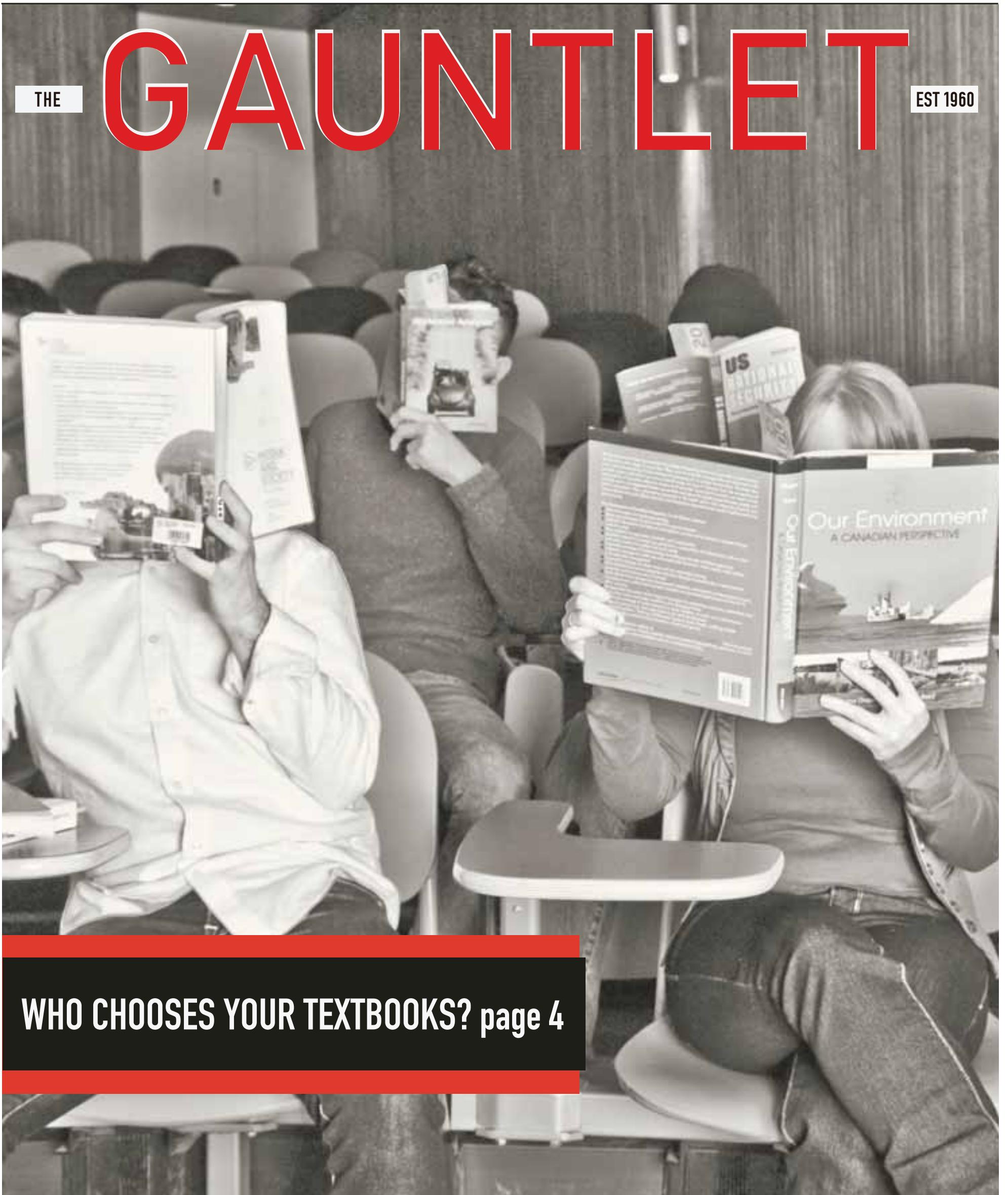


THE

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WHO CHOOSES YOUR TEXTBOOKS? page 4



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Reed Ferber is passionate about teaching and he has been fortunate to have received Provost's Meritoric Award, as well as the Student's Union Teaching Excellence Award each year since 2004. He holds a Ph.D. in Biochemistry and he is a board certified cellular biologist. He received 4 years of additional post-doctoral research fellowship training but in 2000, he felt academia is just something completely different. The Sorensen Injury Clinic, in 2007, the Clinic moved to the University and he is now an Associate Professor in the Faculty of Kinesiology and Therapy. The Clinic serves as both a public resource and a translational research lab and it is transforming traditional thinking, research, and student preparation - but not without many struggles and challenges.

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Golden Spatula**Curtis Wolff**

Devastatingly handsome and exceptionally dressed, Curtis Wolff seems poised to become the most suave *Gauntlet* writer ever. Whether he is grilling potential SU candidates or hunting down sports — all of them — Curtis is surely on a path to journalistic stardom.

Furor Arma Ministrat

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

Freedom with limitations

Flanagan's comments raise important issues

Tom Flanagan is dead wrong. But he is right about one thing: counseling and therapy should be the first approach to dealing with child abusers and possessors of child pornography. This should be the case for any criminal offence, but the fact is that the Canadian justice system is unable to provide these services for abusers of the law.

On Feb. 27 at the University of Lethbridge, Flanagan remarked, "I certainly have no sympathy for child molesters, but I do have some grave doubts about putting people in jail because of their taste in pictures." Flanagan, a political scientist at the University of Calgary and political strategist, was speaking at the U of L about aboriginal issues.

In a *National Post* column after the incident, he justified his comments by saying that he doesn't endorse viewing child pornography, but wonders if jailing violators is the best way to rehabilitate them.

Jailing violators of any crime is not the best way to rehabilitate them. There should be therapy and a regime of counseling, but the federal government doesn't have a system in place to support this. Under the Conservative government, there has only been a further institutionalization of offenders and a complete disregard for the mental health and rehabilitation of those offenders. There are inherent problems with our justice system and with jail in general. However,

child abuse is one of the gravest offences and should be dealt with accordingly.

According to the *National Post*, "the cost of the federal prison system has risen 85 per cent since the Harper government took over in 2006." Obviously, putting offenders of any crime in prison is the first priority of the Harper government, which is another issue altogether.

Though he raises important questions about the Canadian judicial system, Flanagan's comments last week were incendiary and absolutely false. Flanagan noted in his *National Post* column that child pornography viewers "are not sexual abusers of children" and this comment should not be taken lightly.

A popular variety of child pornography is viewing sexual abuse of children through a live webcam. This clearly demonstrates child pornography's system of supply and demand.

Flanagan is taking libertarianism too far when he said looking at child pornography is "a question of personal liberty" and should not be punished. Abusers of children are the lowest of low on the criminal totem pole, and suggesting otherwise is incredibly harmful. The reduction of Flanagan's remarks to mere libertarianism is a grossly outdated sentiment. The Canadian Charter of Rights and Freedoms protects the freedom of speech, but with limitations. Ex-

pression must be "demonstrably justified in a free and democratic society." Flanagan's remarks are clearly unjustified given the circumstance and context.

Immediately after his remark went public, every group publicly affiliated with him severed ties, including the Wildrose Party. Leader Danielle Smith denounced his comments, even in lieu of her libertarian history, particularly when she failed to apologize for Wildrose candidate Allan Hunsperger's homophobic remarks during the Alberta provincial election in 2012. Clearly, child pornography is another ballgame altogether.

U of C students should be especially worried about Flanagan's remarks because of his affiliation with the institution. U of C president Elizabeth Cannon released a statement on Feb. 28 stating, "All aspects of this horrific crime involve the exploitation of children." Thankfully, Flanagan has been on research and scholarship leave from the U of C

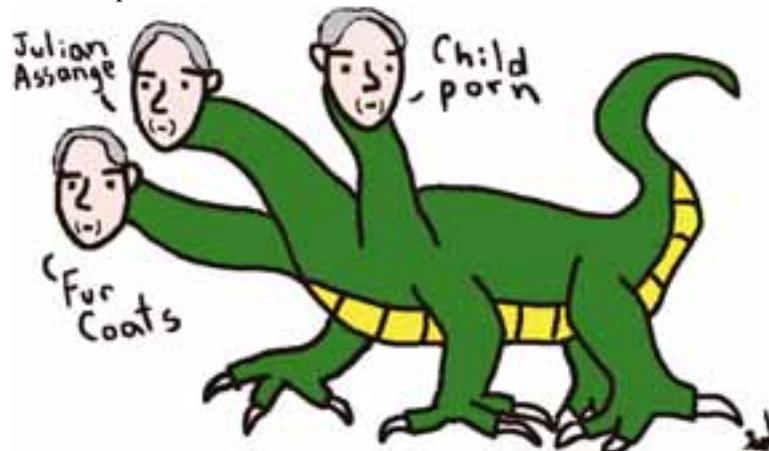
since January and will retire in June.

There exists a hierarchy of child pornography abuse in Canada: at the top, child abusers and those who distribute child pornography; then those who view child pornography and create a consumer demand; and finally those, like Tom Flanagan, who misconstrue the denouncement of child pornography.

All are perpetuating the system, and all should be appropriately reprimanded. However, despite being condemned by political parties and the media uproar, Flanagan received almost no retribution for proliferating an incredibly harmful message about child pornography.

We are upset because regardless of his horrible, insensitive and damaging comments, Flanagan will get a nice pension to live a full and picture-perfect life.

Gauntlet Editorial Board



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Textbook prices under examination

New document aims to improve selection of course textbooks

Fabian Mayer

Gauntlet News

With files from Michael Grondin

The cost of post-secondary education in Canada is constantly rising. Along with tuition and other fees, students must buy textbooks, which can cost hundreds of dollars each semester.

Textbook publishing is a big business. What students may not realize is how professors interact with large publishing firms to determine which textbooks to use. Every year, sales representatives of textbook publishers approach many professors at the University of Calgary to help determine the textbooks used in classes.

At the U of C, a document is being drafted by the Students' Union and the Teaching and Learning Committee to inform faculty about the relevance and price of textbooks and course materials they are assigning. It will have an inclusive list of available textbooks and their prices. The document is expected to be released this April.

Second-year U of C chemistry student Tracy Thorssen said that some of the required textbooks for her classes are unnecessary.

"I think professors should look into it a bit more, because sometimes I don't always need the textbook, but it's required for the class and sometimes they seem way too expensive for what you're getting," said Thorssen. "It seems to buy new textbooks is a bit outrageous. I spent over \$800 last fall, and I probably spent another \$300 this winter."

According to SU vice-president academic Kenya-Jade Pinto, it is part of the SU's mandate to in-



Adrienne Shumlich

There are plenty of textbooks needed for your degree. But who chooses them?

crease affordability at the U of C.

In the past, affordability efforts have been concentrated externally through provincial organizations and lobby groups. However, this document will be the U of C's first on-campus discussion around course document affordability.

"We wanted to provide some feedback for professors and we will be creating a document that will be distributed to faculty on campus," said Pinto. "If we can provide professors with the knowledge and material before they choose a book or a course pack, then I think we can impact the student experience positively."

Pinto said professors may not

always keep prices in mind when selecting textbooks.

"Profs will, at times, assign textbooks without knowing how much they cost, and textbook reps will approach professors in the same way that drug reps will approach doctors," said Pinto. "A lot of the time, the discussion of price is not a part of that conversation."

The U of C bookstore manager Brent Beatty said textbook representatives visit campuses across Canada with one goal in mind: getting instructors to use their books.

"A publisher representative's job is to provide information to faculty members on what course materials

are available in the marketplace," said Beatty.

Beatty said representatives visit university campuses at different times of the year to speak with faculty.

"There are between 20 and 25 reps wandering the campus throughout the year focusing on the two large semesters," said Beatty.

Beatty does not know of any university regulations surrounding representatives' interactions with professors.

"To my knowledge, there is no policy by the university that govern reps on campus," he said.

U of C political science professor Anthony Sayers believes these representatives play an important role in what textbooks students end up having to purchase for their courses.

"They are critical to laying out in front of the academic some of the options and the ones that bother to knock on the door might well shape that choice and directly af-

fect the choices that students have," said Sayers.

Sayers said textbook representatives can be helpful in selecting course material.

"There are times when a really good book has been shown to me that I would not have looked at, because it was slightly aside, and I've actually modified the course to fit it because I think it's an impressive book. So in that case there are times when they've been really advantageous," said Sayers.

According to Sayers, keeping book prices low is one of the top priorities for professors when choosing books.

"By and large, we tell the reps that students are price sensitive and we try to keep it within reasonable bounds," said Sayers.

The average price of textbooks for full-time students is between \$1,100–1,700 per year, according to Pinto.

She said increasing the dialogue around textbook pricing and relevance is greatly needed.

A large team including Pinto, faculty members, vice-provost teaching and learning Lynn Taylor and administration has been compiling data and information about textbooks throughout the fall 2012 semester.

Pinto said that professors have supported the creation of this document when consulted at the Teaching and Learning Committee earlier this semester.

"It's important that we're outlining some ways that we can be cost affordable but also sensitive to the diverse learning needs of students," said Pinto.

To comment on this story
visit thegauntlet.ca

It's important that we're outlining some ways that we can be cost affordable but also sensitive to the diverse learning needs of students.

— Kenya-Jade Pinto, Students' Union vice-president academic

campus quips

What issues do you have with your textbooks?



"My profs don't always use the required ones."

— Amyna Fidai,
third-year
health sciences



"They are too expensive."

— Kasia Pietrzak,
second-year nursing



"Sometimes they don't order enough for the class."

— Analucia Lobos,
fifth-year spanish



"They are not all available online."

— Ben Cannon, fifth-year law and society

Qatar nursing offers unique opportunities

Farah Kammourieh

Gauntlet News

The University of Calgary campus in Qatar is expanding its international profile. UCQ has grown considerably since its inception in 2007 and shows no signs of slowing down.

UCQ offers bachelor's and graduate degrees in nursing, as well as an exchange program with U of C nursing students in Calgary.

"There are hopes to expand the exchange program next year," said U of C dean of nursing Dianne Tapp. "The opportunity for cultural learning is really steep and rich." There are currently exchange opportunities for students from both campuses.

Qatar shares a border with Saudi Arabia and is an oil and gas hub. Looking to make the small gulf nation less dependent on oil and gas, the Qatari government has put a focus on education and health. Because of this, they were "interested in Canadian nursing and they really wanted Canadian-educated faculty on the ground" in Qatar, said Tapp.

The UCQ currently has 56 Canadian faculty members.

"It's a great platform for the university around internationalization in the region. Qatar is a hub where there will be other opportuni-

ties for the university to network. There is a lot of interest in what happens next," said Tapp.

The U of C is not the only university that has set up in Doha, Qatar's capital city. American universities, such as Texas A&M, have established branch campuses in Qatar.

"A degree in nursing gives you endless possibilities," said U of C's nursing student representative Riley Simister. "The [nursing] program is creating opportunities for the citizens of Qatar, male or female."

The international nursing program aims to enhance opportunities for students at the U of C and UCQ, "really creating international connections," said Simister.

"As a faculty, we just want to grow, share knowledge and continue to improve our nursing skills, tolerance and understanding of other cultures," said Simister.

Fourth-year nursing student Tyler Hume recently returned to Calgary after completing a month-long practicum at a hospital in Qatar.

"Studying abroad is the best way to learn," said Hume. "The biggest benefit is to have an immersive way of getting to understand what Arabic culture is like. All of the students [at UCQ] are progressive minded. Nursing in general is



courtesy John Gulka

Nursing students at University of Calgary Qatar campus learning new procedures.

a changing idea in Qatar."

Hume said many UCQ students have a sense of pride in the program.

"Frankly speaking, nurses [in Qatar] don't get much respect compared to nurses in other places. That is something UCQ is trying to change through the students," said second-year UCQ nursing stu-

dent Reem Jaafar Jumah.

UCQ is hoping to promote nursing as a desirable profession. Jumah said the nursing program in Qatar teaches her more than just academics.

"I'm learning a lot of things about being a nurse and learning about myself," she said.

Jumah plans on gaining experi-

ence in Qatar first, then eventually coming to Canada to see the difference in nursing practice between the two regions.

The aspect she likes best about UCQ is the interaction with people from different cultures and countries.

"You learn from them and they learn from you, too," she said.

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Flanagan under fire

Riley Hill
News Assistant

University of Calgary professor Tom Flanagan has had a tough week after being widely condemned for comments he made about child pornography on Feb. 27.

During a speech at the University of Lethbridge, an audience member asked Flanagan about comments he made in 2009 describing child pornography as “just pictures.” Flanagan defended his original statement, saying, “I certainly have no sympathy for child molesters, but I do have some grave doubts about putting people in jail because of their taste in pictures.” He then said viewing child pornography does “not harm another person.”

A video of his comments was posted on YouTube and has since garnered international attention.

After the video of Flanagan’s comments went viral, the controversial professor quickly began losing political allies.

Wildrose Party leader Danielle Smith immediately distanced her party from Flanagan.

“We don’t believe there’s any nuance in the issue of child exploitation. We absolutely have to address it as one of the most serious crimes,” said Smith in a public release.

Flanagan worked as the Wildrose Party’s campaign manager during the 2012 provincial election and was a long-time mentor of Smith.

The Prime Minister’s Office communications director Andrew MacDougall also condemned Flanagan, calling his comments “repugnant, ignorant and appalling” in a tweet.

Flanagan was a long-time political ally of Prime Minister Stephen Harper, managing his leadership campaigns during 2002 and 2004 and working as a communications advisor for the Conservative Party of Canada during its 2006 federal election campaign.

Flanagan also lost his position as a panelist on CBC’s *Power and Politics* following his controversial remarks.

Members of the U of C had split opinions on the issue.

U of C president Elizabeth

Cannon condemned the comments in a press release on the U of C’s website.

“Comments made by Tom Flanagan in Lethbridge yesterday absolutely do not represent the views of the University of Calgary,” said Cannon. “In the university’s view, child pornography is not a victimless crime. All aspects of this horrific crime involve the exploitation of children. Viewing pictures serves to create more demand for these terrible images, which leads to further exploitation of defenseless children.”

U of C political science professor Barry Cooper, however, came to Flanagan’s defence.

“That is a defensible position. It’s not one that is held by most people in this country but it is, nonetheless, a defensible position,” said Cooper, according to the *Globe and Mail*.

Flanagan has been on leave since Jan. 3 and will retire from the university at the end of June, following the completion of his leave.

Flanagan was unavailable for comment.

Moving cars biggest danger to cyclists

Riley Hill
News Assistant

Research opportunities at the University of Calgary are not just limited to professors. Fourth-year health sciences student Jackie Williamson has taken advantage of the undergraduate research opportunities on campus by completing a study looking at the dangers involved in cycling.

“We looked at several different risk factors, including environmental characteristics, such as the type of surface that an impact occurred on and weather conditions,” said Williamson. “We also looked at cyclist-specific characteristics — experience level, whether or not they were wearing a helmet or any other kind of protective devices — and looking at motor vehicle collisions.”

Research for the study was done by looking at children who were admitted to hospitals in Calgary and Edmonton from 2008–2010. Funding for the study came from the Markin Undergraduate Research Program.

The study found that collisions with motor vehicles presented the



Michael Grondin

Jackie Williamson is researching cycling conditions.

greatest risk of injury to cyclists.

“There appears to be nearly four times the odds of a severe injury if you’re involved in a motor vehicle incident. That’s compared to any other injury event, such as hitting a stationary vehicle, hitting a curb or falling off your bike on your own,” said Williamson.

The study reiterated previous research that stresses the importance of helmets in preventing severe bicycling injuries.

“There’s two and a half times the risk of severe injury if you are not wearing a helmet,” said William-

son. “It should come as no surprise to anybody.”

Higher speed limits are also a prominent risk factor to cyclists.

“There was about three times the risk of severe injury if you were riding in an area with a posted speed limit of over 50 kilometres per hour,” said Williamson.

According to Williamson, a passion for cycling and athletics helped inspire her research.

“I’ve been an avid athlete since I was a wee tot,” said Williamson. “I’ve had my fair share of bumps and bruises.”

#NoHomophobes

U of A researchers chart casual homophobia online

Michael Grondin
News Editor

‘Faggot,’ ‘dyke,’ ‘no homo’ and ‘so gay’ are four slurs that have been used over 15 million times on Twitter since July 5, 2012.

Nohomophobes.com is a website that was launched by researchers at the University of Alberta that charts homophobic language in the English-speaking world.

U of A education assistant professor and associate director of the Institute of Sexual Minority Studies and Services Kristopher Wells, who was behind the inception of Nohomophobes.com, said the website was created to give numbers to the staggering amount of homophobic language in social settings.

The site has received worldwide attention, reaching about two million page views since it launched in September 2012.

Wells said Twitter is a perfect platform to gather this data due to the increasing popularity of social media sites.

“We decided to do a public awareness campaign around casual homophobia in the public setting and that’s how the site was born,” said Wells. “We want to capture a

Homophobic language on Twitter: Use of each between July 5, 2012–March 6, 2013	
Faggot:	8,793,616
No Homo:	3,002,034
So Gay:	2,729,287
Dyke:	1,025,194

global consciousness around this issue and be able to talk about it in a new way by actually quantifying the information.”

Wells has been researching gender minorities in public schools through ISMSS, which is a unique research group in Canada that develops educational strategies to promote gender inclusivity. He said that the use of homophobic language is still extremely common in our society.

“We have seen over time that our society has evolved,” said Wells, speaking about the decrease of sexist and racist language in general. “We are saying the same thing about homophobic language, it is the most commonly heard derogatory language used today but the least responded to.”

Nohomophobes.com filters the four phrases in real time as people tweet them. It also displays the complete tweets themselves.

“These are real people and these

are real tweets,” said Wells.

According to Nohomophobes.com, ‘faggot’ was tweeted 45,670 times, ‘no homo’ was tweeted 12,103 times, ‘so gay’ was tweeted 10,803 times and ‘dyke’ was tweeted 4,083 times on March 5, 2013.

“What is very surprising is how fast the numbers rise,” said Wells. “I think what we have been able to do with this website is quantify the gravity of the problem.”

He said that homophobic language is still used casually because people may not realize how harmful it can be.

“Most of the people tweeting these remarks may not be homophobic, but are still using this derogatory language without thinking about the consequences,” said Wells. “This kind of language is not benign, it’s not harmless — it has real effects. It can lead to dehumanization and in tragic cases it can lead to hate crimes, bullying and suicide because victims don’t

feel valued for who they are.”

Nohomophobes.com has created a public service announcement that has been broadcasted nationally and can be found on YouTube. It censors sexist and racist insults but ends with “gay faggot” that is uncensored, aiming to show that homophobic language is also unacceptable. The video has been receiving much attention. Wells hopes that an increased discussion about casual homophobia can be sparked.

“We want people to think before they speak and think before they tweet. Use your words and say what you mean. Don’t say ‘that’s

so gay’ as a shorthand for stupid or idiotic, because that is someone’s identity, and imagine if you have never heard anything positive about your identity?”

At this time, the site does not look at the context in which the language is used. Wells hopes to expand the research to learn more about how homophobia manifests in the public sphere and online to increase educational efforts to fight homophobia.

“Education is one of the best ways to lead to social change,” said Wells.

To comment on this story
visit thegauntlet.ca

So it all goes to shit

Erin Shumlich
Editor-in-Chief, or is she?

Well, we’re all fucked. Just when you thought student journalism was a reliable source of all things happening on campus, a new set of editors are elected to stir shit up — and not in a good way. The incoming editor-in-chief Susan Anderson and the incoming news editor Riley Hill plan to screw things up as much as possible.

Anderson, who insists the new editorial board refer to her only as Cutthroat Susan, will replace Erin Shumlich as the *Gauntlet’s* head hot-shot. Anderson ran her campaign diligently and canvassed hard to let everyone know she was the best candidate in a tight race against no one.

“This office needs to be cleaned up,” said Anderson, who took many breaks from her campaign speech to take swigs of whisky. Anderson promised to make the office coun-



Adrienne Shumlich

Susan Anderson and Riley Hill have no idea what they’re in for.

try-themed and play country music 24/7 because “everyone loves country, right?”

Riley Hill will take over news editor and was the only person to apply for the absolutely horrible job.

“I’m obviously the best looking person in the office,” said Hill, who added that pictures don’t do his chiseled features justice.

“How can you trust his stupid

face?” asked bitter outgoing news editor Michael Grondin, who said voters unanimously disapprove of Hill’s lack of denim attire.

Hill rapped his platform points, which included forcing volunteers to play him in a game of chess before their stories are allowed in the paper.

“Good luck. You nerds are going to need it,” said Shumlich, shaking her head in disgust.

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Exploring the range of new Canadian theatre

Playwrights use medium to confront very human questions

Sean Sullivan

Gauntlet Entertainment

The four plays presented by Alberta Theatre Projects at the 27th Annual Enbridge playRites Festival of New

Canadian Plays demonstrate the ways playwrights are examining contemporary society.

“One of the things that I think Canadian playwrights are wonderful at is asking questions,” says Vicki Stroich, interim artistic director for Alberta Theatre Projects. “Not

necessarily providing answers, not telling you how to live your life, but asking questions, presenting something that’s very human, that explores something that they see around them, that they’re curious about.”

The festival showcases new plays written by

Canadian playwrights, and this year will be featuring *The Valley*, *Dust*, *The Apology* and *The God That Comes*. The festival will run from March 6–April 7.

For more information on the Enbridge playRites Festival visit atplive.com.

photos courtesy Catrinel Popescu



Siminovitch Prize winning playwright Joan MacLeod’s new play *The Valley* is about an 18-year-old man who drops out of the University of Calgary. The man, played by recent U of C department of drama graduate Zachary Dugan, suffers a psychotic breakdown on the Vancouver SkyTrain and an altercation with a Vancouver police officer.

“At its heart, the play is probably about depression more than anything,” MacLeod says. “I’m interested also in the way police have become the front-line workers with the mentally ill, how that’s changed in the last 20 or 30 years.”

The Valley also addresses the harmful stigma associated with mental illness.

“I sort of wanted to take away the us and them [mentality] with mental illness,” Ma-

cleod says. “I think a lot of the time, especially with depression, it can be right there in your own family and you don’t understand what it is.”

MacLeod, known for two other ATP plays, *The Shape of a Girl* in 2001 and *Another Home Invasion* in 2009, says her writing often begins from real incidents in the news. MacLeod was inspired to write *The Valley* about Robert Dziekanski, who died at Vancouver International Airport in 2007 after being tasered by the RCMP, but the story developed into something else entirely.

“I thought I had it all figured out when I started looking at it, and the more and more I looked at it, the more I thought, ‘Man, the police are in a really difficult situation a lot of the time,’” she says.



It began with a novelty coffee mug.

Playwright Darrah Teitel’s says the inspiration behind her new play *The Apology*, about the lives of Mary and Percy Shelley, Lord Byron and Claire Clairmont, came to her while browsing a souvenir shop in Stratford, Ontario with a friend. As Teitel explains, the souvenir shop sold novelty mugs with caricatures of different famous writers: five mugs with men, one mug with women. The women’s mug contained Charlotte Bronte, Emily Bronte, Jane Austen, Sylvia Plath and Mary Shelley.

“I was looking at all these dim famous female writers,” Teitel says, “and was like, ‘Jeez, they were all miserable.’ Every last one of them had a horrible life in reality.”

Teitel says her friend corrected her, pointing out that Shelley actually had

a wonderful marriage. Teitel was then inspired to start digging into the writer’s life.

Teitel’s play centres around a utopian, communal, polyamorous “free-love” experiment that the Shelleys, Byron and Clairemont attempted during a trip to Switzerland. Teitel says that even though romantic poets are viewed as solitary, artistic and aesthetic geniuses, “their project was political as well, it was contextual, it wasn’t just aesthetic.”

But the play isn’t only set in the 1800s — the second act is set in the contemporary world.

“I am trying to make the point that we are continuously falling off the same log when it comes to women’s liberation and sexual politics,” Teitel says.



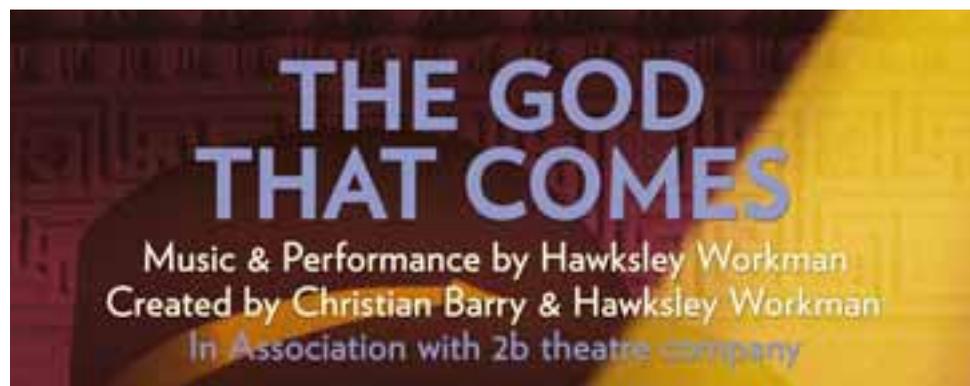
In order to write *Dust*, a play about conflict and loss during the war in Afghanistan, Christopher Morris, who won a John Hirsch Prize in 2012 for emerging director, and Jonathan Garfinkel travelled to the Canadian Forces Base Petawawa in Ontario as well as Pakistan and Afghanistan to talk to the families of soldiers.

“There’s three different stories,” Stroich says, “about three different women, in three different families, who lose somebody, and the communities around them.”

Morris and Garfinkel collected inter-

views in Pakistan and Afghanistan to build their story. After a workshop run at Queen’s University in 2011 with a cast of more than 20 actors, and further work at the Banff Playwrights Colony, ATP supported them on another trip to Pakistan to re-examine the cultural context of their story. Stroich went with them as part of a creative team in September.

While the story is certainly politically charged, Stroich explains that when the play is seen through the lens of family it becomes a very human exploration.



With *The God That Comes*, director Christian Barry and musician Hawksley Workman re-imagine the story of the Greek god Dionysus and the Theban king Pentheus as a one-man cabaret “where Hawksley plays all the characters and all the instruments,” says Barry.

Barry says he can’t figure out whether he brought rock and roll into theatre or the theatre to rock and roll.

“I think it probably resembles a rock concert more than it does a play,” he says.

Through various instruments, including drums, guitar, a ukelele and a small organ, combined with looping technology, Workman breathes the story to life.

“The story is mostly told through song, and characters will be revealed through song,” Barry says.

He explains it was “a natural marriage” to combine Workman and the ancient

Greek tragedy *The Bacchae*, because going to his concerts was always a Bacchanalian experience.

“He’s a force of nature as an artist,” Barry says. “He’s got boundless creative energy, and he’s a ferocious performer.”

One of the central themes of the play, the importance of catharsis, is still very relevant in modern society, Barry explains.

“My experience of rock and roll music in particular is that it is quite a cathartic experience,” Barry says. “If you repress some of those very human, very animal, very carnal instincts, it seems to me that dangerous things can happen, whether that be something that happens in a repressed society at large or whether it happens on a more individual level. Just that notion of release, of abandon, of giving over to the music and a glass of wine is a really valuable thing.”

spun

ALBUM REVIEW



Atoms for Peace

AMOK

February 25, 2013 (XL Recordings Ltd.)

Maybe it's just me, but anything Radiohead-related is pure gold. *AMOK*, the debut album by super-group Atoms for Peace, is a collection of songs by eccentric musicians that does not disappoint. Featuring Radiohead's Thom Yorke and Nigel Godrich, The Red Hot Chili Pepper's bassist Flea and Joey Waronker, who has drummed for Elliott Smith and R.E.M., *AMOK* features diverse backgrounds that add to its unique style.

The album still has all the glitchy beats, chunky basslines, haunting vocals and heart-melting synths as Thom Yorke's *The Eraser* and the latter half of Radiohead's catalogue, how-

ever, it brings a new attitude to its electronic methods while remaining true to its roots.

The nine-song LP is well developed and well produced, full of groovy textures and catchy hooks. It's short but precise, and each song is full of well-thought-out layers that add to a rich, drony and enjoyable electronic sound.

Every song on the album has its surprises and unique turns and bends. It begins with repetitive guitar lines, quick and snappy drums and the same old Thom Yorke, whining with mellow desperation. But eventually the songs lift into a complex yet clear collection of synth lines, whistles and bells.

In no way is the album an epic. Though the sound is complex, *AMOK* is more of an ambient album that is fit for easier listening. The album is missing a driving force, and though it has a diverse collection of musicians, it has a fully digital sound that takes away from the great talent that was recruited for the project. Also, the lyrics are not anything to get excited about, as they serve as just another addition to the sound.

The album is still good. It has been receiving some negative reviews, but that's because everyone is expecting an album of epic proportions — another *Kid A*. *AMOK* is simply a collection of experimental sounds that was put together with care.

Michael Grondin

Game review: *Bit.Trip Runner 2*

Sean Willett

Entertainment Editor

With the title *Bit.Trip Presents Runner 2: Future Legend of Rhythm Alien*, this rhythm-platformer by Gaijin Games is thankfully not as complicated as its name makes it out to be. Rather, it is very simple, requiring only a handful of commands to navigate the game's levels. This simplicity can be deceiving, however, for under it lies one of the most challenging and rewarding games I have ever played.

In *Runner 2*, the player is cast as the intrepid Commander Video, a star-born traveller trapped in a strange alternative dimension. To escape, he must make his way through 100 different levels across five bizarre worlds, foiling the plans of the mechanical Timbletaunt.

Commander Video runs through the levels on his own, and the player has to perform different actions to avoid incoming obstacles. While in the beginning you are only concerned with jumping, more commands are slowly added until you are sliding, kicking, blocking and springing through levels like a pro.

The reason this works so well is because of the incredibly well thought out learning curve the game presents to players. It introduces each concept slowly, having play-

ers master each aspect of the controls before giving them a new one. By the end of the game, the player feels like a superhero, navigating levels that they would have once thought impossible.

This feeling of grandeur is heightened by the game's stellar musical direction — every action the player takes is tied into the rhythm of the soundtrack, with the music growing in intensity and vigour as the level progresses. This sense of rhythm, combined with the peppy electronic soundtrack, elicits a sense of joy and accomplishment that is hard to find in any medium.

With an adjustable difficulty and optional challenge stages, *Runner 2* is a game everyone can, and should, enjoy.



courtesy Gaijin Games

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The death of the press conference

Sean Willett

Entertainment Editor

On Feb. 20, Sony held a press conference. In it, they finally revealed their new game console, the Playstation 4, after months of speculation, rumors and reported leaks. Dozens of developers and producers were trotted on stage to expound upon the virtues of the new system, making grand, fantastical promises without really showing anything concrete. New games were also showcased, although they all fit inside fairly conventional generic moulds — there was a shooting game, a racing game, a couple

of action games and a puzzle game. This was all presented to a small group of journalists, and streamed live to thousands of spectators. It was lengthy, flashy, expensive and, more than anything, unnecessary.

Imagine if a large film studio, like Disney, operated in this way. They would refuse to talk to the press about any new projects, staying silent until a large press conference or convention where they would force a handful of producers — who are complete strangers to public speaking — to announce and talk about upcoming films for two hours in front of a small cabal of journalists. This would be an absolutely ridiculous way to

go about things for a film studio, yet for whatever reason this is the way nearly the entire video game industry acts.

This system is built around secrecy and a lack of transparency, where companies withhold information from consumers until they can unveil it all in an overblown presentation aimed more at journalists than their fans. Doling out information in this fashion only serves to distance companies like Sony and Microsoft from the people who play their games, and establishes a relationship based on empty promises and distrust. People still haven't forgotten the many features Sony advertised at

their Playstation 3 launch event that never made it into the system, and how some of the games they displayed turned out to be CGI renderings instead of actual footage.

In an age where information can be shared instantly with an enormous audience, there is no reason for game developers to carry on acting like the press conference is the only way to talk to their consumer base. The runaway success of many independent game projects on Kickstarter, such as the Ouya and Double Fine Adventure, has proven the effectiveness of talking directly to fans, and has shown how receptive people are to the open, transparent develop-

ment of consoles and games. Nintendo has already taken this lesson to heart, and has begun making major announcements through a monthly video series called Nintendo Direct. In these videos important people such as Satoru Iwata, Reggie Fils-Aime and Shigeru Miyamoto talk directly to fans in a congenial and often comedic manner, establishing a relationship based on transparency and mutual trust.

Nintendo treats its fans like old friends, while Sony treats its fans like easily excitable children. As long as people continue to hyperventilate over Sony's events, this is not going to change.

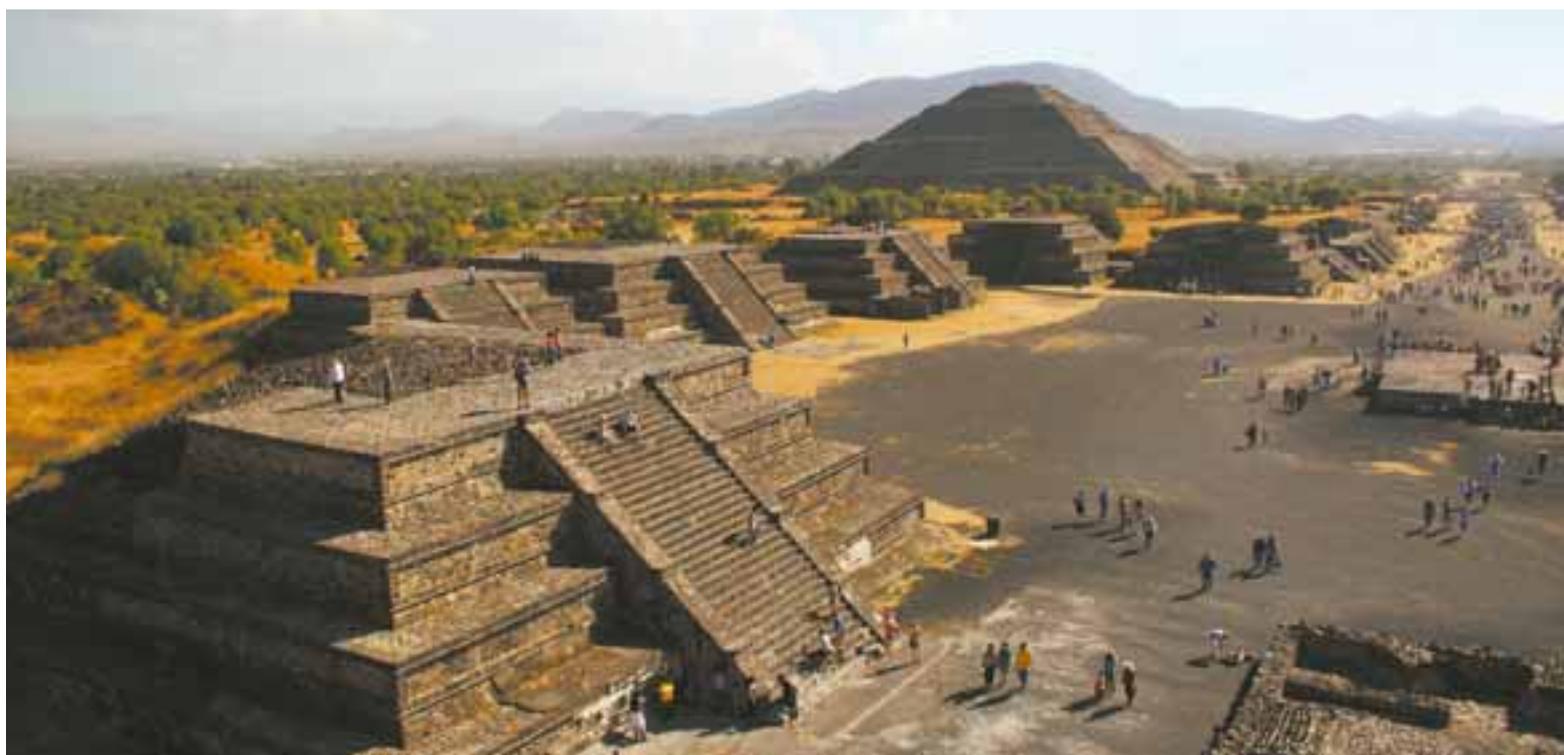


photo contest

Every month the *Gauntlet* holds a photo contest, where photographers are able to submit photos for a chance to be featured in the paper.

This month, our winner is Bonnie Chuong, for her photo "Teotihuacan." We chose this photo because of how it superbly captures the immense grandeur of the Teotihuacan archaeological site. You can almost feel what it would be like to experience the vastness of this place.

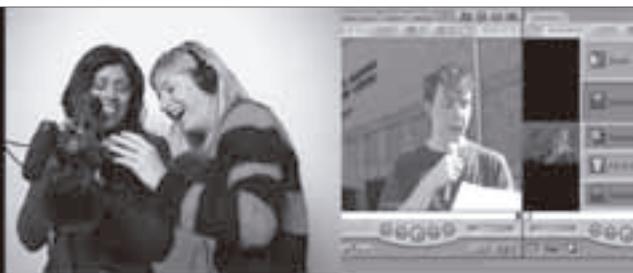
If you would like to apply to the *Gauntlet* photo contest, send up to three photos to photo@thegauntlet.ca.

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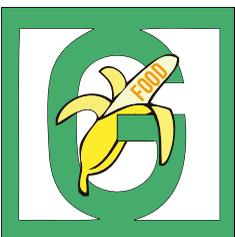
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Keepin' it fresh in New Orleans



How organic urban farms are providing access to healthy, affordable and sustainable food after Hurricane Katrina

Story and photos by Salimah Kassamali



This week's feature is the second in a four part series on food security. The first part looked at a Canadian perspective on food security, and this week

looks at organic farms in New Orleans. Stay tuned for how to reduce and recycle food waste in the next two weeks. To see the first article or to comment on this story, visit thegauntlet.ca.

Most urban dwellers in North America assume that we live in a food secure world. Grocery stores carry all the produce and packaged goods that we need, and restaurants and fast food joints provide food when we don't have time to prepare it. However, there are marginalized populations who do not have access to grocery stores and they must rely on an unhealthy supply of canned, preserved or deep-fried food.

Seventeen students from the University

of Calgary, myself included, participated in the Calgary Serves Food and Justice program in New Orleans during reading week, Feb. 15–22. This program was organized through the Centre for Community-Engaged Learning to provide students with a greater understanding of injustice issues surrounding food security.

During the week, we were exposed to many social problems underpinning the lack of access to healthy and sustainable food. We had the opportunity to explore innovative education and agriculture solutions that only became viable after the devastation caused by Hurricane Katrina. I am convinced that the challenges and successes of these re-development projects can be used as a model for other major urban centres around the world — including Calgary — to provide access to healthy, affordable and sustainable food for everyone.

Well known for the Mardi Gras festival, New Orleans is slowly reclaiming its touristic zeal. Many travelers tend to cluster around the French Quarter — an area that

shows no signs of Hurricane Katrina's destructive forces. Venturing outside of the affluent areas of the city, however, I was surprised by the rampant poverty and racial discrimination that beats in the heart of this American metropolis. Many areas, such as the Lower Ninth Ward, still show signs of destruction and desolation even though the hurricane struck seven years ago.

Through dialogue and educational meetings, we learned that the poverty and vulnerability of the mostly African American residents were only brought to the surface after Katrina. Thousands of impoverished people were unable to leave the city during the storm and were forced to fend for themselves.

Today, residents of New Orleans and the state government are attempting to prevent further devastation from another hurricane. During the trip we toured the reconstructed levy that had given way during the storm — a preventable engineering failure and the major cause of the flooding in the

region. Bioswales, which help retain storm water runoff and filter out pollutants, have been reconstructed to control overland flooding. There is a growth of newly designed homes, including ones by the Make it Right program led by Brad Pitt. These homes are elevated and Leadership in Energy and Environmental Design platinum certified, meaning they meet a certain sustainable building design.

The devastation has also allowed for a burgeoning micro-economy of urban farming. These urban farms are part of a growing universal movement to find solutions to food security issues. In the wake of destruction, New Orleans was the ideal place to start anew.

Fresh organic produce is expensive and, in most areas of the city, unavailable. Due to a lack of transportation options in impoverished areas, people are forced to depend on corner stores that offer packaged or canned goods with high amounts of preservatives and calories. Touring around the

see NEW ORLEANS, page 12

New Orleans, continued from page 11

city, many of us recognized a need for healthy and affordable alternatives to the fried fish and chicken Po' Boys that many locals eat. However, the New Orleans and American community are trying to fulfil the need for healthy food.

One of the most exciting ventures of the trip was our tour of the kindergarten to grade 8 Samuel J. Green charter school — one of five charter schools founded in 2006 after Hurricane Katrina. Samuel J. Green school attempts to improve the lifestyle choices and standard of living of students, families and community members by incorporating organic gardening and seasonal cooking into the school curriculum, culture and cafete-

ria. Located in an area where 98 per cent of the surrounding community was once below the poverty line, the culture of the school needed to be reinvented. The new directors faced the challenge of reinstalling a sense of trust in the neighbourhood.

Based on Alice Water's Berkeley design of an edible schoolyard, this charter school was the first of its kind in Louisiana. Kelly Miranda, volunteer and community partnerships coordinator, says gardening and cooking classes are intertwined at the charter school and students have a chance to design recipes based on what is growing.

"Everyone eats breakfast, lunch

and a snack, and there is a hope that these cooking classes and gardening classes will increase the likelihood that kids will eat vegetables and other healthy foods. Kids are excited to eat vegetable pizza because they can recognize some of the vegetables they have grown in the garden," says Miranda.

Students have gardening and cooking classes throughout the year and the gardens have also been used for science classes and as a place for reading. Other initiatives include integrated family food nights where the kids have a chance to show their parents what they have learned. Grades 6-8 have a chance to take part

in a budding entrepreneurs class where they can make jams and candles to sell at markets.

With the rehabilitation of this school, the surrounding neighbourhood has changed as well. Miranda sees evidence of more racial diversity and fewer security issues than before as many families are moving near the school. While these improvements are mostly positive, the gentrification of this neighbourhood could be seen as another way of segregating the poor. Land value has gone up in the area, along with rental prices. With this school and other rehabilitation projects like it, the poorest families are sometimes forced to move to more afford-

able areas of the city. However, these families still have opportunities in these rebuilt communities because charter schools are designed to admit students from all walks of life.

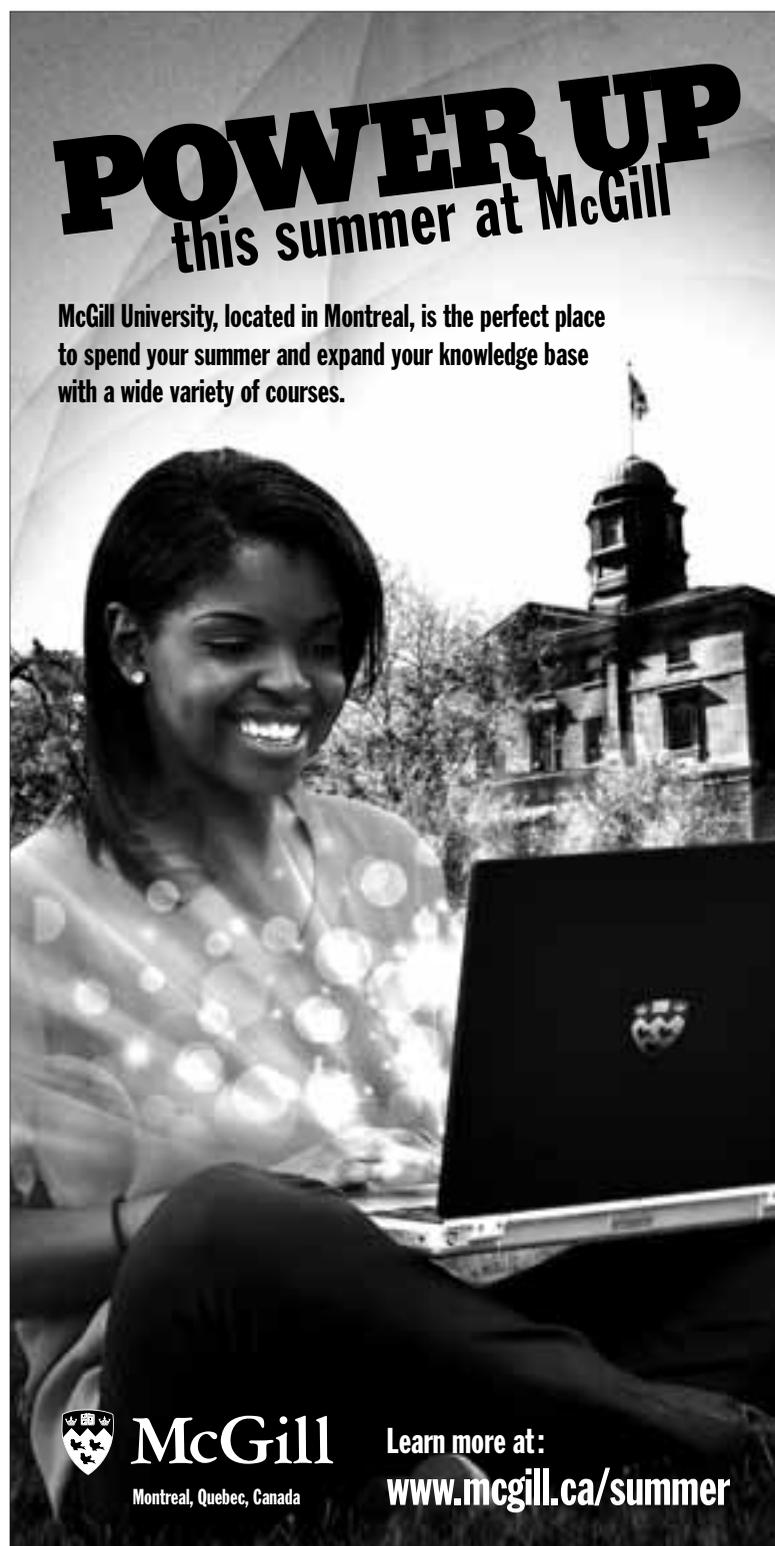
As students move on from Samuel J. Green school, the directors hope that students will continue to eat healthy foods and further develop an interest in agriculture and entrepreneurial projects. Students in all the neighbourhoods of New Orleans can be employed on organic farms such as Grow Dat Youth Farm or My School at Blair Groceries. Farms like these are blossoming around New Orleans, post-Katrina.

Leo Gorman, the co-director and farm manager of Grow Dat, was a high school teacher who had interned at multiple organic farms before moving to New Orleans to facilitate his own project. Like many individuals in this line of work, he is passionate about youth empowerment, community education and sustainable agriculture.

The ultimate vision of the organic farms is to educate several hundred young people to act as the next generation of food leaders and solve food security issues.

"The core of this program is around developing youth leadership through sustainable agriculture and through the contact between your body, mind, heart and the work of growing, eating, selling and talking about food," says Gorman. His farm employs a diverse group of students and offers unique farming skills and learning opportunities.

Similar to charter schools, the organic farms attempt to develop an entrepreneurial spirit, work



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ethic and sense of pride in the youth, as well as exposing them to the idea of nutritious, fresh food.

“In a growing culture of convenience, at least in the Western world, eating out and nutrient-poor food is getting more common,” says Gorman. “We have cooking classes that tie with what we are growing from the field in simple and delicious recipes and how [the students] can prepare them at home.”

Gorman is finding that students are more open to trying new things, particularly nutritious, fresh foods.

“Young people are leaving with a sense of responsibility, of stewardship and of leadership around these issues,” says Gorman.

The education programs on the farms also focus on sustainable agriculture.

“There are some myths out there that conventional agriculture can feed the world. There is a lot of evidence that if not just small scale, a mix of small, medium and large scale agriculture using organic and transitional methods can yield as much food as conventional methods,” says Gorman.

Conventional methods of agriculture production have led to food contamination, environmental pollution and depletion of natural resources. Excessive use of insecticides and pesticides due to mono-culture agriculture create stronger, more resilient insects and weeds. Grow Dat is one example of the many farms challenging industrial methods and addressing these problems.

However, Gorman finds that changing agriculture practices is not an easy task.

“A challenge, I think, is basically trying to do a lot of things at once. I’m trying to create a high and rigorous [education] program and pay attention to the programmatic and curriculum details while

also running a farm and fundraising, managing volunteers and developing the infrastructure for the site and organization. Intense multitasking [is required] but we have a great team and we’ve been able to work through this,” says Gorman.

My School at Blair Groceries is another urban farm located in the Lower Ninth Ward. Many locals suffer social instability, and this farm was created to specifically target neighbourhood youth and provide a sense of support for the community.

Yet, many projects face problems of staffing and funding and sometimes those who create these farms do not have the necessary business experience to run them.

After some initial struggles with poor management practices and high staff turnover in 2010, Mat Turner, the director of My School at Blair Groceries, is attempting to rebuild the business with a few dedicated individuals.

“Staffing has been a challenge, particularly for the work we do. It’s not only growing food but working with young people at the same time,” says Turner. Turner had problems with workers not getting along and lacking strong teaching skills.

Students are often paid to work on these farms through grants from foundations or the government. However, the youth are not always reliable workers.

In addition to these challenges, both the Grow Dat and My School at Blair Groceries urban farm projects are faced with the challenges of competing with cheaper, imported and conventionally-produced agriculture.

Gorman suggests that a good business practice is to provide “high-quality products above all because at the end of the day when you are growing food, you have to compete with a lot of conventionally grown agriculture that looks



very beautiful but might not necessarily taste good. In any group you have to establish yourself and have to fill some sort of niche. The niche that we see here in terms of local vegetable market is that no one is growing high-quality salad mix.”

While Grow Dat and My School at Blair Groceries are faced with the difficult task of competing with conventionally-grown agriculture, they also compete against other organic farms in the city for clientele and government funding. And while some of these organizations are managing to do well, others are not.

“At the end of the day, the non-profit economic landscape right now is pretty intense because there is limited funding. Financing is always a challenge. We’ve been very fortunate to have support from individual donors, foundations and from Tulane University,” says Gorman. My

School at Blair Groceries, however, is finding government funding unreliable and instead is selling produce to high-end restaurants.

While the success of these organic farms currently depends on the support of larger, more powerful institutions and organizations, I learned that motivated and innovative individuals ultimately define the success of these programs. These programs can be extended to agricultural production, animal farms and meat production. With most urban cities relying on fossil fuel-consuming imports and unsustainable production methods, we must find new approaches to how we feed ourselves.

Individuals in Calgary have both an opportunity and a responsibility to raise awareness about food justice. Programs like Calgary Serves in New Orleans force us to ask questions about where our food comes from, how

it’s grown and how healthy it is. We also need to ask whether all levels of society have equal access to nutritious food.

At the University of Calgary, the Communal Table Project teaches students basic cooking skills using local, fresh ingredients. Good Food Boxes full of affordable, sustainable and nutritious fruits and vegetables can be purchased on campus rather than shopping at grocery stores. We can choose to grow our own vegetables in community gardens, however, Calgary’s short growing season doesn’t allow for year-long gardens.

Overall, we can be more aware of what we eat, and choose more local, nutritious and sustainable food. And while most of the Western world is forging ahead with technical advances to increase productivity, we should never forget our simple and timeless connection to our food and land.



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Attacked for the wrong reasons

Flanagan's offensive comments misunderstood but still cause for concern

Tobias Ma
Gauntlet Opinions



Tom Flanagan, a political science professor at the University of Calgary and conservative activist, has been castigated this week following remarks made at the University of Lethbridge about child pornography. Flanagan's word choice was poor, but commentators have blown this incident out of proportion without paying attention to context. Unfortunately, Flanagan has been so badly reprimanded over the verbal slip that the message he was attempting to communicate and its real problems have been ignored. U of C president Elizabeth Cannon released a statement condemning child por-

nography. The Wildrose and Conservative parties are tripping over one another in their haste to throw Flanagan into the wolf pit. On the front page of the Wildrose website, Danielle Smith stated, "There is no language strong enough to condemn Dr. Flanagan's comments." Child pornography is one of those bilateral issues that Conservatives and Liberals can demand a public execution over; woe betide the individual who exposes themselves to suspicion of such deviance. Minister of Public Safety Vic Toews drew heat last year for lumping his opponents with child pornographers — a comparison that drew criticism for its exploitation of societal disgust for pedophiles.

I don't know Flanagan personally, but he is likely not a pedophile. He certainly has a track

record for controversy, though. Known in particular for his uncharitable views on aboriginal Canadians, Flanagan has previously described native governments as

"wasteful" and he has argued that the reserve system be replaced with assimilation. Given that many aboriginal Canadians were molested in the residential school

system, Flanagan's Wednesday lecture seems even more thoughtless and insensitive. However, this is not evidence that he is a pedophile. And even if he was, he would be insane to promote any form of support for such individuals. Everyone hates pedophiles, which is why politicians cannot wait to throw Flanagan under the bus. But the issue of personal liberty he was trying to broach needs to be addressed as this is where the real problems lie.

The whole fiasco illustrates the difficulties many professors face with appearing apolitical to maintain academic credibility. The concept of being truly apolitical is inherently false, but professionalism in a neutral tone can go a long way towards maintaining status as a scholar. Flanagan's real mistake was

see FLANAGAN, page 15



Topfreedom: the right of women to bare breasts

Morgan Shandro
Illustrations Editor



There have been many advances in feminism and equality for women in the 21st century. However, the battle is far from over. Despite the popular idea that rights for women are far more advanced than they were one or two generations ago, women still experience both legal and social inequalities and double standards. One double standard that is still prominent is the inability of women to go topless in public.

Female toplessness in Canada was considered a criminal offence of public indecency until 1991 because, according to the Criminal



Code, breasts were "part of the female body that is sexually stimulating to men both by sight and touch" and were therefore considered indecent to display in public. This law was challenged by Gwen Jacob, a student at Guelph University who

was charged with public indecency when she took her shirt off during a sweltering July day in 1991. She challenged the charges and was eventually acquitted in 1996 on the basis that being topless, in itself, is not a public sexual act.

This case has since set the precedent for similar cases in Ontario and the rest of Canada. In the last 22 years, views about women's topfreedom have barely progressed past the antiquated idea that it is not appropriate for women to dis-

play their breasts to anyone but their husbands or sexual partners. Although it is no longer likely that a woman will be charged for indecency if she chooses to go topless in public, it is certain that she will

see BREASTS, page 15

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Breasts, continued from page 14

experience harassment, ridicule or other unwanted attention that men rarely experience when they take their shirts off.

Even in cases when a woman should have a reasonable expectation of privacy, like when photos were taken of a topless Kate Middleton on her own property, it is not seen as a horrible breach of privacy. Instead, she was shamed for having the audacity to step outside without a top on. It is deeply disturbing that almost nobody so much as bats an eyelash when things like this happen and these women-shaming opinions are expressed.

The idea that the female body needs to be hidden stems from patriarchal ideals — that a woman's body belongs to her husband. Women's breasts, which exist to breastfeed infants, have been turned into sexual objects by this patriarchal view, and are blamed for causing male arousal and aggression, rather than holding men

responsible for their own behaviour. This prevalent view is used as a tactic of shaming women in order for them to internalize the view that breasts are shameful. To this day, it is common to see women enforcing the dominant view of the indecency of exposing one's breasts. We have even gone so far as shaming women when they breastfeed their children in public.

It is disgraceful that we have let this cycle of shame perpetuate for so long. The double standard that women do not have the same right as men to be topless in public is ridiculous and outdated. The idea that a woman should hide her body due to the effect it may have on men is offensive and demeaning. It also suggests that women's rights to their own bodies come second to male comfort and convenience. This opinion is not only detrimental to women, it is just as harmful to men. By suggesting that men are powerless to urges at the sight of breasts,

we insinuate that they are irrational animals incapable of controlling their own actions with little intelligence past their primal desires.

Ask yourself if you really want to live in a culture that promotes these kinds of ideas. The stigma against women going topless in the same public situations as men is a disservice to both sexes. A breast is simply a mammary gland that is only different from a man's because it has extra fatty tissue and the ability to provide nourishment to an infant. Seeing breasts in situations where casual states of undress are appropriate for either sex, such as outdoors on a hot day, causes no harm. In fact, if our culture stopped placing such a taboo on female toplessness, it is possible that breasts would stop being viewed as sexual objects and start being seen as what they are: just another body part that is natural, and not worthy of the attention currently being paid to them.

Flanagan, cont'd from pg 14

not last Wednesday's lecture. It was the years of visible affiliation with a polarizing political perspective that has shifted his public status from academic to political pundit. One can tackle any subject in academia by taking the appropriate steps. Marcel Proust once wrote an essay on pederasty and many post-structuralist philosophers have discussed the moral implications of pedophilia quite freely. But given Flanagan's prior choices and our fascination with sensationalism, we have once again successfully avoided the real debate, which is not whether pedophilia is wrong or harms children, but whether the lines we draw over personal freedoms to protect society at large are just. That is why his distasteful example is such an ironic analogy for

why immoderate libertarian views tend to face-plant. Every liberty the individual enjoys comes at a cost that may not be obvious. When we consume pornography, we don't equate the viewing of images to the exploitation of actors. As Andri Magnasson, an Icelandic filmmaker, once said when commenting on the destruction of Iceland's highlands for geothermal energy production, "nothing comes without consequence." Flanagan's remarks violate political boundaries but do not attempt a defence of child pornography. Rather, they were a selling point for Flanagan's libertarian ideology of non-interventionism. But if the personal tastes of a citizen prove destructive, it is the responsibility of governments to involve themselves.

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Peace be the journey

An interview with the Devon Harris, pilot of the 1988 Jamaican bobsled team

Fabian Mayer

Gauntlet Sports • @FGMay

The 1988 Winter Olympic Games brought international athletes, media and fans to Calgary. There were few athletes who received more attention during those two weeks than the intrepid Jamaican bobsled team.

The team's Olympic dream ended with a horrific crash, but is widely recognized as one of the biggest stories of the entire games. The experience of the Jamaican bobsled team at the Calgary Olympics later served as the inspiration for the film *Cool Runnings*. The movie — mostly filmed in Calgary — enjoyed international success.

Many Calgarians know the version of the Jamaican bobsled team's story popularized by Disney's *Cool Runnings* but far fewer know the stories of the real athletes that competed in Calgary 25 years ago. Devon Harris was the team's pilot and his story is quite different from the one shown in the movie.

"Growing up I always wanted to be in the army, so I worked really hard in school and right after school I enlisted," said Harris. "I completed basic training in 1984 and then in 1985 I went to royal military academy in Sandhurst [England], was commissioned, then went back to Jamaica."

Qualifying for an Olympic games was on Harris's mind prior to 1988, but bobsledding was not part of that plan. Harris was hoping to qualify for the 1988 summer Olympics held in Los Angeles. While the movie depicts the team's pilot as a sprinter, Harris was actually training to race middle distance track events.

"I couldn't run fast, everybody could run fast except me, so I thought I would try to outlast them," said Harris. "So every morning before reporting, I would go run five miles to get fit enough to hopefully qualify for the 1988 games."

However, Harris did not qualify for the summer games. But just a few months before the start of the Calgary Olympics, he first heard about the forming of a Jamaican bobsled team. Two Americans living in Jamaica came up with the idea looking to harness Jamaica's strong athletics program. After being turned down by Jamaican sprinters, the Americans came to the Jamaican army looking for athletes.

Harris was not sold on the idea of having a Jamaican team competing in the winter Olympics. However, at the recommendation of a superior in the army, Harris attended the tryout.

"When I first heard about the tryout I didn't think I would ever go, I thought it was a ridiculous idea. I remember saying that no one could ever get me to go on one of those things," said Harris. "My colonel suggested that I try out for the team. So I went out for the team and got selected and next thing you know I'm in Calgary living my dream competing at the Olympic games."

Harris recalls the games and the transformation of Calgary itself as surreal.

"We were just shocked at how much construction had taken place and then just the Olympic atmosphere, the city had transformed, every lamp post had a banner and all that stuff. Then just being there for the Olympics,

marching in the opening stadium and seeing 60,000 people cheering, in that moment you're living your dream marching in the ceremony," said Harris.

While the bobsled event was taking place, Harris remembers a number of things going on making the competition somewhat hectic.

"You're there at the Olympic games and you're racing there and you're trying to get the best result you can for your country, but because we're so new to the sport every time there was another team on the track we were out there watching them trying to learn as much as we can. And then it was the first time seeing the big players in the sport so we were a little starry eyed as well," said Harris.

The Jamaican's competition did not go as planned and a crash in their final race resulted in a "did not finish" for the team. With the Olympics over, the athletes were nervous about returning to their home country and the kind of reception that awaited them.

"After we crashed, we were really worried about going home because we had failed in our minds and we had embarrassed our country. We thought people would be really pissed off and ridicule us but the reaction was completely different. People were really appreciative, to the point where the government made stamps with our faces on it so that was pretty special," said Harris.

According to Harris, he and his teammates did not hesitate when the opportunity arose to have a movie based on their lives produced. They were, however, worried about how Disney would portray Jamaicans in the film.



"The one thing we were really concerned about was the stereotypical views that people have of Jamaicans being portrayed in the movie — all of us have dreads and smoke weed kind of thing," said Harris. "But being on the set watching a movie being filmed about an important part of my life was very flattering"

Harris said that the team was relieved with the depiction of Jamaica in the movie. As for the possibility of the movie overshadowing the team's actual story, Harris is not bothered by it.

"I think the movie has done a really good job of giving our story, if not immortality it has given us a really long life. But, more importantly, if Disney did one thing right it depicted the spirit of the team. There were some really good life lessons in there and that's part of us, that is part and parcel of our story, and that has inspired people from the younger generations," said Harris.

The lessons learned from his various Olympic experiences informs Harris's career as a motivational speaker.

"What it did was to reinforce in my mind that it's okay to dream and to dream big to go after those

dreams no matter how difficult or impossible it may seem. That's the biggest impact it had, so now I'm able to take that life lesson throughout my life, for the rest of my life," said Harris.

Harris emphasizes the importance of dreams and above all else being persistent in the pursuit of those dreams, something that Harris believed was key to his life, especially him making it to his third Olympic bobsled competition in Nagano, Japan.

"There was no funding and I had no idea to get it. I ended up coaching myself, having a bum knee and I just kept going," said Harris. "There were tons of times during that period that I could have given up, but I just didn't and couldn't. I'm a three-time Olympian in part because I didn't."

The author of two books, Harris now makes his home in New York City. He has also founded the Keep On Pushing Foundation with the purpose to give hope and create opportunity for children in Jamaica.

"Our goal is to really help find solutions to some of the things that are preventing kids in disadvantaged communities from getting educated."

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Trainer's corner: Lifting from the hips

Jordan Bierkos is a graduate of the University of Alberta physical education program and is currently a student at the University of Calgary in the faculty of law. He is a certified Olympic weightlifting and football coach; a strength and conditioning specialist; and was the head strength coach for the Edmonton Eskimos for two years.

Have you ever tried walking down the aisle of a charter bus on a bumpy road? How about standing perfectly still on a balance board? Your movements will be dictated by the bus or the wobble board. Now picture you are one of your hamstrings, calves or any other muscle below your hip. You can only time your contractions in response to the big powerful muscles above you. This is why it is crucial to properly control and use your hip joint — it will dictate how the rest of your lower body functions. The hip joint is also the biggest joint in your body and the muscles that surround it are the most powerful.

It sounds straight forward, but having taught and corrected lifting and sprinting techniques of hundreds of athletes and fitness enthusiasts, it is astonishing to see how many people have some form of dysfunctional movement pattern of the hip.

A dysfunctional movement pattern is an inefficient co-ordination of the muscles. The most common error is the failure to distinguish

between hip extension and lumbar spine extension — the results of which can lead to inefficient performance at best, and injury at worst.

This can be especially pronounced in students who spend hours sitting in class and studying. What happens from chronic sitting is a shortening of the muscles that flex the hip because they are constantly in a shortened position. When these muscles become tight, one result among many is an effect known as reciprocal inhibition, which means that when a muscle that does one function becomes active, the muscle that does the opposite relaxes. So when the hip flexors are tight and active, the hip extensors — most prominently glutes — stop recruiting as readily.

A second result of the tight hip flexors is the tipping forward of the pelvis, which shortens the spinal extensors. These shortened muscles then become overactive as well. The end result? Hips that don't want to extend fully and a lower back that is all too willing to compensate. This altered movement pattern will become the 'new normal' with the neurological recruitment pattern — more commonly known as 'muscle memory' — becoming entrenched in the part of the brain responsible for muscle co-ordination. This new motor program is what is tougher to correct than the simple muscular imbalances that started the problem.

In day to day life, this may have



picture: Jose Delgado/courtesy Patrick Latter

minimal effects — aside from potential lower back pain. However, your body will be unable to reach its full potential when you start pushing it to move faster and lift more weight, and there is also risk of injury.

In the weight room, this is most commonly seen on the lifting platform when people are deadlifting and doing Olympic lifts. After the bar passes the knees, instead of extending the hips and bringing the pelvis to the bar, the lifter will extend their lower back instead, pulling their shoulders backwards and hyperextending their lower back.

Proper recruitment would have the spinal extensors remain as postural stabilizers, and have the hips extend forward, going toward the bar, and the shoulders going straight up, not back.

However, you can fix this problem with three simple steps: 1) stretching to relax the hip flexors and spinal extensors, 2) exercises to cue and facilitate the glutes recruiting and 3) cuing during movements.

Firstly, when stretching the hip flexors, it is important to note that they will want to pull the pelvis forward, effectively negating the

stretch. To correct this, think of your pelvis as a bucket of water that you don't want to spill. To keep the 'bucket' upright, two things will help: flexing your abs and flexing the glute on the same side as you are trying to stretch. When kneeling on one knee, report the above mentioned tips and try to push your hips forward. You can also elevate the back foot to stretch the quad as well.

Second, do some exercises targeted specifically at the glutes to re-establish that neural pathway. This is one of the simplest and
see TRAINER'S, page 22

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1) LeBron James
(Miami Heat)

LeBron James is far and away the best player in the NBA and it's not even close. This season, his player efficiency rating is 31.60, nearly three points better than the next best player, Kevin Durant. Recently, James became the first player ever to score at least 30 points and shoot better than 60 per cent in six-straight games. He is well on his way to winning his fourth MVP and another trip to the NBA finals. Nobody is going to say James is the best ever, but he is without doubt the best of his generation.

2) Kevin Durant
(Oklahoma City Thunder)

The best of the rest starts with Kevin Durant. Durant has three-straight scoring titles and is on his way to a fourth, leading the league with 28.9 points per game. However, Durant is much more than a pure scorer. Over the past few seasons, Durant has rounded his game out by adding rebounding and defensive prowess to his already impressive offensive skills. Currently, he is shooting better than 50 per cent from the field, 40 per cent from beyond the three point arc and 90 per cent from the free throw line. If he can keep these averages up he would join Larry Bird, Mark Price, Reggie Miller, Dirk Nowitzki and Steve Nash as the only players to accomplish the feat for an entire season. The gap between him and the number one spot is still huge but he is closing it gradually.

3) Chris Paul
(Los Angeles Clippers)

Chris Paul is the best floor leader in the NBA. Paul can score and get his teammates like no other player in the game. Paul's decision making sets him apart from other players on this list as he makes the game so much easier for everyone else by getting his teammates the ball in areas of the court where they will get high percentage shots. Paul is the best defender at the guard position — he is pretty

strong for someone who is only six-feet tall. His aggressiveness on the ball and his reading of the game allow him to rack up a lot of steals. The Clippers won 17-straight games with him at one point this season before his injury. The Clippers lost seven of nine during Paul's time on the sideline.

4) Kobe Bryant
(Los Angeles Lakers)

If it were not for the ineptitude of Lakers this season, Kobe Bryant would probably rank higher. Even at the age of 34 — when his former rivals are either on the bench of a non-contender (Vince Carter), playing in China (Tracy McGrady) or out of the league (Allen Iverson) — Bryant remains one of the five best players in the NBA. Bryant still attacks the basket, runs the floor and defends. This is both a testament to Bryant's talent and work ethic — you won't find many more gifted players in the past or the future. Though it is well-noted that Bryant can be selfish and short-fused, when your team is not likely to make the playoffs and your teammates do not care, a true leader will take charge.

5) Carmelo Anthony
(New York Knicks)

The Knicks have started the season off really strong and Carmelo Anthony's move to the power forward position has been a big reason why. Anthony creates a matchup nightmare for other players — if you put a bigger, stronger player on him, he will get past them with his quickness. If you try and guard him with a more traditional small forward, he will use his size and strength to bully them inside. Anthony's ability to use both his strength inside and his improved shooting touch from outside makes him the most versatile scorer in the league. In the past 10 years, Anthony ranks first in field goal percentage and second in total makes among all players who have taken at least 20 field-goal attempts in the last 15 seconds of the fourth quarter or overtime.

To read the rest of Zainil's top-10 and comment on this story, visit thegauntlet.ca

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Louie Villanueva

The Dinos fall to the Cougars, head to Final 8

In the Canada West final on March 3, the Dinos women's basketball team were defeated by the University of Regina Cougars 37-53. The Cougars defence was key to winning their first CW banner since 2004, holding the Dinos to only 17 points in the second half. This finish is a marked improvement from the 2011-12 season, when the Dinos were eliminated in the first round of the CW playoffs. Despite the loss to the Cougars, the Dinos still earned a berth in the Canadian Interuniversity Sport Final Eight tournament in Regina from March 15-17.

Trainer's, cont'd from pg 17

most effective exercises. Laying face down, bend one knee and try to lift that thigh off the floor without causing that pelvis to tip forward. To do this, flex your abs and concentrate on using your glute to do the moving. If you feel your stomach pressing into the ground or your pelvis rising off it, you are extending you spine, not your hip — drop your leg and reset. Don't expect too much movement — the average is about 20 degrees, and you will get less if you have chronically tight hip flexors.

The key thing is just to get the glute to fire as much as possible. Do this exercise right after stretching your hip flexors, but before going for a run or lifting to wake up that dormant glute. As you progress, you can straighten the leg and try to lift it. Although your hamstrings will want to help more, you

have to make sure that the glute is still doing its fair share.

Lastly, when doing any exercise — especially deadlifts and Olympic lifts — be mindful of this movement flaw, and consciously think 'fire the glutes' or 'bring the hips forward' and concentrate on having your hips extend independent of your lower back. It is especially helpful when deadlifting or doing Olympic lifting to think about your shoulders, and how you want them to go up, not back. The cuing shouldn't be limited to these lifts. Remember that being the largest muscle in the lower body, the glutes should be doing a majority of the work in any lower body exercise, so make sure you are thinking about 'firing that glute' in all those exercises. Try these tips and see how it helps your health and performance.

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Imaginary Anomaly — Morgan Shandro



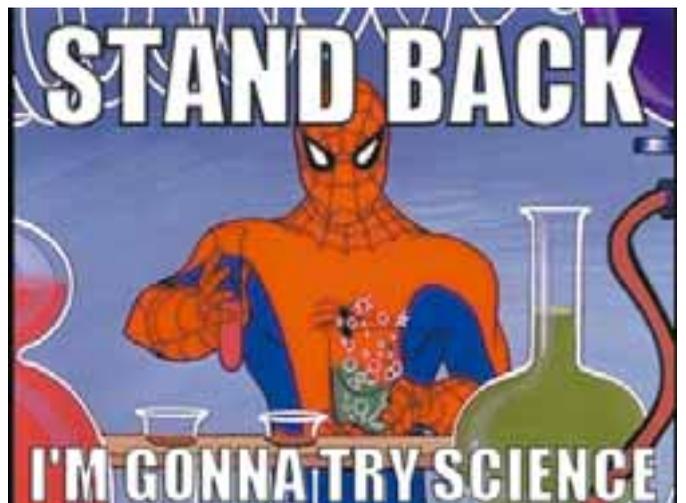
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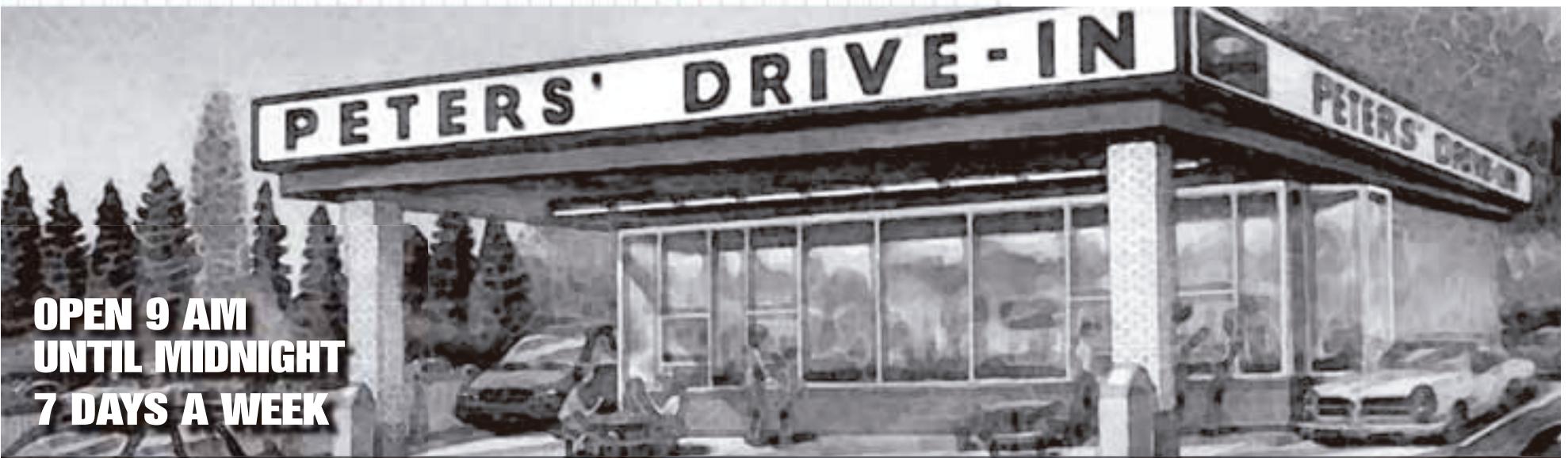
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