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OUR COVERAGE, PAGE 4



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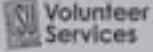
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Editor-in-Chief: Susan Anderson
 eic@thegauntlet.ca
 403-220-7752

News Editor: Riley Hill
 news@thegauntlet.ca • @GauntletUofC
 403-220-4318

News Assistant: Chris Adams

News Assistant: Tendayi Moyo

Entertainment Editor: Sean Sullivan
 entertainment@thegauntlet.ca • @Gauntainment
 403-220-4376

Sports Editor: Curtis Wolff
 sports@thegauntlet.ca • @GauntletSports
 403-220-4376

Sports Assistant: Ashton Chugh

Opinions Editor: Tobias Ma
 opinions@thegauntlet.ca
 403-220-4376

Features Editor: Salimah Kassamali
 feature@thegauntlet.ca
 403-220-4376

Staff Writer: Zainab Takuma

Photo Editor: Michael Grondin
 photo@thegauntlet.ca
 403-220-4376

Staff Photographer: Louie Villanueva

Production Editor: Sean Willett
 production@thegauntlet.ca
 403-220-4376

Illustrations Editor: Dawn Muenchrath
 illustrations@thegauntlet.ca
 403-220-4376

Academic Probation Editor: Elizabeth Scott
 ap@thegauntlet.ca
 403-220-4376

Volunteer Co-ordinator: Jeremy Woo
 volunteer@thegauntlet.ca
 403-220-4376

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

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

Graphic Artist: Evangelos Lambrinoudis II
 graphics@thegauntlet.ca
 403-220-2298

Three Lines Free Editor: Ariene Lai
 tifs@thegauntlet.ca

Contributors

Jay Ahtura • Diltaj Atwal • Bridgette Badowich • Anuj Baxi
 Melanie Bethune • Edgard Favah • Ashley Gray
 Nathan Grivell • Liv Ingram • Jenny Lau • Josh O'Brien
 Rachelle Reed • Connor Sadler • Shubir Zaman Shaikh
 James Stevenson • Scott Strasser • Dan Watson • Remi Watts

Golden Spatula

Liv Ingram



21 grams, stolen from my
 fam, bust out my MAC-
 10 Ingram

Liv Ingram, the most spatula of them all this week, is a Martian empress named Xoltania. Xoltania was renowned for throwing lavish parties on her space yacht that sometimes degenerated into sexual excess or violence involving fluorescent stun rods. Despite her life of leisure, Xoltania grew tired of a world without meaningful challenges and landed her yacht on our planet around 1,000 years ago. The yacht became known as MacHall and Xoltania has hung around ever since in a number of guises. It's best if we keep her entertained lest she return home, taking the *Gauntlet* office with her.

Furor Arma Ministrat

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

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

Design by Michael Grondin
 Photos by Louie Villanueva, Michael Grondin and Riley Hill

Clobbering a national stream of culture

The future of Canada's national public broadcaster is up in the air again as the Harper government attempts to choke the cash-strapped Canadian Broadcasting Corporation of its meager parliamentary funding.

Conservatives from across the country debated the future of publicly-funded media at the 2013 Conservative convention in Calgary — and it doesn't look good for the CBC. The embattled broadcaster is on the chopping block and risks losing its public funding to the Conservative's right-wing economic agenda. Eliminating this veteran crown corporation would be a disservice to the Canadian people both culturally and economically.

For more than 75 years, the CBC has been one of Canada's greatest cultural institutions and has helped proliferate Canadian culture by creating original Canadian content.

The CBC is an essential public institution that cannot be fulfilled by the private sector as the Conservatives would claim. Independent musicians, filmmakers and documentarians who would be ignored by the private sector for financial reasons are introduced to the public via not-for-profit CBC broadcasts.

CBC gives Canadian artists opportunities to succeed in the cut-throat entertainment industry, which builds Canadian culture and identity. The CBC introduced the world to Canadian success stories such as Shania Twain and Alanis Morissette.

CBC News sends journalists to the far reaches of the globe to provide a Canadian perspective, reporting from remote places where other broadcasters refuse to go be-



cause there is little money involved. The CBC informs the nation by delivering content to Canadians from every corner of our nation and the world. We risk losing important stories by axing the CBC.

The CBC unites Canadians from coast to coast with Canadian content made by us, for us. From Jian Ghomeshi and George Stroumboulopoulos to Rick Mercer and Red Green, the CBC is responsible for some of the most recognizable Canadian cultural icons that have helped define our own distinct image in an increasingly globalized world.

Deloitte reports that the loss of CBC funding would result in a significant outflow of programming expenditures to foreign content makers, effectively crushing opportunities for Canadian content

over our own airwaves. The Canadian arts, media and entertainment industries would suffer immensely.

While the Conservatives love to rant about saving the consumer from oppressive television channel bundling, they continue to suffocate the consumer's best media deal in the nation. For merely 7.8 cents per day, Canadians in every part of the country receive a wide range of Canadian content on local and national television channels, three radio stations and fully accessible web services.

Each month, 23 million Canadians access CBC's radio, Internet and television services.

The CBC also provides vital services and media content in rural areas that are simply unprofitable for the private sector. Almost anyone in Canada can enjoy CBC's ex-

tensive lineup of Canadian news, sports, comedy, arts, drama and music. Our public broadcaster is part of the common cultural fibre that connects us by spanning the physical vastness of our nation.

If the thought of losing cultural institutions such as 22 Minutes and Hockey Night in Canada isn't enough to convince you of CBC's importance, consider the potential economic impacts of a privatized or eliminated CBC.

In the event that CBC was privatized, its currently commercial-free radio stations would require ad revenue to operate. A private CBC would have to compete with other radio stations for declining advertising dollars. Media giant Astral Media and small private sector broadcasters alike have already expressed their distaste at the idea of competing for advertising funding with the CBC.

According to a report by Deloitte, the CBC contributed \$3.7 billion to the Canadian economy in 2010 by "improving competitiveness and providing opportunities for exports in the independent production sector" and "creating depth in the production sector by commissioning a wide range of genres."

CBC faces an additional 10 per cent funding cut, and conservative wolves are already circling a hobbling CBC, parroting phony free-enterprise economics arguments. However, eliminating Canada's public broadcaster would deny Canadians a fundamental piece of the culture that connects us.

It's time to work at keeping the CBC on the air, not up in the air.

Gauntlet Editorial Board

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Opposition meets Conservative convention

Party gathering greeted with opposition from left-wing groups

Tenayi Moyo

News Assistant

With Tory politics taking centre stage this past weekend, the Conservative convention also drew protesters voicing their opposition to the Harper government.

This past weekend Calgary hosted over 3,000 Conservative party members at the BMO centre for the party's annual convention. Over the course of the weekend, demonstrations were staged by members of the United Steelworkers, the Canadian Union of Postal Workers, the Confédération des syndicats nationaux, the Occupy movement and groups associated with an organization called Common Causes, including Idle No More activists.

The protestors called for Canadians to challenge Conservative leadership. Idle No More protester Chantal Chagnon claimed that Prime Minister Stephen Harper and the Conservative party ignore the needs of many Canadians and



Michael Grondin



Michael Grondin

Approximately 500 people protested the Conservative convention last weekend in downtown Calgary.

said she thinks partisan politics are damaging Canada's democracy.

"Unfortunately, in Parliament right now, any MP that tries to stand up and voice their opinions and represent the people is shot down," Chagnon said. "We need to change that system. We need to change it so instead of being accountable to your party, you're accountable to the people."

The protests were made up of

many different groups with a variety of causes, where demonstrators raising concerns about issues ranging from environmental protection to labour rights.

Protestor Aaron Doncaster stressed the importance of the demonstrators finding common goals amongst each other.

"A common ground is first and foremost that we're all human," Doncaster said. "I think a lot of the

marginalized groups out here are the ones that get hit hardest. The only way that we can fight back is by building alliances with one another."

Common Causes, an assembly of social movements, also hosted a lecture series at the Calgary Public Library on Friday. The event aimed to promote alternatives to the Conservative government's present agenda.

The groups represented included

the Council of Canadians, the Confédération des syndicats nationaux, Beaver Lake Cree Nation and Union for Canada.

The sold-out event was capped with a lecture from Canadian environmental activist and academic David Suzuki.

Organizers estimated over 500 protesters showed up in Calgary's downtown core over the three-day convention.

Alberta universities get \$50 million boost

U of C to get additional \$10.6 million from province

Chris Adams

News Assistant

Post-secondary institutions struggling to balance their budgets just got some good news from the provincial government.

On Nov. 6, Minister of Advanced Education and Deputy Premier Thomas Lukaszuk announced that the provincial government will provide an additional \$50 million to post-secondary

institutions across the province.

"Today, all Campus Alberta presidents participated in a conference call with Deputy Premier Thomas Lukaszuk," a statement released by the University of Calgary said. "The Deputy Premier announced an additional \$50 million for allocation amongst publicly funded Campus Alberta institutions this fiscal year to offset enrolment cost pressures."

The University of Calgary

will receive roughly one fifth of pledged funding.

"The University of Calgary will receive \$10.6 million as a base addition to our Campus Alberta grant for the current 2013-14 fiscal year," the statement said. "This reflects an approximate 2.6 per cent increase to base funding."

This increase in funding is set to help alleviate budgetary concerns following \$147.3 million in cuts to post-secondary fund-

ing. The University of Calgary received \$40.7 million less than they expected in 2013-14 because of budget cuts.

Programs at institutions across the province were suspended in response to the budget.

The U of C has not announced where this funding will be spent.

"We will share with students, faculty and staff about how the \$10.6 million will be allocated in the future," said the University of Calgary's release.

The Students' Union is optimistic about the increase in funding.

"Obviously it's exciting to see a reinvestment in post-secondary education," SU vice-president external Conner Brown said. "The University of Calgary is in a very different financial position than other institutions around the province. It'll be interesting to see where that additional funding is allocated towards."

What issues should be protested more?



"The U of C pro-life group."

– Rochelle Hollman, second-year psychology



"All the time profs spend on research instead of teaching."

– Mitchell Banita, third-year biology



"Injustice — either towards culture or students."

– Simon Kassem, second-year education



"The need for more student rights."

– Yasmen Muhssin, open studies

campus quips

Bothering the gad fly

Gauntlet Q & A: Sun Media columnist and *The Source* host Ezra Levant

Tobias Ma

Opinions Editor

During the hustle and bustle of the Conservative Party convention, the *Gauntlet* arrived at the Central Public Library on Nov. 1 looking for an interview with David Suzuki. Although we did eventually get to sit down with Suzuki, our first encounter was with Ezra Levant, a Sun Media journalist and well-known conservative commentator. Levant was in the process of being kicked out of the counter-convention alongside his camera crew for allegedly blocking a line up minutes prior to our appearance. We managed to get a rushed interview with Levant in between his exchanges with the convention's security staff before finally speaking with him alone.

The Gauntlet: Mr. Levant, how are you doing?

Ezra Levant: Good, what's your name?

G: Toby, what's yours?

EL: You just called me by my name . . . you're a little nervous, aren't you?

G: I am. You're a prominent public figure.

EL: It's okay. I'm just like you.

G: Are you worried they are going to mace you?

EL: No, this [security] guy seems pretty nice.

G: Do you believe in global warming? What exactly are your

// I call you the shiny pony but tonight you were a stallion.

– Ezra Levant, Sun columnist and broadcaster

qualms with David Suzuki's views, summed up quickly?

EL: I think the Earth warms and cools over cycles. I don't think [Suzuki] has much scientific basis for his claims. I don't believe he is as well informed as he portrays himself.

G: Do you view the government as having a close tie to the energy sector?

EL: I'm not here to defend the government. But they passed a law to ban corporate donations and union donations. There are no corporate donations allowed whatsoever, or from unions and individual donations are capped at \$1,100.

G: But given that Mr. Harper is from Alberta, and that Alberta traditionally aligns with the energy sector, could you see the government holding a potential bias in favour of the oil industry?

EL: You know, most of the oil-sands activities really took bloom under Jean Chrétien's tenure. It was Chrétien, his natural resources minister and [Anne] McLellan who really put the regulatory system in place that gave birth to them. The oil-sands have been around for decades. The financing

and regulation really took off in around 2004, 2005. Harper took office in . . .

[At this point another exchange with security erupted. Prime Minister Harper took office in 2006.]

G: What do you believe is the current state of the opposition, given Justin Trudeau's recent surge in popularity and Harper's poor showing in recent polls?

EL: There are polls coming out every day and they show that the three parties are fairly close. But I don't know.

G: What do you make of Mr. Trudeau?

EL: I think he's a lightweight and he doesn't have a strong policy background.

G: He did beat your guy, Patrick Brazeau.

EL: Yeah, as a boxer he did well. In fact, I exceeded that boxing match. When he won, he won it big time. I remember saying to him, "I call you the shiny pony but tonight you were a stallion." He's a good boxer. And he's pretty. He has beautiful hair. He let me touch his hair once. I got the photos.



Riley Hill

Ezra Levant stands outside the venue for a David Suzuki speech.

Study shows a night out with the guys is good for health

Ashton Chugh

Sports Assistant

A study recently released by Oxford University found that two guys' nights a week helps men maintain optimal health.

Oxford director of social and evolutionary neuroscience Robin Dunbar led the study.

The specific health benefits include faster recovery times from sickness and higher overall levels of generosity.

According to the study, men must physically meet with four friends twice a week to reap the benefits of male friendship.

Dunbar also recommends that guys do traditional "guy stuff" when hanging out with their bros like drinking beer and playing team sports.

These same benefits were not noticed among men who communicated regularly via texting and emailing.

Also, the size of the groups can-

not get too large, otherwise less endorphins — one of the chemicals responsible for happiness — are released.

While the results of the study will be well received by guys with friends, the science does have a bias — the study was commissioned by Guinness brewery.

Read more at
thegauntlet.ca

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Faculty of education named after donor

\$25 million donation creates new Werklund School of Education

Riley Hill
News Editor

The faculty of education has been renamed the Werklund School of Education after a \$25 million donation from David Werklund, the chairman of energy services company Ter-vita. The \$25 million constitutes the largest private donation ever given to a faculty of education in Canada.

The massive private donation was announced in the MacHall South Courtyard on Friday, Nov. 4, by University of Calgary president Elizabeth Cannon. She began the presentation in dramatic fashion.

"Ladies and gentlemen, I'm here today to announce a historic gift of \$25 million from Dr. David Werklund to name the Werklund School of Education," Cannon said.

Banners reading "Werklund School of Education" streamed down from above as the audi-



courtesy of Riley Brandt from the University of Calgary

David Werklund poses for a photo at the announcement.

ence stood clapping, whistling and hooting, with the noise not waning for just over 30 seconds. Cannon then pointed to youth in the audience who gave their names, career aspirations and said the phrase, "I am proud to be a member of the Werklund School of Education." All the youths had

matching shirts that read, "I am the future."

Throughout the presentation, Cannon showered Werklund with praise, reading out letters from the prime minister, premier and mayor all thanking the wealthy patron for his gift to the university.

"This is a remarkable gift from

a remarkable man," Cannon said.

Werklund then took the podium and explained why he gave the faculty of education this gift.

"A sound education can provide for a quality of life that offers many choices," Werklund said. "At the faculty of education, I recognized their passion and commitment to driving fundamental change at the university."

He went on to explain his admiration for university officials and support for the university's Eyes High goals.

Out of the \$25 million donated, \$15 million will be used to improve the quality of education at the new school through new fellowships, awards, hiring new professors and the creation of new endowments. The other \$10 million will be used to upgrade infrastructure in the Education Complex and invest in research.

The U of C Board of Governors approved renaming the school on Oct. 18. The vote was done in camera, meaning the results are not public.

The change in name has already drawn criticism.

Public Interest Alberta director Bill Moore-Kilgannon said he believes the recent post-secondary budget cuts are forcing universities into a situation where they have to rely on private donations to stay financially stable.

"The seven per cent budget cut brought about this year is driving schools to do whatever they can to make up for that shortfall," Moore-Kilgannon said. "It's very nice that a wealthy family feels that they have the resources to contribute a donation to the University of Calgary. I have nothing against them. But we're not resolving on-going operating problems this way."

Cannon denied that the name change had anything to do with financial troubles.

"This is not a replacement for government funding, this is value-added," Cannon said. "This is to allow us to create student experiences and support for our faculty."

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Eco Club kicks off clothing drive for Buy Nothing Week

Club hopes for another year of success

Rachelle Reed
Gauntlet News

The University of Calgary Eco Club is hosting a Buy Nothing Week from Nov. 18-22. In conjunction, a Clothing Swap will be held in MacHall from Nov. 20-22.

"The main goal of [Buy Nothing Week] is to raise awareness about consumerism," said Eco Club president David Rivera. "This way we can make sure that the impact of the holidays can be reduced."

The Clothing Swap will be held on Nov. 20 in the South Courtyard of MacHall, and will then move to the North Courtyard on November 21 and 22. Rivera said the event will be a good way for students, staff and faculty to get rid of unwanted items, while getting something new without the a large carbon footprint.

"Naturally, jackets, mittens, and warm clothing are appreciated at this time of year. But anything people are willing to part with, we are totally willing to accept," Rivera said.

The Mustard Seed is also looking for gently used women's clothing for women's shelters across the city.

All clothing not claimed at the swap will be donated to the Calgary Mustard Seed.

During the week, clothing bins will be located around campus. Rivera said they will likely be located in the Engineering building and around MacHall.

The Engineering Students' Association, the U of C Mustard Seed, the Japanese Students' Association and the Office of Sustainability at the University of Calgary

will partner with the Eco Club for the event.

"This is probably going to be one of the biggest [events] that we've been able to put on," Rivera said.

A DJ and Mia del Fierro of the Japanese Students' Association will be putting on a Sustainable Fashion Show alongwith the clothing swap.

Similar clothing swaps have been held over the last three years. While the event was successful in previous years — with five or six bags of clothing being donated to the Mustard Seed last year — Rivera hopes that this year's event will be the biggest yet.

"We are a unique community here on campus. If we can reduce our environmental impact, it can benefit us all," said Rivera.

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Follow us on twitter @GauntletUofC

U of C president up for review

Diltaj Atwal
Gauntlet News

A Presidential Review Committee is currently underway to review Elizabeth Cannon's performance as she seeks a second term as president of the University of Calgary. The committee has a mandate to review the performance of the president and make a recommendation to the Board of Governors as to whether she should be reappointed.

"Representatives from various campus stake holders and the Board of Governors will be involved," said Students' Union president Raphael Jacob.

According to Jacob, the Presidential Advisory Search Committee will evaluate Cannon's performance and goals.

"When she would have started as president, there would have

been key initiatives or metrics of measurement one could use to see whether she has been successful. Her key initiative was the Eyes High Strategy," Jacob said. "One way to measure Cannon's performance would be how we have advanced the goals of Eyes High and whether we're on target. Another way would be feedback from students and the community on how they perceive her as having done her job."

They have also sent out a survey to all undergraduates to get some feedback on Cannon's performance.

The survey can be filled out from Oct. 24 to Nov. 14.

"If her performance was graded low by the committee, likely they would choose not to reappoint her at which point a search committee would be struck to find a new president for the University of Calgary," Jacob said.

Lukaszuk spends big

Riley Hill
News Editor

Alberta Liberal leader Raj Sherman released documents during question period on Nov. 4 showing that Alberta Deputy Premier and Minister of Advanced Education Thomas Lukaszuk spent over \$10,000 of taxpayers' money on new furniture for his office this April.

The new furniture charged to the Government of Alberta included a \$4,500 conference table, a \$1,500 computer desk and a \$252 pencil drawer.

The documents, which Sherman obtained through a freedom of information request, also contain emails sent from interior designer Veronica Wake regarding the renovations to Lukaszuk's office.

"Other than the Ikea chair (to match existing) everything else is from the Knoll standing offer so we don't need to go for competitive pricing," reads Wake's email, sent to Alberta Government facility manger Donald Sieffert. "One other thing — the deputy premier has requested that the built in millwork in his office be stained

darker and change out the door pulls on it as well. I do have a couple of styles for him to review."

The total cost of the new furniture and renovations came to \$10,750.

When asked about the new furniture in the Alberta legislature during question period, Lukaszuk defended the purchase, saying it was necessary for his office staff.

"The furniture was for staff that work in our office," Lukaszuk said. "They work long hours, and they need to have furniture that is safe and appropriate, much like any constituency office that many of them have benefited from."

The document released by Sherman contains several proposed layouts clearly showing the furniture was purchased for Lukaszuk's personal office.

Sherman said he thinks these purchases were inappropriate given the post-secondary budget cuts that happened less than a month earlier.

"This fancy new furniture was bought right at the same time when his government was inflicting the worst cuts to post-secondary education in decades," he said.



Michael Grondin

Inside the Conservative convention

Prime Minister Stephen Harper spoke to over 3,000 Conservative followers at the national Conservative convention on Nov. 1 at the BMO Centre in Calgary. National media organizations were in attendance to hear the Prime Minister talk about Tory accomplishments and plans for the future of Canada. Harper spoke about new economic deals abroad, criticized his opposition and assured that the Conservative party holds the keys to Canadian prosperity. "Friends, the greater Canada for which we aim will take every ounce of dedication we can muster. For us as Conservatives, there can be no higher purpose, so let's get to it," Harper said.

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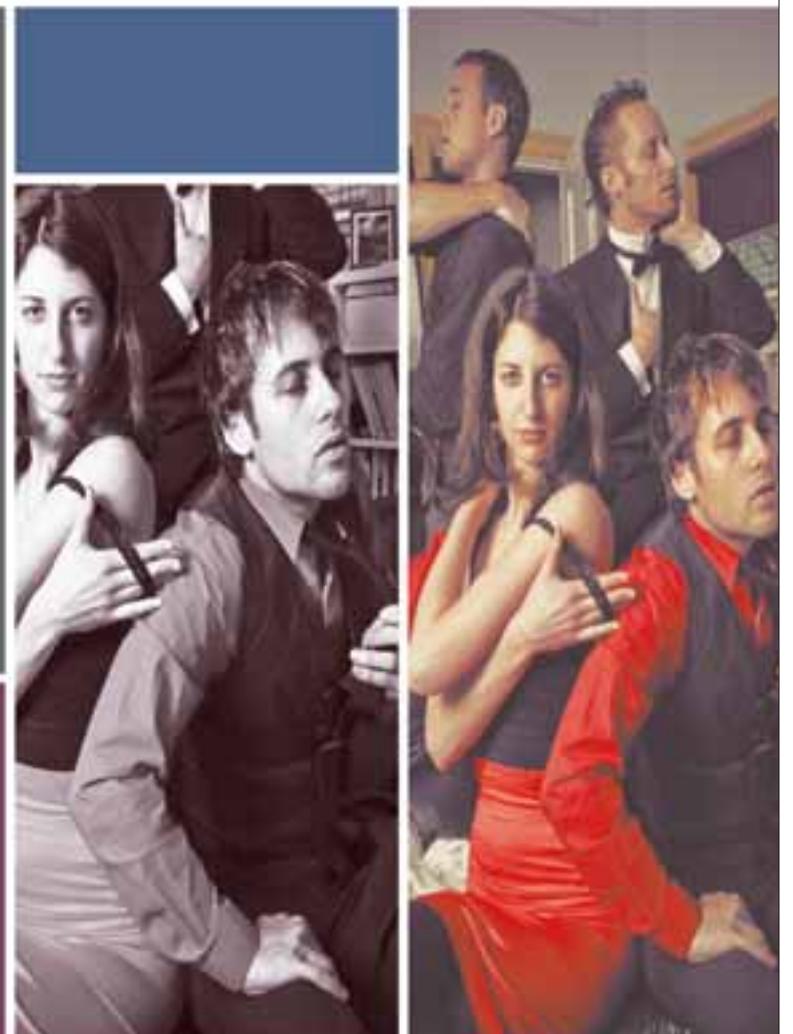
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A little inspiration and improvisation

Q & A with jazz vocalist Deanne Matley

Ashton Chugh
Sports Assistant

Deanne Matley is a local jazz singer who performs with the Deanne Matley Trio and the Prime Time Big Band. The trio plays sporadically on Sundays at Notable's weekly jazz brunch. The Big Band group plays at the Ironwood Stage & Grill every second Saturday. Deanne Matley and Pals host Cafe Koi's Jazz 'N' More every Thursday evening. Matley has released two albums: Stealin' Blue and Chillin' & Fillin'.

The Gauntlet: When did you first discover that you wanted to become a jazz artist?

Deanne Matley: I call myself a vocal artist. The reason for that is because I do other genres, not just jazz. But I'm pretty well known in the city as a jazz artist.

When I was in Grade 10, I went to Lord Beaverbrook High School and I was always in choirs and singing. [My teacher] Mr. Gardner had this jazz choir. As soon as I heard them I was like, I'm so in. Everyone had microphones and harmonies. Everyone was moving and the music was fantastic. It was something completely different from what I was used to. But the choir was already established so I couldn't audition until Grade 11.

I was gung-ho [about joining]. I picked a piece where I sang "I'm Beginning to See the Light." I remember this so clearly because it was one of the audition pieces I had to learn. I picked up my first Ella Fitzgerald album at A&B Sound — which was so long ago now — and I just listened and listened to her, just praised her and soaked it all in.

Then I learned another part as well for the group audition. I remember going in and having to sing this for him and loving that I put all this time and energy into the song. And then I got the gig. Yay! It was fantastic and that's where my passion for jazz music started.

G: What artists have been your major influences?

DM: I'm a huge fan of Frank Sinatra. What I love about Frank Sinatra is the expression of his emotions. Whenever I listen to Frank I can hear and feel him.

Of course back in the day, whenever everyone was doing recordings, you would go into the studio off of the floor and if there were any imperfections you know you don't care 'cause it's so human. He's my first and foremost favourite.

I'm a really big fan of Keely Smith. I love Ella Fitzgerald for her scatting ability, which is insane. And she is intense and awesome. She's a really good vocalist I listen to. Nina Simone — her deep luscious emotion just comes from her and she just takes it apart. I love listening to her.

G: Who has been your favourite or most memorable artist that you have collaborated with?

DM: I was just recently in San Francisco and I did a song with this legendary pianist Henry Mayburn and that was pretty amazing because he is quite heavy in the jazz scene.

We didn't rehearse or anything. He doesn't read music. I just said, OK this song, in this key and I want to do it as a ballad. And I know at first he was like, OK...? because normally it's done as a swing. But him and I just locked in, just connected and glided — we're emotional —

and it was just so free and connected and passionate.

I've worked with a lot of awesome musicians in town, so it's kind of a hard question. The people that I work with —

my musical partner Bruce and I — are very connected musically and we do a lot of work together. We're working on an album now that we're just wrapping up.

We've had a lot of really great moments together live on stage. That is where the beauty happens, 'cause on stage it's live. It's totally raw and authentic, real and in the moment and never the same show twice.

It's a tough question because I've had so many incredible moments with musicians in general, so it's kind of hard to pinpoint one specifically, 'cause one day it could be meh and the next day it could be wow.

G: What sort of melancholy or emotion brings out your best work?

DM: I'm a sucker for ballads. I find that ballads for me are the ones that allow that real heart-wrenching emotion to come through. [That's] where I really connect most time — the musicality, the wording, the structure, the way the music is flowing and the way I'm connecting with the audience and the musicians on stage.

A lot of the times it's ballad, but at the same time I can rip off a killer swing tune with a big band and it's fun and energetic. And afterwards I'm just like, wow, 'cause all this energy comes out and afterwards I'm so tired 'cause it was so exciting. So it all depends on the song. The ballads are usually that nice tender richness that stirs up the heart strings and at the same time when I'm having fun that is the same thing, cause my heart strings are pulling then too. And if we're not having fun then why are we doing it?

I always love it when someone is like, oh my God, I have goose bumps, 'cause all right, I've done my job if I can allow the audience to feel.

G: Jazz can be very improvisational. Is there any structure when you're just jamming or is it that you create something new out of old melodies?

DM: My instrument is the vocal chords, so it's completely different from a sax. But the idea of it is if I am going to sing a vocal tune, I'm going to respect and honour the composer and sing through the tune pretty much as it is written on the page. Then if I want to I can then go onto a scat solo which is pretty improvised. So basically it's not the melody at all. Vocalists are essentially trying to imitate horn players. As vocalists we try to imitate that and it's called scat singing, improvised soloing.

G: Can you comment on what really spurs your creativity?



courtesy Deanne Matley

DM: I think for me it's really about getting into the tune and collaborating. What we'll do is, my musical partner and I will take a tune and run through it. Then things will start to happen. He'll play something and I'll be like, oh, I like that — just changing the style of a tune. For example, it's a straight up swing set and I'm like, let's take this baby and turn it into this heart-wrenching ballad and it's a completely new tune and people are just like, holy crap, never would have thought but you just nailed that. And I've got goosebumps and it's so fun. And for me that's creativity. Also when I hear someone's version of a tune that I really like, that will spur on something.

G: What is the local jazz scene like here in Calgary and what are some of the best venues to perform at?

DM: There is actually a really great scene in Calgary. We did have a jazz bar called the Beat Niq, but we did lose that. We

don't have a specific jazz club in town, but there are lots of venues that have jazz.

I do a jazz brunch at Notable, but you wouldn't consider Notable a jazz venue. It's a restaurant that has a jazz brunch, so it's a little different in that sense.

I host a jazz and open mike at Cafe Koi and they also have other jazz showcases that go on there. Epcor Centre just started their jazz series.

And then there's the whole Jazz YYC. If you go to JazzYYC.com it's all the jazz that is going on in Calgary. So there is not a specific jazz venue, but there are lots of venues that host jazz on a regular basis.

We've got a lot of great talent in the city but I find we always get labeled as a cow town — Calgary Stampede and all that stuff. There is a thriving scene. It's just not huge, not yet.

For information about her music and live shows, visit Deanne Matley's website: deannematley.com.

Gauntlet photo contest winner: Shubir Zaman Shaikh

The *Gauntlet* photo contest runs once a month. This month our theme was “shivering.” Next month our theme will be “surviving holidays.” Submit your photos to our photo editor at photo@thegauntlet.ca.



Photo: Shubir Zaman Shaikh

“Next time I cavil about shivering in the cold weather to the train station or to my car, headed into my warm home with nutritious food in the fridge, I’ll remember these kids trying to keep warm by a burning tire in the slums of Dhaka, Bangladesh. As George Martin once said, “Nothing burns like the cold.”



courtesy James May

New venue, old musical

Sean Sullivan
Entertainment Editor

Sage Theatre is kicking off its new season and celebrating its new venue with the return of one of its most widely loved productions, *Hedwig and the Angry Inch*.

The acclaimed and award-winning musical, written by John Cameron Mitchell and originally premiered in 1998, was produced by Sage Theatres in 2008. The lead actor, Geoffrey Ewert, received a Betty Mitchell Award for his performance as Hedwig.

The musical is a rock ‘n’ roll concert interspersed with Hedwig telling the audience about her past, as Hansel Schmidt in communist East Germany during the ‘80s, her sex change and her escape from East Berlin. Her glamrock band, the Angry Inch, is named after the result of her botched sex reassignment surgery. The present day story describes her pursuit of fellow rocker Tommy Gnosis.

“It’s very universal,” director Kelly Reay says. “It’s a story of one person’s search for identity and love.”

Reay says it is the lens through which Hedwig views her world that speaks to a contemporary audience — especially since it’s rooted in history that we still see the ramifications of today.

Performed at the 60-seat Joyce Doolittle Theatre in 2008, the musical is being performed this time at Sage Theatre’s new home in the 120-seat Vertigo Theatre. The move allows them to get more out of the performance than in the smaller venue.

“The whole premise of the show is that the audience is there to watch Hedwig and the Angry Inch in performance,” Reay says. “We’re really embracing that and trying to make it the best rock show in town.”

Sage Theatre has brought in

designer Terry Gunvordahl to design the set for what Reay calls the “smallest, yet biggest and greatest rock show in the world.”

The production will feature a four-metre projection screen and extensive lighting. Reay promises there will be a few surprises as well.

“We wanted something small and simple but with surprises and with a big bang,” Reay says. “I hesitate to give away much more than that because I don’t want to spoil anything.”

Sage Theatre’s return to *Hedwig and the Angry Inch* sees the return of a number of artists who were involved with the original 2008 production — including Ewert as Hedwig — as well as the introduction of some fresh talent. Carly McKee, a University of Calgary graduate, is taking over the role of Yitzhak. Although McKee has performed at Sage Theatre’s annual Ignite Festival, *Hedwig and the Angry Inch* is her first mainstage production with the company.

While the production is a return for Sage Theatres to one of its most successful performances and includes returning cast members, Reay says they wanted to approach it as an entirely new production.

Reay says that after five years, people come back with different perspectives on life and certain things will have a different meaning than they once did.

“There’s more that you understand because you’re a more mature human being,” Reay says.

Reay says that much has changed for the returning cast since they first performed *Hedwig and the Angry Inch*, but also that some things have remained the same.

“It’s like [Ewert] never left,” Reay says. “The familiarity, the artistic camaraderie — [Ewert] said it’s like coming home. It’s like we never missed a beat.”

For more information and tickets visit sagetheatre.com.



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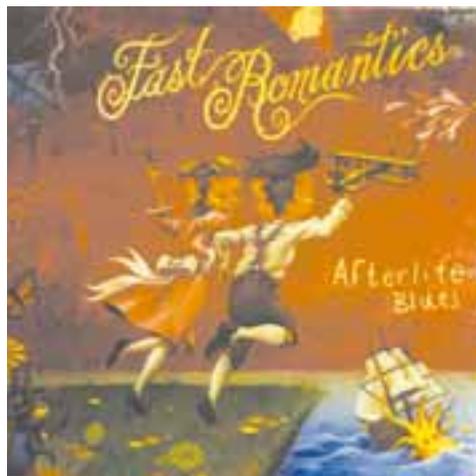
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ALBUM REVIEWS



Fast Romantics

Afterlife Blues

October 8, 2013 (Pipe & Hat)

The sophomore album from local Calgary band the Fast Romantics sees a departure from the sound they developed in their debut album. Their self-titled debut, released in 2009, was standard indie-rock music with occasional, anticipated hints of punk rock slipped in and conveyed a general impression not dissimilar to Franz Ferdinand. Their latest album avoids the harder, punk rock and more traditional rock 'n' roll sound in favour of a something much closer to mainstream folk rock — the kind of folk rock that's

really indie rock and ends up sounding a bit like pop music.

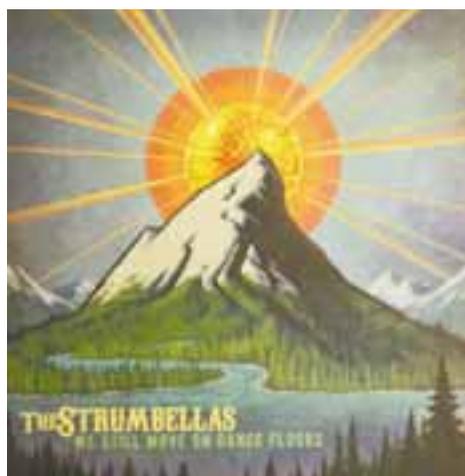
Beginning with the first track, "Friends," the album progresses through more than one genre of music across the length of the album. "Afterlife Blues," early on the album, is reminiscent of where Fast Romantics came from in their previous album, while "Isabelle" at the end clearly sounds the furthest from where they began.

The album seems to begin with their new sound, returns to their roots in the middle and ends back where it begins. It isn't the smoothest transition from one track to the next and the differences between tracks can be a bit jarring.

Four years after they formed, they've become more confident in their sound and that comes across in this album. However, they haven't completely abandoned their previous sound. It lingers here and there throughout the album on tracks like "Atoms," but at other times the album hits much lighter notes that resemble music by Arcade Fire, Broken Bells or Mumford and Sons. If it takes a moment to imagine those three mixed together, then you'll generally understand where this album ends up.

Afterlife Blues is Fast Romantics re-discovering themselves. But they haven't done so quite yet.

Sean Sullivan



The Strumbellas

We Still Move On Dance Floors

October 22, 2013 (Six Shooter Records)

The cover of the latest album from the Toronto band The Strumbellas is slightly misleading, but that shouldn't be held against it. The giant, gold disco ball that is setting behind the mountain in place of the sun suggests an upbeat country-dance album, as does the album's title, *We Still Move On Dance Floors*. It inspires images of line-dancing cowboys. That's a far cry from what this album actually is.

The album probably won't inspire anyone to get up and dance, though it may cause more than a few feet to tap in

rhythm with the music. Rather, it is the type of upbeat, energetic music that's great to listen to while driving.

We Still Move On Dance Floors is the second full-length album by The Strumbellas in two years. They were nominated in 2012 for a Juno Award for Roots and Traditional Album of the Year — Group for their last album, *My Father and The Hunter*. The band's new album, with their bluegrass-inspired sound, with acoustic guitar, banjo and violin, is a fun and enjoyable excursion into folk rock and country music. It's reasonably pop-infused while still retaining its traditional folk influences.

In some ways, The Strumbellas are Canada's answer to the popularity of British folk rock band Mumford and Sons — while not nearly as heavy handed with the banjo.

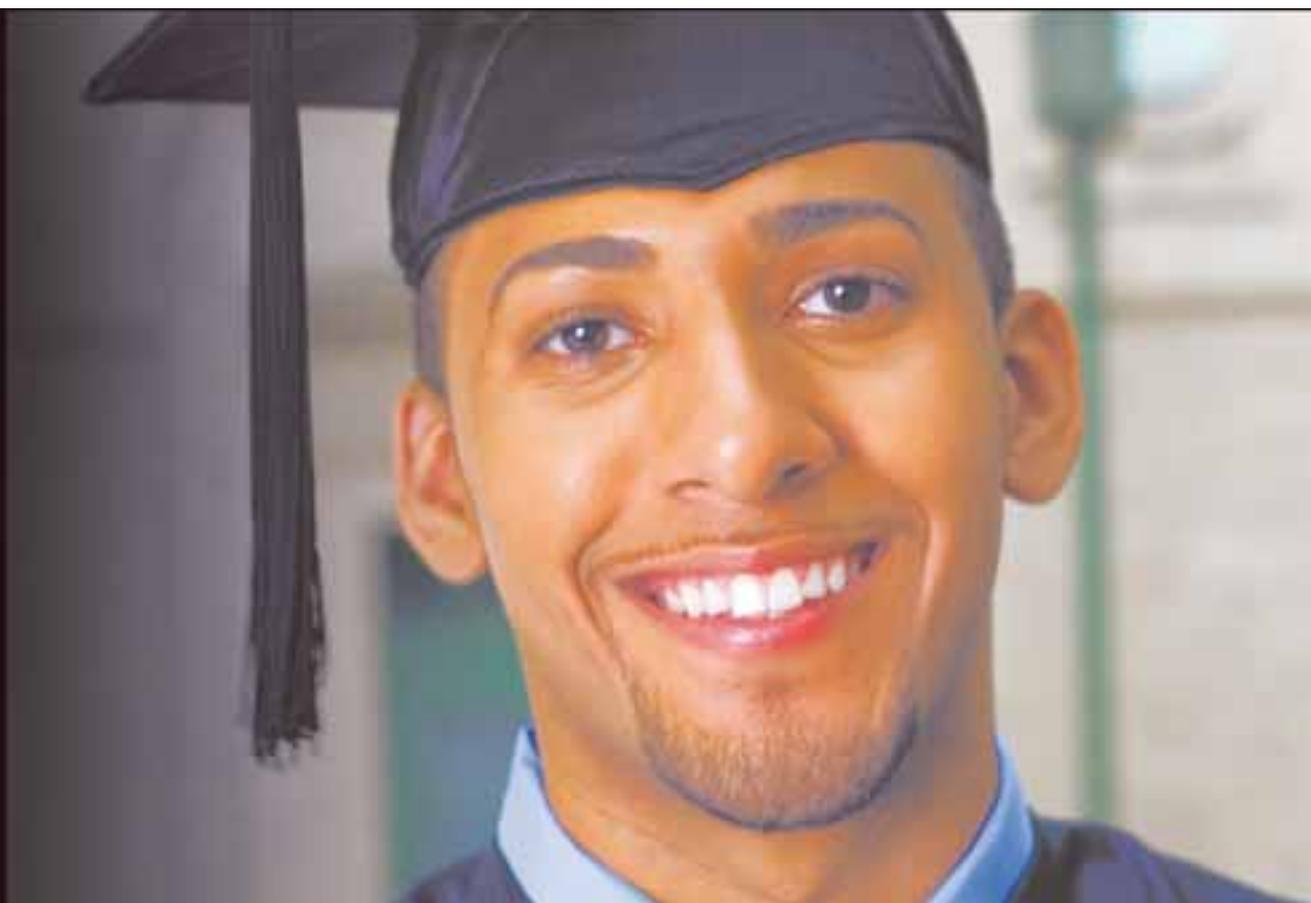
Much like a long drive in the summer, *We Still Move On Dance Floors* is soothing, uplifting and freeing. It kicks off with the track "Sailing" and carries the momentum throughout, building energy up until "End Of An Era." The album carries that down through "The Long Road" and "Ride On," finishing with the slower and calmer track "The Fire."

The album is well worth a listen. Just don't expect to want to get up and dance.

Sean Sullivan

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Solutions to urban sprawl

By U of C's very own planning students — Nathan Grivell, Dan Watson and Edgard Farah

This article is the final article of a three-part series focusing on challenges of Calgary's urban sprawl. You can read the first two articles at thegauntlet.ca.

Many of you reading this article probably live in the suburbs and don't see a problem with it. Who would criticize you for making such a grand investment, you may ask.

You may or may not be aware that a host of problems have arisen with suburban development. These problems need to be brought to the public's attention. Land that was once fertile is being rapidly repurposed for suburban growth. Tax dollars are going towards maintaining infrastructure for suburban development rather than projects such as transit or public art.

Cities like Vancouver and Toronto have started to make inroads into sustainable planning, partly because they have dealt with the consequences of urban sprawl earlier than Calgary. Calgarians could learn valuable lessons about combating suburban sprawl by studying the methods used by these other major cities.

This article will focus on solutions that have successfully been employed elsewhere to reduce sprawl: using alternative housing strategies to make downtown living more affordable, land-use management to reduce the burden on downtown amenities, increasing the cost of greenfield development and using a greenbelt to protect surrounding green space.

Housing alternatives

One argument for unlimited growth on the fringes of the city is that an ample supply of new houses makes houses less expensive. While these lower costs often mask the added expenses of vehicle fuel as well as the social costs, such as isolation and time spent commuting, the popularity of suburban housing clearly illustrates the need for more affordable options in the city. Two innovative methods for having more housing choices in established neighbourhoods are laneway housing and secondary suites.

Laneways

Studio North is a small start-up design company based in Calgary that develops projects such as laneway housing. Architect graduates Matthew Kennedy and Mark Erickson are excited and optimistic about changes in the future design of Calgary's inner city.

"Currently laneways are used for garbages and access to garages but we feel that the infrastructure can be used in a more interesting way in terms of creating a pedestrian scale walkway. If you walk down a laneway, it is objectively an idealic setting with trees and a canopy — there is a pedestrian feel," says Kennedy.

Laneway houses are smaller houses, generally built along the alley in the back yard of a detached, single-family home. Often laneway houses stand where garages had been, or can even be created through renovations to existing garages.

They can add greater demo-



Left: The authors, EVDS planning students, Watson, Grivell and Farah.

Below: Studio North renderings of laneway designs.

Michael Grondin



courtesy of Studio North

graphic diversity as well, as they can be used, for example, by retired seniors who want to live closer to their families while maintaining privacy or by young people who want to start families while living closer to the central city.

"The nice thing about laneways is that it adds a separate social intricacy where it allows people of a different financial background to live, for example, around Varsity as well as the new downtown areas such as Rosedale and Ramsey, areas close to the center of Calgary. It offers a lot of amenities and it

allows our generation to be able to purchase a house and build a laneway to have a secondary income to offset a mortgage. It allows a more diverse renting pool for people to rent from," says Kennedy.

Building Laneways can potentially increase density, for example, helping neighbourhoods cope with the effects of generational demographic shifts that result in school closures when all the children in a neighbourhood grow up and leave the area.

"There aren't too many laneway houses currently in Calgary. I think there would be a

demand for laneways in Calgary. There is a less than one per cent vacancy rate for apartments in Calgary, so there is a definite need for new housing. There needs to be a focus on densifying the core and providing options for living closer to the city than allowing the city to sprawl," says Kennedy.

Studio North is currently designing laneway housing in Ramsey. It is their first project and they want to do more. However, they face permit and zoning hurdles in many jurisdictions.

see SOLUTIONS, page 12



courtesy of Studio North

Solutions, continued from page 11

“Right now, it’s a catch-22 — all the neighbourhoods in Calgary that are zoned for laneway housing are in the suburbs. Near downtown areas, where there would be a need for densification, it isn’t currently zoned for laneway housing. There is quite a bureaucratic process that turns a lot of people off from developing,” says Erickson.

Vancouver, Canada’s leader in laneway housing, introduced a bylaw in 2009 allowing laneway development. According to CBC News, Vancouver has seen over 500 laneways built since then and is looking to expand its program.

Naturally, if Calgary wants to address sprawl, decrease its urban footprint and develop existing communities, the rules surrounding laneway development need to be revisited and simplified to make development more feasible.

Secondary suites

Similar to laneways, the regulation of secondary suites has been a hotly contested political issue in Calgary for the past few years. Secondary suites are additions to

houses or components of existing houses that can be rented out, such as a basement suite.

Allowing a single-family home to be used for two families is a simple and inexpensive way to increase the availability of housing in established communities and to discourage sprawl. Renovations to build a secondary suite are considerably less expensive than the cost of constructing a new home. Secondary suites provide the same benefits as laneway houses, in that they allow more diverse people to live in an established communities without significantly altering its character.

In most large Canadian municipalities, secondary suites are legal — however, in Calgary, the number of neighbourhoods in which secondary suites are allowed is severely restricted. People who wish to develop a secondary suite have to appear before city council, which is invasive and time consuming for most people. Secondary suites exist throughout the city, but are technically illegal. The number of illegal rentals in

Calgary has been estimated in the tens of thousands.

These alternatives are, of course, not a cure to all the city’s sprawl problems. Edmonton, with a more successful secondary suite program than Calgary, still faces the same sprawl concerns. Vancouver has similar issues, despite its innovative housing solutions and dense condo tower development.

Land-use management

Calgary’s zoning regulations allow neighbourhoods to develop along the edges of the city. As pointed out by Calgary mayor, Naheed Nenshi, “with this kind of development, we have been slowly emptying the center of our city.” The impact is that downtown becomes a ghost town at night.

Calgary’s downtown currently acts as the city’s financial and corporate hub. Residents of surrounding neighbourhoods are dependent on the downtown core for work and entertainment. The result is long commutes to work and big costs for infrastructure and

expensive office rent and parking.

So the question is: How can we manage land to fight urban sprawl? Imagine being able to walk or bike to work in the summer because your office is only 10 minutes away from where you live. Imagine only spending 15 minutes maximum in your vehicle and not having to pay so much for parking. You would have more time for family, friends and more time to study for school. By developing offices, entertainment centres and other services in suburban communities, we can reduce the burden on downtown areas.

The City could rezone areas into mixed use developments by including more businesses in residential neighbourhoods. Incentives such as lower taxes can attract businesses to move out of downtown. Bank and business headquarters can still remain in downtown and we can fill the downtown vacancy with residential housing.

Over time, this policy will help create a balance among residen-

tial, commercial and offices over the whole city.

Financial tools to manage growth

While zoning bylaws influence the type and location of development, the City can influence development through fees. Development fees are collected in order to cover costs, such as infrastructure. The City can use these fees as a tool to help encourage sustainable future development as well as manage growth. Increasing the cost of suburban living can indirectly influence demand.

Asad Niazi from Canada Lands describes how consumer demand depends on affordability.

“Demand will still be there and there are a couple of reasons. Number 1 reason is the price point — the value a person gets compared to a downtown unit, the value in terms of investment. You can have in downtown a small lot with a very high price whereas you get a decent sized lot with an affordable price in suburbia. The life style and affordability will always keep the demand of suburbia,” Niazi says.

Developers invest time and money into their developments while taking on significant risk in order to make a profit — no one does this stuff for free! However, their profits are obviously affected by their costs. By increasing development fees, a municipality can motivate the developer, and indirectly the consumer, to demand more sustainable models of development and perhaps encourage developers to develop in the inner city and consumers to buy in downtown rather than on the outskirts.



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Development fees can be set in several ways. First, the fees can be adjusted to be area-specific. Instead of a city-wide fee, which encourages sprawl, area-specific fees could ensure that fees reflect the true infrastructure costs for a development such as if new infrastructure needs to be built. Municipalities could also provide fee credits for development proposals that incorporate more sustainable designs. Finally, the timing of when these fees are collected could be delayed. In exchange for more sustainable development, municipalities could be flexible with these payments which could be attractive to developers, allowing more financial stability and thereby lowering the financial risk.

According to Niazi, if development costs increase, this may cause higher overall costs of living in Calgary.

"People are moving to Calgary because it is affordable and has a fair tax structure. Affordability is very important.

If you erode that, the town will stop when people realize that it is too expensive to buy a house and that will cause a negative migration to the city," says Niazi, who further believes that a levee on greenfield development will cause prices to skyrocket in downtown.

Greenbelt

Associate dean of architecture David Monteyne touched upon the challenges of suburban sprawl in Calgary.

"There is a lot of room to grow out of Calgary, a lot of seemingly empty land. Calgary is somewhat unusual as it constantly expands its boundaries. That brings you to one of the things the City could do which would be to establish stricter growth boundaries — a greenbelt, for example," he says.

A greenbelt is a protected area of land typically surrounding a municipality and is generally composed of valuable agricultural land, environmentally sensitive land and open country. As a municipality sprawls outward, it will use up precious rural land, prime agricultural land or sensitive wildlife habitat. The loss of these valuable lands can have a significant effect

on the region's economy, food production, wildlife and environment.

In 2005, the government of Ontario recognized the current and future impacts of urban sprawl on the Golden Horseshoe Region in southern Ontario and created a greenbelt around this

region. The urban region is one of the fastest growing areas in North America and includes municipalities such as Hamilton, Toronto and Oshawa. The implementation of the greenbelt limits the region's sprawl and encourages more efficient land use.

This greenbelt — the largest in the world — now protects 1.8 million acres of countryside, including 535,000 acres of lakes, wetlands, river valleys and forests, 1,285 cat-

tle ranches and 5,500 farms, many of which are small family farms. According to the Friends of the Greenbelt Foundation, this area contains some of the most valuable agricultural lands in Canada. By creating this greenbelt, development will now focus on existing urban centers, and more money can be focused on maintaining existing infrastructure.

The greenbelt may not be a perfect solution as it raises issues of increased housing costs within the municipality and development potentially leapfrogging the boundary and building on the other side of a greenbelt, thereby creating even greater sprawl.

"If prices do go up, there will be a greater chance of development outside the city boundary. You can't control what Airdrie would do, that would be a provincial problem. It would be difficult to establish control over the entire province. Calgary would be the biggest influence over the region. People debate about growth boundary and green belts. It has worked in some places but not others," says Monteyne.

However, there is no denying that this tool could have a positive effect on urban sprawl or, at the very least, protect valuable land from being developed.

Conclusion

The suburbs are what architect Vishaan Chakrabarti has called a "creation of big government, an explicit, policy-driven, subsidized scheme that has guided how we live, work and play."

Alternate housing, re-zoning, development fees and use of a greenbelt can help curtail some of the costs of urban sprawl. Ultimately, however, it comes down to the consumer. People must be willing to live closer to work, school

and the other amenities they require.

We must be willing to recognize the social cost of spreading people out so far from each other, and the ecological destruction caused by building on natural and agricultural land. We must recognize that density is a viable social option which allows people to live closer to more amenities, connect easier and more often with more people, and to

decrease the size of our ecological footprint through lower fossil fuel consumption and land use.

This will come, in part, from government and private investment in central communities, but investment will only take place if people are also choosing to live there. If people continue to demand unsustainable growth, there are no physical barriers in any direction that will stop them.

There is a lot of room to grow out of Calgary, a lot of seemingly empty land.

—David Monteyne, associate dean of architecture



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L to R: Rhonda Bell, PhD; Paula Robson, PhD; new mom Corinne and baby Brandon; Linda McCargar, PhD; Maria Mayan, PhD.

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Drs. Richard A. Rachubinski (UA), Andrew J. Simmonds (UA), Nancy Braverman (McGU)
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UA = University of Alberta
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Racial Halloween costumes a nasty trick

Kate Jacobson
Gauntlet Opinions



Every year, without fail, someone will decide that another person's culture makes for an excellent Halloween costume. This year was no exception.

The experience of ethnicity and culture cannot be painted on or purchased in a costume store. Belonging to such a group is an experience. Picking up a few shiny plastic trinkets, which often transform their wearer into a vaguely racist caricature, does a disservice to the minority experience. Yes, dressing up as someone else is fun. But when someone purchases a sexy Indian princess costume, they get to sidestep a legacy of sexual humiliation forced on Aboriginals through colonialism and residential schools. Even now, thousands of Aboriginal women go missing or are found murdered yearly. The shiny trappings of other cultures are exciting and sparkly, but belonging to a culture means taking the good with the bad.

Receiving complements on how attractive one looks in a carefully-designed, ethnically-inspired costume is absurd given that those costumes are often subverted and parodied outside of Halloween. The headdresses worn by First Nations people,

for example, have been turned into accessories for the mascots of sports teams such as the NHL's Chicago Blackhawks and the NFL's Washington Redskins, even though such headgear is sacred to many tribes.

Borrowing another culture's aesthetic without respect for its ceremonial purpose is unflattering and inappropriate — native headdresses for example are considered items of great spiritual weight that signify acts of high valour on the battlefield. The appropriation of such an important aspect of Aboriginal warrior tradition for the amusement of Western audiences is cruelly ironic, given the Aboriginal massacres during the 19th-century American expansion.

Not that your average overpriced plastic costume accurately reflects cultural garb. More often than not, they're a commodified and exoticized version of reality — this is particularly noticeable in geisha and Southeast Asian costumes.

It is good to celebrate the cultural diversity that Canada offers. However, reducing sacred objects and clothing of other cultures to inaccurate fashion statements while getting plastered hardly fits that bill.

Blackface is another common offender, despite the fact that it was literally created to dehumanize black people as part of racist minstrel shows that were immensely popular across the U.S. and Europe during

and for some time after slavery. This racist caricature still makes an appearance every Halloween.

Other perennial offenders include Mexicans, sexy Arabs and gypsies, which itself is an offensive term for nomadic Eastern European peoples. They might seem funny, but these costumes' humour is based off nothing more than the reduction of cultural differences into stereotypes.

Racial Halloween costumes perpetuate stereotypes and historical inaccuracies and misinformation. Consider how these stereotypes oppress and actively harm the people whose cultures Canada has committed to respecting.

A sexy Arab is a good way to show off one's toned stomach, until we recall thousands of Muslim women in Quebec who have been accused of being un-Canadian for expressing their perception of religious modesty. A gypsy outfit might seem slick until one hears about the violent attacks on Romani school children.

Unlike you, at the end of the night, many of these people can't throw away their clothes or wash face paint down the drain and return to their routines. Those who belong to a marginalized group might have a connection to cultural items that seem exotic to the mainstream, but remember that histories of suffering and hatred have been packaged with them.



Meditation and yoga the key to mindfulness

Derek Luk
Gauntlet Opinions



Part of being a student is learning to deal with everyday stress in a healthy manner. Constantly feeling frazzled is accepted as the norm in our culture. Life often seems rushed, and the desire for quick fixes can lead to the development of addictions, financial debt, over-reliance on medications, and other high-risk behaviours such as unprotected sexual flings.

These short-term behaviours are highly effective for some people at relieving the immediate effects of stress, but are unsustainable in the long term.

Humans have evolved from an

environment where constant vigilance against threats was necessary for survival, such as a rustle in the bushes that could mean a lurking predator. Unfortunately, the brain has not adapted to the threats we face today.

There exists a psychological phenomenon called negativity bias — when presented with a positive and negative perspective, human attention becomes magnetized to the negative.

As Daniel Goleman, author of *Emotional Intelligence* explains, the human brain is poorly designed to handle threats in the modern era because these threats are either too small or too large. Unless immediately threatened, our brains will not rouse us to action. Whether by procrastinating on climate change, disregarding our mental and physical health or ignoring that loom-



ing assignment, humanity lives in a crisis management culture.

Micro threats are too small to have an immediate impact and are therefore easy to ignore. Macro threats are too big to exert individual control over. Because people cannot see the immediate outcome

of actions such as recycling, they tune those warnings out as well.

Mindfulness is part of the solution to shifting our attention away from constant, unnecessary fears and towards thinking of proactive and preventative solutions. The brain can be trained to focus on

the positive rather than the negative.

The word mindfulness might seem hokey and quasi-mystical, like something out of *Star Wars*. However, it has been researched and studied by well-published psychologists, doctors and neuro-

Mindfulness, continued from page 14

scientist, such as Mark Greenberg, Rob Roeser, Daniel Goleman, Daniel Siegel and Mark Williams. According to these authors, one suggestion for practicing mindfulness is learning mindful awareness and mindful presence.

Mindful awareness means developing a deeper self-understanding. It teaches us to avoid knee-jerk judgements, unconditionally accept ourselves and learn how to cope with loss.

Mindful presence means maintaining awareness of the present while simultaneously keeping in mind that past memories and emotions influence our actions.

Traditional practices, such as meditation and yoga are few methods that people use to develop mindful awareness and mindful presence. Other practices include reflective writing, mentoring, peer support groups, educational and research initiatives, psychotherapy and spiritual practices. New imaging technology has allowed neuroscience to identify the effects of practicing mindful meditation. According to Rob Roeser, initial studies have shown even five cumulative hours of mindfulness practice can cause positive changes to the brain. Briefly outlined below are three recommended meditation methods.

Concentration meditation involves sustaining attention to a chosen element, such as one's breathing, and then returning at-

tention to that when distracted. This has been proven to improve relaxation, attention and memory.

Insight meditation means attending to and accepting whatever arises in a stream of awareness, letting one's thoughts flow without suppression or self-judgement to whatever arises in the mind. Practitioners report less emotional reactivity and rumination and an increased ability to focus on the present.

Loving kindness meditation, or *Mettā* in Sanskrit, is similar to concentration meditation and is accomplished by imbuing an object with positive emotions and memories. That object can be ourselves, others or inanimate objects. By revisiting that object whether mentally or physically, we can cultivate positive emotions and redirect feelings of blame and anger.

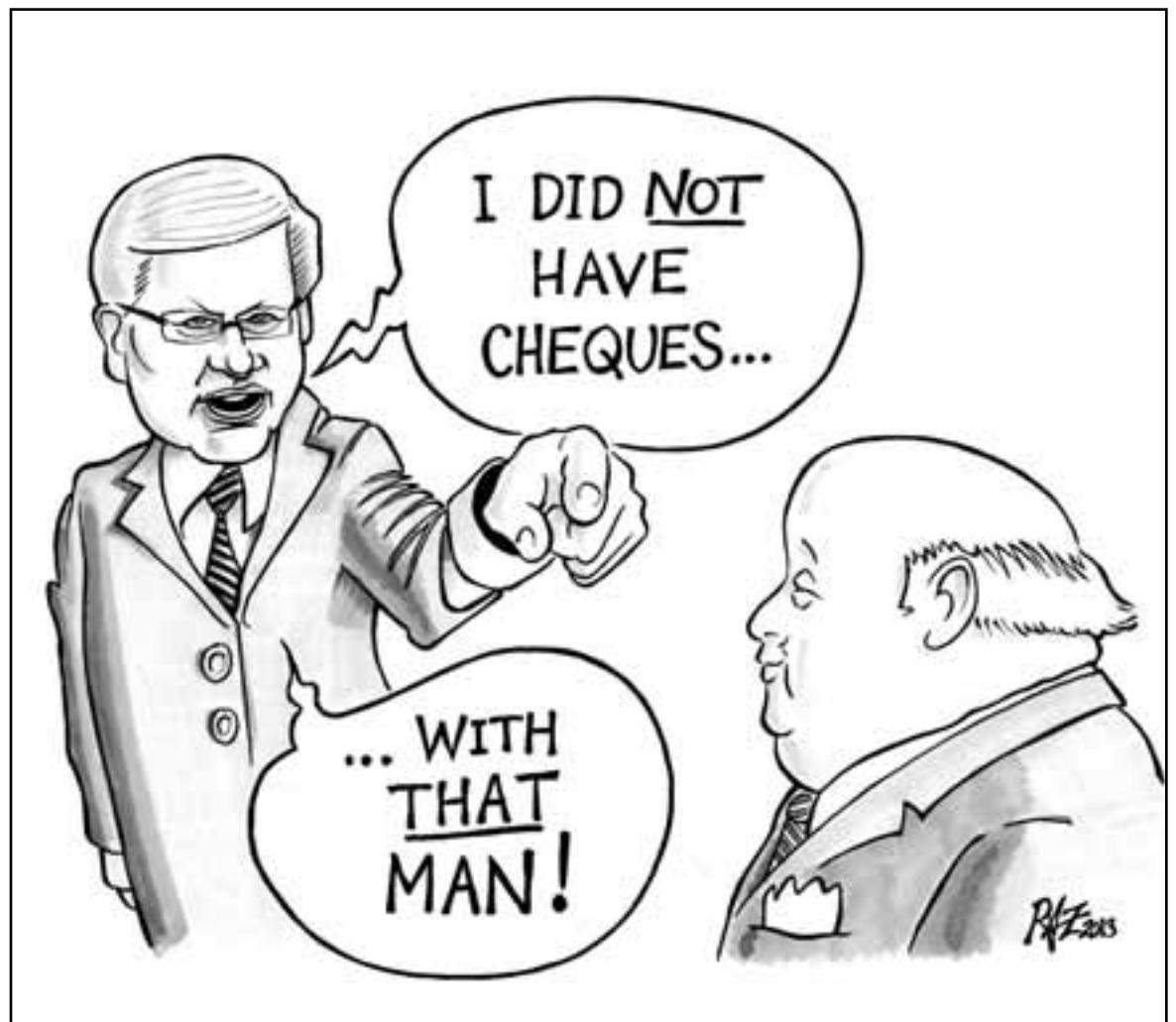
Yoga is also excellent for keeping us in touch with our bodily experiences. Focusing deliberate attention on slowed movements and breathing helps to build an awareness of our sensory experiences, which in turn creates a mind-body connection that clears our emotional state.

All these practices involve changing the nature and attention of our mind, memory and perception of things through mental rehearsal. The Dalai Lama once said, "The mind is like a muscle, where it lies most of the time is what it will seek in the future." If a muscle

receives exercise daily, its strength and resilience to physical stress will gradually improve. This can also be applied to the mental gymnastics of mindfulness practice. The results will not be immediate, but with time one can develop improved resistance to stress.

Learn to take 10 minutes a day to monitor and calm your internal thought processes. Think about nothing but what is around you, without the distractions from technology. This can be done any time, whether it is walking from class, on the bus or even before bed. Taking

a few minutes every day to stabilize your attention will eventually pay dividends. The simplest way is through focusing on breath, but it can also involve drawing on positive memories. A bit of dedication can create positive changes in your focus, mood and energy.



Frostbite: the most fun you can have on campus with a yeti in January

Frostbite

University of Calgary's Official Winter Games. Register your team by Dec. 13!

For just a moment, go back in time with me, to last year. You were sitting in Mac Hall, fighting the post-holiday blues and trying to concentrate on your new classes, when a group of students ran by excitedly, wearing colourful costumes. Later, while studying in the library, you swore you caught a glimpse of a yeti sauntering between the stacks. Finally, on your way home after a late night study session, you were cut off by a large numbers of student decked out with glow sticks

chasing down some zombies by the Prairie Chicken.

Did you wonder what the hell was going on? Did you ask yourself "why aren't I having that much fun"? Well, let me solve the mystery for you: you were witnessing the second annual Frostbite competition. It's back again and this year you shouldn't miss out on the fun.

What is Frostbite, you ask?

Frostbite is the University of Calgary's official winter games, co-hosted by the Students' Union (SU) and the Office for Leadership and Student Engagement. From Jan. 20 to 24, 2014, teams of ten students will compete in a series

of outdoor and indoor challenges to earn points for sweet prizes and serious bragging rights.

Points are not only earned by winning individual competitions, but also through spirit, enthusiasm and sportsmanship. The team that earns the most points at the end of the week will win the coveted Frostbite Cup and a ski vacation for the team!

Who can participate?

The challenge is open to undergraduate or graduate students at the U of C. Build your teams with friends, people in your classes, floormates, club members - whoever! There are virtually no restrictions on how you assemble

your team. However, we can only take a limited number of teams so be quick and get registered!

How do you register a team?

Teams must register by Dec. 13. You can download the registration form from the SU website (www.su.ucalgary.ca/frostbite) or pick one up at the SU. All teams must pay a registration fee of \$50 (that's only \$5 per team member), and we promise you'll get your money's worth!

Registration is open now, so hurry up and don't miss out on the most fun you can have with a yeti in January!



The Students' Union advertisement is provided by the SU and published without Gauntlet editorial revision.

Pounding the pavement for better health

Ashley Fox has vital tips for those who want to take up running this winter

Ashton Chugh

Sports Assistant

Running is a great form of aerobic exercise that targets multiple body systems and improves one's overall health and well-being. Ashley Fox, co-ordinator of the Be Fit for Life Centre and the facilitator of the marathon program at the University of Calgary, gave us the low-down on the essentials of running.

Taking up running can be quite daunting and potentially dangerous if you don't know what you are doing. Injury is preventable as long as a runner practices good running technique.

"Good elements include a forward lean or working with gravity to run, not braking by coming back," said Fox. "Keep a nice upright posture, arms working with the legs so that they are not just flopping by your side and push all the way through your stride so that you propel yourself forward."

Warming up properly before a run is also important. Fox recommends undertaking dynamic stretching — or stretching by moving — before a run and doing some static stretching after.

"Start with a light jog to get the blood flowing and use active ranges of motion that simulate what the run will be like," said Fox.

Stretching is especially important for the couch potato, who may be struck by a sudden inspiration to start running despite not being physically prepared.

"If you have a sedentary lifestyle, a warm-up is very helpful in preparing the body so that you



Michael Grondin

are not just going from sitting to running," said Fox.

Allowing for sufficient rest between runs and letting the body adapt to increasing distances is also important. This is known as progressive overload. It is better to start off slowly and progressively increase the pace and distance that one runs.

"Do not increase your mileage more than 10 per cent of your overall volume per week or training cycle," said Fox. "Essentially, not doing too much too fast and letting the body make the physiological adaptations so that you are successful. It will help to prevent injury."

Running does not involve just your legs. Hip and core strength is essential for improving a run-

ner's ability and minimizing injuries to the knees, ankles and feet.

"It is important to strengthen the body as a whole," said Fox.

Running can lead to extensive health benefits. For example, running combats osteoporosis by improving bone density. Aerobic exercise has also been found to reduce the odds of being diagnosed with many types of cancers including breast, prostate and colon cancer. Aerobic exercise also wards off cardiovascular disease, which is the number 1 killer of Canadians.

Improved cognitive functioning is one benefit of running that is especially pertinent to students. Running stimulates neurogenesis, which is the production of new neurons in the brain. As a result

running has the potential to improve one's attention span and help recover some of those cells lost to wayward nights spent at Thursday.

"More and more research is being done around exercise and the brain and what exercising in the morning can do before an academic setting," said Fox. "Quite often it provides better focus and concentration."

On another note, Calgary has a brutally long winter, which could deter runners from enjoying the many beautiful pathways that are available. However, the determined runner must take extra precautions to enjoy a healthy winter run.

"When it is icy or cold we tend to tense up," said Fox. "We will notice our lower back and hips tend to be a bit more sore after

a run. We are more prone to fall when we are tense. So it is important to remind ourselves to relax and to still get into the same rhythm of running in the winter, just to ensure that we are not falling or seizing up."

Hydration is just as important in the winter as it is in the summer. When we are dehydrated our blood becomes thicker and our body has to work harder to pump it, making a run more difficult than it has to be. Always bring a bottle of water if you plan on running for more than 45 consecutive minutes.

"Another key piece with running in the winter is that we don't hydrate the same because we are not as thirsty or as aware of how much we are sweating without the heat and humidity of summer," said Fox.

Diet is also important for a successful run. What you eat before and after a run can play a significant role in achieving your fitness goals. Protein and carbohydrates are the essentials, but it is more important you get those from real food and not from supplements.

"You could buy any product off the shelf that says it's for running, but all they are doing is taking the components of a good snack," said Fox, who recommends carbohydrates for a pre-run snack and a combination of carbohydrates and protein post-run. "A good snack beforehand might be yogurt with some berries. Afterwards, you want to make sure that you have enough protein to rebuild what is lost. Chocolate milk fits the mould very well. After a run you want to be having a carbohydrates to protein ratio of three to one."

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Dinos rebound in first playoff game

Football team erases 17-0 deficit to beat the Thunderbirds at snowy McMahon

Curtis Wolff

Sports Editor • @CBWolff

It was by far the Dinos's toughest test of the season. Battling both the University of British Columbia Thunderbirds and the wintry elements, the Dinos overcame an early 17-0 deficit to defeat the Thunderbirds 42-32 on Saturday, Nov. 2 and advance to the Hardy Cup finals for the sixth consecutive year.

Despite falling behind early, Dinos head coach Blake Nill was thrilled with his team's ability to stay calm in the face of an early deficit.

"I was so amazed at how composed they were," said Nill. "It blew me away. They just kept their focus and business-like approach and it really impressed me. It really did."

The Thunderbirds stormed out to a 10-0 lead with just under 10 minutes played in the first quarter. The Dinos seemed to struggle with the snow-covered turf at McMahon Stadium early, as quarterback Andrew Buckley threw an easy interception to Thunderbirds defensive back Jordan Bosa, which UBC quarterback Carson Williams promptly converted into a 35-yard touchdown pass to put his team up 17-0.

After a shaky start, the Dinos offence would adjust to playing in the snowy conditions.

"The nice part was even though it was snowing it wasn't that cold," said third-year Dinos centre Sean McEwan. "It was just the wetness that was really the big challenge, especially playing centre and snapping the ball. You need to keep your hands as dry as possible."



Josh O'Brien

Dinos receiver Chris Dobko scampers away from Thunderbirds defensive lineman Steve Mawa.

The Dinos stayed calm in the face of this unfamiliar adversity and would slowly chip away at the Thunderbirds's lead. After Dinos wide receiver Jake Harty caught an eight-yard pass from Buckley at the end of the first quarter, Dinos kicker Johnny Mark would get to work, converting three field goals to put his team up by one at half time.

The Thunderbirds struck first in

the third quarter. A 22-yard run by Thunderbirds running back Brandon Deschamps put UBC back in the lead. Mark responded with his fourth field goal of the game to keep the Dinos within three going into the fourth quarter.

Mark, who finished the game four-for-four in field goals despite the challenging playing conditions, was named the Canada West special teams player of the week

for successfully keeping the Dinos in the game, as the Dinos only managed one touchdown in the first three quarters.

The Dinos offence finally broke out in the fourth quarter, led by star running back Mercer Timmis, who had a pair of two-yard touchdown runs. The Thunderbirds stayed within seven points of the Dinos until the last minute of play, as Buckley slid into the endzone to

secure victory for the Dinos.

The Dinos will hope to capture the Canada West title against the University of Manitoba Bisons in the 77th Hardy Cup on Saturday, Nov. 9 at 2 p.m. The game will be played at McMahon Stadium. Admission for students is free, although less hardy Dinos fans will be able to watch the game from the warmth of their living rooms, as the game will be broadcast on Shaw TV.

Cross country team treks to London for CIS meet



courtesy Keely Greenfield

The Dinos cross country team races in Lewiston, Idaho.

Curtis Wolff

Sports Editor • @CBWolff

Members of the Dinos cross country team are heading to London, Ontario for the Canadian Interuniversity Sport championships on Saturday, Nov. 9, where they will race against teams from across the country to compete for the Canada West and CIS titles.

The team will send seven men and seven women athletes to compete in London. The team participated in the Sled Dog

Open in Saskatoon on Oct. 5, where the women took first place in the team standings. They also competed at meets in Idaho and Calgary in preparation for the CIS championships.

The Dinos cross country team has been training throughout the year, and second-year Dino Emma Cook-Clarke hopes that both the men's and women's teams move into top-10 positions nationally. She says that training as a group has helped the team perform at the highest possible level.

"It helps so much because you know that you're not the only one going through it," said Cook-Clarke. "You hear somebody else breathing really hard and you know that they're in just as much pain as you are. Everybody holds each other accountable."

Most cross country team members also compete on the track and field team. However, cross country provides the additional challenge of running outside on a course littered with terrain features.

see CROSS COUNTRY page 18



Josh O'Brien

Linebacker Doctor Cassama is a 2013 Canada West all-star.

Football Dino-stars

Curtis Wolff

Sports Editor • @CBWolff

Eleven members of the Dinos football team were recognized for their outstanding play this season by being named to the Canada West all-star team on Wednesday, Nov. 6.

Among the players receiving accolades were quarterback Andrew Buckley, receiver Chris Dobko, kicker Johnny Mark and record-setting running back Mercer Timmis. Centre Sean McEwen and guard Suhk Chung were also honoured for their strong play on the offensive line.

McEwen, who was named an all-star at the guard position last year, was pleased to be recognized again in 2013.

"It's not as much of a shock obviously, but it's definitely an honour," said McEwen. "It means you're respected by other team's coaches and other players throughout the conference."

Five players on the defensive side of the ball were honoured, including veteran linebackers Doc-

tor Cassama and Thomas Spolemini. First-year defensive back Adam Laurensse, second-year defensive back Cyril Iwanegbe and fourth-year defensive lineman Tyler Langlais were also named to the all-star team, an impressive feat considering all of them are first-year starters for the team.

"It is quite an achievement, especially the way the league has been saying how we are young and we need a developing year," said Langlais. "To show everybody that they are wrong is just a great feeling."

Head coach Blake Nill was thrilled to have his players take 11 of the 28 available all-star spots, the most of any Canada West squad.

"It is an accomplishment, especially the way it looked like we were going to have a lot of new faces in the program," said Nill. "To see so many of them step up and be awarded all-stars, it's great accolades to not only the players but also the coaches that worked with these guys."

The Dinos hope to keep the awards coming — Canada West will announce their major award winners on Thursday, Nov. 7.

Swimmers ready for new season

Josh O'Brien

Gauntlet Sports

Under the leadership of head coach Mike Blondal, the Dinos swim team has developed into a dominant force in Canadian Interuniversity Sport, with the women's squad finishing second in last year's CIS championships, while the men finished third. While the Dinos didn't manage to take home a CIS championship banner last year, they stacked up well against stiff competition like the University of British Columbia Thunderbirds and the University of Toronto Varsity Blues.

"Last year was a close three-way race at CIS and I would envision that we are going to have that again this year on the men's side," said Blondal, who has set No. 1 in the country as the goal for the men. "On the women's side, we had a number of girls graduate and move on, so we are a bit down on total numbers. We have a strong core group of girls and I think they will do very well at winning events and scoring points."

There are a couple of interesting new additions to the men's side, including Christian Cote, who participated in the World Junior Championships this summer and is one of the top juniors in Canada, and Mackenzie Ponting, who is the son of Dino alumni and three-time Olympian Tom Ponting.

Lindsay Delmar and David Woodman will be a couple of key contributors for the team. Both Delmar and Woodman have been swimming since the age of eight. Delmar, who is from Burlington, Ontario, was attracted to Blondal's team from the start.

"The University of Calgary Swimming Club is the best swim team in Canada," said Delmar. "I was torn between going to the NCAA or staying here in Calgary, but I love the atmosphere and I wanted to be a part of it." Delmar, a third-year health sciences major, plans to better her second-place finish in the women's 400-metre freestyle and her third-place finish in the 200-metre butterfly at the 2013 CIS Championship.

Woodman is a Winnipeg native

and fifth-year business student. "Everyone knows Mike, and he has the best program to help us grow as athletes," said Woodman of the coaching he receives at the University of Calgary, which helps him remain focused despite the heavy workload. "I work as well as swim, but I have learned how to manage my time and to go to all my classes. It's a thing we develop over the course of our careers."

Both Woodman and Delmar are looking to make the Team Canada Olympic Swim team and compete in the 2016 Summer Olympics in Rio de Janeiro. "Our eyes are aimed at the Olympic Games," said Delmar. "That's what we train for."

Having athletes swim internationally is also a priority for Blondal.

"It's also the Commonwealth Games and Pan-Pacific Swimming Championships this summer," said Blondal. "Getting athletes onto those teams is really important. It's important for our future and it's important for the university that we are represented internationally."

Cross country, continued from 17

Men run 10 kilometres in cross country and women run six, while the longest distance in track and field circuits is three kilometres.

The Dinos are lead on the women's side by Alana Skocdopole, who also competes for the swim team. She recently posted a time of 22:55 on the six-kilometre course at the Stewart Cup in Calgary, which put

her in ninth place out of 66 athletes.

On the men's side, Brad Bickley won a bronze medal with a time of 31:36 on the 10-kilometre course at the Stewart Cup.

Cook-Clarke has been sidelined for the past few meets with a hip flexor injury and is eager to get back onto the course at the CIS championships.

"It turns into this routine that

you realize helps you out so much," said Cook-Clarke of her training regimen. "Especially having this little injury right now and not being able to run, I realized my appreciation for it so much. When we push ourselves and do more than we think we can, we can benefit in a lot of ways — not just when it comes to running but in other aspects of life."

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New study reveals Calgarians love bad weather

Dawn Muenchrath

Illustrations Editor

A recent study conducted by the University of Calgary's sociology department has brought to light a shocking secret about Calgarians: we actually like our city's unpredictable and miserable winter weather.

This finding flies in the face of years and years of resident testimonials professing a love for warm, mild weather. Desiring to appear normal and sane in the eyes of society, Calgarians have long put up a summer-loving façade. After all, who could ever love someone who took joy in frozen nostrils and parking lots of brown slush? But this city-wide cover-up was not without its cracks. Indeed, it was the unseasonably warm weather this fall that first raised the suspicion of principal researcher Maria Invierno. Although Calgarians appeared to be enjoying the sunshine and falling leaves, engaging in activities such as long walks,

picnics and backyard parties, Invierno began to sense an underlying tension.

"The most obvious sign was the frenetic attire," Invierno explained. "People could be seen at every street corner wearing deeply confused combinations of ski jackets, cut-off shorts and Uggs, often with a wild gleam in their eyes."

The clothing, however, proved to be only the tip of the iceberg. With a bit of digging, Invierno was able to identify the heart of the problem.

"With some preliminary interviews, I began to realize that our city's very social fabric was centered on its consistently abysmal weather. I began to realize that it's our mutual suffering that ties us together," she said.

Looking at the relationships in the workplace, for instance, Invierno discovered that 96 per cent of all conversations were initiated by or focused on some negative aspect of the weather. Invierno went so far as to classify remarks

about frigid temperatures, excessive snow and nightmarish driving conditions as foolproof conversation starters. Additionally, those who regularly and dramatically highlighted the poor driving skills of others also tended to be the most popular in the office. Contrary to most social interactions, when it comes to the weather, it seems the more pessimistic you are, the better.

Our dependence on crappy weather runs deeper than small talk, however. In terms of romantic relationships, Invierno found that nearly half of couples in her sample reported initially bonding over bad weather. Whether it was a slippery sidewalk, a stalled car or a lost pair of mittens, the ugly winters in Calgary have served as a matchmaker for many. One Calgarian woman Invierno interviewed, Claire Harmon, provided further insight.

"That was the longest month of my life. I was so glad when it snowed!" Harmon exclaimed, referring to 2013's remarkably



Courtesy John Hope

mild October. "Finally, my husband and I had something to talk about again! I mean, you can only discuss the lovely blue sky for so long."

Harmon seemed unperturbed by the fact that she and her husband appeared to have nothing in common beyond a propensity to complain about the snow.

"I don't see it as a problem as long as we stay in Calgary," she said cheerfully. "Besides, it's really

the only opinion my husband can express that doesn't make me want to scratch his eyes out. So why question that? We always agree that the weather sucks, or that if it doesn't suck yet, it will soon enough."

On the matter of future research, Invierno hopes to expand her research to other cities in Alberta, and even Canada, to see if this affinity for terrible weather is a uniquely Calgarian phenomenon.

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Reid Skull Centre
10% off toys, graphic novels, games
10% off back issues

Red's Diner
10% off

Revised Consignment Clothing
10% off

ReWicks Bicycle Shop
10% off

The Roasterie
10% off coffee beans

Rocket T-Shirts
10% off

Royal Beard Shop
10% off wigs
10% off on hairpins

Sacred Creative + Print
10% off

Sentry Box
10% off 10% off items, some items, 10% off items

Shag Salon
10% off

Shelf Life Books
10% off

Shop Talk
10% off

Silk Road Spice Merchant
10% off

Steel Island
10% off drinks

Steth Records
10% off

Swisslische
10% off services

The Tea Factory
10% off drinks

Tales Spark
10% off single tickets

Theatre Junction Grand
10% off single tickets

Tubby Dog
10% off

Tutti Frutti Frozen Yogurt
10% off

The Uncrossness
10% off

Under the Bridge
10% off regular price goods
10% off sale items

Understudy
10% off

Vagabond Brewery
10% off

Woods
10% off tables and appointments

Wild Rose Brewery
10% off

Wise-Old
10% off

Wordfest
10% off tickets

Words & Pictures
10% off

Yann Haute Patisserie
10% off

Yoga Passage
10% off

Yoga Samatha
10% off membership and drop-in

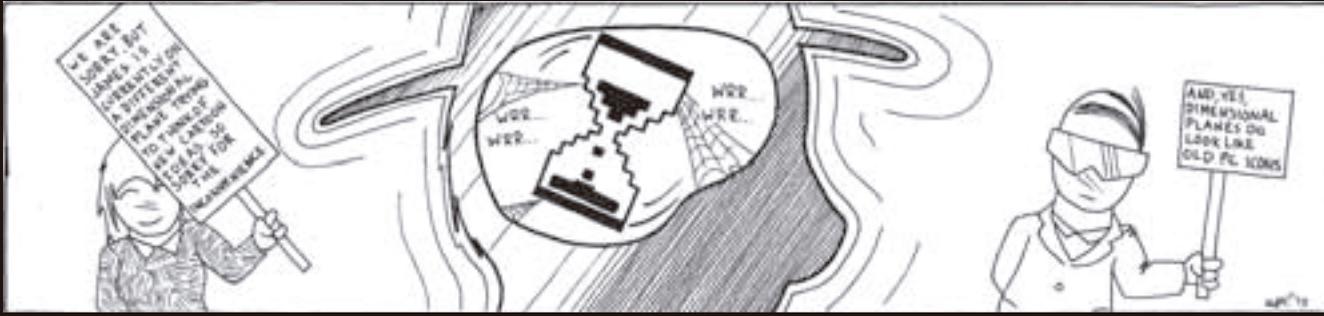
Yoga Shala
10% off 10% off and 10% off

Yuk Yuk's
10% off 10% off 10% off

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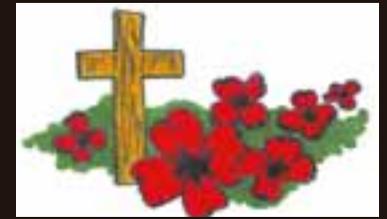
RIGHT HO, JAMES! - JAMES STEVENSON



LIFE SCREAM - SEAN WILLETT



IT GOES WITHOUT SAYING - DAWN MUENCHRATH



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