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# THE CONTENTIOUS HISTORY OF CRAIGIE HALL

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# Tragedy shouldn't prevent travel

If recent news is anything to go by, the world is starting to look like a really scary place.

On July 14, a man drove a 19-tonne cargo truck through a crowd celebrating Bastille Day in Nice, France, killing 84 and injuring 303. One of the victims was MacEwan University student Mykhaylo Bazelevskyy, in France on an entrepreneurial internship program. Seven University of Calgary students participating in the same program were safe and accounted for following the attack.

This wasn't the only recent attack abroad. A shooting in Munich. An airport bombing in Turkey. Another bombing in Tel Aviv. A shooting at the Pulse nightclub in Orlando. And those are just some of the most discussed events of the past 50 days. There are many more. Way too many more.

Scrolling through Twitter, Facebook — and even Snapchat these days — opens up an endless onslaught of tragedy from around the world. It's not exactly a welcome invitation to travel abroad.

But that doesn't mean you shouldn't.

In May 2015, I travelled to Ireland as part of a group study program. Before we left, we had a mandatory informational session on how to stay safe. Northern Ireland in particular



the road or the safety specifications of the vehicle I'm in, but I won't stop travelling all together.

International travel — especially when you're university-aged and ready to explore the world on your own — is the same.

If you travel, do what you can. Research where you're going, make sure people know where you are and ensure you have access to money if you need it. Don't take any undue risks.

As we saw in Nice, tragedy can strike unexpectedly and overwhelmingly. It stings and often can't be explained or prevented. No amount of mandatory informational sessions or traveller preplanning could have prevented the loss of life on July 14. And that hurts.

But events like the Nice attacks shouldn't prevent us from seeing the world.

Your university years are full of opportunity. Travel, whether it's independent or through group study programs and internships, is an opportunity. It's something you want to do before you have a real job and a family and a life.

The world is a scary place. But it also is beautiful. So get out there and see it.

Melanie Woods  
Gauntlet Editorial Board

has faced sectarian violence between Protestant and Catholic factions dating back to the Irish civil war in the early 20th century. We were told that if someone asks our religion, we should act dumb and say "Canadian." We were told to avoid protests, marches and people burning effigies of the Pope.

The day we arrived in Belfast someone was shot and killed in the street by anti-Irish Republican Army agents.

But my group never experienced

a terrorist attack ourselves. No one threw a firebomb at us and no one from my group was shot. No one even asked my religion on the street. Altogether, it was a pleasant trip that I wouldn't trade for the world.

There is risk associated with travel abroad, just as there is risk every time you get in a car and hurtle down Highway 2 at 120 km/h towards Edmonton. But I don't stop riding in vehicles on Highway 2 because of that risk. I might pay greater attention to

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# NEWS

INTERNATIONAL »

## University of Calgary students in Nice safe after terror attack

Scott Strasser  
News Editor

Seven University of Calgary students who were in Nice, France during a terrorist attack on July 14 are reported safe and accounted for.

The students were participating in an entrepreneurship program organized by the European Innovation Academy in Nice from July 3-22 when the attack occurred.

The U of C is one of three Canadian universities that participated in the summer innovation program, along with MacEwan University and Wilfred Laurier University.

On July 20, French authorities confirmed that fourth-year MacEwan University student Mykhaylo Bazelevsky was among those killed in the attack. Bazelevsky was participating in the same entrepreneurship program as the U of C students.

According to the U of C, the seven students were offered post-trauma counselling support and assistance returning to Canada, if requested.

Following the attack, the U of C lowered its Canadian flag on campus to half-mast to commemorate the victims.

"On behalf of the University of Calgary community, I offer our deepest condolences to the families and friends of those killed in this tragedy," U of C President Elizabeth Cannon said in a statement. "Our university has strong



The University of Calgary's flag flew at half-mast following the terrorist attack. EMILIE MEDLAND-MARCHEN

ties to France and we stand in solidarity with the French people."

The U of C's risk management and insurance team established an international travel registration system for all students participating in travel study programs. Cannon credited the system for helping locate and account for the students.

"I want to thank members of our risk management team and the involved faculties for their efforts to contact our students and account for each one," Cannon said in the statement.

Colleen Packer, manager of

international learning programs at the U of C, said the university takes student safety abroad very seriously.

"Thanks to the amazing people in our department of risk management and insurance, we have multiple layers of support available to all students, faculty, and staff who go abroad on a University of Calgary program," Packer said. "We're partnered with a service called International SOS, which provides everything from detailed, country-specific health and safety information, English-speaking medical, dental and

counselling referrals, emergency translation and interpretation services and emergency evacuation."

The Nice terrorist attack resulted in 84 people killed and more than 300 injured after Mohamed Lahouaiej Bouhlel drove a cargo truck through large crowds celebrating Bastille Day on Nice's Promenade des Anglais.

The Nice tragedy was the third major terrorist attack to occur in France since January 2015, following the Île-de-France attacks in January 2015 and the Paris attacks in November 2015.

INTERNATIONAL »

## Alberta Abroad program coming to a close

Cynthia Kwan  
Gauntlet News

A popular international internship program for university graduates in Alberta is on its last legs.

According to a recent announcement on their website, the internship program Alberta Abroad has been cancelled by the Ministry of Advanced Education for financial reasons.

"Our government is committed to enhancing access to foundational learning programs that help students connect to the labour market and pursue further learning — both here at home and abroad," said Ministry of

Advanced Education press secretary Mike McKinnon in a statement. "It's important to note that we intend to build on the numerous positive relationships with international organizations to better promote student experiences and Alberta's economic diversification."

Alberta Abroad is a program that focuses on sending university graduates outside Canada on short-term internships — referred to as externships — with international organizations. The program offers positions in Germany, Singapore, Hong Kong, New York and other countries and cities.

Operations will officially end

March 2017. Graduates whose placements are scheduled to end before that date will continue as the last students to attend the Alberta Abroad program.

Colleen Packer, manager of international learning programs at the U of C, said the program had many benefits for university graduates in Alberta.

"The cool thing about the program was that it was a great entry-level position in an international company," Packer said. "So it wasn't a fetching coffee or photocopying kind of thing — students were doing real work."

According to Packer, the program benefitted students from all

academic disciplines.

"There were [positions] for sports science, architecture, engineering and social media. There were communications coordinator positions that went up there. There was such a wide variety of areas," Packer said.

She said the program gave students their first stepping stone towards a lasting career.

"It was a great way for students to get their foot in the door and to experience working internationally," Packer said. "There were a lot of things that were very supported in that which you don't usually get [until] later in your career or in international work."

## short form

Would a terrorist attack dissuade you from travelling to a certain city?



"It would depend on the severity of the attacks."

— Jeremy Parker  
third-year engineering



"It would temporarily. I'd give the place the space and time it needs to grieve."

— Ryan Hofer  
fourth-year astrophysics



"I would be reluctant to go there, for my parents' sake."

— Julia Hillier  
masters in education



"Of course."

— Alvaro Patina  
third-year engineering

Photos and interviews: Scott Strasser





EMILIE MEDLAND-MARCHEN

## U of C students studying at Red Deer College could get dental office

Scott Strasser  
News Editor

University of Calgary students studying out of Red Deer College currently need to drive to Airdrie or Calgary to access their dental plan. The U of C Students' Union and its healthcare provider want to change that.

According to SU vice-president operations and finance Branden Cave, SU healthcare provider Gallivan & Associates wants to bring a Dental Choice office to Red Deer, either on the campus or elsewhere in the city.

"Right now, all of our U of C students who are at RDC pay into the plan just like any other student," Cave said. "We're looking at ways in the coming years to hopefully get an option for them in Red Deer, so they can use the plan."

Although they can opt out if they prove they have alternative dental insurance, U of C students at RDC still pay for the U of C's dental plan, despite the city not having a Dental Choice office.

The nearest Dental Choice office for students in Red Deer is in Airdrie, according to Cave.

"We're always looking for ways

to improve the program and that's one of the ways we can get our RDC students to have the same options we have down here," he said.

Rachel Owen, a program advisor for the U of C's collaborative BA program at RDC, said there used to be a dental office in Red Deer that students could use through the plan, but that office is no longer available.

"For many of our students, travelling by car to Airdrie is not really an option," Owen said. "We do have students opt out of the dental portion of the plan if they need to."

Around 150 U of C students take classes at RDC. In 2015-16, just 21 opted out of the U of C dental plan.

Cave said it could take up to five years to create the office.

"I think it's a long-term thing," he said. "Opening a dental office is a comprehensive thing to undertake."

The U of C dental plan was established after a student referendum vote in 1991. At \$193 a year, the plan is the cheapest of Alberta's universities. U of C students can opt out if they prove they have alternative dental insurance.

# New multi-faith student council on the horizon

Scott Strasser  
News Editor

The University of Calgary's Faith and Spirituality Centre will soon form a student council of leaders from various faith, cultural and religious clubs on campus.

Faith and Spirituality Centre manager Adriana Tulissi said the idea came last year when the centre was researching for its Kaleidoscope Project — an initiative devoted to engaging students in inter-religious dialogue.

She said many university campuses in the United States have informal student alliances built around collaboration between faith, culture and religious-based groups.

"We just thought, wouldn't that be neat to do something like that on our campus," Tulissi said. "I think it really mimics what our centre is about — building an inclusive campus. And building an inclusive campus is about building relationships."

There are 25 cultural or ethnicity-based and 16 spiritual or religious student clubs at the U of C. The Faith and Spirituality Centre is reaching out to those groups to see if they would like to have representatives on the council.

"We're very much in the consultation phase," Tulissi said. "We just did the draft proposal and consulted with the Students' Union and the rest of the university."

The council would likely meet once a month and be chaired by a member of the Faith and Spirituality Centre.

One club that Tulissi said has



Tulissi said the council should launch this fall semester. She already expressed interest is Power to Change, a Christian students' club.

"It's great when the university is a place where students are encouraged to discuss and engage with how faith and spirituality intersect with real life," said Power to Change U of C president Sharon Hau.

SU vice-president student life Patrick Ma said he supports the idea of a multi-faith student council.

"I think anything that promotes pluralism or inclusivity on campus is great for student experience," Ma said. "Especially with this council, it'll be a great source of advocacy for faith-based clubs and that particular student voice on campus."

While the idea is still in its infancy, Tulissi hopes to formally launch or announce the multi-faith student council at the Faith and Spirituality Centre's annual inter-faith kickoff dinner on September 29.

SCOTT STRASSER

## BRIEFS

### U of C partners with RallyEngine for emergency app

The University of Calgary has finalized its long-term partnership with RallyEngine for the UC Emergency app.

UC Emergency was developed in 2015 to send out push notifications with security information to its users. Around 7,400 people have downloaded the app to date.

This spring, a Quality Money grant of \$341,000 was approved to upgrade the service.

RallyEngine is a company com-

posed of two U of C alumni. The company is working with the university's Emergency Management team to create new features for the emergency app.

"The Emergency Management and Risk teams at the University of Calgary are first class and we're thrilled to expand our relationship with them," said RallyEngine president Steve Hardy.

U of C administration said the app was a useful communication tool this spring, when the U of C suffered a ransomware attack from unknown cyber attackers. With campus e-mail systems down, the university sent updates through the app.

### School of Medicine dean reappointed for six-year term

Jon Meddings was reappointed as the Cumming School of Medicine dean for a six-year term starting July 1.

"As dean, Meddings has placed a major focus on increasing health research capacity, both in terms of recruitment plans for new researchers and developing support programs aimed at improving the success of existing researchers," said U of C provost Dru Marshall.

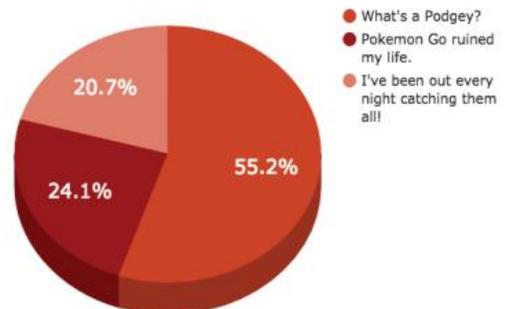
Meddings has been the dean of the U of C medicine faculty since 2012.

### RETRACTION »

A story from July 21 titled "Political student clubs plan fall debate" incorrectly called Tyler Van Vliet the president of the Conservative Student Alliance. He is actually the president of the Progressive Conservative Association. The Gauntlet apologizes to our readers for this error.

### POLL RESULTS »

#### What are your thoughts on Pokemon Go?



Check out our latest online poll at [www.thegauntlet.ca](http://www.thegauntlet.ca)



U OF C HISTORY »

# Craigie Hall: The history of one of the U of C's most contentious buildings



EMILIE MEDLAND-MARCHEN

Scott Strasser  
News Editor

**F**rom the outside, the building looks prison-like, with its drab grey exterior and architectural simplicity. To those driving past as they round the University of Calgary bus loop, Craigie Hall probably doesn't seem too out of the ordinary.

But those bland grey walls hold some of the U of C's most controversial histories. Over the years, Craigie Hall has seen everything from insect infestation to a public asbestos scandal following the death of a U of C Spanish professor.

Curious about its multiple controversies, the Gauntlet decided to delve into Craigie Hall's past. Here's what we found.

## Early History

Craigie Hall is one of the U of C's oldest buildings. It was built in 1966 and celebrated its 50th birthday this spring. The building's construction cost \$4.4 million and took just under two years to complete.

The building was originally named Calgary Hall, but its name was changed in 1987 to memorialize former U of C vice-president Peter Craigie. Today, Craigie Hall is home to the U of C's drama and music departments, as well as the university's linguistics and language-related disciplines.

The building's first notable incident occurred in 1982 when a welder's faulty work started a fire in the mechanical shaft of the E block. To this day, it is the only major fire to happen on the

U of C campus. Restoration took approximately three months and the smoke and water damage cost around \$1 million to repair.

But the real drama didn't start until decades later.

## Asbestos Scandal

Amelia Labbe was a U of C Spanish professor who died of pulmonary fibrosis in November 2011. The disease causes scarring of the lungs and is often caused by airborne toxins and environmental pollutants.

Labbe's family members told media after her death that doctors couldn't pinpoint the cause of her disease, but they think it was from her work in the asbestos-laden Craigie Hall, where Labbe was the director of the department's Spanish Language

Centre.

"We still think something in that building made her sick," said Labbe's sister Noemi Flores. "She was a healthy person, there's no history in our family of that disease. But she spent over 20 years in that building."

The U of C has asserted for years that the air quality in Craigie Hall is acceptable.

"The U of C took all concerns from faculty and staff very seriously," said associate vice-president (Risk) Rae Ann Aldridge. "All historical air monitoring in Craigie Hall confirmed that environmental conditions met regulatory requirements."

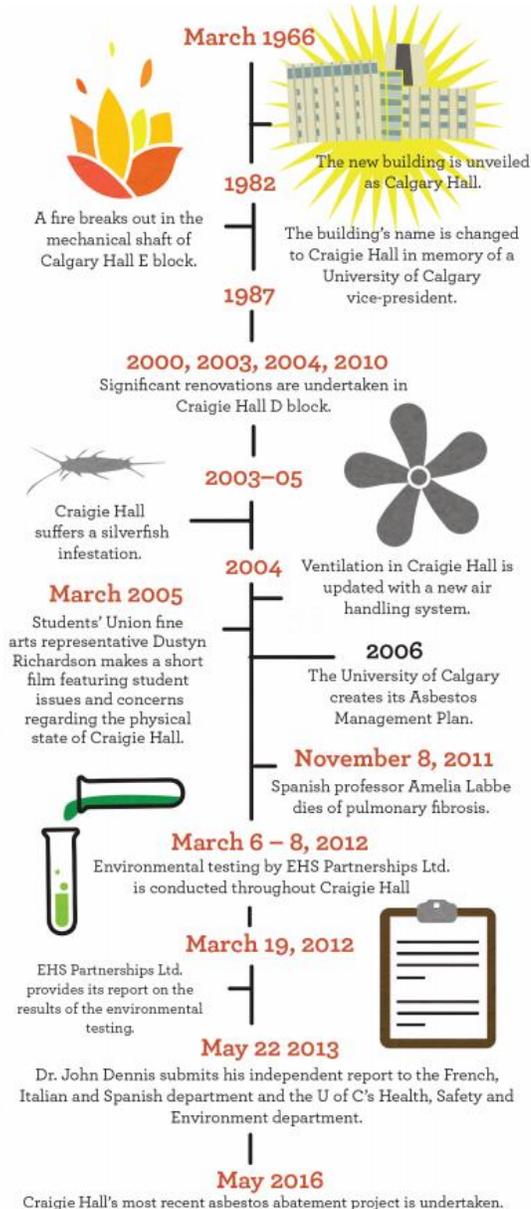
At least 41 buildings at the U of C contain some form of asbestos. Until the 1970s — before bans and restrictions were put in place — the carcinogenic silicate

was widely used in university construction projects. Flooring, dry-wall joint compounds, insulation and fireproofing could contain a form of asbestos.

"You will find asbestos in most government and public buildings throughout Canada and virtually every post-secondary institution across the country," Aldridge said.

The Canadian government insists that if properly maintained and managed, asbestos-containing materials should not pose a serious health risk. But if asbestos-laden mineral dust is knocked into the air — such as during a renovation period — the particles are more likely to be friable, or pulverized. And inhaling friable asbestos particles can lead to health issues, including asbestosis, mesothelioma and other cancers.





Craigie Hall's D block, which houses the department of French, Italian and Spanish, has seen four major renovations. The sixth floor was renovated in 2000, the fourth floor in 2003, the main floor in 2004 and the third floor in 2010.

The U of C upgraded the ventilation in Craigie Hall with a new air handling system to improve circulation in 2004. But it was during the 2003 renovation that Labbe's family think she may have contracted her illness. They said it was a particularly dusty renovation.

"Everybody was worried for their health," Flores said. "They didn't know whether they should still be working there or not. I'm an outsider, I wasn't working there. But they were all friends of my sister that worked together for many years."

Not everyone agrees that contained asbestos is safe. A 2015 *Globe and Mail* story claimed that asbestos exposure

is the "single largest on-the-job killer in Canada" and accounted for "more than a third of workplace death claims" approved in 2013. The *Globe* also reported that, from 1996 until 2014, almost 5,000 approved death claims were tied to asbestos exposure.

More recently, a Worker's Compensation Board report claimed that 19 of 24 workplace-related deaths in Alberta in 2016 were related to asbestos exposure.

U of C Cumming School of Medicine professor Alain Tremblay said claims can be underreported, as it's hard to definitively prove a disease's root cause.

"For a common cancer like lung cancer, smoking will be blamed rather than asbestos, even if the latter is an important contributor to risk," Tremblay said. "The latest Worker's Compensation Board report had only one case of asbestos-related cancer. From epidemiological studies, [we] could expect 100 cases per year

SAMANTHA LUCY

in Alberta alone."

According to Tremblay, another reason asbestos-related deaths are underreported is that exposure can occur several years beforehand.

"[If] exposure is 30-50 years prior, the patient may not recall or realize exposure occurred," he said.

Following Labbe's death, her family and co-workers demanded an independent air quality review of Craigie Hall, which was undertaken by external consultant EHS Partnerships Ltd. in March 2012.

Those independent tests, which occurred over three days, showed Craigie Hall met occupational health and safety standards. The tests also showed the building did not contain asbestos.

More specifically, the asbestos air samples that were analyzed were "found to be less than 0.01 fibres per cubic centimetre and were below the criteria specified by Alberta Immigration and Employment."

"Asbestos was not detected on the tape lift samples," reads the EHS report. "The surfaces sampled in Craigie Hall C and D were found to be free of asbestos contamination."

Despite the investigation's assurance that the building's air quality was up to par, concerns among staff remained high. Professors from the department of French, Italian and Spanish and the U of C's Environment, Health and Safety department later appointed an independent physician to analyze historical air quality data.

Industrial hygienist and risk assessment specialist John Dennis of SolAero Ltd. was asked to analyze historical data surrounding Craigie Hall's health complaints from staff and air quality monitoring from as far back as 2000.

While not affiliated with the U of C at the time of his analysis, Dennis had held adjunct professor status within the U of C's medical school from 2005-2010, offering occasional lectures in exchange for library access.

"He has no affiliation to the University of Calgary other than his past adjunct position," reads the report.

Like the EHS investigation, Dennis found that asbestos presence was in line with occupational health and safety standards following the 2003 renovations. He concluded that "there [was] no evidence of potential occupational exposures within Craigie Hall, which would result in exposures above regulatory guidelines."

Dennis' investigation also acknowledged that "there [was] a high prevalence of cancer amongst staff working within Craigie Hall blocks C and D." According to his report, cancer prevalence among Craigie Hall employees was much higher than would be expected in the general population — at or above the 96th percentile.

The report claimed the high cancer presence was "most likely an unfortunate statistical anomaly that will occur in a minority of instances within a population."

Flores said she knows many professors in Craigie Hall who contracted cancer and other illnesses, but admitted it's impossible to prove it was from working in the building.

**/// [If] exposure is 30-50 years prior, the patient may not recall or realize exposure occurred.**

— U of C medicine professor Alain Tremblay

"We cannot say they contracted [it] because of that. I think they did, but I'm not an expert. But yes, several people got sick working in Craigie Hall," she said.

In his report's recommendations, Dennis wrote that Craigie Hall staff working in blocks C and D should "accept that increased

cancer rates evident in the department may well be due to chance alone, and not associated with occupational chemical exposures within Craigie Hall."

Even after multiple investigations had shown Craigie Hall's air quality was acceptable, staff in the department of French, Italian and Spanish remained concerned and frustrated.

Dennis interviewed multiple staff, students and faculty throughout his investigation. While confidential in nature, his report acknowledged that "many Craigie Hall staff have been and are concerned that there may be some chemical exposures associated with Craigie Hall blocks C and D which may be the cause of cancers."

The U of C was not unprepared for an asbestos scandal, having created an Asbestos Management Plan in 2006. Asbestos abatement projects now occur four times per week on average at the U of C and follow protocols from the Alberta Asbestos Abatement Manual.

Aldridge says the U of C's Asbestos Management Group operates independently of the Project Management Office and has one full-time asbestos coordinator, who facilitates all abatement activities. The university also retains an independent third-party consultant who provides direction and oversight.

"The university's standards for asbestos management are designed to meet or exceed all provincial regulations and best practices to support the health, safety and well-being of students, faculty and staff across all university campuses," Aldridge said.

According to Aldridge, there were three abatement projects undertaken in Craigie Hall in 2015-16.

"We've undertaken a proactive abatement project in Craigie Hall C, a maintenance-related abatement in Craigie Hall D and a construction-related activity in Craigie Hall G," she said. "Two of these projects were minor in nature and short in duration."



EMILIE MEDLAND-MARCHEN





EMILIE MEDLAND-MARCHEN



EMILIE MEDLAND-MARCHEN

**Student Issues**

Craigie Hall's controversies don't end with its air quality issues. As it's aged, the building's worsening physical state has garnered backlash from the student body.

The building's basement suffered a silverfish infestation in 2003-04. Silverfish are small, teardrop-shaped insects that commonly infest dark and damp areas. While not a health threat, they are infamous for their destructive feeding habits, seeking out glue, paper and sugar to eat.

Silverfish are nocturnal and reproduce quickly. According to media reports, the infestation at the U of C had to be dealt with repeatedly by pest control professionals.

Drama students who practiced and studied in the basement of Craigie Hall were particularly annoyed by the silverfish, who were often seen scurrying across the floor.

"It's a real problem down here," said Drama Undergraduate Society director Braden Griffiths in an NUTV segment from March 2004. "We spend a lot of time on the floor, working physically. It gives

me the willies to think there are these tiny little insects crawling around, infesting our basement."

Former dean of drama Ann Calvert was also interviewed for the television segment.

"It's certainly a problem with old buildings on any university campus," said Calvert. "We've got bugs. We've got to get rid of them."

**// The problem was that outside of our small faculty, there wasn't any awareness of just how lacking our learning and creating spaces were.**

— Former Students' Union fine arts representative  
Dustyn Richardson

In 2005, then-Students' Union fine arts representative Dustyn Richardson made a short-film featuring other issues students had with Craigie Hall. Richardson created the video as a bid for a portion of the money the SU received for a campus improvement fund that year.

"After speaking to the heads of the student clubs and the general arts student body, and being an arts

student myself, I realized this fund might be a great way for us to see tangible improvements to our ailing work spaces," Richardson said. "The problem was that outside of our small faculty, there wasn't any awareness of just how lacking our learning and creating spaces were. Hence, the video."

The video featured many

said the worker filled the hole with caulk, which fell in a pile on the classroom floor below.

Students also brought up the silverfish issues from the year before.

"When [my video] was presented to the student council, I remember quite a few people being surprised at the state of the facilities," Richardson said. "We ended up securing a portion of the fund — I can't remember the exact figure — for student space improvements."

**The Future of Craigie Hall**

According to Aldridge, since May 2010, there have been 10,532 work requests completed in Craigie Hall. Those work requests — which Aldridge says include preventative and demand maintenance — have cost the U of C approximately \$2.1 million and equated to around 20,500 hours of labour.

Aldridge says there are no immediate plans for further development of Craigie Hall. She said the building will remain at the U of C and will not be demolished.

Building demolitions are rare at the U of C, but have occurred

before. Three residence buildings — Brewster Hall, Castle Hall and Norquay Hall — were demolished in the spring and summer of 2015.

The Nickle Arts Museum was demolished in 2013 to make way for the Taylor Institute for Teaching and Learning. All of the museum's art is now located in the Nickle Galleries on the main floor of the Taylor Family Digital Library.

Aldridge did acknowledge that another building could eventually replace Craigie Hall.

"Based on the U of C's Long Range Development Plan, it is proposed that another academic building would take its place sometime in the future," she said.

In the meantime, Craigie Hall is here to stay. Professors in the department of French, Italian and Spanish will never know for sure if working in Craigie Hall contributes to the department's high cancer rate.

And for the family of Amelia Labbe, the building will forever be a reminder of a sad and frustrating time.

"All we hope is no one else there gets sick," Flores said.



SCOTT STRASSER



EMILIE MEDLAND-MARCHEN



## CANADIAN MUSIC »

## Canadian artistry celebrated on annual Polaris Music Prize short list

The Polaris Music Prize released its 2016 short list on July 14. The annual award, along with \$50,000, is given to the

Canadian artist whose album is considered to have the most artistic merit, without taking into consideration factors like genre or sales.

This year's 10 shortlisted nominees range from Vancouver pop-punkers PUP to up-and-coming Haitian-Canadian electronic producer

Kaytranada.

Three *Gauntlet* writers picked our favourites to win this year's Polaris Prize. The winner will be announced

at a gala on September 19, streamed live on CBC Music. But just remember when you see the winner — you heard it here first.

**E•MO•TION, Carly Rae Jepsen**

If this was 2012, it would seem inconceivable to give an award based on musical excellence to a bubblegum pop artist. But former Canadian Idol contestant Carly Rae Jepsen shocked many as her latest album, *E•MO•TION*, received widespread praise for its masterful composition.

Though the "Call Me Maybe" singer's latest album didn't attain the

commercial success of her previous work, *E•MO•TION* is a fantastically fun album. The record marks a maturing of Jepsen's sound and lyricism, and is pop music at its finest.

Among the Polaris nominees, *E•MO•TION* stands out as the lone mainstream pop album. Though I admire the alternative sound of the other artists, I think it's wrong to say that a pop album is undeserving of the award.

It's impossible not to get lost in

the music of album opener "Run Away With Me," a blissfully composed aural work of art. The single is infectiously captivating, with the variety of sounds blending together seamlessly. And it's hard to imagine there are Canadians who haven't had "I Really Like You" stuck in their head at least once since the single's release.

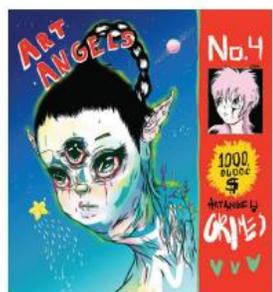
The album includes deeper cuts like "Your Type" and "All That," as well as club bangers like disco house fusion "I

Didn't Just Come Here to Dance."

If the Polaris Music Prize was simply about recognizing lesser-known Canadian indie artists, the record's prize eligibility could be questioned. But the degree to which every song on the LP is impeccably polished makes *E•MO•TION* my choice for the Polaris Prize.

Or maybe I'm just a sucker for saxophone riffs layered on top of Carly "Slay's" voice.

Derek Baker

**Art Angels, Grimes**

There was a bit of controversy surrounding this year's Junos — Canada's significantly more mainstream music awards — when no female artists were nominated for the "Artist of the Year" and "Album of the Year" categories. Among the nomination snubs, one absence stood out — Grimes' exceptional fourth album, *Art Angels*.

Claire Boucher, who releases

music as Grimes, is a Vancouver songwriter creating a unique brand of pop music that's both incredibly ambitious and downright fun to listen to. *Art Angels* is her most fully-realized work yet.

The album has a fair share of standard pop cuts, like lead single "Flesh Without Blood" and the incredibly catchy "Pin," which gets stuck in my head on a weekly basis. But there are also some fairly experimental tracks scattered throughout the album

— most notably "SCREAM," where Boucher, well, screams.

What ties these tracks together is how amazingly crisp they sound. Listening to these songs with headphones on and the volume cranked is damn near transcendental thanks to Boucher's skilled production. And that's especially true with "REALITI," the album's best song and the vessel for one of the most crushing pop choruses ever committed to tape.

*Art Angels* is a statement, as

Boucher shoots down expectations that have dogged her since the 2012 single "Oblivion." "I'll never be your dream girl," she sings on the closer "Butterfly," asserting she just doesn't give a shit what anyone thinks about her music.

Grimes has made incredible pop music for years and *Art Angels* is her crowning achievement. It's time Canada gives her the recognition she deserves.

Jason Herring

**The Party, Andy Shauf**

After two EPs and two albums, Andy Shauf's melancholic rhythms and waspish, deeply personal lyrics finally receive overdue recognition on the Polaris short list. On *The Party*, Shauf brings recognitions to Regina's often overlooked, but potent and noteworthy music scene.

Shauf's lyricism often reads more

like a memoir than a song, with subject matter relatable to anyone who's spent time in a dreary rural setting. From the album's cover art to the title and through each song, Shauf commits to his unique brand of grim and accurate social commentary.

The album is full of relaxed beats and music produced through the simple and cheap process of recording in his parents' basement. With

Shauf's adherence to the traditional singer-songwriter style, he makes a splendid addition to Canada's storied Arts and Crafts Label. Shauf handles all of the instrumentals on *The Party* with the exception of the strings, proving to be more than just a breathy vocalist.

Opener "The Magician" is one of the best examples of Shauf's ability to weave affecting narratives through baroque arrangements.

Album highlight "The Worst in You" is a harmonic tune about an ill-fated relationship. These tracks, like many on the album, reflect upon the hazy atmosphere that can overtake a party as it reaches its conclusion.

The album's poignant depiction of life in rural Canada makes Shauf an artist to keep on your radar. He's certainly a worthy recipient of this year's Polaris Prize.

Hayden McBennett



## LOCAL SPOTLIGHT »

## Jess Smith exposes stories through music

Rachel Woodward  
Entertainment Editor

Jess Smith was born and raised in Calahoo, a small Alberta hamlet with a population of less than 500. At age 16, Smith began pursuing music, a passion she continues in Calgary 10 years later.

"I am heavily influenced by neo-soul, R&B and jazz. I grew up listening to folk and classic rock and I went to school for music. That's where I was exposed to jazz and soul," Smith says. "It's my two worlds that came together."

Recently, the Shelter from the Storm art project and Sled Island collaborated with local musicians to create *Verses vs. Homelessness*, an album supporting the Calgary Drop-In Centre. Smith was a part of the project and says it sparked a desire to work with mental health in her art.

"It's bringing awareness to homelessness. It was an amazing experience because I was undereducated about it until I did it. It was more to expose that everybody's story is so different," she says. "It's to learn the depth of the stories and [that] it's not just our perception."

The album, presented at Sled Island this year, is available for purchase on Bandcamp. Smith says this project is just one of the many reasons why Calgary's art scene is so important to the community and to musicians like herself.

"Calgary's scene is unbelievable in how open-minded and willing people are here to give someone an opportunity that you would have to grind for years to get in other cities," Smith says.

Smith hopes to release a formal album within the year. Visit [eyeconicart-movement.com](http://eyeconicart-movement.com) to listen to her work.



Jess Smith debuted music at Sled Island in June 2016. COURTESY VINCE RAQUEL



LOCAL FESTIVAL »

# Chasing Summer brings lit beats to town

Ayesha Chugh  
Gauntlet Entertainment

**C**hasing Summer, Western Canada's largest electronic music festival, returns to Calgary July 30–31. The festival will bring up to 34,000 fans to the Max Bell Centre festival grounds.

In previous years, Chasing Summer was held at Fort Calgary. With the change in venue, festival-goers can expect an increase in local food trucks and vendors along with more accessible public transit options.

This year's lineup features genres ranging from big room to drum and bass. Festival producer Harvey Cohen says fans will be able to catch two of the world's top DJs, with sets from Hardwell and Martin Garrix.

"We knew exactly what we wanted this year for our set list and are excited to bring some of the biggest names in electronic dance music," Cohen says.

In addition to the main Sunrise



Dutch DJ Martin Garrix is among this year's Chasing Summer headliners.

COURTESY JASPER K

stage, Chasing Summer will include two side stages. The Ajuna-beats stage will feature artists like Andrew Bayer and Seven Lions. The Deadbeats stage will host artists such as Jauz and Hunter Siegel.

Though much of Chasing

Summer's lineup is stacked with international names, there will be several local artists featured at the festival.

Calgary duo Sunseekerz, made up of Richi Omony and Tibor Tomic, have DJed together since

2011 and try to incorporate a spectrum of styles into their sets.

"We have a wide range of musical influences since we follow different genres of EDM," Tomic says. "That is something that we think makes us unique — when we

come together the crowd will get to hear everything from house to trance to big room, but with our Sunseekerz touch on it."

Sunseekerz are a staple at Chasing Summer. They've played the festival for the past three years. Tomic says the group is grateful they have the opportunity to perform on the same stage as many big artists.

"Chasing Summer is always the highlight of our year. We love the atmosphere that it brings to the whole city of Calgary. You can feel the excitement in the air," he says. "It's mind-blowing because we are able to experience some of the biggest names in the industry in our home town."

Check out Sunseekerz's set at 6:40 p.m. on July 31 at the Sunrise stage. And remember the basics if you're attending the festival — drink lots of water, wear sunscreen and keep a friend nearby.

For more information, visit [chasingsummerfestival.com](http://chasingsummerfestival.com)

LOCAL THEATRE »

## Loose Moose Theatre company gives action genre improv twist

Rachel Woodward  
Entertainment Editor

**T**he Calgary Loose Moose Theatre company will bring the live improvised action movie *Kill Hard* back to the city for a second year after making appearances at the Calgary and Edmonton Fringe Festivals in 2015. The show will run at the Loose Moose Theatre for late night showings on July 29 and 30.

Last year's shows starred local improv veterans Jamie Northan and Andrew Phung. This year, Quinn Cortini will take Phung's place.

Northan says Cortini is a great fit in the cast.

"He makes the show 30 per cent younger and 9 per cent better looking," he says.

With a two-person cast, there are plenty of challenges, Northan explains.

"It's physically demanding [and] it's actually sometimes slightly dangerous. Most improv shows involve a cast of a half dozen or more, so a two-person show has its challenges but equally has its rewards," he says. "It's you and that other person staying connected through the whole show and it's your baby. I've done things

I've never done on stage."

A notable feature of *Kill Hard* is the role of tech. Alongside the actors, the tech crew will run the show in a completely improvised behind the scenes.

"We have three people — one responsible for sound, we have another person who is responsible for lighting and sound effects — so all of the motorcycles or bombs or guns or punching or swords — and a third person which came out of a show we did in Edmonton. He does live Keytar music off to the side of that stage, so he underscores scenes as we do them," Northan says. "He and our sound improviser are musically dancing together to create the movie atmosphere of the show."

Northan says the improvised crew is unique to the show and thinks that audiences will be entertained by the tech improvisation.

"I think most people watch and they see us to our thing and they're impressed but they don't see the show behind the show which is this amazing tech crew we have," he says.

Tickets for *Kill Hard* are \$20.

For more information, visit [loosemoose.com](http://loosemoose.com)

THEATRE FESTIVAL »

## Calgary Fringe celebrates 10th anniversary with absurd lineup

Jason Herring  
Online Editor  
(With files from Rachel Woodward)

**I**t's a milestone year for the Calgary Fringe Festival. The event returns to Inglewood for its 10th anniversary from July 29 to August 6 with more of the world's strangest and most unconventional theatre.

Fringe festivals are unique because all performances submitted are accepted and a lottery system determines which shows get to run. This is in stark contrast to traditional theatre festivals, where a selection committee typically determines the program.

The Calgary Fringe Festival is relatively young, especially when compared to its Northern counterpart — the Edmonton International Fringe Festival is the second largest fringe fest in the world, and it's what inspired Michele Gallant to start something similar in Calgary.

"My husband and I did [the] *Rocky Horror Picture Show* at Edmonton Fringe in 2004. We were walking around thinking 'why doesn't Calgary have something like this?' People had freedom of voice to be able to say what they want on stage," Gallant says. "So we started doing some research and everything on our end of things and we started the first festival in 2006."

Due to the nature of the festival, there are no headlining shows at the Calgary Fringe Festival. Shows range



An erotic slam poetry session will feature at Fringe. COURTESY CAMERYN MOORE

from improv bits like the foul-humoured *Improv Against Humanities*, to off-Broadway comedies like *P.S. 69* *A Teacher Grows in Brooklyn*, a piece about a substitute teacher who falls in love during a job at an elementary school. The latter was part of the first Calgary Fringe Festival 10 years ago, where it sold out despite the venue catching fire midway through the festival.

Gallant likes how the festival gives a stage to unorthodox acts.

"For me the highlights have always been the different variety acts that come to the Fringe," she says. "It's uncensored. [If you] give the audience disclosure about what you are talking about and don't break the law, go for it. I call it 'anything-goes indoor performance.'"

The festival will feature several events aside from the theatre pieces to celebrate their 10-year milestone. One is the Fringe Zone, which Gallant describes as an "outdoor vaudevillean venue" where buskers and artists will create a carnival-like atmosphere.

Other events include an erotic poetry slam open mic night and a screening of *On the Fringe*, a documentary that follows a fringe artist's circuit, including a stop in Calgary.

Since acts are chosen through a lottery, there's a wide range of talent and experience at the festival. Some artists are performing in their first show, while others are decades-long veterans of the fringe scene.

"It's non-restrictive. We don't care about your level of experience. It doesn't matter if you've never done theatre before or if you've done it a thousand times. You have just as equal of a chance of getting in because people's names go in a hat," Gallant says. "I think that speaks to a lot of people and opens their minds to the things they can do."

The Calgary Fringe Festival takes place at various local venues from July 29 to August 6. All box-office proceeds go to the performing artists.

For more information, visit [calgaryfringe.ca](http://calgaryfringe.ca)



## MUSIC FESTIVAL »

# Cécile Doo-Kingué gets political at Calgary Folk Music Festival

Ashton Chugh  
Gauntlet Entertainment

Cécile Doo-Kingué kicked a variety of musical asses during the 2016 Calgary Folk Music Festival. A returnee from 2015, Doo-Kingué's eclectic guitar and powerful vocals had Folk Fest faithfuls on their feet applauding as she finished her set on the main stage.

"It was nice to know that we impacted the audience and organization as much as they impacted us," Doo-Kingué says. "That was a beautiful thing to live."

While her stage presence suggests she was born with an innate ability to move crowds, Doo-Kingué comes from humble musical beginnings. Born in New York City, she now resides in Montreal where she attended a musical boot camp with the likes of Graham Chambers and Trevor Payne.

"They were strong personalities, but had huge knowledge in all their heads that they were willing to pass along," Doo-Kingué says. "But you had to be willing to get your ass kicked and do the work."

Doo-Kingué admits the success she enjoys now did not come easily. "It took a while," she says. "Nothing comes for free. Nowadays the notion of paying dues gets lost. We're used to instant gratification depicted on reality shows like *The Voice*, but that's not the way it works."

Many young musicians start out by first learning to express themselves through the mechanics of an instrument instead of learning where their inner music comes from, explains Doo-Kingué.

"It's very much spiritual," she

says. "A lot of us out there forget that it's more spiritual than technical. A thing that's true for any art is that it's transcendent to our understanding of our human shell. The reason so many of us can rally around a song or picture is because it's greater than what we understand or know, but yet, we find ourselves in it."

Doo-Kingué says finding one's social passion is a driver for their musical voice.

"As much as I love a good love song, at some point you have to look outside," she says. "For those of us with a platform, it's our responsibility to use our voice to create the change that we want to see."

Doo-Kingué's social activism includes speaking out against sexual prejudice in songs like "Blood Stained Vodka" and ending racial tensions in America on tracks like "Anybody Listening."

On the mainstage Friday night, Doo-Kingué's anti-Donald Trump sentiments were well-received.

"At some point you've got an audience who trusts you, so say something from making us go backwards 500 years," she says. "You got to speak up if you're fighting the good fight. It's too easy to shut the hell up, but if you do, you're a part of the problem and not the solution."

A well-developed social conscious can be a heavy task to undertake, but Doo-Kingué offers humbling advice.

"If you're an artist, it's a gift that the universe has offered you," she says. "None of us come out [as a] genius and everything's perfect. It's work. Once you understand that, get rid of your ego and realize that you are a conduit for something, then so many things open up."

## MUSIC FESTIVAL »



MELANIE WOODS

# The Lemon Bucket Orkestra jams at Folk Fest workshops

Melanie Woods  
Editor-in-chief

While mainstage headliners played to hundreds of tarpies under the sun at the 2016 Calgary Folk Music Festival, six side stages hosted dozens of concerts and collaborative workshops on topics ranging from the blues to "Mullets, Beards, Barrettes."

One of the highlights of the packed schedule came Saturday morning as members of Yemen Blues with Ravid Kahalani, Jerusalem in my Heart, Ayrad and the Lemon Bucket Orkestra came together for the "Ancient to the Future" jam session.

The multicultural workshop brought a packed crowd to their feet to sing along with the dozens of musicians — originating from Eastern Europe to Morocco to Israel — on stage.

Lemon Bucket Orkestra founder, vocalist and violinist Mark Marczyk says the workshop environment is where his group thrives.

"Even though we're a band that focuses on Eastern European traditions, the more definitive characteristic of our band is how we interact with one another, with musicians, with the audience, in spaces to bring them alive and celebrate whatever it is that that moment calls for," Marczyk says.

The Lemon Bucket Orkestra is a 16-member self-described "balkan-klezmer-gypsy-party-punk-super band." Marczyk says that while the group has worked with other bands in workshops before, every collaborative performance is a unique experience.

"There's something really beautiful about the voices coming out of this huge mass of people that present themselves and then sort of come back into obscurity or come back into the collective," he says.

In addition to instruments such as the sousaphone and darkbuka — a goblet-shaped drum — the Lemon Bucket Orkestra also features dancer and tambourine player Stefania Woloshyn. She says it's exciting to work with other groups that don't have dancers.

"There's all this trading off with musicians and everything," Woloshyn says. "I sort of find my own spot on the stage and I just try to dance the whole time and represent the music that I'm a part of."

Woloshyn says workshops have the potential to create magical moments.

"When you do get that it's amazing — when you have three bands on stage and you're interacting and you are moving forward and back and up and through each other," she says. "It

creates this special experience that the audience suddenly is captivated by."

For Marczyk, collaborations and workshops are about connection.

"It's a question for all audiences, it's a question for musicians, it's a question for performers, it's a question for festivals — what kind of world do you want to live in? Do you want to live in a world that's separated and there are boundaries between performance and interaction and being told and listening, or do you want to be in a participatory world?" he says. "I don't know if we have an answer to that, but we certainly ask the question with conviction every time we step on stage."

While the group passed through Calgary twice in recent months — they played during the 2016 Juno Awards in March — Marczyk says they don't have any immediate plans to return. However, he says the Calgary Folk Fest was incredibly welcoming.

"Every single place has its own unique space, and this space is an island — a beautiful, finely crafted park in the centre of a metropolis where you are in the city and you get that sort of immediacy of urban life, but you're in this park where you can escape and sit by the river," he says.

"We're really blessed that so many people came to listen to us."

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## DINOS SWIMMING »



COURTESY DAVID MOLL

# Former Dinos swimmer prepared to compete in 2016 Rio Olympic games

Emilie Medland-Marchen  
Sports Editor

After narrowly missing out on the 2008 and 2012 Summer Olympic Games, former Dinos swimmer Fiona Doyle is headed to Rio de Janeiro to compete for the Irish national team at the 2016 Summer Olympic Games from August 5-21. Doyle swam for the University of Calgary Dinos throughout her undergraduate degree and earned the title of CIS Academic All-Canadian while training full time. This week she sat down with the *Gauntlet* to discuss the highlights of her time in Calgary, her excitement for the Olympic Games and how she managed to come back stronger than ever after facing disappointment in 2012.

**The Gauntlet: Can you tell me about your career as a swimmer so far? How did you get to this point where you've made the summer Olympic team?**

D: My whole dad's side of the family swam. My granddad started a beginner swim club in my hometown back in Ireland. We were just put into swimming more as a life lesson than anything else.

At about 12 years of age I was watching the Athens Olympics and decided that I was going to go. I didn't know what it took to get there, but knew that it was a big deal and that it wasn't going to be easy, but if I swam fast, I could go. I decided I was going to go to the Olympics. I actually told my parents then and there that I should take a year off school so I

could train for the Olympics, and they sort of politely laughed and said, "You have to go to school."

**G: You almost qualified for the Olympics twice before. Can you tell me about coming back from that and how you regained your focus?**

D: In 2008 that was a little bit easier because I was young and kind of knew it was an outside chance of me qualifying. So it wasn't as difficult, and I was still in school so it made it a lot easier. But not making 2012 — I was absolutely devastated. I didn't even want to watch the games that year. I felt like I deserved to go and it was unfair. I tended to blame everybody but myself. It was really tough. I didn't want to swim that summer but I was kind of forced into it and I was very negative and didn't know how to get out of that hole.

If it wasn't for my family, I'm not sure if I would still be swimming. They sat me down and told me that things needed to change — I was giving maybe 85 per cent and in fact I needed to give 100 per cent if I wanted to go to the Olympics. It doesn't just get handed to you, you have to work for it. I thought more about it and realized there was a lot I could've done better. And I think I'm in a better position now than I would have been in 2012.

**G: Why did you choose to attend the U of C rather than a university in Europe for your swim career?**

D: I'd looked into the [United] States to train, and I decided against it because it usually goes one of two

ways — it goes really, really well, or it doesn't. And I know too many cases of it not going well. I felt like if I was going to move from home then it had to work. I was still looking to qualify for the Olympics and at the time I was making the decision I knew I couldn't afford for it not to go well and lose a year of training. U of C offered me a program, and I sort of knew the coaches and I knew about the background that U of C had with athletes. It seemed like an opportunity that I couldn't turn down. It was one of the best decisions I've ever made.

**G: Are there any highlights from your time at the U of C?**

D: Every CIS [event] is so much fun. In my first year we actually won CIS and that was amazing. We had a full girl's team and a full men's team. Both teams won it, and it was just fantastic to be in that environment. It was so much fun, getting to experience college and particularly because I didn't know anybody, coming into a family.

**G: You were recognized as a CIS Academic All-Canadian during your time here. How do you balance such an outstanding swimming career with student life?**

D: I struggled a lot in first year. Even though we speak the language in Ireland, it's still quite different. I would look at exams and know sort of what they were talking about, but because the [English] was different, I wasn't confident in what I was doing and I probably slacked a lot more than I should have. I picked it up a lot in third year, partly because my

scholarship depended on it. Going into third year after 2012 when I made the decision to become a better swimmer and a better athlete, I realized I couldn't do that without also being a good student. In order for swimming to go well, I had to put school ahead of everything else. I made the decision to make those two my priorities. As a result I felt like my training and my schooling went hand in hand.

**G: What is your approach to training? What do you do differently than other athletes?**

D: I'm very driven. When I show up to a workout I give 100 per cent all the time. I don't like excuses. So not showing up for a workout for me is not an option. I don't think there should be excuses. Every time a workout is on the board, I give it my all. I'm always looking to do better than before. I want to be the best so I try to train as the best.

**G: What are you most excited for in Rio?**

D: In one sense, it's coming too fast. It seemed so far away in 2012, but it seems like it's coming too fast now. And I don't really want it to end, so I wish it were a little further away. It's possibly the end of my swimming career, so I'm just looking forward to celebrating that fact — getting to go to the Olympics and be surrounded by a bunch of elite athletes and see how other sports work, how other athletes function. I'm excited to realize my dream, to stand up on the blocks and give it my all.

**G: Can you explain what it feels like reaching such a high level of sport and what it takes to get to that point?**

D: It's a lot of sacrifice. I think if you had told me at 12 years of age what it really took to get to where I am today, I wouldn't have jumped at the chance so quickly. I've grown a lot and learned a lot about myself, and I've become a much better person than I think I would have been without swimming and this journey. But you sacrifice a lot. There's a lot of heartbreak and tears, and it's a hard journey.

Not getting to go [in] 2012 was absolutely devastating to me. I felt like I deserved it because I had given up so much, but thankfully [now] I'm in the position that I get to go. But there's a lot of people that don't. There's a lot of people that train their butts off every single day and don't get to this level. And I think sometimes I tend to forget how much of an honour it is. I've always been goal-orientated and I think about what's next, and sometimes I forget and take it for granted how much it takes to get to this elite level.

**G: If you had one piece of advice for young athletes trying to make it to the Olympics, what would that be?**

D: Enjoy the process. I know people say that all the time, but if you're not happy it's going to be 10 times harder. If you enjoy the process, no matter what happens you're going to be proud of yourself.

Edited for brevity and clarity.



TRY THIS »

# Climbing high in the Kinesiology basement

Scott Strasser  
News Editor

Recent graduate Jodi Garvin has a slight fear of heights. But that fear hasn't stopped her from pursuing rock climbing at the University of Calgary.

"Even just going up there scares the crap out of me," Garvin said with a laugh. "I used to climb in junior high and was even on a team. Then I quit and now I just boulder."

We're hanging out in the basement of the Kinesiology complex at the U of C's bouldering wall. Garvin has just finished a bouldering session — climbing without the use of ropes or a harness.

After a long hiatus, Garvin started climbing again this spring. She said she enjoys the sport's mental and physical challenges.

"When I [was younger] it was so easy. I was good at it and it came naturally. Now it's hard," she said.

Curious, I recently decided to give climbing a try. I participated in a climbing camp when I was a kid, but this was going to be my first time scampering up a rock wall in many years.

I quickly learned that climbing as an adult and climbing as a kid are two very different things. As an energetic 10-year-old, I could climb up the wall at Mount Royal University 10 or 15 times in a single session. This time, I'm gassed after only 20 or 30 minutes. My forearms are tired and my fingers ache.

Rock climbing is one of the most intensive full-body activities you can do, as getting up the wall uses virtually every muscle group.

Nick Martin, one of the



The U of C's bouldering wall is located in the basement of Kinesiology A, behind the Jack Simpson Gym.

SCOTT STRASSER

climbing program coordinators at the U of C's Outdoor Centre, said climbing is about figuring out how to harness all of your body's muscles to move a certain way.

"The more you try to pull and force your way through a specific movement, the less efficient you actually are," he said.

Martin has been climbing for about 10 years, and seriously for about six. He's nursing an injury at the moment, but before that he was climbing at least four times a week.

Like Garvin, Martin said he enjoys the psychological aspect of climbing as well as the physical side.

"It's a combination of your

physical skills, your technical knowledge and your mental game," Martin said. "Part of that personal challenge comes from controlling your fear and making good decisions, especially as you move along in the climbing world. That fear management is a huge aspect of it."

Rock climbing at the U of C is a niche sport. Many students don't realize the university has the oldest public climbing wall in Calgary.

The U of C's 13-metre climbing wall was built in 1986. It definitely doesn't look as new as other facilities in Calgary, such as the climbing walls at MRU or the myriad of climbing and bouldering walls at

the Calgary Climbing Centre.

"The people who come here are loyal regulars," Martin said. "I wouldn't say it's the most popular climbing gym in Calgary. Most people don't think of the facility we have when they think of indoor climbing."

Despite its age, the U of C's climbing wall offers unique benefits.

While climbers still use the wall for recreation and practice, Martin said the Outdoor Centre is focused on teaching practical mountain skills. The centre offers many programs that help climbers transition from indoor to outdoor climbing, including crevasse rescue, multi-pitch and

crack-climbing courses.

"We [teach] all sorts of those skills that typically if you want to learn, you have to hire a guide, go outdoors and simulate them at a fairly high cost," Martin said.

For students interested in learning how to rock climb, Martin said bouldering is a good way to start.

The U of C's bouldering wall is set with new routes regularly. The wall only allows climbers to go a certain height, meaning there is minimal risk if you fall.

Students looking to climb the wall with ropes and a harness must first pass a belay test. The tests cost \$5 and can be taken Monday-Friday from 5:00-9:00 p.m. at the Outdoor Centre.

ATHLETE VOICE »

## Balancing life as a competitive short track speed skater

Anneke Pederson  
Short track speed skater

On the far side of campus, through the hallways of the Kinesiology complex and beyond the Outdoor Centre, lies one of the University of Calgary's most decorated athletics facilities.

Here stands the Calgary Olympic Oval, a building that has housed many of Canada's top Olympic athletes. Catriona Le May Doan, Cindy Klassen, Jeremy Wotherspoon. They're names you might recognize — and all of them made their mark right here on campus.

I made the move from St. Albert to Calgary at the end of high school to follow in their footsteps. I was ecstatic the day I found out that I had made the cut for the Olympic Oval's elite high

performance speed skating program. I had been a short tracker for most of my life, but nothing could prepare me for the amount of training and discipline it would take to get to such a high level of sport.

These days, I spend most of my time either recovering from a hard session or in middle of one, pushing my body to nausea and praying that the feeling will die down before the next set. Don't get me wrong, I'm thrilled to be here — how could I not be, now that I have a team of people ready to make sure that my body is mentally and physically prepared to perform every day? At this level of sport, the amount of dedication from coaches and other support staff involved in the program is incredible. And it's needed, too.

Short track speed skating is a sport that requires years of technical development. To most people on the outside, these athletes might seem closed off from the world. But that's mostly because of the amount of focus it takes to improve daily, and the kind of drive you need to push yourself beyond your limits.

Short track is not just a technical sport — it's a tactical one. If you come to a session unfocused you might as well not be there. Speed skaters train with five to 10 people on the ice each day, and we skate together in packs of about the same number. In races, it takes everything you have to keep from losing an edge while getting pushed around from all sides. And maintaining good form — which we call "basic position" — seems

impossible when your legs are aching from lactic acid buildup.

If you're skating in a pack or doing relays and your brain is out to lunch, someone could get hurt. And when you're practicing twice a day, six days a week, you're physically and mentally exhausted. I have so much admiration for my teammates who have been involved in this program for years while working or going to school — sometimes both. Most of us attend classes in between training sessions, decked out in workout gear and neon running shoes.

With all the hard work it takes to maintain the life of a student athlete, you might ask why we do this to ourselves, day after day, year after year. But the answer lies in the massive payoff after sacrificing so much.

It's the exhilaration of weaving through the pack to be in that top spot, the satisfaction of besting a difficult opponent or perfecting a technical component that has been slowing you down. It's finally finishing the final set of a hard workout, legs barely able to hold you up, surrounded by red-faced teammates patting you on the back saying, "we did it." It's seeing yourself grow, not just as an athlete, but as a person.

Because of this sport, I have learned more about myself and the ins and outs of what my body needs to perform at its best than I have doing anything else. And when it's time to hang up the skates, I know that these skills I've learned will help me get through just about any challenge I have yet to face.

But I've still got plenty of years of racing left in me.

