

GAUNTLET



VOL. 58 | ISSUE NO. 2 | October 2017

POLI-SCI PROF
TALKS MUNICIPAL
ELECTION

p.8

CALGARY WRITER
DISCUSSES MAGIC
OF COMIC BOOKS

p.23

EXPLORE ALBERTA
BACK-COUNTRY
WITH CAMPUS CLUB

p.34



**READ THIS
BEFORE
YOU VOTE**

pg.11



STUDENT'S UNION

OCTOBER 2017

Vote anywhere.



Make Your Mark.



Oct. 11 - 13, 2017
Vote online!
www.su.ucalgary.ca



FREE BREAKFAST



for undergrad and grad students
Tuesdays and Wednesdays
8:15 - 9:30 a.m. at the Q Centre



"Those lectures were a magical experience."

Nominate a marvelous teacher for a Teaching Excellence Award

Nominations accepted until Oct. 27
www.su.ucalgary.ca/tea



STUDENT ISSUES ARE CITY ISSUES.

THE MUNICIPAL ELECTION OCT. 16.
Pledge to vote before Oct 6th at su.ucalgary.ca/GOTV



HAVE A BRIGHT IDEA?

We're listening.



INFO AND APPLICATIONS CAN BE FOUND AT:
WWW.SU.UCALGARY.CA

QUALITY MONEY APPLICATIONS ARE DUE NOV. 24 @ 4PM



Participate in a showcase of exceptional undergrad research from all faculties.

Abstract submission by Oct. 25

Students' Union Undergraduate Research Symposium



Complete listing of student events, concerts and more:
www.su.ucalgary.ca/events



suuofc



Twitter: @GauntletUofC
www.thegauntlet.ca

Editor-in-Chief:

Jason Herring
eic@thegauntlet.ca
403-819-3453

News:

Tina Shaygan
news@thegauntlet.ca

News Assistant:

Justin Schellenberg

Opinions:

Jesse Stilwell
opinions@thegauntlet.ca

Arts & Culture:

Matt Hume
arts@thegauntlet.ca

Arts Assistant:

Thomas Johnson

Sports:

Christie Melhorn
sports@thegauntlet.ca

Humour:

Derek Baker
humour@thegauntlet.ca

Photo:

Mariah Wilson
photo@thegauntlet.ca

Digital:

Nikayla Goddard
online@thegauntlet.ca

Volunteer Coordinator:

Trevor Landsburg
volunteer@thegauntlet.ca

Graphic Artist:

Samantha Lucy
graphics@thegauntlet.ca

Business Manager:

Kate Jacobson
business@thegauntlet.ca

Contributors:

Devin Aggarwal, Joie Atejira, Gloria Beltran, Taylor Benn, Samuel Cheffins, Bradley Dezall, Mackenzie Ens, Jill Girgulis, Frankie Hart, Daniel Huss, Miriam Johnston, Ian Kinney, Emily Macphail, Ashar Memon, Gayathri Peringod, Mathew Reimer, Tanvi Sankar, Kent Wong, Rachel Woodward

Golden Spatula:

Justin Schellenberg

This month's award goes to our new News Assistant. We're stunned he stuck around after seeing our under-construction office last month. We only had to tell him not to touch the exposed electrical wires a few times. Though we still see him eyeing the electric sockets with a pair of scissors, we're excited for his work.



"Wait, you guys get paid to do this?"

19



Editorial

4 Students have no excuse not to vote in the municipal election

News

5 September news recaps

7 #IBelieveYou campaign returns to campus

8 Political science professor gives municipal election run-down

Features

11 Who's running in the 2017 Calgary municipal election?

Opinions

18 Greek societies shouldn't be SU-registered clubs

19 The new Flames arena is all politics



34

Arts & Culture

23 Calgary comic book artist talks new mini-series

26 Neck of the Woods return to town with raucous show

27 Campus Style: Autumn edition

Sports

31 Intramurals offer alternative athletic experience at the U of C

34 Escape stress at U of C garden

36 Marijuana 101

37 Recipe: pumpkin spice pancakes

Humour

39 Calgary installs \$1.2-million invisible public art piece

40 First-year student still lost

44 Crossword: Autumnal alumni

Furor Arma Ministrat

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

The Gauntlet is the official student publication of the University of Calgary, published 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 process that requires written decisions from the Editor and the GPS Board of Directors. The complete Grievance Policy is online at thegauntlet.ca. The Gauntlet offices are located on Treaty 7 land.

The Gauntlet is printed on recycled paper and uses an ink made of harboured resentment. We urge you to recycle/unironically watch Young Sheldon using the Gauntlet.

Letter Policy

Letters must be typed, double-spaced and must include the author's name, email address and title. 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 400 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 Samantha Lucy

Advertising

The Gauntlet's local and national sales are managed by FREE Media, an agency representing the campus press in Canada. View our Ad Sheet online for rates and publication dates. Questions about the Gauntlet's ad policy can be directed to Ron Goldberger at 403-607-4948 or online at yyc@f-media.ca.

There's no excuse to not vote in this municipal election

Calgarians are heading to the polls on Oct. 16 to vote in this year's municipal election. Citizens will cast votes for candidates they'd like to see as their mayor, Ward councillors and school board trustees. This will likely be the first municipal election many University of Calgary students are eligible to vote in, since the previous election was in 2013.

This election is especially important because of the impending challenges the next city council will face. The city's recent economic downturn has resulted in a high commercial vacancy rate, especially in the downtown core. This means less tax revenue is being collected from commercial taxes. It is projected that the city is dealing with a \$170-million shortfall in 2018. This shortfall poses a substantial challenge for city council, so electing candidates with priorities that citizens deem important will be crucial when the inevitable budget cuts are made.

The importance of some issues and priorities will vary from person to person. Issues like secondary suites and public transportation are often touted as the most important to students. Though these issues are pressing, this is still a very narrow view of what constitutes a municipal "student issue." The decisions Calgary city council makes could shape the city into a place students are glad to call home. We'll also hopefully graduate into an economy that is hiring.

Local government policies arguably have a more tangible effect on the daily lives of citizens than other levels of government. Municipalities like Calgary set policies for services like infrastructure, waste management, utilities, transportation, social assistance programs and public safety. The day-to-day functions of the city make your participation in the municipal election all the more important.



Don't decide to vote for a candidate because of a single trivial issue like public art or street cleaning in the spring. Understand and critique their entire platform before casting your vote.

You can find information about the mayoral and councillor candidates' platforms in a variety of ways. Most candidates will use some sort of online platform to distribute information about their candidacy. Attending a debate or forum featuring your Ward's candidates is a great way to see what they will bring to city council and how they conduct themselves with others.

Also, read our election coverage in this issue. We've interviewed Calgary's candidates contending to be mayor and Ward 7 councillor — the Ward where the U of C main campus is located and where many students live.

If you are not able to vote on Oct. 16,

there are still plenty of ways to exercise your democratic right. Applications for mail-in ballots may be made online, over the phone, faxed or in person at the Elections and Census Office near Deerfoot City. Additionally, voters may cast their ballots early at advanced voting stations, which are open from Oct. 4–11. There isn't an excuse for not voting if you are able to, so don't be lazy about getting your ballot in.

No vote means no opinion. Not everyone has to be a political scientist to take an interest in elections. It's a civic responsibility to vote, so do yourself and your fellow Calgarians a favour by educating yourself on the candidates and marking off on your ballot who you'd like to see in City Hall.

Derek Baker
Gauntlet editorial board

Around campus this September

Recap by Ashar Memon
Photos by Mariah Wilson



The Council of the Alberta University Students announced its advocacy priorities in early September. They include affordability of post-secondary education, addressing deferred maintenance costs and tying tuition increases to the rate of inflation.

University of Calgary faculty and administration, members of the Students' Union, Q Centre and Queers on Campus club were among the 20,000 attendees of the 27th annual Calgary Pride Parade.

Paintings celebrating Calgary Pride on the campus Rock were vandalized the morning of Calgary Pride Parade before being painted over by the Orientation Week team later that afternoon.

Free menstrual hygiene products became available to all U of C students at the SU main office, the Q Centre and MacHall Info Centre as the SU becomes one of the first Canadian student unions to implement the program.

Minister of Advanced Education Marlin Schmidt said the U of C will receive approximately \$1 million for the next three years for mental health funding

at an announcement at Bow Valley College.

Starting this semester, the UPass will change texture if removed, as Calgary Transit and post-secondary institutions crack down on students selling their stickers.

Changes will be made to the Quality Money process. Among the changes are that the U of C administrators will receive a binder of projects at the same time as committee members in order to provide feedback to the committee. The committee will then delegate approximately \$2 million to projects improving campus life.

Over 200 SU registered clubs returned to the MacHall courtyards for Clubs Week, a semi-annual event allowing student organizations to recruit new members.

The U of C, the SU and the Graduate Students' Association hosted nine candidates for the second mayoral forum of Calgary's 2017 municipal election. Over 400 people attended the event, which was emceed by Tara Nelson of CTV. The

forum was streamed online.

Calgary-Confederation Member of Parliament Len Webber agreed to present a petition by U of C students of ONE Campaign. The petition asks the Canadian federal government to double its funding for international efforts on women and girls' education, particularly in Africa.

Students' Legislative Council provided an update on the MacHall Defence Fund, stating that \$518,887 of the total \$850,000 has been used to date.

The SU announced they have been receiving payments from rent cheques collected by the U of C as the lawsuit over ownership of MacHall between the two parties continues.

CORRECTION »

In an article titled "Campus Etiquette" in the *Gauntlet's* Frosh issue, it was mistakenly reported that the law library is only open to law students. That is incorrect. The library is open to all U of C students. The *Gauntlet* apologizes to its readers for this error.

U of C engineering graduates meld calligraphy, technology with local fashion company



Story by Nikayla Goddard
Photo by Mariah Wilson

Five months after graduating, two University of Calgary Schulich School of Engineering alumni started a business atypical of their field. Odai Almoqadam and Raied Aburashed run Harf Design, a clothing company that explores the intersection of technology, art and design.

Almoqadam, a mechanical engineer with an entrepreneurship and enterprise development minor, and Aburashed, a biomedical engineer and with an interest in material science, started the company following Almoqadam's idea to incorporate his love of calligraphy into clothing.

"It's a way to literally bridge cultures and embrace the diversity that we have in Canada. Calligraphy, fashion, technology, whatever you want to call it, it's all just a medium for us to express this diversity," said Almoqadam.

Aburashed was instantly hooked on the idea after a phone call from Almoqadam. Together, they formed Harf Design. Harf, which means 'letter' in Arabic, is a reflection of the business's calligraphic inspiration.

While their business began as a Kickstarter campaign that faltered before meeting its goal, Almoqadam and Aburashed have since grown as entrepreneurs and designers. Now, they are running a successful — and growing — company.

One challenge the team is facing has been receiving feedback.

"Friends and family will always be the first to support you. But at the end of the day, you need people who are very critical — people who are going to challenge your thoughts," Almoqadam said.

Harf Design's future plans include ideas like wearable technology, according to Almoqadam. For example, he sees the fashion industry utilizing concepts like wearable pajamas prescribed for people who need their heart rate or tem-

perature tracked overnight. Information could be collected and sent to the doctor, allowing the patient having to stay at home rather than a hospital for monitoring.

Almoqadam said he thinks there aren't enough entrepreneurs in Calgary willing to experiment and take risks in starting their own business. He sees the oil and gas economic downturn in Calgary as a blessing in disguise, as more people turn towards creating their own businesses.

"The University is probably the biggest place that could help in producing more people that are into entrepreneurship," he said. "Why can't [Calgary] be the next Silicon Valley? Why can't we be the next hub for new businesses that could transform and disrupt different industries?"

Exploring wearable technology and continuing their calligraphy-based clothing line are long-term goals for Almoqadam and Aburashed. In the meantime, Harf Design was a participant in West Canada Fashion Week in Edmonton in September.

#IBelieveYou campaign returns to University of Calgary campus

Story by Tina Shaygan

The University of Calgary took part in the province wide #IBelieveYou campaign for its third consecutive year. Initially brought to campus by the Consent Awareness and Sexual Education club, the campaign now includes the Students' Union, the U of C administration and the broader campus community.

The campaign was started three years ago by the Association of Alberta Sexual Assault Services with the goal of creating awareness of the importance of saying "I believe you" when someone discloses their experiences with sexual assault.

SU vice-president student life Hilary Jahelka was present at launch campaign on Sept. 8. She emphasized the importance of cultivating a culture of believing on campus.

"We know that one in four women will be sexually assaulted during their time in university or college. We know that when someone discloses, they're most likely to disclose to a close family or friend and that they're also most likely to disclose to a fellow student," Jahelka said. "We're equipping our students with the message, 'I believe you, it's not your fault' to help those who come forward start their healing journey."

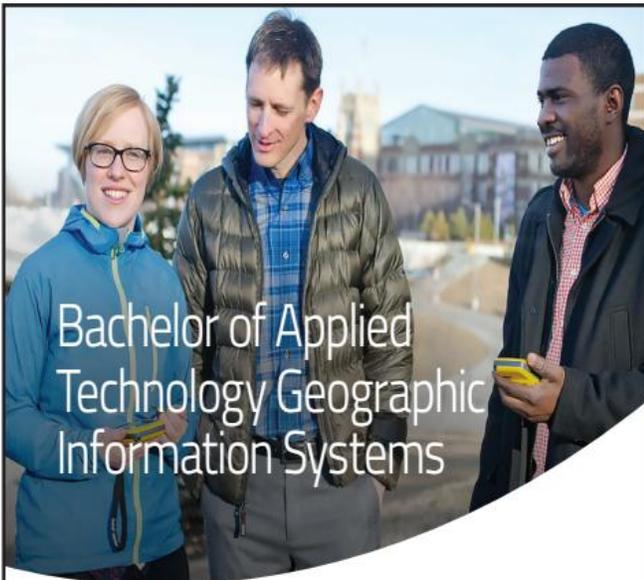
The on-campus campaign ran until Sept. 15. It included information booths as well as a graffiti wall in MacHall courtyard for students to add their support. This year's campaign theme was "Add Your Voice."

"The focus is 'Add Your Voice,' in terms of adding your voice to support survivors and showing that you're part of the

movement. We're really encouraging all students to add their voice, to sign the wall and show their support for survivors," Jahelka said.

The U of C also showed their support for the campaign.

"We are proud to once again participate in the #IBelieveYou campaign and join others across the province in helping to create a culture of believing. This past year, we approved our standalone sexual violence policy, introduced a sexual violence support advocate and increased training, education and awareness about sexual violence," U of C provost Dru Marshall wrote in a statement. "Increasing understanding of issues around sexual violence and showing support will help to create a safe environment for all members of the campus community."



Bachelor of Applied
Technology Geographic
Information Systems

Hands-on Geographic Information Systems (GIS) training in one of the fastest growing sectors of information technology.

sait.ca



STUDENTS! STARVE NO MORE!

ALL YOU CAN EAT TUESDAY



Hey Big Eaters! Dig into All the Wild Alaska Pollock and Chips that you can eat - Only \$15!

TACO THURSDAY



It's a Taco Fiesta! Fill up on our amazing Fish Tacos each and every Thursday - Only \$16

2120 Crowchild Tr NW
Calgary, AB 403.284.4968





U of C political science professor talks urban politics ahead of October election

With Calgary's municipal election only a few weeks away, campaigning is in full swing, leading to an overflow of information on everything election-related. The *Gauntlet* sat down with University of Calgary political science professor and urban politics expert Jack Lucas to discuss how municipal elections work, what to look for and how students can get involved.

Interview by Tina Shaygan. Photo by Mariah Wilson

The Gauntlet: What do you think are the most important issues of this election?

Jack Lucas: There are a lot of really big, important issues that the next city council is going to have to make decisions about. It's everything from basic revenue decisions on taxes — where they're going to get their property tax revenue from, given the huge vacancy rates in downtown real estate — to the arena decisions. How much should the city assist in building the arena, how should the revenue-expenditure structure be set up? And the Olympic bid — we're talking about hundreds of millions of dollars of possible city investment in that.

Really, the big thing is the economy. You have tens of thousands of people who have faced job losses. What the city should be doing in the face of those serious economic constraints and what the role of a municipal government is in the midst of all this are big issues.

Gauntlet: What do you think the role of municipal government can be in helping the economy, given their jurisdiction?

Lucas: There's a revenue side and an expenditure side. One side of the story is that the city gets its revenue from property taxes. When a quarter of the downtown commercial real estate goes vacant, there is a massive hole in the city's property tax revenues that has to be made up from somewhere else. This year, what the city did was use roughly \$50 million from its reserve fund to cap that property tax increase at five per cent. That's not something they can do forever and they'll have to make a decision on what they're going to do going forward.

One thing the city is involved in is economic development — attracting business, diversifying business that's already in Calgary and bringing companies to Calgary. That's something that cities have always been involved in and continue to be involved in. And for people who are out of work and are really hurting, the city is involved in different kinds of social policy and that includes things like discounted transit fares, discounted fares for recreation and other services. You can see the discounted transit fares have been used much more than expected. The city is also involved in

various ways in things like homelessness and poverty. It's not the primary player in those fields, but it's involved.

Gauntlet: Generally, how do you think Calgarians vote? What is their electoral behaviour like?

Lucas: The answer is, unfortunately, that we don't actually know all that much. But I can tell you a little from the broader research on Canadian municipal voting, which is that in cities, you don't have political parties for the most part and voters can't use that as a shortcut to making a voting decision. What often happens then is that it's very common that people don't vote. Turnout rates are very low in municipal elections and it's very common that people vote for the incumbent. Voters don't have all that much information. They don't have the information party affiliation gives them, they don't have all that much information about what the councillors have done. It's hard to find out. There is less media coverage of municipal politics. It's really hard to tell what kind of issues councillors support. What do they vote for? What do they vote against? What do they advocate for on council? Even for us who study this stuff, it's hard to figure out.

Gauntlet: Do you think there are advantages or disadvantages to not having political parties at the municipal level?

Lucas: Advantages are, as I mentioned, political parties provide voters with a really useful bit of information. You can see it in Vancouver where there are local political parties. The research shows that voters use that information to make their vote choice. They understand what the parties broadly stand for and they factor that into their decisions. You can see it in effect in things like incumbency rates, which are a little lower in Vancouver. It also affects turnout. Turnout is higher, at least in the American research.

On the other hand, people don't like partisan bickering. They don't like making everything into a partisan ideological issue. There is pretty good political science research that shows that, in fact, it is true that parties do produce this endless bickering — even over things that are not ideological in nature. Elected representatives are more free to make decisions based on their own

best judgement or what they think their constituents want. And that's a real argument against political parties. You can think of good arguments on both sides.

Gauntlet: What are some of the issues students should be looking out for?

Lucas: That's a question I should be asking you! Transit and secondary suites are certainly important issues. Here is something that everyone — and students — should remember about municipal politics, which is that decisions are made by a majority vote of city council. Because of this, it's essential for students, and everybody, to remember that ward races are really important. It's not just all about the mayor or a ward. If one ward changes, if a councillor is replaced with someone with different persuasion on issues like transit or secondary suites or anything like that, then the balance of power on council can shift. I think that it's really important to get a sense of where the ward-level candidates stand.

Gauntlet: Do you have any advice for students who want to get involved with the municipal election?

Lucas: One of the best things about municipal politics is that you can get involved and very quickly be very involved. You can one day be volunteering on a campaign and the next day you're running the fundraising or are head of the volunteers. One thing that I've found as a researcher — and that is what's great about municipal politics — is when I want to go talk to people about municipal politics, they're always very willing to talk. They're willing to share their experiences and they're willing to I think embrace keen, energetic people who want to get involved. There's lots of opportunities to volunteer, to go door-knocking, to get to know the city and really see what people care about when they open up their door and talk to you about issues. Students are very good at the online engagement and I know candidates in other cities who have found their best volunteers by getting tweeted at. There will be real opportunities to get involved. It could be anything. Just dive in.

.....
Edited for clarity and brevity

Students' Union president launches Consultative Task Force

Story by Justin Schellenberg
Photo by Mariah Wilson

Students' Union president Branden Cave is starting the President's Consultative Task Force (PCTF) in an effort to connect the SU to more groups around campus. The initiative was one of Cave's platform points in the SU general election last March.

PCTF will consist of 10 representatives from student stakeholder groups and 10 students-at-large. A student stakeholder group is defined as a body meant to represent a subset of the general student population.

Cave expressed that he understands there will be crossovers between students from targeted stakeholder groups and students-at-large.

"I don't think is going to be quite as clear cut," he said. "The goal is, basically, 20 students from outside the SU."

Cave directly contacted certain campus groups including the Dinos, Leadership and Engagement Office and Women's Resource Centre.

"Think of it essentially as a focus group," Cave said. "An opportunity to provide our students another avenue in having their voice heard within the SU."

The main goal of the PCTF, as described on the SU website, is to have all students on campus feel that they are being considered in the decisions made by the Students Legislative Council and to better inform SLC on the diverse perspectives at the university.

Cave said the new task force will provide the SU with students' feedback from different cross-sections of campus than is already present in SLC through faculty representatives.

"I want to make sure SLC has the information and input from students," Cave said. "That way, when we make a decision in SLC, [faculty representatives] can consider that feedback in addition to their own perspectives."



Among the groups Cave hopes to include in the task force is the Scholars Academy — a program that provides individual support for high-achieving undergraduate students.

Scholars Academy program assistant Caillie Mutterback said they already feel well connected to the SU.

"We have a fairly good working relationship," Mutterback said. "Last year we had a number of students who were actually on the council."

Those members sat on the Senate and served on SLC as science, arts and kinesiology faculty representatives. This year, five members of SLC are part of the Scholars Academy. Cave himself is a member of the group.

"While there is no official relationship, I would say that we do get a lot of the same information, and we share a lot of the same values," Mutterback said.

While there may already be many connections between the Scholars Academy and SLC, Mutterback believes their members should still serve on the new task force.

"The students who are in the Scholars

Academy generally tend to be very active," she said. "If you've got questions about what direction the university should go in, I think that they'd certainly have something to say."

Another group contacted for the PCTF is the Q Centre. Margaret Patterson, one of the co-chairs of Queers on Campus Club, said they believe the task force is a good idea because they would like to see more open communication between SLC and students.

However, Patterson said the PCTF needs to be made an inclusive and safe place.

"If they want to make it inclusive, it really depends on who they choose to pick," Patterson said. "My biggest hope is that it provides students with a chance to say what's going on."

Patterson added it might be better if individual students were to join the task force instead of having representatives from clubs.

"You want to hear people's personal experiences," Patterson said. "It can be kind of daunting to try and speak on behalf of people that people assume are exactly like you. You don't want to tokenize people."

Applications for PCTF closed on Sept. 30.

2017 MUNICIPAL ELECTION

Every four years, the City of Calgary holds an election for the mayor, councillors and school board trustees. We reached out to candidates for mayor and for council in Ward 7 — the ward the University of Calgary is located in — to find out a bit more about their candidacy. We asked each candidate the same slate of questions, including why they are running and what they think are the biggest student issues of the election.

We spoke with eight of the 10 candidates for mayor and all five candidates for Ward 7 councillor. We were unable to reach mayoral candidate Stan “the Man” Waciak. We also chose not to contact to mayoral candidate Larry Heather. These profiles are meant to inform — read them, but also research candidates, watch debates and ask them questions yourself.

Profiles by Jason Herring and Tina Shaygan. Photos by Mariah Wilson.

JASON ACHTYMICHUK MAYOR



Jason Achtymichuk has worked as a visual artist for 20 years, making art in Calgary and Los Angeles under the name Jason Gogo. He says his experiences negotiating with clients, galleries and sponsors give him the skills required to be mayor and adds that he was inspired to run after not being satisfied with the slate of mayoral candidates.

“It’s not really interesting, no one’s saying anything different, it’s just a bunch of back and forth arguing,” Achtymichuk said.

Achtymichuk says his main concern is that “stagnation on city council leads to voter apathy.” He points to secondary suites, the Green Line LRT and flood mitigation as examples of things that the city hasn’t made enough progress on, something he blames on incumbent mayor Naheed Nenshi.

“We’ve gone through two city councils and they can’t agree on anything. I’m starting to think the common denominator may be the mayor,” Achtymichuk said.

The rest of Achtymichuk’s platform

surrounds increased public art funding and leadership on council. He wants to approve the Green Line, which was greenlighted for a first stage of development in May, for full development. Achtymichuk also wants to rotate through council members to decide who chairs city council meetings, a decision he says will help build a team.

Public transportation and public art are the election issues that will most affect students, says Achtymichuk. He says that public art makes Calgary a more appealing city to international students and says it is one of the city’s most important assets. He also wants the city to finalize legislation that would legalize secondary suites.

Overall, Achtymichuk feels that voters did not have enough good options for a mayor and thinks that the vote will come down to a field of five candidates, including himself. He also noted that his entire campaign will take place on social media, with no pamphlets or door-knocking.

“I CAN’T SELL HALF A PAINTING AND I FEEL LIKE THE MAYOR IS SELLING ME HALF A PAINTING.”

ANDRE CHABOT MAYOR



No mayoral candidate has more experience on Calgary city council than Andre Chabot. He has served as Ward 10 councillor since first winning the seat in a 2005 byelection, though his mayoral aspirations are nothing new — according to Chabot, he planned to run for the top post twice, but decided against it both times, citing not wanting to split votes in 2010 and feeling unable to win against the popular Naheed Nenshi's re-election campaign in 2013. Before entering politics, Chabot worked in construction and electronics. He has also held posts within the federal Conservative party.

Chabot's platform heavily reflects that fiscal conservative background. He thinks the city is spending too much money on capital projects like the Green Line LRT and says Calgary should push for more funding from provincial and federal governments.

"I DON'T THINK WE ARE TRAVELING DOWN A PATH OF FINANCIAL STABILITY."

He also emphasizes that he would not raise taxes if he was elected mayor.

Beyond money, Chabot lists respect and changing Calgary's City Charter as his main platform points. He says that he thinks council has been disrespectful towards citizens, placing the blame on incumbent mayor Nenshi, saying that he "shows disrespect to people who aren't of the same opinion as him."

When asked about the biggest issues facing students this election, Chabot named affordable housing and affordable transit. Chabot said he had voted favourably for secondary suites in the past, but he has voted against proposals like a 2015 bid to allow secondary suites in inner-city wards. Chabot put forward a motion this July that proposed to fine those who listed illegal secondary suites for rent and create favourable zoning for secondary suites near post-secondary institutions.

Chabot thinks his biggest strength is his knowledge and experience.

"With the exception of Nenshi, all the other candidates have absolutely zero experience, zero knowledge of the city's financials," he said.

We had to cut off many candidates we spoke with mid-interview because of the length of their answers. That wasn't a problem for Brent Crisholm, who blew through our slate of questions in just under five minutes. Crisholm grew up farming and now works in the oil and gas industry. He's proud of his upbringing, in which he worked delivering newspapers and mowing lawns.

Crisholm is succinct about his reasons for running for the city's highest post — "I want the politician to be held accountable to the people," he said.

His platform is similarly compact. Crisholm stressed that he wants wages for members of city council to drop significantly, stating that he'd take the mayoral salary down to \$84,000 per year from the current \$212,000 per year. He also says he wants community associations to take a more active role in municipal politics. Crisholm also mentioned that he was interested in

looking into disciplinary action, like job termination, for councillors who are not doing a good enough job.

When it comes to students, Crisholm says the rising cost of tuition coupled with the rising cost of housing is a problem. But his biggest complaint lies with parking services on campus. He wants the University of Calgary to build a new parkade that can park "at least 2,000 vehicles for \$30 a month."

"What makes me very ill is the cost to park a vehicle at the university. You may as well be making a mortgage payment," he said.

Crisholm's biggest problem with incumbent mayor Naheed Nenshi is the handling of the Calgary Flames arena dispute. He said the problem needs a creative solution. He proposes building the arena on private land outside city limits. Crisholm adds that the city could also build auto-racing facilities at the same location in order to attract NASCAR sport to Calgary.

BRENT CRISHOLM MAYOR



"YOU SHOULD BE DOING IT FOR THE PEOPLE, NOT FOR YOURSELF."

Emile Gabriel was born in Egypt and moved to Canada at a young age. He grew up in poverty after his father passed away when Gabriel was 12, an experience that he says gave him the perspective necessary to run Calgary.

"I understand suffering because I lived it. I understand struggle and that's part of what's qualified me to run, because we're suffering today because of the economy."

Beyond his upbringing, Gabriel points to his education as a qualifying experience for the job. He has a degree in civil engineering and recently completed a PhD in management at the University of Calgary. He has worked in consulting and management.

Gabriel's platform starts with a vow to implement term limits for members of city council. He wants a two-term maximum under normal conditions, but says a third term could be allowed if enough of the electorate votes to allow the candidate to run again. He says this would ensure councillors are re-elected for "their honest work for their communities, not the money people pay to support them."

The other points on Gabriel's platform are

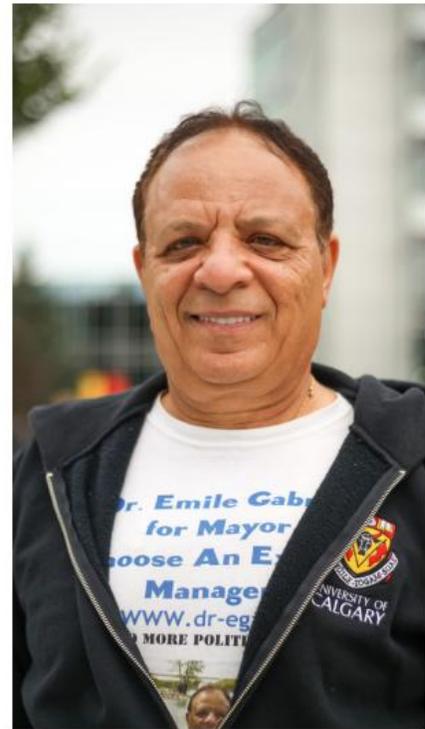
direct democracy and leadership by example. For the former point, he wants councillors to seek more consultation from citizens before they make decisions. On the latter subject, Gabriel says he wants to cut his salary in the first two years of his term to make salary cuts more palatable to other members of council.

Gabriel identified secondary suites as the biggest student issue of the election. He wants to make the process for secondary suite approval administrative, instead of on a case-by-case basis before city council. He also proposed buying hotels near transit lines to repurpose into student housing.

In a crowded field, Gabriel says he stands out because he's "the only candidate that has the experience." He refers to his knowledge of urban planning and extensive education as factors that make him fit to be the city's mayor.

"I SEE THIS AS A JOB. I'M APPLYING FOR A JOB, AND I HAVE THE EXPERIENCE."

EMILE GABRIEL MAYOR



DAVID LAPP MAYOR



David Lapp bills himself as the millennial candidate. At 33, he's the youngest person running for mayor. Lapp currently works in the non-profit sector. After receiving 3.8 per cent of the vote for Ward 8 councillor in 2010, Lapp decided to run for public office again in order to "represent marginalized communities" and engage in "community consultation."

The first point on Lapp's platform emphasizes fiscal conservatism. "It's the citizen's money," he repeated, saying that he thinks city council spending on things like public art is exorbitant. His platform also included public safety and leadership on council. Lapp pointed to his position as the fourth child in a family of six as evidence of his ability to work through conflict and disagreements.

"I had to be a diplomat, I had to be a peacekeeper," Lapp said. "And I think this council definitely needs a peacekeeper."

On student issues, Lapp brought up a plan for secondary suite legislation. He said that he would not advocate for blanket approval of suites throughout the city because he does not think it would

pass council. Instead, he wants to rezone the city for secondary suite development through individual plebiscites for each ward.

"We need to find reasonable solutions to these ongoing problems," Lapp said.

He also brought up the cost of tuition, something under the jurisdiction of the provincial government. Lapp recognized this, saying he would talk to Members of the Legislative Assembly to advocate for lower tuition. He also said that he thinks transit should be more easily accessible to students, especially international students who do not know the city's geography.

Lapp said he wants to govern differently than incumbent mayor Naheed Nenshi, who he says is "disconnected and arrogant." He added that his leadership style will help the council reach decisions on topics that have previously been divisive.

"POLITICS IS A VEHICLE FOR WHERE WE WANT TO GO."

NAHEED NENSHI MAYOR



Prior to his election as Calgary's mayor seven years ago, Naheed Nenshi worked in the private sector for a management consulting firm, worked in non-profits and taught at the University of Calgary and Mount Royal University. He is a U of C alumni and completed his master's degree at Harvard.

Nenshi's platform is focused on the economy and continuing the projects he worked on as mayor. He said he wants to make sure projects that started during his term, such as the Green Line LRT, are able to finish as planned. He is also running the idea of embracing diversity in Calgary during a time when he says racism, sexism, homophobia and bigotry are on the rise.

"It's been my great honour for seven years to speak out as a voice against these things and as a voice for pluralism and diversity and opportunity for every single person to live a great life," he says. "At this time in history, voices like that need to get louder."

On student issues, Nenshi says he is

focused on creating a city and an economy where graduates can start their career. He also added that secondary suites and transit are particularly important to students.

"There are 35,000 Calgarians — many of them students — living in illegal, unregulated suites and I think that's immoral and unethical," Nenshi says.

Nenshi added that he sees the lack of secondary suites legislation as his biggest failure as mayor but that a new council has a chance to make it right.

"Secondary suites are actually part of a broader concept of safe and affordable housing for everyone," Nenshi says. "Right now, far too many students are living in illegal, unregulated suites and it worries me."

Nenshi says his goals stem from his love for the community.

"I've always been raised with the requirement to serve and the fact that I'm able to serve at this level is something that is really humbling for me," he says.

"I LOVE THIS CITY, I LOVE THIS UNIVERSITY. EVERYTHING I DO COMES FROM THAT."

Curtis Olson is a Calgary Police Service officer, a role he's been in since 1999. He's currently a graduate student at the University of Calgary Faculty of Environmental Design studying urban planning. He says his experience and knowledge about city budget and policy are among the reasons he is running for mayor.

The primary point on Olson's platform is governance. He says he plans to cut the city's operating budget by five per cent without affecting ongoing services. He also stressed that he wants the city's decision-making to be informed by data. He also wants to be open to tech startups like Uber.

Olson repeatedly emphasized having "a united council" with "open governance" for working-class Calgarians. He also notes that

"OVER MY ENTIRE CAREER, I'VE BEEN COMMITTED TO BEING PROFESSIONAL AND RESPECTFUL."

he's only taking what he calls a symbolic donation of \$20.17 — a nod to the current year that he says demonstrates his refusal to be influenced by big money.

"Anyone who accepts thousands of dollars — and they all have — not any one of them can say that they're for Calgarians or for students," Olson said.

Olson identified transit accessibility and housing as the two biggest issues facing students. He said the city needs to increase the amount of data they collect on transit ridership in order to better make decisions on what services to expand. For housing, he blames incumbent mayor Naheed Nenshi for the city's stagnation on secondary suite legislation, which he says "speaks to a lack of leadership." He says he plans to make progress on secondary suites by working in tandem with councillors.

Olson ended his interview by attacking Nenshi, saying that he just plans to get re-elected and that issues like secondary suites show the current mayor's "failing leadership."

"I think you can expect to see some change," Olson finished. "But it's not going to be with the current group."

CURTIS OLSON MAYOR



Bill Smith wears his Calgary pride on his sleeve, flashing his Vanier Cup championship ring that he won while playing with the Dinos football team in 1985. He completed both an undergraduate in physical education and a law degree at the University of Calgary and sat on the U of C board of governors for three years. He has worked as a firefighter and now owns a law firm. Smith says he set his sights on becoming mayor as a way to serve the city. He also said he wants to help transition Calgary away from economic reliance on oil and gas.

Smith started his platform by asserting that he would bring collaborative leadership to council, something he says has been absent in the seven years that incumbent mayor Naheed Nenshi has been in office. He also mentioned fiscal management and public safety as other focal points. He wants to make budget cuts but is adamant that those cuts won't result in reduced police service.

Transportation and employment are the biggest issues facing students, according to Smith. He says that existing transit infrastructure isn't welcoming to non-central campuses like the U of C and Mount Royal

University. He also wants to make it easier for students to find work after they graduate by lowering taxes and regulations for Calgary businesses.

Smith recognizes secondary suites as a vital part of transitional and student housing and wants to find a way to get more illegal suites registered with the city. He plans to do this by talking with councillors and reaching a compromise.

"You have a number of RI communities that don't want secondary suites, and I have some empathy for that, but we also have people who need housing," Smith said. "How do we find a compromise there?"

More than anything, Smith emphasized that he wants to talk with members of council in order to create a list of priorities and ensure that everyone is working together towards the same goals.

"THERE'S BEEN A VACUUM OF LEADERSHIP WITHIN CITY HALL."

BILL SMITH MAYOR



MARGOT AFTERGOOD WARD 7



Margot Aftergood has a degree in urban planning with experience as a commercial insurance broker. Aftergood was briefly Ward 10 alderman in 2004, but she resigned amid allegations that her campaign team stuffed ballot boxes. She said she was waiting for her children to graduate from university before running again.

Aftergood distinguishes herself as the only fiscally responsible candidate in the race.

"I have a pink sign but I am the only conservative," she says.

Aftergood said she sees a disconnect between city council and Calgarians, saying citizens are frustrated with not hearing back from councillors and a lack of consultation.

When asked about student issues, Aftergood said the UPass was priced unfairly, substantiating her argument with data from the *Gauntlet*. However, she was mistaken on many details about the UPass.

Aftergood was the only candidate to mention the property taxes that U of C residence buildings pay. Last year, students living in U of C residence buildings paid, on average, \$225 in property taxes. Most provinces in Canada do not charge property taxes on post-

secondary residence buildings.

Aftergood said one of the things she believes sets her apart from candidates in the race is her clear stance on secondary suites.

"I do not support and will not vote on blanket legalization of secondary suites," she said. "You can't punish the people who have done the right thing, who have made it safe, and give everybody a blanket approval. It's wrong."

She added that the rental market is very favourable for students.

"Students pretty well can write a ticket on their living," she said. "There is so much available in rentals. You don't have to live in basement suites. You can live in beautiful brand-new homes for such a great deal."

"I AM KNOCKING ON DOORS, ASKING PEOPLE TO VOTE FOR ME LIKE I'M ASKING AN EMPLOYER TO HIRE ME."

BRENT ALEXANDER WARD 7



Brent Alexander has years of experience in the financial sector. With a bachelor of commerce and an MBA from the University of Calgary, as well as a certification in urban design, Alexander is running on a campaign of bringing financial expertise and evidence-based decision making to city council.

Alexander says he wants to rebuild the trust between council and citizens. He said because of this, he is not accepting any donations from corporations.

"I know that we need to work with [corporations] but we should never be seen to be working for them," he said. "I refuse to be compromised on that regard."

His platform mentions sustainable funding for the arts sector, better neighbourhood planning and tying tax increases to population growth and the rate of inflation. He

"WE NEED TO RETAIN SERVICES FOR ALL OUR PEOPLE BUT AT THE SAME TIME WE NEED TO BE RESPONSIBLE."

added that he would propose not increasing council member's salary for four years.

"We need to start at the top and work our way down," he said. "That way, all the way down they know everyone's taking the pound of flesh that's required in this time."

Alexander said secondary suites are arguably the most important. He said council has previously listened to the loudest voices on this issue. He cited concerns over the current process, which does not give rights to tenants and landlords who are working within the illegal secondary suite market. His solution is to propose a compromise.

"What I propose is to have a blanket solution, but also allow R1 neighbourhoods to opt-out if they can determine that they are the majority," he said.

Alexander also criticized incumbent Ward 7 councillor Druh Farrell on her anti-fluoride stance.

Alexander said what sets him apart from his opponents is his willingness to compromise on decisions with broad implications.

"When making decisions that impact others, you have to take a little water in your wine," he said.

A veteran of the airline industry and a 30-year resident of Ward 7, Dean Brawn came out of retirement to run for a spot on city council. Dissatisfied with the set of candidates for his ward, Brawn was convinced by friends to campaign himself.

Brawn's most passionate platform point is about turning Calgary into a "business-friendly environment." He points to tax increases on businesses as evidence of the city's hostility towards businesses and says they should be given more freedom from council. He wants more consultation between businesses and city council and suggests subsidies or tax breaks for businesses.

The other point on Brawn's platform is taking care of the city's seniors and its most vulnerable people. He spoke at length about

"COUNCIL IS THE VOICE OF THE COMMUNITY, NOT THE DICTATOR OF THE COMMUNITY."

Midfield Mobile Home Park, which Calgary is planning to close despite scrapping plans for a relocation project for current residents.

"These people are among our most vulnerable," Brawn said. "Is this how we treat our most vulnerable?"

The biggest student issue this election is transit, according to Brawn. He referenced UPasses, which are mandatory for all full-time students but more expensive than the city's new low-income transit pass.

"It's a lack of communication between the city and the post-secondary institutions," Brawn said. "How do you work with groups? Not, 'Do something and let's leave some of our major customers out of the discussion.'"

Brawn is fine with secondary suites as long as they abide by zoning regulations. But he takes issue with secondary suite approval in some communities, saying that the increased density causes parking problems.

Brawn touts his stature as a community member, not as a politician and takes pride in his family's Calgary history. "This city has the potential to be great again," he said, before apologizing for appropriating United States president Donald Trump's infamous phrase.

DEAN BRAWN WARD 7



First elected in 2001, Druh Farrell is the current Ward 7 councillor. Prior to her election, Farrell was a successful designer and business owner. Through her role within the business community, she became involved with various committees and community associations. According to Farrell, running for City Council was a continuation of her community involvement.

Farrell describes her platform as one aspiring to build a resilient city.

"Flood resilience, economic resilience, building communities that are open to all ages and abilities, having the ability to age in place and having safe housing in place for young people," she says. "My major focus in the last term is to improve the resilience of the ward and of Calgary."

When asked about student issues, Farrell said affordable housing and transit are essential. She said the council sometimes spends significantly more time discussing a single suite than an entire area plan and added that this response is disproportionate.

"We are the last city in Canada to not have elegant regulation for suites. I have been consistent that I support legal, safe suites in all communities," she says.

Farrell added that building a vibrant city for young people to build their career in is another one of her focuses on student issues.

Farrell cites her experience in city council as her strength. She says she doesn't shy away from difficult issues and knows the workings of council well.

"I have a tremendous amount of experience and I know how to get things done," she said. "I've been extremely effective in moving issues that matter to my constituents forward."

"I'M PROUD OF MY TRACK RECORD. I HAVE A LOT MORE TO DO AND I KNOW HOW TO GET IT DONE."

DRUH FARRELL WARD 7



MAREK HEJDUK WARD 7



Marek Hejduk describes himself as a serial entrepreneur, having worked in the gardening industry and the restaurant industry, among other jobs. He moved to Calgary from Vancouver in 2000 and has been involved in the community ever since.

Hejduk says he was asked to run for city council by Parkdale Community Association members due to their dissatisfaction with Ward 7 incumbent Druh Farrell. He said he took four months to think about his decision and consulted his two kids and wife before putting his name forward.

Fluoride is a major issue for Hejduk, who said he has spoken to many parents who voiced their concerns about children's dental health. He cited research by the Cumming School of Medicine as evidence for his position on fluoride.

"[Not having fluoride in our water] made our children, our seniors and new Canadians a lot sicker," he added.

Hejduk said he believes in students as drivers of change in the community. He mentioned that he was the first and only candidate in municipal history to approach the Students' Union to consult with them, though

the SU promptly discredited that claim.

When asked about student issues, Hejduk said he plans on creating a separate office to deal with issues of secondary suites. He cited his own experiences of living in secondary suites during his years as a student as his source of concern for illegal suites.

He added that the same office would also deal with Airbnb and other rental services.

"We would come aggressively after [Airbnb] because those people are aggressively taking out the rental supply," he said.

Hejduk said another platform point is in opposition to the Olympics. He said he likes the idea of the Olympics and believes it is good for the city but opposes the city's planning procedures.

"As the bid stands right now, I am opposed," he said. "Taxpayers shouldn't be paying for it. They won't benefit from it."

"THERE IS A LOT OF STUFF THE COUNCIL DOES THAT MAKES NO SENSE."

Greek societies should not be Students' Union-registered clubs

By Jesse Stilwell

Photo by Mariah Wilson

Harvard University is considering banning single-gender clubs, specifically fraternities and sororities. The University of Calgary should too.

According to the Students' Union's Student Organization Registration policy, a club cannot restrict membership based on the personal identification categories protected under the Canadian Human Rights Act. This includes gender. Yet fraternities and sororities are on display all week at Clubs Week, specifically recruiting either men or women.

This could exclude anyone who does not identify within the gender binary. An organization should never prevent or deter an individual from engaging with them because of their gender. This practice is unacceptable at an institution like the U of C, where individuals are free to embrace their gender identity. The SU should not be associated with these organizations.

Not only do these clubs operate on outdated gender stereotypes, they can also promote a notorious binge drinking culture. The Greek clubs at Harvard also have histories of

sexual assault. These are just a few of the reasons Harvard doesn't want its students to be associated with these clubs. Healthy students don't get dangerously drunk at frat parties on weekends. Universities shouldn't allow organizations who promote this culture to be a part of campus life.

These organizations are free to exist off campus, where they can boast their gender-stereotyped history all they want. Allowing them to campaign for recruitment and exclude segments of the student population contradicts what the university and the SU value. The SU cannot tell students that they are welcome in all their sanctioned clubs except Greek societies and expect anyone to take them seriously. And since universities are also subject to the Canadian Charter of Rights and Freedoms as public institutions, they should not formally recognize student organizations that run against the values within the Charter.

Some students have great experiences in Greek societies, so it's unfair of them to deny non-binary students the same opportunity. The SU should no longer tolerate this. Greek societies must either change a tradition that's hundreds of years old or be removed from our campus.



The Flames ending their arena pursuit is a political play



By Jason Herring

Seattle is building a new hockey arena. The city's mayor recently agreed to a \$600-million privately financed arena, set to open by 2020. This couldn't be further from what happened in September in Calgary and that's no coincidence.

In mid-September, Calgary Flames CEO Ken King dropped a bombshell — the team was backing down from pursuing a new hockey arena to replace the Saddledome, the second-oldest arena in the National Hockey League. The announcement was accompanied by a thinly veiled threat from NHL commissioner Gary Bettman: "Without a new building, there will be consequences that everybody's going to have to deal with."

In less subtle terms, the Calgary Flames could become the Seattle Metropolitan if the city doesn't give the team what they want.

What they're asking for is comically unreasonable. The Flames reportedly turned down an offer that would see the

arena's costs split three ways between the city, the team and ticket-buyers. The team would be responsible for paying property taxes, while the city would take care of infrastructure, land and the Saddledome's demolition. That's far more public money than a private enterprise deserves, but it's still not good enough for King and company who are looking for the city to foot at least half of the bill. Every dollar of the city's budget that goes into subsidizing a new palace for a pro-sports team is money that's taken away from other services. And while it'd be nice to have a new arena, it's tough to argue that that money would be better off going to the Flames than to things like transportation infrastructure or affordable housing.

But the slickest thing about the conduct of King and friends is its proximity to next month's municipal election, timing that seems too perfect to be a coincidence. Though King has denied that his organization is trying to make the arena an election issue, the Flames have sent a clear message — unless you vote for a

council who's going to appease us, you may not have a team to enjoy for much longer.

This is all a game, played by millionaire businessmen who want to exploit the fragilities of municipal politicians and the hearts of hockey-loving Calgarians for their own profit. Unfortunately for them, our council has understood their role, and know that successful sports franchises don't need massive government subsidies. It remains to be seen how the city's hockey fans will respond. But make no mistake — for many, this will be the biggest issue of the election.

At the end of the day, chances are that the Flames' stance is nothing more than posturing and NHL hockey isn't leaving Calgary anytime soon. There's a well-documented history of teams making similar threats to get arenas financed, including in Edmonton only a few years ago. But if the Flames do leave, perhaps they're better off in Seattle, where building an arena was treated as it should have been here — as a private venture.

Students' Union should not award scholarships to current employees

By Mariah Wilson

It is a truth universally acknowledged that an organization in want of good scholarship candidates should not look within their own paid staff. So why does the Students' Union think they're any different from the rest?

I'm not new to the realm of scholarships. I've had more disappointing rejections after investing hours in my applications than I've had offers. But these rejections slowly taught me that you aren't defined by awards.

Still, I wasn't pleased with my rejection for the Eric Lahoda Memorial Scholarship after seeing on the SU website that two of the 10 available scholarships were awarded to paid SU faculty representatives.

I value the work that SU represen-

tatives are paid to do, but I don't think it's appropriate for the SU to give these scholarships to its own employees rather than other students who need financial aid to continue doing unpaid work on campus.

The Eric Lahoda Memorial Scholarship's criteria hasn't changed in the last 10 years. It's modelled after the commitment and dedication Eric Lahoda demonstrated through his work as a member and executive of multiple SU-registered clubs. The key point is that the award is about compassion, hard work and commitment that a student demonstrates by serving our campus in a positive way. SU representatives have this outlined in their job description. They get paid to do that — it's one of the main reasons we elect representatives. These scholarships are meant to appreciate the work non-SU

members engage in on campus as an added bonus for their volunteer work.

Plus, it's mentioned that this scholarship is decided by the SU Clubs Committee, of which every seat belongs to a member of SLC, so it is inherently biased. It is a conflict of interest to compare a coworker's application to that of an unknown student. This is why many companies do not allow interns or paid staff still attending school to apply for open scholarships. Instead, some set up a reimbursement program which is very similar to the honourarium SU representatives already receive.

Since 2014, it's been a growing trend to see SU representatives awarded the Eric Lahoda Memorial Scholarship. With the ongoing review of the SU's Code of Conduct, I hope that this trend stops for the benefit of all students on campus.

#30Wings 30Reactions WING WEDNESDAYS

\$5 PER POUND OF WINGS
\$11 DEN LAGER JUGS

THE DEN
EST. 1969
4pm - CLOSE

RETRO DANCE NIGHT
19 . 10 . 2017

RETRO prices
1/2 Price Pizza

hallowden
all night party
oct 31
Drink Specials
1/2 Price Pizza

THE DEN
EST. 1969

UPCOMING EVENTS

denblacklounge

Influential people can help encourage survivors to report sexual assault

By Mackenzie Ens

Taylor Swift made headlines this summer for something much different than a new song or a rumoured feud.

After almost two years out of the spotlight, Swift made a public stand for sexual assault survivors during her own trial by successfully counter-suing former DJ David Mueller for \$1 after he groped her during a meet-and-greet in 2013. Mueller originally sued Swift for slander, alleging that Swift had falsely accused him of sexual assault, resulting in the loss of his job.

Swift's actions against her assailant are admirable. By using her massive platform and access to the media, she stood up for herself in the face of sexual assault and harassment. This also encouraged other survivors to come forward and seek justice in a society in which that isn't an easy task.

An extremely popular celebrity testifying in their own sexual assault case as a victim will help other sexual assault survivors come forward with their stories. The weekend

following Swift's testimony, United States anti-sexual abuse organization Rape, Abuse & Incest National Network saw a 35 per cent increase in calls from survivors of sexual assault and harassment, showing that media coverage of sexual assault survivors empowers other survivors.

According to the Canadian Women's Foundation, a non-profit aiming to end violence against women, the rate of sexual assault for Canadians aged 15–24 is 18 times higher than that of Canadians aged 55 and older. That demographic falls directly within Swift's fan base, making her bravery even more influential.

The University of Calgary has taken steps to protect students with its updated sexual violence policy, which took effect on June 1, 2017. The new policy includes more reporting options for survivors, defines concepts such as consent and differentiates between sexual harassment, assault and violence. In Canada, one in three women and one in six men will

experience sexual violence in their lifetime, according to Statistics Canada. This means policies like the U of C's are potentially life-saving. The policy can help educate the student population about dangerous behaviours while also providing resources for survivors.

While this new strategy is a step in the right direction to combat sexual violence, it takes more than a policy to encourage survivors to report violence. Most sexual assault survivors don't report their assault due to factors like self-blame, fear of future attacks and the belief that reporting it wouldn't accomplish anything. Students at the U of C must not be bystanders when acts of violence occur around them and they should believe and support survivors if news of an assault or harassment is shared with them.

Our society won't be able to change overnight, but if powerful people, institutions and citizens take responsibility for their actions and behaviour, sexual violence could eventually be a thing of the past.

Campus quips

What municipal issue is most important to you in this election?



"Upgrading the public transit system in general."

– Oscar Wong, first-year engineering



"I'm new to Calgary and would like to learn more."

– Paola Hintz, first-year international relations



"The price of the UPass is way too high."

– Anasthasia Fallorin, second-year international relations

Respiratory Therapy



*A passion for technology ...
...compassionate patient care*



**College and Association
of Respiratory Therapists
of Alberta**

www.carta.ca



**CANADIAN SOCIETY OF RESPIRATORY THERAPISTS
SOCIÉTÉ CANADIENNE DES THÉRAPEUTES RESPIRATOIRES**

www.csrt.com



Local writer discusses new series and the magic of comic books

Rob Gruszecki's new series *Stan* takes advantage of the comic medium

Story by Matt Hume

Photos provided by Rob Gruszecki

Superheroes are often the first thing that come to mind when people think about comic books. Rightfully so, considering the first popular comic book character was Superman in 1938 and Marvel and DC currently hold over 50 per cent of the comic book market share in North America. But since comic books have been a popular medium for over half a century, they have greater value than scripting the next blockbuster.

Comic books are a valuable medium for short stories. Local writer Rob Gruszecki recognizes the unique

storytelling ability that comic books have to offer — a necessity for his new mini-series, *Stan*.

“*Stan* is a mini-series that I’ve written and that my sister-in-law Nicole is illustrating. It’s basically a story about job satisfaction and about a small voice amounting to something of value,” he says. “[It’s about the] anxiety and angst that comes with a career and it just happens to take place in the seventh layer of Hell.”

Gruszecki’s titular character is a janitor on the “Hell floor” of a corporate imagining of the afterlife. Among other janitorial duties, he is tasked with cleaning windows and picking up garbage in Hell’s torture chambers —

the worst job in the world.

Gruszecki takes inspiration from the widely relatable struggle of supporting a life in the arts.

“When you’re trying to aspire to be someone who works in the arts, whether it be playing music or writing comics or writing stories or whatever, the only way to really achieve that is to have a day job,” Gruszecki says. “So, I decided to write a story about someone who wants to do something different but is stuck.”

Two issues of *Stan* are currently available with four more planned. Gruszecki says that the story needs to be contained within these six issues because it builds to a planned ending. He adds that comic

“There’s an aspect of dialogue and of character that I think are better expressed for this story, or for many stories, in comic book form than they could be in any other medium.”

— Rob Gruszecki, author of *Stan*



books are the ideal platform to tell stories in a concise and meaningful way.

“Comics are also able to deliver the short story narrative. What I mean by that is if you have a novel, you’ve got hundreds and hundreds of pages and dozens of hours to consume this one story because of the amount of development,” he says. “A comic book is really brilliant at being able to convey a short story in a very concise way. There’s an aspect of dialogue and of character that I think are better expressed for this story, or for many stories, in comic book form than they could be in any other medium.”

To express this idea more clearly, Gruszecki uses the touchstone of Alan Moore and Dave Gibbon’s *Watchmen*.

“[*Watchmen*] is the beginning and the end of what comic books are capable of doing. So here is this final exam, this brilliant work of art that can only exist in comics. Any other format and it gets diluted,” Gruszecki says.

Gruszecki believes this was best ex-

pressed by one of his favourite comic writers, Ed Brubaker.

“When you read comic balloons out loud — and this is all Ed Brubaker talking — when you read the sentences that superheroes are saying out loud, you sound like a maniac because people don’t talk like that,” he says. “The reason for that is it’s this beautiful, subtle artistry that a lot of writers use in comics where you have to really condense everything that you’re saying.”

Dialogue in comic books needs to be concise in order to maintain the visual aspect of the medium. Gruszecki compares the comic writer to a screenwriter and the artist to a director.

“If you have a word balloon, that’s something that gets added in post and slapped onto the front of a panel. It interrupts the director’s vision,” he says. “You don’t want to interrupt the director’s vision, so what you have to say and what every character has to say is exactly what they need to in the limited amount of space that they have.”

Despite the limitations of dialogue granted by a visual medium, Gruszecki maintains that comic books have the same artistry as a short story. He uses Stephen King and Harlan Ellison as different ends of the spectrum.

“One of my favorite books of all time is *IT*. That’s a huge book. It’s gigantic. Ellison takes the ideas that are conveyed in *IT* in all of his short stories and is able to turn that into 20 pages and go, ‘That’s that,’” Gruszecki says. “This is an entire world and here are a bunch of characters. They exist, they’re perfectly realized, vibrant, memorable, beautiful in their own construction and here it is in 20 pages.”

For Gruszecki, the ability to tell a brief story while maintaining a powerful narrative is what makes comic books magical.

“There’s a lost art to a short story and I think a lot of comic books capture that,” Gruszecki says.

Stan is available at Alpha Comics in Calgary and brokenkeycomics.com.

Keep yourself and your heart warm with these October date nights

Story by Nikayla Goddard
Photo courtesy Dave Bloggs

As the season changes, cooler temperatures arrive and everyone looks to stay warm. Here are some October date night ideas guaranteed to keep you and your date toasty.

Kanye + Karma Yoga & Brunch will get you moving and warmed up. Yoga starts at 11 a.m. on Oct. 21 at Commonwealth Bar and Stage downtown, with a tasty brunch to follow. Tickets for the activity are \$20 if you register online. Brunch is additional, so take a date or a friend.

Though most Halloween events are outdoors, you won't notice the cold when you're scared. As the spooky holiday gets closer, various organizations, non-profits and parks hold haunted houses and walks with ranging admittance prices. Haunted



tours to consider include Heritage Park and Rocky Ridge's *Haunted Calgary*. Those are just two of the larger ones, but there are usually smaller events hosted at the U of C, other campuses or even your neighborhood.

While berry-picking season is over, there's still lots to do at the Saskatoon Berry Farm just south of Calgary. It's worth the drive to check out the

awesome restaurant, bakery, farmer's market and general store, which has everything from jewelry to clothes and home décor to jams and jellies. The farm also offers cooking classes and other special events that can be found on their Facebook page, as well as a very friendly turkey. The restaurant and bakery are particularly noteworthy — there's no better way to warm up than over a slice of Saskatoon berry pie.

School of Creative and Performing Arts
A Music Presentation

The Double Hook

A concert performance of selections from the music drama by William Jordan, based on the novel by Sheila Watson

Featuring: Laura Hynes, Timothy Shantz, Julie Harris, Paul Grindlay, Donovan Seidle, Liesel Fedkenheuer, Jacqui Fidler, Adam Brousseau, Cheryl Emery-Karapita and UCalgary Students

A benefit concert for the B.C. wildfires

October 28 | 8 p.m.
ECKHARDT-GRAMATTE HALL
Tickets \$26/\$19

CALGARY HERALD | 

scpa.ucalgary.ca


UNIVERSITY OF
CALGARY

Neck of the Woods brings new album and high energy to Calgary



Story and photo by Matt Hume

During this year's Sled Island music festival, metalcore pioneers Converge headlined the largest hardcore show of the week at the #1 Legion downtown. The show's opening band was Vancouver's Neck of the Woods, who caught Calgary's attention with a blistering and engaging performance.

The mark Neck of the Woods left was evident during an all-ages performance at Broken City on Sept. 10 in promotion of their new album, *The Passenger*, released on Basick Records.

"We're always so excited to play Calgary," guitarist Dave Carr says. "It's like our second home."

The audience mirrored the band's excitement throughout the show. People headbanged, pushed each other around and sang along, all with huge smiles. Much of the audience reflected the all-ages setting, a fact welcomed by vocalist and former Calgary resident Jeff Radomsky.

"As it turns out, we have a decent all-ages following," Radomsky says. "As a kid, I spent most of my time going to shows at community centres and buying all the merch and just

being so excited to be a part of it. It's nice to see that scene is still alive. It certainly gives you a hope for music."

The energy manifested in a push-up competition among audience members during a thrashing instrumental moment of the band's set.

"The push-ups in the pit made my night," exclaims guitarist Travis Hein, with enthusiastic agreement from Carr.

The youngest audience member stomping in front of the stage was only three years old. Radomsky took a moment to thank them for being the youngest person to ever see the band play.

"My favourite thing about the night was that three-year-old kid wearing that Mastodon T-shirt. And having my parents and my sister in the crowd," Radomsky says.

The performance and *The Passenger* show the band's range of skill, talent and collaboration.

"We're more capable of writing with each other. We're a more cohesive group and now it's more of everybody contributing to songs instead of a singular driving force, so we have a much more dynamic and interesting sounding record," Radomsky says.

The statement rings true with only one

listen through *The Passenger*. Its clean 35-minute runtime makes it the kind of album you'll listen through in its entirety more often than just single tracks. But this isn't to say it all bleeds together. Each track remains unique and diverse. From death metal licks in "Nailbiter" to the technically progressive "Before I Rest," the band proves they can fit into any metal lineup, regardless of sub-genre.

"We've always strived to sound a little bit different or not necessarily follow the patterns or the trends," Carr says. "We all listen to a lot different kinds of music too and bringing in those other genres helps. We're not all long-haired dedicated metalheads."

Now wrapping up their tour of Western Canada, the band was happy to offer advice for any aspiring metal musicians.

"Drop out of school," laughed Hein.

"But actually, you gotta work hard and you gotta play your guitar or scream into a microphone for as long as you can," Carr says.

"Develop a strong sense of humility and just be confident in yourself all the time. Because no matter what, it's going to be intimidating playing in front of people but it's a character-building exercise," Radomsky explains. "Trust us — it doesn't get less scary and it doesn't get easier, but it is always rewarding and do it because you love it."

Carr also emphasizes the importance of playing with musicians who share a common goal.

"If you want to move forward as a unit and as a band, everybody has to be on the same page and have the same goals and be willing to make the same sacrifices and contribute," he says. "That is the most important thing. The ship has to move forward and everybody has to move forward with it."

The Passenger is available on CD and all major online streaming formats. For both seasoned metal fans and newcomers to the genre, Neck of the Woods are a real treat. Keep your eyes peeled for their next Calgary concert. If it's anything like their last one, it will be a night of community, excitement and damn good headbanging.

Campus Style: Autumn Edition

By Gloria Beltran. Photos by Mariah Wilson.



“I get my inspiration from ‘90s R&B music videos.”

Third-year kinesiology student Kristine Arreola is taking advantage of the fleeting warm weather on campus with this look. Kristine styled a thrifted button-down by knotting the front and wearing it off the shoulder. She paired it with mustard yellow pants — a perfect transition piece from summer to fall — and accessorized the look with large hoop earrings from Aldo. Kristine’s style tip to students is to wear whatever’s comfy.

“Don’t worry about people judging you, just wear it with confidence,” she said.

To finish off her look, Kristine wears Ariana Grande’s signature high ponytail and MAC “whirl” lipstick layered with gloss.



“I try to look good pretty much everyday.”

Albaraa Atmeh is a second-year natural sciences student who is rocking a fall favourite — a black leather moto jacket from Diesel with red zipper detailing.

“I try to add something that will have a wow-factor,” Albaraa says.

The black tee and slim-fit denim jeans are basics that everyone should have. However, something not so basic about this outfit is the statement ring that he picked up on vacation. He finishes his look with another fall essential — the classic black Chelsea boot. Albaraa’s style is definitely elevated from the traditional monochromatic looks often seen on campus.

ALBUM REVIEWS



Metz
Strange Peace
September 15, 2017
(Royal Mountain / Sub Pop)

Very few Canadian artists are able to claim a spot on the Polaris Music Prize shortlist with their debut album. In 2012, Toronto-based post-hardcore trio Metz became one of those few. While their 2015 follow-up, *II*, didn't collect accolades in the same capacity, it

solidified their place as frontrunners for unabating noise rock in Canada.

Strange Peace leans heavily into the strengths that made Metz such a success. Almost every track follows their now-unmistakable pattern of quickly repeating short, unconventional riffs and slowing tempo at just the right moments so the listener doesn't feel lost in a wall of sound. Though their general style remains the same, the album boasts genuine progress and range to enjoy.

"Mr. Plague" sounds like a classic Metz track on the surface, but is tighter and more precise compared to anything on their debut. The band shows they're willing to slow the pace and let harmonious songwriting shine in "Caterpillar" and "Sink." The grinding licks and jarring speed give "Dig A Hole" a skatepunk feel with a dark and modern coat of paint.

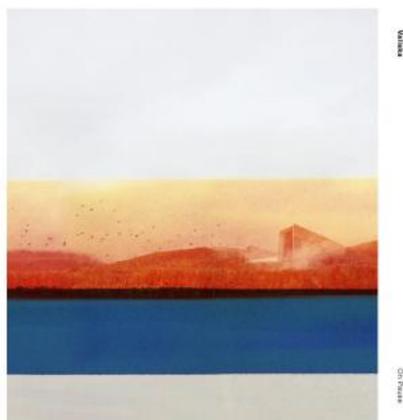
Seen throughout the record but most noticeable in "Lost in the Blank City,"

Strange Peace flips the script on the traditional hardcore formula. The instrumentation feels like it's doing the yelling while Alex Edkins' vocals supply the underlying melody. With so much deliberate chaos coming from the instruments from start to finish, there isn't a single moment of ease or relaxation.

The album is also produced by none other than Steve Albini, the man behind a plethora of renowned albums including Nirvana's *In Utero* and the Pixies' *Surfer Rosa*. In classic Albini fashion, the album carries the spirit of a live concert without sacrificing clean recordings or fidelity.

Strange Peace is available through the Royal Mountain label in Canada and Sub Pop internationally on Sept. 22. Unforgivingly loud and always relentless, it's impossible to listen to the album without feeling like the Maxell 'Blown Away Guy.' And that's exactly how hardcore should feel.

Matt Hume



Valiska
On Pause
October 13, 2017
(Trouble in Utopia)

Calgary-based Polish musician Valiska has called his new album, *On Pause*, his most personal work. Valiska describes the eight-track ambient album as "charting a journey of loss and upheaval."

This album appears to be easy listening at first, but unlike some ambient music, each song demands your attention. A mostly lyric-

free song must go the extra mile to make up for the lack of human connection that words provide. This album does that incredibly well with unexpected melodies in "Heavy Riser," haunting vocals in "Softness" and dynamic whispering in "Mornings."

The album succeeds on its concise three-minute tracks that employ little to no repetition, making "Heavy Riser" and "Mornings" so interesting. The longer songs, including "Softness" and "Fake Strings for False Memories," catch your attention early, but they are less melodically varied and more relaxed. It's perfect for those who want beautiful music that won't intrude on their thoughts.

During "Across a City, Across a Country," there are great artistic moments in which you can hear a woman speaking Polish. Her voice comes in near the end of the song, giving the track that last bit of interest to level-out its 10-minute length. This technique adds a personal touch to the electronic sound. The meaning is obscured to the listener, but there is a sense that it is of great personal significance to the artist without

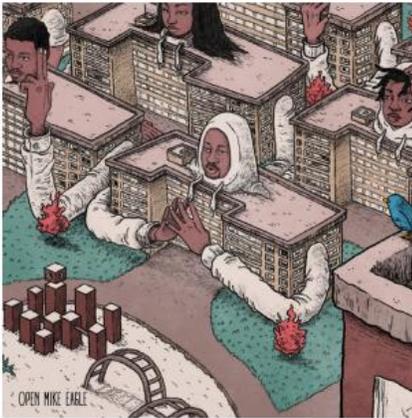
actually having each word explained. This places more focus on the voice than the meaning, leading listeners to make inferences about the voice and her relationship to the artist.

In contrast to "Across a City, Across a Country," the clearly spoken words of "Interlude" showcase a trembling voice ridden with uncertainty. Throughout the whole album there is an underlying sense of anxiety, but also an urgency to keep going, no matter how ugly or difficult a journey can be.

According to Valiska, the album portrays such a journey. In fact, the word "valiska" directly translates to "journey" in Polish. The biographical album describes the events of the artist's life while placing the listener in his shoes.

A carefully crafted and emotional experience, *On Pause* is a riveting expression Valiska's experiences told through ambient music that we can apply to our own lives. The album will be released on Oct. 13 through Trouble in Utopia in digital download and vinyl formats.

Miriam Johnston



Open Mike Eagle
Brick Body Kids Still Daydream
 September 15, 2017
 (Mello Music Group)

Los Angeles artist Open Mike Eagle once coined the genre 'art rap,' a loose term used to classify the avant-garde, often challenging brand of hip-hop stemming from fringe beat scenes. The music generally revolves around eclectic and unorthodox production and dense lyricism.

Eagle's fifth effort, *Brick Body Kids Still Daydream*, is the platonic ideal of an art

rap album. It is a labyrinthine sequence of off-kilter sounds and syntax, vividly illustrated and seamlessly wrapped into 12 coherent vignettes. It's remarkable and utterly genius.

Conceptually, *Brick Body Kids Still Daydream* revolves around Robert Taylor Homes, a housing project erected in Chicago's south side in 1962. The 28 buildings sheltered over 27,000 people, well over double the intended capacity. Open Mike Eagle was once a resident, a fact central to the album's concept.

Open Mike Eagle explores a wide range of perspectives and timelines all bound to the lodging. He even personifies the edifice and at times raps from the building's point of view.

Though it may be daunting, meticulous attention to detail is rewarded in troves. Listeners are bombarded with ideas at a staggering clip and careful deconstruction reveals brilliance, brick by brick.

Sonically, *Brick Body Kids Still Daydream* is incredibly diverse. Opening track "Legendary Iron Hood" borders on indie-rock with its muffled guitar. The piano and rising synths of "Hymnal" recall

gospel. And lead single "95 Radios" may be the prettiest evocation of nostalgia this year.

The rest is difficult to articulate. Most of the album's beats are skeletal and built off percussion seemingly pulled from a magician's hat. Cuckoo-clocks, television static and what sounds like a warped Super Mario Brothers sample trickle about. Like the lyrics, these beats yield breathtaking results with repeated listens.

Brick Body Kids Still Daydream is a dazzling piece of world-building. Building 22, the Robert Taylor Homes unit where Open Mike Eagle grew up, was demolished in 2007. Rather than a eulogy, Eagle crafts a vibrant celebration of the structure's legacy. Long after its halls have been reduced to rubble, Eagle imbues them with life — impressions of children's laughter, gang violence and the warmth of a neighbour's boombox throbbing through paper-thin walls. Inspiration outlives infrastructure. Open Mike Eagle ensures those memories will never die.

Thomas Johnson



TOP 30

The top 30
albums played
on CJSW 90.9 FM
this week.

Week of Sept. 26, 2017

Tune in to
CJSW 90.9 FM and
online at cjsw.com

<ol style="list-style-type: none"> 1. Godspeed You! Black Emperor - <i>Luciferian Towers</i> (Constellation Records) 2. Alvvays - <i>Antisocialites</i> (Polyvinyl) 3. Faith Healer - <i>Try</i> (Mint) 4. Chad VanGaalén - <i>Light Information</i> (Flemish Eye) 5. Velvet Glacier, Hazy Montagne Mystique - <i>Le Retour des Rois</i> (Jeunesse Cosmique) 6. Nosaj Thing - <i>Parallels</i> (Innovative Leisure) 7. Sufjan Stevens, Bryce Dessner, Nico Muhly, James McAlister - <i>Planetarium</i> (4AD) 8. Teenburger - <i>Hivemind</i> (Droppin Science) 9. Charlotte Dos Santos - <i>Cleo</i> (Fresh Selects) 10. Sarah Jane Scouten - <i>When the Bloom Falls</i> 	<ol style="list-style-type: none"> 11. Arch Enemy - <i>Will to Power</i> (Century Media) 12. Steve Coleman's Natal Eclipse - <i>Morphogenesis</i> (Pi Recordings) 13. Alestorm - <i>No Grave But the Sea</i> (Napalm) 14. DRI HIEV - <i>Drip</i> (Self-Released) 15. Vanta - <i>Vanta II</i> (Self-Released) 16. River Jacks - <i>Strange Adventures</i> (Self-Released) 17. Godfrey & Tod - <i>Godfrey & Tod</i> (Self-Released) 18. Cold Specks - <i>Fool's Paradise</i> (Arts & Crafts) 19. METZ - <i>Strange Peace</i> (Sub Pop) 20. Walter TV - <i>Carpe Diem</i> (Sinderlyn) 21. Partner - <i>In Search of Lost Time</i> (You've 	<ol style="list-style-type: none"> 22. Mike Stern - <i>Tripp</i> (Heads Up) 23. White Poppy - <i>The Pink Haze of Love</i> (Lone Hand) 24. bobbitopickles - <i>Kava Kava</i> (Haju Tapes) 25. Soft Ions - <i>Soft Ions</i> (Pseudo Laboratories) 26. Mise En Scene - <i>Still Life On Fire</i> (Light Organ Records) 27. The Marquis, Hazy Montagne Mystique - <i>Dark Angel / Getting Over a Relationship Subliminal</i> (Jeunesse Cosmique) 28. Do Make Say Think - <i>Stubborn Persistent Illusions</i> (Constellation) 29. Daniel Romano - <i>Modern Pressure</i> (You've Changed / New West) 30. Mac DeMarco - <i>This Old Dog</i> (Captured Tracks)
---	---	--

The fun you'll have at
NUTV is ASTRONOMICAL!

NUTV

NUTV is the only place place on
campus where you can receive
hands-on media training!



Join now or face the FOMO!
Sign up at **NUTV.CA!**

LA TAQUERIA
mexican street food

MONDAY TO FRIDAY
11AM - 5PM



beth well
La Taqueria



Intramurals provide alternative athletic experience at the University of Calgary



Story by Jill Girgulis
Photo by Bradley Dezall

I entered university after five years of playing as many school sports as possible. I've always been athletic and I love school spirit, so I naturally pursued sports in my undergrad. The guaranteed jump in intensity, both in terms of academics and athletics, meant that I couldn't play on multiple teams like before, but I wanted to try out for at least one sport. But how would I choose?

My decision was made when I was approached by a Dinos recruiter in high school. The Dinos needed new players and wondered if I was interested. The offer was too much of a coincidence to ignore. I said yes and my journey began.

Training began that summer and I quickly dove into pre-season practices and team-bonding activities. By the first day of class, I already felt like I was part of a community, which eased the transition from high school to university.

But something within me shifted once classes were in session. The Dinos glow faded. The situation was different. I was a student-athlete, not just an athlete, as I had been over the summer. The cracks in my student-athlete experience began to spread.

The signs of a deeper issue first arose at a team meeting early in the season. Our coach was discussing priorities and emphasized that

while school was our number one — we were university students, after all — the team should be a close second. I remember immediately thinking there was no way the team would be a “close second” for me. School was obviously first, studying was second, friends and family were third, and maybe, just maybe, the team could be fourth.

I should have left then. It would have saved months of complications. I wasn't prepared to commit on the level expected by a varsity team, but was too stubborn to acknowledge that. I didn't want to admit that maybe I made a mistake. Maybe I misjudged my ability to manage it all and that I was more interested in the idea of being a Dino than the reality of it.

Eventually, I was asked to leave the team. I think I was more upset about failing to be authentic than about failing as a team member. I was ashamed of how I handled the situation, particularly because it was not reflective of the real me. The coaching staff and players were unfortunately exposed to my worst side and that's all they ever saw. It was extremely difficult to face them afterwards.

Experiencing that caused me to temporarily separate myself from organized sports. I had played on one team or another every year since I was five, so I felt I needed to step back

and ensure I wouldn't repeat my mistakes with the next team I joined.

It was almost a full year before I put on another jersey.

I didn't have a solid idea of what I wanted to carry into my university life from high school sports. All I knew was that I'd always been an athlete and I didn't want that to change. I joined a varsity team because I thought that was the only way to be an athlete in university. However, joining intramurals with the Active Living Centre showed me that is not the case.

An intramural team in my faculty reintroduced me to team sports. With my failed varsity attempt still in mind, I was hesitant but felt it was a meaningful risk to take. Intramurals offer all the elements of high school athletics that I didn't know I loved. I can still exercise my body and my competitive spirit in a low-stakes environment instead of with a spot in the playoffs on the line. I'm welcome to play when I'm available and no one expects me to cancel my commitments to be there every single time.

There are many ways to be a Dino. Playing on a competitive varsity team just wasn't the best choice for me. As difficult as it was, I'm really glad I figured that out and found an athletic community on campus that still enriches me.

Escape school stress at the campus community garden



Story by Christie Melhorn
Photos by Mariah Wilson

Tucked beside the Cascade residence parking lot is the campus community garden — a hidden treasure at the University of Calgary. The humble space stretches the length of a soccer field and boasts looming sunflowers, plump zucchinis and plenty of potatoes. It is run by the Office of Sustainability and maintained by the U of C Garden Club. Both want to teach gardening skills to students and reward the fruits of their labour — literally.

Garden Club president April Jang says that not many students are aware of the campus garden.

“The garden’s kind of out of the way,” Jang said. “We call it our secret garden. But it shouldn’t be secret. We want to share it and share our produce with other students.”

According to U of C Garden Club records, it was founded in 2000 by U of C students Christy Bryceland, Erin Despard, Yori Jamin and Lisa Willcott. Their goal was to promote environmental sustainability on campus and forge

meaningful relationships between students. They seem to have succeeded, as the garden has survived two relocations — first from where the Children’s Hospital now stands and then from the corner of 19th St. and Collegiate Blvd. Students like Jang are determined to keep it thriving.

“We call it our secret garden. But it shouldn’t be secret.”

— U of C Garden Club president April Jang

“We really want to keep it alive,” Jang said. “It’s a huge community, on and off campus.”

The garden includes a communal plot taken care of by U of C Garden Club members and personal plots held by both students and non-students. Applications for personal plots are accepted in the spring.

Jang says that being a campus garden club member is an opportunity for students to expand their network and cultivate new skills.





“Gardening has opened my eyes about where my food comes from.”

— U of C Garden club president April Jang

“People living nearby and other community gardens members are involved. We take field trips to learn from experts in the city,” she said. “I visited the Wildwood Community Garden and learned how they inserted a decomposing log into the soil and let it turn into compost. We’ve also gone to Blue Mountain Biodynamics Farm — I got to harvest eggs!”

Jang says it’s also a great place to de-stress.

“I’m in engineering and know that sometimes you forget that anything outside of schools exists,” Jang said. “The garden is very relaxing. It’s got that ‘away-from-everything’ feel and I really

love that.”

Students are also encouraged to get creative and learn about how nature functions while saving money on groceries.

“We try to work with nature in harmony,” Jang said. “It is about trying something new and having fun. We grow everything — lettuce, radishes, sunchokes, mint and basil. After our harvest dinners, we encourage students to take veggies home.”

Jang also says that she now has a more meaningful relationship with food.

“There is nothing like a fresh-picked tomato,” Jang said. “Gardening has opened my eyes about where my food comes from and what you can do with vegetables.

Even my family has caught on. We don’t just have basic lettuce salads anymore.”

Jang says that the club understands tight schedules and budgets. Membership is free and there is no mandatory commitment.

Students are encouraged to drop by for Tuesgardens every Tuesday evening from 5:30–8:30 p.m. Unfortunately, the garden closes in the winter but now is a great time to get involved as the fall harvest is approaching.

To become a U of C Garden Club member, drop by any of their events during the semester to sign up or email garden@ucalgary.ca.



Bring your ideas to life with Computer Aided Design and Drafting (CADD) software training

Take your knowledge to the next level with hands-on, specialized training in AutoCAD, Building Information Modelling (BIM) and Revit software. Earn SAIT’s AutoCAD or Revit certificates in as little as four weeks — our flexible delivery options include fast-track, online and in-class offerings.

For our complete schedule of Autodesk Authorized Training classes, visit sait.ca.

School of Construction
403.284.8367 | construction.conted@sait.ca



SAVE *this* SEMESTER

UP TO **50% OFF**
select designer frames

WE DIRECT BILL TO INSURANCE
EYE EXAMS AVAILABLE WITH OUR
HIGHLY-TRAINED OPTOMETRISTS

SAVE AN EXTRA **15%**
on your total purchase with this coupon

Maximum one coupon per person, per purchase. *Select designer frames only. Styles may vary by store. May not be combined with any other offer, package pricing or prior orders. See optician for details. Offer ends October 31, 2017.

HUDSON'S BAY

Available at our Market Mall, Downtown and South Center locations.

Campus club makes Alberta's backcountry accessible to students

Story by Christie Melhorn

Alberta's lush landscape of turquoise lakes and dense greenery is world-renowned. In 2011, National Geographic listed Tonquin Valley in Jasper National Park as one of its top-15 hikes in the world. While few would argue about how relaxing a day in Banff or Kananaskis is, the grind of student life can cause us to neglect exploring our mountainous backyard, especially during winter. The University of Calgary Outdoor Adventures (UCOA) club wants to change that and help students savour the outdoors all year round.

UCOA executive member Abdallah Anam says the club, which was founded in 2009, aims to make the outdoors accessible to students.

"I found that even though I lived in Calgary and the mountains are nearby I didn't go out very often," Anam said. "Though I've worked out on and off in the past, this ignited a passion. I developed a more active lifestyle."

Anam says the UCOA welcomes all Calgary post-secondary students and U of C alumni on group hikes, which take place in many of the province's outdoor parks. No experience is required and the yearly club membership costs \$10.

"We try to cater to all skill levels. We have beginner options for those with no hiking experience. We also have organizers who host really difficult hikes and moderate scrambles," Anam said. "Kananaskis has great variety and we go there often. But we don't stick to just one park. We're also open to suggestions."

Anam says that the club's experienced facilitators are eager to share their passion with students.

"It's a great way to learn about new sports — one of our organizers use to canoe competitively. And you're also given leadership opportunities. Our trips are generally led by an organizer but we'll



give people attending the chance to lead the hike or find the trail," Anam said. "I found that my communication and leadership skills evolved with my involvement in the club."

In addition to the physical component, Anam says the socially bonding nature of group hiking and the therapeutic effect of being outdoors cultivates meaningful relationships.

"Half of our membership base is international students. You meet so many people of various backgrounds with different value systems and outlooks on life," Anam said. "When you recognize someone in the halls, even if you've just been on one

hike, it makes you feel more included on campus."

UCOA remains active in the winter with group snowshoeing and backcountry skiing trips. UCOA members also get a free membership to the Alpine Club of Canada, who offer more esoteric opportunities like ice climbing.

Hiking dates and locations are posted on UCOA's [meetup.com](https://www.meetup.com) page. Anam says the page is updated regularly and is also used to organize carpooling groups.

Anam says students can join by creating a [meetup.com](https://www.meetup.com) account and requesting to join the UCOA group. The club is also reachable at uofc.oua@gmail.com.

"I found my communication and leadership skills improved with my involvement with the club."

— UCOA executive member Abdallah Anam

De-stress by decluttering your space

Story by Christie Melhorn
Photo by Mariah Wilson

By the time midterms hit, your room will likely reflect your hectic schedule — clothes scattered around your room, an overflowing garbage can and dust collecting on your dresser. Keeping your space clean during school is as impossible as cleaning every typo out of an essay, but you can at least prevent the severity of the student stress storm. The following tips can help you declutter your room and your mind to keep your life more organized.

Purge your wardrobe:

Uproot the wrinkly T-shirts and pants dwelling in the bottom of your dresser. Be ruthless. Don't second guess yourself if your first impulse is to toss something. Cleaning out your dresser will save you time and frustration when getting ready after accidentally sleeping in. Alongside your neglected clothes, you can discard bad or embarrassing memories attached to them. Although some things are humbling and worth keeping — the very outdated bodycon dress I wore in for my 21st birthday in Vegas will forever hang in my closet — it's also a good idea to keep a few

things that you wouldn't mind getting dirty while doing chores.

On campus, you can donate unwanted items to the Campus Community Closet (CCC) — a program designed to provide everything from clothing to household items like linen and towels to students at no cost. There is a CCC textile bin in front of the Yamnuska residence hall. You could also arrange a clothing swap with friends or donate to local charities and thrift stores like Value Village and Clothing for a Cause. Just make sure your donations are clean and functional. No one wants the shirt you stained on half-priced wine night. Click here for more information on where you can donate your belongings in the city.

Maximize storage space:

Not everything you own needs to be visible for the world to see in your room. Use the space under your bed to store anything from clothes to books to bodies — just kidding. Ikea sells large plastic storage drawers starting at \$15. Installing shelves in your room can also be a great way to store extra stuff, especially if space is tight and you can't fit a bookshelf.

In your closet, hang more than one item on a hanger to conserve space. Also

try rolling your clothes instead of folding. This will save you time and decrease the likelihood of leaving your clean clothes to either live in the laundry bin or in a heap on the floor until the end of time.

Use dividers:

Everyone has a drawer in their house — either in the kitchen or your nightstand — crammed with miscellaneous assorted odds and ends. Fit your drawers with square dividers to prevent the items dumped in there from tangling. There will be a day where you need that extra charging cord or toonie sitting in there. It'll be nice to simply open the drawer and retrieve it rather than extracting a mutant ball of wires, paper clips, melted lip chap and whatever else was abandoned in there.

It's highly unlikely that your room will stay neat and tidy for the duration of the semester, but it also doesn't have to be a complete war zone. You'll have enough fighting to do between classes, a nagging cold, working and trying to make it to your best friend's birthday. Having at least a semi-organized room will give you extra time and energy to pour into those things rather than fishing textbooks out of the debris of your room.



Know the risks of weed before lighting up

Story by Kent Wong

Weed, marijuana, the Devil's lettuce, pot, Ganja — all common names for cannabis. Maybe you're an expert on the stuff or perhaps you've only ever taken a puff of someone's joint at a house party and gagged for the next minute. The pros, cons and risks of using cannabis — whether for recreation or medical use — are complicated.

What is cannabis?

Cannabis is the technical name of the marijuana plant. It comes in various strains, indica and sativa being the most popular. The main ingredient, tetrahydrocannabinol (THC), is a psychoactive agent. THC is what causes increased appetite, known as the munchies, para-

noia and a dulling of the senses. These effects depend on method of consumption, the amount consumed and the strain of plant.

What does Canadian law say?

Canadian federal law currently states that possession or cultivation of cannabis is illegal without a permit or prescription. However, illegal possession and sales are prosecuted to varying degrees in different local jurisdictions. There are over 200 dispensaries in Vancouver alone where purchases are completed simply by flashing government ID to prove you're over 18. You can even smoke it openly in some coffee shops and police don't typically enforce federal laws for personal use in Vancouver. In contrast, possession charges are

common in rural prairie towns for simply having a joint. It often boils down to the unwritten local laws and the cop's attitude.

In Calgary, possessing under a gram typically results in a slap on the wrist, unless the cop is strict. Anything resembling a grow-up or sale means jail. And don't even think about lighting up in public.

Why is it so popular?

Recent research around cannabis as a medical drug has generated some surprisingly appealing results, but your hippie parents probably knew this since the '60s. The United States Food and Drug Administration approves the use of THC in oil or pill form to treat nausea and improve appetite.

Medical marijuana may also help anxiety, migraines and depression. There are



many conditions it has proven to effects, but health boards are reluctant to slap on the “official” sticker.

Depending on the strain, cannabis also typically induces a euphoric high. Many enjoy the subsequent “mind-opening clarity” and creative kick associated with cannabis.

Medical marijuana prescriptions in Canada

If you're not cool with buying cannabis from your friend's sketchy friend, getting a prescription for marijuana in Canada is actually quite easy. There are a few clinics in Calgary that issue prescriptions and sells government-sourced cannabis. These operations are tightly regulated and grow cannabis professionally. You just go and see an in-house physician like at any other doctor's appointment.

Smoking takes a toll

Smoking marijuana is the most popular form of consumption. But studies show that inhaling burning vegetable matter over a long period of time can lead to hindered lung capacity and other health issues. However,



there are better and safer alternatives such as vapourizers and THC/CBD extracts that come in pill and oil form. Most THC-based medications are highly concentrated extracts don't cause a high but still mediate health conditions.

Consequences of cannabis

Avoid cannabis if you're interested in interning or working abroad, especially in the U.S. Despite legalization in many states, cannabis is illegal at the federal level. Just

admitting you've smoked weed can lead to trouble crossing the border.

Entry into any country is a privilege and Canadian laws are irrelevant once you step up to a border agent. Some countries are fine with pot. Others will imprison you for years.

Whether you want to light up for fun or for medical reasons, always consider all your available choices. Be safe and stay within the law.



WHAT WOULD YOU DO WITH A \$10,000 SCHOLARSHIP?

HERE'S YOUR CHANCE.

First place prize receives a \$10,000 educational scholarship and gets to design the 2019 Calgary Stampede Poster.

The top eight entrants will also receive scholarships, free art supplies and mentorship with local artists.

CALGARYSTAMPEDE.COM/POSTERCOMPETITION

Apply by **October 27, 2017** by submitting photos of your two best art pieces, one of which is western-inspired.

All 2D mediums accepted.

Open to Alberta residents age 15 to 24.

CS
Calgary Stampede

Spice up your breakfast with pumpkin waffles



Recipe by Christie Melhorn
Photo courtesy of Girl Makes Food

With fall comes a crisp chill in the air, the enjoyable crunch of leaves under your feet and an eruption of pumpkin-flavoured everything. Whether or not you're a fan of the plump, charming gourd, its popularity won't falter anytime soon. And understandably so, as pumpkins are loaded with fibre, potassium and vitamin C.

But it's also understandable if you've been tainted by artificial pumpkin flavouring in junk like pumpkin-spice Pringles and Jell-O or if the "pumpkin spice basic bitch" stereotype has left a bad taste in your mouth. But it's the simplicity and wholesomeness of natural pumpkin makes it a food to be honoured and enjoyed.

This month, spice up your life with this "basic" pumpkin waffle recipe. They are dense but soft and will satisfy your hunger along with your sweet tooth.

INGREDIENTS:

- 1 1/4 cup whole wheat all-purpose or pastry flour (sub with equivalent portion of gluten-free flour if needed)
- 1 tsp baking powder
- 1 tsp cinnamon
- Pinch of salt
- 1 egg
- 1/4 cup unsweetened pumpkin puree
- 1 tbsp melted coconut oil or butter
- 2/3 cup milk of choice
- 1/4 cup maple syrup

EQUIPMENT:

- Large mixing bowl
- Whisk
- Measuring cups and spoons
- Waffle iron
- Non-stick cooking spray

OPTIONAL TOPPINGS:

- Raisins
- Sunflower seeds
- Peanut butter
- Roasted nuts
- Chocolate chips
- Cream cheese
- Whatever you want — get creative!

INSTRUCTIONS:

- In a large mixing bowl, whisk together the flour, baking powder, cinnamon and salt until evenly mixed.
- Add the pumpkin puree, milk and egg. Blend thoroughly.
- Add the coconut oil or butter and maple syrup to the mixture. When you think it's blended enough, give two extra stirs for good measure.
- Leave the batter to sit for 5–10 minutes while your waffle iron heats.
- Once heated, liberally coat your waffle iron with non-sticking spray.
- Pour around 1/2 cup of batter into the middle of the iron and close.
- Cook according to your iron's instructions and how you like your waffles. I prefer mine soft and doughy so I avoid setting the temperature too high.
- When they're done, remove carefully to avoid burning your fingers and place on a cooling rack. Or just stack 'em up on a plate.
- Once they've cooled off slightly, top with whatever you feel like. I find that cream cheese or four per cent greek yogurt round out the sweetness nicely and is very filling.



Calgary installs new \$1.2-million invisible public art piece

Story by Devin Aggarwal
Photo by Mariah Wilson

Calgary city council came under fire again this week after revealing a new piece of public art purchased for the downtown core. The project, conceptualized by Moldovan new-age artist Clara Fischer and titled “Winter in Prairie,” cost the city 1.2 million. It is completely invisible.

“The sculpture embodies the emptiness and loneliness of life on the plains of Alberta,” Fischer said, motioning towards an empty space over a mound of dirt. “I really tried to draw my inspiration from first-hand accounts of the daily struggle to survive on flat land devoid of resources. I think this piece accomplished that.”

She describes her installation as “spirited, free and thought-provoking, yet subtle and refined,” so as not to alter the feel of the surrounding community too drastically.

When asked to respond to the sculpture, Mayor Naheed Nenshi told reporters that he would reserve judgement

until he saw it in person and was able to appreciate how it contributed to the atmosphere of the core.

“We specifically choose pieces that we know will make Calgarians as angry as possible,” he said. “They have short attention spans though, and will move on to being exceptionally angry about something else soon.”

However, it may be difficult for Calgarians to take a good look at “Winter on the Prairie.” The sculpture, located at Stephen Ave. and Centre St. in front of La Clair Bistro, lacks any physical existence.

“It was nice for the first day or so,” La Clair Bistro owner Jacob Glass said. “Curious people came from all over downtown to see it and stopped by my café to grab a bite to eat. Then, once people realized it was impossible to see, they got angry. The city had to put up huge metal barriers around the empty spot where the sculpture is to protect it from the mob.”

Ward 15 City Councillor Bob Binkerson is defending the installation.

“Although I’m tired of defending the public art policy in Calgary and agree it needs to be changed, I don’t see at all what the fuss is about this particular installation,” he said.

He went on to argue that the sculpture brings a valuable piece of Alberta’s history to the public while still blending nicely with the area’s general atmosphere.

As public art remains a controversial topic within Calgary, several city council candidates are campaigning on a “low-cost/no-cost public art” platform ahead of next month’s election.

“It’s absolutely ridiculous,” said Bill Leblanc, one of the candidates. “We should never be spending this much money on something that should be made by the public for the public. The real solution is to find some poor, starving art student, give them the location and general size of the art and tell them they’ll get extra credit and a \$5 Starbucks gift card for making something. It really would be a win-win situation.”

Lost first-year student still stranded on campus

Story by Joie Atejira
Photo by Mariah Wilson

Getting lost on campus as a confused first-year is nothing new. However, one University of Calgary freshman, who requested to remain anonymous due to the possible ridicule and shame, has not been able to find his way to his next class — or even his way home — since the start of the semester.

“I’ve been in this exact same spot since the first day of class,” the poor kid said. “I was rushing to my second class since I only had 10 minutes before it started. Then, a wave of students came and took me along with them. All of a sudden, I was in an unfamiliar hallway. I’ve been here ever since.”

The hapless student resorted to camping out in the dark, gloomy hallway, constructing a shack out of his windbreaker, a

U of C flag he got from Orientation Week and his iPad.

While living on campus, the student’s appearance has degraded severely. He looks bony, his first-day-of-school outfit is stained and he has somehow grown a beard resembling Tom Hanks in *Cast Away*. One careless student provided him with a glimmer of hope — a misplaced engineering scarf that has become this miserable man’s only companion.

“I’ve named him Gene. He’s my blankie and he comforts me when I get nightmares about how I got here. He’s my towel too, when I try to clean myself up in the bathroom sinks. Gene is my best friend,” the lost student said.

He lives off of the few provisions he acquired from Orientation Week, but his resources are slowly dwindling.

“One time I got really lucky. This room

behind me had an event that had free pizza, so I took a whole box of Hawaiian that nobody wanted,” he proudly shared.

To make matters even worse, the student is subscribed to Freedom Mobile and receives no coverage in this building.

“I couldn’t even call my friends or family to ask for help,” he said through muffled sobs.

The farthest this unfortunate student has traversed is to the water fountain around the corner. He says he is too afraid to explore any further, fearing that he might get even more lost.

“It’s like a labyrinth,” he said. “I’ll never get out of this place.”

If you see this student while on campus, it is advised that you do not approach or feed him. He may be in a feral state. Instead, call campus security and report his last known location.



Five cool things to do with your textbooks other than read them

Story by Gayathri Peringod

Tired of your textbooks already? Can't finish a chapter without thinking about that cute guy in your psychology class? Me neither, but that can be fixed. Don't just sob quietly about how you spent hundreds of dollars on a useless product. These alternatives to reading your textbooks will clear up space on your bookshelf, which you can fill with empty beer cans as you drink to forget your reading list.

Highlight every single word:

The easiest way to screw over a future student is to sell them a textbook filled with neon orange lettering. At first, they may thank their lucky stars that they bought a textbook from someone who knows their shit. However, they'll soon get a migraine every time they look at the unyielding fluorescent glow. Also throw in some random annotations about

how important a paragraph is — even though it's really not — and cackle to yourself later.

Dry your tears:

Everyone knows how tear-jerking getting a D can be, but you can only buy so many Kleenex boxes when you're up to your ears in student debt. Luckily, the musty paper of your math workbook waits expectantly for you to blow your nose with as you watch the ending of Bambi. Your days of crying on your roommate's shoulder are over, my friend.

Eat them:

I've eaten paper since an early age and haven't looked back. Student life isn't getting any cheaper and you're probably running out of Subway coupons. Besides, there's something mouth-watering about the feeling of dried ink tickling your taste buds as you ingest your weekly reading. That'll show your prof.

Use them as umbrellas:

Drape your paperback textbooks over your head as you walk across campus on a rainy day. Who knows — you might even start a trend. Soon enough, everyone will be wearing their Global Politics textbooks like hats. This attention-grabbing headwear also functions as an important conversation-ender. Whenever someone starts chatting away to you about their vintage coin collection, simply reach up, pull down and bury your nose into a lesson on international law. It's surprisingly effective.

Burn them:

As winter approaches, warmth is a coveted amenity. Douse your least favourite textbooks with gasoline, strike a match and watch them burn. For added irony, burn all the copies of Dan Brown's *Inferno* that you can find. Maybe you won't get an A in ENGL 388, but at least you'll have a nice anecdote. It's lit.

Nobody Nose – Taylor Benn



Your future is spicier than a pumpkin latte

By Derek Baker



Libra
(Sept. 23 – Oct. 22)

You will stumble upon a neon green pumpkin at the store and bring it home to make pumpkin pie. This pumpkin was radioactive and you now have the ability to breathe fire. Sweet.



Aquarius
(Jan. 20 – Feb. 18)

As the season gets darker and the sun becomes rare, your skin will become so white that even pumpkin spice becomes too spicy for you to handle.



Gemini
(May 21 – June 20)

While at Dairy Queen, you will order a pumpkin pie blizzard, because they are the best. The resulting brain freeze will put you in a deep coma for the rest of the semester.



Scorpio
(Oct. 23 – Nov. 21)

You will drink so many pumpkin spice lattes this October that 10 per cent of your blood will literally be this seasonal beverage. The Legislature will pass a new law prohibiting driving while under the influence of PSLs.



Pisces
(Feb. 19 – March 20)

After receiving a particularly bad grade on a paper, you'll take out your rage by smashing a pumpkin. That pumpkin had a family and his children will never see their father again. He was only two days from retirement.



Cancer
(June 21 – July 22)

In a GMO experiment gone wrong, a new strain of pumpkins will sprout wings and gain the ability to fly. It's one thing for a bird to fly into your window, but have you ever seen the damage a pumpkin can do?



Sagittarius
(Nov. 22 – Dec. 21)

A delicious-looking pumpkin pie will mysteriously appear on your doorstep. It is laced with weed. You will eat the whole thing and transcend the shackles of reality.



Aries
(March 21 – April 19)

Waking up one morning, you will notice that your hands have inexplicably been replaced by pumpkins. You will be excited until you realize that you can't grab your phone to Snapchat it.



Leo
(July 23 – Aug. 22)

You will attempt to grow the world's largest pumpkin. The pumpkin will grow so large that it will engulf the entire planet. It's an a-pumpkin-lypse.



Capricorn
(Dec. 22 – Jan. 19)

Cinnamon, pumpkin spice and everything nice. Uh-oh, you're gonna bring back the cinnamon challenge and wind up with popcorn lung.



Taurus
(April 20 – May 20)

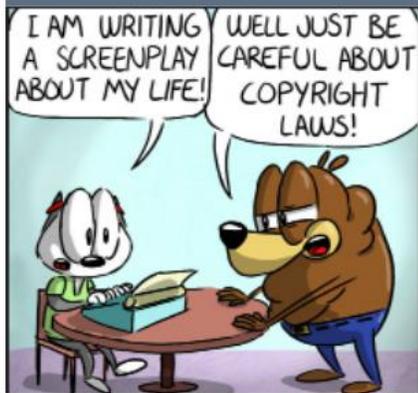
Since scary movies are too much for you, this Halloween you'll watch *It's the Great Pumpkin, Charlie Brown*. It'll still be too intense for you.



Virgo
(Aug. 23 – Sept. 22)

You'll drink so many PSLs that you'll throw up upon entering a Marble Slab Creamery. At least pumpkin still tastes okay coming up the other way.

Filbert Cartoons – L. A. Bonté



Healthy in a Jar

Rainbow Salad Jar



SERVES:
4 - 2 cup
(500 mL) jars



PREP TIME:
20-25 minutes
including pulse
cooking time

INGREDIENTS

Salad

- 1 cup (250 mL) dried split yellow peas, rinsed
- 1 - 14 oz (398 mL) can lentils, drained and rinsed
- 1 cup (250 mL) sliced green or red seedless grapes
- 1 cup (250 mL) grated carrot
- 1 cup (250 mL) diced sweet yellow or red pepper

Topping

- 1-2 green onions, finely sliced
- ¼ cup (60 mL) dried cranberries, optional
- ¼ cup (60 mL) pecan pieces, toasted, optional

Dressing

- ¼ cup (60 mL) apple cider vinegar
- ¼ cup (60 mL) canola oil, cold pressed if available
- 2 Tbsp (30 mL) liquid honey
- 2 tsp (10 mL) Dijon mustard
- 2 cloves garlic, finely minced

Nutrients per serving (1 jar)
431 Calories, 15 g Fat, 1 g Saturated Fat, 0 mg Cholesterol,
60 g Carbohydrate, 7 g Fibre, 23 g Sugar, 17 g Protein,
201 mg Sodium, 938 mg Potassium, 239 mcg Folate, 4 mg Iron.



PULSES are the dry, edible seeds of legumes. This includes beans, lentils, chickpeas, and peas like split yellows - all grown in Alberta.



Directions

In a covered saucepan, simmer split peas in 2 cups (500 mL) water until moisture is absorbed and peas are tender, but not mushy, about 20-25 minutes. Rinse and cool. Yields 2 cups (500 mL) cooked.

Meanwhile, whisk together dressing.

Evenly divide salad ingredients and layer in each of the four jars. Top with green onion and sprinkle pecans and cranberries, if desired. Pour an equal amount of dressing over each jar, seal and refrigerate until ready to go.

Alberta Pulses – full of potential!
For more great recipes visit pulse.ab.ca


**ALBERTA PULSE
GROWERS**

Crossword: Autumnal Alumni



By Emily Macphail

Not everyone looks at fall with the same perspective — particularly if they're from different majors!

ACROSS:

- 4. Wired on caffeine while drinking her third of these today, the anthropology major ponders what future societies will hypothesize about the autumn ritual involving hundreds of discarded white cups with the cryptic letters "PSL" scrawled across them.
- 6. While attempting to study, the business major wonders if she can avoid writing these by dropping out of university to start a test prep company for other students instead.
- 7. The nursing major wishes he had more thematic Halloween costume

choices than "sexy nurse" or an anatomically incorrect one of these.

8. The biochemistry major's family wishes he realized that Aunt Betty doesn't want to hear about the anti-inflammatory properties of this "secret ingredient" spice in her sweet potato casserole.

10. The physics major may prefer to use the phrase "pilots captaining aerodynamically unsound flying devices in uniforms of inverted cones settled on 2D circular bases" for these fall females.

DOWN:

1. Displeased that schoolwork must happen at the same time as this event, the political science major is so excited that the next time one of these rolls around,

September Solution:



Thanks to everyone who completed last month's tree-themed crossword puzzle! Send in a photo of a completed crossword to humour@thegauntlet.ca to be congratulated in our next issue.

- they'll be free of classes.
- 2. The German major is saddened that such a treasured cultural fest is primarily known to her fellow undergraduates as an excuse to drink and randomly insert the letter "k" into words.
- 3. The religious studies major wonders why her fellow students associate candy corn with this holiday, rather than pagan rituals.
- 5. The law student is debating whether it will make them look unprofessional or seasonally classy to accent their usual black suit with this complementary October colour.
- 9. Nutrient-rich and calling to mind an intensely physical racquet game, this is the kinesiology major's favourite fall food.

