

GAUNTLET



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LEGALIZATION MEAN
FOR CAMPUS? PG. 10**



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Q Centre Discussion Group Series

In the Fall Term, the Q Centre is excited to offer bi-weekly discussion groups. Focusing on key topics in the sexual and gender minority community, they take place every other Thursday at 5 p.m. in the Q Centre. They are open to all members of the campus community and we hope to see you there!

- September 27: Queer Families
- October 11: Label & Identity Politics
- October 25: Impact of Animals in the Queer Community
- November 8: Inclusivity on Campus
- November 22: Asexuality
- December 6: Socioeconomic Status & Queerness



Complete listing of student events, concerts and more:
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suofc



Twitter: @GauntletUofC
www.thegauntlet.ca

Editor-in-Chief:

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

News:

Matty Hume
news@thegauntlet.ca

News Assistant:

Ashar Memon

Opinions:

Derek Baker
opinions@thegauntlet.ca

Arts & Culture:

Thomas Johnson
arts@thegauntlet.ca

Sports & Wellness:

Kristy Koehler
sports@thegauntlet.ca

Humour:

Frankie Hart
humour@thegauntlet.ca

Photo:

Mariah Wilson
photo@thegauntlet.ca

Digital:

Nikayla Goddard
online@thegauntlet.ca

Volunteer Coordinator:

Gurman Sahota
volunteer@thegauntlet.ca

Graphic Artist:

Tricia Lim
graphics@thegauntlet.ca

Video:

Mary Gagarin
video@thegauntlet.ca

Business Manager:

Kate Jacobson
business@thegauntlet.ca

Contributors:

Sara Askew, Evan Giles, Siddhartha Goutam, Jennifer Khil, Evan Lewis, Alena Martin, Safeena Meghji, Calum Robertson, Justin Schellenberg, David Stewart, Sophie Sutcliffe, Adrian Tadic, Kayle Van't Klooster, Garrett Wachoski-Dark, Cameron Wong

Golden Spatula:
Evan Giles



"I shall not go gentle into this good night."

Evan is this month's Golden Spatula for willingly doing quips, the most cursed production night job at the *Gauntlet* because it involves talking to people. Some kind of journalists we are, hey?



Editorial

4 U of C damages campus culture by revoking ESS fees

News

6 Yes, no, maybe so: Calgary groups pitch Olympic vote to students

9 Task force formed to deal with off-campus rowdiness on BSD

10 U of C keeping higher education sober with Cannabis Policy

12 Administration revokes all ESS memberships, citing "practice review"

Features

14 How 'volun-tourists' often do more harm than good

Opinions

18 Why bisexual representation matters to me

22 Statutory declarations benefit students

Arts & Culture

28 Geography remains core of Edmonton's Cadence Weapon

30 New Calgary-shot Animal Planet show takes on reptile habitats

34 Remembering Mac Miller and his fleeting raps

37 Albums: Roc Marciano and IDLES

Sports & Wellness

38 How Canadian varsity programs are responding to legal weed

44 Don't confuse self-comfort for self-care when de-stressing

Humour

46 University of Calgary changes motto to "High Eyes" in recognition of legalization

47 University unveils new "High Eyes" strategy

50 What cryptic encounter will befall you this Halloween?

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 legal precedent. We urge you to recycle/formally file an appeal 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 Tricia Lim

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Engineering Students' Society defunding an affront to student life

A common slight against the University of Calgary is its lack of school spirit or campus community, a trait usually attributed to the school's commuter-campus reputation. Many students' time on campus ends with their classes, with only a few events each year reaching members of the student body at large.

Schulich School of Engineering students, as is typically the case, are the clear exception.

Though it occasionally veers on cultish, there's no denying the strength of community engineering students have forged. Their scarf-wearing, car-smashing, prank-reminiscing, chant-chanting antics inject some much-needed character into the U of C.

But a core part of that community is now at risk.

In an email to undergraduate engineering students on Sept. 19, U of C vice-provost student experience Susan Barker announced that the university will no longer collect student fees on behalf of the Engineering Students' Society (ESS). In other words, a student-run undergraduate organization that provides academic resources, organizes social and professional events and represents the undergraduate engineering population was stripped of its funding in one fell swoop.

Before the announcement, engineering students paid \$10 per semester in order to help fund the ESS, a fee that was collected by the U of C as part of tuition fees before being given to the ESS. This started in 2006 after a student campaign to implement the fee culminated in a successful referendum.

But now, as Barker writes in her email to engineering undergraduates, the U of C has "determined it is not appropriate for the university to be collecting fees on behalf of an individual student society, including the ESS," following a review of mandatory fee collection.



Illustration by Tricia Lim

That's not a decision the university should get to make.

Students fought to implement a student society fee in order to provide resources to the entire faculty of engineering. For the U of C to remove that fee without process or warning is a clear injustice.

Organizations like the ESS, which provide benefit to all students under their umbrella, are able to operate effectively in large part because of the economy of scale created by mandatory fees. It's a similar concept to the UPass, which allows U of C students to use public transportation at a far cheaper rate than they otherwise would be able to solely because of guaranteed buy-in from students.

But even if you don't think you should be required to pay a fee to a student society or union as part of your tuition fees, it's tough to argue that fair process the U of C followed in eliminating the ESS fee.

Students created the ESS fee collection process through a student vote. Striking the fee should require the same. Anything less demonstrates a blatant disregard for students' autonomy or student life at the U of C in general.

While the U of C says that the decision to rescind the ESS fee was part of routine practice review, it's worth delving into a petition that circulated among engineering students this summer. Chinmoy Ayachit — a former Students' Union engineering representative — created and shared a petition request a plebiscite to determine students' stance on the fees. It received signatures from a marginal percentage of engineering students. The fact that the U of C revoked ESS funding independently without meaningfully consulting students shows their talk about improving the school's 'student experience' is all lip service.

Many engineering students will still join the ESS of their own volition and the Schulich School of Engineering is set to help the society cover expenses they've already committed to this year. But the ESS will not be capable of serving students this year as it has done so well in the past. Engineering students deserve a say in this decision. The U of C depriving them of that is a travesty.

Jason Herring
Gauntlet editorial board

Wake up! September ended: The *Gauntlet* monthly news recap

Recaps by Ashar Memon
Photo by Mariah Wilson

Over 400 University of Calgary community members joined 50,000 Calgarians to watch and march in the 28th annual **Calgary Pride Parade** on Sept. 6. Members of U of C administration and the Students' Union, along with student groups like Queers on Campus, were among those present at the event. The Pride Parade marked the end of the week-long Calgary Pride festival.

The U of C is considering **demolishing the Glacier and Olympus residence buildings** — each of which house over 100 undergraduate students — as well as the Varsity Courts family housing units in University Heights, as part of its Residence Strategy. The university is also considering converting Hotel Alma into a student resident space. Frank Finley, the undergraduate student representative on the U of C Board of Governors, said the demolition is partly due to low vacancy and will make space for the expansion of University District.

The SU presented their **municipal advocacy priorities** for the 2018–19 academic year on Aug. 14 to the Students' Legislative Council. SU president Sagar Grewal said their biggest priorities this year are “reforming the transit fare system, revising the process for appealing transit tickets, increasing consultations with the university, post-secondary institutions and students' associations and increasing access to civic election voting.”

On Sept. 7, a U of C student named Carlos, hoping to reconnect with a girl he met the previous night, **sent a mass email** to 246 U of C staff, students, faculty and alumni with ‘Nicole’ in their name or email address. The recipients created a Facebook group called “Nicole From Last Night” and held a get-together for members of their new community, drawing international media attention.



On Sept. 7, the families of five U of C students killed by **Matthew de Grood** in 2015 made a statement to a review board saying that he should be “institutionalized indefinitely” and that “the risk of him being released into society in any capacity, is far too great.” De Grood was found not criminally responsible for the killings in May 2016 and is continuing treatment in a psychiatric facility. Doctors treating him testified that reintegration will eventually be possible.

U of C students no longer have to provide a medical note under any circumstances, including exam deferrals or absences. Instead, if asked by faculty to provide supporting documentation, they may fill out a **statutory declaration** form and have it signed by one of 23 on-campus Commissioners of Oaths. Vice-provost student experience Susan Barker said the decision was made to reduce barriers for students and ease the burden on medical professionals.

It's a message that U of C students past and present know all too well: “Welcome to the myUofC Mobile experience. More content will be coming soon.” That message could change as early as Feb. 15, 2019, as the university completes a **re-design of the online myUofC student centre**, giving it a modern look and making its pages accessible from mobile phones.

After an article by *PressProgress* revealed that a United Conservative Party candidate offered funding to a **popular alt-right Instagram page**, a *Gauntlet* report found that a U of C student named Leslie Gillam was among the account's administrators. Gillam, who also serves as vice-president communications for the University of Calgary Conservatives club, defended his involvement with the page, saying that it serves as a platform for “open discourse.”

Yes, no, maybe so: YYC Olympic bid 2026



Story by Matty Hume. Photo by Mariah Wilson.

From council chamber debates to plebiscites and 10-digit price tags to municipal government leaks, Calgary's potential bid to host the 2026 Winter Olympics remains an ever-present topic of buzz and debate around the city.

While that debate continues in Calgary's city council, non-governmental advocacy groups are also taking the contentious issue directly to the public with clear intentions. Yes Calgary 2026 and No Calgary Olympics are the two opposing volunteer organizations with one common goal — ensuring that no Calgarian is apathetic about an Olympic bid's ramifications. Each organization backs

their stance with similar evidence, yet reach drastically opposing conclusions.

"I think it's the wrong project at the wrong time," said Jeanne Milne, a social media co-ordinator for No Calgary Olympics. "We've heard that city council is looking at spending cuts on key projects because of the tight situation we're in. I mean, we're facing huge problems with our oil and gas industry in order to get our product to market with pipelines."

"I think that in changing economic times and reforms in the Olympic movement as well, this is the right time to pursue this kind of bid and a 'Yes,'" said Jason Ribeiro, a volunteer organizer for

Yes Calgary 2026.

Following the announcement of a possible \$5.2-billion price tag, cost is unsurprisingly a key talking point for both sides of the Olympic debate. For No Calgary Olympics, the resulting costs will ultimately be a taxpayer burden, while Yes Calgary 2026 sees the costs as a taxpayer investment.

According to Ribeiro, \$2.2 billion of the total projected cost is operations expenses, which he argues have the potential to balance through revenue from hosting the Games.

"Operations, which is \$2.23 billion, in every single modern Olympics, has balanced its budget where revenues have

matched or exceeded the expenses,” Ribeiro said. “So all of a sudden, that \$2.23 billion is covered by the historic \$1.2-billion Canadian dollar contribution from the IOC — that they’ve never given before — it’s covered by domestic sponsorships and it’s covered by ticket sales.”

However, Milne pointed out that whichever level of government provides funds for the Games, it’s still using public funds Calgarians pay into.

“Cost can only go up from there,” Milne said. “Ultimately, if you’re a Canadian, you’re still paying all three tiers of taxes. I just worry about what this means for the next generation and what the city taxes are going to look like in order to pay for this.”

“The federal government announced that they are supporting this bid, that they will likely support up to 50 per cent of this bid. So whatever Calgary and the provincial government’s contributions are, the federal government will match it,” Ribeiro said. “I would argue that the price tag to not [envelop public funds into the Olympics] would be far higher if we let this opportunity go and failed to leverage those dollars. We’d get far less return on our tax dollars if we did not envelop it in an Olympic bid.”

Another distinct point of disagreement between Ribeiro and Milne is whether or not hosting the Olympics

“I know when I was a student I wouldn’t have been able to afford to go to the Games. Even as someone in the middle class I’m not sure I can afford to go to the Games,”

**- Jeanne Milne,
No Calgary Olympics**

will genuinely provide the city with increased infrastructure, such as affordable housing.

“We need to upgrade our facilities [like] McMahon Stadium [and] our Olympic facilities. That would come at a cost,” Ribeiro said. “We also need to invest in affordable housing for students and those struggling with addiction in a fragile economic recovery.”

“When we look at a project like the Olympics, everyone is talking about all the benefits but we can’t see any evidence of any of those benefits actually coming to fruition,” Milne said.

Considering the role the University of Calgary could play in hosting the Olympics, such as the existing Olympic Oval, post-secondary students make up a significant portion of Calgarians that would be directly affected by hosting. Yes Calgary 2026 has organized a presence at every post-secondary in the city with the help of Brooklyn McDougall, a biological sciences undergraduate at U of C and long-track speed skater.

“[One] thing I’d mention for post-secondary students is thinking about the job market that they’re going to be entering into around the time of the Olympics and just prior. What is the city going to do with a clear global spotlight ramping up towards the Olympics in a country that is struggling with attracting foreign investment, in a province that’s going to have to deal with the complexity of an economy powered largely by one sector?” Ribeiro said. “What opportunities do we have to invest in our talents, in our human capital and in our amazing graduates to ensure the job force they enter prior to 2026 and beyond is powered by that global spotlight and possibly increased foreign investment now that Calgary’s strengths are demonstrated on the world stage?”

“Obviously [students] would be able to enjoy the games, cheer on some of our athletes, a large number of which are alumni or currently training right now,” he continued. “The biggest thing is by investing in recreation facilities, we invest in the opportunity for folks who are students right now at the U of C or have grown up here, to potentially stay in this city.”

In contrast, Milne argues that such

“Obviously [students] would be able to enjoy the Games, cheer on some of our athletes, a large number of which are alumni or currently training right now,”

**- Jason Ribeiro,
Yes Calgary 2026**

perceived benefits shouldn’t be considered as a done deal.

“I think it’s hard to know what the benefits would be for students,” Milne said. “I know when I was a student I wouldn’t have been able to afford to go to the Games. Even as someone in the middle class I’m not sure I can afford to go to the Games.”

“For students, my concern is that it would just result in future taxes that they’ll have to cover,” she continued. “I can’t see enough of a benefit. I can’t see enough of an upside.”

On Nov. 13, Calgarians have the opportunity to vote in a non-binding plebiscite on whether or not to place a bid for the 2026 Olympics. Until then, both groups hope to get their message as many Calgarians as possible to ensure they vote, regardless of stance.

“Right now we’re focused on getting the word out. We’re looking at what we can do in a really cost effective way,” Milne said. “We’ll certainly be participating in forums and some of the ward [councillors] are putting on some forums and we’re certainly going to be participating in any and all of those we possibly can.”

“The biggest thing that I want to do is start a really thoughtful, open, city-wide conversation,” Ribeiro said. “I think that whether you’re a ‘No’ or ‘Yes’ or somewhere in between, on [Nov. 13], whether the decision is yes or no, we all have to come together as a city.”

SU alters Health and Dental Plan

Story by Justin Schellenberg

As part of an effort to increase student access to the Health and Dental Plan, the Students' Union has implemented a new payment system for student insurance.

The new plan, referred to as "the rolling 12 payment format," will allow students to enroll in the Health and Dental Plan any month of the year, rather than only at the beginning of the fall or winter semesters.

"It makes things a lot simpler," SU vice-president operations and finance Kevin Dang said. "It really helps students that have classes in the summer"

In addition to making the plan available for spring and summer students, the new format implements a one-time payment of \$193, rather than splitting the cost between the semesters.

Dang said the new format is also intended to help with continuing issues regarding the Health and Dental Plan's financial sustainability.

Over the last two years, due to higher than expected demand for services, the SU has paid more than \$36,000 in overage fees to the plan's provider, Gallivan and Associates. This money has come out of an SU reserve fund, consisting of unused Health and Dental Plan student fees saved up from previous years.

"We've been thankful over the past few years — we've had a good reserve," Dang said. "We save it for cases like this where there is high demand."

Dang said that adding more students to the plan, should make available more money in the reserve fund.

Despite the possible increase in available funds, Dang said the Health and Dental Plan reserve fund is not a sustainable option for paying overages and that other solutions to the problem will need to be found.

Despite 2017-18 SU vice-president operations and finance Ryan Wallace stating in his final trimester report last year that a new Health and Dental Plan fee would be assessed, Dang said no fee changes are currently in the works.

rently in the works.

"I don't have any plans to do anything like that. It's not a dire situation. We're still doing okay," Dang said. "It's not like the plan is going to disappear or anything like that."

If a fee increase was to be implemented, it would first have to pass through a student referendum.

First-year kinesiology student Amber Chan said that she would be willing to vote for an increase in fees, as she believes she requires many of the plan's offerings.

"I don't have healthcare after I turn 18, so I'd prefer to have the benefits," Chan said.

Though the SU may not be planning to change Health and Dental Plan fees at this time, Dang did not rule out the possibility of future increases.

"It's part of my annual plan to work with our team [and] our staff to try and find better solutions and explore if we need to do a change to the fee," Dang said. "We're assessing the plan and making sure that it will be sustainable for years to come."



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Blocking D-block: U of C establishes task force for off-campus celebrations

Story by Ashar Memon & Matty Hume

As a response to complaints from communities neighbouring the school, the University of Calgary has created a task force to address growing concerns about off-campus activities on the last day of classes.

"The Last Day of Classes Neighbourhood Task Force was recently established to determine how the University of Calgary and key partners could work together to better support harm reduction, and the safety and security of our students, faculty, staff, and neighbours," said vice-president finance and services Linda Dalgetty, who chairs the task force, in an email statement.

Members of the task force include officials from the City of Calgary, the University Heights Community Association, Campus Security, the Students' Union and the Graduate Student Association.

In a statement, the Calgary Police Service (CPS) also confirmed their membership in the task force.

"CPS is collaborating with the university in a consultative capacity to help support students celebrate the end of the school year as safely as possible," the statement read. "CPS is assisting with strategy development to ensure student and public safety."

While both the U of C and the SU host large events on campus during the last day of the academic year, many students instead opt to celebrate at street parties in D-Block, which is a stretch of student-rented housing in the community of University Heights.

SU vice-president student life Nabila Farid said the task force was established to address concerns aired by community members to the U of C.

"[The task force] was made to minimize any activity that may be destructive

off campus," Farid said. "Residents' associations in the surrounding areas have received a lot of complaints. They themselves have, I'm sure, suffered from chaos."

Farid said that, along with discussing complaints by community members, the task force will also collect surveys and information to plan for future end-of-year celebrations.

"They have hired a graduate research assistant that is going to be doing some research around activity on the last day of classes around North America," she added.

Farid said the task force has met once since its creation and is planning to meet again on Oct. 2.

"I just want students to know they're being represented on this task force and that the community associations' concerns are very valid, because, at the end of the day, some celebrations do involve destruction of property," Farid said. "Their concerns are being taken very seriously."

HALLOWDEN

OCTOBER 31 @ 9PM

DRINK SPECIALS
1/2 PRICE PIZZA

Benanas Quality
BURCHILL

DEN
BLACK LOUNGE
EST. 1987

denblacklounge

1980'S - 2000'S

RETRO DANCE PARTY

THURSDAY OCT. 18
@ 9PM

DRINK SPECIALS
1/2 PRICE PIZZA

THURS DEN
EST. 1987

denblacklounge

Undergrads raise concern over new Masters of Social Work timeline

Story by **Matty Hume**
Photo by **Mariah Wilson**

When the winter 2018 semester came to a close, the Faculty of Social Work at the University of Calgary — the largest social work faculty in Canada — announced significant changes to their master of social work (MSW) program, including a spring start date.

The changes quickly drew concern from undergraduate social work students according to Marissa Bennett, the Students' Union Faculty of Social Work representative. The primary concern is that due to the new May start date for MSW, undergraduates who planned to begin their MSW directly after June convocation will now have to wait a full year before embarking on graduate studies.

"In my cohort's case, all of them want the direct-entry option [into the MSW program], which they don't have access to until a year after they've convocated," Bennett said. "So now, every year this is going to happen where the graduating class, if they want to enter their direct-entry masters, will have to wait."

According to Bennett, the new MSW timeline is a shock to social work undergraduates who have spent four years of study with a direct entry into graduate studies in mind and now face an unplanned gap year.

"I do think one of the effects of this is if [students] have their hearts set on doing their masters right after their undergrad, they will go to a different university to do that now," Bennett said.

The new May start date is not the only change to the MSW program. The Faculty of Social Work has also implemented a 'stackable' Graduate Certificate pathway towards an MSW, which features a traditional September start date.

However, there is a clear difference between the classic 'direct-entry' MSW program and the new stackable alternative. The former can be completed in either 12 or 24 months, each consisting of 12 courses — an increase from 10 courses previously — that result in a MSW. The latter requires students to apply for and complete two separate certificates, each consisting of four courses, before being eligible to apply for the MSW program and complete the four remaining courses required to receive a MSW.

Facing the uncertainty of three separate applications for a September start is still undesirable, said Bennett.

"The direct entry [is] one application. You apply and then you get in, you don't have to apply to anything else," Bennett said. "The stackable masters is available for a fall start date, but in my cohort's case, none of the students who wanted to go into their masters right after their undergrad — they didn't want that option."

According to Jackie Sieppert, Dean of the Faculty of Social Work, the changes are the result of careful deliberation and consultation and reflect the unique nature of an education in social work.

"The key reason we have moved the start of the master of social work program to a spring start is related to field education or practicum placements," Sieppert said in a statement to the *Gauntlet*. "Practicum placements are a cornerstone of social work education. Students take the knowledge and theory that they've learned and put it into practice, working in the social work field of their choice, under supervision.

"Starting the program in September would have meant practicum placements would have occurred in the following spring/summer semesters," the statement continued. "This would create a critical issue

regarding the availability of organizations and qualified social workers willing to supervise students."

In addition to the significance of practicum availability, Sieppert said that for a career in social work in particular, experience counts.

"Social work is a profession that sees our graduates work with people and communities who face many forms of trauma, hardship and challenges," Sieppert said. "Having experience working with clients or in the various fields that social workers are employed provides education and experience that you just can't get in school. This is why, as a professional degree, social work is different from many other education pathways."

According to Bennett, undergraduate social work students are nonetheless disappointed with the lack of direct communication from the faculty.

"This is affecting at least 10 people in my cohort. [They] are saying that it has affected their entire masters application process. It's affected where they look [and] what they're considering doing," Bennett said. "[For] students in my cohort, this was so upsetting for them because although the information was made public, students were not contacted directly. We did not get direct communication that this was happening."

Ultimately, Sieppert maintains the May start date for the direct-entry MSW program is ideal for a career in social work.

"Once you have had the opportunity to apply what you learned as an undergraduate in the field, you begin to understand what you'd like/need to know more about, as well as the areas of social work practice that are of most interest to you," Sieppert said. "In this light waiting until the spring following graduation is, perhaps, still an accelerated time-table for a professional social worker."



Cannabis Policy keeps campus sober

Story by Jason Herring

Despite the impending Oct. 17 legalization of cannabis across Canada, students at the University of Calgary will have to venture off-campus to light up a legal joint.

The U of C unveiled its stand-alone Cannabis Policy on Sept. 24, but the policy doesn't come into effect until Oct. 17. Linda Dalgetty, the U of C's vice-president finance and services, says the policy reiterates rules put in place by the City of Calgary's bylaws — meaning that students will be prohibited from using cannabis recreationally on campus.

"In terms of the policy, we have followed the municipal bylaw and the policy states there is no recreational cannabis consumption on campus," Dalgetty said.

Calgary's legislation details that consumption of cannabis in any form will be illegal in public places. The U of C's policy reinstates that the rule applies on campus as well. Selling or growing cannabis is similarly prohibited.

Medicinal use on campus will continue be accommodated, in accordance with *Alberta Human Rights Act*, while the U of C plans to wait for further legislation by the city and province before writing policy governing the use of edibles.

While the policy notes that violations may result in "penalties or discipline" in accordance with other U of C policies, Dalgetty says there won't be punishment for students found consuming pot on campus.

"If people are smoking cannabis, they will be asked to put out the joint, because it's not legal on our campus," she said.

Students also won't be able to consume cannabis within their residence units, a decision Dalgetty says the U of C made in accordance with existing rules forbidding smoking.

"The residences are on campus and as landlord we've decided to follow an on-campus policy for residents," Dalgetty said. "We already have a non-smoking policy for residents and we feel that that's applicable."

The U of C is also implementing some

harm reduction measures in advance of legalization, including a modification to the Post-Alcohol Support Space. The space in Cascade Hall that provides medical attention to intoxicated students on Thursday nights and special occasions will expand to treat those in need who have consumed excessive cannabis.

The space is anonymous and students aren't disciplined for using it, something that U of C senior director of student wellness Debbie Bruckner hopes will aid harm reduction.

"Our belief that anyone seeking emergency medical assistance for use of a substance will not face repercussions for seeking that assistance," Bruckner said.

Overall, there's one thing Dalgetty and the U of C want to make sure students know about smoking pot on campus: don't do it.

"We have a municipal bylaw. We are following the municipal bylaw," she said. "The bottom line is, there is no acceptable place or space on campus to consume recreational cannabis."

Vote Elections Calgary

Notice of Advance Vote

*Local Authorities Election Act
(Sections 7, 12, 35, 46, 53)*

The City of Calgary Province of Alberta

Notice is hereby given that an Advance Vote will be held on the following question:

Are you for or are you against Calgary hosting the 2026 Olympic and Paralympic Winter Games?

I am for Calgary hosting

I am against Calgary hosting

Advance Voting will take place on the day of Nov. 7 between the hours of 11 a.m. – 5 p.m.

Vote Early

If you miss advance vote, Vote day is **Nov. 13, 2018.**

University of Calgary

Students' Union – "SAR Lounge MacHall"

Wednesday, Nov. 7 11:00 a.m. – 5:00 p.m.

In order to vote you must produce identification for inspection. Your identification must contain your name and home address. Picture ID is not required. Forms of authorized identification include:

Government Issued Identification

- Operator's (Driver's) Licence
- Alberta Identification Card

Other forms

- Bank/credit card statement or personal cheque
- Correspondence issued by a school, college or university
- Government cheque or cheque stub
- Income/property tax assessment notice
- Insurance policy or coverage card

- Letter from a public curator, public guardian or public trustee
- Pension Plan statement of benefits, contributions or participation
- Residential lease or mortgage statement
- Statement of government benefits (eg. employment insurance, old-age security, social assistance, disability support, child tax benefit)
- Utility bill (eg. Telephone, Public Utilities Commission, television, hydro, gas or water)
- Vehicle ownership, registration or insurance certificate
- Attestation form

For a complete list of accepted ID, visit calgary.ca/vote2018

On behalf of:



calgary.ca/vote2018

Dated at The City of Calgary, in the Province of Alberta, October 1, 2018.

Laura M. Kennedy,
Returning Officer

Sudden change in fee collection causes distress for ESS



The U of C will no longer be collecting mandatory membership fees for the Engineering Students' Society, formerly a \$69,000 source of revenue

Story by Matty Hume. Photo by Mariah Wilson.

On Sept. 19, an email from the University of Calgary's vice-provost student experience Susan Barker left the undergraduate engineering community confused.

"We have determined it is not appropriate for the university to be collecting fees on behalf of an individual student society, including the Engineering Students' Society (ESS), and will no longer be doing so," read Barker's email.

One of the largest students' societies at the U of C, the ESS has had their \$10 per semester membership fee collected by the university through a mandatory addition to undergraduate engineering tuition. The university began collecting a mandatory fee on behalf of the ESS after approximately 70 per cent of engineering undergraduates voted in favour of the mandatory collection

in a 2006 plebiscite.

According to ESS president Jiani Deng, the mandatory membership collection resulted in around \$69,000 in annual revenue for the ESS. The sudden revocation of the significant sum caused immediate concern for the ESS, especially for the already-budgeted upcoming year.

"We've spent the whole summer trying to plan for the year and we signed a lot of contracts unfortunately already" Deng said. "We weren't ready for that when it did come out and so immediately we do have to do a review of our budget that was voted on back in April and we didn't know about this at all."

According to Deng, the ESS has already signed four noteworthy contracts for this year, which now face uncertainty and further financial consequence if defaulting on

the contracts becomes a reality. These contracts are for the ESS's largest initiatives: a first- and second-year dinner, a third- and fourth-year dinner, a graduation banquet at the BMO Centre and a subsidized yearbook for graduating students.

"We're going to draft up a proposal to the dean's office asking for funding for some of the things that we've already written contracts for," Deng said. "We do have to look at the events that we offer and unfortunately cut quite a few because we just don't have the income. We haven't really looked at the budget for next year [or] what we're going to cut, but chances are it's going to be those large ticket-items that we do have to sign contracts for one year in advance."

In addition to financial uncertainty, Deng said the ESS was flummoxed by the lack of student engagement or direct consultation

with the ESS itself.

"This fee was implemented by student vote so [students] thought that maybe that was kind of the procedure to get rid of the fee as well. Students that I've been talking to seem very largely surprised that this fee was just taken away from without more student engagement," she said. "I don't know what their reason is for this either. I would want to know why as well."

When asked what prompted the U of C to stop collecting mandatory fees on behalf of the ESS, Barker responded that it was the result of regular university practices.

"The university continually reviews processes and procedures to ensure they are administratively efficient and appropriate," Barker said in an email to the *Gauntlet*. "Universities are dynamic institutions and continually evolve. We talk about the university as a fair and just campus, and want to ensure our practices align with our values."

While the university continually reviews processes and procedures, an individual student effort to remove ESS fees also commenced over the summer. After

requesting an interview, the *Gauntlet* received a prepared document from former Students' Union engineering representative Chinmoy Ayachit, titled "Statement on the change in collection of ESS fees by the University."

In the statement, Ayachit suggested that engineering students "had grown increasingly dissatisfied and apathetic with the lack of impactful events, services and programs provided by ESS" and that "a mandatory membership had withdrawn incentive to perform."

Also included in Ayachit's statement was the description of a "detailed proposal" to the office of the vice-provost student experience, "backed by rigorous evidence and hundreds of student-support signatures." The proposal is never referred to as a petition in Ayachit's statement, but the signature-featuring document nonetheless requested a review into the university practice of mandatory fee collection.

"A lot of the students that I've talked to I guess are not educated about all of the services and events we provide," Deng said. "Again, there's a whole list of them, but a lot

of [students] have attended things in the past like frosh week and first-year welcome."

When asked if the proposal described by Ayachit influenced the university's decision, Barker said the U of C was aware of it, though their decision differed from the proposal's request.

"We were aware of the petition but understand that was to request a plebiscite to determine whether engineering students wished to continue the practice of having mandatory fees collected on behalf of ESS," said Barker. "This is different to the decision that we made."

In Ayachit's statement, he wrote that the proposal included the significant legal point regarding the Alberta provincial government's *Post Secondary Learning Act*. Section 95(2)(2) of the act protects mandatory memberships for Students' Unions, but not other student groups or associations.

Barker noted that no other students' associations will be affected, as the ESS was the only students' association collecting fees through the university.

According to Barker, the U of C and Schulich School of Engineering recognize the exceptional affect the change of procedure will have on ESS, stating the faculty will provide interim support while ESS adjusts to the change.

"Schulich recognizes the value of the ESS to the support of student life in the faculty and is committed to providing support," Barker said. "I understand they are currently working with the ESS to plan what that will look like."

Deng says that it is still unclear what this support will look like in actuality.

"I don't know exactly what [Barker] was referring to, but I know that the dean's office has offered assistance for this year," she said. "We will get as much money as we can from membership drives as well as whatever funding they can support us but from my understanding they will not be able to give that kind of monetary support every single year."

"I guess moving forward ESS will try to do what we can with whatever funds we can collect for this year and kind of look at what we can cut from previous years," Deng continued. "But we would also like to engage in more conversations with the university to see if they would be willing to work with us."



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Features

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TOURIST

How
“Volun-tourists”
can do more harm
than good in
developing communities

By Jennifer Khil
Illustration by Tricia Lim

I've been on two "volunteer-abroad" trips over the course of my undergraduate career and now serve as president of a volunteer-abroad club on campus.

You know, one of those clubs whose executives yell at you for a solid minute before your 8 a.m. introductory biology class about an opportunity to make a difference.

In an alarming proportion of cases, "volun-tourism" — travelling abroad with the intention of providing assistance to a worthy cause — can do more harm than good. However, you can still work towards ensuring that the several-thousand-dollar trip you're Googling will be "worth it" — for the international community in need, not just for you.

Volun-tourism is quickly gaining traction. Wilson Quarterly reports that it's now a multi-billion-dollar industry. Booking a trip through a volunteer-abroad program can be cheaper than travelling on your own. For a lot of students, it seems like killing two birds with one stone. You get to travel the world while also gaining relevant experience to stick on almost any professional school application. Volun-tourism is a guilt-free way to enjoy your time, because you're making a difference. Right?

Unfortunately, the positive impacts of many short-term volunteering trips don't last. When they do, they're often negligible. The temporary measures that shorter trips tend to promote — like building a community well or handing out bracelets at an orphanage — do nothing to target the enduring and multifaceted societal issues that many developing states face. It's like sticking a succession of week-long Band-Aids on a gaping wound, which likely requires antibiotics and long-term, sustained care from a team of committed professionals to heal properly.

Most of us aren't foreign aid professionals and never will be, but still want to help. It's easy to think, "Something is better than nothing," but heartbreakingly, short-term volunteering trips can be harmful as well as fruitless.

Children struggling with abandonment issues often shoulder the brunt of the harm caused by volun-tourism. Most of us seek to bond emotionally with the children we work with — after all, we want our experience to be "meaningful" — but those same children are left to bond with a new volunteer every week, after the previous ones have hopped on their plane back home, eventually replacing their Ghana Facebook album with a Thailand one.

Children are not photo-ops. Their lives in their home countries continue on after that one endearing moment captured in your Facebook photo. I am the first to admit that I have been guilty of this before.

Volun-tourism can also contribute to deeper and more sinister problems within a community. For example, the United Nations Children's Fund has spoken out repeatedly against the exploitative nature of "orphan tourism." So-called 'orphanages' can be run by traffickers who capitalize on pulling on the heartstrings of well-intentioned foreigners, inviting them to donate money or pay to come "save the orphans" themselves — who, many times, have actually been forcibly taken away from their very much living parents.

The Guardian describes some orphanages in Cambodia as a "booming business trading on guilt". Responsibletravel.com, an umbrella group for responsible and effective tourism and international aid, has removed all orphanage volunteering trips from their site. Sarah Bareham, one of their marketing assistants, told *The Telegraph* that the number of orphanages in Bali has doubled in the last 20 years, alongside a boom in tourism. This suggests that volunteers are actually fueling the demand. Furthermore, an alarming UN report from West Africa highlights that over 90 per cent of children in orphanages in Ghana are not actually orphans, and that 140 of 148 orphanages in the country operate without a license. The report underlines the need to protect children from "orphan dealers."

According to Bareham, almost all orphanages in Cambodia are funded

by overseas donors. Many even train children to perform and attract donors because they rely on volun-tourism for income. Three-quarters of these children are not orphans. Siem Reap, a Cambodian town with a population of only 100,000, now has 35 orphanages.

In addition to exploitation, volun-tourism can promote a cycle of dependence in vulnerable communities that come to rely on donations. Such communities may become less inclined toward self-sustainability, impeding much-needed growth. Like a serious chronic illness requires a proper diagnosis and long-term care, the only way to prevent future problems is through committed societal development. That means work should be done by accountable organizations who are committed to long-term solutions.

If the objective of a volunteering trip is to help the community, volun-tourism is likely to be an immense waste of resources and effort. Consider whether the cost of your trip — the flight, your accommodations, time off work — could be better put toward paying the salary of a local worker who could do your job better than you are able to. Would the service you are offering be possible without you there? It's much more efficient and beneficial in the long-term to pay skilled local construction workers to build a well, rather than relying on a group of likely unskilled volunteers whose work may not hold up properly over time. A lack of proper skill also poses an ethical question for medical volunteers, who are often undergraduate students, but are sometimes allowed to "practise" beyond the scope of their training in a developing country, when they would not legally be allowed to do so in their own.

Nilufer Hasanova is a University of Calgary nursing graduate who authored the published paper *Voluntourism: who are we really helping?* In an interview with the *Gauntlet*, she draws attention to the risks associated with medical volunteering trips. These trips are often presented to undergraduate students with

Features

medical school aspirations.

“Most people that go on medical aid trips aren’t qualified and can put lives at risk that way. Often, companies promise students a medical experience and patients in other countries are affected just so that somebody from here can boost their CV,” Hasanova says. “Is someone’s life really that less important?”

The attitude of volun-tourism can also simply be offensive. Literature is spilling over with discussions about the Western-saviour complex. It boils down to this — it’s problematic for Westerners to assert their perceived superiority by swooping in to “rescue” a developing country. And when people only visit the most impoverished regions of a country, they are not experiencing anything beyond its helpless stereotype. It is

inaccurate to assume that the rest of the state is like the area you’re volunteering in. Giving into this belief only feeds into a Western superiority complex.

“At the end of the day, people may need support, but they don’t need saving,” Hasanova says. “Involving the community you want to help in decision-making is key to creating sustainable solutions. These opportunities should change one’s view of the world — and not just their Facebook profile picture. Those living in developing countries are people. We all share this earth and need to respect one another.”

Instead, consider donating money instead of time. You can invest long-term into a population or region by volunteering with or financially supporting legitimate organizations. Billions of dollars are spent annually on volun-touring. That money could be repurposed and invested directly into communities themselves.

I recognize that donating money doesn’t offer the same returns to travelers, such as the first-hand experiences gained or the items we get to add on our resumés. And it’s important to acknowledge that international volunteering trips are not universally problematic. When done right, they can benefit both their communities and volunteers, while promoting diversity in cultural experiences and awareness.

Providing the opportunity for people, especially students, to travel abroad and work towards a cause they are passionate about goes a long way in spreading and maintaining awareness of and interest in, international issues. It also allows us to humbly expand our repertoire of cultural exposure and experiences. Both are important parts of living



Photo by International Disaster Volunteers

effectively in a globalized world.

If you are still considering embarking on a volunteer-abroad trip, be sure to research your organization. Reputable organizations should publish annual impact reports and financial statements. Their mission statement and values should emphasize the needs of communities, not the experiences of volunteers. Organizations should work with, employ and support local staff and local partner organizations — especially since working with these locals is required to be able to fully understand what the community actually needs.

Organizations should not take employment away from the local community, such as by giving work to unskilled “construction” volunteers when many locals would benefit greatly from such an opportunity.

Sarah Skett, a postdoctoral research fellow in Sustainability Studies at the U of C, studied volun-tourism during her PhD. She advises potential volunteers to look for organizations that have strong

local leadership in addition to employing local workers, and if possible, to speak with former volunteers about their experiences in a specific program.

“Give the time to research what kind of volunteer work it is that you want to do,” Skett says. “And spend the time to learn about the country’s history and current situation before you arrive.”

Volunteers should be trained properly — on their task and on the community’s culture — and always be supervised by a professional, never practising outside of the scope of their skill. An aid trip is not the time to “play doctor” — students should recognize that their training is very limited and that the people in these countries deserve the highest standard of medical care that they can get.

Organizations that offer accommodation in local homestays also spend less money on volunteer comfort, which shouldn’t be a top priority for trips focused on service. The money spent on homestay accommodation also directly supports the local families who host you.

Living in a homestay is a great way to experience the culture of a community, but keep in mind that the taste of the country you’re getting is still only a very small part of their nation and identity.

“The most important thing is you are not going there to help,” Skett says. “You are going there to learn, collaborate and make connections. When we change our attitudes as to why we’re volunteering, there is the potential for positive outcomes and life-long learning and friendships.”

If you’re volunteering abroad, keep the correct priorities in mind — what will benefit the community — and always ask how your actions are contributing to a long-term positive impact. Keep in mind the beautiful parts of any culture and community you may be a visitor in, and know that though you may be there to work with them towards a solution, you are their guest and not their saviour.

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Your opinion matters.

Hi, I'm bi: Why bisexual representation matters to me

By Kristy Koehler

Bisexual Awareness Day occurred on Sept. 23. Observed since 1999, it marks the beginning of Bi Visibility Week. Have you heard about it? There's a decent chance you haven't...

I'm bisexual. I'm attracted to people — male, female, gender non-binary, transgender — comprising virtually all gender expressions and identities. Within the pantheon of labels that represent the multitude of sexual orientations, I suppose the one that closest fits the above description is 'pansexual,' but it's never been a term I chose to use.

I grew up in a time when the labels weren't so complicated or simply weren't used altogether. Now, each has their own flag and finding which one to identify with feels like reading through the terms and conditions section of the latest app update — *check this box to indicate agreement with all of the fine print*. I don't like to whittle my sexual orientation down to fit in a box. Bisexuality, at least for me, represents everything other than straight or gay. That being said, I fully support others in choosing the label, or lack thereof, that works for them.

Despite my preference for the term bisexual as my self-identifier, the word can carry a toxic connotation. I'm not in the least bit ashamed of my sexuality. Telling someone that I'm bisexual, however, makes me wonder if I am going to get the inevitable eye-roll that comes with the revelation. Both straight and gay people have commented things like, "Of course you are. Everyone is nowadays."

Often, I use the term "queer" or say that "I'm a member of the LGBTQ+ community." Both are conveniently ambiguous enough so as not to require a secondary explanation.

People will ask whether or not I have dated mostly men or mostly women, demanding a percentage breakdown of my preferences — "Is it, like, 60/40? Or 70/30?" These questions propose that the amount of people I've dated or slept with in either category determines my actual sexuality. If you've never dated or slept with anyone at all, does that make you any less straight or any less gay?

When dating a man, I'm asked if I've turned straight. But I didn't "turn" anything. Apparently, my current relationship

status negates the relationships I've had in the past. I've been accused of taking the easy way out — of dating a man so that I can pass for straight and not have to face the discrimination that the LGBTQ+ community often faces. Let me assure you, being bisexual does not provide an easy way out.

Bisexual women are often portrayed as straight women who experiment. Bisexual men are portrayed as men who just don't know they're gay yet. Bi women who have been with men aren't considered gay enough and bi men who have been with men are considered too gay.

Biphobia is real. We are often dismissed when coming out. We are accused of identifying as bisexual for attention or dabbling in homosexuality for shock value. We are afraid of appearing too gay or too straight. We are met with rejection from gays and lesbians as well as heterosexuals. Studies show that bisexuals make up just over half of the percentage of the LGB community and suffer higher rates of mental health issues than heterosexuals and homosexuals.

Dating women is difficult — many lesbians will assume that I'm not serious about

them, that I'm just with them until I find a man I like better. Dating men can also be difficult — it is assumed that because I'm attracted to all people that I'm available to fulfil all kinds of threesome and group-sex fantasies. Often, bisexuality is hypersexualized, and framed as an antithesis to monogamy. Sure, there are bisexual people that are polyamorous. But that is an individual choice, not something directly related to bisexuality.

In the media, female-female couples are often referred to as lesbian couples, not taking into consideration whether one of the partners identifies as bisexual. A bisexual woman's status in a female-female relationship erases her bisexuality and forces a new identity on her. The gender of a bisexual person's partner does not determine their sexual orientation. It undermines the validity of bisexuality as a legitimate sexual orientation and contributes to our erasure.

Asking questions to determine our 'relative gayness' and making assumptions about us contributes to bisexual invisibility — the tendency to assume that bisexuality does not exist or is just a phase. Bisexual

erasure is a problem. We are not indecisive. We should not be told we have to choose whether to be straight or gay. We should be free, as all humans should be, to love who we wish, without endless questions and demands to be more straight, or to be more gay. Bisexuality exists. It has for as long as humans have existed. And we will continue to exist.

While I don't purport to speak for everyone, I have received backlash from both gay and straight people. There are few positive portrayals of bisexual people in the media and many of us don't even feel we belong at

events like Pride. That's why bisexual Awareness Day and Bi Visibility Week are so important. They shed a light on the fact that we exist and matter, too. Bisexuals deserve inclusion in general, and especially within the LGBTQ+ community. After all, if we're good enough to represent a letter, we're good enough for respect.

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The illustration depicts an underwater scene with several mermaids. One mermaid on the left plays a banjo, another in the center plays a harmonica, and one on the right plays a violin. A large anchor in the foreground has a banner that reads "CJSW" and a smaller sign below it that says "FM ANCHOR". The scene is filled with musical notes and small fish.

Automation puts general population at risk if profits not reinvested in society

By Garrett Wachoski-Dark
Photo courtesy Stephen Pace

Automation of labour has occurred since the onset of the Industrial Revolution. It's not new and it's also not fundamentally a bad thing — unless you hate humans and how we have destroyed the world, which is a very valid opinion. However, the problem with innovations in machine intelligence and automation stem from how we reinvest the wealth it creates.

Automation has allowed us to feed and shelter our ever-increasing population, but that is a result of automation, not its cause. Its driver — as always — is capitalism. If the market's invisible soul did not benefit by aiding humanity, then we'd face a far different world than we do right now. Fortunately, the market has deemed us worthy of existence, so here we are.

The problem with robots taking our jobs is not that we are going to end up bored. It is that the consequences of the automation of work allow corporations to abuse society even more than they already do.

It doesn't take a genius to realize that having robots mining coal or working with dangerous chemicals instead of humans is beneficial. And who wouldn't like to take a nap while commuting to work or have your morning coffee made just right every time? Eventually, however, automation will plateau and nearly everything will be performed by machines more efficiently than humans. Where does that leave us?

Yes, humans will still need to supervise or control processes at some stage, but the end result is that we will no longer have to work. In theory, this means we should have time to do what we are most interested in — to create art, to think, to have fun and to innovate. Except that will not be the case



because the wealth created by efficient machine-run services will not be reinvested in the general population — at least not without our guiding hand.

Left to its own devices, capitalism will reinvest in itself until it is forced to evolve into its next iteration. High growth then slow growth, over and over again. This is what we are seeing today as market capitalism fights with itself over morphing into information-based capitalism. I personally don't want to live in the valley between two systems of capitalism. Like most students, I'm in an economic situation where I will not benefit from the upswing of the next era of capitalism but will be hit hard by the downswing of the previous era. Who will benefit? Only the rich.

Is the solution to robots taking our jobs to halt the process completely? No, as that would mean we would stagnate as a society. The solution is to mandate that corporations that benefit from automation reinvest in society. This will likely have to come from the government, who

we first need to convince since they already benefit heavily from the current economic era. They will benefit even more from providing a smooth transition from this era of capitalism to the next.

As it stands today, robots taking human jobs have a net-positive effect on industries, as it significantly lowers the cost of production. However, this trend will have a net-negative effect on society if left unabated, leading to higher unemployment or the transition of employment to the unsustainable gig-economy.

The problem is that this will take decades of economic and personal hardship. The solution is to mandate that extra profits be reinvested in society through things like grants, social welfare or universal basic income and help shift focus from capital and labour to energy and resources as we move toward an information-capitalism society. This will help stabilize the otherwise jolting transition between eras of capitalism, hopefully accelerating the process while decreasing the risks to society.

Perfect Pulses on the Go

PULSES are the dry edible seeds of legumes and include beans, peas, lentils and chickpeas. Pulses like black beans are a delicious source of protein and fibre and are grown in Alberta.

Black Bean Bowl



MAKES:
4-6 servings
(6 cups/ 1.5 L prepared)



PREP TIME:
20 minutes

Dressing

3 Tbsp (45 mL)white wine vinegar
1 Tbsp (15 mL)honey
2 tsp (10 mL)whole grain mustard
½ tsp (2 mL)ground turmeric
¼ cup (60 mL)canola oil
to taste salt and ground black pepper

Salad

1 ½ cups (375 mL)cooked or canned black beans (drained and rinsed)
1 ½ cups (375 mL)cooked pearl barley
1 ½ cups (375 mL)chopped red bell pepper
¼ cup (60 mL)chopped dried cranberries
3 Tbsp (45 mL)chopped fresh dill
3 Tbsp (45 mL)lightly toasted sunflower seeds, divided
2 cups (500 mL)packed baby arugula or spinach

Directions

To prepare the dressing: whisk together the vinegar, mustard, honey and turmeric. Slowly drizzle in the oil, whisking continuously. Season to taste with salt and black pepper.

Combine all the salad ingredients together in a large bowl, reserving 1 Tbsp (15 mL) sunflower seeds.

Add as much of the dressing as desired to the salad and toss to fully coat. Season to taste with salt and black pepper and garnish with remaining sunflower seeds.

Nutrients per serving (1 cup/250 mL) 250 Calories, 12 g Fat, 1 g Saturated Fat, 0 mg Cholesterol, 32 g Carbohydrate, 7 g Fibre, 8 g Sugar, 6 g Protein, 181 mg Sodium, 380 mg Potassium, 2 mg Iron, 77 mcg Folate

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**ALBERTA PULSE
GROWERS**

Statutory declarations benefit students

By Cameron Wong

As our 2018 calendars peel away to their final pages, we approach the most dreaded season of all. Winter — with its snow-jacketed trees and threads of impatient cars on Crowchild Trail — is soon upon us. If the lack of daylight and freezing temperatures aren't enough to dampen your mood, winter brings the annual flu season to ruin your workweek. The sniffles and coughs that fill the pauses between professors' voices are a hallmark of winter months.

Despite diligent handwashing, it seems like I catch something every year. As much as I try to keep on top of my courses, I know the best cure for sickness is to rest and let my immune system do its job. But for some students, the timeframe of flu season can turn their schedule on its head. This is especially true during midterms and finals, when students must be at the top of their academic game.

Picture this — you wake up at noon on a mid-December day after some late-night cramming for your final, but you're as nauseous as a storm-tossed sailor. You turn your legs to reach the floor, but rattling coughs knock you back into the sheets. Your final is today, so what do you do?

Prior to this year, you would have needed to head over to the doctor's office, pay \$35 or so for a medical note and use the medical note as an excuse for missing a piece of coursework. This year, however, the University of Calgary ditched the mandatory medical note for de-

ferring classwork or exams in lieu of statutory declarations. Now, students can instead fill out a form explaining their absence, testify before one of the several Commissioners of Oaths on campus and use the declaration to defer tests or assignments.

Allowing statutory declarations fixes a burden on the medical system caused by requiring a medical note. If you travel to the doctor's office for the sole purpose of obtaining a slip of paper certifying that, yes, you're indeed too sick to attend class or write an exam, you take a spot from another patient who could be actively treated for illness. Even more, while you're sitting in the waiting room coughing up a storm, you could pass on your cold or flu to other patients and medical staff. Subjecting hundreds of sick students to this process is a recipe for disaster.

It is shocking that despite the clear benefits of statutory declarations, the U of C is among a sparse number of Canadian universities to have adopted them.

An argument against allowing these declarations in place of a doctor's note is that doctors are in an authoritative position, giving them the ability to validate a student's inability to attend class or write an exam. In reality, doctors will provide medical notes for any illness that would excuse a student, even ones that cannot be immediately diagnosed. The \$35 you pay for a sheet of paper could be better spent on prescriptions or cold medicine that actually aid your recovery.

Another advantage of statutory declara-

tions is their inclusivity, allowing students to decide if their situation allows them to attend class. Extenuating circumstances, such as sudden family emergencies, are easily accounted for by the new system. For natural disasters that affect large portions of the student population, such as the 2013 Calgary flood, absences are more logically justified in terms of individual circumstance, rather than assuming that all excuses are related to a physical incapacitation.

Shifting from the logistical perspective of policy-making, what makes statutory declarations such a great advancement for the U of C is that they show that faculties recognize students as responsible, honest adults. Responsibility sounds like a scary thing — and sometimes it is — but it's closely related to the concept of freedom. Recognizing that it's our job to make up for missed assignments gives us the freedom to decide when it's appropriate to excuse ourselves in the first place.

And why shouldn't the university trust us to do this? We are the ones paying for our degree and we are the ones in charge of our future.

Statutory declarations are a vast improvement over doctor's notes. They unburden the public health system, are inclusive towards all types of circumstances and place responsibility where it should be — in the hands of students. The U of C made the right decision and it's time that other Canadian universities follow our lead.

Campus quips: What do you think of the U of C's new statutory declaration policy?



"It makes things harder."

– Nadien, third-year business



"The old system is better."

– Matthew, first-year psychology



"It could mean a lot of extra work."

– Natalie, second-year kinesiology

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Reducing residential speed limit in Calgary to 30 km/h the right decision

Story and photo by Mariah Wilson

Amid recent discussions surrounding Ward 7 Coun. Druh Farrell's motion to reduce Calgary's residential speed limit to 30 km/h in order to increase pedestrian safety, I'm shocked that some Calgarians are calling this a 'war on cars.' While the onus of road safety doesn't completely fall on drivers, it's irresponsible to perpetuate the expectation that drivers have the right to barrel down a quiet residential street when studies repeatedly show that drivers are more likely to be the cause of pedestrian-vehicular collisions.

In 2016, the city released data spanning over a 10-year period to the *Calgary Herald* reporting that 53 per cent of pedestrian-vehicular collisions occur when the pedestrian had the right of way, whereas only 21 per cent occurred when the driver had the right of way. Therefore, a reduced speed limit in residential areas, not main arterial roads, is justified and necessary.

In surrounding communities including Airdrie, a 30 km/h speed limit has been successfully implemented on residential roads, ensuring that community members who primarily walk, such as children and the elderly, remain safe.

A reduced residential speed limit ties into the City of Calgary's pedestrian strategy, *Step Forward*, launched in 2016. This strategy outlines a plan to encourage a culture of walking, fixing decades-long walkability concerns following city growth that was primarily automobile-focused.

Furthermore, Farrell cites data from the World Health Organization (WHO), highlighting that pedestrians have "a 90 per cent chance of surviving car crashes at speeds of 30 km/h or lower but less than a 50 per cent chance of surviving impacts at 45 km/h."

Just let those numbers sink in.



A 20 km/h reduction in your speed can be the difference between life or death for someone. Someone who has friends and family who are waiting for them to return home. Someone who adds meaning and value to this world. Someone who has no reason to die, except for being in the wrong place at the wrong time.

My friend was that someone. And it's something that still pains me to say, two years after her accident. She was my mentor at work. She was suave and cool. She was only four years older than me and had recently graduated from university. I was excited for all of the wisdom she would pass onto me. But she didn't have the opportunity to because she was struck and killed while crossing the street.

The WHO's report describes exactly what would have transpired as she was hit. While she was walking her dog, a negligent driver struck her knee-joint area, accelerating the lower extremity of her body forward while rotating and accelerating her upper body. The final blow was to her head as it hit the bonnet of the

car at a velocity that was close to that of the car itself.

Within 14 hours of being hit and rushed to the hospital, her lifeline was pulled from the device keeping her alive. With it went her witty sense of humour, her compassion for those around her and her rapturous spirit. I held her mom while she sobbed. I sat by her sister when they received the news she was brain-dead. I cleaned out her office while my boss cried. I underwent a year of psychological treatment because of my PTSD. It all could have been prevented if her district had marked pedestrian crosswalks and lower speed limits.

On average, Calgary has one pedestrian-vehicular accident each day, which is one too many. We must eradicate that number through careful driving, better pedestrian infrastructure and more road safety education for all. City council's motion to lower residential speed limits can be the first of many initiatives that prioritize thriving and healthy communities where everyone can have access to safe transportation.



The notwithstanding clause is a fundamental flaw of the *Canadian Charter*

By Kayle Van't Klooster
Photo courtesy Derek Tsang

The *Canadian Charter of Rights and Freedoms* is a keystone document in our country, but it has a fundamental flaw. The inclusion of Section 33 — the notwithstanding clause — is perhaps one of the worst mistakes Pierre Trudeau's government ever made. Although it may have been a necessary compromise with the provinces at the time, it is dreadfully out of date. The time has come to put an end to the mockery the clause makes of our fundamental political rights.

The purpose of any bill of rights is to ensure the rights of the citizens. However, it's important to recognize that the possible infringers of our rights are not foreign enemies but our own political leaders. A healthy democracy relies on a separation of powers to ensure that one office cannot rule absolutely and that voices not in power are still heard. Furthermore, we must have guarantees in place so that minorities are respected and treated fairly, preventing the tyranny of the majority.

Allowing governments to use Sec. 33 to override constitutional judicial decisions throws our rights out the window. Take the

Marriage Act of 2000 passed by Ralph Klein's Alberta government. It invoked the notwithstanding clause to state that even if the federal government or the courts legalized same-sex marriage, the province would continue to only recognize opposite-sex marriages. Although this law had no effect as the definition of marriage falls under federal jurisdiction, the intent and potential for harm this act had were still present. Despite the equality rights supposedly guaranteed in Section 15 of the *Charter*, discriminatory legislation, including this attempt by former premier Klein, to restrict the rights of the LGBTQ+ community, was perfectly legal. In fact, it isn't even difficult to pass such damaging legislation, especially by a majority government.

This brings us to Ontario Premier Doug Ford's worrisome attack on Toronto's democracy. The courts originally ruled that Ford's decision to cut Toronto's city council in half seriously infringed on the rights of Torontonians and has stripped them of a concerning degree of representation. Despite the court decision, Ford went ahead with cutting council by invoking the notwithstanding clause.

The move disenfranchises citizens and disrupts the democratic process, especially considering that the municipal election was

only a month away when the decision was finalized. What's worse is that the justifications for this change are vague and unconvincing, with proponents reciting little more than simple conservative rhetoric like "cutting waste." Although the Ontario Court of Appeals has now overturned the original decision, the fact remains that it ought to be up to the courts to decide. The notwithstanding clause neuters the power of our judicial system and has the potential to seriously disrupt the separation of powers.

Keeping the clause in the Constitution is not only irresponsible, but it's also dangerous. It is easy for us to accept the clause, since Canada has been fortunate enough in its history to have never had any encounters with radical or authoritarian leaders. But we should never dismiss the possibility. That isn't to say that one day we will wake up to a Canadian Trump or Erdogan, but even smaller measures of oppression like the failed *Marriage Act* still can do serious damage.

There is no solid reasoning against supporting the notwithstanding clause and all the reason in the world to repeal it. Our democratic rights are more important than personal or political conveniences. They should be reinforced by the full strength of our legal system.

Tips for pursuing undergrad research

By Siddhartha Goutam
Photo by Mariah Wilson

For many undergraduate students interested in professional or graduate school, looking for summer research is an intimidating task. Drafting emails, understanding expectations and dealing with finances can be roadblocks for students who are keen on pursuing research. However, research is easier to get into than you think and is the best way to supplement in-class learning. Here's a quick rundown on how to apply to a lab and excel as a research assistant.

Why do labs take undergraduate students?

In academia, there's a popular notion that undergrads are burdens to labs in need of extensive babysitting. So why do labs still accept undergraduate students?

Contrary to your anxieties, most faculty members are interested in teaching and mentoring students. Research supervisors often teach classes and build relationships with their students. When approached by like-minded students who are interested in their niche field of research, professors often give them a chance.

Secondly, diligent students provide a source of labour for labs that often run on a tight budget. Labs frequently have more work planned than they can complete at any given time. If they can do more work, they will publish more. A limiting factor is that lab staff are expensive. Students — especially the ones that are funded by external grants — cost next to nothing. Though they take longer to train, students that learn quickly can become an asset.

Applying for summer research:

Most people apply for summer research by looking on the website of a department that interests them. Looking through a list of professors to find someone interesting by reading some of their recent papers is a great way to gather insight into the professor's general interests. Then, simply write an email to the professor conveying your

interest in a sincere fashion. More often than not, professors reply within a few days, sometimes scheduling an interview with the student shortly afterwards.

Another way to find summer research is through networking. Speaking with a teaching assistant or professor about their research is a good starting point. Asking whether the professor is looking for summer students is a harmless and direct way of quickly getting answers. Both of these methods will get results, but finding a willing professor needs to be done early — before the end of the fall semester for summer research — in order to meet funding application deadlines.



Applying for funding:

Summer studentships are often provided by the university or through external agencies. National summer studentships also exist, with both the student and the professor needing to fill out the application. These applications require a proposal of what the student aims to achieve in the lab, emphasizing the novelty of their proposed work and the learning outcomes for the student, along with transcripts of the student's grades. Applications can be ranked based on how interesting the proposed project is, the professor's track record and how the student ranks in comparison to other applicants.

Students with previous research experi-

ence often have an advantage, but many first-timers receive funding based on other merits such as grades and extracurricular activities. Additionally, if the lab is financially secure, the professor may choose to fund your work if the application is unsuccessful.

The bottom line is that funding is not guaranteed, but if you find a good lab, are passionate about your project and fill out a good application, the odds are in your favour.

After you're in:

Research groups can vary greatly. Some labs have lower expectations of students in terms of research output and instead emphasize learning, while others expect their students to conduct experiments every day and complete the underpinnings of a first-author paper during their time. Both environments can be a great experience for a student, so long as they have the right set of resources needed to thrive. This includes mentorship from more experienced members of the lab, guidance in what needs to be done by the student for the lab to reach its goals, organization of materials required to complete their research aims and goals, and availability of the supervisor to listen to student concerns. Without these essential resources, progress slows, research dulls and students lose their passion for the research.

Summer students also need to do their best to live up to expectations, which differ from lab to lab. Some labs may expect students to spend five full days in the lab every week, either doing experiments or reading papers. Other labs only expect students to report on their progress from time to time.

All things considered, students that have an active interest in learning procedures, perfecting their skills in experiments, asking for clarification when in doubt and troubleshooting and speculating on where to go next tend to excel in the lab environment. In order to make the most of the research experiences, effective students must also set goals, learn from failures and move past setbacks as quickly as possible.



Koi keeps afloat with community fundraiser

Story by Thomas Johnson
Photo courtesy Sara Kuefler

On Sept. 3, the Keep Koi Afloat fundraiser was held at Inglewood's Festival Hall to support Koi's invaluable presence in Calgary's musical community.

"The event was awesomely successful," says Erin Penosky, owner and operator of Koi. "Between the GoFundMe, all the art, silent auction and ticket sales, we raised about \$7,000, which was even more than we projected."

Koi, formerly known as Café Koi, is an integral venue for amateur Calgary musicians to play in in open mics, spin wax or network with other members of the community.

"The reason for [Keep Koi Afloat] was to bring awareness to live-music culture in Calgary and the fact that some really iconic venues were closing," Penosky says. "Because Koi is so unique and we have a very inclusive space for so many different communities, I figured, 'Why suffer in silence? Why not

reach out to the community that supports us, and let them know that, even though they're coming out to support live music you need to support the venue at the same time? Or there's not going to be many of us left. It's not easy in this business."

The proceeds will be used to improve Koi's acoustics, purchase new equipment, general upkeep and to "better support the creative expression at Koi."

"We want to keep running the way we have been, but it's going to be a physical change. We're going to be redoing the entire stage and a part of the fundraising effort was to create a legacy piece inside of Koi," Penosky continues. "People were buying the more expensive tickets and donating \$100 to have their name permanently embossed in Koi. That's happening in a couple weeks, which will be a big show of where the money is going"

With the closures of Distortion, Nite Owl and Mikey's Juke Joint this past summer, Koi has never been more important to Calgary's

music scene. The venue's beloved open mic nights, which include singer-songwriters on Tuesdays and jazz on Thursdays, have played an indispensable part in cultivating home-grown talent, as it's one of few incubators for beginners to hone their craft before jumping to larger venues.

Tellingly, all of the Keep Koi Afloat performances were from artists whose arcs can be traced back to Koi's humble stage.

"Everyone that came to perform has donated their time and talents for the fundraiser. It was a testament to Koi to show all these bigger names that have roots in Koi. There's been so many amazing artists that have gotten their footing there," says Penosky. "People perform there for the first time and in a couple of years they're recording music and playing at bigger venues. If the walls could talk."

Koi is located at 1011 First St. SW. To contribute to Koi's GoFundMe, visit gofundme.com/keep-koi-afloat.

I WANTED TO GO FURTHER

an interview with
Cadence Weapon



Story by Jason Herring
Photo courtesy Martin Cathrae

From the first song off his debut album, *Breaking Kayfabe*, geography has grounded Cadence Weapon's music. On "Oliver Square," Rolly Pemberton raps about a litany of Edmonton landmarks, most of them defunct bars. Though the landmark referenced in the title is, hilariously, an unremarkable strip mall, the song serves as an endearing love letter to Pemberton's hometown.

Though Pemberton has since left Edmonton for Montreal and then Toronto, reflections on life in those Canadian urban centres remains a fulcrum of his music. And that's more than evident on the self-titled *Cadence Weapon*, Pemberton's first album since 2012.

Despite the lengthy gap between releases, Pemberton remained active in music and arts scenes during the stretch. Notably, he published a book of poetry in 2013 — unsurprising, as Pemberton is a former Edmonton poet laureate — in addition to DJing at shows and recording "hundreds of songs."

"But it was only near the very end of that period when I was living in Toronto and I really had a great infrastructure for recording when the pieces of the puzzle came together," Pemberton says. "There are certain songs that felt like they went together. Once that happens, you kind of feel like, 'Okay, that's an album.'"

Among those songs are the amped-up party anthem "My Crew (Woooo)" and the narrative-driven "System." But perhaps the best cut on *Cadence Weapon* is "High Rise," a song that Pemberton says

is critical of the rampant gentrification in Toronto. Pemberton explains that when he was living in Montreal, it was easy to find places to live in hip neighbourhoods. But upon moving to Toronto, he was shocked at how the city's housing market worked.

"Toronto was insanely competitive. I looked at, like, 30 different places. People were throwing down cash at open houses," he says. "It's super aggressive and it all stems from what these condo developers and real estate developers are doing to formerly unpleasant — to them — neighbourhoods. That's what this song is about. I wrote it from the perspective of this evil real estate developer who wants to destroy all the artful things that make living in a city so great.

"I think [high rises] destroy communities and they create further isolation in

people," he adds. "I wasn't feeling them, so I decided to write a song about it."

"High Rise" proves that Pemberton's not afraid to get political in his lyricism, just as he wasn't when chatting with the Gauntlet, where he also expressed his frustration with Doug Ford's decisions as the premier of Ontario, expressing how it's "disempowering to feel like this person won the election based on Buck-a-Beer and these populist, hackneyed campaign promises."

That fiery disposition is evident throughout the rest of *Cadence Weapon*, an album that contains far more collaboration than any of Pemberton's previous work. Cadence says he likes to change the way he creates music with each album, from the glitch-hop isolation of *Breaking Kayfabe* to the live-band instrumentation of *Hope in Dirt City*.

For his self-titled album, Pemberton settled on a collaborative direction — a third of the album's songs feature other voices behind the mic, an impressive number considering that only one collaborator appeared on any of the first three Cadence Weapon albums.

"I wanted to go further into collaboration and that meant working with different producers and different vocalists and having different people doing choruses and writing songs together in the same room," he says. "That was something I didn't really do too extensively



until this album. I think it's about changing up your process because things can get stale really quickly if you're doing things the same way every time."

Despite Pemberton's cross-country relocation, he still considers Edmonton home. He says he often thinks of dif-

ferent ways to let the world know more about the City of Champions — he put out a track called "Connor McDavid" in 2017 that's notably optimistic now, given the on-ice success of Edmonton Oilers since its release.

"I think my connection to Edmonton is always going to be a really big part of my career," Pemberton says. "I feel like a lot of people, when they move away from places, they don't want to admit where they're actually from. There's so many artists that are secretly Edmontonian."

Pemberton plans to shout-out Alberta's capital city when he brings his North American tour to Calgary on Oct. 3. He'll be backed up by Fat Tony, a Houston rapper who also hosts Thrift Haul on Super Deluxe, and Hua Li, a Chinese-Canadian rapper and classical pianist.

"They're two very unique rappers and I feel people are in for a real treat," Pemberton says. "Different perspectives of rap. That's what this tour's all about."

Cadence Weapon will play Commonwealth Bar & Stage on Oct. 3. Doors open at 8 p.m. and advance tickets are \$15.

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Animal Planet premieres the new Calgary-filmed show,

SCALED

Story and illustrations by Alena Martin
Photo courtesy Lucas Neter

Scaled, a Calgary-filmed show that makes reptiles the centre of attention, will premiere in Canada Oct. 8 on Animal Planet.

Each episode of the show will showcase intricate custom-made reptile terrariums, with an emphasis on the animals calling these enclosures home. Greg West, owner of Calgary's Cornels World Terrariums, is the show's lead. West is also in charge of constructing the exteriors of the enclosures. He says he's surprised how much attention the show, which premiered in the United States in late August, is already getting.

"There was definitely a lot of hard work involved and a lot of late nights, but we're really happy so far with the end result," he says. "And [it's] getting mentions all over North America and social media."

The enclosures created on the show range from a 16-foot Mayan temple housing dart frogs to a set of whisky barrels, each hosting a different snake named after a prohibition-era mobster.

While *Scaled* demonstrates enclosures built for the animals, it places a heavy emphasis on the care of the critters. At the end of the day, educating the audience is the main goal for West and his family.

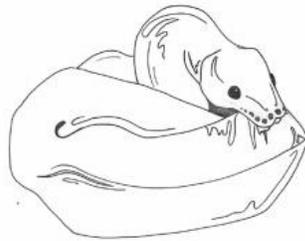
"I would like to think that the education is very important, which my daughter is a big part of. Being that there has never really been a reptile show on the air before, a lot of the people that follow Animal Planet

might not necessarily be into reptiles," West says. "I think it gives them a little bit of education into the world of reptiles and hopefully we'll get quite a few new people into the hobby that had never thought about reptiles being an interesting or a fun pet to have."

The person tasked with making sure the designs are fit for habitation is Lucas Neter, owner and operator of Jungle Jewel Exotics in Calgary. He says the most important part of these outrageous builds is making sure they suit the animal they're meant for.

"There's a lot of pressure there — especially being the interior designer — where I have to get it right by the animals," he says. "The interiors are beautiful, these are some incredible builds. But the animal doesn't care if it's a Mayan temple or wine barrels or anything like that."

Among the animals is the show's star, Kevin, a rescue bearded dragon who can be found sporting a new hat and outfit



in every episode. Other species of reptiles making an appearance on the show include monkey tail skinks, uromastix, tegus, tortoises and snakes.

The show first found its footing when a U.S. production company reached out to West after hearing about Cornels World Terrariums. Neter said they mentioned a previous show on Animal Planet when approaching West. *Tanked*, which premiered in 2007, follows a family of Las Vegas aquarium manufacturers served as inspiration for *Scaled*.

"That started about a year and a half ago when they reached out to [West], so it's actually been a flurry of activity to get to the point where we actually have a show on Animal Planet," Neter says.

Production for the show was short, taking just over four months. Members of the



show often got a minimal amount of sleep when the deadlines were approaching to get the projects done on time.

"It's crazy. It is very, very long hours. And none of us are actors, none of us have been on TV, so we didn't know what to expect from this," Neter says. "It was very common for us to be working 16-hour days to get the work done on-time and in-budget as well."

Lucas and Greg are both active members in Calgary's reptile community. Both started out small, building terrariums to accommodate their growing reptile and amphibian hobbies.

"I've been doing it full-time for about five years. It started out as a hobby at home and I started that about 18 years ago, so it's definitely been a passion of mine," West says. "The business has really grown over the years and it's crazy to get this opportunity to air in people's homes all across North America."

Neter, on the other hand, is still pretty new to the Calgary reptile scene.

"Well, I moved to Calgary in 2012 and I didn't get involved with the reptile scene until 2014. So in the relative terms of

things, I'm actually the newbie coming to this," Neter says.

The main focus of the show is not actually the over the top builds the team is creating but rather the care for the animals in each episode. The cast of *Scaled* are advocates for properly educating their audience, especially if someone is considering getting a reptile of their own.

"Are all their needs met? What are the heat requirements, the UV requirements for lighting, the space requirements? It's an incredible amount of pressure to get that right. And to get it right by the viewers too," Neter says. "Because everybody has their preconceived notion of what they should do for the animals, there might be five or six different ways I can build out this tank and [they may] all be right."

West and his family take the large role in the show of educating people on the special needs and requirements for reptiles. The ultimate goal is to send potential reptile owners in the right direction after viewing the show.

"Probably the biggest [issue] we touch on in the show is doing your research and know what you're getting into before your first reptile. It's best once you have a specific reptile [in mind] and get the specific supplies you need first," West says. "[For example], tortoises live 60-plus years. You could be handing them down to your grandchildren, so planning ahead is recommended. We hate to see animals having to be rescued because they were improperly cared for."

If that isn't enough to get you hooked on a reptile hobby, a Calgary reptile expo is slithering into the Midsun Community Centre Oct. 20 and 21.

Scaled will premier Saturday, Oct. 8 on Animal Planet. For more information about *Scaled*, visit animalplanet.com/tv-shows/scaled.





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DEATH NEVER DIES

Story and photos by Matty Hume

While the spectre of closure seems to haunt many live music venues in Calgary, one subculture is thriving with relentless fury. On any given night, the masterfully dark musicianship and rib-rattling pummel of death metal is likely shaking the packed dungeon of Dickens Pub.

Even in the dead of night, when pleasant dreams fill the minds of sleeping souls from Sundance to Hidden Valley, Ninth Avenue remains a restless stretch of dimly lit pavement. It's the gateway to downtown for much of Calgary's northwest. It's the home of the National Music Centre, the Glenbow Museum and a

rowdy-howdy nightclub leaking gin and tight shirts. But just around the corner from a wig shop and a small decent down a narrow stairwell, Dickens Pub is rattling the teeth of every smiling face in a packed house.

Dickens boasts a not-so-secret habit of booking some of the greatest death metal bands working in our universe —

and the noise-hungry are taking full advantage. Even during the all-consuming extravaganza of the Calgary Stampede, Dickens gave a home to the unbelievably stacked bill of Inferi, Alterbeast and Rivers of Nihil. So what's the appeal?

Each of those bands are known for their guttural howls, seven-string madness and unfathomable speed.

Where Owls Know My Name, the latest full-length from Rivers of Nihil, even features classic rock-reminiscent keyboard solos and jazzy saxophone breakdowns. In an interview with *BeatRoute Alberta*, Rivers of Nihil bassist and vocalist Adam Biggs described the record succinctly.

"It's like, do you like Cannibal Corpse, and then also Pink Floyd? And do you want to listen to them at the same time? Then go ahead," he said.

But even with all the flashy adjectives and apt descriptions, it's understandable that a genre known for inaudible lyrics and gore-riddled album art is a tough sell. Yet, as live music venues like Mikey's Juke Joint and Nite Owl are closing their doors, death metal shows have turnouts that barely leave room to bang your head. It's because, without hyperbole, experiencing death metal in the flesh is the most fun you can have with your Vans on.

It's chaotic meditation, or a reflective

maelstrom. The basement bar slowly fills with long hair not ever attached to long faces. Black T-shirts adorned with illegible fonts and haunting illustrations meet for caring embraces between friends in all corners of the dark room. Eager heathens line up at the merch tables with excitement to find a new patch to ruggedly stitch to old denim vests like priceless trophies. And before you can reconcile the unnerving imagery with the unquestionable displays of joy, the titans of technical skill hit the stage.

While the talent of death metal musicians is clear through your favourite pair of headphones, the love of the craft comes from feeling your guts shake from the rapid vibrato of double-kick drums and staccato triplets. Your ribs quake with every palm-muted note, adding to the adrenaline induced by having to constantly brace yourself should the mosh pit decide to envelop the ground you stand like an ravenous organism. Even the visuals match the sui generis nature of the violent son-

ics. Guitars and basses are headless with more strings than a battered hydra has heads. Drum kits are adorned with cymbals ripped from the mind of Salvador Dali. At a certain point, as the time signature changes dance at unlimited beats per minute, you realize these artists aren't haunting, they're humbling. More than anything, they've simply discovered how to create compositions with new tools better than anyone before them. So good, in fact, you never even realized what they do on stage was even an option.

Any confusion arising from a discrepancy between the sight of closing venues and the thought of a bar filled to the brim with smiling skeletons, all howling for fearsome noise, can be quickly cured once you feel the mastery for yourself. As the soft-tuned and easy-listened are put to rest, death is far from dying.

Join the future and raise some hell. Catch Quietus on Oct. 5 and Unleash the Archers on Oct. 12 at Dickens Pub on Ninth Avenue and be a skeptic no more.



Easy Mac with the fleeting raps

A reflection on the career of Mac Miller



Story by Thomas Johnson
Illustration by Tricia Lim

Mac Miller played a show at MacHall in 2013. I was in first year and living in residence. Waking up to “Best Day Ever,” “Nikes On My Feet” or “Kool-Aid & Frozen Pizza” rattling through the cinder-block walls was a simple fact of life, despite the fact that *Watching Movies With The Sound Off*, his brilliant sophomore effort, had dropped only months before. The atmosphere that night was heavy with wannabe frat boy excitement, low-grade pot and the hiss of dollar-beer cans being sucked dry from a punctured keyhole.

Those aforementioned hits, vestiges of Miller’s breakthrough days as a happy-get-stoned college rapper, followed him well after he established himself as a veritable wunderkind capable of much more than his early résumé, as myopic critics like myself suggested.

I never went to the concert, which still eats at me. Several of my friends did and they texted me to talk about it when news broke that Mac passed away last week. He stopped moving forward and now those songs have followed him as far as they could.

With his death, we can take a look without conjecture at the entirety of Mac’s career, trace the progression of his strengths and weaknesses to finality. This review is not unbiased, nor will it make any attempt to be. I’m not really sure it’s even a review.

To be upfront, I really liked *Swimming* when it was released in mid-August, when Malcolm James McCormick was still 26,

before he became forever. It’s a tight piece of work, another evolution from a (forever) young artist whose career has been predicated on distancing himself from an image unfairly tacked onto him. With each successive album, Mac displayed staggering tact refining what strengths he had and overcoming his shortcomings.

Blue Slide Park to *Watching Movies* was as unprecedented an about-face mainstream rap has ever seen. By his last album, Mac had proved himself not only to have been more than a simple res-rapper, but a full fledged auteur and elite talent with white-rapper understanding and a critical view of his standing. One of the many reasons his death has been received with such shock was that he had proven his longevity, and seemed like a lock to be a dependable presence in the public sphere for a long time.

It would seem though, listening to *Swimming* with the added weight of his life in mind, that Mac understood the extent of his tenure. While glimpses of his own mortality were central to *Watching Movies* and its drug-induced paranoia, *Swimming* considers his death with a peaceful acceptance — though still under the influence of various stimulants. The stunning “Dunno” sounds an awful lot like an extended goodbye. The penultimate “2009,” the album’s emotional centerpiece, feels a lot like closure, if not for us, then for Mac himself.

What’s most immediately striking about *Swimming* is, despite the fact that it is essentially an auto-obituary in the vein of David Bowie’s *Blackstar*, how easy it is to listen to.

Mac’s ear for composition, which he truly began to flex on 2016’s *Divine Feminine*, is rife across *Swimming*’s hour-long runtime. You can hear it in the bass on “What’s The Use?” and “Small Worlds” or in the muffled vocals floating in and out of “Jet Fuel.” Emotionally, *Swimming* is a devastating listen. Musically, it’s one of the year’s surprise delights. But maybe it shouldn’t be a shock.

As with all his projects since *Blue Slide Park*, *Swimming* was warmly received, particularly for Mac’s continued evolution. I challenge you to find a Mac Miller review that doesn’t take liberal pot-shots at his earliest mixtapes like *K.I.D.S.* and *Best Day Ever*, the ones that thrust him into stardom and its associated criticism. Infamously, *Blue Slide Park* was met with a laughable 1.0 review from Pitchfork which, looking back, seems an awful lot like a bully picking on an easy target. By the standards on which *Blue Slide Park* was deemed so abysmal, it would only be right that his evolution is rewarding of rightfully deserved raving praise.

The saddest thing is that maybe Miller was never supposed to be a rapper, and *Swimming* was an indication that he worked better not as an MC, but as a project — a project defined by tireless evolution fueled by the will to prove that he was so much more than what he was deemed, because he was. And we should be deeply upset that we will never see that project finished. But as the cliché goes, Mac is in a better place now. And that’s not conjecture. He says it himself in the album’s gentle climax: “Nowadays all I do is shine, take a breath and ease my mind.”

National Music Centre promises prime programming for Fall 2018



Story by Safeena Meghji
Photo by Mariah Wilson

The National Music Centre (NMC) is prepping for what looks to be a thrilling schedule this fall. With colder weather closing in, Studio Bell will have an enormous variety of programs, concerts and workshops to suit a plethora of tastes.

"This fall in particular, we're excited about a few of the unique things we're offering," says NMC program director Adam Fox. "Chief among them is TONTO Week, which we are doing in conjunction with Alberta Electronic Music Conference."

TONTO Week is a celebratory fall event from Nov. 14–18. The week will focus on The Original New Timbral Orchestra (TONTO), the world's largest analog synthesizer, which was recently restored by

Studio Bell. Malcolm Cecil, one of TONTO's co-creators, will be part of the instrument's demonstrations. TONTO Week opens with a performance by Juno-award winning duo A Tribe Called Red on Nov. 15.

"They're going to be the first artists to use TONTO to make new music in a long time," Fox says.

If you can't wait until November, there are a few other events popping up.

"We've got Grapes of Wrath coming in October, which are a legendary band," Fox says. "Terri Clark was recently inducted into the Canadian Country Music Hall of Fame, so we'll be celebrating that with a new exhibition."

The NMC is also looking into bringing back popular youth programming.

"Our Jam Club program is returning and that's a program for inner-city youth. It's

a drop-in program that we do weekly and we're looking to expand into some other program streams that really help refine kids' skills," Fox says. "It's a really wonderful program and I'm glad we're bringing that back."

In addition to the special fall programming, the NMC aims to continue its support of local artists.

"Alberta Spotlight is coming back. That is a multi-genre program designed to highlight emerging local and regional talent. We've got a great lineup," he says.

The NMC offers a student discount for a visitor day pass, which include access to all the exhibitions and workshops that are going on that day. Tickets and program details can be found nmc.ca/national-music-centre-releases-fall-winter-2018-program-guide.



Calgary Farmers' Market to open new northern location

Story by Thomas Johnson

Illustration by Tricia Lim

The Calgary Farmers' Market has announced plans to develop its long-awaited secondary location.

"We've long dreamt of opening a second location," says Calgary Farmers' marketing coordinator Leilani Olynik. "The opportunity arose to build a new space from the ground up to suit the unique needs of our vendors in a beautiful new community, servicing a part of the city that is under-served. We couldn't say no."

Currently the only Calgary Farmers'

Market location is near Deerfoot Meadows in the southeast, quite a distance from the city's bustling core district — let alone the greater-university area.

The second location, Calgary Farmers' Market West, aims to be more accessible for students. The projected 50,000 square-foot facility will reside in the northwest along Greenbriar Boulevard, across the street from the WinSport training facility.

"We're always hopeful that new people, of all demographics, will visit the market and be committed to supporting local businesses," Olynik says. "Calgary Farmers' Market West will embody the same

buzz and beauty of Calgary Farmers' Market South, but with more of a New York-inspired vibe. The second location will offer more of an open-concept feel, with event space and upgraded amenities."

The new location is planned to accommodate 75 vendors, several of which are established favourites from the original Calgary Farmer's Market South location. It will also feature areas for private functions, an outdoor mezzanine and a children's play-area.

Calgary Farmers' Market West is scheduled to open Spring 2020.



Roc Marciano
Behold A Dark Horse
September 18, 2018
(Self-released)

Is Long Island scribbler Roc Marciano the best rapper alive? If not, he's certainly one of the most influential. His voice — cold and sharp like a well-oiled guillotine — can be heard in the deliveries of any New York MC over the past eight years. The sparse loops over which he weaves his tales of pimpery have become the go-to modus for any lyricist worth his salt in bars. But is he the best rapper alive? *Behold A Dark Horse*, Marciano's third outstanding album in two years,

makes it hard to argue otherwise.

Roc's brand of hip-hop — an exhaustive use of dusty loops combined with cramming as many syllables between barely audible drums as possible — isn't a recipe for hits. And there's no one who writes a rap song quite like Roc.

Dark Horse is defined by its off-kilter menace, with the muted threats that Roc delivers in his nasally monotone. In what amounts to the tightest songwriting of his career, his vivid imagery forms a perfect union with his gallows humour and hyper-referential methodology. It makes for a character unlike any other — a chuckling sociopath, mac-daddy fashionista.

Roc Marci's latest is the best rap album since, well, his last one. Until last week, Roc's February album, *RR2: The Double Dose*, was a front-runner for the year's best rap album. And yet, *Behold A Dark Horse*.

Thomas Johnson



IDLES
Joy as an Act of Resistance
August 31, 2018
(Partisan)

Through two albums, Bristol punk quartet IDLES have proven they're not scared to tackle tough subjects. Their 2017 debut, *Brutalism*, occupied itself with death and addiction. Their sophomore release, *Joy as an Act of Resistance*, universalizes the band's energy, dealing instead with political issues like Brexit, income inequality and the perpetual fight against white supremacist shithheads.

Though joy is far from the pervading sonic mood of the

album, the name emphasizes the band's belief in the catharsis of brooding, manic punk music.

Despite the album's political stylings, its messages are fairly straightforward. "Danny Nedelko," for instance, takes aim at the manufactured panic of the United Kingdom's quote-unquote immigration crisis, while "Television" is a simple reflection on the effect of beauty standards on self-esteem.

The best moment, however, is a full-on repurposing of Nancy Sinatra's "These Boots Are Made for Walkin'" into a refrain about curb-stomping Nazis. These moments make the album fun as hell.

Amid innumerable injustices, letting yourself experience visceral moments of joy is an act of defiance. That's an experience that punk music facilitates, and few bands are creating those moments with the intensity and passion of IDLES.

Jason Herring

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30

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albums
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1. Wish Lash - *Altar of Doubt* (Self-Released)
2. DJ Dine & Dash, Silkq - *Moxam 310* (Self-Released)
3. Carbolizer - *Carbolizer* (Self-Released)
4. Sextile - 3 (Felte)
5. Freak Motif - *Hot Plate* (Self-Released)
6. Illuse - *8* (Self-Released)
7. Tashi Wada, Yoshi Wada, and Friends - *FRKWYS Vol. 14 - Nue* (RVNG Intl.)
8. ginla - *Codex* (Terrible Records)
9. Anybods - *Necessity of Contrast* (Isolated Now Waves)
10. Jim Bryson - *Tired of Waiting* (Coax Records)
11. Remediation - *L'Appel Du Vide* (Techno. Black)
12. Michele Mercure - *Beside Herself* (RVNG Intl.)
13. Bee Eater - *Jet Roar Black* (Self-Released)
14. Black Belt Eagle Scout - *Mother of My Children* (Saddle Creek)
15. Alejandro Escovedo - *The Crossing* (Yep Roc)
16. Elisapie - *The Ballad of the Runaway Girl* (Bonsound)
17. Vromb - *Noise Mélodia* (ant zen)
18. Brodie West Quintet - *Clips* (Self-Released)
19. Dizzy - *Baby Teeth* (Royal Mountain Records)
20. Sarah Davachi - *Gave In Rest* (Ba Da Bing)
21. Joyfultalk - *Plurality Trip* (Constellation Records)
22. Automatisme - *Transit* (Constellation Records)
23. Hazy Montagne Mystique, YlangYlang - *Magical Luv* (Jeunesse Cosmique)
24. Yuko Fujiyama (Graham Haynes, Jennifer Choi, Susie Ibarra) - *Night Wave* (Innova Records)
25. Tom Teasley, Seth Kibel - *Tiny Planet* (Self-Released)
26. Ty Segall, White Fence - *Joy* (Drag City)
27. Coolzey, Fresh Kils - *Kilzey* (Public School Records)
28. Jesuslesfilles - *Daniel* (Blow the Fuse)
29. Sandro Dominelli - *Here and Now* (Chronograph Records)
30. Ten Minute Detour - *Common Pleasure* (Self-Released)

Legalization won't change the prohibition of cannabis in varsity sports

Story by Kristy Koehler
Photos by Mariah Wilson

Recreational cannabis will become legal in Canada on Oct. 17. How will this impact varsity athletics? The short answer, according to president and CEO of the Canadian Centre for Ethics in Sport (CCES) Paul Melia, is that it won't.

"We want athletes to remember that they are liable for any prohibited substance that is found in their sample [during testings], including cannabis," Melia said in a statement. "Legalization in Canada should not be confused with being permitted in sport. After Oct. 17,

cannabis will simply be one of the many substances that are legal in Canada but prohibited in sport. It may not be a popular option, but the most effective way for an athlete to avoid a violation for cannabis is to abstain from using it during their athletic career."

At the 1998 Winter Olympics, Canadian athlete Ross Rebagliati became the first person to win an Olympic gold medal in men's snowboarding. Following a routine blood test for doping, Rebagliati tested positive for tetrahydrocannabinol (THC) — the psychoactive constituent in cannabis. Rebagliati's medal was revoked on the basis of testing positive for a 'performance-enhancing' substance.

For most, it is hard to imagine cannabis as a performance-enhancing drug. The Cheetos-munching, couch-locked stoner trope is hardly consistent with the image of a professional athlete. Rebagliati was eventually given his medal back because cannabis was not actually listed as a banned substance at the time.

Today, the World Anti-Doping Agency (WADA) has THC on their prohibited list. The reasons why remain vague and ambiguous — does cannabis actually have performance-enhancing properties for athletes or is it banned based on an archaic stereotype surrounding drug use?



In order to be on WADA's prohibited list, a substance must satisfy any two of the following three criteria: it has the potential to enhance or enhances sport performance, it represents an actual or potential health risk to the athlete or it violates the spirit of sport.

Over the course of multiple correspondences with WADA, they repeatedly dodged the question of which two criteria THC satisfies.

Interestingly, cannabidiol (CBD) is no longer listed as a prohibited substance on WADA's 2018 list. CBD is the part of cannabis commonly used for its therapeutic properties and studies have shown it to be the part of the plant that reduces pain and inflammation. Considering that THC is the psychoactive component commonly associated with making users high, it stands to reason that CBD would be the performance-enhancing part. How, then, does WADA justify removing CBD but not THC?

In an email response, WADA stated:

"Recent scientific literature shows that synthetic cannabidiol is not a cannabimimetic. Therefore, cannabidiol no longer fulfills two of the three criteria to be considered for inclusion on the list."

The CCES, while remaining compliant with WADA's regulations, published their stance in their online Cannabis Education Kit, stating that they do "not view cannabis as particularly performance-enhancing."

"While cannabis has therapeutic uses, habitual use or abuse presents the potential for harm, especially for younger athletes," the statement goes on to say. "Impairment during competition presents a liability to the safety of the athlete and their competitors."

Rebecca Haines-Saah, an assistant professor in the Department of Community Health Sciences at the Cumming School of Medicine, researches youth cannabis and the public health policy implications of legalization. She echoes the safety aspect articulated by the CCES. Athletes should never be impaired, by any substance, when participating in sport, she affirms.

Haines-Saah does acknowledge, however, that the performance-enhancing impacts of cannabis are up for debate.

"It is something that people will use for a variety of conditions," she said. "I think it's very, very tricky when the evidence is somewhat limited but people talk about the ways that they feel it improves their quality of life or enhances their academic performance or sport performance. It's a tricky zone."

The banning of cannabis in sport raises many questions about whether or not the substance is actually performance-enhancing or just stigmatized — after all, athletes can have a beer after the big game or take certain supplements for pain relief.

"It speaks to the different cultural and regulatory norms we have around different psychoactive substances and narcotics," Haines-Saah said. "Once you make anything illegal, it's associated with deviance and crime. For many of us that association has stayed somewhere in our cultural imaginary."

The conversation is shifting surrounding cannabis use, but a stigma still persists.

"I think we have a real double standard and that is one of the things that we'll need to get past. Alcohol is really pervasive," Haines-Saah said, citing the tradition of students completing the graduate program in the Cumming School of Medicine being presented

with a bottle of champagne, technically a psychoactive substance. She wonders if, as we progress, students would ever be presented with "a box of pre-rolled cannabis" instead.

"Legalization in Canada should not be confused with being permitted in sport. After Oct. 17, cannabis will simply be one of the many substances that are legal in Canada but prohibited in sport."

— Paul Melia,
CCES president and CEO

Until the smoke clears, athletes are bound to WADA's anti-doping standards. Athletes coming in to the Dinos program must take a drug education course online that teaches them what to expect when it comes to drug testing and their rights and responsibilities when it comes to using substances.

"It gives them an idea of the process

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and how important it is to play clean,” said Dinos track and field team head coach Doug Lamont.

Dinos athletes are drug tested, not by the university, but by CCES.

“It’s random,” Lamont said. “They’ll just show up unannounced. Two years ago they showed up at a practice, which is out-of-competition testing.”

Interestingly, THC is only banned “in-competition” as per WADA’s master list, while other drugs are banned year-round. However, there doesn’t seem to be a clear indication of what time-frame exactly constitutes “in-competition.”

CCES literature echoes Melia’s earlier statement — that abstinence is the only way to entirely avoid the possibility of a doping violation.

Canadian snowboarder Rebagliati

maintained that the cannabis found in his system was the result of second-hand smoke from a

party. Could a varsity athlete be found in violation of doping rules if they too were around pot-smoking friends? It’s unlikely. While banned, cannabis falls under WADA’s threshold substance category, meaning that if the concentration of cannabis in an athlete’s system is less than the threshold set, a doping case will not be pursued.

In 2013, WADA raised the threshold limit to 150 ng/mL — that is, 150 nanograms per millilitre of blood, up from just 15 ng/mL previously. Did the massive jump come because cannabis only enhances performance at certain levels? Or could the change signal that WADA doesn’t actually believe it enhances performance at all? Either way, the change does give athletes a bit of leniency, while still appeasing prohibition-happy politicians and those who seek to vilify the drug.



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Camping still an option despite impending winter

Story by Calum Robertson

The mountains are calling. The forests beckon. But winter is fast approaching. That doesn't mean camping is no longer an option! Here are a few tips and tricks to seize the season and enjoy the remainder of autumn before the snow arrives.

The few essentials you'll need mostly reflect our basic needs — food, water, shelter and clothing. Getting warm and staying warm is essential, especially as the nights grow colder and the days have a chill in the air. For shelter, your best bet is a tent. You can either have your own tent or buddy up with a camping pal. When packing your tent, make sure you have the tent itself, as well as the fly, poles, pegs and occasionally a ground tarp. Many tents don't require a ground tarp underneath to stay dry, but always double check when packing to make sure. These items will ensure your tent

stays dry and anchored in place.

Inside your tent, you'll want to make yourself cozy with a sleeping mat and sleeping bag. Many sleeping bags state what temperature they are designed for — but don't always take the label as gospel. Sleeping bags designed for 'fall' aren't always designed for fall weather in Alberta, so choose something with a rating of -15 C or below. A sleeping mat will become your best friend by making any surface much more comfortable. While it isn't as comfortable as a mattress, a foam or air-inflated mat will bring comfort to your sleep. If you have the space for it, bring extra blankets and a pillow. Embrace a little luxury — your back and neck will surely thank you.

Choosing appropriate clothing can be tricky without knowing what kind of weather to expect. Check the forecast before you go but prepare for the unexpected. You can take off layers if the weather is warm but if it's cold

you can only put on what you brought. Warm coats, a good pair of boots and pyjamas are all helpful.

Modern technology has gifted the world with the portable propane stove, an excellent tool for camp cooking that expands your culinary repertoire beyond roasted wieners. Camping stoves that run on a propane tank and have a hob allow you to use pots or pans on them. There are many varieties of the basic model, so be sure to consult the manual. Soups are usually a good item to pack since they take up very little room.

The other helpful thing about camping stoves is with regard to water. Most sites will have a water pump but the water may not always be potable. Boiling your water will kill off any harmful bacteria that might be lurking around. An alternative to boiling water is water purification tablets. These can be purchased at most camping stores

and are especially good for backpacking trips.

Food is really up to you. Plan your meals beforehand to prevent running out of food or bringing too much. In my experience, I've found it's best to bring food that is on the healthier side, that I find tasty and that I can actually cook in a camp setting. When planning, keep storage in mind. Many campsites are near parking spots, so store your food in your car to prevent friendly and not-so-friendly critters from investigating.

If your site is far from your car, consider bringing a bear box or setting up a bear hang. A bear box is a heavy wood storage unit that deters most animals from breaking in. Many sites will have bear lockers, which are very similar and don't require you to bring anything. A bear hang is more common the further afield you go and involves a designated 'bear-bag' and a good rope. Stick all your food, your dishes and any products with a scent — such as toothpaste or deodorant — into the bag. Find a tree a suitable distance from your

“If you're looking to buy some gear rather than rent it, there are several gear stores in town, but a great way to start up without spending a lot is second-hand gear.”

— Rachel Oggy
Outdoor Centre hiking/packing
program co-ordinator

site with a solid branch around three metres high and stretching outward. By tying the rope to the bag and tossing the rope over the branch, you can hoist the bag up and out of reach of wandering wildlife. Tie it off to a nearby tree. Have your bear-bag hang slightly below the branch and not directly on it in order to keep it slightly out of their potential reach.

Stores such as Mountain Equipment Co-op (MEC) offer a myriad of gear options, though their items are usually more expensive. Other store options include Atmosphere and Canadian Tire. If you foresee camping becoming a huge part of your life, consider making the investment. For the casual camper, it might work better to rent equipment. The Outdoor Centre right here on campus offers gear for many kinds of outdoor pursuits, including camping. Gear and prices are listed on their website. Rachel Oggy, the hiking/

packing program co-ordinator for the Outdoor Centre, has some advice for the thrifty student.

“If you're looking to buy some gear rather than rent it, there are several gear stores in town, but a great way to start up without spending a lot is second-hand gear,” Oggy said. “The MEC gear swap is a great place to buy from other outdoor enthusiasts and much better organized than something like Kijiji — though there's plenty of outdoor gear offered there as well.”

Fall is a wonderful time to get outside and explore, with changing weather and quiet trails that are yours to explore. As always, do your research before heading out. Let others know your plans, especially if you're camping on your own in case anything unforeseen occurs. Make sure to enjoy your time off-campus and away from the city. And above all, stay warm, stay dry and stay happy.

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U of C to host U Sports National Wrestling Championships

Story by Kristy Koehler
Photo courtesy Don Voaklander

In February, varsity wrestling teams from across the country will converge in Calgary to compete in the 2019 U Sports National Wrestling Championships.

The championship typically alternates between east- and west-coast venues annually. This year, following a successful bid by Dinos Athletics, the event was awarded to the University of Calgary.

Hosting championships represents significant cost-savings for the team, as no travel is required to compete. Last year, the athletic department at U of C attended more national championships than any other university under the U Sports banner, often travelling across the country to compete. While that doesn't sound like a

bad problem to have, it can get costly. The chance to compete in Calgary is a welcome one, not only for the financial aspect, but for the excitement of competing on home turf.

"It is exciting to have our own team competing at home in a national championship," said head coach Mitch Ostberg. "Typically in a five-year eligibility cycle, it would be rare for an athlete to compete at home in a national championship. It's a pretty special opportunity."

There are 38 athletes on the Dinos roster — two people per weight class. While only one spot is available for the competition, having two athletes ensures that the Dinos are competitive in all categories, with the athletes challenging each other for the starting spot and filling in for their teammates in the unfortunate event of an injury.

"The goal is to have a full team at Canada West, to have someone in every weight class," Ostberg said. "I'm pretty happy with the size of the team right now. The athletes challenge each other to make the best performance at the championship."

To qualify for Canada West, the team must compete in at least two regular season tournaments. The night before a tournament the team typically hosts a dual meet — a head-to-head competition where teams go up the weight classes one match at a time, keeping score in each class in order to generate a team outcome.

After the first tournament, national rankings will be generated by U Sports. The Dinos first dual meet takes place Oct. 26 in the Red Gym at 6 p.m.

The 2019 U Sports National Wrestling Championships will take place Feb. 22–23, 2019.



Amid school stress, don't mistake self-comfort for self-care

Story by Sara Askew
Photo by Mariah Wilson

The new school year is underway and with that comes the inevitable stress and self-neglect that many university students are far too familiar with. It is easy to become complacent in our routines and choose the instant gratification of self-comfort over the long term rewards that self-care can give us. Often, self-care and self-comfort are convoluted, causing many people to easily confuse the two and fall into habits of constant comfort over actual, healing self-care.

Sleeping until noon, binge-watching Netflix, and mindlessly scrolling through Instagram are habits we all fall prey to. We justify these actions by referring to them as “self-care,” when, in truth, it is not actually self-care at all. These passive, mindless undertakings are solely self-comfort activities — enjoyable because they aid in numbing our emotional turmoil and allowing

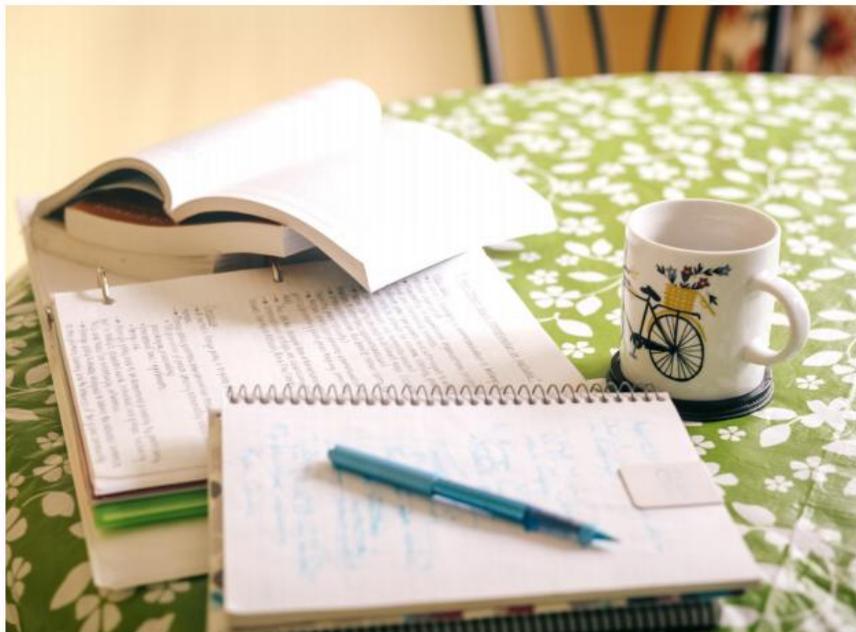
us to check out of our less desirable reality. Self-comfort seldom fulfills or rejuvenates one, despite humans’ instant-gratification-seeking nature. Therefore, it is intuitive that we tend to choose comfort over care. Furthermore, the pursuit of self comfort often results in slacking off on responsibilities, and especially in terms of school work, procrastination. Tasks pile up, anxiety sets in and negative energy takes over every aspect of life, creating a never ending negative cycle. We usually try to use mind-numbing self-comfort to break this cycle, even though it’s what is keeping us in it. Like quicksand, the warm thought of your bed when you should be studying for midterms sucks you in and makes you stay awhile, again and again.

Although self comfort at times can be necessary for our well-being, this misnomer of “self-care” can quickly transform into a means to distract, numb, and avoid the problems in life. True self-care isn’t easy — it takes discipline and

dedication. It’s not always fun but it forces us to engage with ourselves and what we’re experiencing. Real self-care gives us the results we are seeking, the results we often think we may find in the comfort and security of sleeping until noon and binge watching three seasons of *The Office*. Self-care is a conscious choice to do the things you would rather avoid like the plague — like chores or course readings — the things that, once done, allow us to manage our time, not procrastinate, and be productive human beings.

Avoiding important tasks and replacing them with self-comforting activities is the opposite of self-care. It’s a tough pill to swallow, realizing actual self-care isn’t as easy as a face mask and bubble bath. Self-care is not something that happens over night. It’s the small changes we implement into our daily routine that bring us closer to the best versions of ourselves. It’s found in the small moments of strength, like when you make the decision to clean your house instead of laying in bed until noon. We make these seemingly small choices every single day, and we rarely acknowledge the impact these small decisions have on our mental well-being. At some point, those daily decisions will add up and play a significant role in our lives.

Self-care is a process of rewiring our habits, which can often be uncomfortable and sometimes unpleasant, but the small accomplishments that happen in that process create more value in our lives and make the entire process of being a happy and productive human worthwhile. Self-care is really just the pursuit of health and happiness, and it’s a very individual process but the result of making healthy, responsible choices allows us to see an improvement in every aspect of life.



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Survey reveals Faith and Spirituality Centre goes unused by worshippers of ‘The One Who Lurks Beneath the Mountain’

Story by Evan Lewis
Photo by Mariah Wilson

Last week, in an attempt to solidify their direction for this upcoming year, the Faith and Spirituality Centre conducted a survey to assess how various groups on campus use the space.

The survey was run by the FSC at booths located in MacHall, Social Sciences and ICT. However, followers of The One Who Lurks Beneath the Mountain instead responded to the survey by leaving thoroughly completed questionnaires in a neat stack inside the locked FSC offices. These forms revealed that no members of that belief system currently use the Faith and Spirituality Centre.

The group also left behind the message, “It’s super cool that you’re doing this survey! We value your efforts!” conveniently written on the office walls in the blood of a young mountain goat.

According to Diederik Hummel, a spokesperson from the FSC, the organization has made every effort to create a space in which the followers of The Lurking One can observe and perform their traditional rituals on campus. These include practices such as “something is licking my face and it isn’t my dog” and “being chased naked through a dark, empty corn maze.”

Hummel mentions that the FSC has also

offered to organize weeknight sessions for other students to learn more about the culture surrounding The Lurking One.

“Plans were in progress to put on a seminar Monday night where High Priest Nw’gvratr could expand students’ understanding of this fascinating religion,” Hummel said.

Unfortunately, difficulties emerged when Ngaio Kiri, a volunteer for the FSC, attempted to contact Nw’gvratr over the phone. Sources, who wish to remain anonymous for fear of retribution, state that Kiri called a number that had been written on papyrus and affixed to the front door of her home with an ancient, rusted bronze spike. She remained motionless as she listened to “the absolute silence of the void that connects and simultaneously severs one galaxy from the next” — a phrase Kiri herself used at the time to describe what she had heard — before going wide-eyed and collapsing into a catatonic state that she has yet to wake from. Further endeavours to arrange Nw’gvratr’s visit were then discontinued.

Initial attempts to contact students who follow The Lurking One for a statement on the survey results were met with blank stares through the eyeholes of masks depicting the faces of various herbivorous mammals whose tongues lolled out in a grotesque approximation of death. The students who were questioned then hurried off

with their shoulders hunched and hands contorting into unnatural gestures that may or may not have been used to lay a curse on Gauntlet reporters.

A representative of students who follow The Lurking One later made a statement through a thousand dark beetles scuttling beneath your clothes and over your bare flesh in a way that sounded almost as though they were whispering quietly, solely to you. They whispered in a language that you shouldn’t have known, but you did, and the words crawled over you and into your mouth and ears and said this:

“Quite frankly, the FSC has been exceptionally open and accommodating to us. That being said, we are a rather private group who prefer to practise our faith in our own circles, though we truly appreciate the work done by this wonderful organization to make us feel welcome and at home within this community.”

The beetles concluded the statement by burrowing into your flesh, where you could feel them crawling just below the surface.

It seems as though the worshippers of The One Who Lurks Beneath the Mountain are pleased with the current state of the FSC and are perfectly content to attempt to raise their antediluvian deity to the surface without engaging with any on-campus organizations.

University of Calgary unveils 'High Eyes' strategy

Story by Sara Albright
Photo courtesy Hehkuviini

In conjunction with the recent legalization of cannabis, the University of Calgary has announced that it is now taking a relaxed and non-committal stance with its latest strategic plan — 'High Eyes.'

The strategy is stepping back from the Eyes High goal of becoming a top-five research university in Canada by 2022.

"We've realized we've taken this academia thing a bit too seriously over the past few years," the university said in a statement. "We've decided it's high time to kick back and relax a little bit. For example, now our goal is no longer to be a top university in the country — our goal is just to be a university. Very doable."

U of C President Elizabeth Cannon is fully

committing to the High Eyes spirit. She recently brought her Xbox 360 to her office, specifically to play *Halo: Reach*.

"*Halo: Reach* really is the pinnacle of the *Halo* franchise. It has a really emotional story-arc that was underrated by many upon its initial release," Cannon said before reaching into her office's mini-fridge to grab a can of Mountain Dew Kickstart Midnight Grape.

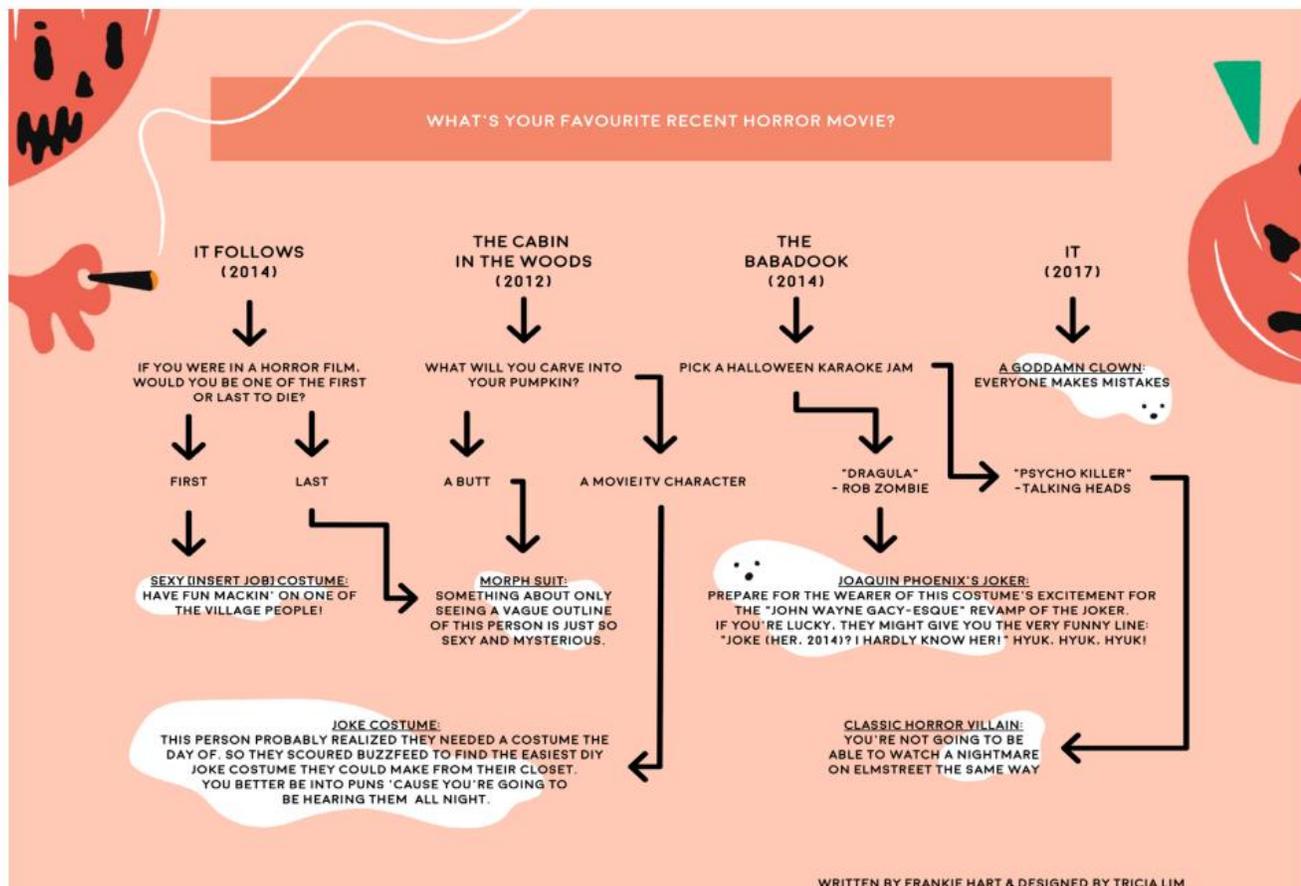
Cannon has now required that every U of C student defeat her in a one-on-one, sniper-only *Halo* Slayer match before being awarded their degree.

In contrast with the previous Energize Eyes High strategy, this strategy aims to 'Tranquelize High Eyes.' Under the plan, the academic probation program has been eliminated and replaced with one that encourages high-achieving students, including those in Scholar's Academy, to "settle down, Beavis."

All vendors in MacHall will also be replaced by Taco Bells, with the exception of Bake Chef, which will continue operations as per usual.

The *Gauntlet* approached a student definitely not consuming illicit substances outside in the corner between Science A and Science B to ask for their thoughts on the new strategy.

"What are you talking about?" the student responded when asked about the U of C's policy changes. "Are you a cop?"



Engineering student decides to abandon studies, live as a goblin

Story by David Stewart

Undergraduate student Martin Mecklinburg has decided to leave his studies behind to take up the life of a goblin.

"I've never felt more free," Mecklinburg said while adjusting his evergreen tunic. "My whole life has led me here."

Mecklinburg, a third-year civil engineering student, came to this conclusion in the back booth of the Den this past Wednesday over a plate of honey garlic wings.

"I had just come from a Dungeons and Dragons meeting. I was making a new character — Olrick the Conniving — when I just got lost in my mind," Mecklinburg said, closing his eyes with peace. "I asked myself, 'Who am I? What do I want my life to become?' I looked at my character sheet and realized that I was looking at myself. I am a goblin!"

Mecklinburg says the student life hadn't felt right for him.

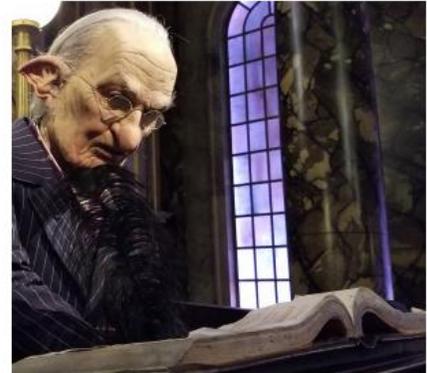
"I was quite depressed with classes and midterms for a while. Then last year I considered an elven way of life, but I don't have the cunning or wisdom. This summer I thought I'd found my calling as a shaman or low-level warlock but it still wasn't right. I did learn a lot about card tricks."

Mecklinburg recalls that his friends were less supportive than he wanted.

"They think I'm giving up my future prospects, but I know what I want. It makes sense. I've always enjoyed mining, and I'm a terrific minion. I just need to find my master."

He has also hung flyers around campus to encourage others to join his goblin commune, hoping to establish a profitable mine.

When asked about if his decision was in-



fluenced by Halloween, Mecklinburg was taken aback.

"Let me make this clear — this has nothing to do with Halloween," he said. "This is about being myself in a world of chaos and turmoil. Also getting up to nefarious schemes from the comfort of my underground lair."

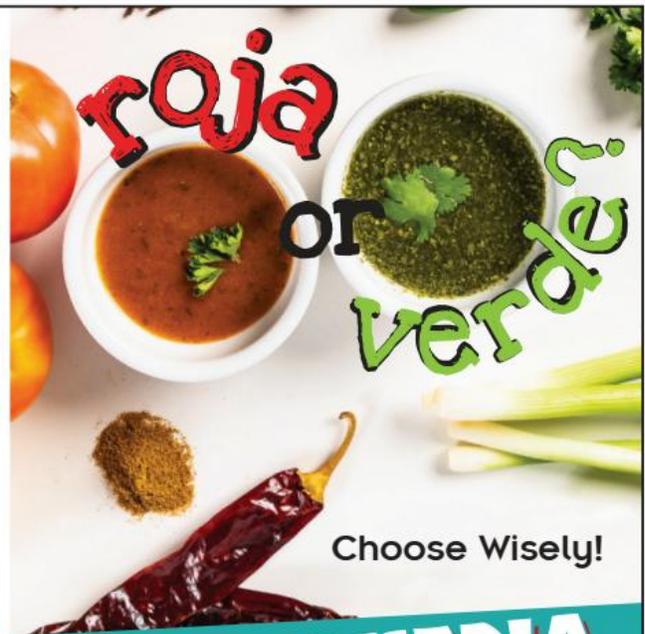
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Antipho make presence known on campus

Story by Matty Hume
Illustration by Tricia Lim

A group of about a dozen protestors dressed in all black gathered for a demonstration in MacHall following the placement of a series of posters on the University of Calgary campus that read, “Keep Noodles Vermicelli.”

The protestors, who called themselves Antipho, made it clear that they believed the posters were an unacceptable display of phoscism and that the university isn’t doing enough to stop it.

“We’re making it clear that soupremacists are not welcome on our campus,” said Blake Bloque, an Antipho spokesperson. “The person responsible has no place in this community and neither does any other phoscist out there.”

Those critical of Antipho believe the

group is jumping to dangerous conclusions, stating both sides are equally unacceptable.

“I mean, Antipho just calls anyone that they disagree with a phoscist,” said Doug Wissell, the sole vocal critic at the time of the protest. “Did you hear they’re making their own soupersoldiers? I heard it on *The Rebowl*.”

“Like, just because someone put up a couple hundred ominous posters with a thinly veiled hateful message that means they’re a phoscist now?” he added, before stumbling over a series of rakes, each swinging up and hitting his face.

Despite the criticism, Antipho continued their demonstration, which included a chant that stated, “ALL SOUP IS GOOD SOUP.”

“Honestly, I’m glad I don’t have whatever brain worm that makes you think opposing phoscism is a bad thing,” Blo-



que said. “Whether you’re joking about a violent soup cleanse or defending someone who is, you’re worse than a soggy noodle. And the only thing worse than a soggy noodle is a soupremacist.”

Student gets turkey stuck on head during Thanksgiving

Story by Frankie Hart
Photo by Mariah Wilson



First-year student Theresa Tacchino returned from her visit home from the holidays with a new look. During Thanksgiving, a fight broke out in her family over cranberry jelly, escalating to a point where her brother grabbed the turkey and slammed it over his sister’s head.

The family became panicked when they realized the turkey had become stuck on her head, and took her to the emergency room. Due to an overflow of other Thanksgiving-related injuries, including mashed potatoes stuck in noses and turkey basters stuck in other areas, Tacchino gave up on waiting and returned home.

“I figured since it’s not an injury nor does it really affect my life in any nega-

tive way, why not just keep it?” explained Tacchino, her voice slightly muffled through the turkey on her head.

Her family is less pleased with this decision. Tacchino’s brother has asked her repeatedly to seek help in removing the turkey, feeling it is a constant reminder of their fight.

“We had gotten into a fight over whether the cranberries were a sauce or a jelly, and it got a little out of hand,” he stated. “She doesn’t seem to notice or care how this turkey is affecting our family. It feels like we can’t move on from that fight.”

Tacchino emphasized that her decision to keep the turkey on her head was not influenced by the fight with her family, but that she feels that it makes a statement.

“Who do you know that’s willing to mess with a girl with a turkey on her head?”

What cryptic encounter will you have this month? By Frankie Hart

Libra
(Sept. 23 – Oct. 22)

While navigating around a blocked-off part of campus, a construction worker will approach you and ask if you can lend a hand. After you respond that you're simply not qualified, they'll become insistent and build you into the new MacKimmie Tower. What a fun art piece!

Sagittarius
(Nov. 22 – Dec. 21)

It's important to make eye contact with your professor. You'll give them a thoughtful stare to indicate your attention. They have interesting eyes. Are they... red? You will find yourself unable to move, locked in this moment of mutual gaze. Hours will pass. Are you going to die like this?

Aquarius
(Jan. 20 – Feb. 18)

On your way home from campus one night, you'll find warmth in a mysterious building run by a scientist who is "making a man with blond hair and a tan." Next thing you know, you're wearing lingerie, covered in dirt and performing one final musical number.

Scorpio
(Oct. 23 – Nov. 21)

You're going to get the strange feeling you're being followed, then turn around to discover a cute rabbit! Or at least, it looks like a rabbit.

Capricorn
(Dec. 22 – Jan. 19)

You will find out what happened to U of C Confessions... and it will get you, too.

Pisces
(Feb. 19 – March 20)

The professor will call on you to answer a question in class, only for your brain to blank on a response. Clearly, someone is hacking into your thoughts!

Sketchy Stuff - Adrian Tadic



Aries
(March 21 – April 19)

Logging into D2L, you will find what looks like the normal website, but the colours are inverted. Spooky.

Taurus
(April 20 – May 20)

You will ask out your class crush and be devoured whole.

Gemini
(May 21 – June 20)

Your Tinder date will literally ghost you. Happy haunting!

Cancer
(June 21 – July 22)

For weeks after Thanksgiving, you'll hear faint gobbles in the distance. For an unrelated reason, you'll decide to become vegan soon afterwards.

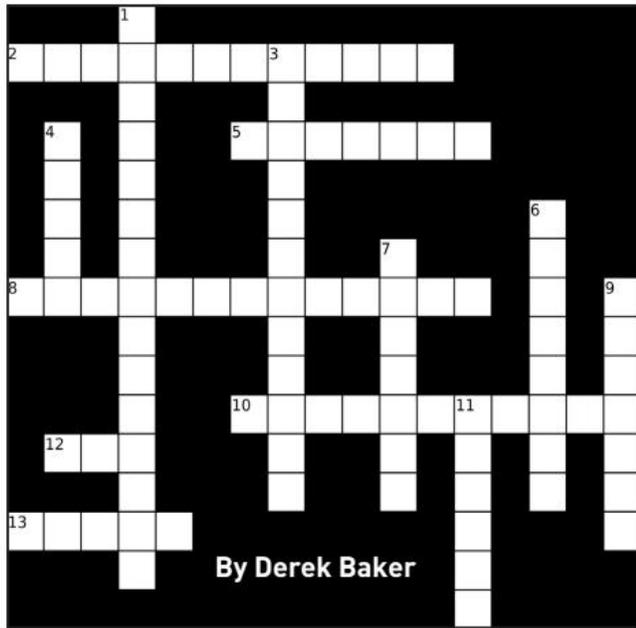
Leo
(July 23 – Aug. 22)

Your teeth will fall out, and it won't be a dream this time!

Virgo
(Aug. 23 – Sept. 22)

Well, it was nice knowing ya!

Spooky crossword



ACROSS:

- 2. The protagonist in the *Sleepy Hollow* franchise.
- 5. Give out these wrinkly grapes as treats to trick-or-treaters and you are the worst.
- 8. A spooky Disney Channel original movie series staple.
- 10. A java-flavoured chocolate bar.
- 12. Hand out the wrinkly grapes mentioned in clue 5 and your house will be hit with this product.
- 13. A witch's mode of transportation.

DOWN:

- 1. The Pumpkin King in *The Nightmare Before Christmas*.
- 3. This titular character doesn't believe in the Great Pumpkin, who flies around bringing toys to sincere and believing children on Halloween evening.
- 4. The Pumpkin Spice Latté's lesser-recognized fall cousin, the Salted Caramel -----
- 6. In *Rollercoaster Tycoon 2*, Mr. Bones traps park attendees on this attraction.
- 7. Incorrectly called 'Smarties' in the United States, these sugar pellets are the best Halloween candy.
- 9. Orange gourd.
- 11. The friendly ghost.

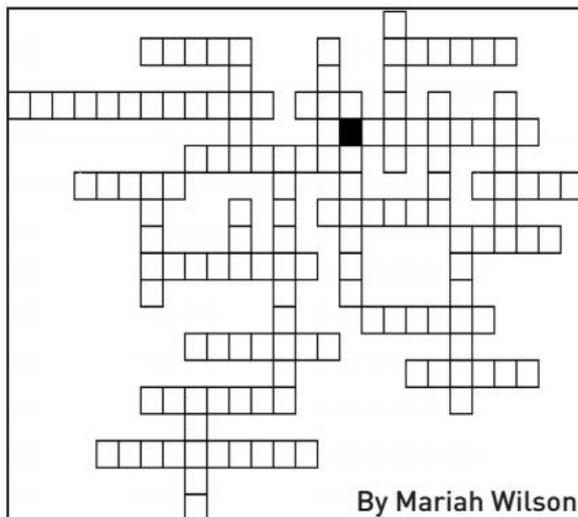
Congratulations to Isabelle Helbig, Korbinian Koch and Drew Thomas for being the first three to submit last month's puzzles!

Send a photo of a completed crossword or criss-cross puzzle to humour@thegauntlet.ca to be congratulated in our next issue. Be among the first three submitters to win a Gauntlet mug!

Sept. Solution:



Spooky criss-cross puzzle



Instructions: Each line of the puzzle contains a certain number of boxes. Count each to see which words they correspond to. Place words into the grid so that they fit together, like pieces in a jigsaw puzzle.

- 3 letters:** Bat, Boo
- 5 letters:** Alien, Blood, Candy, Carve, Clown, Ghoul, Magic, Mummy, Witch
- 6 letters:** Coffin, Corpse, Goblin, Pirate, Scream, Spooky, Zombie
- 7 letters:** Costume, Vampire, Pumpkin
- 8 letters:** Cauldron, Cemetery, Eyeballs
- 10 letters:** Apparition, Broomstick
- 12 letters:** Jack-o-lantern

Sept. Solution:

