to the NBA, sometimes they'll keep playing," he says.

"It's a passion, it's a sport that they love and they keep going."

Grubbe's decision to keep Calgary his career base dovetails with his desire to circumvent hip-hop industry norms.

"Part of the whole concept of the [January 2012] album *Anti Conformity* [and] the concept of my name DJ Transform comes from Romans 12:2 in the Bible, and that's 'Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind,'" Grubbe explains. "Taking that in a musical sense as well, I'm not going to strive for that Top-40 sound so I can make money or whatever."

Grubbe bases his beat production around sampling "golden-era"

'80s and '90s hip-hop releases by artists like A Tribe Called Quest. This is a practice that, at the mass-production level, runs the risk of requiring an artist to pay costly royalties. Because of this, Grubbe struggled with issues of artistic integrity.

"I went for a little while where I stopped using samples and started making some beats without it," Grubbe explains. "They were all right and there were some people that liked them, but I was just like, 'Nah, this isn't what I wanna make — I wanna make sample-based hip hop.'"

Finding the beauty in shuffling around sounds is something that grabbed Grubbe and refused to let go.

"There's something that sounds like this, but when you chop it and rearrange it, you get little subtleties," he says. "If you have a note followed by a second note and you chop them in half, then you've got still the sustain of that first note in that second note. Now you're going to put it over here and rearrange them, and you get a neat little sound to it."

"When you're sampling, you'll get a little bongo in the background or something that you don't always catch when you're focused on the piano or whatever you're chopping. You flip it up and listen to it later and you hear that it just sounds cool — the little pieces start to come out and come alive."

So which sounds are his favou-



courtesy Scott Grubbe

Local hip-hop producer Scott Grubbe has eschewed moving to a metropolis in favour of supporting independent music at home.

rites to chop and screw?

"The artists that I sample, I'll never give that up," he laughs. "[Being secretive] is the norm when you're on this 'farm team' level that I'm on, because if I push it beyond this, then I need to start shelling out money and hiring lawyers to clear all my samples, and I can't afford that right now."

Likening himself to 18- or 19-year-old NHL hopefuls isn't a usual move for a hip-hop head, but for Grubbe, it works — and attests to his down-home humility. Right now, his main project is a series of "3Ps," or three-song EPs. *Anti Conformity* is the first of the four slated to be completed by the end of 2012, consisting of beats and cuts featuring Transit and MC Playdough, who

is part of the Texas indie hip-hop collective Deepspace5. Grubbe's goal with the sonic series is to grab indie rappers from the U.S. and Calgary to "cross-expose" them.

"It's kind of like an ADD, bite-sized piece of my music," he says.

One challenge that presents Grubbe as producer, however, is marketing beats to a younger generation that's more attuned to the lyrical component of rap.

"That's part of why I'm getting away from instrumentals," explains Grubbe. "As much as I enjoy those . . . I see that as a little bit more filler. My 'A-game' is when I can get an MC on there — I see that as an actual track. So drawing those MCs [out] on there . . . I'm trying to introduce the audience to different MCs and at

the same time I'm trying to introduce my beats."

Grubbe's music is about far more than enjoyment, though. According to him, the substance of his music is realized through his spiritual connection to it.

"Music is a way to worship and be joyful," he says. "It communicates with our hearts and it's a form of soul food. It connects with our moods . . . there's something about music, there's a lot of potency to it. People can act with it."

His experience at a "hip-hop church" in Florida solidified the expressive power of beat-making — and of hip-hop culture — for Grubbe.

"We are created as unique individuals and we should celebrate that within the church context," he says.

Inevitably, he also struggles with being taken seriously as an artist by the hip-hop scene while being open about his faith. Conversely, though, he also had difficulty being accepted by his religious community.

"I felt like I had to conform to the church cult, but then I realized, 'Oh, this isn't the music I want to make — I want to sample,'" he shares.

Although he's far from living the conventional dream of a budding turntablist, Grubbe's living his own dream without compromise.

"We really have to do what we're called to," Grubbe says.

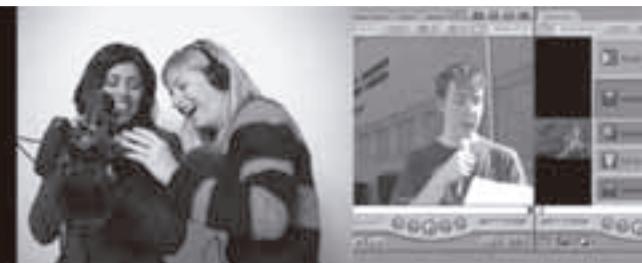
For more information about DJ Transform visit reverbnation.com/djtransform

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NEW UNIVERSITY TELEVISION

Book review: *YOU Comma Idiot*

Paul Beriault

Gauntlet Entertainment

Let's start this review the way *YOU Comma Idiot* is written — you are Doug Harris, TV commercial director, and you wrote your entire first novel in the second person. You wrote it about a Montreal hash dealer, who by way of luck sleeps with a couple of women way out of his league. You wrote it about having a cat named Sam Spayed, and his owner Lee Goodstone. You wrote it about getting high, and sometimes made not getting high a point of significance. And then you finished the book with your reconciled characters walking side-by-side, while “somewhere in the distance, a siren is wailing.”

Unfortunately for Harris, the second person perspective starts to strain after about the second page. The repetition of “you,” “you’re” and “you’ve” kills the reader’s concentration. It’s luckily a quick and simple read, so little is missed by the occasional lapse in attention. It fits comfortably into the category of slacker literature, a genre which is often underap-

preciated. We all know someone who’s like Goodstone, and we all have a little Goodstone in ourselves. That’s part of *YOU Comma Idiot*’s appeal.

Despite feeling like a movie, it’s still a funny book. It rollicks along thanks in part to the narrator’s narcissistic charm. He has a kind of persistent insouciance that alternately exasperates and delights.

Montreal is the setting of the book — readers familiar with the city will recognize streets, landmarks and even the weekly “tam tam” parties on the mountain in the summer.

YOU Comma Idiot is a book that reads like a reversal of the usual book-turned-screenplay process. It’s easy to imagine a movie frame in every sentence. It is usually funny, sometimes insightful and it can catch you off guard with moments of poignancy. But it suffers from lack of a strong plot, and never fully explains the motivations behind the characters. Like the review blurb on the book jacket says, you should wait for the movie.

For more information about Doug Harris and *You Comma Idiot*, visit gooselene.com



courtesy The Calgary Spoken Word Festival

Spoken Word Festival to smooth-talk Calgary

Featuring up-and-coming poets such as Moe Clark, Alessandra Naccarato and Tanya Evanson (pictured), the Spoken Word Festival will be running from April 17 – 22. The event is currently in its ninth year, and will take place in multiple venues throughout downtown Calgary. For more information visit calgaryspokenwordfestival.com.

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The beginning of a beautiful friendship

After 30 years, Casablanca Video remains Calgary's premiere movie store

Rigel Penman
Gauntlet Entertainment

Casablanca Video has a reputation for being the home of hard-to-find movies in Calgary. However, 30 years ago it was still the brainchild of a then 24-year-old Jon Lord, and it was getting off to a rocky start.

"Weeks before we're set to open, I'm basically told there's no money in it. That \$70,000 I'm supposed to be getting to open with ain't there," says Lord.

After losing much of his financial support, things began to look bleak. But Lord wasn't about to turn back. Determined to bring movies to Calgary no matter what stood in his way, he opened the store with only 150 movies split between Betamax and VHS.

"One hundred and fifty movies isn't even a Mac's store stand. If I was a different person I would have just walked away."

Undeterred, Lord filled up the

near-empty store with homemade furniture, potted plants and anything else he could find. When he was finally as ready as he was ever going to be, he opened his door to find the city tax collector. He seemed to have been waiting outside Lord's door to bring him the good news that he owed another \$2,000.

Lord quickly realized that without the capital to invest in a large selection of films, he was going to have to secure his customer base another way — by using his natural charm.

"My first 1,000 customers I knew by first and last name. I had my Rolodex file and I would sit at night memorizing everybody's name."

He used his knack for remembering names along with his gift of gab to build relationships with both customers and local newspapers who helped to spread news of his store. Through countless hours of conversation with

Casablanca's Marda Loop location is one of the few remaining video rental stores in Calgary.



Gordon McDowell/Flickr

reporters, customers and people who just walked through his door with nothing better to do than to chat, Lord earned himself both a name and a niche.

"They would come out to interview me as this new video store in town that's making a big splash about the old classics and foreign

films and all this kind of stuff. I could sit there and talk movies all day long to these guys."

In 1984, a new strategy emerged for small businesses in Alberta — the Business Revitalization Zone. BRZs allowed a community to temporarily raise their business taxes and the government would

provide means of collection and allocation for advertising and improvement of public spaces. In order to initiate a BRZ, a minimum of 25 per cent of the businesses in an area were required to sign on. Given the predatory attitude toward small businesses, some people were hesitant to add their names to the petition. Despite this, Lord got the signatures and started one of the first BRZs in Alberta.

The BRZ was a hit, and helped Casablanca and many other locally-owned businesses to thrive. Today Lord can still be found in Casablanca Video, helping to maintain the business he built. While he can no longer remember each and every customer by name, he's still willing to talk movies and local history with anyone who comes into his store, and hopes to help as many small businesses as possible grow and flourish in Calgary.

USED Book Buyback

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	Regular Buyback 10-4	5	6	7
8	9	10	9:30 - 5:30	12	13	14
15	9:30 - 5:30	17	9:30 - 5:30	19	20	21
22	9:30 - 5:30	24	9:30 - 5:30	26	27	28
29	9:30 - 5:30	30				

Extended May Buyback Hours

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 7:30 - 5:30	2 9:30 - 5:30	3	4	5
6	7	8	Regular Buyback 10-4	10	11	12
13	14	15	Regular Buyback 10-4	17	18	19
20	21	22	Regular Buyback 10-4	24	25	26
27	28	29	Regular Buyback 10-4	31		

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**Miike Snow***Happy to You*

(March 13, 2012, Downtown Records)

Swedish band Miike Snow broke onto the indie scene in 2009. With their self-titled debut album, they unleashed the single "Animal" into the world and watched as dozens of TV shows, movies and video games snatched up their catchy synth-pop songs to use in their soundtracks.

The band's members have written for the likes of Madonna, Kylie Minogue and

Britney Spears, and did some remixing for Depeche Mode and Kings of Leon. Despite these accomplishments, Miike Snow still remains tucked away in the corners of the independent music universe.

The band's sophomore effort, *Happy to You*, is an amazing album. It works nicely from start to finish, and each song stands out individually. It sucks you in from the opening — the appropriately titled "Enter the Joker's Lair." "The Wave" and "Paddling Out" are worthy successors to "Animal" — they work as Top-40 hits while still impressing the band's most hardcore fans.

Not everything on the album is infectious synth-pop, though. "God Help This Divorce" is about as melancholic as music can get. "Bavarian #1 (Say You Will)" has a high school marching band drum line, and is surprisingly emotional and tender.

Happy to You is Miike Snow at its best. The band accomplished something great here — the album manages to maintain a fantastic duality throughout. It's happy and sad, upbeat and mellow, lyrically and musically strong. Now if only these Swedes can get the attention they deserve.

Leigh Stauffer

**Odd Future***The OF Tape, Vol. 2*

(March 20, 2012, Odd Future Records)

The OF Tape, Vol. 2 might require prior knowledge of the Odd Future collective in order to properly enjoy it. For first-time listeners, the opening track, "Hi," will probably be met with confusion or disgust — all it contains is L-Boy spewing insults at the various collective members.

Once you get into the meat of the album it becomes clear why Tyler, The Creator

is the de facto leader of Odd Future. His salacious growl fits the tracks perfectly — regardless of the weight of the beat or the tempo of the track.

Hodgy Beats is also a prominent contributor, appearing in over half of the songs in the album. He makes his presence known, displaying some impressive lyrical prowess. The beats are consistently heavy, resulting in an esophageal vibration that I found quite pleasant.

The stunning self-awareness of Tyler is prevalent in both the album design and the songs themselves. This is what helps elevate Odd Future above many other groups. For example, the seventh track on the album, "Analog 2," starts out with the line "Bitches think I'm crazy but I'm normal/I just come off as a psycho maniac when I'm performing/That's an act so I won't bore you to death cause I adore you."

The songs are consistently excellent, with the send-off, "Oldie," being the highlight of the album — a 10-minute epic that includes a verse or two from everyone in the collective.

Overall, *The OF Tape, Vol. 2* is an extremely solid effort and likely the best album I have heard so far this year.

Justin Azevedo

TOP25: OVERALL

1. Cousins* - The Palm At The End Of The Mind (Saved By Radio)
2. Fungi Girls - Some Easy Magic (HoZac)
3. Geist** - Fissures (Self-Released)
4. Yukon Blonde* - Tiger Talk (Dine Alone)
5. Radar Eyes - Radar Eyes (HoZac)
6. Wax Idols - No Future (HoZac)
7. Heavy Times - Jacker (HoZac)
8. The Shins - Port Of Morrow (Sony)
9. John Wesley Coleman III - Last Donkey Show (Goner)
10. The Men - Open Your Heart (Sacred Bones)
11. The Ketamines* - Spaced Out (Mammoth Cave/Southpaw)
12. Yes Nice* - Blindfolded (Self-Released)
13. "Vulgar, You!" - "Fais-Moi Cuir, Fais Moi Juir" (Self-Released)
14. Cheers Elephant - Like Wind Blows Fire (Self-Released)
15. Birdy - Birdy (14th Floor/Atlantic)
16. Julia Holter - Ekstasis (RVNG)
17. Andrew Bird - Break It Yourself (Mom + Pop)
18. Bear In Heaven - "I Love You, It's Cool" (Dead Oceans/Hometapes)
19. Chicago Underground Duo - Age Of Energy (Northern Spy)
20. Oren Ambarchi - Audience Of One (Touch)
21. Mind Spiders - Meltdown (Dirtnap)
22. The Pygmies** - The Pygmies (Self-Released)
23. The Ballantynes* - Hammond (La-Ti-Da)
24. Eric Chenaux* - Guitar & Voice (Constellation)
25. Bahamas* - Barchords (Brushfire)

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TOP5: ELECTRONIC

1. Clark - Iradelphic (Warp)
2. Bocce* - Future 1.0 (Dadmobile)
3. Various* - Northern Faction 5 (Balanced)
4. Grimes* - Visions (Arbutus)
5. Bonobo - Black Sands Remixed (Ninja Tune)

TOP5: HIP-HOP/FUNK/SOUL

1. Various* - Camobear Green (Camobear)
2. TheeSatisfaction - Awe Naturale (Sub Pop)
3. Sietta - The Seventh Passenger (Elefant Traks)
4. The Funk Ark - High Noon. (ESL)
5. Philly Moves* - How To Drink Yourself Famous (Self-Released)

TOP5: WORLD

1. La Chiva Gantiva - Pelao (Crammed)
2. The Lijadu Sisters - Mother Africa (Knitting Factory)
3. Baloji - Kinshasa Succursale (Crammed)
4. Galactic - Carnivale Electricos (Anti)
5. Watussi - 1000% Guapo (1000% Handsome) (MGM)

** - Local

* - Canadian

Some song names truncated

CALGARY SPOTLIGHT: GEISTwww.geistmusic.ca/ / @geist_music

The members of Geist have done their rounds in other local bands like Beja Flor and Nushi — this latest incarnation sees them pushing into new progressive styles that always strive for beauty in complexity and elegance in movement.

University for the wrong reasons

what is the value of education?

by Eric Mathison

It seemed like a good idea at the time. Seven years ago, I started an undergraduate degree at Mount Royal College (it was a college then), and in that time I have switched majors, had major switches in my life and I'm still not exactly sure what it is I want to do when I'm finished. Especially over the past semester, I've had a question gnawing at me from time to time: what was I thinking?

This isn't the same thing as saying that I have (too many) regrets about the whole experience, or even that I wouldn't do it exactly the same if given the chance, but I have in mind the more literal sense of the question. When I finished high school to start this adventure I had no idea, of course, that it would be so ambulatory. Nor did I know how different I would become. So the question I've been trying to answer is the one in which I confront what I, my teenage self, thought was so good and worthwhile about university.

There's an immediate answer that I fear is probably the most correct one: I didn't know what else I wanted to do, and university was an obvious option. As Shaun Brumder says in *Orange County*,

one goes to university "because that's what you do after high school."

Straw man though he might be, I'm tempted to be picky and point out that Brumder is confusing description with prescription. We do go to university after high school — or at least many of us did — but that isn't the same thing as saying that we should go to university after high school. Perhaps we shouldn't. Or perhaps at least some or maybe even many of us

hand, now that I'm on the other side of the experience, I realize that the reasons many of us do go to university — because our parents told us to, to get better paying jobs, to have more sex, to avoid work, because our parents told us not to — are the wrong sorts of reasons.

If you do want to get a better paying job, university is usually a good bet. It's also the case that if you do want to have more sex, you could do worse than to pick uni-

on some of the main benefits of university, which in turn — and here's the grander statement — hurts society. Actually, the problem is circular, because as more people mistake the primary goals of university, the harder it is for university to hold on to its original values.

But let's take it one controversial premise at a time and look at some possible negative outcomes. The first point is that university is not just instrumentally valuable. (Or, again to be picky, it provides instrumental valuable of a deeper sort than making money.) Although university has instrumental value, like increasing earning potential, it isn't valuable in only that way. The pursuit of knowledge is valuable for more lofty reasons, like helping us choose how best to live our lives and making us better citizens.

This "university is merely a means to make more money" argument is part of what University of Toronto philosophy professor Mark Kingwell calls "the standard position" of post-secondary education: university is good for providing a specific job that promises to pay more money than if you hadn't gone to school. As Kingwell observes, the ultimate

As more people mistake the primary goals of university, the harder it is for university to hold on to its original values.

shouldn't have gone to university, not because we weren't qualified, but because it wasn't a good idea compared to the alternatives.

On the one hand, it's a banal point. There are people, of course, who start university only to decide that it's not for them, whereas there are others who work or travel or start a family only to realize later on that they wish they had gone to university. On the other

hand, now that I'm on the other side of the experience, I realize that the reasons many of us do go to university — because our parents told us to, to get better paying jobs, to have more sex, to avoid work, because our parents told us not to — are the wrong sorts of reasons.

My worry then — the thesis toward which I'm ambling — is that individually many people go to university for the wrong reasons, which means that they miss out

usefulness of university “will be understood as career success of one sort or another, especially as measured by the accumulation of wealth.” Kingwell correctly finds fault with this stance.

This position is the standard one because of this common market analysis: a degree will cost x , but you will make y with the job you will end up getting, and so long as y is greater than x it's a worthwhile investment. Even a humanities student can understand the math. The problem is that not all value from a university education is so easily quantifiable. Economists can't as easily measure if we become happier with more education, or the extent to which a broad education contributes to our ability to make informed decisions for ourselves and society. Market value doesn't exist for those characteristics of university.

The second point is one of efficiency. For those who desire more sex or social interaction or fun experiences, there probably are better ways to achieve those ends without spending thousands a year on tuition, textbooks and non-academic fees. In Canada, a gap year usually means working for a year to afford post-secondary education, whereas in Europe, New Zealand and Australia, it's more common to travel in between high school and university. And it turns out traveling is a great way to have more sex, social interaction and fun experiences.

The negative result for people who take a humanities degree because they think they will get a better job out of it is that they probably won't, and the other goals they have — sex and drinking mostly — are more easily achieved without all the studying. The efficiency point is one I know intimately. I could have waited a full three years between high school and university and, had I discovered what I wanted to study during that time, I would still be finishing now.

Some people on the other end of the spectrum are equally mistaken. I'm astounded now when I meet people who haven't switched majors. It can't be because the courses were exactly what they expected — they never are. In-

deed, when one enters university with mistaken goals and graduates without acquiring the self-reflection and critical thinking that makes the experience more valuable than the job at the end, one finishes with mistaken goals too. On this point, the physicist Lawrence Krauss said it best during a recent talk at the University of Calgary: “I hope that there's some fundamental belief that you hold, and I hope that during your time at university you will realize that that fundamental belief is wrong.” While switching majors isn't always the answer, having an open mind is.

For Kingwell, the return-on-investment model is just one extreme. It's tempting, if one accepts the wrongness of the model, to sway to the other ex-

a democracy — citizens must be civil if the democratic experiment is going to work. Citizens can disagree, and indeed they often do, but out of that public discussion comes democratic progress. At their best, universities provide us with the tools to make informed decisions about our own lives, and they also help us understand the lives of others, the decisions we didn't make but might have in different circumstances.

It's worthwhile to quote Kingwell at length on this point: “We actually need graduates more than ever precisely because democracy depends on a population of engaged, critical thinkers who have general knowledge of history, politics, culture, economics and science — *citizens*, not consumers, who see that there ex-

/// We actually need graduates more than ever precisely because democracy depends on a population of engaged, critical thinkers ... who see that there exist shared interests beyond their own desires.

— Mark Kingwell, University of Toronto professor

treme — what Kingwell calls the luxury-good model: “where your studies are of no interest to anyone but yourself.” Just as it's true, albeit narrow, that university often leads to better job prospects, it's also true that the luxury-good model alone misses the full scope of university.

While we often find the things we learn interesting, and such interest contributes to our lives going well, that's still not the whole story. The last piece of the puzzle is that university is a public good, and that beyond a stronger economy and more satisfied people, university done right makes us better citizens.

This is how it works. Democracy is built on the decisions of citizens who share some beliefs and disagree about others. The ability to sympathize and get along is fundamental to the success of

ist shared interests beyond their own desires.”

We become better citizens through education because education broadens the scope of our understanding of the world around us. I've had my own Krauss-type fundamental beliefs shaken — beliefs that before university I thought I would have forever. Similarly, I have been introduced to ideas I never would have considered before, and I've thought more seriously, I'm a philosophy major, after all, about societal issues like abortion, euthanasia, free speech, the value of an open press and, yes, what makes a life go well.

The irony, of course, is that had I not gone to university it's unlikely that I would know what I missed. Telling high school students they will gain critical thinking and self-reflection — and that

/// I hope that there's some fundamental belief that you hold, and I hope that during your time at university you will realize that that fundamental belief is wrong.

— Lawrence Krauss, physicist

these are characteristics worth cultivating — is asking them to take a chance that you aren't making it up. The discussion might go something like this: *see EDUCATION, cont'd on page 18*

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Education, continued from page 17

Me: “Trust me, university will change your perspective on the world. You will be able to think more clearly, make informed decisions and you will also become a better citizen.”

Student: “Why should I believe you? Besides, can’t you just tell me the types of things I’ll learn and save me the four years and thousands of dollars? I want something elegant that can fit on a t-shirt, or something pithy that can be summed up in a newspaper article.”

Me: “It doesn’t work that way. It isn’t a quick process.”

Student: “But I don’t even know what I’m missing out on. Why take the chance?”

In case you’re thinking that my best strategy might be to say, “fine, take philosophy to get a good job,” knowing that Student will end up with all the benefits anyway, I don’t think that will work. Self-reflection, after all, isn’t something you can practice by accident.

Unintentional benefits, though, shouldn’t be forgotten. Students from elementary school to university all benefit from interacting with people who are unlike themselves in the same way they benefit from learning about diverse viewpoints. When I sit next to someone in class whose background is different from mine, I’m introduced to a way of life I might not have considered before.

My best strategy is probably to cite Kingwell, who makes three points about civility and public discourse. The first is what he calls the “democratic gamble”: well-informed citizens are more likely to make choices that are good for them, and we all have an interest in reasonable, sane and discursive citizens.

The second is that education is a public trust, which is why it’s (partly) paid for by the state. Education isn’t just good for the people who get degrees — the rest

of society benefits both from the practical things university graduates produce (bridges that stay up, cures for diseases), but also less tangible things that come from thinking about what makes a life

go well, what justice consists of and what society ought to look like.

Finally, education is one of our best solutions to the deterioration of public discourse. We can’t

begin to consider important questions when politicians rely exclusively on character attacks; when media promote shouting matches instead of reasoned debate; and when people refuse to talk in the

public sphere about ethics, justice and religion.

So what was I thinking? It doesn’t matter now, because I know that much of what I thought was wrong.

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THE MUSHROOM: HELPER AND HEALER



James W. Jesso
Gauntlet Opinions

In case you were unaware, the psilocybin mushroom has a rich and important history. We know that the indigenous cultures of Central and South America used the mushroom for thousands of years as a medicine for healing psychological and emotional illnesses. It has been further suggested that entheogen use has been common in many other cultures since the dawn of humankind. Did the ancient Christian Gnostics use it to encourage communion with God? Did the Vedic tradition deem the psychoactive mushroom the elusive *Soma*? And what of the vast archaeological evidence contained in prehistoric human's cave wall paintings and ornaments depicting mushroom-like deities? Is there a level of truth to the stoned ape theory presented by Terrence McKenna in the 1990s? Did humankind develop language and self-reflexive consciousness through the accidental ingestion of psilocybin-containing mushrooms on the ancient plains of the African continent?

While our knowledge is limited as to whether or not entheogen use was common, it certainly doesn't help that we are indoctrinated as children into an extremely closed view of human history — one which is as narrow in its scope as trying to look at the world through my six-gauge septum tunnel. To say that our knowledge of human history is an accurate and complete understanding is as ignorant as saying that

the four gospels in the New Testament tell the complete story of Jesus Christ.

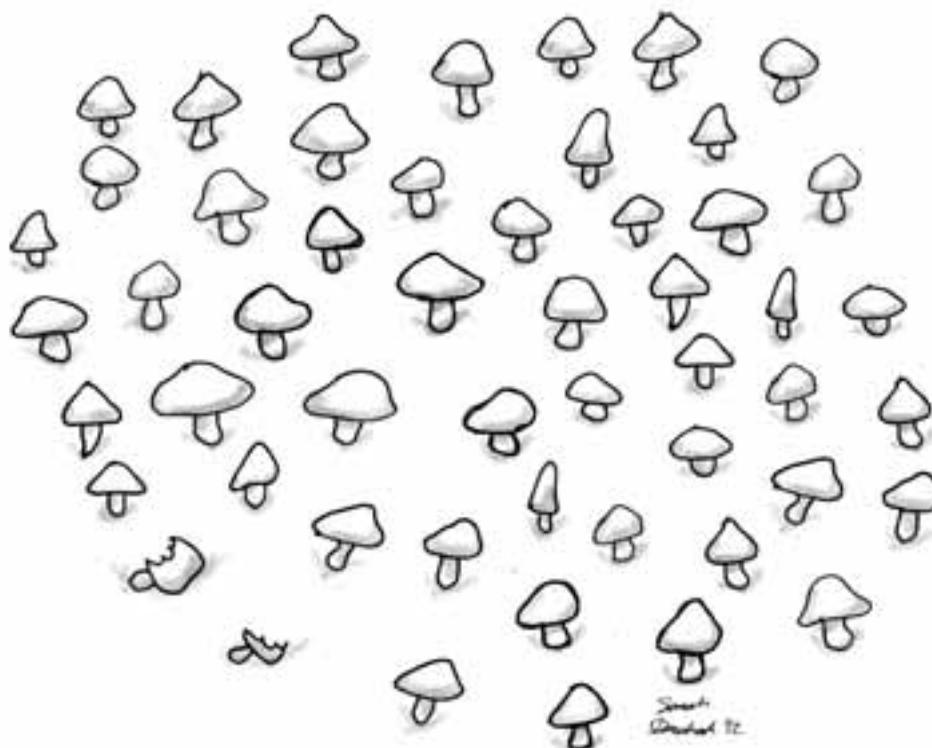
Even with such a rich history, so-called magic mushrooms are still condemned by most people to the conceptual category of "drug" — I mean elicit drugs, you know, the

the newly formed and diverse cultures that have been using them. But the growth of life's vital essence was marred by the rise of a stigmatizing echo of repression from official institutions. Entheogens such as the mushroom went from being psychiatry's

expression of what the truth of being alive might mean, is a threatening proposition to the existing order. Psilocybin — the primary psychoactive agent in mushrooms — has been shown to cause what can be described as a "mystical experience," and these experiences have long lasting positive effects. Psilocybin can dramatically benefit those suffering from depression by releasing the restraints of one's mind and, in addition, can create a long-term change within one's personality, enhancing the openness of an adult after just a single session. It has also been shown that psilocybin can effectively and safely improve the moods of people suffering from the anxiety of advanced-stage cancer. It's a vicious lie to say that psilocybin is a destructive drug that ruins all lives.

Unfortunately, it seems that, despite the evidence of psilocybin's benefits, the common understanding is that this "magic" medicine is still no more than a party drug.

One of the most important lessons the psilocybin mushroom has taught me is to surrender to the reality of my direct experience — of what it is — instead of fighting to uphold what I was taught to believe. Psilocybin mushrooms could be one of the most powerful tools we have as a species for the advancement of our self-understanding. Through an unrestrained cognitive investigation of selves and our intelligence through the cultivation of neuro-plasticity, creative innovation through activating the long-dormant imagination and psychosocial evolution through the direct experience of our interconnected oneness with nature, and with each other. But all that is assuming we pull our heads out of the ass of our indoctrinated worldview.



bad kind, like heroin, crack, lysergic acid diethylamide, shopping and television; not the good kind like Prozac, alcohol, caffeine or sugar. Since psychedelics hit the scene in the 1950s, there has been a rise in powerful anecdotes of transformational experiences and personal growth emerging from

equivalent of an astronomical telescope to being an object of complete mockery in only a few years. But why?

To me, the point is obvious. The idea of a substance that consistently dissolves one's cultural indoctrination, simultaneously bringing them closer to an illuminated

Letter: A penny for your science

Hello fellow students,

As of March, the Canadian penny is on its way to extinction. What the Canadian government does not understand is the crucial role the penny plays on Mohs' Hardness Scale. Students who take GLGY 201 with us purchase a basic mineral and rock testing kit in which the precious penny is included to solve the important question: Is it calcite, or is it fluorite? Or maybe even gypsum? When they've misplaced their acid bottles in the field, and the concept of cleavage versus fracture versus

habit has them banging their heads against the outcrop in frustration, students must turn to this tried and proven method of identification.

But there is hope! And you can provide it. I will be collecting pennies to help stock our first year supplies for a few more years (we end up selling about 400 kits every year!) Search through your sock drawers, under your car seats and at the bottom of your purses for these coins deemed useless by those in power. One of the assignment drop boxes next to ES 115 will be designated as the depository

for your pennies. As added incentive, I will personally match the value of the pennies collected and donate that amount to the campus food bank on behalf of the department. So help clean out my bank account, force me to roll coins until my fingers bleed and save our future geoscience students some grief. Donations to the drop box will be accepted until the first day of the fall semester, Sept. 4, 2012.

Carmen Chinery
Curator and Laboratory Technician
Department of Geoscience
University of Calgary

Letter: Horse races

Regarding Kurt Genest's April 5 article "Horses, ponies, races and ridings,"

Danielle Smith and the Wildrose have rhetoric but no track record. Smith's endorsement of the libertarian perspective should scare the heck out of anyone who can read (and chooses to) and think.

Alison Redford looks like the first intelligent PC leader we've had since Lougheed and she has a world-view — unlike previous premiers, or Danielle Smith. When your primary industry is based on world prices and world

supply/demand, you need that world-view.

If you believe in democracy, rather than single-party rule, you won't vote for either of the above. The major result that Alberta desperately needs from this election is a strong opposition. If you like the Evergreen Party, for example, you're effectively voting for Danielle or Alison. Have a look at the Change Alberta website, and 'just say no' to more of the same, or even more of the same, but worse.

Doug James

The identity crisis of the Wildrose party

Dominik Matusik
Gauntlet Fire-breather



If opinion polls are to be believed, the upcoming provincial election will be one of those rare events in Albertan history where voters toss aside the ruling dynasty like a pair of old sneakers and vote into office a government of novices. Historically, Albertans don't vote for parties — they vote governments out. The last time this happened was in 1971. Alberta's demographics have since changed dramatically. Perhaps this time around, vot-

the *libertarian* party we're talking about — you would think that bigots and fundamentalists would choose to align themselves with something as far from that ideology as possible.

Not even Danielle Smith's attempts to reaffirm herself as "pro-choice" and "pro-gay marriage" can remove the emptiness of her party's supposed commitment to libertarianism. The turning point in the election could very well be watching Smith, a lobbyist and failed school board trustee, go up against an articulate and amazingly accomplished international lawyer and human rights policy adviser such as Alison Redford.

Luckily, Wildrose seems to have

provides a good sound bite while wasting millions with no apparent gain in this attempt to buy votes.

This blatant admission to wanting to outright sabotage the economy and government is consistent with the libertarian "starve the beast" approach — one must suspect that libertarians don't like government because they don't know how to govern. Instead of allocating funds for important services and infrastructure, they have opted for the crude populist route. And, in a daring, but pathetic attempt at channeling Joseph McCarthy, Smith had the nerve to tell voters outright that Redford, with her years of public service, "doesn't like Alberta" because she wants to make changes. Clearly, nothing says "I love my province" like refusing to evaluate and address problems and invest in current and future infrastructure needs. This kind of mentality is poison to any jurisdiction that wants to remain relevant in the future — and no, oil wealth is not an automatic guarantee of that. There needs to be a party in power that has some semblance of a plan or vision for the province.

And that, ultimately, is what the Wildrose mentality boils down to: a lack of vision. Or, to not inaccurate further lengths, outright hostility to the concept of vision. Why plan to make our cities more livable and sustainable when it can be left to unregulated private developers, who have no stake in what the communities they're building will look like 20 years down the road? Why diversify our economy? After all, the oil sands will be here forever and the market will sort it out unless, somewhere down the line, new methods for generating energy are developed or the price of oil plummets. Why invest in schools, hospitals and public transit when voters can be pacified so simply with a modest bribe funded from their own back pockets? It is my hope that Albertan voters reject these absurd notions and opt for the candidate in their riding that is best positioned to defeat this cynical mentality.

On April 23, vote anything but Wildrose.



ers will actually take a look at the monstrosity with which they are on the verge of replacing the incumbent Tory government.

Defining the cynical quasi-ideology of the Wildrose Party is difficult to do, because even its supporters seem to be unsure of what it is. Their unifying theme has been that it's time for change in Alberta, the mantra being "41 years is enough" — although, of course, 37 years was not. Many claim the party has a libertarian streak, yet it remains the party of choice for authoritarians and social conservatives, including several prominent candidates such as incumbent evangelical Rob Anderson and anti-gay activist Ron Leech who in 2004, wrote a column in which he declared, "to affirm homosexuality is to insult the nature and being of God" — but it's OK, because he does "not hate homosexuals, lesbians, adulterers or, for that matter, rapists." Remember, this is

hit its ceiling. The latest Leger poll has had them down almost six points from their previous poll. It will likely be downhill, going forward, with the party hitting a low again after the debate. One is reminded of fellow far-right provincial populist Tim Hudak, who last year managed to snatch defeat from the jaws of victory in Ontario despite the unpopularity of the sitting government.

Wildrose is unsure of what it is — it has libertarian members and it has socially conservative members — but it seems to be trying to present a centrist platform. They're clearly made up of disenfranchised former Progressive Conservative supporters. Of course, the PC party under Redford is the closest it has been to its intended ideology since the Lougheed days: a healthy mix of centrism and fiscal caution.

Meanwhile, the Wildrose have announced a return to the regressive Klein-era tax rebate which

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BIOL 305 L01	The Human Organism	T/R 11:00
ECON 203 L03	Principles of Macroeconomics	T/R 09:30
PHYS 303 L02	Quantum Mysteries and Paradoxes	T/R 14:00
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Report cards

Now that the University of Calgary Dinos have finished another season, it is time to reflect on the ups and downs of the nine teams that were in action over the winter semester — Pokémon themed, of course.

— Erin Shumlich

Men's basketball

Record: 15-18
CW record: 10-10
Rank: fourth in cw

The Dinos didn't get the start they hoped for, losing five of their first eight games in the Canada West. The team finished off the season strong, winning their last six games to gain a spot in the playoffs. The team struggled with injuries all year and lost to the University of Victoria in the first series of the cw playoffs.

The team will be losing many key players next year, including forward Boris Bakovic and guard Tyler Fidler.

Grade: Pidgey

Fun Fact: Pidgey has an extremely sharp sense of direction and homing abilities.

Women's volleyball

Record: 21-16
cw record: 11-9
Rank: Fifth in cw

The women's volleyball team finished 0.550, securing themselves a playoff spot in Canada West. The season ended in the quarterfinals of playoffs after a 0-2 loss to the Trinity Western Spartans.

Left side hitter Lindsey Doland led the Dinos with 192 kills over the season.

Grade: Vulpix

Fun fact: Vulpix usually have a friendly, if not spoiled, temperament.

Men's hockey

Overall record: 23-19-4
cw record: 15-11-2
Rank: Fourth in cw

This year's squad started out of the gate slow with injuries to key players, losing three out of five games. Playoffs seemed far off after losing eight of nine games in late December. However, they came up with some key victories to earn the fourth seed in the Canada West standings and a first round matchup with the University of British Columbia Thunderbirds. The series was pushed to a deciding game. Then came the tough task of beating the University of Manitoba Bisons, which they did in two straight games. The cw semi-final against the University of Saskatchewan Huskies came down to a thrilling game three, but the Huskies prevailed with a triple overtime victory and a berth in the Cavendish Cup.

— Justin Seward

Grade: Diglet

Fun fact: Diglet can dig underground quickly, and can cause small tremors.

Track and field

The Dinos track and field team finished strong in the Canada West championship. The men took home gold, and the women came in second place. The men captured the first cw title since 1999, their third in total. They beat the University of Regina by just one point to capture first.

In the cis championship, the women finished sixth place overall, and the men finished 15th. Rachael McIntosh had 4,016 points to capture the gold medal in the pentathlon during the first day of the championship.

Grade: Raichu

Fun fact: Raichu is capable of storing over 100,000 volts of electricity in its body.

Women's basketball

Overall record: 19-14
cw record: 14-6
Rank: Third in cw

The Dinos had a strong season, finishing 0.700. Their playoff run, however, didn't go as well for the women's basketball team. They lost in the Canada West playoffs in their first series against the Fraser Valley Cascades.

The team hosted the cis championship at the Jack Simpson Gym. With home-court advantage, the eighth-seeded Dinos upset the first-placed University of Regina Cougars. The Dinos finished fourth place in the tournament.

Fifth-year point guard Jenna Kaye was awarded a cis first-team all star.

Grade: Eevee

Fun fact: Eevee are quite rare in the wild. They sometimes live near cities and towns.

Swimming

The Dinos swim team finished strong this year. In Canada West, the women's team finished second, and the men's team finished third. Dino Jason Block won the male athlete of the meet award. The male and female rookie of the year awards were given to Dinos Andrew Makosiej and Lindsey Delmar.

In the cis championship meet, the University of British Columbia Thunderbirds took the male and female titles. The Dinos women took second place, and the men took third.

Grade: Gyarados

Fun fact: Gyarados is infamously known for its fierce temper and wanton destructive tendencies.

Women's hockey

Overall record: 33-4-0
cw record: 20-4-0
Rank: First in cw

The University of Calgary women's Dinos hockey team capped off the 2011-12 season with their first ever cis championship by defeating the Montreal Carabins 5-1 in the cis women's hockey final in Edmonton. It was the first title in the program's history. The team ended the season with an impressive 7-0 playoffs and sweeping their rivals the University of Alberta Pandas in the Canada West final. The cis championship MVP went to Dinos third-year goaltender Amanda Tapp.

Hayley Wickenheiser won U of C's female athlete of the year.

— Justin Seward

Grade: Charizard

Fun fact: Generally, a Charizard will be competitive. It loves to battle and spends a great amount of time training or looking for opponents.

Wrestling

In the Canada West championship, both the men's and women's Dinos wrestling teams placed fourth. Dinos Holly Ellsworth-Clark and Erica Weibe took home gold medals in their weight categories.

In the cis championship, the women finished in eighth place and the men finished in 11th. Weibe successfully defended her national title in the 72-kilogram weight category. Clark finished second in the 82-kilogram category. The best finish for the men was Spenser Burk, who finished third in the 65-kilogram category.

Grade: Machoke

Fun fact: Machoke are Pokémon of immense strength. In fact, they are so strong that they are able to lift a dump truck with one hand.

Men's volleyball

Overall record: 21-19
cw record: 11-9
Rank: Fourth in cw

The men's volleyball team entered the cis championship in sixth place. The Dinos beat the University of Brandon Bobcats for a spot in the Canada West final four. In the bronze medal game, the Dinos lost to the University of Alberta Golden Bears. The two teams faced off again for fifth place in the cis championship. The Dinos defeated their rivals for a fifth place finish overall.

Grade: Rattata

Fun facts: Rattata have very basic survival needs, permitting them to thrive in nearly any environment. Because they reproduce so quickly, a pair of Rattata can quickly colonize an area.

The evolution of yoga

Striking a balance between safety and meditation

Andrea Llewellyn
Gauntlet Sports

Western society has a mixed understanding of the ancient practice of yoga. Different branches, practices, schools and misappropriations have developed over time. 'Yoga', the Sanskrit word for 'union,' is an eight-sided concept bringing together ethical standards, spiritual observances, postures, breath control and meditation.

Yoga was founded by Patañjali, author and compiler of the Yoga Sutras. As one of the six schools of orthodox Hindu philosophy, classical yoga is also known as Raja Yoga. While yoga has other practical meanings like method, application or performance, in the spiri-

tual sense, Patañjali has redefined the term to represent a practical system in which to restrain and modify the mind.

Over time, yoga has been adapted to appeal to a wider audience and has been organized into different schools of thought and practice. Each school is different, as is each teacher. Some schools allow yoga to be modified to an individual's physical limitations. Other schools like Bikram are much more orthodox and strict, allowing for only 26 specific poses with few modifications.

In 2008, the *Yoga Journal* released a study claiming that yoga was a \$5.7 billion dollar industry in America.

The study found that "6.9 per cent of U.S. adults, or 15.8 million

people, practice yoga. Of current non-practitioners, nearly 8 per cent, or 18.3 million Americans, say they are very or extremely interested in yoga, triple the number from the 2004 study. And 4.1 per cent of non-practitioners, or about 9.4 million people, say they will definitely try yoga within the next year."

Amy Thiessen has been practicing yoga for 10 years, and teaching for six. She has intense training in many forms of yoga and has eight years of training in biomechanics and critical alignment.

Thiessen has taught at several studios in Calgary, including the Tri-Yoga Calgary and the Bodhi Tree. She is an advocate of yoga for everyone, young and old.

"Ideally, you learn about your-

15.8 million

The number of American adults who practiced yoga in 2008.

7,369

The number of yoga-related trips to American doctors' offices, clinics and emergency rooms in 2010.

23

The approximate percentage of American yoga instructors who have completed the recommended 200 hours of training.

5.7 billion

The monetary value of the yoga industry in America as of 2008.

self. If you practice from ego you will be injured from ego," she explained. "Physically, I think it is great. When asana is practiced really mindfully and intellectually, when it is taught in a way that is conducive to all body types and when people are willing to listen to their bodies and challenge in a good way, I think it is fantastic. It is great for your muscles, great for your cardiovascular, it is great for your circulation. It is just overall good for you."

Because of recent critics, and a recent article in the *New York Times* titled "How yoga can wreck

your body," Thiessen has created a teacher development course at Tri-Yoga in Calgary to teach instructors how to create multi-level classes that create a foundation for beginners while keeping advanced practitioners engaged and challenged.

"What is happening to yoga is that it is evolving," said Thiessen. "In Anusara [a type of yoga], they have brought in a lot of biomechanics, which is really great. You see yoga therapy, you see a lot of these things where they are taking the more medical side and the kinesiology side. I think that

see YOGA, CONTINUED page 23

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FURTHER YOUR PASSION

Yoga, continued from page 22

is fantastic, especially when yoga practice is an approach where everybody is as unique as every faith. So you practice for your body and you teach people to practice for their body, as opposed to 'you need to get into this routine, you need to do this series.'"

Recent criticism of yoga has brought attention to injuries suffered during yoga sessions by novices as well as advanced students. Despite the criticism suggesting that yoga is not for everyone, there is a significant amount of research arguing for the contrary. The list of suggested benefits from yoga includes improvements in mental health, chronic pain, cancer and even irritable bowel syndrome. The real issue seems to be the methodology taught by the teacher and practiced by the student.

Genevieve Levesque began practicing Bikram 10 years ago, and has since spread her practice

to Ashtanga, Hatha and Kundalini. She began practicing because of her father's influence to help her heal sports injuries, and said she has never been healthier or stronger because of it. She teaches in

about awareness. It is about bringing yourself into the moment. So if you actually practice the full eight limbs of yoga, you would never injure yourself because you are so aware of your body," said Levesque.

// People have been thrown into this yoga trend. They want to get fit, they want to get lean and so they are falling into it and they are missing the whole thing.

— Genevieve Levesque, yoga instructor

Calgary at various studios, including Yoga Passage, Yoga Passion and Tri-Yoga Calgary.

"People have been thrown into this yoga trend. They want to get fit, they want to get lean and so they are falling into it and they are missing the whole thing. It is all

Levesque said that some classes move very quickly, and like any strenuous activity, the risk for injury is present.

"You can't say yoga is bad because then you would have to say that every single athletic movement is bad. You can injure your-

self on the soccer field, you can injure yourself in a fitness facility, in a fitness class, and yoga in some form has become a fitness class. There are still so many benefits. The benefits completely outweigh what is not good for you in that room."

Some studios are maintaining traditional yoga culture, while others are turning up the heat, creating an aerobics type environment to appeal to fitness fanatics. The real issue is that beginners are jumping into classes beyond their experience levels leaving them vulnerable to injury.

Those teaching yoga do their best to help with personal practice based on their schooling and experience levels, but the responsibility should not be theirs alone. Common remarks by yoga teachers are "leave your ego at the door" and "this is your individual practice, no one else's."

Yoga is an individual practice because each human has a different body and mind, so each practitioner should not be expected to complete all the poses.

The yoga world is not perfect. Each school has different requirements for certification and each studio has different acceptable levels of experience for teachers. Young teachers each have something to contribute to a class, but

older gurus might be the best solution if you are worried about injury. Both Levesque and Thiessen agree that if you want to practice yoga, you need to be smart and conscious about it, like anyone should be for a new practice.

"As an instructor, I am put in a position where some of my classes have 30 or 40 people in them. You can't go around and adjust and correct every single person in the class. You just can't," said Levesque.

While a yoga instructor can teach you moves, yogis need to take responsibility for their own practice.

"I will often suggest to a new student, especially one that is nervous, to take a private class with a really good teacher," said Thiessen. "Not that you have to do it privately consistently, but somebody who you can go to who is going to give you accurate ways of moving your body in a safe way. Then when you go to a class you can implement the things you've learned."

"It is going to be your own personal journey finding the right path on the mat, and I think yoga is for everyone. I don't care who you are, how much weight you have to lose or what type of injuries you have — you will find something that is appropriate," said Levesque.

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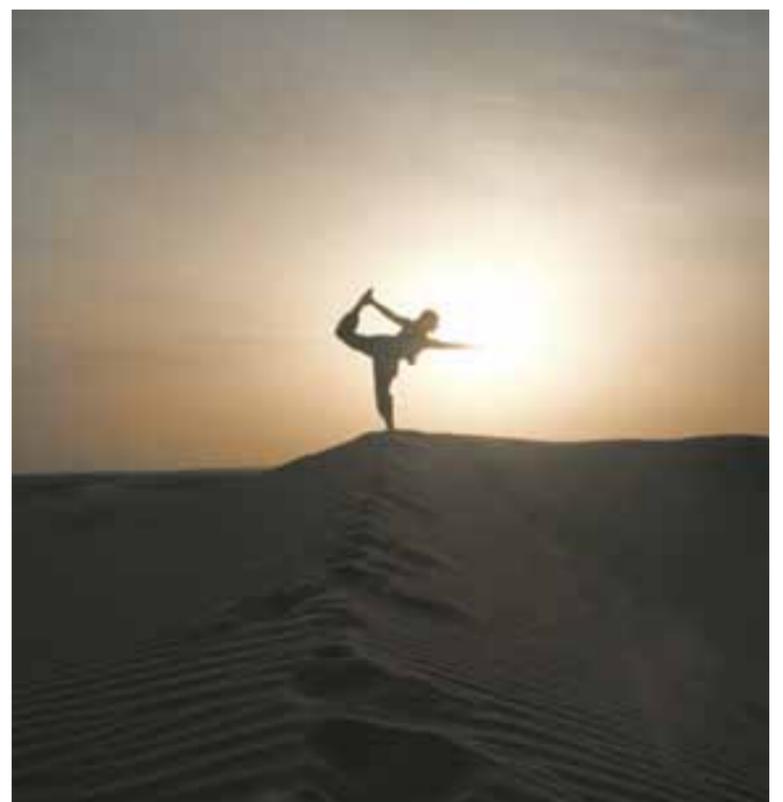
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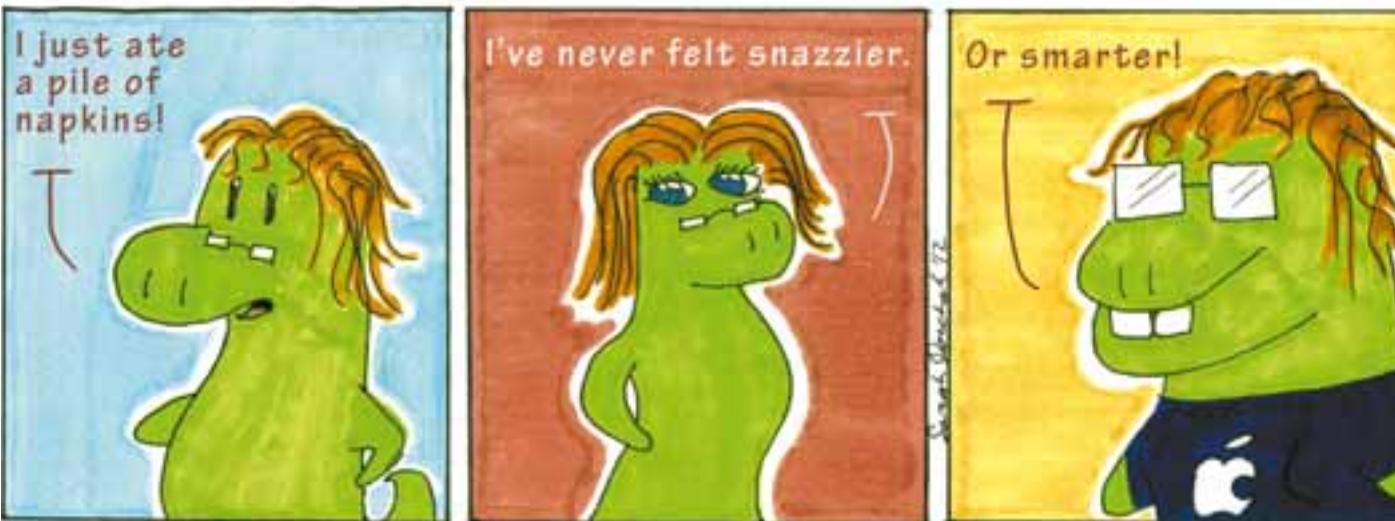
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The only thing wrong in this picture are the socks and sandals.