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Take Back Halloween!

A feminist take on the holiday
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STUDENTS' UNION



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SU Campus Food Bank

SU By-Election Official Results

The SU By-Election was held from October 15 to 17, 2014.

The following candidate has been elected to the position of: Social Work Representative.

Rebecca Delaney-McGlinchey

The following candidate has been acclaimed to the position of: Nursing Representative.

Alicia Lunz

For more election related information, please visit su.ucalgary.ca/elections or email elections@su.ucalgary.ca.

By-Election 2014

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OCTOBER 30, 2014

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Golden Spatula

Tiffany Sengsavang
"We tried to paint a stunning and reflective portrait of Tiffany to truly acknowledge her contributions, but the paint immediately repelled itself from the canvas and flowed straight back into her veins. Hell, she probably breathes brushstrokes and sweats pencil shavings. Rad art really is this girl's lifeblood and she gives it all in creating her masterpieces. We are forever grateful."

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 vape-based ink. We urge you to recycle/profess your love for the girl of your dreams using the Gauntlet.

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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 eic@thegauntlet.ca.

The Cover
Design by Kaleem Khan, Illustration by Dawn Muenchrath

THE GAUNTLET ALWAYS
ACCEPTS NEW
VOLUNTEERS

STUDENT LIFE »

Offensive, sexist intramural team names banned for next season

Chris Adams
News Editor

Students' Union faculty of arts representative Lexi Narowski successfully lobbied to ban offensive team names for University of Calgary intramural sports teams that she says perpetuate rape culture.

Names like Frigid Whore, Cunning Stunts and Beats by Ray — referencing former NFL player Ray Rice who recently assaulted his fiancé — will not be allowed during the winter intramural sport season.

"I felt like the intramural team names perpetuated rape culture and sexist behaviour. I wanted to make sure that all the intramural teams were creating an inclusive environment for all students," Narowski said. "By having names like that, they weren't."

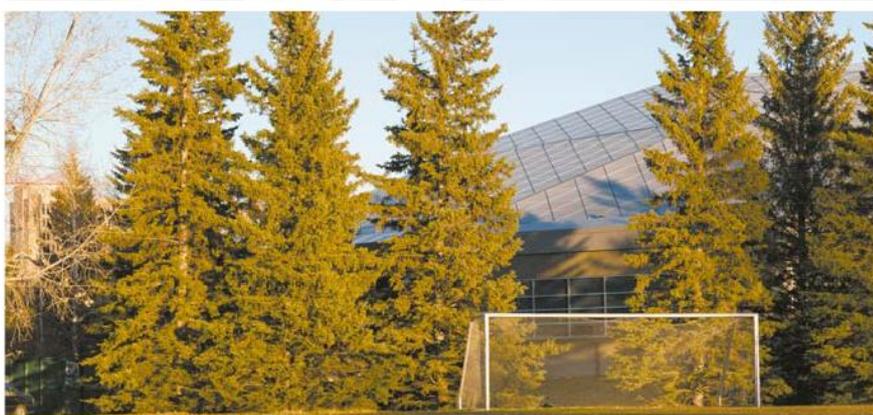
Narowski learned about the team names from a friend involved with intramural flag-football. She said players acted sexist.

"I didn't actually know the extent of how bad the team names were until I looked into it," Narowski said.

After learning about the team names, Narowski contacted the faculty of kinesiology's Active Living office, who run the intramural program. Teams referencing alcohol or drugs, invasive or violent acts, that are sexually explicit, or demeaning to race, religion, sexual orientation and national origin are now banned.

Team captains will be notified of the changes at the start of the winter season. Active Living will look at team names as they sign up. If any are considered offensive, teams will be asked to change them.

But faculty of kinesiology communications and marketing director Don McSwiney said that teams will have to self-regulate.



LOUIE VILLANUEVA

Narowski took her concerns to the Active Living office after learning about the names.

"We will check the names to the best of our ability and we hope that's going to be enough to catch it," McSwiney said.

McSwiney said they have never regulated intramural team names and have never received complaints until now.

"I think the policy in the past has sort of been, 'well, we're all adults here.' Some people are more adult than others apparently," McSwiney said. "In the case where somebody is actually offended by something, it becomes an issue that we have to look at in terms of our fiduciary responsibility."

Consent Awareness and

// I wanted to make sure that all the intramural teams were creating an inclusive environment.

— Students' Union arts representative Lexi Narowski

Sexual Education club president Emily Leedham said individual actions are essential to make university life more inclusive.

"[People] trying to ensure that our language reflects the progressive state of our society, — if you're against that, I think you're part of the problem and you're

holding us back," Leedham said.

Leedham saluted Narowski for "recognizing the small ways that we can show that we really are a progressive campus that does not tolerate these sort of offensive terminologies."

The winter season of intramural sports starts in January.

Gauntlet News Needs Volunteers and Writers

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STUDENT LIFE »

Den sales drop 20 per cent from last September

Scott Strasser
News Assistant

Despite their \$8 triples and 2-for-1 entrees, sales at the Den and Black Lounge are significantly lower than they were at this time last year.

According to Students' Union vice-president operations and finance Adam Swertz, the Den's sales this September were roughly 20 per cent lower than they were in September 2013.

Swertz blames the drop on Calgary's snowstorm during the first week of the fall semester.

"That first week's Thursday tends to be our biggest sales for the entire year," Swertz said. "Nobody was there. It was a ghost town all over campus. We knew halfway through the month that our sales were going to be down."

Swertz also said sales suffered because of students' declining interest in events on campus.

"In past years we had cabarets where 500-700 [people] was our range for a successful cabaret. Now it's more like 200-300. The culture of going out feels like it's dwindling on campus," Swertz said.

While Swertz said a 20 per cent drop in sales is noticeable, the *su* doesn't try to make a large profit from the Den and Black Lounge.

"We operate the Den as a service. We budget for around \$50,000 take-home, so our profit margin is almost non-existent, and we do that intentionally," Swertz said.

In 2013, the Den and Black Lounge's sales accounted for \$2,062,366, roughly 11 per cent of the revenue the *su* collects.

The *su* sets the Den's budget at a little over \$2 million per year.

"Our prices are literally as low as we can make them. We know it's a student bar. We want people to come out and enjoy it," Swertz said.

September, October and January tend to be the Den and Black Lounge's busiest months. December is usually the slowest.

RESIDENCE »

Increase of 8.5 per cent proposed for first-year single rooms

Chris Adams
News Editor

Residence services will propose fee increases for all residence buildings at the tuition and fees consultation committee on Nov. 6 before going to the Board of Governors for final approval on Dec. 12.

The increases would raise residence fees by 8.5 per cent — \$58 per month — for single rooms in Rundle. Students in other buildings would see fees rise from one to five per cent.

The cost of a meal plan would increase 3.5 per cent if the proposal is approved, which all students in first-year buildings and Yamnuska are forced to buy.

Residence Students' Association president Austin Baecker criticized the proposal, saying students are tired of paying more to cover debt accrued by Residence Services.

"I wouldn't say they're financially sound. You can't run an organization where your expenses are greater than your revenue. They're using these increases to pay for their long-term debt and while they're doing it they're just taking on more debt," Baecker said.

Residence Services' budget is around \$21 million. They are not-for-profit, but around 50 per cent of their budget pays mortgages on residence buildings.

University of Calgary vice-president finance and services Linda Dalgetty said residence fees rise to maintain a balanced budget, to pay mortgages on buildings and to cover operational costs.

"We're not going over and above. We're not doing anything gold-plated, but we are providing good-quality, well-maintained facilities for our students," Dalgetty said.

Ninety-five per cent of Residence Services' revenue comes from residence fees.

Baecker said Residence Services shouldn't depend on students to pay their debts.

"Where does it end? They keep taking on more debt and they rely on students to get them out of

it," Baecker said. "They're building new buildings right now and they're paying off their mortgages from buildings we still have like Yamnuska and Cascade."

Residence Services will also charge higher rates for "premium rooms" on higher floors in the new buildings, Aurora and Crowsnest, next year.

Dalgetty said students prefer to live on higher floors and that students won't be forced into

How much more might you pay for res?

-Rundle Single: 8.5 per cent.

-Rundle Double: 5 per cent.

-Glacier and Olympus Two and three Bedroom: 4 per cent.

-Cascade Two Bedroom: 5 per cent.

-Premium Rooms in Aurora and Crowsnest: \$800 more per year than non-premium rooms.

premium rooms. Under the proposal, non-premium rooms in Aurora and Crowsnest cost \$800 less than their premium counterparts. Single rooms in Aurora will cost \$7,795 per academic year, while a premium single will cost \$8,595.

Dalgetty said they would cost more because they have better views.

"If there is a perceived value to asking for those upper floors and if we are giving premium vistas, you would have the choice as a student to pay a premium to have those nicer rooms because there is a perception that there is a higher value placed on those rooms," Dalgetty said.

But Baecker said every room on higher floors won't have a better view. He said most students look for affordable accommodation, not premium apartments.

"To have the premium floors creates social stratification inside the building. You'll have your upper class on your upper floors and then your middle or lower class on the lower floors," Baecker said.

TUITION AND FEES »

Students' Union to set advocacy policy for international tuition

Katy Atherholt
News Assistant

The Students' Union's Advocacy Task Force (ATF) will soon unveil a policy to advise the university against raising international students' tuition.

ATF said they will push to base international student tuition on cost-recovery, charging international students on what they don't pay the provincial government in taxes, so international students aren't used to subsidize other parts of the university.

"The SU doesn't have any formal policies towards international students and is looking to solidify some of its current views in order to have a pre-determined stance," said SU vice-president external Levi Nilson.

Nilson, who founded the ATF last summer, said international student tuition isn't regulated by the provincial government. He said the U of C Board of Governors can raise international students' tuition at any time by as much as they want.

"[Domestic students] get a tuition cap and [international students] don't. They already pay around three times what domestic students do," Nilson said. "We want to pass a policy that will prevent what happened at the University



LOUIE VILLANUEVA

SU vp external Levi Nilson.

of British Columbia and the University of Alberta when international tuition was raised right in the middle of the year."

The U of C wants to increase the total number of international students on campus from 10 to 15 per cent by 2016.

Nilson said other universities in Canada seem to take one of several stances. They either have a cap for international student tuition, a cost-recovery model or don't have a particular stance.

"We found that international student tuition for U of C was the middle of the pack. Looking at the ratio of how much more international students pay than domestic students, it seems to be about average," said Nilson.

First-year anthropology student Vonny Sidharta is from Indonesia. She said steady tuition

hikes over the next couple of years will make it difficult for many international students to continue to study abroad.

"I have to pay about five times as much in tuition here compared to Indonesia. If the tuition was to rise more and more over the next four years, it's unlikely that I would be able to stay here in Canada," Sidharta said. "International students have a lot more pressure here too, dealing with already much higher tuition fees, expensive flights home and a lack of nearby family support."

The SU will establish their stance on international student tuition in the coming months.

Average domestic student tuition sits around \$538 per course and \$1,833 for international students.

According to the UBC's student newspaper, the *Ubysscy*, their administration is planning to increase tuition for incoming international students by 10 per cent. Annual tuition fees for non-Canadian students range from \$23,999 to \$38,398, depending on the program.

Over 200 UBC students gathered for demonstrations on campus to protest the proposed increase, as well as a 20 per cent increase in residence fees on Tuesday, Oct. 21.

PROFILE »

Student discusses his journey from refugee camp to U of C

Farah Kammourieh
Gauntlet News

Before coming to Canada, Jeremiah Niyonzima, a Rwandan student at the University of Calgary, lived in a refugee camp in Malawi for 14 years. Niyonzima came to the U of C through a program offered by the World University Service of Canada (WUSC) which places hundreds of refugee students at Canadian universities every year.

Together with his parents, brother and sister, Niyonzima lived in Dzaleka refugee camp in Malawi. His family fled Rwanda during the 1994 genocide to neighbouring Tanzania. They later returned to Rwanda before immigrating to Malawi two years later.

Niyonzima learned about WUSC through his older brother, who applied and was accepted to the program when he graduated high school. He lives in Edmonton and studies at the University of Alberta.

For most refugees at the Dzaleka camp, education ends after high school.

"When [refugees] finish high school, they don't have

any other plans," Niyonzima said. "Most of them get married, which is not good because they're still young."

Twenty-four students from Dzaleka were accepted into the WUSC program this year.

After being accepted to the U of C nursing program with the help of WUSC, Niyonzima said he was "highly motivated." Niyonzima plans to become a physician. During his time in Dzaleka, he volunteered at the local hospital.

"If I become a physician, I can improve the health of refugees. Hopefully [we will] eventually end the entire experience of refugees," Niyonzima said.

Niyonzima said his experience at the U of C has been positive so far and all his student needs are covered.

"I got a lot of help and support beyond what I expected," Niyonzima said. "Things here are straightforward."

The hardest part of his transition to the U of C has been language. Although English is one of five languages he speaks fluently, "the speed of English [in lectures] is really fast."

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

Jonah Ardiel
VP Student Life



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 number 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. 19 to 23, 2015, 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. 12. 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 \$100 (that's only \$10 per team member), and we promise you'll get your money's worth (think a couple meals, some awesome swag and a week you won't forget!).

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

If you have any questions, concerns or would like more information about Frostbite or anything going on, feel free to text me (403) 619-4143.



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

U of C opens oil and gas research centre in Beijing with Chinese company

Hayden McBennett
Gauntlet News

The University of Calgary signed an agreement to open and fund a research centre in Beijing with the Chinese oil and gas company Kerui Group on Thursday, Oct. 23.

U of C president Elizabeth Cannon and senior representatives from the Kerui Group signed the agreement in Ottawa. Research at the Beijing research centre will focus on finding ways to tap into China's vast unconventional natural gas reserves.

The facility will conduct research, educate and offer training on the extraction process of unconventional natural gas resources, commonly referred to as fracking.

"The partnership with the Kerui Group is going to allow us to be on the ground in Beijing to develop and expand our partnerships not only with industry but with leading Chinese universities in unconventional oil and gas space, which is a key area of expertise for the University of Calgary," said Cannon, in

an interview with *The Globe and Mail*.

Cannon said the research will help China ease out of its coal dependency and provide the U of C with expertise on Chinese geology and gas extraction methods.

"[The goal] is to develop new innovative technology that we'll not only bring back to Canada, but will help China move from a coal economy over to gas through unlocking some of their unconventional oil and gas reserves," Cannon said.

The relationship between Canada and China has been strained since the federal government created new roadblocks to oilsands acquisitions by state-owned companies.

The partnership is part of the U of C's global research initiative for unconventional oil and gas. A partnership in Mexico is also in the works.

The U of C also plans to export the model used for the Beijing site to Middle Eastern countries, including the United Arab Emirates, Israel and Qatar. Institutes are also being planned for the United States, Tanzania and Germany.

STUDENT HOUSING »

Secondary suite advocacy campaign hits the U of C

Emilie Medland-Marchen
Gauntlet News

As the weather cools, Calgary's housing debate is heating up. The Urban Calgary Students' Association (UCSA) is hosting a secondary suites advocacy campaign at the University of Calgary from Nov. 3-14.

UCSA addresses urban development in the city, specifically on changing regulations around secondary suites.

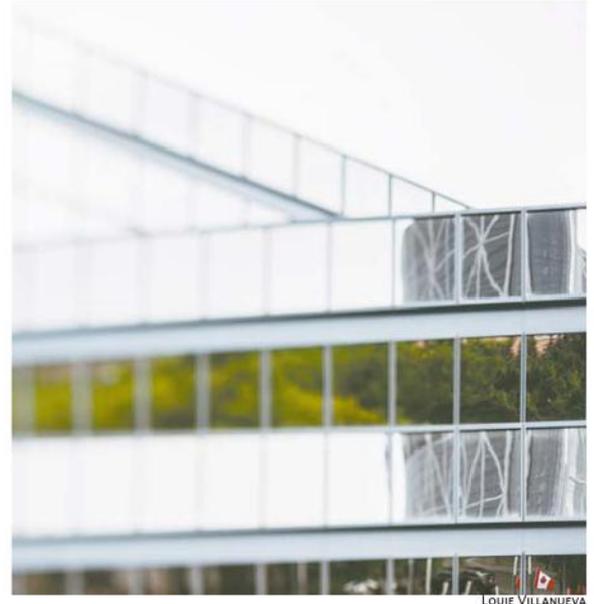
Their campaign will include a student petition in support of regulations to make suites more accessible. The petition, along with student emails expressing their concerns, will be sent to city councillors.

UCSA will hold events in MacHall, Earth Sciences and the Sustainability Resource Centre. There will also be a social event in the Arts Lounge on Nov. 6 with keynote speakers.

UCSA vice-president internal Kylee Van der Poorten believes that talking to city councillors is important.

"It's not just a student issue. Affordable housing has been something that has been on the agenda for a long time and I really feel like we have to pull from that if we want to make our voices heard," Van der Poorten said.

Calgary city council will vote to change secondary



LOUIE VILLANUEVA

City council will vote to change regulations in Dec.

suite regulations in December. Council delayed the vote a month ago when some councillors were on vacation.

University administration hasn't taken sides, saying they will continue to "monitor the issue."

Nilson said finding accessible, affordable rent for students is difficult in a city where the rental vacancy rate is a tight 1.5 per cent.

"The rental [market] near transit and the university is

especially difficult," Nilson said. "Most university students only want an eight-month lease rather than a long-term rent."

Van der Poorten said students who rent illegal suites don't have the fire safety regulation and legal rights of renters in legal suites. She said these needs must be addressed.

The su will release a public statement supporting secondary suites in the near future.

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OPINIONS

EDITORIAL »

A team by any other name would probably be better

Recently, the University of Calgary's Active Living office received complaints about a handful of intramural team names that purportedly contributed to rape culture. Names like "Frigid Whore," "Cunning Stunts" and "Beats by Ray" were cited as examples of team names that made women on campus feel unsafe.

Thankfully, the Active Living office took action and won't accept offensive team names next season. However, this solution sidesteps the most important part of this debacle — the fact that these names should have never been chosen by the players in the first place.

I want to address two groups of people here, both of which I consider responsible for an intramural flag football team being named "Frigid Whore." The first group is the obvious one: the people that don't see anything wrong with these names.

Look, I get it. Being accused of "perpetuating rape culture" sounds overdramatic. After all, it's just a team name. It's not like you actually sexually assaulted anyone or have ever abused a partner. In fact, I'm willing to bet that you think sexual and domestic violence directed at women is completely wrong. So what's the harm in making a little joke?

The issue isn't that you think violence against women is okay.



MELANIE BETHUNE

them, or to physically abuse women in relationships. And above all, they believe that every other man also thinks this way. Joking about violence against women validates this belief, and allows them to justify and perform this violence.

By making light of sexual assault and domestic violence,

normalize and trivialize the problems and violence women face. It's a culture that emboldens those who believe that violence against women is okay. It silences and shames the women who are victims of this violence.

A lot of women will have to deal with slut shaming or abuse in their lifetimes. The least you can do is remind the world that these things aren't okay and to treat these problems with the gravity they deserve. There are more important things than making a shitty joke, and the feelings and experiences of others is one of them.

Now I want to talk to the second group of people who made "Beats by Ray" a reality. These are the people who already understand that rape culture is a problem, but still let these team names happen.

If you truly believe that rape culture is a problem, then you probably already know where

you went wrong. You had the chance to speak up, but instead you gave in and let it happen.

Along with black-and-white striped shirts and kale-based smoothies, talking about rape culture is in right now. Student leaders are quick to bang the drum for the abolishment of rape culture and often loudly support initiatives to make the U of C campus a safer place for women.

Obviously, that's all great. But rape culture isn't just a buzzword that can be thrown around to earn feminist brownie points. It's a huge problem that must be fought in all aspects of our lives.

It isn't enough to believe that violence against women is a problem. To really make a difference, you need to put in the effort to act according to your principles. I know this can be hard. It's not fun to be the one guy that suggests that maybe "Cunning Stunts" isn't the most tasteful name for a sports team. That's why it's tempting to let organizations like the Consent Awareness and Sexual Education (CASE) club fight these battles for you.

But CASE can't single-handedly stop rape culture, especially not when the people who claim to be their biggest supporters fall silent when it really matters. To truly change our society, people need to take personal responsibility for making things better.

Individuals need to stop trivializing violence against women when those jokes are being told, instead of simply leaving others to clean up the mess. Because if people stood up for what they believed in when those names were being chosen, this whole mess would have never happened.

Yes, this will be hard — doing the right thing often is. Remember that you can believe whatever you want. But in the end, it's your actions and words that make a difference. So make them count.

Sean Willett
Gauntlet Editorial Board

short form

Should offensive team names be allowed on campus?



"I don't think so, it's oppressive towards women."

— Michelle Wise,
third-year social work



"Probably not, there's no need to have an offensive name."

— Dylan Abel,
third-year kinesiology



"No, it's definitely kind of offensive."

— Jamie Lee,
first-year general studies



"It's something you shouldn't put as a team name."

— Stew Bury-Jones,
second-year general studies

Photos: Kayla Leung, Interviews: Connor Sadler

// There are people out there who really do think that violence against women is acceptable.

The problem is that there are people out there who really do think that violence against women is acceptable and when they see you joke about it they will assume that you do too.

There are men out there that genuinely believe it is okay to shame women for their actions, force women to have sex with

you're also telling women that you think these problems aren't serious. How can we expect women who have experienced domestic violence to feel safe when we live in a world where a man violently beating a woman is trivial enough to be a throwaway gag?

That is what rape culture is — the words and actions that

In defence of mandatory membership

Andrew Kemle
Gauntlet Opinions

Debates about mandatory membership in the Students' Union are more about how we ideologically feel about unions than the su's value at the University of Calgary.

su membership is automatic. Every semester, \$35 from your student fees goes to the union. This pays for part of the su's staff salaries and services, though the bulk of their revenue comes from their control of MacHall.

You'd be hard pressed to find a student that doesn't use at least one of the su's services. And even if you don't, other students shouldn't be deprived of them. Still, some think that union membership should be an individual choice.

That might sound nice, but mandatory membership is what makes unions work. The su can provide important services and do effective political advocacy because students are organized into a group under one banner. Mandatory membership keeps the su from becoming another vaguely ineffectual advocacy group. If we want a group to advocate on our behalf, we need to buy into it.

The su represents us to powerful organizations. An individual student is easier to ignore than a cohesive group united on certain political issues. Our demands have weight when more



RHYS SOSNOWSKI

people are talking about them. The su gives ordinary students a way to push back against the authority of out-of-touch university administrators and government representatives.

The su bargains on our behalf with a provincial government that doesn't put student concerns first, as well as with a university administration that's more concerned with expensive staircases than keeping tuition affordable. If administration or the provincial government does something at odds with students, the su is one of the loudest voices in opposition.

We have to consider what we get for our annual \$70. The services the su provides are valuable and unavailable elsewhere on campus. This includes political representation, financial aid, extracurricular activities, lockers, mental health care, services for the LGBTQA+ community and a second hand bookstore, to scratch the surface. It's wrong to claim that the su doesn't give you anything when you're giving access to a large number of services for a small amount of money.

The argument that some unions are corrupt or politically

divisive isn't a good enough reason to remove part of their political base and budget. Our su is non-partisan, financially stable and only takes up political causes when they have a mandate from students.

Sure, our su might not hold the same opinion as you on some important issue. But even if you do disagree with the su, they're easier to argue with than administration or the provincial government because they're democratically elected. If the su is advocating a position that you disagree with, you have every right to question

their decisions, both before and after they're elected. In case you really have a problem with them, you can flag down an su executive in MacHall while they're buying a chicken satay sub. Once a week, su executives also sit in MacHall for an hour just to hear student complaints. There's nothing stopping you from bringing your concerns to our union.

It's tempting to see mandatory union membership as an affront to our freedom of choice. But we don't live in a libertarian utopia. If you're a citizen of a country, you pay taxes. You want to go to school at the U of C? You belong to a union.

Refusing to belong to a union isn't about freedom of choice. It's about accepting the benefits other people work for without contributing to the costs.

Debate about corrupt unions, politically divisive topics, inaccessible student leaders and financial mismanagement is an interesting rhetorical exercise. But arguing about a potential disagreement with the su on a currently non-existent political issue is a waste of time when the reality is starkly different. At the U of C, our su just doesn't look like that.

Saving \$35 a semester isn't worth the cost of losing our union. Students want a campus with services and effective political representation — unions makes sure that we put our money where our mouths are.

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2. Visit us at Room 319 in MacEwan Student Centre
3. Send us a carrier pigeon to Latitude - Longitude: 51.078766, -114.13041



MEDIA »

CBC took the lead on the Ottawa shooting

Kate Jacobson
Opinions Editor

On Wednesday morning, news broke that a gunman shot a soldier standing guard at Canada's National War Memorial before firing shots inside Parliament. I checked the news intermittently while studying for a mid-term.

I never felt afraid or lost while watching the CBC's coverage. The events of the day were upsetting, but the network's sober analysis made the unfolding tragedy easy to follow.

Breaking news is difficult to report. There's always conflicting information and a sense of confusion. American coverage went straight to sensationalism. The ABC evening news emphasized that Ottawa was only 60 miles from the American border. News clips from CNN opened with dramatic music and a voice over declaring "Terror on Canada's Parliament Hill." MSNBC

published an unverified quote claiming that the attacks were "obviously inspired by radical ideology."

In contrast, the CBC reminded viewers that the situation was ongoing, and that they wouldn't report any facts until they were verified. Even when the information we had was scarce, the CBC didn't try to fill the gaps in their broadcast with anecdotes or speculation. Canadian journalists and political pundits on Twitter reported only what they could see and reminded the public not to overreact.

Peter Mansbridge, the CBC's anchor during the shooting, was sober and calm in his analysis. In a situation that was chaotic and unpredictable, the usually frenzied pace of broadcasting was replaced by Mansbridge's thoughtful and weighty delivery. He spoke slowly, often pausing on the live broadcast to collect his thoughts. When he gave information, we were sure it was accurate.



COURTESY MTRRS

In the midst of confusion, the CBC made sure their reporting created an easy-to-follow narrative. They were less concerned with being the first to report the news as they were with making sure their

information was accurate. Multiple journalists reported that Nathan Cirillo, the soldier standing guard at the war memorial, had succumbed to his injuries before the CBC. But that didn't matter. The CBC made

sure their information was accurate before reporting. When they delivered breaking news, it was with an air of gravity and a sense of loss.

In the days following the shooting, the whole country seemed to take cues from our public broadcaster. Members of Parliament were back in session the next day. Politicians were calm and reasonable. Newspaper editorials across the political spectrum urged restraint and caution. The mood of the country was sober, not hysterical.

And this calm managed to change the tragedy's narrative. In the days that followed, we talked more about how proud we were of Canadian democracy and diversity and less about divisive political issues.

The CBC gave us more than good journalism in a difficult time. Their coverage gave the Canadian public the opportunity to process what happened and mourn together.

FUN FACTS ABOUT CJSW

Want a quick primer on CJSW? These facts should get you started:

- We receive over 3,500 records per year.
- Mayor Naheed Nenshi read the news on CJSW when he was a student at the U of C.
- Our series "Today in Canadian History" hit #1 on the iTunes podcast charts with over a half-million downloads to date.
- We host around 100 live band performances in our studio every year.
- Our annual charity hockey tournament "Slurpee Cup" has raised over \$20,000 for local charities.
- CJSW was the first station in Calgary to feature a female DJ.
- "Megawatt Mayhem," Saturdays 10:00 to 12:00 PM, is the longest running metal show in Canada.
- Over 100 awesome local businesses support the station every year by participating in a discount card for station donors.
- We support over 50 different festivals through the year including Sled Island, Calgary Folk Music Festival, Afrikadey!, Lilac Fest, Blues Fest, and the Calgary International Film Festival.

HOW TO GET INVOLVED

The station has over 300 volunteers from the university and community at large. Volunteers can receive industry-standard training in audio production, library archiving, and on-air broadcasting. Every DJ you hear on the radio is a volunteer who programs for the love of music and spreading the word to their communities.

Students from the University of Calgary can take advantage of spoken-word training from



our news department, access our 100,000-piece library, and make valuable connections in Calgary's arts and culture sector. If you host a show, you will have thousands of listeners ready to hear your message.

If you're interested in getting involved with Calgary's only campus and community radio station, email office@cjsw.com or drop by the station located at Room 312 in MacEwan Hall, just around the corner from the Ballroom.

WHAT IS CJSW?

CJSW is Calgary's campus and community radio station, broadcasting 24/7 throughout the city on 90.9 FM, and around the world at cjsw.com. The station is maintained and operated by a group of six staff members and over 300 amazing volunteers.

Our goal is to provide an alternative to commercial media by recognizing and promoting the diverse musical styles, points of view and cultures that exist within our city. CJSW strives to provide programming to a diverse audience by programmers that are varied in their ethnicity, culture, gender, sexual orientation, age, and physical and mental ability. Our diverse programming includes music, arts, spoken word and multicultural programs.

With our ongoing commitment to providing a true radio alternative in the Calgary region, CJSW is listener-driven radio, with a very loyal audience. This loyalty is particularly evident during the station's annual week-long funding drive, during which the station raises approximately \$200,000 annually - the highest amount raised by any campus or community radio station in the nation!

A model for the rest of the community radio sector in Canada, the award-winning radio produced at CJSW shows the power, vitality and importance of volunteer-programmed radio.

HALLOWEEN »

Theatre company takes back Halloween

Emilie Medland-Marchen
Gauntlet Entertainment

ditch the push-up bra and catsuit this Halloween and join feminist theatre company Urban Curvz for a night of feminist-positive shenanigans.

On Oct. 31 from 7:30 p.m.–9:30 p.m. at the Hillhurst United Church, Urban Curvz will host Take Back Halloween, an evening of feminist-themed fun.

The Calgary group is looking to change the sexy narrative that clutters Halloween by promoting diverse costume ideas for both men and women. The event is designed to relieve the pressure women feel to wear sexy costumes. Extremes of the trend can be seen in the sexualization of inanimate objects such as pizza slices and tacos.

Take Back Halloween was founded in 2010 by Suzanne Scoggins, a writer and feminist who specializes in women's history. This event is part of the Real History Project, which



LOUIE VILLANUEVA

Hillhurst United Church will host feminist theatre company Urban Curvz's Take Back Halloween event on Oct. 31.

presents a contrast to the "dead white male version of history." The website offers costume ideas from categories such as glamour grrls, goddesses and legends, notable women and queens.

Jacqueline Russell, artistic director for Calgary's Take Back Halloween, says the holi-

day has become cluttered with sexist and racist imagery.

"We wanted to create an event that encourages people to think about Halloween costumes in a little more creative way — a way that doesn't take women and put them in a box saying, 'you are purely sexual beings.' Women are many,

many things more."

The event includes a patriarchy haunted house, poetry, song parodies, short theatrical comedy pieces and concludes with a feminist costume contest. The group's Facebook page encourages contestants to "be creative and brave" with their costumes. "Feminist

costumes do not appropriate cultures, are not racist and are not misogynistic, while at the same time they are not slut-shaming" the page claims. Prizes will be awarded to the top three costumes.

A feminist documentary, *Wonder Women – The Untold Story of American Superheroes!* will be shown at the event. The documentary explores the evolution of female super heroines since the 1940s.

Russell says it's important to provide alternatives for both men and women to celebrate the holiday.

"We are trying to promote costumes that are creative and culturally sensitive and empowering, to say, 'hey, there are these really wicked awesome women out there in history and the world that we can dress up as, so you know, why choose to be a sexy ladybug?'" she laughs. "That's kind of boring."

Admission to the event is \$10. All proceeds will be donated to the Women's Centre of Calgary.

HALLOWEEN »

Organ festival puts the terror in *Phantom of the Opera*

COURTESY MOUNT ROYAL UNIVERSITY CONSERVATORY

Shivaughn King
Gauntlet Entertainment

Running since 2010, the Calgary Organ Festival is a rich celebration of the organ and its music. This year's festival, hosted by the Mount Royal University Conservatory, runs until Nov. 2.

"We've got great concerts, we've got fun events for Halloween and we do have our church heritage in there," says Neil Cockburn, head of organ studies at the Mount Royal Conservatory and the organ festival's artistic director. "It's a big mixture of everything."

The festival held Halloween-themed events for the first time last year. On Friday, Oct. 31, Knox United Church will host two Halloween events as part of the festival. The first

is the Great Halloween Organ SpookTacular (GHOST) which starts at 7:30 p.m. and will feature music by local organists. GHOST is a family-friendly show featuring pipe-organ music and a variety of Halloween activities for kids.

"We're encouraging people who might normally go trick-or-treating to come here instead," Cockburn says.

GHOST is a free event and tickets aren't required.

The second event is a screening of the 1925 silent film *The Phantom of the Opera* at 9:00 p.m. The film will be scored with live organ music performed by concert organist David Baskeyfield.

The film is being presented in conjunction with the Calgary Society of Organists. Cockburn says interest in the movie

screening has been high and has garnered a lot of support from the community and volunteers.

Cockburn views the Halloween portion of the festival as a way to share "enthusiasm for this wonderful instrument" with an audience who might not otherwise be exposed to it.

"When most people think of the pipe organ, they think of a church instrument, but we try to position the organ in a place where it's also appealing to people who are not so churchy," Cockburn says. "If you say to anyone, name me one instrument that you associate with Halloween, it's probably going to be an organ."

Tickets for *The Phantom of the Opera* are \$15 for general admission and \$10 for students.

For more information visit
rccocalgary.org

Neil Cockburn and the Calgary Organ Festival will host a screening of *The Phantom of the Opera*.

NIGHTLIFE »

Commonwealth celebrates third anniversary

Hayden McBennett
Gauntlet Entertainment

The first week of November marks Commonwealth's third birthday. Between signature events like Hip Hop Karaoke and hosting world-class DJs, the warehouse-turned-bar has become a staple in the Calgary club scene.

"The main thing that we care about is helping the city grow culturally," says Commonwealth assistant general manager Joe Ramirez.

Starting Nov. 7, Commonwealth will bring in big name performers such as Californian rapper Lil B, post-punk band Titus Andronicus and electronic rockers Austra.

With the motto of "an uncommon bar for common people," Ramirez says Commonwealth strives to create an interesting and inclusive environment.

"The main thing that we've seen over the years with bars, in Calgary especially, is there's been this really weird standard for night clubs. There's a bad stigma about people who don't



LOUIE VILLANUEVA

Joe Ramirez outside of Commonwealth.

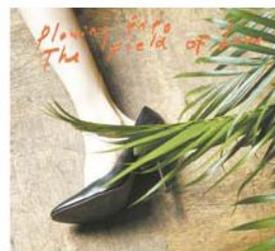
necessarily fit into that mainstream point of view," Ramirez says. "We wanted to create a venue where it doesn't matter what kind of music you're into or what scene you're into, everyone can come here and have fun."

The diversity Ramirez aspires to promote is seen in the variety of the bar's clientele — girls in bandage dresses sweating it out on the dancefloor

alongside tattooed bohemians. The music touches on genres between grunge and glam. The tufted leather couches and chains adorning the roof create a unique and eclectic aesthetic.

The third anniversary week features events nightly, with Austra playing on Nov. 5, Titus Andronicus on Nov. 4 and Lil B on Nov. 9. Tickets can be purchased online or at Sloth Records.

NEW MUSIC »



Iceage
Plowing Into the Field of Love
Oct. 7, 2014 (Matador)

During their first two records, Danish punk rockers Iceage constructed a distinct sound characterized by fast, chaotic songs that owe a great deal to seminal punk bands like Hüsker Dü. On their new album, *Plowing Into the Field of Love*, they take control of the disorder that characterizes their music and transforms their sound to create their best work yet.

The album's opener, "On My Fingers," creates a chilling atmosphere with repetitive and unyielding instrumentation, building to a climax that never comes. The drive of the song is reminiscent of Joy Division's disturbed album *Closer*.

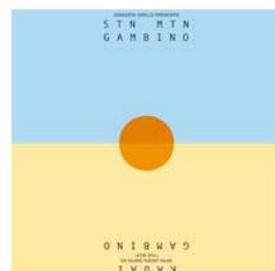
Iceage explores complex arrangements most notably on "Against the Moon," which skillfully fuses the band's usual rock instrumentation with trumpets and piano. These elements make the song one of the best on the album.

One of the most impressive parts of *Plowing Into the Field of Love* is vocalist Elias Bender Rønnenfelt's powerful voice. The singer's commanding and uneasy tone contribute to the tense atmosphere that defines the album.

Even though most songs are much more calculated than the band's previous works, their old sound hasn't been abandoned completely. For instance, the album's final track, "Simony," is a welcome return to the blistering punk their fans are accustomed to. It demonstrates just how versatile Iceage is, moving easily between different musical styles.

With its powerful songwriting and crushing atmosphere, *Plowing Into the Field of Love* stands out as one of the best albums of the year, and is certainly worth picking up if you are a fan of punk music.

Jason Herring



Childish Gambino
STN MTN / Kuau'i
Oct. 3-4, 2014 (Glassnote)

Childish Gambino's *STN MTN / Kuau'i* creates a cohesive storyline that runs through a mixtape and an EP. The *STN MTN* mixtape reflects on Gambino's time growing up in Atlanta, before transitioning into the *Kuau'i* EP, his dream-like world.

"Sober," the first song of the EP, is a pop tune reminiscent of Michael Jackson's solo work with its lofty, feel-good lyrics. A bass drop near the end of the song serves to compliment *STN MTN*'s harsher beat, but quickly bounces back into a pop tune.

Jaden Smith is a welcome addition to the EP, bringing a

fresh perspective to Gambino's Hawaiian utopia, "Late Night in Kuau'i." While Smith doesn't actually rap, the spoken-word style of narration lends itself well to Gambino's style. While Gambino's rhymes are decent, the closing poem by his friend Fam discusses originality in the world makes the song feel complete.

The secret edition of "V. 3005 Beach Picnic Version" is a remix, but lyrics found on Gambino's website and rapped over top of this edition of "3005" give it a refreshing twist on the original. The track provides insight into Gambino's musical direction and outlook on life, after *Because the Internet*'s Othello of depression and losing your way.

Overall, the *Kuau'i* EP is an original release with an overarching story that complements and clashes with *STN MTN*, but the songs "Pop Thieves," "Retro" and "The Palisades" are repetitive with looping pop tunes and cheesy lyrics about love and sex. It's nice to hear Gambino lighten up, but the effort is lacking.

Babur Ilchi

School of Creative and Performing Arts



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STAFF PICKS »
OCT. 30–NOV. 5

Thursday, Oct. 30:

Calgary Cinematheque presents *The Exiles*, a film about the journey of young Native Americans from their reservation to L.A.
Place: The Plaza Theatre
Time: 7:00 p.m.

Friday, Oct. 31:

Rocky Horror Picture Show. Don your finest corset and do the Timewarp. Don't forget the toast.
Place: The Plaza Theatre
Time: 9:15 p.m., 11:45 p.m.

Saturday, Nov. 1:

The Coven by Haunted Calgary is Calgary's largest yard haunt.
Place: 222 Rocky Ridge Bay N.W.
Time: 6:00 p.m.

Sunday, Nov. 2:

Björk double-feature. *Björk: Biophilia Live*, a film about the live performance of *Biophilia* and *When Björk Met Attenborough*,

where Björk and David Attenborough explore music, technology and the natural world.

Place: Telus Spark
Time: 7:00 p.m. – 10:00 p.m.

Monday, Nov. 3:

Dirty Laundry presents *Clean Cut*, a live, improvised soap opera set in 1980s New York.
Place: Lunchbox Theatre
Time: 7:30 p.m.

Tuesday, Nov. 4:

Recover from Halloween debauchery by reading a lovely new book from Shelf Life Books.

Wednesday, Nov. 5:

Doc Soup Calgary presents *The Backward Class*, a film about a group of poor twelfth graders in India who are chosen to attend a prestigious boarding school.
Place: Eau Claire Cinema
Time: 7:00 p.m.

HALLOWEEN »

Classic horror films to watch this Halloween

Melanie Bethune
Humour Editor

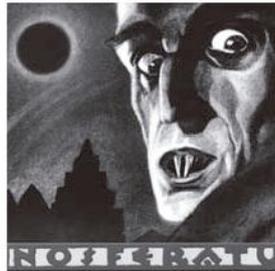
Whether you plan to spend Halloween out on the town or nestled in the comfort of your home, you'll probably have the opportunity to break out a scary movie at some point this week. Rather than

defaulting to another slasher flick, settle down with some classic, though lesser-known, horror films.

Many will recommend the classics such as *Dracula*, *Frankenstein* and *The Wolf Man*. Look beyond the big-name titles to find a wealth of unknown treasures. There are a

lot of fantastic horror films lying untouched outside of film classes and your granddad's VHS shelf that deserve to see the light of day.

Here are some of our top picks for a timelessly frightening, candy-filled evening of Halloween horror with your favourite ghouls and goblins.



Nosferatu
(1922)

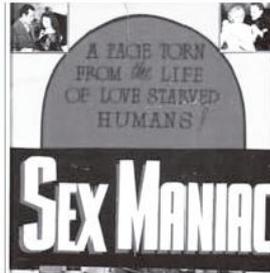
Silent films are a tough sell, especially in a world where we're constantly barraged by sounds.

University students often go into a horror film looking for jump scares and creepy dialogue, but *Nosferatu* exists on a different level of scary.

With beautifully orchestrated lighting and a bizarre performance by Max Schreck as Dracula-equivalent Count Orlok, *Nosferatu* evokes a kind of fear that isn't seen in

modern horror films. The villain is a spectre, flitting between our imaginations and reality as he brings terror to a small European village.

Nosferatu is regarded as a building block of the horror genre and a classic example of early German Expressionism. This remains true nearly a century later. The film exists thanks to a single print that survived multiple copyright suits. And in a way, that makes it all the more special.



Maniac
(1934)

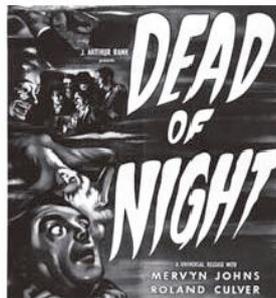
There are some nights where nothing is more enjoyable than a terrible movie — a movie so bad that its entertainment value is heightened by its pure absurdity. *Maniac* is one of those films.

In *Maniac*, classic tales of mad scientists, mistaken identities, science fiction and horror are mashed together into a true clusterfuck of absurdity and every moment is majestic.

But be warned, *Maniac* isn't without its fair share of

nudity, exploitation, sexism and everything terrible. But coupled with horrendous acting, awful production and a lack of attention to detail, it becomes something beautiful in its terribleness. It may not have you screaming in fear, but you'll be entertained by its campy execution.

It's also available in the public domain, so you have no excuse not to watch it and groan exasperatedly for the entirety of its 51-minute runtime.



Dead of Night
(1945)

Unsettling to a tee, *Dead of Night* is a classic British film that still packs a punch almost 70 years after its release.

Imagine settling in with some friends with a few glasses of wine and then trying to one-up each with your creepiest and most unnerving stories. That's the linking narrative in the film's five terrifying tales, which cover topics such as golf, ghosts and ventriloquist dummies.

Before Chucky was making his rounds scaring teens, there

was Hugo, the possessed ventriloquist dummy. And despite the '40s special effects, Hugo is the stuff of pure nightmare. You won't forget his voice or the way the filmmakers approach such a frightening concept.

With a twist ending that will shock and surprise even the most cynical of movie-watchers, *Dead of Night* will leave you slightly unnerved and wanting to re-watch it to unravel its multiple layers of horror.

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FOOTBALL »

Bring on the playoffs: Dinos destroy UBC

Stephane Arnault
Gauntlet Sports

The University of Calgary Dinos football team have clinched first place in the Canada West Division, holding a record of six wins and one loss.

The Dinos accomplished the feat in fine fashion, pummelling the University of British Columbia Thunderbirds (1-5) 67-6 on Oct. 25.

"It's huge for us. We really wanted to win this game and keep home field because we play best at home," said Dinos runningback Mercer Timmis, who returned to action after suffering an ankle injury three weeks ago against the University of Regina.

The win secured the Dinos' fourth-straight conference title. However, it was bittersweet as the win came without head coach Blake Nill at the helm. Nill was suspended one game for violating the university's code of conduct for inappropriate comments made during their previous game against the University of Alberta Golden Bears.

Calgary experienced a number of missteps this season. Three weeks prior to Nill's suspension, the Dinos forfeited a 71-3 victory against the University of Alberta Golden Bears because their roster had two ineligible players.



JOSH O'BRIEN

The Dinos' defence was stifling as they did not allow UBC a touchdown.

"There are all these little hurdles that we've got to jump over on this quest," said Dinos quarterback Andrew Buckley. "It's a little bit more adversity and it just adds character to us. It shows we can overcome these things and look past them."

Buckley went 14 for 22 with 173 yards passing and threw for one touchdown.

Dinos offensive line coach Steve Buratto stepped in for Nill as head coach. Buratto has a long and successful history coaching in the Canadian Football League. This is his second year with the Dinos.

"We didn't have a very good second day of practice and they came around, took the bit in the mouth and played the way they can and dominated as they're capable of," Buratto said. "I think they should be commended for the intensity they played with the entire game. They didn't pay attention to the scoreboard. They played like it was 0-0 the whole game."

Calgary's run-first offence highlighted the opening quarter. Buckley rushed for 99 yards and a touchdown while Timmis ran for two. The Dinos also tacked on a field goal and safety,

which brought the score to 25-0 after 15 minutes.

The Dinos' running game found no shortage of open lanes, finishing the afternoon with 430 total rushing yards. Timmis ran the ball 15 times for 126 yards.

"We've got a lot of different guys touching the ball on run plays, so it's not just straight running," Timmis said. "We have a lot of jet sweeps, so we're getting those yards in a lot of different ways. Our offensive line right now is playing at their best. Some of the holes that we had today were pretty ridicu-

lous. They keep bringing it every week and they make our jobs easier."

UBC's offence finished the contest with 205 total yards. Their only points came from a field goal and two safeties. Thunderbirds quarterback Carson Williams went 8 for 23 and threw for 62 yards, along with one interception.

Jake Harty also returned to the Dinos lineup, picking up 90 receiving yards and one touchdown. The wide receiver suffered a leg injury against Manitoba last month.

"Coming back from the injury, I felt really good out there today, probably the best I've felt all season," Harty said. "Going into the playoffs I hope I just keep that momentum going."

Buratto spoke about his team's performance as they near the end of the regular season.

"Particularly when you're heading into the playoff situation, you want to be playing at your absolute very best this time of the year," Buratto said. "The young men dedicated themselves in the latter part of the week by really paying attention to what was going on and cleaning up some of the mistakes they were making in practice."

The Dinos will wrap up their regular season on Nov. 1 against the University of Manitoba Bisons (3-4) at Investors Group Field in Winnipeg.

HEALTH AND WELLNESS »

Drinking coffee is better than you think

Sonny Sachdeva
Sports Assistant

University students are no strangers to the steamy glory that is coffee. When the papers pile up and the exams start rolling in, you can always rely on a cup of joe to pick you up and shock you back to life.

Since coffee is relied on as the sweet nectar of the university student's life, many put lit-

tle thought into how the beverage affects their health. Coffee drinkers usually understand that the drink is a stimulant and, seeing as stimulants aren't usually in the 'good decision' column when it comes to making healthy choices, most consider their few cups a day to be a calculated risk.

Actually, according to studies from a variety of reputable institutions, drinking coffee in

moderation is, in fact, healthy for you.

The American Cancer Society conducted studies that showed drinking coffee regularly can reduce one's risk of mouth and throat cancer by up to 50 per cent. They also found that this level of coffee consumption could reduce a woman's risk of uterine cancer. The study claimed that a woman's risk is reduced by seven per

cent with moderate consumption.

Milan's Istituto di Ricerche Farmacologiche Mario Negri similarly found that drinking around three cups of coffee daily can reduce your risk of liver cancer by between 40-50 per cent. It is also claimed that the risk of prostate cancer can be reduced by drinking coffee. The Fred Hutchinson Cancer Research Center states that

regular consumption reduces your risk by over 50 per cent.

Sipping a few cups of the good stuff can boost your health in other ways besides warding off various cancers. Researchers at Johns Hopkins University conducted a study showing that regular coffee drinking can help boost your long-term memory.

See COFFEE, page 14

SOCCER »

Bears bounce Dinos from playoffs 1-0

Eric Licis
Gauntlet Sports

The University of Calgary men's soccer team finished their regular season well above expectations, winning more games than any other year. Despite their success, the momentum wasn't enough to overcome their provincial rivals in the Canada West playoffs. A single goal in the first half was enough for the University of Alberta Golden Bears to beat the Dinos on Oct. 26 in a quarter-final match that ended 1-0.

Sunday afternoon's game was a chilly affair, but that didn't deter Dinos fans from filling the bleachers at the West Varsity Soccer Pitch. It was a full house for the third and final meeting between the two teams, with the winner moving on to the Canada West final four.

The Golden Bears started with possession. They sustained pressure towards the Dinos' net for the first few minutes of the game. Calgary's early attempts at crossing the ball were unsuccessful. After a defensive collapse in their box, the Dinos allowed a partial breakaway with a cleverly timed through-ball. Third-year



LOUIE VILLANUEVA

The Dinos' offence did not click when it counted in the playoffs.

goalkeeper Colin Hasick was forced to make an outstanding save to keep the score even.

U of A continued pressuring Hasick, who was called on again to make the save. This time a Golden Bear forward

forced his way through the defence and let go a blistering shot towards the bottom right corner of the net. The ball was kept out, but soon after, a carefully placed ball put Golden Bears' forward Jermele Camp-

bell in position to fire the ball into the net.

Calgary responded soon after. Chemistry between their two premier players, Dominic Russo and Andrew Hood, was on display throughout the re-

mainder of the game. Russo, who leads the team in scoring, continued to set up Hood, who went on to take a game-leading four shots.

However, none would hit the mark, as Alberta's defence was focused on shutting these two players down.

The Dinos faced strong headwinds in the second half. A midfield defensive structure deployed by the Golden Bears made matters worse. The Dinos were forced to cherry pick for offence by kicking the ball down the field for retrieval, but they found no success.

Dinos leftback Kieran Hay was carried off the field after a controversial slide tackle. Although the penalty led to scoring chances for the Dinos, there was no consistent push back contributing to a goal.

Dinos midfielder James Gourlay tried a shot from just outside of the box towards the end, but goalkeeper Connor James smothered the ball to keep his record perfect in the game.

The Dinos finish their season with 27 points, a team-high record. After starting the season on a three-game losing streak, the Dinos would go on a tear, winning their next nine, which was also a school record.

Coffee, continued from page 13

A team at the University of South Florida added that coffee consumption stimulates certain internal processes that prevent Alzheimer's disease.

Also, Type 2 diabetes may be fought off via a few cups of coffee each day, says the National Center for Biotechnology Information. They found that long-term coffee consumption is associated with a significantly lower risk of the disease.

However, the key to maximizing coffee's potential health benefits is moderation. A few cups a day can increase your body's ability to ward off a large number of diseases, but going over the limit with your daily consumption can

have the opposite effect.

A recent study from the Channing Division of Network Medicine at Brigham and Women's Hospital in Boston found that regular coffee consumption can lead to an increased risk of vision loss by increasing one's risk of developing glaucoma.

Throwing back a few too many cups can even cause mild hallucinations, according to researchers from Australia's La Trobe University. Their study found that high caffeine levels alongside high stress levels — a duo certainly not foreign to university students — can cause auditory hallucinations.

Another study from the

Mayo Clinic Proceedings that looked at 45,000 participants over a 17-year period, suggests that drinking four or more cups of coffee a day can increase your risk of an early death for those under the age of 55 by 50 per cent.

While a 50 per cent chance of dying early is certainly not a cheery thought to have every time you take a swig of your daily double-double, the study's findings hinge on a consumption total of 28 cups per week — a number that should be easy to avoid.

As long as you can resist that fourth cup, you can sit back, put your feet up, and enjoy the sweet, sweet healthy goodness.



COURTESY SUSANNE NILSSON

NBA 2014-15 regular season preview

Sonny Sachdeva
Sports Assistant

As the NBA season gets underway, preeminent sports writer Sonny Sachdeva answers all you need to know.

Will Kobe bounce back from injury? Or will his season end the way Steve Nash's did?

Few athletes are as driven as Kobe Bryant when it comes to off-court training. Bryant is an absolute beast in the gym. Those years of keeping his fitness at an elite level will pay off as he reaches the final years of his career. While he's had a few setbacks thus far, it's impossible to count Kobe out if he's

healthy. The five-time champion should be hungry to prove his doubters wrong, and ready to put in a big season to solidify his legacy.

Who is your pick for MVP?

If LeBron James could win an MVP award on the star-studded Heat, then it's going to be tough to take it from him now that he's back in Cleveland and playing with a lesser cast of characters. Kyrie Irving and Kevin Love are tremendous players, but the Cavaliers will be more of the LeBron show than Miami was. This, combined with James' propensity to improve every season, will lead to another MVP award for King James.



COURTESY ADIFANSNET

Rose's return to Chicago will have a huge impact on the eastern conference.

Who will be the scoring champ?

With the other top scorers seeing their stock fall this summer, James Harden will snag the scoring title away from the perennial favourites. Harden has been a top-five scorer since his move to Houston, and he certainly has the talent to make a bid for the top spot.

Most importantly, the competition is tilting in his favour. Reigning champ Kevin Durant is set to miss time with an injury. Carmelo Anthony says he's moving away from high-volume scoring. LeBron James has taken on a team-first mentality. Kobe Bryant will play his first basketball since December 2013. With a revamped roster in Houston, this could be Harden's year.

Who is your favourite to win East/West?

The Chicago Bulls look like this year's best bet to take the Eastern crown especially because Derrick Rose is looking like his old self. Also, Joakim Noah has improved every year and the Bulls' head office brought in the veteran Pau Gasol this summer. Chicago will be a tough team to beat in 2014-15. LeBron's Cavs will put up a fight, but the Cavs' record will suffer early while the new group goes through some growing pains.

In the West, Oklahoma City is a lock to take the top spot. No one is taking down the Thunder and the San Antonio Spurs from the top two, so it's going to come down to which of these two storied clubs finishes above the other.

San Antonio is still an un-

stoppable squad. But they're a team that's getting older every year, and they've played a lot of basketball over the last few years of deep post-season runs. OKC, on the other hand, is young, hungry, and ready to turn Durant's virtuoso play into a championship.

Who is your dark horse team?

I would tab the New York Knicks. After a few seasons of overhype and underachievement, the Knicks have been written off by everybody, with most assuming the experiments will fail and New York will flounder at the bottom of the East once again. It won't happen easily, but New York has some serious tools in place to surprise people this year.

With the legendary Phil Jackson heading the front office, and his understudy Derek Fisher taking over as coach, the Knicks have the leadership group in place to take a step forward this time around. Also, the Knicks boast promising young talent in Tim Hardaway Jr. and Iman Shumpert. Add in the fact that Carmelo Anthony is still in the prime of his career and Amare Stoudemire is eager to prove he can still dominate in the NBA — New York is a stronger contender than many think.

Will the Cavs' rookie coach be the Cavs' X factor?

I'm not sure if he'll be the X factor, but he is certainly going to be an excellent leader for this team. He may be new to the NBA, but Blatt's coaching record stretches back to 1993, when LeBron James was nine

years old.

Since then he has racked up six coach-of-the-year awards and 16 championships over various competitions. He knows what he's doing out there.

Blatt will rely on LeBron to use his elite understanding of the game to lead his team. The duo should guide Cleveland to a solid season.

Perspective on Andrew Wiggins. Is all the hype for real?

Andrew Wiggins is going to be a tremendous basketball player. He's sure to be the best Canadian in a long time, but he isn't the next LeBron, or Kobe, or anybody else. While his pre-season debut with Minnesota was promising, the rest of the exhibition schedule showed us that Wiggins is young and still has room to grow before becoming a dominant NBA mainstay. He'll get there one day, but it's going to take time.

What are you most excited for about the upcoming season?

It's hard not to get excited about seeing LeBron back in a Cavs jersey. The story of the Akron kid getting drafted to his own lowly Cleveland Cavaliers was a perfect one when he was a rookie back in 2003. While his years in Miami were certainly legitimate from a basketball standpoint, it just wasn't the same seeing LeBron in a Heat jersey. After becoming more and more dominant during his time away from home, it will be exciting to see James return home to lift the Cavs out of the basement as part of the new big three alongside Kyrie Irving and Kevin Love.

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WE ARE
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VERY SERIOUS NEWS

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SPOOKY SHIT »

Top-six scariest Halloween costumes

Melanie Bethune
Dressing up as a stressed student

Whether you're looking for a last-minute solution or you're already planning ahead for next year, odds are you'll want to show off your scariest costume at your next Halloween party or maybe you just like being scary all of the time.

Forget vampires and werewolves, the following six costumes are bound to evoke terror into the hearts of even the most fearless.

That obnoxious person on public transit: There are several variations of this fun and flirty look. Try the drunken Riders fan on the train, complete with no shirt, body paint, excessive intoxication and a rubber horse head. Or dress as the overly-friendly gentleman who makes conversation with everyone nearby. Try offering a half-eaten package of Sour Patch Kids and making sexually suggestive comments. Either way, you'll be more repulsive than any zombie or bloody axe murderer.

Tuition increases: Put on your spiffiest administrative suit and take as much money from your friends as the government will allow. Explain to them that it's necessary and that in some weird way it will actually help them.

Another Facebook status complaining about the weather: A few pieces of poster board and some printed screenshots will turn those annoying statuses from that kid in your calculus class into easy Halloween garb. A stale *Game*

of Thrones reference or comment about how grateful we should be that it's not -40 Celsius yet will be the icing on the cake. Brace yourselves.

A residence laundry room: Dress in drab white and clutch a few mismatched socks or an abandoned laundry basket. If anyone spills anything on their clothing, immediately take \$2 from them and tell them that it's for the wash. Then wait five minutes and then take another \$2 from them for the dryer. Rinse and repeat as necessary.

A suburban mom at Wal-Mart on Boxing Day: A binder full of coupons, a venti latte in hand and a devilish fire in your eyes are all you really need for this one. Bonus points if you drag a small child around and periodically shout phrases like, "Tiffany, that Wii U isn't going to be Wiis unless we get a move on!"

A failed Internet connection: Start speaking to people and stop halfway through a sentence. Stare at them blankly until they're so uncomfortable they leave.

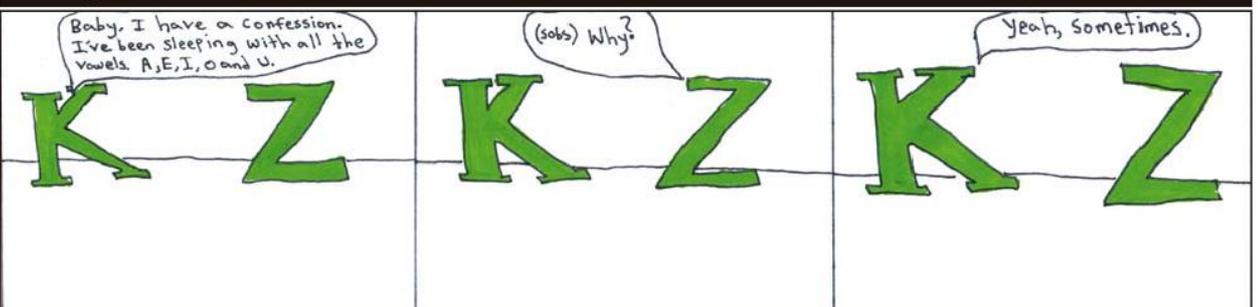
Yawn

This Week
Buy some candy to hand out to the little goblins and ghouls this Friday, Oct. 31. Bear in mind that raisins and mandarin oranges in your Halloween bag are akin to coal in your Christmas stocking and the only thing more fun than a fun-sized chocolate bar is a full-sized one. If you want to participate in the fun yourself, sign up for the university's Trick-or-Eat event, starting at 4p.m. on Friday. This will allow you to relive those fond childhood memories of ill-fitting masks and freezing cold feet, while also collecting food donations for charity. Also, be sure to turn your alarm clock, wall clock, pocket clock, iPhone, iPod, iPad, iMac, oven, microwave, coffee machine and smart-dog an hour back on Sunday Nov. 2. You have been gifted with a magical guilt-free hour of time from the reserves, so use it wisely.

Right Ho, James! -James Stevenson



Breaking Sad -Scott Strasser



Learning Curve -Andrea Sanchez-Ponton



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