

THE

GAUNTLET

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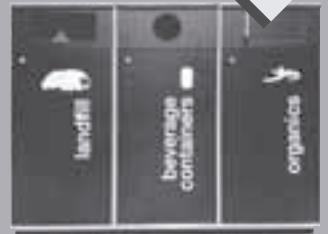
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SEPTEMBER 27, 2012

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McKinley Wiens

Golden Spatula
 The Golden Spatula award recognizes the significant contribution of a volunteer who has promised their everlasting soul to the Gauntlet. This week, we thank McKinley Wiens for enthusiastically subjecting himself to the will of the demi-gods of print. Your inexhaustible dedication will earn you immortality in the halls of the Golden Spatula.

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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: <http://thegauntlet.ca>. The Gauntlet is printed on recycled paper and uses breast milk ink. We urge you to suckle/inhale 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.

The Cover

Photo by Louie Villanueva
 Design by Adrienne Shumlich

Hitchhiking versus charge-hiking

Public transportation in Calgary sucks, but it could get much worse with a late night surcharge on taxis in the city.

Alderman John Mar, representative for Ward 8, recently posted a video pitching the idea of charging late night passengers up to five additional dollars to encourage more cabbies to be on the road at high-demand times. Most people like to go out and have a few drinks on the weekend and need to rely on either designated drivers, public transit or taxi services to get them home safe and sound.

Saint-like designated drivers cannot always be counted on to ferry their drunken friends around. Sober allies grow bored of repeated late night shenanigans and eventually retreat to cheaper activities like catching up on Tivo in the comfort of their own homes.

Calgary's public transportation, on the other hand, is a joke. Given the sheer geography of the city, it is virtually impossible to ride the bus from one end to the other without shrivelling into old age. Relying on public transportation seriously cuts playtime short. The last train leaves downtown at around 12:30 a.m. on weekends, an hour and a half before most bars close. In other major Canadian cities there are at least one or two bus lines running around the clock for late night revellers.

Taxis, then, are the last bastion to provide us with a means to the safety of our own homes after a hard night of drinking on the town, besides hitchhiking or walking. Why, then, would the city want to make it more difficult and

expensive for us to access adequate transportation? Mar believes this surcharge will entice cabbies to work at peak times when there is typically a lower volume of drivers in relation to customers. On the surface this makes sense, especially when considering that as of September 1, the new Alberta impaired driving laws impose stricter penalties for those with a blood-alcohol level over 0.05. More people will be hesitant about drinking and driving, hence the predicted increase in demand for taxis.

We have to give the city some credit for attempting to correct some of its shortcomings. The City of Calgary invested \$1.4 billion into the creation of the West LRT line to be completed at the end of this year for the growing demographic. But councillors like Mar seem to be distorting the

real issue with his uninformed proposal.

The problem with taxi shortages stems from city council's restrictive regulations on issuing licences. In 1986, the city capped licences at 1,311 because there wasn't enough demand for cabbies to make a living. In 2006, the city issued another 100 licences, bringing the total to 1,411 cabs in Calgary. Since 1986, the population has nearly doubled from 650,000 to 1.1 million. Surely the city must recognize that the taxi service industry has room to grow with an exponential growth in its customer base.

Not only is there demand from customers for taxis, but there are more than enough people willing to do the driving. When the city announced they were issuing 55 more licences this past August, 700 potential drivers clambered at the

opportunity. The message is loud and clear. The city needs to issue more licences for cabbies and drop the surcharge idea. Mar would have figured that out long ago had he ever tried calling any taxi service on a weekend evening only to be met with an irritating busy signal for hours straight.

In a city where public transit is close to \$100 per month for sub-standard service, and where city council members think it's a good idea to further exploit residents by placing a surcharge on late night taxis, it's no wonder people drive drunk.

If the city wants to prevent the disaster at the end of this tunnel, they had better stop treating its citizens as cash-cows and start heeding our demands.

Gauntlet Editorial Board



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Practice makes perfect

New hospital opens first phase, giving medical residents a place to learn

Manal Sheikh

Gauntlet News

The new South Health Campus hospital in Calgary officially opened its first phase on September 6. It will now be accepting patients for family clinics and diagnostic imaging.

It will be the biggest hospital in Alberta and is expected to be fully functional by the end of 2013.

The \$1.3 billion facility is also home to a family medicine teaching centre, the third in Calgary alongside the Sheldon M. Chumir Health Centre and the Sunridge Family Medicine Teaching Centre.

There is a high demand for family doctors in Alberta — the new hospital has nine family doctors along with six family medicine residents and the capacity to take on 4,000 new patients.

The campus will be a training facility for University of Calgary medicine residents.

Premier Alison Redford and U of C president Elizabeth Cannon were in attendance at the opening of the first phase.

"These are the first of many milestones that will be celebrated here at the South Health Campus," said Redford at the opening, ac-



courtesy Jody MacPherson

The South Health Campus had a lengthy construction process but is currently accepting patients.

According to a U of C press release. "The South Health Campus is already enhancing the healthcare system in Calgary and southern Alberta by providing new capacity to diagnostic imaging and access to family doctors."

The U of C's involvement with the new facility and the teaching clinic helps residents of the family medicine program get first-hand training and serve the clinic's patients.

Newly graduated doctors are not licensed to practice on their

own before they enrol in a two-year residency.

"Along the way, patients have the opportunity to help train future doctors by allowing family medicine residents, supervised by fully-qualified doctors, to participate in their care," said Cannon at the opening.

First-year resident in the family medicine program at the South Health Campus Ermin Nath said the family medicine clinic is beneficial for residents and patients.

"We talk to the patients and get

to know their information, anything specific that they bring up. We then go back to the staff, who are family doctors, and discuss the case with them to come up with a solution or diagnosis," said Nath. "When we come back in, the staff comes in too, and we discuss the patient's condition together. The patient is always under the care of their actual family doctor, but we also get the opportunity to see how it works, and to practice ourselves."

Nath said there are numerous

benefits to the residency program.

"There is extra time that we can spend with the patient that a regular family medicine clinic can't provide. Since there are more eyes on one case at a time, we are more thorough than most clinics," said Nath.

He said the new facility has up-to-date literature and technology to make the learning process easier for new doctors.

"There is continuity in this program. Residents build relationships with the patients, get the feel of it, so when they start their own practices, they could very likely have some of the same patients they treated at the teaching clinic," said Nath.

The emergency department is expected to open in spring 2013. Nath said she is excited about the new health centre.

"The most notable thing about this hospital is that it's our generation's healthcare, our generation's doctors, our generation's expectations on what we want from our medical system," said Nath. "Everything in this hospital that we have designed has been for our patients. It's a patient-centre care, meaning that we put the patient in the centre of the system."

Federal government invests in U of C research

Michael Grondin

News Editor

On September 25, the government of Canada invested just under \$1 million to two University of Calgary researchers that are conducting research that looks at im-

proving eye health and nanoparticle toxins.

The Collaborative Health Research Projects Program, a collaboration between the Canadian Institutes of Health Research and the Natural Sciences and Engineering Research Council of Can-

ada, both of which are federal research programs, will be giving the grants to these researchers.

U of C kinesiology and engineering researcher Tannin Schmidt received \$368,000 for his work developing a new eye drop. Chemistry professor and director

of the U of C nanoscience program David Cramb received \$583,090 to analyze nanoparticle toxins.

"Our government understands that research and development are essential for achieving higher productivity and maintaining a high standard of living in Canada,"

said Canadian Minister of State Gary Goodyear in a video on September 25, 2012. "That is why we support original research: to boost innovation and productivity in all fields, including health care."

The federal government will be funding 37 projects across Canada.

What can be done to improve sustainability on campus?

campus quips



"Promoting ethical purchasing."

– Julia Milner, fourth-year arts



"Change the name to the University of Sustainability."

– Ryan Mross, third-year engineering



"More LED lightbulbs everywhere."

– Jessica Vanderspek, first-year economics



"Promote submission of electronic assignments."

– Konrad Kasprzyk, third-year mechanical engineering

Identifying depression through awareness

Screening helps students understand mental health

Caitlin Simpson

Gauntlet News

“Snap out of it! It’s just a phase! Perk up!” These words of encouragement may seem helpful to someone who is experiencing a moment of sadness. However, for those who are depressed, these words may not resonate.

According to Health Canada, depression is an illness that affects approximately 7 per cent of Canadians each year — roughly 14 million people. According to the World Health Organization, depression will be one of the largest burdens on the health system by 2020. Mental illnesses is a leading cause of disability and premature death in Canada.

Calgary Counselling Centre and the University of Calgary will be hosting Calgar’s National Depression Screening day on Oct. 4. It is an effort to erase the stigma surrounding depression, start conversations and face issues of mental illness. The screening day started in 2005.

NDSO offers students the chance

to be screened for depression with complete anonymity. Last year, 77 per cent of people in their late teens and early 20s who took the test were recommended for further evaluation. Individuals with the highest anxiety symptoms are in their 20s, according to the Calgary Counselling Centre.

The Calgary Counselling Centre will offer a free screening tool for depression on their website for 24 hours that will indicate whether a person should seek further treatment and reiterate depressive symptoms to look out for.

CEO of Calgary Counselling Centre and U of C social work instructor Robbie Babins-Wagner said the screening will look at the wide range of depression symptoms.

“With NDSO, we try to reach many people who are high risk for depressive symptoms and encourage them to pursue further evaluation,” said Babins-Wagner. “Getting treatment sooner provides better results. Every year, NDSO provides a start for people to get help.”

Calgary Counselling Centre has

partnered with the U of C in order to provide the best possible care for students and lend a hand to those who feel depressed but are unsure where to turn.

When challenges in one’s personal life and school life mix, it is common for depression to occur, said director of communications at Calgary Counselling Centre Louise Gallagher. She said students should seek help if they are feeling depressed.

“I remember being a student — I remember the stress and the life changes,” said Gallagher. “Students should know they are not alone and should be aware that the symptoms they may be feeling could indicate depression, and that there is help if that’s the case.”

According to Statistics Canada, the wide range of symptoms includes sadness, guilt, irritability, boredom, loss of appetite and physical pain.

Gallagher said there are unlimited resources available to students, both through Calgary Counselling Centre and the U of C.

Fourth-year U of C psychol-



courtesy Calgary Counselling Centre

There are many options available to help symptoms of depression.

ogy student Haley Smith said the screening is a good tool to help students understand depression and mental illness.

“I think the fact that it prompts people to seek help is excellent,” she said. “It’s a great way to bring awareness about depression, and

help those who are struggling.”

The U of C’s Mental Health Awareness Week will be occurring Oct. 29 to Nov. 2 and many services and events will take place across campus.

For more information visit calgarycounselling.com or ucalgary.ca

NEW THIS WEEK

Olympic Oval Gala 2012 — Thurs., Sept. 27 at 7 p.m. at the Olympic Oval

UC Idol — Fri. Sept. 28 at 6:30 p.m. at the Libin Theatre, Health Sciences Centre

Doors Open YYC — Sat., Sept. 29 at 10 a.m. throughout U of C campus

The Future of Women’s Studies in Alberta Symposium — Sat., Sept. 29 at 8:45 a.m. at Escalus, 234 MacEwan Student Centre

Vet-U-Can — Sat., Sept. 29–30 at 10 a.m. on Spy Hill Campus

United Way Coffee Day — Mon., Oct. 1 at Foothills and main U of C campus

Eyes High: What’s Next? — Tues., Oct. 2 at 11:45 a.m. in MacHall

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CALGARY HERALD



Making stars out of students

UC Idol showcases students' musical abilities and gives to the community

Emily Macphail
Gauntlet News

Aspiring singers at the University of Calgary can be involved in the Idol experience at the sixth annual UC Idol, a showcase of student musical talent on Sept. 28.

Debuting in 2007, the show was initially club-focused — each participant represented a club. It was initially called Club Idol.

Around 90 people attended the first event and raised \$200 that was put back into the community. U of C health sciences graduate Catrina Loucks became the first UC Idol.

In 2008, the event structure changed so that contestants represented themselves. The charity aspect took on a greater role with “Idol Gives Back.”

The majority of the show's proceeds were donated to the Cana-

dian Cancer Society.

UC Idol continued to grow over the next few years.

In 2011, the show had 48 sponsors and 360 attendees raising \$3,250. To date, UC Idol has raised over \$8,000 for the CCS.

UC Idol has a similar judging structure as *American Idol*.

Both U of C chemistry professor Ashley Causton and biological sciences professor Isabelle Barrette-Ng have been judging the show since 2007. This year, drama professor Patrick Finn will be the third judge.

There are six contestants this year, including second-year music student Laurie Callao, second-year engineering student Fetiha Rezwan and second-year geology student Ivan Dy Buco. They all agree that UC Idol is a great way to showcase their skills and give to the community.

“[Music is] an integral part



Adrienne Shumlich

UC Idol lets students sing their hearts out.

of who I am,” said Rezwan, who writes her own songs.

Dy Buco said he sees music as a way to express himself. He began playing guitar at sixteen.

“I was just obsessed and played until my fingers bled,” said Dy Buco.

Callao said her family was the reason for her love of music.

“My first voice coach [was] my mom, I picked up the guitar by watching my grandpa play some folk tunes and I was enrolled in piano at a very early age,” said Callao.

There will be two videos at this year's show as well as special performances, including a Bollywood dance and an improvisation performance by the

U of C's Improv Club.

UC Idol co-director and third-year biomedical sciences student Linda Ding said that she is excited about the contestants this year.

“Many of the contestants are doing something that has never been done on an Idol show before, such as bringing in a beat-boxer and playing the violin and drums,” said Ding.

She said that a new element will be added to the show, but it is being kept a secret until the night of the event.

Anyone wishing to purchase tickets can do so online or at booths on main campus and Foothills campus for \$12. Tickets are also available at the door for \$15. The show will be held at the Health Sciences Centre in the Libin Theatre on September 28 at 6:30 p.m.

For more information or to get involved visit ucalgary.ca/idol.

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U of C research takes big step

High-performance athletic shoes used in London 2012

Pauline Anunciacion

Gauntlet News

Adidas partnered with University of Calgary researchers to design a high-performance shoe. The shoe was designed using technology developed at the U of C and was used by athletes at the London Summer Olympics from July 27 to August 12.

The U of C Kinesiology lab and Adidas produced the Adizero Prime SP to improve athletes' performance during the games. The final product was based off research collected over the past 15 years.

The research looked into shoe stiffness, traction and foot biomechanics.

U of C kinesiology researcher

Darren Stefanyshyn was the leader in the research. He has done work at the U of C's Human Performance Lab that conducts research based on the human body.

"We tried to let go of all the previous indications of what a sprint shoe should have or what it should do. Instead, we threw the shoe away and thought, 'Let's make a brand new shoe,'" said Stefanyshyn. "What do we include? What do we eliminate? It's a revolutionary process, rather than an evolutionary one."

Researchers at the HPL discovered that the stiffer the shoe is, the better the performance.

"Our foot is designed to do a lot of different things: walk, run, climb, but it's not really optimized for sprinting. By increasing the

stiffness of the shoe, you are increasing the stiffness of the foot and, in very simplistic terms, you almost create a longer lever or a higher gear," said Stefanyshyn.

The Adizero Prime SP consists of added elements like a landing shelf, which helps guide athletes' feet to land in a particular way and propels them forward. There were also changes to the shoe's sole to reduce breaking forces.

The developmental breakthrough of the Adizero Prime SP was due to the use of lightweight carbon nanotubes on the sole. Stefanyshyn explained that the priority of most professional runners and sprinters is a shoe's lightness.

According to the Adidas website, the Adizero Prime SP is "the



Bonnie Choung

Athletic shoes aren't always up to par with athletes' needs.

lightest ever sprint spike, weighing just 99 grams."

The feedback of Adizero Prime SP was very positive and the shoe sold out in a matter of weeks when it debuted.

Going beyond just "elite-level" research, Stefanyshyn hopes that

this new technological development becomes readily available so everyone can use it.

"Once we learn certain things, like stiffness of the shoe for sprinting, we can [discover] how it is better for walking as it is for running."

Training to sustain

Joey Maslen

Gauntlet News

Sustainability is an important issue for most Calgarians. The University of Calgary's Sustainability Street Team is going green for another year of projects and campaigns to promote sustainable practices.

Working under the guidance of U of C's Office of Sustainability, the team of student volunteers will educate peers about sustainable living and participate in various eco-friendly events on campus. A large part of their events and promotions will focus on reducing the ecological footprint of the U of C.

Plans include information sessions on sustainable waste disposal and an annual Buy Nothing Day. The SST is also planning the Power OFF Challenge, a competition held between buildings on campus to reduce energy consumption. No official dates have been set for these initiatives.

SST assistant coordinator Amy Glassman said that the challenge of building a sustainable community starts on campus.

"We're generating a lot of waste and we need to find ways to run our campus and do it in a sustainable way," said Glassman.

SST coordinator Elise Hetu said

the team's vision goes beyond environmental concerns.

"Sustainability is when you take into account the environment, but also society and economy," said Hetu. "Those three aspects function really well together and make for sustainable development."

The Office of Sustainability's past initiatives include retrofitting water fountains with reusable bottle-filling fixtures and new recycling, composting and garbage bins placed around campus.

Third-year U of C zoology student Chris Dewey finds the bins helpful, but with some minor annoyances.

"The only complaint I have is that I usually just chuck my stuff in the garbage because I don't know which bin to use," said Dewey.

Helping students with these issues will be a part of the team's activity this year.

Glassman believes SST's message of sustainable practice is important.

"If we are not sustainable, things are going to collapse on themselves," said Glassman.

For Hetu, engaging with students is another important goal for the team.

For more information visit
ucalgary.ca/sustainability

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High-tech high culture

EMMEDIA's Particle + Wave festival brings media arts to Calgary

McKinley Wiens

Gauntlet Entertainment

Advancement in art comes with advancement in technology — in new media, computers and video screens have become fresh canvases for artists to explore. EMMEDIA, a local electronic media arts centre that provides support and equipment for local artists, will soon be hosting Calgary's first new media festival, Particle + Wave. The festival will run from Sept. 27–30 and will highlight local artists through screenings, exhibitions and performances throughout the city.

The festival will be a part of Alberta Culture Days, an annual celebration in Alberta. It showcases various art groups throughout the province, giving them a chance to promote Alberta's heritage and artistic diversity. Along with over 1,000 other events happening across the province at the same time, Particle + Wave is guaranteed to give Calgary a fantastic show.

EMMEDIA's programs and out-



courtesy Emmedia

Particle + Wave is presenting a variety of new media projects, such as the experimental film *TRENCH* by Lon Parker.

reach coordinator Vicki Chau believes that there is no better time to hold the first new media festival.

"It coincides with the Alberta Culture Days and we wanted to be a part of that," says Chau. "Es-

pecially for the launch of our festival, we want to have a provincial impact."

Chau believes the festival is quite the undertaking, but is more than worth the effort — especially

since it has the potential to introduce many people to a new kind of art.

"This is a huge endeavor that EMMEDIA is taking on," says Chau. "A lot of people don't actually know what media arts are all about. Media arts are anything that show or run on electricity."

EMMEDIA's media arts performances are usually held in the Plaza Theatre in Kensington, but due to the number of works involved in Particle + Wave, the theatre space is just one aspect of the festival.

"Having the festival gives us the opportunity to expand the number of venues and the diversity of venues available," says Whitehead.

Every year, six projects are chosen from artists' submissions for the Production Access Program, which then provides funding for these artists to produce their work. Among the many different performances at Particle + Wave, the works from the 2012 Production Access Program will make up roughly half of the festival.

"*Luminaries* is the title we've

given to a package of works that were produced through this year's annual Production Access Program," says production coordinator Kyle Whitehead. "We have members of the community that want to produce new work come in and they have free access to our equipment. It's probably our biggest scale program annually."

The events at the festival include films, audio-visual presentations, projections and experimental projects that fall outside any sort of classification. With so many different choices, you are sure to find something you like — even if you have never heard of media arts in your life.

"Not everything in the festival is going to be liked by everyone," said Chau. "But there's enough diversity that everyone is going to find something that they really enjoy. It's a chance for people to come out and experience art for three days. It should be a lot of fun."

For more information on Particle + Wave visit emmedia.ca.

How does that make you feel?

Sean Sullivan

Gauntlet Entertainment

Journey Prize winning short-story writer C. P. Boyko, author of *Blackout*, will read from his second collection, *Psychology and Other Stories*, at Pages on Kensington on Oct. 4 at 7:30 p.m.

The collection of six short stories, none of which are titled "Psychology," examines the roles psychologists — from forensic psychiatrists to self-help gurus — play in society and their relationships with their patients. The book, which will be published by the Windsor-based publisher Biblioasis, is a fresh look at the cliché that it's the psychologists that require the most therapy.

Boyko declined to comment on his new book.

Tara Murphy, publishing assistant at Biblioasis, says it explores the distinction between the fabricated nature of fiction and psychology's search for truth.

"Both psychology and fiction are about the narratives we use to

understand who we are," says Murphy.

In *Psychology and Other Stories*, the line between truth and fiction is blurred. Many of the footnotes at the end of the book refer to actual publications, but others, Murphy says, were invented by Boyko for the book.

The narrator is unreliable, sometimes slipping a first-person perspective into the typically third-person prose. Murphy says readers get the feeling the narrator is playing with them.

"[Boyko] wants it to be as unconstrained as possible," Murphy says.

Boyko is as reticent and hard to pin down as his characters. In a question and answer session released by Biblioasis, Murphy asked Boyko how much research he did while writing the book. He simply replied, "Lots." Many questions he flat-out declined to answer.

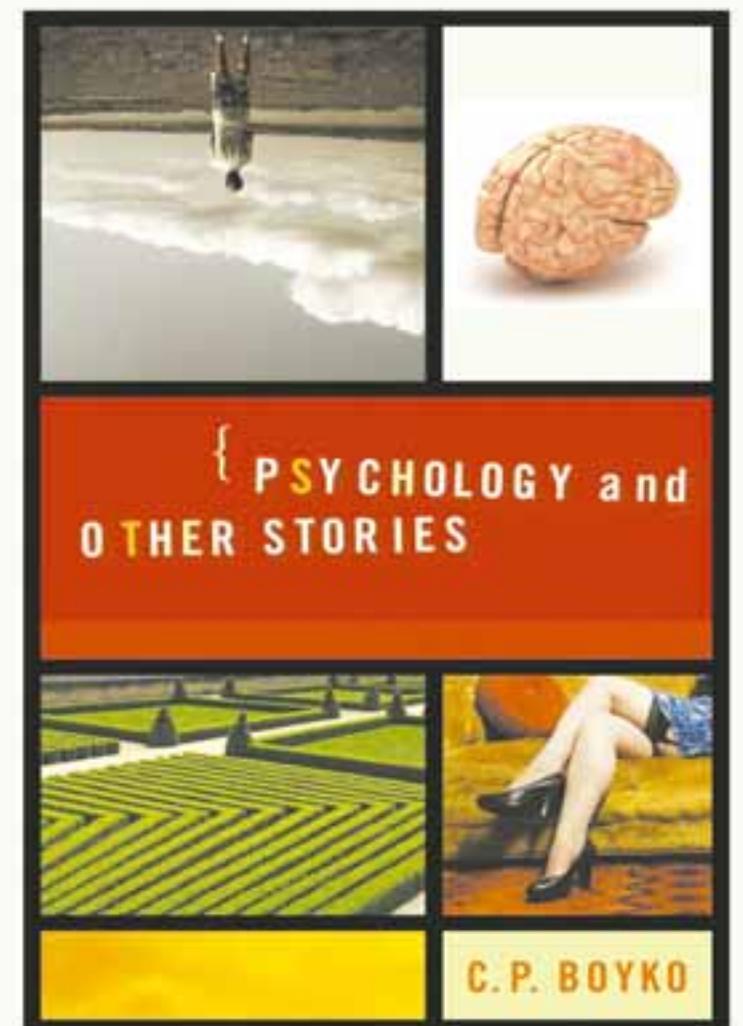
Boyko, a former Calgarian who earned an English degree and a psychology degree from the Uni-

versity of Calgary, is keeping his views on psychology and his literary influences for the new collection ambiguous. The author is a complete enigma: he was described by the publisher as a sickly child, his parents may have been therapists who did not give him enough affection, he may not have made friends during his degree and he may have had a bad experience with an analyst. Boyko claims he was wrongly diagnosed with schizophrenia twice, but this could not be confirmed.

Psychology and Other Stories is scheduled for release by Biblioasis this month.

Boyko will be joined during his reading at Pages on Kensington on Oct. 4 by singer-songwriter Rae Spoon. Boyko will be vulnerable to questions during the question and answer portion of the reading, although Murphy says she isn't sure that he will provide any answers.

For more information on the reading visit pages.ab.ca.



courtesy Biblioasis

Let me introduce myself

We Should Know Each Other provides an opportunity to meet Calgary's best

Charis Whitbourne

Gauntlet Entertainment

Calgary is filled with many amazing people with a variety of diverse talents, beliefs and ideas. While meeting them all would probably be impossible, We Should Know Each Other is the perfect party to get acquainted with as many different people as you can.

WSKEO is a community gathering where all kinds of people from across Calgary can come together to expand their social circles and meet new people. WSKEO began four and a half years ago when Mark Hopkins, the co-founder and current co-artistic director of the local Swallow A Bicycle Theatre, transitioned from writing to theatre. He soon realized that none of his new friends in theatre knew his old friends.

"None of my theatre friends knew my writing friends and none of my dance friends knew any of my friends and I just thought everyone should be friends," says Hopkins. "When different communities come together the effect is really great."

It soon became apparent to Hopkins that the arts community in Calgary was divided — people did not



really interact with people outside of their field. So, in February 2008, he started hosting WSKEO parties in his living room once every two weeks, where random people could come to meet up in a safe and open place to get to know each other.

"I normally invite around 1,000–2,000 people and about 12 people show up," explains Hopkins. "But I never really know who is going to come or how many will come — it's always random."

Because of this randomness,

each party is different from the last, which adds to the sense of discovery provided by WSKEO.

"The parties have no theme and normally take shape depending on who is there," says Hopkins. "Sometimes everyone will bring instruments and we'll have a jam session and sing along and other times a political candidate will show up and we'll have a political debate. It's always different."

The demographic has changed significantly since the beginning of

these events, becoming much more diverse and varied.

"When it first started, everyone was quite similar to myself — they were all in their 20s or 30s, Caucasian and artistic," explains Hopkins. "But now it has greatly diversified and we have people from ages 18–65 with a lot of cultural and racial diversity."

September 29 will mark the 100th WSKEO party. For this free event Hopkins has partnered with the funding group Calgary Arts

Development, who have recently purchased the abandoned building that used to be King Edward school — the building that will be used for the party. Hopkins and his friends are planning to fill the school to the brim with dozens of different groups and activities.

"You'll walk in and everywhere you turn there will be a different group and activity," says Hopkins. "There will be arts groups, poetry readings, dance performances, robotic furniture and a slow dance party, to name a few. We are even showing *Ghostbusters* on the side of the building."

With this We Should Know Each Other event looking to be the biggest yet, there is no better time to go and try to meet some new people. As for the future of WSKEO, Hopkins says he hasn't even had time to think about it.

"Over the summer I have met with some other community-based groups and there's a lot we can do," says Hopkins. "I think after this event I'm just going to digest it and see who I can team up with."

For more information on We Should Know Each Other visit swallowbicycle.com

NEW THIS WEEK

Looper — This sci-fi film starring Bruce Willis and Joseph Gordon-Levitt is already being hailed as one of the best movies about time travel ever made. Move over, McFly.

Hotel Transylvania — An animated film about a vacation resort for monsters, in which Adam Sandler voices Dracula. Make of that what you will.

Resident Evil 6 — The latest entry in this long-running video game series, which will apparently alternate between the horror of *RE4* and the idiocy of *RE5*.

Now for Plan A — Canadian icons The Tragically Hip are putting out a new album, and are already making space for the inevitable slew of Juno awards.

The Connection — Papa Roach have crawled back out from under the fridge. Someone get a shoe.

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An unexpected trilogy

Why Peter Jackson's upcoming *Hobbit* movies have already lost their magic

Alexei Pepers

Gauntlet Entertainment

On December 14, people will be flowing into theatres to watch *The Hobbit*, the movie adaptation of a beloved book that is the prequel to the immensely popular *Lord of the Rings* trilogy. The devotion and passion from the fans of both J. R. R. Tolkien's books and Peter Jackson's movies are garnering enough hype for *The Hobbit* to be prematurely labeled the movie of the year. Because of this, it is an even greater shame that like many Hollywood productions, risk and artistic integrity are being abandoned in the interest of guaranteed profits.

The first money-grab was to ensure that fans will not only be paying to see *The Hobbit* this year, they'll also be paying next year, and the year after that. Jackson had originally announced that *The Hobbit* would be split into two movies, following a new trend in book to movie adaptations to split the final movie into two parts. This was met with success in the film version of the whopping 759 page *Harry Potter and the Deathly Hallows*. Jackson's decision, however, was immediately met with concern, since *The Hobbit* is a children's book of only 310 pages — half the size of *Return of the King* alone — and lacking the rich background and history that *The Lord of the Rings* is steeped in. However, the consensus was that Jackson's superb work on Tolkien's trilogy entitled him to some benefit of the doubt.

But then Jackson announced that *The Hobbit* would be not just two movies, it would be three — the entire length of *The Lord of the Rings* trilogy. This is both ridiculous and disappointing, not only because it's most likely a ploy to squeeze more money out of fans, but because it seems unlikely that the films will now be as thematically powerful. Jackson claims to want time to explore more of Tolkien's other stories, but this is misleading because he does not have the rights to either *The Silmarillion*, which contains the history of Middle Earth, or any of the *Unfinished Tales*, the collection of Tolkien's short stories. If Jackson is choosing to add material not originally in *The Hobbit*, it must either be something that was mentioned



courtesy New Line Cinema

Although Martin Freeman appears to be perfect for the role of Bilbo Baggins, it may not be enough to save the upcoming *The Hobbit* trilogy from Peter Jackson's poor choices.

in *The Lord of the Rings* or something that he came up with himself.

It was recently announced that one of Jackson's changes is the addition of a new character: Tauriel, a female elf. The reason for this inclusion is that *The Hobbit* doesn't include any women, and Jackson felt like he needed to give female audience members someone to relate to, as well as quell complaints of sexism because of the all-male cast of *The Hobbit*. Here the historical context of the original novel was not taken into account — Tolkien

was fascinated with mythology and wrote his story to be in the vein of Arthurian Legend. It would hardly be sensible to accuse Arthur of sexism for not having a female knight at his round table. While a modern story should strive to live up to contemporary views of female equality, needlessly shoehorning a woman into a story purely for the sake of preserving equality does more harm than good.

The film studio is also checking romance off their list of things every movie apparently must have,

with Tauriel confirmed as being romantically involved with the dwarf Kili. To broaden the film's appeal even further, characters from *The Lord of the Rings* including Legolas, Galadriel and Saruman are being shoved into the story to draw in those who are fans of the movies but not the books.

In the newest trailer for the film, scenes of merry dwarves and hobbits are broken up by wizards and grumpy elves talking very somberly. This change in tone from a jovial adventure to a serious drama seems

to be an attempt to make the films better match the style of *The Lord of the Rings*. It is worth noting that Tolkien himself was once pressured to rewrite *The Hobbit* in a more serious tone in order to match *The Lord of the Rings*, but after multiple attempts he threw out the idea, saying it "just wasn't *The Hobbit*."

Now it's not all bad. The effects and imagery are as stunning as ever, and to see Middle Earth rendered in such beautiful detail once more will be very enjoyable. Martin Freeman seems born to play a hobbit, and the humour of the dwarves looks bound to entertain kids and adults alike. In all likelihood, especially considering Jackson's track record so far, it could likely be quite an enjoyable and well-made fantasy trilogy. However, since Jackson seems unhappy with the characters, plot, tone and length, then why is he working with the book to begin with? Why wouldn't he just make an original fantasy story inspired by *The Hobbit*? Jackson would most likely be up for the task, and it would be tremendously exciting to have a new fantasy work of that scale. But the bottom line of a studio is profit, and it's much safer to cash in on the love that thousands of people have for Tolkien's novels than to strike new ground. In the end, we are left with a manipulative movie that is neither Tolkien's *The Hobbit* nor an original work, and all opportunity for a truly amazing film is lost.

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ALBUM REVIEWS



Hey Romeo

Twist of Fate

June 26 2012, Royalty Records

Hey Romeo is an Albertan band that only recently had a lot of success, despite having been together since 2002. They won Group of the Year at the 2012 Canadian Country Music Awards for the second year in a row, beating out other great acts such as Doc Walker, Emerson Drive and High Valley.

Twist of Fate is their third album and features Stacie Roper on lead vocals, Darren Gusnowsky on guitar and vocals and Rob Shapiro on keyboards and vocals. The album was recorded in both Nashville and Calgary.

The band members wrote all of the songs, with other co-writers. Carolyn Dawn Johnson co-wrote “If I Could Fly,” “Outlove You” and “Twist of Fate.”

Twist of Fate is contemporary country through and through — pleasant vocals, a mix of electric and acoustic guitars and songs about loving and leaving. The band has a delightful harmony and the songs are easy to listen to. Only one song is longer than four minutes, making it a nice change from albums that seem to go on and on.

“If I Could Fly” deals with the loss of a loved one by wishing for wings to fly up to heaven, and is the most serious song on the album.

“Night Out With The Girls” could be a rallying cry for the 40-something women crowd. It’s a conservative song, and personally I considered it the most annoying on the album. On the other hand, “It’s A House” — a song about a young couple starting out in the world — was my favourite because of its lyrics and melody.

Overall, this is a simple, feel-good country album. Fans of Carolyn Dawn Johnson and Martina McBride would do themselves a favour by checking it out. Hey Romeo has yet to really impress me though, maybe because I’m looking for something deeper or more meaningful from them.

Susan Anderson



Stalwart Sons

Stay Cold

September 27 2012, independent release

Calgarian band Stalwart Sons ushers in the autumnal decline with their second album *Stay Cold*. Laden with the varnish of post-hardcore and ’90s screamo aesthetics, the self-proclaimed “Canadiana three piece” has abandoned their usual conventions to delve deeper into the realm of fast-paced, toe-tapping rock and roll.

While the band’s first album, *Burn Daylights Like Torches*, was most notable for its Springsteen-esque honesty and melancholy lyrics, *Stay Cold* expresses a wintry discontent with the state of Canadian affairs.

Lyrical topics include observations on the decline of local agriculture and a musical response to Richie Haven’s performance at Woodstock. The overall argument of Kevin Stebner’s lyrics always ties back to the main theme of the rawness and beauty of the Canadian landscape.

The recordings are louder and better-mixed than their first album, and each of the instruments finds its own space in every song, making the sound clear and lush.

It’s hard not to mention Matt Learoyd’s bass playing — it stands out noticeably in the album, having a punchy roundness to it that funks with the pulsating drums without overwhelming Stebner’s guitar.

Because the album is so focused on the songwriting and lyricism, there were very few quiet, drawn-out moments for the guitars and atmosphere to truly shine. Overall this issue is minor and doesn’t detract from the album as a whole.

When it comes to truly Canadian local music, it’s hard to find a comparable group that so loudly screams the environmental call to arms that Stalwart Sons extends to fellow Canadians. Their uncompromising devotion to influencing the various facets of Canadian society makes them a diamond in the rough, and something that deserves to reach the ears of many.

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A unique hobby for this generation



Michael Issakidis

by: Caitlyn O'Connor

“Board games provide a small space of time where you can be anyone, go anywhere and do anything.”

—Steve Zanini, founder and co-organizer of the FallCon Gaming Society

When most of us consider board games, our thoughts immediately rush back to sitting around the kitchen table playing *Monopoly* with family, or taking *Clue* over to the neighbour's to spend the night babysitting. We grew out of these games, believing them to be childish — and once gaming systems became a bigger part of our lives, we disregarded board games completely. Board games should be reconsidered because they offer intellectual and social entertainment for adults, as well as children. Board games include party games, thematic games, strategy games, war games and children's games. Card games with their own deck — not the standard 52-card deck — are also a part of the genre.

There is a board game for everyone — all you have to do is turn off your television and gather a group of friends to enjoy this hobby. There is a strong community behind board games. Here in Calgary, a convention called FallCon brings together gamers to enjoy some of the top games available today. FallCon is held annually at the end of September, and is celebrating its 25th anniversary this year. Generally board games are easy to pick up and play, but can encompass a strategic range from *Candyland* to *Chess*.

The idea of a game with pieces and a board has existed throughout history, but the idea of modern board gaming really took off in the 1930s when Parker Brothers published *Monopoly*. During the Great Depression, this game was a huge success because it gave peo-

ple the sense of feeling wealthy and powerful at a time when most families had very little.

Arthur Butts, an artist and architect from New York, was unemployed in the 1930s and set out to design a board game. He noticed there weren't any word games on the market and came up with *Scrabble* — a revolutionary idea that soon became extremely successful.

In the 1960s, a new wave of war games was introduced and immediately became popular.

“People were able to re-enact historical events and battles and got a glimpse at the struggles faced by military officers,” says Steve Zanini, founder and co-organizer of the FallCon Gaming Society. “The idea of being able to change the course of history is very alluring, and the hobby grew from there.”

In Germany — after the Second World War, when the growth of war games was more limited — German designers began creating strategic games with more substance, vast topics, visual aspects and deliberate appeal to families.

Co-ordinator of the FallCon team and creator of the Canadian Game Design Awards Brent Lloyd says, “European-style games tend to be very mechanism-driven with an emphasis on a continuing storyline, player experience and puzzle solving.” European games are often contrasted with American-style games, which involve more luck, conflict and drama.

Cosmic Encounter was released in 1977,

and it sparked the popularity of science fiction in the board and card game world. In the game, players are alien races seeking to take over five foreign worlds. The game is now considered very original for its time.

Over recent decades, board and card gaming have taken a backseat to more technology-enabled forms of entertainment such as television, video games and online games. This incredible technology allows us to cut ourselves off from the world and become completely immersed in another setting. People's focus becomes entirely fixated on the screen. Although this form of entertainment can hold some appeal after a few hours of homework or a long day of classes, it's generally neither intellectually or socially stimulating. Compared to board and card games, television and movies — even educational programs — are more passive.

When watching a screen, the information is just being absorbed. When playing a game, the mind is more active and involved. In 1969, researcher Herbert Krugman discovered that in less than one minute of watching television, a person's brainwaves switch from beta waves, associated with active, logical thought, to primarily low alpha waves, which promote relaxation. Too much time spent in this state of alpha waves can cause an inability to concentrate. When a person stops watching television and becomes active, the brainwaves revert back to beta waves.

Board games are a great brain workout. The amount of thought, planning and deci-

sion making that goes into a single, simple game differs significantly to that invested in watching *Big Brother* or *American Idol*. Stimulating the mind is healthy and intellectually satisfying, and it's fun to beat friends at a complicated game.

FallCon co-organizer Jasen Robillard says, “most of our present day forms of entertainment are self-based, private experiences. Video games are pushing boundaries on this with massive multi-player online games and some truly innovative immersive experiences, but on the whole, entertainment is consumed privately and then shared after the fact.” In comparison to these privately consumed forms of entertainment, such as movies, television programs and video games, modern board gaming allows meaningful entertainment with maximum social interaction. Gaming grants the opportunity to get to know friends in a different light and puts the players in unique situations.

“Even with the most fantastical games that provide its players a portal to escapism, the game play is rooted in real, tangible human interaction that cannot be mimicked by reading books, watching TV or movies, or by playing most video games,” states Robillard. This human interaction is often missing in a world that is becoming more and more mediated through computers and digital technology.

“If you watch a group of people playing video games or watching TV, the focus is on the screen, away from people. If you watch

a group of people playing a board game, the focus is in the centre of the group and includes the people in the focus," explains Lloyd. Board games foster social interaction; television generally limits it.

Where there is human interaction, the players can read each other's body language, an element that is lost in video games and online games. Video games are generally more fast-paced and based on reaction time, whereas board and card games focus on planning and strategy. When playing against a human opponent, the player can guess what their opponent's next move will be based on the opponent's body language. In a video game or online game, that experience is impossible.

In addition, board games are increasingly available in electronic form. For instance, Riener Knizia, German designer of hundreds of award-winning games, has seen many of his games, like *Ingenious*, *Battle Line* and *Keltis*, become

available electronically. Facebook users can play many board games, such as *Scrabble*, on their pages. With these online forms, the social interaction is virtually mediated and the element of a group gathering around a table is lost. Although the strategy is still there, the social interaction is not the same as playing in real-time in front of real people.

"There is nothing like gathering at a friend's house, shooting the breeze about current affairs and relaxing with a beer and chips, sitting around a board game with your buds," says Zanini.

Modern board gaming has challenged the belief that board games are just for children. It appeals to adults and allows multi-generation interaction. Today, there is a board game for everyone. Good at math? Try *Power Grid*, a complex, economic, strategic, German-designed game. Enjoy storytelling? Play *Dixit*, a simple game of creative think-

ing. An ancient history buff? Take your pick between *7 Wonders*, *Glory to Rome*, *Roll Through The Ages* or *Attica*.

One of the elements of player experience when playing a board or card game is the balance between interacting with the game and interacting with the other players. For example, a card game like *Dominion* is more about the players creating and optimizing their own deck with less player interaction. Alternately, a game like *Ingenious* has a lot of player-to-player interaction because every move depends on the decisions of the other players. Either way, the social element is a key part of modern board gaming.

Today, board gaming is increasing in popularity, and every year more games are published, more people attend conventions and more designers are recognized for their work. Conventions emphasize and seek to retain the social element, which is a key part

// Even with the most fantastical games that provide its players a portal to escapism, the game play is still rooted in real, tangible human interaction that cannot be mimicked by reading books, watching TV or movies, or by playing most video games.

– Jasen Robillard, FallCon co-organizer

of modern board gaming. Each year, the biggest board gaming convention in the world is known as *Speil* and is held in Essen, Germany. It has hosted a mind-blowing 154,000 guests over four days. Other board and card game conventions are held annually all over the world: the Australian Games Expo is held in January in Canberra, Australia; in April, *Fastaval* is hosted in Denmark;

and *SpellenSpektakel* occurs in October in the Netherlands. Some Canadian conventions include *CanGames* in Ottawa, *Draconis* in Montreal and *Pandemonium* in Toronto. Each of these conventions are held annually. To attend a convention, a person can register online for the games they want to play, or they can register once they arrive. There are specific time slots

see a UNIQUE HOBBY, page 14

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A unique hobby, continued from page 13

set for different games throughout the length of the convention. There's also a small admission fee — you can pay for a weekend pass or just one day. Most conventions also have areas where both new and used board games are available for purchase.

FallCon is a board game and miniatures convention in Calgary. Its primary focus is to give gamers the opportunity to experience pre-planned and well-executed gaming events. There are over 50 hosted events, and an auction of 300 games. FallCon hand-picks each game to be used at the convention based on the criteria that they are highly playable, have interesting themes, are fun, challenging, social and something that the organizers themselves would be interested in playing. There is a mixture of new games and old favourites. Some of these games are complex, but most of them are easy to just pick up and play.

“We wanted to host a well-run festival of games, something that gamers can enjoy consistently year in and year out,” explains Zanini.

FallCon has time slots dedicated to open gaming, and the final evening includes a new addition

called “Super Happy Party Game Fun Time,” which includes three and a half hours of party games such as *Dixit*, *Wits and Wagers* and *Time's Up: Title Recall*. FallCon has a strong history of volunteerism and a sense of community, and is a labour of love for all involved.

Two years ago, the FallCon Gaming Society, along with its founding counterpart, the Canadian Wargames Group, decided that Canadian designers should be recognized for their contributions to the board gaming community.

“We were looking to create our own FallCon Game of the Year Award and looking for what would make it different,” says Zanini.

The annual Canadian Game Design Awards were created in 2010, with the first victory going to Roberta Taylor's *Octopus' Garden*. Matt Tolman won with *Undermining* in 2011.

“The CGDA was created as a way to promote the board game industry in Canada,” explains Robillard. The award recognizes the best Canadian design, and helps new designers break into the industry. The awards have been a successful

addition to the convention.

The winner is picked by closely examining the rules and mechanics of the nominated games. The prizes include \$200 from the FallCon Gaming Society, \$200 from Panda Game Manufacturing, a \$500 manufacturing allowance from Panda Game Manufacturing and a \$500 cash advance from Valley Games Publishing, upon signing a contract with them. This prestigious award is very important for many Canadian designers.

“The award offers a brass ring to the designers. I have had many of them tell me that our deadlines force them to finish their

designs so they can have a chance at winning. The judges are from all across Canada, and they volunteer their experience and time to evaluate and provide feedback to the designers on their designs,” says Lloyd.

The hobby of board games is a major source of entertainment, competition, camaraderie and enjoyment for a growing number of people.

“The biggest draw for me is the community of friends I've made over the years playing games. Without question, some of the absolutely friendliest people I've met have been gamers. I always look forward to game nights with

buddies for the camaraderie that ensues around the table,” says Robillard.

Board and card gaming is a unique hobby for this generation. It should not be taken for granted or passed over. Individuals around the world spend endless hours promoting, designing, manufacturing, publishing, organizing and creating board games and events. It is an age-old practice that has piqued the interests of thousands of people over time, and is now more advanced and intriguing than ever.

FallCon runs Sept. 28–30 at the Commonwealth Hall and Conference Centre. For more information go to fallcon.com.

A few of the games that will be played at FallCon



The Settlers of Catan is an oldie, but a goodie. The original game in the Catan series involves attempting to be the dominant building force on the island of Catan. To be successful, players must have skills in planning and negotiating with other players. You may have seen it played by a certain hilarious group of socially-awkward scientists on *The Big Bang Theory*.

Dominion is a medieval card game where the goal is to build your deck up and gain the most victory points. This game is very fast paced, and is the author's all-time favourite because of the ease at which it is played and the fantasy aspect.

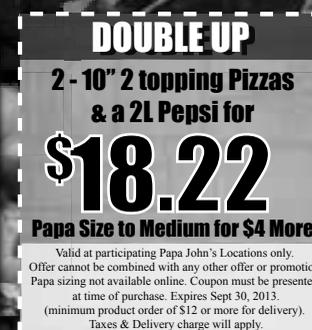
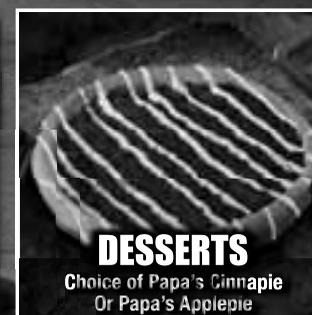
D-Day Dice is a brand new game. As the title suggests, it's a combination of a dice and war game. Based in WWII, the players are Allied soldiers who need to help each other throughout the game in order to stay alive, while simultaneously managing resources, moving the unit around and finally, creating a deadly force which will be used to attack the enemy German machine gun nest.

A Few Acres of Snow is a recently published game. It's a two-player card game that re-enacts the French and British conflict in North America. Similar to Dominion, each card has multiple uses, but players must pick one use when the card is played. Players' choices determine the outcome of history.

Ora et Labora is another recently published game, where each player controls a monastery in Medieval times. Players must acquire land and construct buildings to gain resources and work towards creating functional infrastructure, eventually creating prestigious items like books, ceramics, ornaments and relics.



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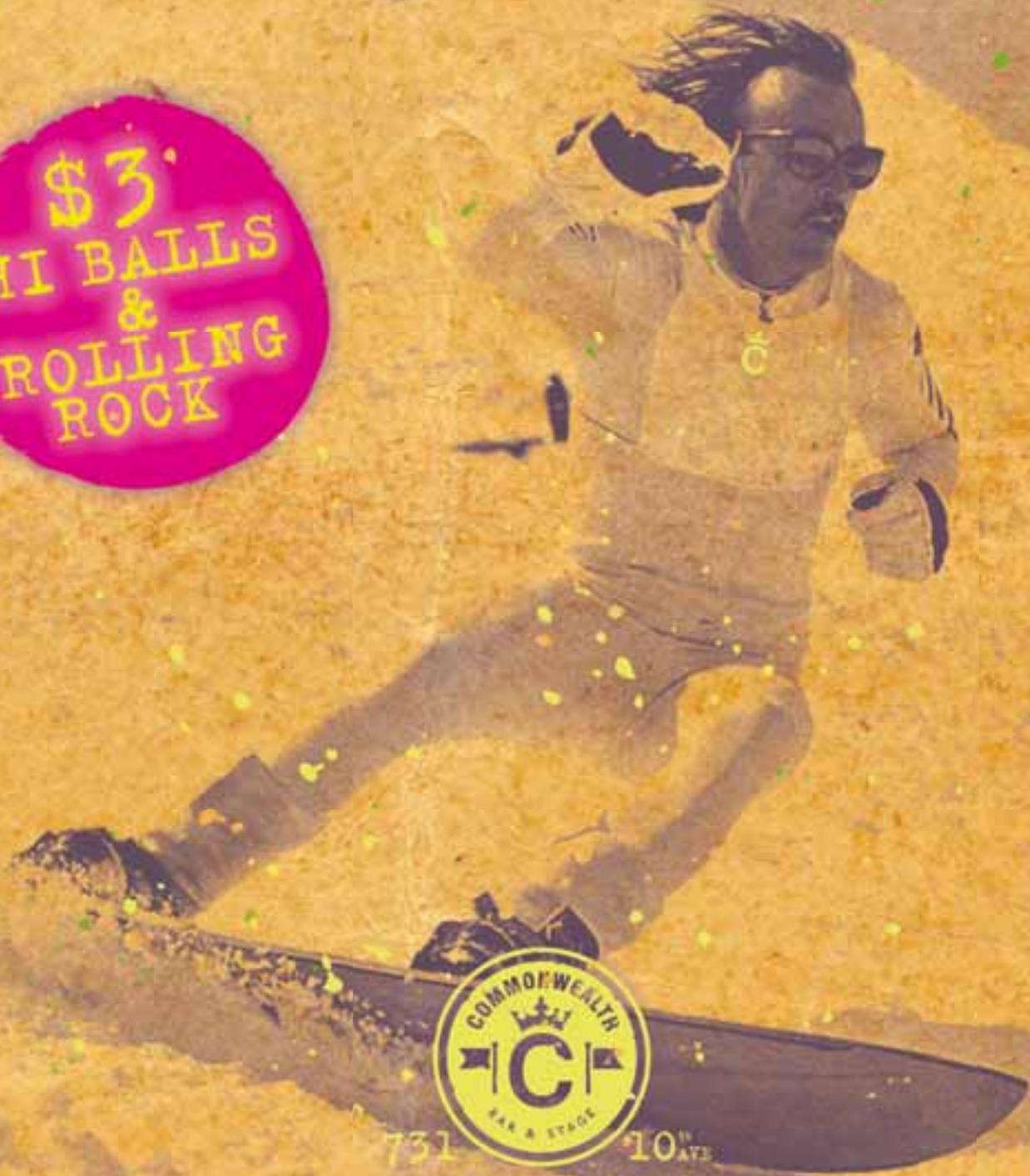
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Honey Boo Boo Child under discussion

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Gauntlet Opinions



Here Comes Honey Boo Boo, starring the seven-year-old, pageant-loving Alana Thompson, has carved a place in the hearts of audiences, offering the world an escape from reality. It is this escapism that appeals to television watchers and is clearly beneficial to society.

TLC's latest reality television invention takes viewers to a world where no thinking is required — a stark and refreshing contrast from a real world where critical thinking clogs our mental capacities. Instead, thinking is replaced with simple, more understandable concepts, like watching the train go by the house from the front steps, making the bed in the morning, the mysterious concoction “go-go juice” or convincing “Mama,” June Shannon, to buy a pet pig. Gone are the subtle nuances of clever, network television shows that confuse even educated audiences. They have been replaced by a show concerned primarily with simple, silly dance routines for the next big pageant.

This type of programming allows its viewers to relax and laugh at the simpler things in life, such as pet pig Glitzy relieving herself on the kitchen table. The complexities of real life can be escaped when the central concern of the main characters is finding enough toilet paper coupons for the next shopping trip to the local Piggly Wiggly which, according to Mama, is “better than sex.”

Perhaps viewers of the show secretly wish to play a role in the world of *Honey Boo Boo*. The self-described “rednecks” claim they do not care what others think of them — an enviable quality for many people. “We are who we are,” says Mama. “We like having fun. If you're not having fun doing it, why do it to begin with?” This idealistic yet unsophisticated train of thought frequently triggers situations involving flatulence and other embarrassing situations, inspiring others to be indifferent to their own eccentricities. Viewers can identify with the show's characters and their ambitions to be freed from the expectations of a restrictive society.

Understandably, concerns have been raised about the controversial television program. The welfare of the show's children

has been criticized, particularly for the family's burgeoning waistlines. However, the family is making an active, collective effort to keep their weight gain to a minimum. Naysayers have also mentioned that the show degrades television broadcasting as a whole, but its popularity proves that audiences enjoy *Here Comes Honey Boo Boo* and that its simplistic nature provides an escape for people. Reality television is not a problem, but rather a solution that soothes the aches and pains of busy lives.

There is a growing trend of television programming that can be classified as escapist with very little thought process required. Among them are *Jersey Shore*, *Keeping up with the Kardashians* and *Toddlers and Tiaras* — the program that first introduced Alana Thompson to the world. Though these shows are often scoffed at by television critics for their nonsensical, ridiculous nature, they give audiences a form of entertainment they can identify with that is approachable, fun-loving and light. Viewers of *Here Comes Honey Boo Boo* need not feel guilty, for it is their well-deserved and well-intentioned escape from real life.

Against

Amanda Espinoza
Gauntlet Opinions



Almost everyone with Internet or cable seems to have an innate fascination with reality television — we thrive on gawking at people in questionable life circumstances. The Learning Channel reality show *Here Comes Honey Boo Boo* is no exception to this. Alana Thompson, otherwise known as Honey Boo Boo Child, is the star of what I would call the epitome of garbage television.

Considering that this show is a spin off of *Toddlers and Tiaras*, TLC has truly gone out of their way to further degrade those already in the exploitative child pageant world. Alana's mother, June, said her family has spent approximately \$8,000–9,000 on Honey Boo Boo's pageants. This cost is offset by “extreme couponing.”

Here Comes Honey Boo Boo should never be watched, even when there is nothing else on tv. The first episode introduces the Thompson/Shannon family, who all have unusual nicknames. In addition,

they have a daughter who is pregnant at 17 and all family members struggle with their weight. This follows a trend set by their mother who was pregnant at 15 and currently weighs over 300 pounds. Some may argue that Honey Boo Boo's parents have created a loving environment filled with fun. However, it is clear that their

How will she cope with the fact that “redneck-ognize” is not a word?

children have not been instructed appropriately in making healthy lifestyle choices.

Honey Boo Boo is famous for her “go-go juice,” which is a mix of Red Bull and Mountain Dew. Yes, that's right: a seven-year-old is pumped with taurine and sugar to keep her alert enough to perform well during pageants. We also get a glimpse into the food this family eats — “sketti” (spaghetti with a ketchup and butter sauce), cheesy puffs and road kill. They are not very concerned with diseases like E. coli since they let Glitzy, their pet pig, poop on their dining room table.

Manners are another cause for concern, as this concept is foreign to the Thompson/Shannon family. Alana Thompson stated after a session with an etiquette coach that “etiquette classes are for stupid people.” In contrast, the family thinks it is funny to pass gas at the dinner table.

If all these things are not off-putting enough, consider what this show is really doing to Alana in the long run. What is going to happen to her self-esteem when she realizes that there is only so much five pounds of makeup can do? Or, how will she cope with the fact that “redneck-ognize” is not a word?

If the way the Thompson/Shannon family behaves and the food they eat aren't cause enough for you to never want to watch this show, by all means, watch it. Turn your brain into a wasteland while helping this family make some cash. After all, for Alana Thompson, “a dollah makes [her] hollah Honey Boo Boo.”



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Keep pseudo and science separate

Complementary and alternative therapies should not be called medicine

Alex Kim
Gauntlet Opinions



For students interested in a career in research or medicine, securing a summer position in a research lab provides invaluable experience. By obtaining a studentship from an organization like Alberta Innovates Health Solutions or the University of Calgary's Program for Undergraduate Research Experience, undergraduates can spend the summer months conducting research in world-class labs.

The Branch Out Neurological Foundation, a brand new research-focused charity, recently started offering summer funding to students interested in pursuing research into treating neurological diseases through "less commonly explored treatment options such as complementary and alternative medicine." As an undergraduate researcher myself and as a skeptic, I have some problems with this.

There is no universal definition of complementary and alterna-

tive medicine. Most attempts at definitions typically resemble either "treatments not currently considered part of conventional medicine" or "treatments not proven to be effective by scientific methods." The first definition is usually employed by those who advocate CAM and it fails to address the actual efficacy of CAM methods. The second is the more apt of the two and is more useful in considering issues of public health.

Consider the following examples of CAM practices. Chiropractic, perhaps the most popular member of the CAM family, is sorely lacking scientific evidence of its efficacy in treating any medical condition. Naturopathy operates on the assumption of the existence of 'vital energy,' which is purported to guide all bodily processes. This ideology is directly in conflict with that of science-based medicine. Homeopathy does not perform significantly better than a placebo in some clinical trials. Furthermore, its proposed mechanism of action, which assumes 'like cures like,' is physically impossible. Despite all of this, these therapies are prevalent throughout Canada and the rest of the world. A

Fraser Institute study estimated that Canadians spent \$7.8 billion on alternative medicine in the latter half

of 2005 and the first half of 2006.

But if the problem with alternative therapies is that they're not

supported by the evidence, then isn't Branch Out actually addressing the problem? Branch Out supports research into novel treatments of neurological disease, which is something I absolutely promote. Trying to find new approaches is something we should always encourage. What I disagree with is how they're choosing to label their efforts. Why does Branch Out call the research they support 'alternative'?

This past summer, Branch Out paid for undergraduates to investigate using music therapy to help Parkinson's patients improve movement and cognition, the potential use of a turmeric-derived chemical in treating the neuropathology associated with diabetes, how an

see PSEUDO, page 19



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Caught in the slut box

Melanie Hudson

Gauntlet Opinions



The “slut box” is a dangerous category to be placed in. Relegating a woman to the slut box — sluts are almost universally understood to be female — generally indicates she is of poor moral character and somehow fundamentally different from women who escape the wrath of this category. In other words, the fact that women are still labelled as sluts or non-sluts indicates that a dichotomy exists between promiscuous women and monogamous women.

Women who are featured in pornographic material are an example of an entire class of women who have been relegated to the slut category. For instance, the idea that some women are “too good” to be featured in pornography indicates this dichotomy.

Women in pornography are not fundamentally different than those who are not, other than in their choice of occupation. To imply

that some women are “too good” for pornography implies that there are women who are not “good” enough and are deficient in some fashion, which facilitates and solidifies their position as fodder for pornography. I’ve often wondered how men who are in gentle, kind and compassionate relationships can simultaneously view and be aroused by images of women being degraded. This cognitive dissonance stems from the fact that women who are promiscuous are conceived differently and negatively when contrasted with monogamous women. Yet, sexual voraciousness is not indicative of

conscience, morality or ethics.

Admittedly, there probably is a difference in values between women who are promiscuous and women who are not. However, this should not be used to justify the idea that promiscuous women are deserving of inhumane or degrading treatment simply because they do not restrict their sexual partners or experiences. We must question and change our assumption that a woman’s sexuality is linked to their morality. Women do not exist as mere sluts or angels, they are on a continuum of human experience of which sexuality is only one facet.



Pseudo, cont'd from pg 18

exercise regimen can contribute to physical and mental health in patients with low-grade brain cancer and a handful of other projects. These are all interesting lines of study and if they yield promising results, the approaches can be further examined and possibly put into practice. If the results do not support these strategies, then we’ll learn that these are not good ways to treat neurological disorders.

That is how evidence-based medicine works. This is not alternative medical research — it is medical research. The point at which we should consider treatment approaches crossing into the domain of CAM is when they’re put into practice without convincing evidence to support them.

My contention with Branch Out’s labelling is that they are associating the research they fund — real science — with the term “alternative medicine.” By adopting that unfortunate label they are contributing to an illusion of legitimacy of the earlier-mentioned quackery — chiropractic, naturopathy, homeopathy,

etc. This makes the exploitation of the public easier for alternative medicine providers and it makes it harder for the misinformed public to pick up on the absurdity of alternative medicine.

Many do not understand that alternative therapies have insufficient or very little scientific support and therefore no rational basis. Taken in by alternative medicine’s empty promises, patients may choose to refuse conventional treatment and instead turn to more ‘natural’ options based on pseudoscience. The labelling Branch Out employs feeds into the much larger problem of the lack of education and public awareness of what alternative medicine actually is.

The Branch Out Neurological Foundation has noble intentions and is funding important scientific work. However, the way Branch Out chooses to present itself contributes to widespread misinformation of complementary and alternative medicine, which can be harmful to public health. Science is science. Alternative medicine is nonsense and should be treated as such.

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Past its prime:

The harsh realities facing an upgrade of McMahon Stadium

Louie Villanueva

Alex Hamilton

Gauntlet Sports • @SKRollins

McMahon Stadium is the least impressive of Calgary's major entertainment venues. Although the over 50-year-old stadium has hosted a variety of marquee events — from the 1988 Olympic opening and closing ceremonies to the NHL Heritage Classic last year — it clearly shows its age. Cities across Canada are upgrading or replacing their football venues and there has been a lot of talk about upgrading McMahon Stadium.

While the purchase of the Stampeders by the Calgary Flames in 2011 may mean long-term franchise stability, the ramifications it will have for the future of McMahon are complex and uncertain at best.

To differing extents, the managers of the stadium — the University of Calgary and the Calgary Stampeders — all understand the issues with the stadium. Stadium manager John Haverstock said that the biggest concerns involve support services, washrooms and concessions an issue highlighted at last year's Heritage Classic.

"We had zero negative feedback . . . but at the same time, we had 42,000 people," said Haverstock. "It really does put a strain on the building. It was very crowded — space was a challenge. It takes money and we don't have funding right now."

Heritage Classic attendee Darrin Curry said that one of the only negatives from the event was the lack of access to washrooms.

Curry also brought up issues with the stadium that may be beyond the control of management. "It was not really suitable because it's so open and gets so cold," he said. "It's not as bad during Stampeders games, [but] it's all made of concrete. The foundation of the whole stadium is very old, it goes back to the heating. There's no heat inside the concourse."

An additional issue is that there are no seats, only bleachers, in the corner sections of the stadium.

In the past year, there has been a lot of discussion of the issues facing McMahon, but no apparent progress. In March 2011, the

U of C put out a call for developers to submit proposals for the land around the stadium, with the idea of using the money to fund upgrades. The deadline was April, at which point the university considered their options.

"There's been no conclusion on that [plan]," said Bob Ellard, vice-president of facilities management and development for the U of C. "We have no plans to change what you see today."

The Flames are looking to replace the Scotiabank Saddledome as well and want to have a solution in place before 2020. Although the Flames have expressed the desire to build a joint arena and stadium complex, the feasibility of this plan is up for debate.

"Right now, the Flames's pri-

ority is a new rink," explained Haverstock. "Where the stadium might fit in, there has been no talk up to this point."

Similarly, Ellard stated that the Flames's purchase of the Stampeders last year has not changed the university's plans for the development of McMahon Stadium land. Also, Ellard said that the university was not aware of any changes the Stampeders were planning to McMahon Stadium.

If the Flames really intend to pursue a joint McMahon-Saddledome replacement, the situation could become extremely complex and difficult. One only has to look north where Edmonton Oilers owner Daryl Katz is in a bitter battle with city council — and the public by extension — over the cost of a new arena.

The process of building new arenas and stadiums involves a lot of negotiation with city officials and politicians. Katz has threatened to move the team to Seattle — and even visited the city and toured the facilities — if he does not receive a suitable offer from the City of Edmonton.

With McMahon, this may be true as well if the same arena-stadium negotiation process takes place. Without even considering community engagement, the numbers alone are significant. Katz is claiming that a new Edmonton arena would cost \$450 million — of which he is willing to pay only \$100 million of his own money.

New CFL stadiums recently built, or in the process of being built, in Hamilton, Winnipeg and Regina have had estimated costs ranging from \$150 million to \$278 million, all with the support of millions of public funds.

Even the most basic analysis shows just how difficult it would be for the Flames to finance a stadium and arena at the same time, despite Flames president Ken King stating four months ago the team's desire to do just that.

The Stampeders may be in good shape, both financially and on the field, but will not have a stadium to match that prestige. The City of Calgary, which prides itself on being an award-winning municipality, does not have an outdoor venue suitable for modern marquee events.

One reason a new hockey arena is needed is because the Saddledome's distinctive architecture makes it undesirable for events like concerts. Although football stadiums admittedly host far fewer non-sporting events than hockey arenas, it will be somewhat embarrassing if McMahon is ignored while the Saddledome is revamped.

Perhaps short-term fixes are more likely. Along with more washrooms, a main priority for stadium improvement is concessions.

"They run out of beer really fast," said Curry. And perhaps McMahon's patrons need this most of all.

1,050,000

The amount spent on the construction of McMahon Stadium in 1960. Adjusted for inflation, the cost would be \$8.12 million in 2012.

35,650

The current capacity of McMahon Stadium. Since 2007, seating has been cut by 4,200 to accommodate luxury boxes. The 2009 Grey Cup held 46,020 including temporary seating.

4

The number of Grey Cups held at McMahon Stadium in 1975, 1993, 2000 and 2009. None of these Grey Cup games have featured the Calgary Stampeders.

1,000,000

The approximate amount spent in the 2010 renovations of McMahon Stadium facilities. This included upgrades to the equipment room, locker room and weight room.

Fastball playoffs head into full swing



courtesy Kevin Lee

Fabian Mayer

Gauntlet Sports • @FGMay

As most university teams begin their season, there is one team about to start playoffs. The University of Calgary women's fastball team played their final regular season game on Sept. 25 and start the Western Collegiate Softball Association championships this weekend.

The fastball team is now in its 10th year and looks to build on the tremendous success of last year. The Dinos finished the 2012 season with a bronze in the Alberta Intercollegiate Women's Fastball playoffs, earning a spot in the national championship tournament. The Dinos went on to put together an incredible streak that took them all the way to the national championship game against the University of Western Ontario Mustangs.

Though the Dinos managed to be the only team to push the Mustangs to a full seven-inning game, the Dinos lost 6-0 and earned a silver medal.

Head coach Randy Plishka said the team finished strongly last year.

"We had a little bit of a disappointment in our league playoffs, SAIT kicked us down to third place, but we caught fire at nationals," said Plishka. "We won

two very close games in the quarters and semis and ended up in the national finals."

This season, the league is once again filled with stiff competition. The two-time defending champions, the University of Saskatchewan Huskies, are perennial favourites to take the western division crown. The vastly improved SAIT Trojans and the University of Re-

/// We've beat all the teams before. Just playing our game is going to be the most important thing.

— head coach, Randy Plishka

gina Rams also look to challenge for a spot in the WCSA finals.

It has been an up and down sea-

son for the Dinos so far. It started off with a bang on opening weekend — Calgary hosted six games

and came away with a solid 4-2 record.

The opening games of the season were particularly special for rookie Taylor Mennie.

"Our opening weekend was really awesome and it was great to feel a part of the team so quick. We beat U of S and ended their two-year winning streak, which

see FASTBALL, page 22

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Fastball, continued from page 21

was a great feeling," said Mennie.

However, the team's first road trip of the year did not go as well as they hoped. After three games in Regina, the Dinos failed to win and headed back to Calgary with two losses and a tie. Upon returning home, two consecutive losses to SAIT left the team winless in a five-game stretch.

A strong, two-win showing against Lethbridge on Sept. 22 has gotten U of C back to the .500 mark for the season.

The WCSA playoffs this weekend will be held in Coaldale, AB with the top-two teams guaranteed a spot in the national tournament taking place Thanksgiving weekend in Regina. As a result of the team being a finalist in last year's championship, the Dinos have already secured their spot in Regina. Because of this, staying focused on the regional playoffs could prove difficult for the Dinos this season.

"It would be nice to be there because we won. We're a good team and with our work ethic we definitely deserve a shot at top spot in the west," said Mennie.

One thing the Dinos will be sure to remember as they head into playoffs is that they have beaten every team in the league this year.

"That's exactly what we need to focus on. We've beaten everybody, but they've beaten us too. It's a

crapshoot if we come to play and play our best. Hopefully it falls in place for us," said Plishka.

The Dinos will enter the playoffs with plenty of confidence hoping to replicate their past performances against every team in the WCSA.

"We've beat all the teams before. Just playing our game is going to be the most important thing," said Mennie.

Despite their past success, coach Plishka mentioned that the Dinos will have to eliminate errors in order to challenge for a medal again this year.

"Right now we have to cut down on errors — that's what has been hurting us this season. It's the mental errors, the dropped balls we know we should have that we need to cut down on," said Plishka.

As the Dinos fastball team begins their playoff march Sept. 29 in Coaldale, AB, the club has a chance to correct their errors and will look to use the WCSA playoffs to fine-tune their game for the national championships in October. In addition to this, the Dinos can earn a spot in the 2013 national championships if they finish in one of the top-two spots.

The 2012 national championships begin on Oct. 6 in Regina with a double header against the Humber College Hawks and the U of S Huskies.



Michael Kvas

Lockout? What you talkin' 'bout?

Cody Sylvester scores against the Kootney Ice during the home opening game for the Calgary Hitmen en route to a 5-1 win in front of over 9,000 fans on Saturday, Sept. 22. The Hitmen are selling tickets for \$2 with a valid student ID for the Sept. 29 game against the Red Deer Rebels. Discounted tickets can be purchased at the Saddledome box office or on Thursday, Sept. 27 in MacHall from 11:30-2:30.

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Spending money for “fitness” proves beneficial to ego

Buying overpriced clothing makes you better than other people, new study finds

Morgan Shandro

Illustrations Editor • @MorganShandro

A group of fitness researchers in Vancouver, British Columbia believe they have uncovered the secret behind the new method of feeling fitter that is now all the rage. The controversial method, dubbed “Lululemon Retail Therapy” by those who remain more skeptical of the routine, has swept across North America like wildfire, proving to be especially popular among the 18–24 year old female demographic.

In short, the “Retail Therapy” workout, or as those who follow the program refer to it, the “buying a cute new set of workout clothes” routine, consists of performing regular sets of shopping trips with at least several repetitions of purchasing items at the Lululemon Athletica boutique or another similar store that is sufficiently expensive for the participant to feel that their hard-earned money is really working to help them with their fitness goals. These sets of shopping trips are then followed

by an interlude where the person proceeds to wear their new workout costume in public.

“Ever since I started buying a new cute workout top or set of tight yoga pants every time I went into Lululemon, I’ve felt so much better about the workout routine that I’m totally going to start next week,” says U of C student Laura Bennett, a strong supporter of the Retail Therapy program.

“When I wear those clothes around for my everyday life, I know that people are looking at me and thinking, ‘Wow, that girl must be so athletic. I wish I was as motivated as her to be doing physical activity all the time.’ And I smile to myself, because I know that they’re right.”

When asked if any part of her workout routine actually involved sweating in her new clothes, Bennett seemed somewhat confused.

“Sweating? Um, ew, gross. No thank you.

It’s, like, September now. Not exactly the height of summer anymore. Plus, I wear antiperspirant. Ruuuude.”

Molly Fischer, another proponent of Retail Therapy, is eager to remind those who are thinking of getting into the program that they need not be limited to only workout tops and bottoms.

“It’s all about the image of life-

style you are trying to project to others,” she advises. “I always make a point of carrying around a yoga mat, a specialty aluminum water bottle and a luxury gym handbag in addition to wearing my hoodie, scarf and rain jacket over my basic workout layer. When I take the time to coordinate all of my Lululemon articles like that, it not only shows people that I mean business, but that I’m filthy rich and therefore better than them. It’s not like they need to know that I’m getting my electricity shut off in two days because I maxed out my credit card again.”

Harry Thurston, one of the researchers involved in pinpointing why this fitness routine has become so popular, reports that although there is a clear correlation between taking part in Retail Therapy and an increase in morale, results are inconclusive as to whether

the so-called fitness regimen has any impact on the participant’s actual health.

“As far as we can tell, it really seems to be just a bunch of cocky, pretentious college kids playing sinister mind games with each other,” he explained. “You see trends like this throughout the decades. In my day, it was shoulder pads and leg warmers. But unfortunately, all current research indicates that simply wearing clothes does not, in fact, transform you into what the clothes represent. Otherwise Halloween would be an entirely different matter altogether.”

Thurston did, however, add that research into the effects this Lululemon craze has on the male 18–24 year old population is inconclusive, and that more research was needed to determine the full impact of this new trend.

“Yoga pants are definitely an area that have been neglected in study up until now,” Thurston remarked. “We’ll have to delve deeper for sure — probably perform two or three preliminary studies. At least. For starters.”



Adrienne Shumlich

After following a rigorous program of consumer exertion, Laura Bennett can affirm with confidence that she is, in fact, better than you.

CROSSWORD ANSWER

Across

- 1- Female child;
- 5- Official records;
- 9- Caught congers;
- 14- Actor Morales;
- 15- Active one;
- 16- Treasure ____;
- 17- Delves;
- 18- Like some history;
- 19- Broadway actress Uta;
- 20- Superfluous;
- 23- PBS benefactor;
- 24- Lennon’s lady;
- 25- Historical records;
- 29- London gallery;
- 31- Mao ____-tung;
- 34- March man;
- 35- Wagon;
- 36- Met highlight;
- 37- In spite of;
- 40- Ferrara family;
- 41- Abhor;
- 42- Model;
- 43- Actor Fernando;
- 44- E or G, e.g.;
- 45- Blues great Smith;
- 46- Sun. talk;
- 47- Brief instant;
- 48- Edict;
- 56- Really bother;

57- Yes ____?;

- 58- Mother of the Valkyries;
- 60- Steeple;
- 61- Pro ____;
- 62- Brewski;
- 63- Stun gun;
- 64- Soon;
- 65- New Age musician John;

Down

- 1- H.S. proficiency test;
- 2- Egyptian goddess;
- 3- Prego competitor;
- 4- Speech issue;
- 5- Worships;
- 6- Jazzy Chick;
- 7- Drop of water expelled by the eye;
- 8- He sang about Alice;
- 9- Flammable gas;
- 10- Muse of love poetry;
- 11- Trademark;
- 12- Always;
- 13- Repudiate;
- 21- China’s Zhou ____;
- 22- Must, informally;
- 25- Moore’s TV boss;
- 26- Gallows loop;
- 27- Bonkers;
- 28- Even ____ speak;

29- Flavour;

- 30- Commedia dell’ ____;
- 31- Attempts;
- 32- Biblical mount;
- 33- Bald, golden, or harpy;
- 35- FDR’s fireside ____;
- 36- Increases;
- 38- Sharp-pointed plant outgrowth;
- 39- Bridget Fonda, to Jane;
- 44- Asexual;
- 45- Lament;
- 46- Animal trap;
- 47- ____ Domingo;
- 48- Nuisance;
- 49- ____ Nui (Easter Island);
- 50- Elevator man;
- 51- Mrs. Dithers, in “Blondie”;
- 52- Teheran’s country;
- 53- Catbird seat?;
- 54- Faithful;
- 55- Probability;
- 59- Powdery residue;

Puzzle provided by BestCrosswords.com. Used with permission.



Life Scream — Sean Willett



Duly Noted — Connor Goodfellow

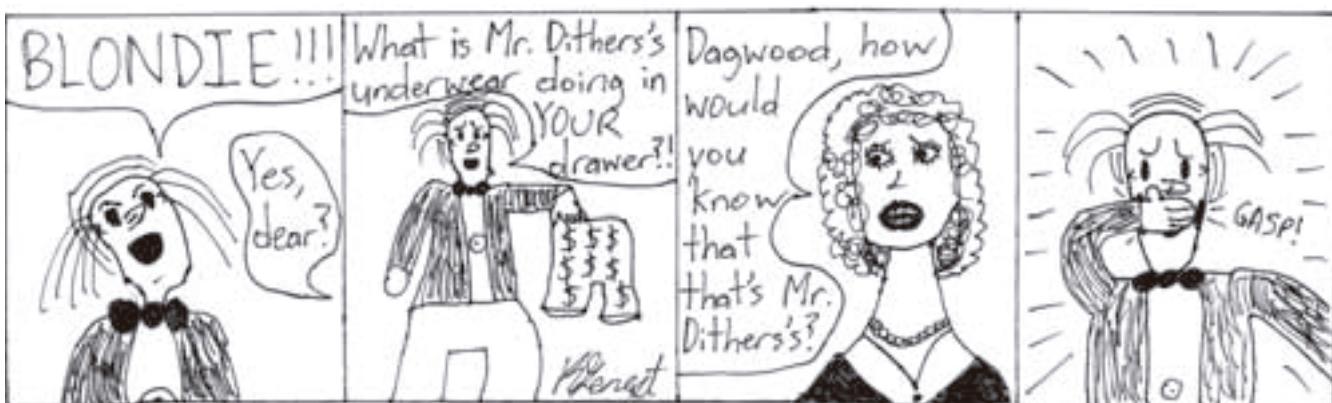


Said the Squid — Jeff Hollett & Lori-Lee Thomas



Fish Maps

Stercum Accidit — Kurt Genest



The SU Fall Highlight Reel...



Hardave Birk
President



It's been a busy spring and summer at the Students' Union (SU), and if I haven't met you, I'm Hardave Birk, your SU president for the year.

When big things are happening on campus that affect you, check this page in The Gauntlet or watch your inbox for an email from me to make sure you have one place where you can find a list of everything you need to know. Here are a few highlights of what your SU is

working on (check out www.su.ucalgary.ca for more details):

If you missed this year's **welcome video** during orientation week – we killed it! One of my favorite parts is the bloopers and Scott's dance moves at the end. A great way to learn a bit more about what your SU does for you! Check out your SU President's and Vice Presidents' sub-par performances on our website.

If you have a suggestion to make your campus experience better, share it with the SU! We have funds to help make your next **Bright Idea** a reality! The SU gets about \$1.5 million each year from U of C's Board of Governors through

the **Quality Money** program to fund student initiatives that improve campus life. No project is too big or too small! Applications will be available on our website and the deadline for getting your proposal submitted is Nov. 30.

Cinemanía screens free movies every Monday at 5:30 and 8 p.m. in That Empty Space. Check out your favorite blockbusters before you can rent them and indie films and cult classics you didn't know you'd love. \$2 gets you all the popcorn you can eat.

Five Days of Fitness offers free fitness classes to students every day of the week. **Yoga in the Space** is back every

Tuesday (12:30 -1:30 p.m.), Wednesday (12 - 1 p.m.) and Thursday (12:30-1:30 p.m.) in That Empty Space. We provide the mats and the certified instructor – you just need to show up! Active Living presents free spin classes and boot camp every Monday and Friday from 9:30 to 10:30 a.m.

To follow some SU Playmaking in real time check out our twitter and keep up to date on what's happening twitter.com/suufc. We're hoping to have a killer year here at the U of C. Help us make it happen. Let's GOOO!