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VOL. 55 | ISSUE NO. 14 | SEPT 25, 2014

# CIFF

Calgary International  
Film Festival

PAGES 13 & 15





STUDENTS' UNION

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# NEWS

## GAUNTLET

SEPTEMBER 25, 2014

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Katy Atherholt



Katy Atherholt, Our new news assistant. What more can I say about this kid? She's been leaving inspirational messages all over the office and skips around like someone's magical poise dream girl. Maybe it's more of a jaunt. Regardless, she smirks a lot, killing our cynicism with 'happiness.' We appreciate that, Katy. Save us from ourselves.

Golden Spatula

Furor Arma Ministrat

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

CITY »

# Students and community march against sexual violence

Katy Atherholt  
 News Assistant

Hundreds took to the streets on Sept. 19 to rally against violence toward women in Calgary's 33rd annual Take Back the Night (TBTN) march.

Demonstrators gathered at Connaught Park to show support for those affected by violence against women and demonstrate for a woman's right to walk the streets alone.

"Our main objective is to end the silence and stop the violence," said TBTN organizing committee member Christina Pyne. "It's about taking back our voices and empowering ourselves to feel confident walking down the streets of our own city."

TBTN was first held in Philadelphia in 1975 after Susan Alexander Speeth was stabbed while walking home. Since then, TBTN marches have been held in hundreds of cities around the world.

While TBTN focuses on violence against women, Pyne said people of all genders are welcome to participate.

"We do ask that women walk unescorted in the streets just to represent the symbolism of being able to walk on their own without fear. Men are able to walk on the sidewalks to show their support," Pyne said.

TBTN is a worldwide, grassroots, non-profit organization headed by a five-member planning committee. Pyne has helped organize TBTN since 2009 when it was at risk of disbanding due to lack of organization.

Several activists made speeches before the march. One performed a spoken-word piece, one spoke about violence against Indigenous women and another talked about the role men have in stopping abusive relationships.

The Sisters from Another



KATE JACOBSON

Demonstrators walked the streets of Calgary Friday to protect women from violence.

Mother, an aboriginal women's group, led the march down 14th Ave. with drums and chants.

The march covered a total of 10 blocks along downtown's Beltline.

Many community groups, along with the University of Calgary's Consent Awareness and Sexual Education Club (CASE), attended the event.

CASE president Emily Leedham said TBTN provides a rare opportunity to safely discuss sexual assault in a large, public forum.

"There are not many places where you can get truly angry about sexual assault. It's nice to have somewhere you can really express that," Leedham said.

Organizers speculated about

Our main objective is to end the silence and stop the violence. It's about taking back our voices and empowering ourselves to feel confident walking down the streets of our own city.

- Christina Pyne, TBTN organizer

why the event wasn't permitted in a more populated. Pyne said the City of Calgary has been supportive of TBTN, but they declined permit requests for the march to take place on a busier street.

"The city has decided that they won't have any marches or parade routes down 17th because of the safety involved

and the disruption it would cause public transit and traffic, as well as the businesses on that road," Pyne said.

Pyne and Leedham said TBTN could come to U of C's main campus.

"We want to make sure that we get it into an area that is visible for a large population and a large demographic," Pyne said.

# Pwning n00bz in the classroom

Hayden McBennett  
Gautlet News

Students with a zest for video games should look no further than the University of Calgary's course on the history of video games.

Topics in Art (Arts 311), taught by professor Rob Furr, teaches the origins and effects of the games that shaped the modern gaming industry.

Furr's research explores the "fundamental human need being addressed" by gaming.

He said the course has something to offer students in every faculty.

"I hope the business majors will realize that there is art in video games. The arts majors will realize it's also a business. And I want the psychology majors to understand game playing is not just recreation," Furr said.

Furr acknowledged that while a course about video games might seem like an easy A, understanding the allure of gaming is important.

"[It's] literally to the point where three or four people a year will die because they refuse to get up from playing their game. When something appeals to you so much that you will make your kidneys shut down, there's something we need to understand," Furr said.

While the course explores the roots of gaming, Furr also relates it to modern issues.

Furr explains and examines the western world's gaming habits and how extended exposure to video-game culture relates to extremism.

"People who are the most dedicated soldiers for ISIS, a lot of them are from Western cultures and played massive amounts of combat video games. Being in ISIS and playing these games is clearly satisfying some need," Furr said.

# Global march against climate change comes to Calgary

Scott Strasser  
News Assistant

Around 300 Calgarians demonstrated in the People's Climate March (PCM) on Sunday, Sept. 21 to pressure the Canadian government to take action on climate change. The PCM saw hundreds of thousands of people participate in similar marches on the same day in an estimated 160 countries.

The largest march was in New York, where around 310,000 people took to the streets in Manhattan. The UN hosted government, business and philanthropic leaders at a Climate Summit on Tuesday, Sept. 23, hoping to advance action to reverse climate change.

Calgary's march began at 1:30 p.m. at Olympic Plaza. Speakers from First Nations tribes, environmental groups and political parties took turns speaking to the crowd.

Green Party of Alberta leader Janet Keeping urged the audience to pressure the government to strengthen environmental regulations.

"It's a matter of us changing the rules. We have to make it easier for all of us to do the right thing — easier to take public transit, easier to have our homes supplied with clean renewable energy," Keeping said. "We're all people of the land. Some of us don't recognize that yet."

Debra Faulk, a minister with the Unitarian Church, also spoke before the march. She suggested lifestyle changes will help people make necessary changes in their thinking.

"Climate change is here now and we're the solution," Faulk said. "If we each do the small things, eventually they'll become the model for others to follow."

Liberal MLA David Swann stressed that while it was great to see Calgarians take part, the march won't be enough to encourage legislative change.

"You've taken the first step by coming here today. But this is not enough. If you're not contacting your MLA, your minister of environment, your Premier, how are they supposed to know this is a priority?" Swann said.



LOUIE VILLANUEVA

Calgary was one of 160 cities to take part in the People's Climate March.

The march began shortly after the speeches. Singing and chanting, the crowd snaked through the Beltline and 17th avenue.

"I think the planet should be our number-one priority, seeing as we're all inhabitants of it," said march participant Vanessa Mossat. "Even though our economy is heavily reliant on oil, we recognize that a change needs to be made."

The UCalgary Greens are a U of C club affiliated with the Green Party of Canada. Club president Haider Ali said the march showed that Calgarians are starting to recognize the threat of climate change.

"It's more than just doing the small things. It's about actually getting involved and affecting the bigger issues and policy changes," Ali said.

In time with the PCM, the Rockefeller Brothers Fund divested all its holdings in the fossil fuel industry. Forty other organizations did the same, resulting in around \$50 billion in divestments.

"Climate change is the biggest issue of our generation and there will be severe short-term and long-term consequences if we don't address it," Ali said.

## Counteracting terrorism—the global reach of prayer

How prayer can bring safety to any situation making our prayers effective clear across the globe



International speaker, Kari Mashos, is a practitioner and teacher of Christian Science healing and a member of the Christian Science Board of Lectureship

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&

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**All are welcome –free admission**

## TFDL installs 3D printer in Digital Media Commons

Babur Ilchi  
Gauntlet News

The Taylor Family Digital Library (TFDL) has a new 3D printer in the Digital Media Commons (DMC) on the third floor.

The printer, the MakerBot Replicator 2, was purchased in May. The Replicator was funded through a \$2,000 Quality Money grant, funding from administration divvied up by the Students' Union.

Since it was installed, DMC staff have familiarized themselves with the printer in time for the new semester.

"Anybody can have something printed," said DMC manager Dylan Tetrault. "People can submit print job requests from the [library's] webpage and then we will print it for them for a small fee."

Printing costs \$0.15 per gram of material plus a \$1 setup fee per item. The average size of objects runs around 10–20 grams. The maximum size that can be printed is 284x154x152 millimetres, which is a little larger than an iPad.

The material used in the printer is known as polylactic acid, a biodegradable plastic from vegetables.

There are restrictions on what

There are many 3D printers on campus in different labs and faculties. The library is really the great equalizer. Our mandate is to give access to everybody.

—Dylan Tetrault, DMC manager

you can print, including copyrighted items and weapons.

Tetrault said he hopes average students without access to the U of C's other 3D printers use the one in the DMC.

"There are many 3D printers on campus in different labs and faculties in use for their research or teaching purposes," Tetrault said. "The library is really the great equalizer. Our whole mandate is to give access to everybody."

The DMC plans to introduce a new 3D scanner, which can analyze an object, get its dimensions, then replicate it.

## City council pushes secondary suites vote to December

Fabian Mayer  
Staff Writer

Calgary city council failed to vote on a motion to change secondary suite regulations in four inner-city wards on Monday, Sept. 22. Council delayed the vote until December because one of the councillors advocating reform was out of the country.

If council approves the proposal, city administrators would have to draw up a new bylaw that would likely be voted on this spring.

Several councillors recently changed their stance on secondary suites. Eight showed support for changing suite regulations in wards 7, 8, 9 and 11 as well as in areas within 600 metres of major transit routes. These include the four councillors representing the affected wards, as well as mayor Naheed Nenshi, Coun. Shane Keating, Coun. Joe Magliocco and Coun. Diane Colley-Urquart.

Keating, Magliocco and Colley-Urquart all voted against changing secondary suite regulations in the past.

University of Calgary Students' Union vice-president external Levi Nilson has lobbied councillors on the issue for months. He said he's happy more councillors are on board



Louie Villanueva

Eight councillors support changing regulations, seven oppose, with an important student issue.

"It's great that we have a majority on council willing to support some sort of reform. If we have to wait a couple months, I'm fine with that," Nilson said.

Calgarians for Secondary Suites has a petition on its website and over 1,500 likes on their Facebook page. Nilson will meet with councillors to keep the issue in the spotlight between now and December.

"We want to make sure the petition we have now continues to get attention and we want to continue to shore up stakeholder support," Nilson said.

Ward 7 councillor Druh Farrell is one of the most vocal advocates for changing secondary suite regulations.

"I think there's a general recognition that the status quo isn't working, so individual members of council are trying to find solutions. It's important that we work together to find something that we are all willing to live with," Farrell said.

Farrell believes public support for secondary suites has been key in swaying the councillors who changed their mind on the issue.

Groups like the Manning Foundation, Calgary Chamber of Commerce, the SU and many others have endorsed secondary suite reforms.

"Never in my years on council have I seen a more varied group of Calgarians come together on a single issue," Farrell said.

## Prime professor or a terrific TA?

Submit your nominations for SU Teaching Excellence Awards



Hana Kadri  
VP Academic



Some of you may remember one particular teacher who helped to spark your interest in the area that you're now majoring in. Others may recall a passionate instructor who made even the driest topic riveting. Luckily, excellent teachers are by no means limited to pre-university studies, and in recognition of this, the SU Teaching Excellence Awards (TEA) were created

as a way to honour exceptional teachers at the university level.

Excellent teachers have an ability to effectively communicate subject matter in a number of ways, show enthusiasm for the topic at hand, cultivate thought and initiate discussion. They provide inspiration, evaluate work fairly and consistently, connect you to a wide array of resources that will accentuate your learning and also create a safe and welcoming environment for the diverse undergraduate population that exists here at U of C.

If you feel like your professor or TA is the one that deserves an A+, you have the chance to publicly thank them for their dedication and work. Nominations for fall semester professors and TAs are now open, and those in the top third percent of nominations will receive a classroom visit in which students are asked to provide more detailed feedback. At the end of winter semester the SU TEA committee will review all nomination packages before selecting the winners.

The nomination deadline for the Fall 2014 semester is Oct. 31, 2014

at 4:30 pm. Nomination forms are available electronically on the SU website.

Students aren't the only ones who look for motivation to exceed expectations. By nominating the professors, instructors, and TAs who make your educational career at the U of C a great one, you encourage excellence and high quality of teaching. Our educators continue to set their sights higher and the SU is proud to be able to showcase their dedication at our annual awards ceremony in April 2015.

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

# Students' Union sets priorities for the year

Susan Anderson  
Gauntlet News

Students' Union executives have released their goals and priorities for the year, which include improving campus Wi-Fi, adding a charging station in MacHall, providing adequate prayer space and advocating for open textbooks and bursaries.

su president Jarett Henry said the university's \$2.4 million Wi-Fi upgrades are nearly done.

"All of the routers and upgrades have been installed in MacHall, but the university IT department hasn't come through and hooked them up to the system yet," Henry said.

Charging stations for phones and laptops will likely

be installed in MacHall by the end of the year.

Temporary overflow prayer space is available on the fourth floor of MacHall, but Henry is looking for a long-term solution. The su has been working with administration to find space under the Dining Centre.

The su wants to secure a new prayer space by the end of the year.

Other initiatives include increasing funding for the Undergraduate Research Symposium, improving the Advocacy Task Force and expanding the online events calendar.

su vice-president operations and finance Adam Swertz is happy with the progress the su has made on the negotiations

over the MacHall operating agreement.

He said the discussions are going better than last year. The current agreement expires on Dec. 9.

Executives must cooperate with officials at the administrative, municipal and provincial level. Henry said he's optimistic about the goals they've set.

"We wouldn't have put any of these goals down in our annual plan if we didn't think they were possible," Henry said.

But Henry said that other challenges may arise with the long-term goals.

"Sometimes things don't fit into a neat eight-month timeline," Henry said.

# U of C opens its doors to refugee students from Kenya and Malawi

Farah Kammourieh  
Gauntlet News

The University of Calgary has welcomed refugee students, usually from Africa, to study and live on campus since 1986. This year, two students from Kenya and Malawi have made their way to the U of C.

The refugee student program is a partnership between the U of C, the Students' Union and the World University Service of Canada (wusc). wusc works with universities and institutions to bring refugee students to Canadian universities.

su vice-president operations and finance Adam Swertz said one of this year's incomers lived in a refugee camp in Kenya. He put himself through primary and secondary school before applying to wusc.

Swertz said the students come from backgrounds where "their quality of life would be immensely improved" by moving to Canada.

The U of C accepts two refugee students per year. In comparison, the University of British Columbia invites five or six and the University of Alberta invites one.

The U of C waives residence and tuition fees for their first year and the su pays for all other expenses.

The su then pays their tuition in their second year. They lessen the students' allowance each year until they are financially independent.

The two students start their year at the Global Village residence in Hotel Alma. Global Village houses a mix of international and domestic students. The refugee students live with Canadian students who will ideally help them settle into life at the U of C.

wusc accepts no more than 50 students to attend their partner universities and institutions each year.

"These programs are hugely sought after. There [are] hundreds of applicants," Swertz said.

## STUDENT LIFE »

# Changes coming to academic misconduct policy

Augiedane Menenthiran  
Gauntlet News

Plagiarism, cheating and other breaches in academic integrity are punishable under the University of Calgary's academic misconduct policy. The U of C is changing that by combining regulations into a single policy.

Students' Union vice-president academic Hana Kadri said the changes will clarify what is permitted and what is expected of students.

"I'm really excited to see this happening because it will make it easier on students," Kadri said.

With a centralized academic misconduct policy, students found guilty of breaking academic rules will be subject to only one form of penalization.

"Penalizing a student for plagiarism, a student may receive a variety of different penalties. A centralized academic misconduct policy will allow for one specific penalty," Kadri said.

Kadri said students were consulted regarding the changes during a two-year review process.

Students can be penalized

in a variety of ways under the current policy. Academic probation, a failing grade and expulsion are used to punish infractions.

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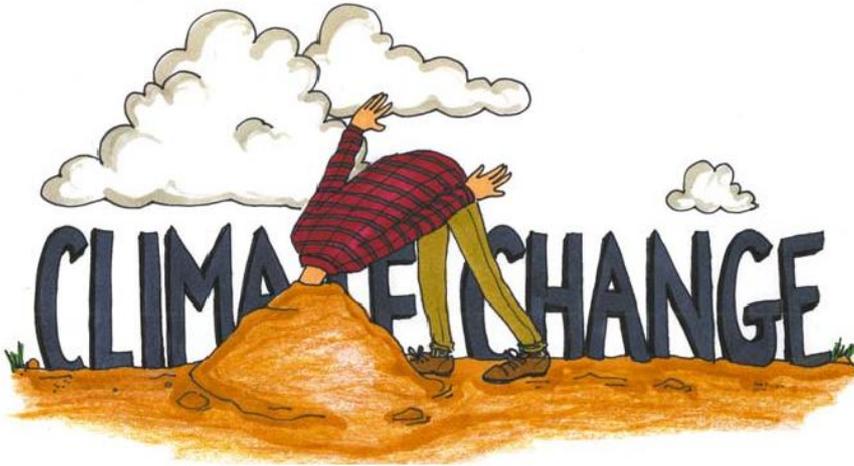
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EDITORIAL »

## Government must take action on climate change



DAWN MUENCRANTH

This June, July and August were the hottest months on record, and 2014 is set to become the hottest year in recorded history. The United Nations Sept. 23 climate summit in New York couldn't have come at a better time. A global problem requires a global solution, but there needs to be a shift in public opinion before we'll see any substantial change from climate summits.

Approximately 310,000 people marched on the streets of New York City Sept. 21 in preparation for the UN Climate Summit. Another 260,000 gathered in cities around the world.

The states with the power to combat the effects of climate change are the same ones who cave in to corporate interests at the expense of the planet. Sure, we all think our own country is special. But Canada is a country that actually has the power to do something and we're actively impeding progress by muzzling scientists and refusing to ratify the Kyoto Protocol.

U.S. secretary of state John Kerry commented on climate change in response to Sunday's climate march, comparing the crisis to threats posed by ISIS and Africa's Ebola outbreak.

they get together and use words like sustainability. It might make a nice photo op, but we need binding agreements. We're not doing enough to curb emissions and we've ignored warning after warning from the global scientific community.

The main goal of the summit is to expand carbon pricing systems. Governments set caps on the amount of carbon companies can emit. If their emissions are higher than the cap, they're fined. If emissions are under the cap, businesses can sell their remaining carbon emissions for profit. While it's better than nothing, the system puts a bandage on a problem that needs open-heart surgery.

Policy makers need to go beyond carbon pricing systems. Require utilities companies to generate more electricity from renewable sources, halt the building of new refineries and pipelines and increase funding for research into viable alternative energy sources.

A draft of the latest report from the Intergovernmental Panel on Climate Change reads, "continued emission of greenhouse gases will cause further warming and long-lasting changes in all components of the climate system, increasing the likelihood of severe, pervasive

Kerry acknowledged that "the grave threat of climate should take a prominent place" on the list of issues we face today. He's right, but climate change has always been a back-burner issue for politicians. We're the frogs slowly boiling in the planetary pot they check on once or twice a year.

Our leaders make us feel like they're doing something when

and irreversible impacts for people and ecosystems."

We're past the point of sober analysis and into the plot of an apocalyptic movie. Climate change is not a leftist conspiracy, it's a pragmatic concern.

Warsaw hosted the annual climate change summit in 2013 and six major NGOs walked out of the conference. They issued a joint statement that said "[the conference], which should have been an important step in the just transition to a sustainable future, is on track to deliver virtually nothing."

We shouldn't be surprised at the result of the Warsaw talks. Corporations who benefit from stagnant climate policy influence states' agenda and underdeveloped countries most affected by climate change often have little influence.

These summits are necessary, but they have to start passing binding accords to make an impact. We don't have time for another ineffectual conference. We can't wait until issues reach an existential level before engaging in them. The time to act is before climate change brings about widespread human suffering.

We might be past that point. We know there's a problem, but a combination of apathy and corporate money has kept us too numb to act. The climate's doomsday clock sits a few close strokes to midnight. The world has seen its share of close calls, but this one is irreversible.

Don't be surprised when this summit doesn't save the world. Governments and corporations need consistent public pressure before they'll start to change. Substantial policy decisions don't happen overnight. Constantly pressuring our political leaders is doing something, even if it's slow going. If we want our government to take climate change seriously, we have to make them.

Chris Adams  
 Gauntlet Editorial Board

### short form

What would you give up to stop climate change?



"Junk food."

-Anne-Marie Lim,  
 third-year communications



"Oral sex."

-Jadd Mackenna,  
 fourth-year accounting



"Chocolate."

-Erin Moulton  
 fourth-year communications



"A leg."

-Davis Steward,  
 third-year accounting

# Should students have to pay for a UPass?

Yes, it's an important campus resource for a number of reasons

Emilie Medland  
Gauntlet Opinions

Tuition and fees are constantly the topic of conversation on campus. The UPass is a cost that's hidden in plain sight — you don't pay for the public transit pass as you use it, but it's a mandatory cost included in your student fees.

Some argue that the \$125 per semester expense is too much, especially for students who don't use public transit. But it's a much better deal than the \$90 monthly fee that transit-using Calgarians pay for their daily commutes.

But when the cost of buying into this program doesn't benefit us all, why should we pay? Maybe students should be able to opt out of buying the UPass. We could even eliminate it all together.

However, an optional fee isn't possible with Calgary Transit. All students must contribute to the UPass program for the University of Calgary to receive the discounted rate. If we don't have students subsidizing each other, the only option is to

eliminate the program.

The UPass benefits every student on campus. The university's use of public transit reduces our ecological footprint — a big part of the U of C's agenda — by encouraging students to take transit. All over campus, posters and stickers encourage students to sort their waste, recycle and turn off the lights in classrooms. The university is living up to their rhetoric with programming that's backed up with consistent funding.

If the UPass pulls one more car off of Crowchild Trail each morning, surely it's doing more good than harm.

Besides being environmentally beneficial, the pass is genuinely helpful. If you're stuck somewhere or you're unable to drive, the UPass lets you travel across the city without paying for a cab. This is important for young adults. Students are young and will inevitably find themselves in risky situations. They should have a way home that's safe and accessible.

Being part of a campus community means buying into one. If we want students

to have a low-cost and accessible way to travel around Calgary, we have to pay for it.

And while some might complain about the extra costs tacked onto student fees, it's important that these services are provided. Instead of complaining about something that benefits students, we should pay more attention to money that's wasted on stuff like

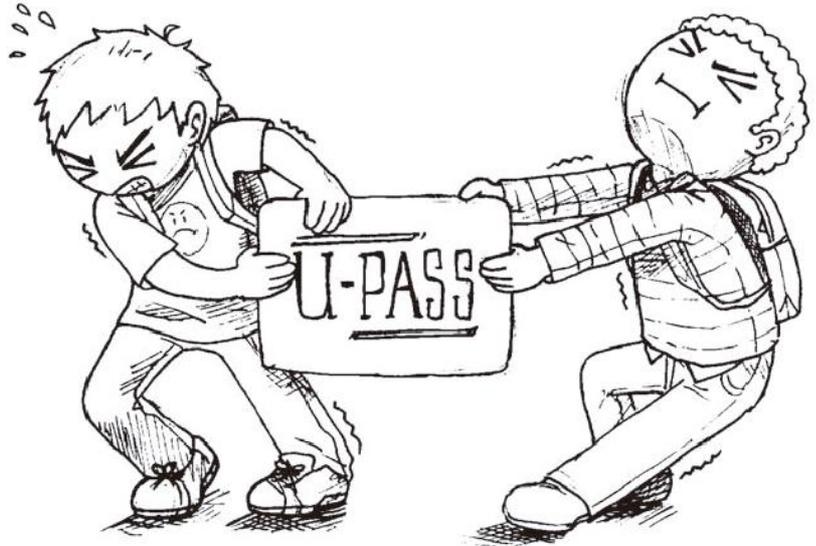
extravagant executive salaries and luxury office renovations.

Even better, we should spend more time worrying about the budget of the university. Upper-level management is skilled at barrelling ahead with fee hikes and luxury costs. Complaining about a useful service being provided for a rational fee seems irrelevant when

compared to market modifiers or President Elizabeth Cannon's \$8-million renovations.

Keeping student fees low is important to everyone, but we shouldn't sacrifice the benefits of a community.

The UPass provides a useful service to students. That's something I'm willing to put money towards.



DOROTHY BUI

## No, it forces students to pay for a service they cannot use

Jeremy Woo  
Gauntlet Opinions

Sometimes, the free market isn't the solution. That's why I don't mind seeing Canada Pension Plan deductions on my paycheque. I'm happy to chip in some money for Employment Insurance and I'm pleased to pay Students' Union dues. I may never use these services, but it's comforting to know that I'd have access to them in a time of need.

The same cannot be said about the UPass, which gives students access to Calgary Transit services. Once enrolled, full-time students are required to pay the mandatory \$125 UPass fee each semester.

But some students can't access public transit. Unlike

university tuition or *su* dues, students are required to fork over hard-earned cash for access to a transit system that is useless to them.

Students who live in communities like Airdrie and Cochrane have no way of using the UPass. Nine per cent of Calgary's population doesn't live within city limits. These students must drive to reach the University of Calgary and anywhere else in the city. We force them to buy into a service that they don't have the opportunity to use.

Though these students could use Calgary Transit's Park and Ride service, you still need a vehicle to reach the train station. Being forced to drive combined with the potentially expensive parking defeats the point of the UPass.

At C-Train stations, parking is difficult to find and can be expensive. You might as well drive the extra 20 minutes and park at the university.

Even living within city limits doesn't mean that you'll have a way to use your UPass. If there is transit in your neighbourhood, it can be so erratic that the pass is essentially useless.

Communities in the south-east still don't have transit. If you live in a new suburb, you probably won't see a bus rolling by this semester. But you'll still pay for a transit pass that can't fulfill its most basic design — to provide you with transportation.

In some communities, there simply aren't any buses on evenings and weekends. Improving public transit would

go a long way to improve the usability of the UPass. But until then, it's unfair to make students in communities with highly accessible public transit pay the same fee as students with no access. We shouldn't be forced to subsidize each other's transportation on account of postal codes.

If we chose to eliminate the UPass, there are other options for students. Many students would qualify for a low-income monthly transit pass. They cost \$44 a month, which is only \$14 per month more than the UPass program. There's also the added benefit of people paying for the services they plan to use. And if students don't qualify for a low-income transit pass, they probably don't need one

in the first place.

Like many students, I don't use all of the services I pay for. I probably don't visit the Student Success Centre as much as I should. I seldom step foot into the law library. I don't participate in every event put on by the *su* or always listen to *cjsw*.

What's important about most campus services is that the option to access them is always there. If I want to visit the law library or tune into *cjsw*, nothing is stopping me. Not using these services is a decision I make.

With the UPass, the decision is already made for us. Personal choice doesn't make up for the lack of accessibility. Some students are being forced to pay for a service they can't use.

# Program changes leave students in the dark

Leah Schmidt  
Gauntlet Opinions

Interdisciplinary programs are unique. They combine multiple disciplines to create a distinct academic viewpoint and prevent students from taking multiple classes with the same academic perspectives.

This rhetoric is backed by administrative goals. Interdisciplinary programs are a major part of the Eyes High plan and are outlined in the university's strategic plans.

Over four years ago, I began a degree in international relations and women's studies — both interdisciplinary degrees. It should have been a safe path. But poor administrative decisions meant that the program choices of thousands of students were thrown to the curb.

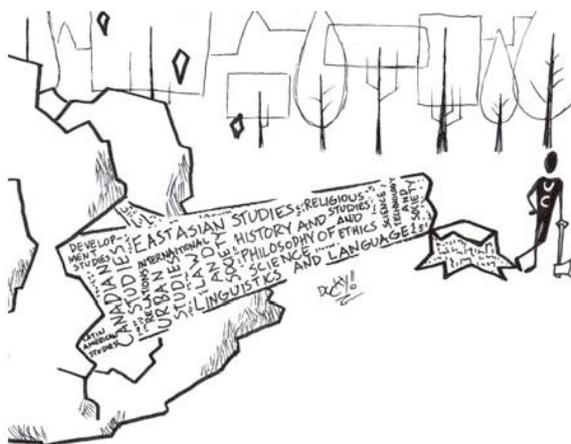
Before the faculties of social sciences, humanities, communication and culture and fine arts merged into the faculty of arts in 2010, interdisciplinary programs didn't report to specific departments.

Before the faculty merger, programs weren't unfunded or unaccountable. Instead, interdisciplinary programs had a budget large enough to hire dedicated staff for each program and to pay professors from other departments to teach in the area.

That autonomy is now gone. Interdisciplinary programs like development studies are now attached to other departments like archaeology. The switch to departmentalized programming was based on the assumption that these departments would take financial and administrative ownership of the programs.

Now professors and administrators with no experience in certain fields make decisions for interdisciplinary programs. This includes which professors are hired, when and what classes are offered and the specifics of degree requirements.

Interdisciplinary programs are highly specialized and require detailed knowledge of the subject matter. An interdisciplinary program like urban



JAMES STEVENSON

studies has a lot in common with geography, but it should be controlled by someone who specializes in that particular field, not just something that's close enough.

There are at least four interdisciplinary programs that have no department. A program like women's studies reports to the associate dean of teaching and learning, instead of an academic with experience in the field.

Although these programs are part of the U of C's strategic planning, that doesn't manifest in quality programming. Like a lot of initiatives on campus, making sure administrative decisions look good under the Eyes High banner seems to be more important than creating quality programs.

Surprised? Probably, because only a handful of upper-level administrators seem to know

which department is responsible for which program. Unless you have time to ask about new administrative structures in person, this information will not be made clear to you.

Lack of consultation with students is a breach of trust. Administration made changes that degraded the quality of students' education without informing them. If administration won't liaison with students on administrative issues, how can we trust them on major issues like tuition and fees?

Students deserve to know what's happening in our programs, especially when we're paying thousands of dollars to study here. It's insulting to flaunt Eyes High at every turn and then not follow through with the promises of quality interdisciplinary programs and research.

If administration is going to make changes to our programs, they should tell us. All we expect from interdisciplinary programs is what we were promised. Administration needs to deliver.



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## Tighten up: focus, students and ADHD

Tobias Ma  
Features Editor

In the next few weeks, the library will fill up. Summer's last rays of daylight will burn the sidewalk, the sound of Vitamin D splattering on the asphalt drowned out by the rustle of pages and shallow breathing next door in the library. Students will stare into the glow of monitors, scratching out notes, losing their pens, tapping their feet, texting. Intelligent people in the physical prime of their lives, hunching their spines, parsing through a deluge of information with the hope that they can hack it through the next test, hack it through the next semester and through the degree for the job at the end of the tunnel, a job that will require more of the same. Staying focused these days sure is tough.

A 2013 study by the National Center for Biotechnology Information suggested that the average attention span is now eight seconds. The same study cites a goldfish's as nine. By the time you've finished reading these words, you might be thinking about sex, sushi, homework, bills, friends or sex.

The consequences of a shortened attention span range from trivial to deadly, as a slip of the wheel could mean the difference between a missed garage sale and a smouldering wreck.

These consequences have hit the younger generations the hardest. Watching a classroom full of preschool children is terrifying. Children and teenagers have access to electronic pleasures beyond the wildest science fiction of our parents' heyday, and some of these addled youths will be the surgeons of tomorrow, cutting the brains out of our heads to plug into virtual reality vats.

Many of you know what it's like to be aware of some task that you should have done, with full knowledge that it would have benefited you in the future. Except you didn't do the task because Facebook was more interesting at the time and because work is so god-

damned boring.

Derek Luk is one of the mental health coordinators at the University of Calgary Wellness Centre. I've met Luk before, and he speaks with a serenity that suggests truth to what he preaches — the promise of inner peace by making simple, consistent changes in habit.

"I think there's been a rise overall in the diagnosis of Attention Deficit Hyperactivity Disorder and the use of stimulant medication," Luk says. "Concentration and attention is quite a complex matter because you have to make sure that you're emotionally balanced and that you have ways of dealing with stress in your life, like maintaining good nutrition. There's no one fix."

According to the Center for Disease Control, the diagnosis of focus problems like ADHD are on the rise. Nobody is quite sure of the reasons behind this trend, or if it reflects an actual increase in cases versus more frequent diagnosis. Technology appears an obvious scapegoat for decreased attention spans. According to Luk, people use social media as a form of stress relief. The problem is

that this kind of fix doesn't make you feel better in the long run or give you coping skills.

"Your dopamine goes up when you use social media," Luk says. "It affects the chemistry of your brain. And people who multitask on their laptop or tablet perform worse than people who work at one thing at a time."

Perhaps Calgary youth rely on phones to an exceptional degree. Calgarians live in a wealthy but sprawling urban environment with only a few centralized social hubs, such as Stephen Avenue, Kensington and Marda Loop. Canadians have amongst the largest bubbles of personal space considered comfortable. The amount of open area here could have maladapted us to the congestion of places such as the C-train, making cellphones an attractive escape from social claustrophobia.

Daniel Goleman, a psychologist and author of the groundbreaking book *Emotional Intelligence* has released a new work titled *Focus: The Hidden Driver of Excellence* (feel sorry for this man's children), which argues that those who are able to focus succeed more than those who can't,

differences in natural talent and processing speed being less important. Goleman suggests that technology has hampered our ability to pay attention, and that this might stunt our development in more ways than one.

Fuelling a short attention span with technology can cause collateral damage. People who respond to foreign or uncomfortable situations by burying themselves in phones and tablets don't learn anything new. Picture a neanderthal who responded to a sabre-tooth tiger's pounce by pulling out his iPhone to see if anybody was taking an interest in his relationship status. Other neanderthals would take an interest all right, when they asked his cave-girlfriend why she hitched someone stupid enough to check his phone in front of a sabre-tooth tiger.

Goleman's research argues that children's reliance on technological gizmos causes a "mental blurriness," which wrecks the ability to adapt to new situations or to create a rapport with teachers. Learning is, by nature, a social activity. Lacking the proper emotional or social skills to con-

nect with one's surroundings and teachers undermines the purpose of technologies designed to make learning more convenient. It also just makes you more annoying to deal with.

"When you're speaking face to face with someone," Luk says, "studies show that about 30 to 40 per cent of that conversation will be about yourself. Whereas about 80 per cent of the content people publish on social media is about themselves."

By now you're probably thinking, "Screw off, why are you preaching to me like some luddite?" Fine, technology is not going anywhere. People love their phones. They give us something to read while we poo at work.

"Technology in itself is not a bad thing," Luk says. "Your relationship with it can be healthy or unhealthy. It's unrealistic to tell people to not use technology; it's more about developing a healthy relationship. When you feel stressed, is technology something you go to to suppress feelings of anger and stress? Do you actually talk to people about it or do you just throw it up on your social media site? I want to emphasize



DAWN MUENCHRATH

that technology is not bad, but if it's the only way you feel that can connect to the world there is a problem."

Is technology the culprit or only the enabler of shortened attention spans? According to Penny Pexman, a professor from the U of C's psychology department, staying away from the line between incorporation and addiction is the best way to approach smartphone technology:

"Smartphones are new distractions, but they can also be learning tools. Maybe the key question is, are you controlling your smartphone or is your smartphone controlling you? If you can feel your phone drawing you away from lectures or labs, then make some efforts to control your use; for instance, put your phone away when you get into class. In general, I think people are starting to realize that we need to manage our environments better so that we don't have access to all information and devices all the time. Attention is definitely a limited resource, and no matter how good you think you are at multi-tasking, you will do better if you limit the number of things you are trying to pay attention to."

The good news, then, is that

high-speed and accessible mobile Internet might not actually be breaking our minds. The bad news is that our minds might be broken to begin with. Permanently.

"I think it's important to recognize that all humans have a limited supply of attention, and there isn't much evidence that we can change that with brain games or training or stimulants. You may need to change some habits or your surroundings in order to really be able to give difficult tasks the attention they need," Pexman notes.

I asked Glen Bodner, another U of C psychology professor whose work focuses on memory and cognition, to chime in.

"I am not sure whether off-task behaviours in class are more frequent now or are just more obvious now than in the past. Technology may be dictating how we spend our time off-task rather than how often we are off-task," Bodner writes. "It's also possible that our new off-task gizmos make engaging in off-task activity more reinforcing, which might increase their use."

Pexman added that she "hasn't seen students become more fidgety and distractible over the years.

Certainly they have different distractions now than 20 years ago, but the challenge to stay focused in lectures hasn't changed. Even before smartphones students had lots of distractions in lectures, they could chat with classmates, daydream, make to-do lists and doodle in their notebooks."

The caveman, sabre-tooth tiger and phone analogy was unrealistic. Not because cavemen don't have phones, but because if any of them had to worry about tigers they would never catch enough slack to wander off into their cyberspace temple to the self. If you've ever seen *Predator*, Schwarzenegger was too busy being run down like a dog to post a status update about the space monster trying to collect his skull for its skull collection. This is what life was actually like in prehistoric times. Technology might be an unenlightened, junk food-esque fix for modernity's sedentary lifestyle, but that does not necessarily make it the root of our attention problems. And according to Bodner, that root is still unclear.

"There has been an explosion of research of late on mind wandering which shows that our minds spend a surprisingly large

portion of time wandering rather than being on task. Whether this portion is on the rise still needs to be studied longitudinally."

For those of you too ADHD to read about ADHD, it's a condition characterized by an inability to focus on and complete tasks. There are various theories regarding the cultural and anthropological roots of this condition. A bestselling book *ADD: A Different Perception* by Thom Hartmann, a psychotherapist, describes a hunter versus farmer hypothesis that gained traction in recent years after researchers uncovered evidence that ADHD is linked to altered brain production of dopamine — a neurochemical that regulates concentration, mood and energy. The fact that this mutation is heritable suggests ADHD's chemical imbalance might have functioned advantageously once, and likely still can in certain situations that require a state known as hyperfocus.

Hyperfocus refers to a state of powerful immersion in the moment. Of course, it can't be maintained very long, but hyperfocus can catapult the person experiencing it into a seemingly altered reality. This manifests in sports, when professional athletes talk

about being "in the zone," a place where time dilates and the world rapps away from them. It's too bad they aren't better wordsmiths, because athletes understand hyperfocus better than anyone and still always miss the chance for an eloquent description during their mumbly post-game interviews.

Hyperfocus also manifests in the use of powerful drugs, such as overdoses of amphetamines, which are used to control ADHD, or cocaine, which is used to scream at strangers from across the bar at Cowboys.

The evolutionary purpose of hyperfocus boils down to survival — hunting, killing, running from bears. The next time you're on an airplane and the person in front of you asks you to stop kicking their seat, take it as a compliment. You are better-gearred for combative living — your inability to sit still means that you are a machine of untapped primal savagery. They are the farmer. You are the hunter.

Unfortunately, we live in a world that rarely rewards hyperfocus or the adrenaline-addicted, fidgety individuals who can summon it. Without enough of cathartic intensity as a counterbalance, emotional factors like stress,

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depression and feelings of hopelessness can dampen one's ability to concentrate. The only thing worse than chomping through heaps of art history books is doing it with hard science majors in your family slinging snide questions about your future.

Many students work through endless assignments with little hope of financial success in their field of study. Pexman points out that academic work is particularly draining.

"A lot of what we have to do as professors or students involves really hard mental effort, and we're not going to do our best work if we're devoting less than 100 per cent attention to the task."

A lack of motivation often contributes to the "what the fuck is this all for?" question, which can boomerang around to knock away inspiration and dedication. Mental health problems feed into each other — people become stressed and depressed because they can't concentrate, and feel like they're going to fail at everything. And when they can't concentrate, they might feel like they're going to fail at everything, becoming stressed and depressed. Luk argues that stress is a critical component of ADHD because of this self-destructive loop.

"It's a vicious circle. Say you can't sleep. You go to bed, your mind races and races. The more you think about the fact that you can't sleep, the more you feel awake. Western culture perpetuates a normalization of unhealthy levels of stress. People want to feel busy all the time. They don't feel comfortable with themselves, like they have time or a purpose."

While the link between mood and concentration-based mental



DAVID LAU

health disorders is not entirely understood, they correlate with one another to a degree. This link can be frustrating to sufferers when the domino effect kicks in, but it does mean that the treatment options overlap.

One option is to grow up. No, I'm not mocking you. Getting older, accumulating experiences and transitioning from school to work hones the mind. Meg Jay, a clinical psychologist mentions in her book, *The Defining Decade: Why Your Twenties Matter*, that an overstimulated amygdala, a portion of the brain thought to regulate fear, can limit one's ability to perform intellectually. When teenagers and twentysomethings enter new situations, they often have such limited experience that fear takes over and compromises their higher functions, overclocking the brain into an alert pattern with a death grip. The solution? Beat your fight-or-flight response into submission with new experiences and challenges. As one's life goals become clearer, their amygdala becomes less hyperstimulat-

ed and their sense of aimlessness will start to fade. Improved focus will follow. Worrying that one does not have the skills to juggle life the way successful adults do is pointless because those adults have spent years and years developing coping and self-focusing techniques, likely after repeated failures. So get out there and start failing.

"But wait," you're thinking, "I need to learn to focus now, so that I can get through school and get on a career track first." Well, you're right — you do need to start now. There are many methods for training oneself to focus, as well as for treating attention problems. One of the most popular and controversial forms of therapy is medication.

ADHD remains a debated topic partly because a medical diagnosis entails amphetamine prescription, which has proven efficacious but presents poorly understood long-term effects and the potential for addiction. Luk doesn't see a problem with stimulants, but warns against

relying on them as a crutch.

"If used properly under supervision of a medical professional, go ahead. If [stimulants] are used correctly they have benefits. These medications can give you the energy to make changes, but you shouldn't use them to continue living an unhealthy lifestyle. Think about harm reduction for high blood pressure, asthma, any type of chronic illness. These [medications] are rarely designed to cure illness. Stimulant treatment is just that — harm reduction. It must be combined with other methods."

The popularity of amphetamines for studying highlights the sensitive nature of characterizing learning disabilities. If we diagnosed ADHD based off of behaviour alone, half of the students on this campus would be gobbling down amphetamine salts the way sweaty, hyperfocused athletes chug Gatorade. How many students are neurologically impaired, and how many of them just want an easy fix? There are no systems in place right now to

scrutinize the credibility of ADHD for the majority of the population.

Another way to deal with attention lapses can be as simple as choosing how to take a break. Spending 10 minutes to walk around outside, rather than checking out social media, can benefit both the body and mind. Bodner and Pexman's advice is as simple as unplugging completely — log off your email, avoid your Facebook, put your phone somewhere far away and get something hot to drink if you need it.

Taking smart breaks is really just part of a bigger picture: a healthy lifestyle. I don't want to get L. Ron Hubbard on you all, but living healthy — even if it doesn't seem like you have the time — will make you a more efficient and productive student when you have to buckle down. Drink five glasses of water a day and get at least 30 minutes of cardio three times a week. In moderation, take supplements that promote the controlled release of dopamine, like ginseng, green tea, reishi mushroom extract, omega three oils, vitamin D pills (winter is coming). Get enough sleep. The necessary amount varies per person between 6–9 hours, and make sure your electronic devices are stored away when you tuck in. Finding ways to calm your mind, whether through creative outlets or through yoga and meditation is essential. I'd also tell you to eat more green vegetables and less red meat and carbs... but fuck that, beef is delicious.

One of Luk's areas of interest is the concept of mindfulness, which he describes as a "piece of meditation" or "attention allocation training." The U of C Health and Wellness Centre offers mindfulness and meditation training courses, many of which are free for students. According to practitioners of mindfulness, willpower is a muscle, and every redirection of your focus is a weightlifting repetition. Mindfulness rings like a hokey new-age concept, but it's really just the practice of deliberately focusing your attention on a task or emptying your mind, rather than churning through amidst a sea of distractions. The meditative element comes from acknowledging those distractions and making a conscious choice to push them away. Forcibly ignoring the latest episode of your favourite Netflix series seems like a daunting task at first, but keep at it and it will eventually become a habit that yields positive results. At least, that's what the adults keep telling me.

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CALGARY INTERNATIONAL FILM FESTIVAL »

## Queens & Cowboys explores gay cowboy culture

Melanie Bethune  
Humour Editor

Wade Earp is a cowboy in every sense of the word. Calling Texas home, he drives his pickup truck and horse trailer thousands of miles across North America every year to compete in bull-riding, roping, barrel racing and countless other events. His story has all of the workings of a classic Western story — an arch-nemesis competitor lurking in the shadows, a faithful devotion to his horse Digit, a Stetson and a thick southern drawl. Wade Earp is a cowboy and Wade Earp is an out and proud gay man.

Matt Livadary's documentary *Queens and Cowboys: A Straight Year on the Gay Rodeo*, which makes its Canadian premiere at the Calgary International Film Festival (CIFF), follows cowboys like Earp as they compete on the International Gay Rodeo Association (IGRA) circuit. For Earp, the goal is to win the coveted title of All Around Cowboy, while for participants such as Char Duran, a lesbian bull-rider from Colorado, simply winning a belt buckle is a test of heart and spirit.

The film focuses on five IGRA



COURTESY MATT LIVADARY

*Queens and Cowboys: A Straight Year on the Gay Rodeo* makes its Canadian premiere at the Calgary International Film Festival.

members, including Earp and Duran, but touches on countless personalities.

"I filmed 800 hours of footage by the end of it, which is insane. There were almost dozens and dozens of characters that I was following and stories that I fell in love with," Livadary says. "Who ended up making it in the film was who represented a very strong feature of at least one

characteristic of the cowboy code. You know — honesty, integrity, hard work, community, heart."

The film follows a rodeo season and the cowboy code, while speaking to issues of LGBTQ+ identity in the context of conservative cowboy culture. The film focuses on the intersection of these two worlds and how they come together to create a

family-like community.

"We showed [the film] in Dallas. This girl came up to Wade afterwards in tears and said, 'I'm a 16-year-old girl from rural Texas and I have a pastor for a father and a very conservative upbringing, but my family doesn't know that I'm bi.' She posted it right on Facebook and came out to her family and all of her friends immediately after

seeing that it was OK," Livadary says. "In this day and age people still don't know that there are good role models out there who exist."

Livadary and his team attended dozens of rodeos across North America for the project. One segment was filmed close to Calgary.

"[In] Calgary itself, the rodeo is incredible. The people from the Alberta Rockies Gay Rodeo chapter are just so passionate and fired up and energized. They work so hard to make those rodeos happen," Livadary says. "It was a pretty amazing. It was one of my favourite rodeos, for sure."

As for the film's premiere at CIFF, Livadary is anticipating the reaction of Calgary audiences.

"We've played in some places where it is rodeo-centric, for lack of a better term, but none as big as Calgary. It's going to be interesting to see how the film plays to people in rodeo, who love rodeo," Livadary says. "It will put us to the test and see if we've got it with people who know and love rodeo."

Prepare to laugh, cheer and to even get a little misty-eyed as this film comes stampeding through Calgary as part of CIFF.

CALGARY INTERNATIONAL FILM FESTIVAL »

## Film implores you to lose your virginity or be sacrificed

Connor Sadler  
Entertainment Assistant

Losing your virginity is usually awkward and terrible, but when your parents are planning to use you as a virgin sacrifice for their satanic cult, losing your v-card becomes a life-or-death necessity.

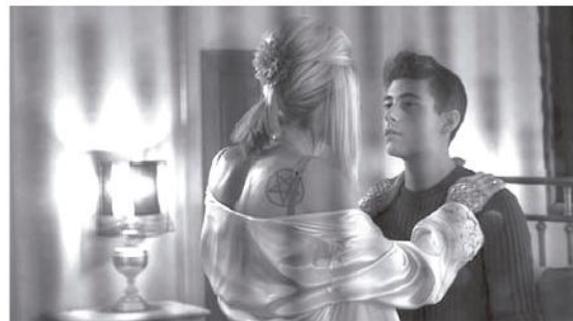
*Teen Lust* is a dark comedy about a high-school student named Neil. On top of having to avoid the typical landmines of high school and hormones, Neil's parents are too involved with their satanic cult to pay attention to him — until they offer him as a virgin sacrifice. Thus begins Neil's race against time to score a one night stand before

the cult gets ahold of him.

"I wanted to raise the stakes on it a little bit. Having to lose your virginity or die, that's about as high stakes as you can get," says director Blaine Thurier. "I just needed a way for that to fit and virgin sacrifice just seemed natural."

Thurier says he made Neil's parents part of a satanic cult as a tongue-in-cheek comparison to his experience of growing up with Catholic parents.

"I was raised going to church and I hated it," Thurier says. "The discomfort of being at church, having to wear uncomfortable clothes, having to wake up early and having your parents get on your case about



COURTESY EONE

*Teen Lust* shows just how awkward losing your virginity can be when your parents are in a cult.

misbehaving."

The humour in *Teen Lust* stems from the awkwardness of

having sex for the first time, and many of the jokes arise from the situations Neil finds himself in.

There are more than a few nervous laughs while Neil tries to proposition many of the girls he knows.

"It's not an easy thing to do," Thurier says. "When you're a teenager it feels like you're being burned alive because of your hormones going out of control and how badly you need to fulfil those needs."

At its core, *Teen Lust* is meant to be a fun film that the audience can relate to.

"I wasn't probing too deeply into the adolescent psyche," Thurier says. "It's fun to watch a movie about experiences that you've had. You watch them and know that other people feel the same way."

## NEW MUSIC »



Jens Lekman  
*WWJD*  
Sept. 2, 2014 (Secretly Canadian)

Swedish musician Jens Lekman has always taken inspiration from the trivial. This is apparent on his new self-released mixtape *WWJD*, out Sept. 2 on Soundcloud, where the indie-pop musician devotes a song to a bracelet asking 'What Would Jesus Do?' But despite the unconventional topics, Lekman never

fails to instill his quirky humour into his work.

The three original songs on the mixtape are the first new material from him in two years — following his LP *I Know What Love Isn't* — and are interwoven with tracks from other artists. Lekman's tracks are outtakes from an upcoming album, which he says were cut because they "didn't fit in with most of the other songs [I] was writing."

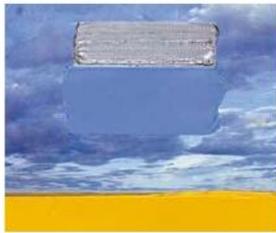
The first song on the mix, "WWJD," is immaculately produced, with gorgeous synthesizers and carefully layered vocals. The lyrics read like a poorly written country hit making the song hilarious and a lot of fun to listen to. The next track, "What's That Perfume That You Wear," is a throwaway song, which features Lekman obsessing over a

girl's perfume. Hearing Lekman list potential aromas his lover could be wearing while steel drums play in the background just ends up sounding ridiculous.

The mixtape closes with "I Remember," which floats by on a lazy summer drumbeat. In the nostalgia-filled song, Lekman reminisces about a childhood vacation to Italy and the realization that not all of his peers had families that could afford those kinds of trips. Even though the moral of the song gets bogged down by explicit references to class struggle, it succeeds because of the singer's sincerity.

While not all of Lekman's songs shine, the mixtape is enjoyable from start to finish and it should tide fans over until the release of his next album.

Jason Herring



The Crooked Brothers  
*Thank You I'm Sorry*  
September 23, 2014 (Transistor 66)

Winnipeg's Crooked Brothers are a talented group, as their third album *Thank You I'm Sorry* shows. The trio's individual styles complement each other, creating a pleasant musical experience. The album easily fits

folksy, country overtones into a wide range of styles and moods.

The album begins with "Dear Antonia," a melancholy ballad that draws listeners in with relaxing, rich vocals and calm instrumentals. "Pass You By" moves from a calm atmosphere to an upbeat and cheerful mood that is reminiscent of classic country.

"Organs On Demand" is one of the album's most memorable tracks. With strange lyrics and ominous instrumentals, it's unusual, but never jarring, making it stand out in a way that makes the album stronger.

"Kennedy," brings a return to the calm atmosphere and showcases some of the most

compelling vocals on the entire album. "Mean Mean Baby" is upbeat and bluesy, while "Lightning In My Chest" is a gritty piece of hard-rock with a folksy twist.

"Sittin' True" is another quiet and thoughtful ballad. The album ends on a relaxing note with "North Of The Border," a quiet country song with nostalgic lyrics.

Overall, *Thank You I'm Sorry* stands out with its blend of styles and terrific instrumentation. It's an enjoyable album for fans of country and folk music and with its wide range of styles it's a great showcase of The Crooked Brothers' talent.

Shivaughn M. King

## LOCAL FOOD »



LOUIE VILLANUEVA

## 'Za gods smile upon YYC Pizza Week

Liam Harrison  
Gauntlet Entertainment

It's here — the event you were always waiting for. Even before you realized you were always waiting for it.

From Sept. 26 to Oct. 5 Calgary will host YYC Pizza Week, featuring 40 restaurants that will stretch the boundaries of pizza.

"We threw a few ideas around for different weeks and pizza just seemed to work. With this, we could not only focus on food communities and neighbourhood communities, but we could also focus on families and get them involved," says Wanda Baker, one of the organizers of YYC Pizza Week. "We were looking at different ways of incorporating as many parts of the city as possible and everyone loves pizza."

Baker says the inspiration for the event was YYC Burger Week, which doubled in size this year, from the initial 15 to 30.

YYC Burger Week raised \$27,000 for three charities. Organizers hope YYC Pizza Week can raise even more.

The pizzas are organized into three categories: thin, thick and unique.

One of the craziest offerings

is the samba rice sushi pizza — topped with fried sushi rice and salmon — from Blowfish Sushi Lounge. Others are the Classic Reuben — with latka crust, Russian dressing and Montreal smoked meat — from Gruman's Deli and the Duckonion, featuring a Chinese green onion cake topped with duck from Lava Dining.

Gluten-free and vegetarian pizzas are available, as well as various stuffed crusts.

"We have a great variety because Calgary is so diverse," Baker says. "Some people don't eat pork, so we've got a diverse range of ingredients, including bison and mussels."

Despite the unconventional toppings, Baker insists there's an emphasis on food made by local businesses. Attendees will be given a Monopoly-esque passport to pizza pleasuredome, where they'll be able to pick and choose their venues and eating as much pizza as they fancy.

"We found pizza places in every quarter, and in places like Kensington, there's lots of pizza places," Baker says. "You can try two, you can try 10, but you have 10 days to do it."

Every pizza will cost \$20, with \$3 of every pie going to Calgary Meals on Wheels.

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CALGARY INTERNATIONAL FILM FESTIVAL »

# Documentary looks at the man behind Big Bird

Melanie Bethune  
Humour Editor

There's a sense of innocence lost when a favourite character is unmasked. Subconsciously, we all know that underneath the furry head of a mascot, there's a living person giving life to this outward form. But we convince ourselves that in some way putting on makeup or an outfit changes something. Cinderella isn't a theatre student named Sarah from San Antonio – Cinderella is in fact Cinderella.

Carroll Spinney, the man behind Big Bird, has blurred the line between character and man since he first put on the feathered suit in 1969. Now, after almost 50 years of playing Big Bird, his story is being told.

The documentary *I Am Big Bird: The Carroll Spinney Story*, playing as part of the Calgary International Film Festival, explores Spinney's life as a man and his life as Big Bird from Sesame Street. The film is a heart-wrenching and nostalgic whirlwind through the highs and lows of Spinney's life and career.

The story is told largely



COURTESY CALGARY INTERNATIONAL FILM FESTIVAL

Carroll Spinney has been the man behind the Big Bird and Oscar the Grouch since 1969. *I Am Big Bird: The Carroll Spinney Story* takes a look at his life.

through period footage with voice-overs by Spinney, his close friends and family. We learn of Spinney's relationship with

Jim Henson and other creative collaborators alongside his dissolved first marriage and the eventual love story with his sec-

ond wife, Debra. We watch his love of puppetry play out alongside the ups and downs of his career and personal life.

The film is a biographical story, ebbing and flowing with plot twists and moments of both calm and action intercut with photos, video and animation.

Beyond telling the story of a single man, the film features themes of passion and legacy.

Spinney is Big Bird in every sense. He lives Big Bird, breathes Big Bird and embodies everything that Big Bird is supposed to be. Spinney is still alive, but the film acknowledges what the world will lose when he's gone. He will be missed, but at the same time he leaves behind multiple generations of lives changed by his presence. If there is anything to be taken away from Spinney's story, it's this core message of timelessness.

For now, we can all tune in daily to Sesame Street for a little nostalgia as we watch Big Bird thrill us with the same passion he's had for the last 50 years. And he likely won't be stopping any time soon.

*I Am Big Bird: The Carroll Spinney Story* plays Saturday Sept. 27 at the Globe Cinema.

Tickets are available at the door or online at calgaryfilm.ca

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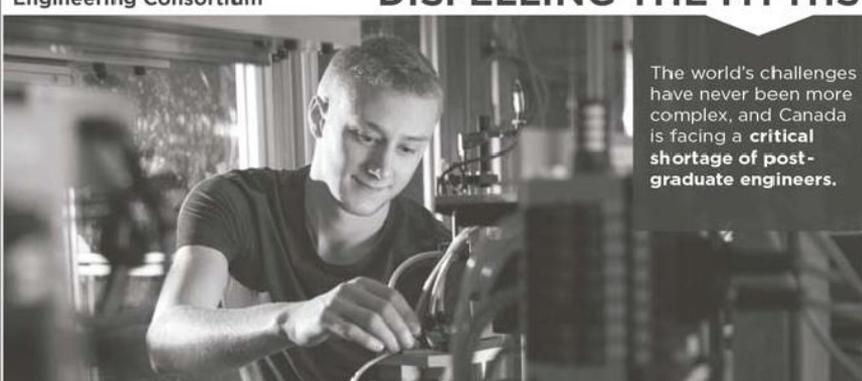
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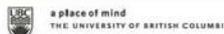
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## SOCCER »

## Dinos stomp pesky Huskies 2-1

Annie Randhawa  
Gauntlet Sports

The Dinos women's soccer team remains undefeated after a 2-1 victory over the University of Saskatchewan Huskies on Sunday, Sept. 21.

The victory puts the Dinos in first place in the Canada West Prairie division. The Dinos are now 4-0-2 for the season, while the Huskies record fell to 3-1-2.

After scoring three-straight goals in Saturday's competition against the Huskies, Sunday's game kicked off to a great start. The Dinos scored their first goal in the ninth minute. Second-year forward Maddie Lee picked up her first goal of the day by beating the Huskies' Cara Santaga on the right side after receiving a pass from Dominica Wronski.

"It's pretty exciting, Saskatchewan is a good-quality team. As a side result we were on home turf, but I am so happy for the girls," said Dinos head coach Troy Flannery.

The Dinos defence showed great chemistry and communication in the first half, which made it difficult for the Huskies to break through. The Dinos



COURTESY DAVID MOLL

Dinos Forward Jordan Smith was ferocious.

held a 1-0 lead at the end of the first half.

The Huskies came out in the second half with new momentum. Midfielder Erica Hindmarsh put one high in the net, tying the game in the 58th minute. The Dinos held their composure and continued to play strong defence as the Huskies went on the attack.

Dinos forward Jordan Smith put the heat on Huskies keeper Santaga, and it looked like the

Dinos would once again pull ahead with a series of shots fired on net.

Flannery put Lee back into the game with just over 10 minutes to play, shifting momentum back to the Dinos.

The second half was full of chances for both teams. In the 78th minute Lee scored her second goal, shooting it high from outside the box.

The Huskies continued to push their offence to break the



COURTESY DAVID MOLL

Daniella Guidi played solid defence for the Dinos.

In the last 15 minutes of the game, Hindmarsh tried her luck to get past Dinos keeper Samathan Chang-Foidl, but failed.

Even though the Huskies didn't score in the second half, there was plenty of worry and anticipation by the fans. After Lee's second goal, the Huskies came out with fire in their hearts as they tried to smash through the Dinos impeccable defence.

By the final whistle, the Dinos had outshot the Huskies 16-7. Huskies goalkeeper Santaga made nine saves during the afternoon.

"Every week we like to start new," Flannery said. "It's a fresh start to the week, and we keep going and strive to be better with each day that comes along."

The Dinos will continue their season Sept. 27-28 against the University of Regina Cougars.

## FOOTBALL »

## Historic night for Timmis as Dinos beat Huskies

Ashton Chugh  
Sports Editor

The Football team Dinos continued their road trip with a 38-24 win over the University of Saskatchewan Huskies on Sept. 19.

In what was the Dinos' toughest test of the season, Mercer Timmis — the reigning Canada West MVP — picked up 208 rushing yards on 22 carries, scoring three rushing touchdowns for his best performance this year. This made third-year tailback Timmis the

University of Calgary's all-time leader in rushing touchdowns.

"It's just an honour to be up there with guys like Matt Walter," Timmis said. "A lot of credit goes to my offensive line and my teammates. I just couldn't be happier where I am with this program."

Timmis' 30th rushing touchdown of his career puts him one above the previous record holder, Matt Walter, whose career total is 29. Timmis recorded the feat in only 17 conference games. And he did it on a night where each score was

valuable to his team as the Dinos came back from a 10-point deficit in the second quarter.

The Dinos struggled out of the gate. Saskatchewan scored three touchdowns in the first half, which were the first majors allowed by Calgary's defence this season. The Huskies put up 323 yards of total offence and held a three-point lead at halftime. However, they sputtered out in the second half, failing to score a single point.

A Johnny Mark field goal for the Dinos accounted for the

only points of the third quarter to tie the game 24-24. This set the stage for the Dinos to prove why they're the second-ranked team in the nation.

With less than four minutes to play, quarterback Andrew Buckley found Brett Blaszkowski over the middle for an 18-yard major, which turned out to be the game-winning play. After Calgary's defence held and forced a turnover on downs two drives later, Timmis cruised in from 35 yards to score a final touchdown, putting salt in the Huskies' wounds.

The Dinos have won 12 consecutive conference games and six in a row against the Huskies.

The win came 50 years to the day from the program's first-ever game, a 16-7 win over the Royal Military College on Sept. 19, 1964.

The Dinos will return to McMahon Stadium to take on the Manitoba Bisons on Sept. 27 at 6 p.m. They'll celebrate Student Appreciation Night which includes a pre-game party at 3:30 p.m. at the Den the same day.

HOCKEY »

# Dinos fall to Flames, but stand their ground



COURTESY DAVID MOLL

(Left) The Dinos played strong defence against the skillful Flames prospects. Forward Cain Franson (right) skated hard for the Dinos

Sonny Sachdeva  
Sports Assistant

Despite a strong defensive effort, the University of Calgary Dinos came up short against the Calgary Flames rookies on Wednesday, Sept. 17 — losing 3-1 in front of the 1768 fans who filled Father David Bauer arena.

It was a close game from start to finish with each team taking turns carrying the momentum. Despite

the final score, the Dinos proved that they can hang with the big boys by controlling much of the game.

The opening period went scoreless, yet saw the Dinos put their defensive skill on display in their own end. Their strong defense aided in goaltender Kris Lazaruk's fantastic play, for which he was named first star of the game.

Flames prospect Austin Carroll broke the deadlock near the start of the second period, tucking one

past Dinos goaltender Jacob DeSerres — last season's Canadian Interuniversity Sport goaltender of the year — after he replaced Lazaruk.

One of the game's bright spots was the excellent play of new Dinos forward Cain Franson, who seemed to be all over the ice. In addition to showing off his defensive skill by picking off Flames passes and blocking shots from the point, it was Franson's offense that drove the Dinos forward.

After a series of excellent chances in the first period, Franson's moment came in the second as he cut down the wing with speed before faking a shot and whipping a pass through the slot to Colton Grant, who finished beautifully on the one-timer to tie the game at 1-1. Chris Collins, who was the 2013-2014 Canada West rookie of the year, added the other helper on the play.

The Dinos offense looked strong against the speedy Flames. Returning forward Elgin Pearce had one of the game's prettier plays as he nastily toe dragged around a diving Flames defender, driving towards the net and eventually knocking it off its moorings after being tripped up, giving his team the man-advantage.

Though they weren't able to capitalize on the powerplay, the Dinos put together a thrilling effort, hemming the Flames in their own end with a crisp cycle for much of it, and showcasing their great chemistry by landing some dangerous shots on Flames goaltender Doug Carr.

However, the Dinos didn't fare so well in the third period. Hulking German forward, David Wolf, slipped a lucky one through DeSerres' pads to give the Flames the lead early on. Later, defenseman Curtis Gedig put the nail in the Dinos coffin with a nice move around DeSerres near the end of the third, bringing the score to 3-1 for the Flames.

3-1 would remain the score at the final buzzer.

Though they didn't leave with the win, the Dinos got much out of the exhibition tilt.

"We demonstrated we can play with big, strong, skilled, players", said Dinos head coach Mark Howell. "We just made some mistakes that cost us that went in the back of the net."

The Dinos sent a message to the rest of the CIS with their unending tenacity.

"We knew coming in tonight that they would have a pretty good squad over there and we were going need our best effort to give ourselves a chance," said Dinos forward Cain Franson, who was named the second star of the game. "And I thought for the most part we gave ourselves a good chance."

As for the benefits of playing the talented Flames rookies, Franson described the game as a measuring stick.

"I see it as a huge opportunity," Franson said. "You get to see where you stand and where you match up against other guys in your age group that are in the NHL."

Veteran Colton Grant, who scored the Dinos only goal of the game, added that the experience will go a long way during their season.

"Just getting ourselves into that pace so we can bring that into our regular season will be huge," Grant said. "If we can play with this pace throughout our regular season, I think we're going to jump on teams early and hopefully get some wins off of that."

The Dinos regular season begins Friday, Sept. 26th when they face the University of Manitoba Bisons at Father David Bauer arena.

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## Dinos Athletic Excellence Award program announces \$500,000 in scholarships

Ashton Chugh  
Sports Editor

The University of Calgary Dinos announced that \$500,000 from the Dinos Athletic Excellence Award program will be available to student-athletes in the 2014-15 academic year.

The increase from \$250,000 doubles the Dinos' scholarship offering from 2013-14. Combined with the Jimmie Condon athletic scholarships funded by the Government of Alberta, this brings the total financial aid available to student athletes at the University of Calgary to \$1.5 million.

The Dinos Athletic Excellence Awards leverage community donations with \$250,000 in base funding from the University of Calgary. Dru Marshall, provost and vice president academic of the University of Calgary, announced funding for the program in early April.

In the months that followed, Dinos coaches and fundraising staff worked to raise the \$250,000 from the community to match the university's contribution.

Student-athletes can receive athletic-related financial aid to cover their tuition and mandatory fees under Canadian Interuniversity Sport regulations.

The University of Calgary has teams in 19 varsity sports and nine competitive club sports, with more than 600 student-athletes representing the Dinos each year.

# Cassie Campbell's success pivotal to rise of women's hockey

Taylor McKee  
Gauntlet Sports

Women's hockey in Canada has grown exponentially over the past 20 years thanks in large part to the performance of the Canadian National Women's Team. During this period, Cassie Campbell played a pivotal role on three Canadian Olympic and six World Championship gold-medal teams. But, Campbell's impact has reached far beyond her on-ice accolades. She has also become one of hockey's greatest ambassadors.

Campbell was born in Richmond Hill, Ontario, and grew up in Brampton, Ontario. After playing for the University of Guelph in the mid-1990s, Campbell began her professional career playing for the Oval X-Treme — who made their home at the University of Calgary's Olympic Oval — in the Women's Western Hockey League in 2001.

The X-Treme was essentially an all-star team during the early 2000s with players like Hayley Wickenheiser, Daniel Goyette and Campbell. During X-Treme's last season in the Western Women's Hockey League, they compiled an astounding 95-3 record.

Campbell, who was one of the sport's elite talents and most trusted leaders, served as team captain of the X-Treme from 2002 - 2005.

Internationally, Campbell won silver in 1998, and gold in 2002, 2006 and 2010 at the Winter Olympic Games. She holds the distinction of being the only captain in both men's and women's hockey to captain a team to three Olympic Gold Medals.

One of Campbell's most



COURTESY TAYLOR MCKEE/CSHOF

(Below) Campbell on the exit of CSHOF and her legendary equipment (above).

marked characteristics as a player was her ability to elevate the game of those around her. As such, when Campbell was in the lineup for Team Canada, their record was an astounding 129-26-2.

Campbell's on-ice resume was impressive enough to merit inclusion into Canada's Sports Hall of Fame. But it's her off-ice presence that truly elevates her into the highest echelon of Canadian athletes. With her annual street hockey festival, Campbell has raised hundreds of thousands of dollars for the Ronald McDonald House charity of Southern Alberta. Among innumerable other charities, Campbell also supports CARE, an organization that focuses on improving the lives of women and girls in impoverished communities.

Campbell currently works as a broadcaster for the CBC

and holds the honour of being the first woman to do colour commentary for Hockey Night in Canada. Campbell was inducted into Canada's

Sports Hall of Fame in 2007, the first female hockey player to be inducted into CSHOF. Simply one more first in a truly special career.



COURTESY TAYLOR MCKEE/CSHOF



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OPINION »

# Don't let the gym bros weigh you down

David Song  
Gauntlet Sports

**I** work out. Am I physically robust? Not really. Do I lift? Well, right now I'm working on being able to lift my body weight on the assisted pull-up machine, but I need the assistance for a reason.

At 5'3" and 135 pounds, I'm what you would call a little guy. So it's definitely intimidating for me to see all the big, muscular men and the tall, athletic women when I step into a gym.

And yet, that hasn't stopped me from taking advantage of the University of Calgary Fitness Centre. I've been hitting the gym on a regular basis since last year, and while I still don't have a six-pack, I've learned to embrace exercise as a part of my routine throughout each semester.

Some of you reading this are where I was last year — new to university and considering the



RHYS SOSNOWSKI

gym as a new habit. Any number of things could be holding you back. Laziness, too much homework or maybe embarrassment. But exercise is a valuable part of any lifestyle, and in some ways, it's more important during university than any other time.

At university there will always be an emphasis on the

classroom. It's too easy to let yourself get swept up in academic work, sacrificing sleep in the name of handing assignments in on time. Exercising is a great way to shift gears during the week to work your body and give your mind a break. Afterwards, no matter how sweaty and sore you are, you'll feel physically refreshed.

Even just a few hours of exercise during the week can make a difference in maintaining your health, ensuring that your body doesn't wear down while your mind is trying to operate at maximum power.

Of course, the gym isn't for everyone. Playing sports and running are excellent ways to exercise.

And if you're interested in exploring what the Fitness Centre has to offer, don't let a lack of expertise or confidence stand in your way. There are gym orientations held on a regular basis that teach newcomers the basics of working out.

Hitting the gym with a friend is also a great way to make exercise more fun and approachable, especially if your friend knows his or her way around.

Even if you go alone, there's no reason to be hamstrung by a lack of confidence. The staff at the Fitness Centre are ready, willing and able to help you out. If anyone makes fun of how little you can lift, remind yourself — and them — that you're only there to train yourself.

You don't have to be naturally athletic to benefit from regular exercise and you don't need to compare yourself to anyone else. What are you waiting for?

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# VERY SERIOUS NEWS

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CAMPUS WILDLIFE »

## Squirrel with pizza makes dean's list

Sean Willett  
Fond of both squirrels and pizza

A local squirrel who found an entire slice of pizza made it onto the 2013-14 faculty of science dean's list, an honour meant to recognize students with exceptional academic standing. The squirrel was spotted a few months ago on the University of Calgary campus, holding a completely uneaten slice of Hawaiian pizza. Faculty of science dean Gord

Chumplers chose the squirrel to receive the award for its display of hard work and persistence.

"The pizza slice, it was so big! And the squirrel, the squirrel was very small," Chumplers said. "The squirrel was pulling the pizza around and it looked so scared. It was scared of some enemy stealing its pizza."

Despite the dean's enthusiasm, not everyone in the faculty of science agrees with the squirrel holding a piece of pizza

making the prestigious list.

"I hate the squirrel," said Bruce Dackler, an applied math student who also made the dean's list. "I could hold many more pizza slices than this idiot beast. If the squirrel comes near me I will kill it with my wakizashi."

However, the dean remains undeterred.

"You see, it was just so much pizza for such a small squirrel. Usually squirrels never get that much pizza," Chumplers said.

"The squirrel loved the pizza slice so much. It would marry the pizza if it could."

The squirrel in question has not been sighted since the pizza slice incident. It's believed to be a black squirrel, a melanistic variety of the eastern grey squirrel. Eastern grey squirrels are common across much of North America.

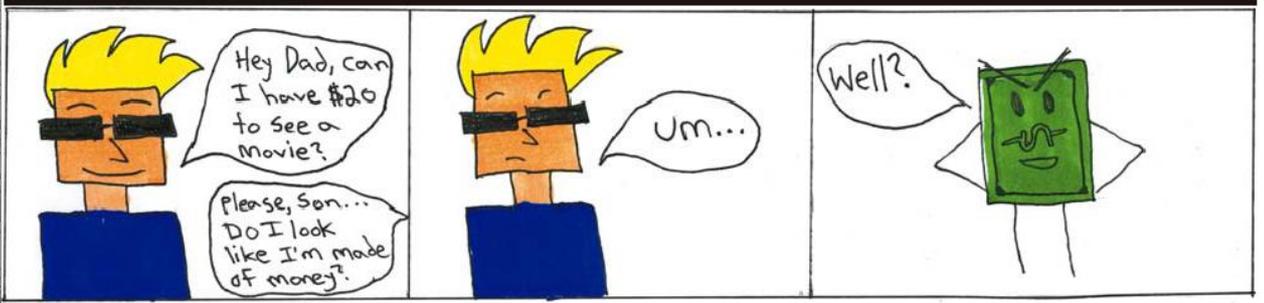
"Eastern grey squirrels usually don't eat pizza, even Hawaiian pizza," said U of C zoology professor Susan Nurdles. "They

usually eat nuts or whatever. Pizza is sweet though, even animals know that. If I was a squirrel I would have totally eaten that pizza. You would have too."

Eyewitnesses who saw the squirrel holding the pizza slice claim that the slice was quickly stolen by two large crows before the squirrel had a chance to take a bite. These reports are still under investigation. Campus security is requesting that the community contact them with any further information.



Breaking Sad -Scott Strasser

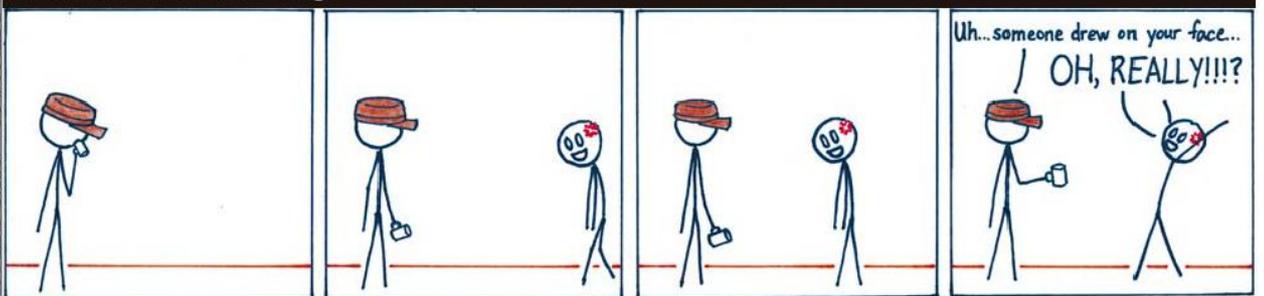


**This Week**  
Tuition and residence fees are due September 26. Unfortunately, unlike the Bookstore, Enrolment Services is not currently accepting your first born child as payment. In other news, it is now officially fall, meaning that snow has moved from the 'freaky weather' category to the 'business as usual' one. Finally, this Monday is International Coffee Day so turn your usual morning routine on its head by enjoying a cup of coffee.

It Goes Without Saying -Dawn Muenchrath



Drifters With Pencils -Jan Ong



Editor: Dawn Muenchrath, illustrations@thegauntlet.ca