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The Gauntlet is printed on recycled paper and uses an ink made from the sweat of mothers at JFEGMafia's Sled Island concert. We urge you to recycle/rip up your mosh sweat with the Gauntlet.

The Cover
Photo by Mariah Wilson

Calgary Stampede in a tricky position with minimum wage

Many of us can recount the summers that our friends, cousins and even perhaps ourselves worked the 10 grueling days of Stampede during high school and sometimes even middle school. It's a defining experience for some, whether it's their first job or their last job in the service industry. It allows teens to make a decent summer wage and to get hands-on experience negotiating job contracts, dealing with customers from all walks of life — and sobrieties — and even a sense of pride when they bring home a big fat paycheque at the end of it.

But now, the United Conservative Party's new minimum wage law housed under the Open for Business Act could impact how much these youth make per hour. Instead of making the provincial minimum wage of \$15 per hour, employers can decide to lower their hourly wage and pay youth only \$13 per hour. This takes effect on June 26 and puts the Calgary Stampede in a tricky position.

The Calgary Stampede is argu-

ably the biggest seasonal employer for Albertan youth, hiring, on average, 500 people under the age of 18 every year. Since many of these youth hires were done prior to this law taking effect, labour relations lawyer Will Cascadden told *CBC News* that making any wage-related changes now could be a breach of these contracts, leading to potential employment law violations and being negatively perceived in the public eye.

This issue is highly divisive. On one hand, small business owners may find it more financially feasible to bring on youth workers if they pay them less since the work they'll be doing is entry-level. Yet, for youth workers, this inhibits their ability to save for their future after turning 18 and devalues the same work they do alongside people over the age of 18.

In Calgary, many small business owners have joined the Alberta15 movement. This is a coalition that claims members won't be participating in the youth wage cuts and will pay youth workers the full \$15 hourly wage.



MARIAH WILSON

Ultimately, this was a poor decision made by the UCP since this puts youth employees in a problematic position where age is more valued over their work ethic or skills. Some youth have to start supporting themselves at a younger age, either by choice or necessity, which means that \$13 per hour doesn't provide them with a livable wage. A 13-percent cut to anyone's salary on the basis of a discriminatory marker such as age would not be tolerated in any other situation — so why are youth any different? These youth

will be the next voters in the coming election, so it may leave a sour taste in their mouths that could be reflected in the ballots.

Following the footsteps of the Alberta15 movement, the Calgary Stampede has unofficially announced that they would not be lowering the youth wage to \$13 per hour — we can only hope that this stays the same next year.

Mariah Wilson
Gauntlet Editorial Board



NEWS »

TOP STORIES »

Top five news stories you should know about

Kristy Koehler
Editor-in-Chief

Despite the often slow pace of spring and summer semesters, June offered plenty of newsworthy stories on campus. There were critiques of potential rollbacks to gay-straight alliances, a recently-launched student activist campaign for campus mental health and National Indigenous Peoples Day events. The *Gauntlet* has the full stories online at thegauntlet.ca.

1. U of C prof critical of potential GSA rollbacks

Darren Lund, a professor at the University of Calgary's Werklund School of Education provided his comments with regard to the United Conservative Party's recently introduced Education Amendment Act. As a high school teacher in Red Deer prior to becoming a professor, Lund helped his students form Alberta's first-ever GSA. He believes GSAs make the learning environment better for all students and worries that LGBTQ+ students will be at risk as a result of rollbacks to GSA protections. The UCP's Education Amendment Act, while not disallowing GSAs, removes the phrasing that requires schools to "immediately" grant student requests. Lund believes administrators could use this to delay the granting of requests to form GSAs indefinitely.

2. Calgary tattoo artists participated in a fundraiser to support survivors of sexual abuse

Local tattoo artists raised money for Calgary Communities Against



The Board of Governors was again without a second student voice

MARIAH WILSON

Sexual Abuse (CCASA). Artists from Calgary's Altar Tattoo participated in the 'Still Not Asking For It' flash fundraiser event.

Started in 2015, 'Still Not Asking For It' was created Utah-based tattoo artist Ashley Love as a way to rally the tattoo community together behind survivors of sexual assault and to bring awareness to the cause. This year, tattoo shops across the United States and Canada, as well as Australia and Europe, took part in the June 9 event.

3. Annual Campfire Chats explore Indigenous Languages

The University of Calgary's annual Campfire Chats were held on June 21 — National Indigenous Peoples Day. An afternoon of events and activities included a teepee raising, sto-

rytelling and traditional drumming and dancing. The evening program featured a performance by First Nations Princess Astokomii Smith and an interactive, educational discussion with Elders and Indigenous community members. The Campfire Chats focused on the significance of Indigenous languages, and took place at the confluence of several important dates — June was National Indigenous Peoples Month, and 2019 was named by the United Nations General Assembly as the International Year of Indigenous Languages.

4. Calgary Roller Skate Festival

The Village Square Leisure Centre was adorned in colourful skating outfits, bright lights, great music and smiling faces as the Calgary Roller Skate Festival held its first

annual event from June 14–16. The festival aimed to keep roller skating alive in Calgary after the closure of Lloyd's Roller Rink. Started by Kathleen Janzen and Theresa Tucci, the festival showcased both professional and amateur roller skaters.

5. Who's Who in the SU: Jessica Revington

In an effort to introduce new — or even continuing — students to representatives in the Students' Union and in the Students' Legislative Council throughout the spring and summer, the *Gauntlet* is running the series 'Who's Who in the SU.' The first instalment introduces Jessica Revington, president of the SU. Revington chatted about her goals for the future, what led her to run for president and what success looks like to her.

STUDENT ACTIVISM»

Students for Direct Action launch campaign for mental health

Kristy Koehler
Editor-in-Chief

On June 19, Students for Direct Action held a town hall to gather student concerns regarding the state of mental health funding and support on campus. SDA co-organizer Mateusz Salmassi said that issues he hears frequently from students include long wait times, lack of counselors, lack of diversity in counselors and too few modalities.

"We need more culturally sensitive services for marginalized groups, and that includes more people of colour," said Salmassi.

"Our team — specifically the mental health team — is quite diverse," said Debbie Bruckner, senior director of student wellness for the University of Calgary. "Over half of them are actually members of visible minorities."

SDA and attendees of the town hall expressed concern with limited treatment options — namely the focus on talk therapy. Other options the students want the Wellness Centre to explore are art therapy, group therapy and a greater emphasis on emotional and spiritual health.

Bruckner said that the whole environment of the campus is key to the university's mental health strategy.

"Is there enough green space? What happens in the classroom? What are our policies like? Are they supportive of mental health? It's all those different strategic factors that create an environment that's supportive to mental health," said Bruckner.

As for the wait times, she says the average wait time for an initial appointment is three-and-a-half days, however if students present with an urgent need, they are generally seen that day. She says there are three spots kept open daily for urgent needs.

The town hall attendees also shared positive experiences they've had with the Wellness Centre. Students seemed, overall, happy with their counselors, citing them as professional and caring individuals, yet Salmassi says there is much more work to be done. He also says the group has many questions about funding. *Full story online.*

BOARD OF GOVERNORS »

Still no Board of Governors student-at-large

Kristy Koehler
Editor-in-Chief

For the second time this year, University of Calgary undergraduates have only had one voice representing them at Board of Governors meetings due to an ongoing appeal process disputing the results of the March 7 Students' Union General Election.

Incumbent candidate Frank Finley filed his appeal on March 14, alleging discrepancies in campaign spending and classroom talks on the part of his opponent, Ananya Ayachit. The appeal was handed over to a Review Board. However, due to a declared conflict of interest by members of the Review

Board, the process is still ongoing. The Students' Legislative Council appointed an Interim Review Board at their June 4 council meeting.

Undergraduate students normally have two voices on the Board of Governors, the SU president and an elected student-at-large.

"I think it's really important to have student representation on the board and I think it's really unfortunate that we don't have a second student at the current time," said SU president Jessica Revington. "That being said, I'm doing the best that I can with what I have, and with the board, to make sure that the student voice is still being heard, despite there being only one represen-

tative."

The student-at-large and the SU president represent different interests on the board.

"The student-at-large remains at arms-length from the Students' Union in everything that they do," said Revington. "In my role, I use my knowledge of the Students' Union, I use my understanding of what student advocacy priorities are, what student priorities on campus are, to inform my understanding of what comes to the Board of Governors. The student-at-large is meant to represent a grassroots understanding of what student priorities are. They come in with a different perspective and offer that second stu-

dent voice."

There is no timeline for a decision, though the SU's website indicates that decisions should be made within a "reasonable timeframe."

"We would hope that the Review Board and Tribunal process would happen as expediently as possible," said Revington. "Normally the Review Board and Tribunal do work quite expediently, we've just had some administrative issues with there being a conflict of interest and SLC having to go through the process of appointing interim members."

Both Ayachit and Finley were present as gallery members during the last two meetings.

PROFILES »

Composer Justin Wright talks music, Montreal and leaving academia

Troy Hasselman
Arts & Culture Editor

After performing with acts such as Common Holly and Year of Glad, having two residencies at the Banff Centre for the Arts and doing string and arrangement work on countless releases for other artists, Montreal-based cellist and composer Justin Wright has branched out into solo work that highlights his progressive take on classical music and has performed at the Sled Island Music & Arts Festival for the second year in a row.

At last year's Sled Island festival, Wright opened for Mount Eerie at the Central United Church in a solo set that used looping pedals and synthesizers to draw widely from material off his 2017 EP *Pattern Seeker*. This year, Wright returned to open for Ukrainian pianist Lubomyr Melnyk with a band including violins and keyboards to further flesh out his sound and perform tracks from this year's achingly beautiful full-length *Music to Stay Warm*.

Speaking to the *Gauntlet* on the phone from Montreal before his flight to Calgary, Wright admitted that opening for acts like Mount Eerie or Melnyk can be nerve-wracking but finds them to be exciting at the same time.

"It's a little scary but very rewarding. [Opening for Mount Eerie last year] was a very fun show. It was also nerve-wracking because I had switched my set up to

play solo for that one so a lot of things were half working," Wright says. "This time I'm coming with the band that I played the last few shows with. My keyboardist Annabelle will be there and my violinist Thanya will also be performing at some point in the festival. It's definitely much more solid having played with people who have played the set a few times already."

Wright's reasoning for returning to Sled Island for this year was quite simple.

"Basically, I had a great time last year," Wright says. "It's my second time playing solo but I've played with the Year of Glad at Sled Island before as well."

Aside from being a performer, Wright is as much a fan as anyone else at the festival and mentions his excitement for seeing minimalist composer William Basinski perform in the Patricia A. Whelan Performance Hall at the new Central Library on the Friday of the festival.

Music to Stay Warm differs from his previous EP in that it is entirely string-based which is a slight departure for Wright, whose work is heavily rooted in ambient music and has used keyboards prominently in the past. This shift in instrumentation has more to do with the context of how the music on it was first written, with the album's origins coming from commissioned work he did for an all-night event in Montreal.

"[The stylistic shift] didn't start consciously," Wright says. "I



Justin Wright performed at Studio Bell on Thurs. June 20 as part of Sled Island. Courtesy JUSTIN WRIGHT

wrote a few of the pieces for this 'chill room' in this all-night event in Montreal so I was limited to a string trio for it but I really liked them and that's what turned them into the album."

Wright's live performances are spontaneous and dynamic compared to many other classical music performances with his arrangements leaving room for bits of improvisation. While he still tends to stick to his composed work faithfully, he does allow himself to experiment with the cadences on notes and timing.

"There are moments of improvisation and more structured stuff in

between notes," Wright says. "Most of it is pretty composed but there is a lot of freedom in the compositions for playing around with the notes and timings."

Wright hails from Montreal, a city that has maintained its status as an artistic hub, producing many notable acts that blend classical and modern-experimental forms of music such as Colin Stetson, Bell Orchestre or the roster of Constellation Records.

"I think Montreal is a great city for experimentation — I think it's because the rent is so cheap," Wright laughs. "No one really works full time, you don't need to make music that really sustains you. You can take risks and not worry too much, whereas in other cities, if you're going to be a professional artist, you need to make stuff that can pay your rent. It started with that and there's a nice community where you can play weird music at a venue and people will show up."

Before devoting himself to music, Wright had a background in academia having been a masters student in molecular biology before abandoning the field to focus on music.

"I've always been doing music as well but it was never the focus," Wright says. "I just got a bit sick of academia — science is hard. I would get emails from my supervisors at 2 a.m. on a Saturday night saying 'I was just going over this paper and that paper' and I real-

ized to really excel as a science professor you need to be obsessive about everything you're studying and have the kind of drive to be thinking about that at 2 a.m. on a Saturday night. I'll get that with music but science not as much. I still enjoyed it but I wasn't really obsessive with it. After I graduated I worked as a research assistant for a bit but I couldn't really find the same feeling that I found making music, so I just made music the focus."

One of the more notable releases that Wright has worked on in recent years is last year's Polarix prize-winning album *Wolastoqiyik Lintuwakonawa* from composer Jeremy Dutcher who Wright saw perform for the first time days before the two collaborated on the album.

"My first time seeing him live was a few days before recording him," Wright says. "He actually opened for me at my EP release. You could kind of anticipate the reception his album is going to get from seeing him play live. A couple days later we had a low-budget recording session. We found an empty classroom at Concordia and recorded in there. We set up a little string quartet formation and played on quite a few of the tracks."

Justin Wright's music is available on all streaming platforms and can be purchased through his Bandcamp page at jwright.bandcamp.com.



Wright has shared stages with artists including Mount Eerie and Colin Stetson.

MARIAH WILSON

SLED ISLAND »



MARIAH WILSON

Dispatches from Sled Island

Troy Hasselman
Arts & Culture Editor

Sled Island — the annual festival where venues across the downtown core plays host to artists both local and international, up-and-coming and established — has come and gone for another year. Here's how it went for me this year.

Wednesday:

After having picked up my pass from the Fairmont Palliser at about 7:30 in the evening I made my way to the Central United Church in hopes of catching Cass McCombs' set. No dice. The church was already well at capacity and the line of hopefuls waiting to get in stretched long down Seventh Avenue. I was given an early reminder of the cardinal rule for all Sled passholders: Capacity is no joke, show up early.

Not letting this set-back bring me down I made my way to The Palomino which acts as a home base for so many during the days of the festival. From there, I hung out on the main floor and caught sets from Montreal's Chris Hauer, local surf-rockers Window Lamp and psych-funk from Edmonton's Squids.

From there, I made my way to The Palomino basement where I caught the end of the set from Vancouver post-punks Bored Décor before headliner Chandra came on and ran through tracks that were originally written and recorded when she was just 12 years old. In the intervening years, she hasn't lost any of the childlike exuberance that fuelled this work, excitedly shouting her lyrics and dancing as the crowd followed suit as The Palomino basement was transformed into a dance party. I briefly spoke to Chandra after the performance and she noted how

many people were singing along to her music, showing the large cult following that her work has gained.

After Chandra, I made my way upstairs to catch the rest of the set from local noise-punks Calisthenics. They ran through their loud and fast songs for a rowdy mosh pit that matched the chaos of their music, bringing a fitting end to a chaotic and energetic first night of the festival.

Thursday:

Thursday night began for me at the National Music Centre where I caught Montreal cellist and composer Justin Wright as he incorporated elements of modern classical, ambient and electronic music into a unique and captivating set that gained an ovation from the capacity audience.

From there Ukrainian pianist Lubomyr Melnyk came on and spoke of his ideas on music theory and his concept of continuous music. Continuous music is Melnyk's piano technique in which he plays quick and complex note patterns that create a unique harmonic effect that almost sounds like a drone. Melnyk may without hyperbole be the greatest musician I've ever seen perform. I've never seen an artist with such a level of effortless mastery over his instrument. His pieces would average twenty minutes in length but would seem to float by in seconds as his hypnotic playing style had me transfixed throughout his performance.

Following Melnyk, fearing breaking the cardinal rule of Sled Island passholders for the second night in a row, I hailed a taxi to Commonwealth Bar & Stage on the other end of downtown and managed to make it in to see JPEGMAFIA in what was one of the most hyped sets of the festival. Before JPEGMAFIA came a set from Calgary rap-

per Jae Sterling that featured a guest spot by Calgary rap duo Cartel Madras, fresh off being signed to Indie super-label Sub-Pop in one of their last performances in Calgary before moving to Toronto. This brought the energy level in Commonwealth to a fever pitch as the crowd ferociously danced and moshed along to their set, leaving the headliner with a tough act to follow.

JPEGMAFIA did manage to follow this set after making a nondescript entrance in which he quietly walked onstage in a hoodie, set up his laptop and fiddled with it for a few minutes while vaping before bursting into his first song. JPEGMAFIA's stage presence is akin to watching a caged tiger that's trying to break out. He ran, screamed, charged and jumped through his set as the audience followed his lead and didn't let up the sky-high energy level for a moment during his forty-five-minute set. The pit in front of the stage was absolutely relentless and vicious throughout and by the time the set was over I was head-to-toe soaked in perspiration and water from the frequent dousing of the audience that JPEG gave to the sweat-drenched and overheating audience. The set was both terrifying and absolutely mesmerizing as JPEGMAFIA fully lived up to the promise of an energetic and cathartic performance from one of the most unique and enigmatic figures in music.

Friday:

After the chaos and experimentation of the acts on Thursday, I was in the mood for a good old fashioned indie rock show so I made my way down to the Palace Theatre for the double bill of Bully and Hop Along.

Bully played a fierce set of '90s indebted alt-rock with clear references to Hole, Nirvana and Bikini Kill in

their music. The crowd moshed and sang along enthusiastically in a solid set from the up-and-coming indie rockers. Following Bully came Hop Along which made a softer and more rhythmic type of indie rock that was both danceable and melodic at the same time with Frances Quinlan's vocals sounding pristine in the live setting and the band elevating the tracks from their studio versions into more energetic jams with impressive guitar work from Joe Reinhart. The crowd added to the joyful atmosphere of the set with the audience dancing and singing along to Quinlan's lyrics and melodies, overtaking her on the outro refrain to "Well Dressed" in a strong headlining set from the group.

Following Hop Along I made my way across to the #1 Legion and caught the set from reunited '90s garage punks Oblivians. The set was the platonic ideal of a Legion show at Sled Island, played sloppily, but so fast that you don't care and to an audience consisting mostly of sweaty people too drunk to notice their last drink was spilled in the mosh pit. The average age of a person in the mosh pit at this show was easily 20

years older than what I'd seen at any other show during the festival and it really shows the wide age range that Sled Island has compared to other festivals as college students happily mosh alongside people nearly old enough to be their parents.

Saturday:

I was working a shift on Saturday night and sadly missed out on this night of the festival. Word is that The Comet Is Coming, Julien Baker and Cate Le Bon were all incredible but I can't firsthand confirm that.

With that, another Sled Island is in the books. The festival has become an annual tradition for myself and so many people that I know, where for a week you can hop from venue to venue to see an exciting up-and-comer, or an old favourite or be blown away by something you've never heard of before. That's the beauty of this festival and I'm already counting down the days until the next one.

The Gauntlet is a media partner of Sled Island.



The 13th edition of Sled Island ran this past week.

KLODIE PICOT

SUMMER UNIVERSIADE »

U of C well-represented at Summer Universiade in Italy

Tori Taylor
Sports and Wellness Editor

This year marks the 60th anniversary and 30th edition of the International Universiade — a multi-sport event organized by the International University Sports Federation (FISU) and university athletes. The tournament's aim is to support athletes worldwide as they place their academic and intellectual goals alongside their sports performances. The Universiade strives to incorporate the educational and cultural components of each host's country. The name comes from the combination of two words — University and Olympiad. This year the Summer Universiade will be held in Naples, Italy and the surrounding Campania area. In 1959, Naples was the host of the inaugural Summer Universiade, making this year a special trip back to the roots of the tournament. Now a days, the tournament is held every two years in a different city and thousands of student athletes attend. In 2003, there were 174 countries present for the event, held in the Republic of Korea which, at the time, set a new record. In 2013, in Kazan, Russia, another record was set with 11,259 attending participants. The event has continued to grow in popularity and size over the last 60 years.

Out of the 15 sports showcased at the Summer Universiade, the University of Calgary will have athletes involved in 12. They'll compete for Team Canada but will ultimately bring athletic glory back the university if successful. Along with the dozen athletes participating, one alumni and two staff members will also attend. The swim team will be competing with four athletes



Naples, Italy will be the site of the Summer Universiade

Courtesy MONTES MONMO

— Marit Anderson, Peter Brothers, Robert Hill, Anders Klein and their coach, Mike Blondal. All four swimmers have an excellent track record at Dinos events and have achieved success in the varsity arena. Fans are hopeful this success will translate to the world stage.

The U of C will be sending basketball players Mambi Diawara and Erin McIntosh, neither of who are strangers to competition. Diawara was on the Dinos squad that brought the U Sports National Championship home. Blain Cranston and Beth Vinnell will be representing the university's volleyball teams while Maddison Fritze will play for the soccer team and Mitchell Rudy

will add talent to the men's rugby team.

This year Tamara Booy will be representing the U of C as a fencing athlete and Bryan Ho will be competing in table tennis — two sports that are more unique to western Canada. Bryan Ho is returning to the Universiade games for his second time. Although they will be representing Canada and ultimately the U of C, neither of these athletes are part of a varsity team. Both of these athletes travel across Canada in order to compete at their elite levels because Western Canada doesn't have the appropriate competition level.

"I compete with my club — The Fencing

Academy of Calgary. I travel to a lot of national tournaments ranging from Vancouver to Ontario," said Booy. She explained that the U of C does not have a varsity or club team for her sport but that in the eastern provinces, fencing is a recognized varsity sport. The same is true for table tennis.

"When I want to compete I am usually able to stay within Canada, but I tend to go to other provinces like B.C. or Ontario to practice and challenge myself. The Canada Cup is one of the only times I get to truly compete nationally because table tennis is not a popular sport in Canada — not like basketball, hockey or volleyball," said Ho.

Unfortunately, neither Booy nor Ho receive any financial support for their athletic endeavors. Table tennis and fencing athletes in Quebec and Ontario are much more financially assisted by the educational institutions that they represent.

Both Booy and Ho remained very positive about not being a mainstream sport despite of the lack of funding from the university. Instead they're focusing on the intense competition they will both be up against as they compete internationally with countries where fencing and table tennis are much more popular.

"This year I was on the national squad, which is the top nine in Canada. I got to go to the Junior World Cup and Junior Grand Prix. But competing in Naples, Italy at the Summer Universiade will be my biggest event so far," said Booy.

It is exciting to see student athletes from the university, who excel at less mainstream sports, traveling to such a globally recognized event where they can compete on a stage that truly challenges the skills they've trained so hard to attain.

WELLNESS »

Meditation a great way to manage anxiety

Tori Taylor
Sports and Wellness Editor

Meditation is an age-old practice. Traditionally, it has been a religious or spiritual form of connection with self. Meditating can be a form of prayer that allows people to feel close to their recognized higher power and many religions use meditative practices to connect with their beliefs on a deeper level. However, in many countries, the use of meditation has moved away from religion and towards mental well-being. Presently, meditation is widely used by many people who choose not to involve any religious aspect at all. The act of consciously tapping into the present moment — without letting past or future issues overwhelm the mind — has proven to be a great tool for relieving anxiety. Most meditation styles aim to allow a person to bypass unwelcome emotions, moods and/or negative thoughts by tuning into the smaller, immediate details presently around them.

Researchers at the Centre for Wellness and

Achievement in Education in San Francisco, CA conducted a study proving that individuals practicing meditation experience much less anxiety and stress at work than their peers who do not meditate.

A popular method of transcendental meditation can be as simple as finding a meaning-

ful, positive mantra to repeat for a designated amount of time. A mantra may be a word, a sound, a solid thought or a phrase. This repetition allows the mind to focus on something small and flush out all the excess that causes stress and anxious thought patterns.

Movement meditation is another wonderful



MARIAH WILSON

way to tap into the present moment and let go of nagging thoughts or emotions that can bring your mental health down. Many people use exercise as a mind clearing tool. Yoga and running are two popular examples of consciously being in your body while focusing on your breath and movement. Both of these exercises require an individual to focus heavily on their breathing and bodily coordination instead of rushing thoughts and anxiety.

For some, it can be very difficult to sit still in the present moment and the idea of quiet meditation may cause more anxiety. Movement meditation may be an easier way to ease into a regular meditation practice.

If you are interested in trying out a form of meditation you don't need to look very far. Calgary offers several class styles at different yoga studios. Have a look online and find out what is affordable and in your area. You can also register in online courses or download phone apps, making it more accessible for you to meditate anywhere and at any time.

AVOCADO ADVANTAGES »

Avocado is a powerful antioxidant and fuel source for healthy organs

Tori Taylor
Sports and Wellness Editor

Avocado is a fascinating fruit. It is smooth and creamy, whereas most fruits are sweet and tart. Avocado is the only type of produce that contains any real fat content – the exception being coconut meat. Because of this nutritional anomaly, avocado can be used for many things ranging from digestible to topical.

Healthy Fat:

Avocados are incredibly high in oleic acid – a monounsaturated fatty acid. Oleic acid is a massive contributor to healthy organs. This healthy fat has been known to reduce cholesterol and support heart health. As well, oleic acid reduces cellular inflammation and keeps your organs running smoothly.

Fibre:

Avocados are high in soluble fibre – an easily digestible fibre. For anyone dealing with Irritable Bowel Syndrome or other digestion issues, fruits and vegetables can be an issue because they contain insoluble fibre which is much harder to digest. Avocados contain gut-friendly fibre that supports intestinal health and flora without



Avocados contain more potassium than bananas

MARIAH WILSON

causing bloating and discomfort.

Nutrients:

We all know that bananas are rich in potassium. But did you know that avocados are actually higher in potassium? Whip up that guacamole and keep your heart strong. Ensuring that there is enough potassium in your diet will help to keep your blood pressure low and muscles properly refueled.

After long periods of exercise it is important to replenish your electrolytes – adding a quarter of an avocado to a smoothie or putting it on toast can be an excellent way to do this.

There are so many micronutrients in fruits and vegetables. We often forget that some types of vitamins and minerals need higher levels of fat to be properly absorbed and used in our bodies.

Adding avocado to a salad or dipping your vegetables in a guacamole-style dip can help your body digest the full amount of nutrition that you are intaking. If a nutrient is fat-soluble and you eat it without the right amount of fat then your body isn't able to optimally absorb the nutrition you're consuming. But if you find a way to incorporate avocado into your meal then you can use this amazing fruit as a

vehicle for all the other good vitamins and minerals you're intaking.

Cosmetic Uses:

In terms of topical or cosmetic usages, avocado oil is quickly becoming popular as a skin and hair product. The vitamin E and potassium that are high in this oil have anti-inflammatory benefits that can reduce redness and swelling associated with sensitive skin or acne. Vitamin E is great for speeding up wound healing. Oleic acid promotes collagen synthesis – keeping the skin tighter and younger. The fatty acids and vitamins found in coconut oil are great for intensely moisturizing dry, damaged skin found in conditions like eczema and psoriasis.

Save your avocado peels the next time you have a wicked guacamole and chips night. You can rub the residue from the avocado peels onto your skin like a hydrating mask. Leave the green slime on for 15 –20 minutes and then rinse!

You can also purchase cold-pressed avocado oil from grocery stores and use this. Rub the oil into your dry skin. Or, add a couple tablespoons to your next bath – along with some essential oils and epsom salts – and you will get out of the tub feeling much more hydrated

FREE FITNESS »

Budget-friendly bootcamps you can do this summer

Tori Taylor
Sports and Wellness Editor

There's no reason to break the bank over a summer workout routine. Bootcamps are awesome and when it comes to participation, the more the merrier. It really does help to have company while you get your ass kicked, so if you can find an open field or solid slab of communal pavement, rally a couple of friends and take advantage of a budget-friendly option. Sweating outside has the added benefit of vitamin D and won't cost you \$25 bi-weekly.

There are so many different styles of cardio and High Intensity Interval Training (HIIT) workouts you can do in a school field. If you have access to a football field with marked lines or a high school track, that's even better. Sprint training on a well-maintained track with the wind in your hair is far more enjoyable than on a treadmill staring at a screen of old dudes playing poker – and it's free.

Sprint workouts involve nothing more than open space, a solid playlist and good pair of running shoes.

A track is 400 metres. I always start by warming with a three kilometre jog. That works out to 3000 metres so hit the track for seven-and-a-half laps at a steady pace. When you're done the

warm up, grab some water and get ready to have some fun. For sprints, I like to do 100 – 200 metres full tilt and then jog off the remaining 200 – 300 metres to cool down. This will bring you back to your starting point after every sprint – and the jog back will bring your heart rate down and prepare you for another intense burst. It's up to you to choose how many laps you'd like to

complete with this pattern. For an added burn add push-ups, sit-ups, chin-ups, mountain climbers, burpees, etc. in between your sprints before your jog back to restart the circuit. I'd recommend a cool-down jog around the track once you've completed the amount of sprints you set out for yourself. I always finish with a final relaxed 3000 metres.

If sprinting doesn't get you excited you can use the fields for HIIT workouts. This type of training is the best way to slam calories and take your physical/mental stamina to the next level.

Bring resistance bands, dumbbells, ankle weights, kettle-bells or a jumping rope. It's totally up to you to decide what you'd like to play with in the field. If you don't have a lot of equipment, don't worry - you don't need any! Set up four to five circuits that you will repeat for three to four sets. I like to set up two exercises that I can switch between for each circuit. I might pick military push-ups and tricep pushups. For 45 seconds, I will do military push-ups – take a 10-second rest – and then do tricep push-ups for another 45 seconds. This makes up one set of the circuit. Cycle through this set three to four times before switching to your next circuit. It's great to add one full minute of cardio – burpees, jumping jacks, mountain climbers, jump squats – between each circuit change-over. Complete four to five circuits like this. You will absolutely get your butt kicked.

There are a lot of great things about exercising outside. You can do it with as many friends as you want. You don't need to feel judged or intimidated by other people at the gym. You can play whatever music you'd like on your speaker and obnoxiously sing along. And, very importantly,



MARIAH WILSON

IN THE NEWS »

Photo recap: LGBTQ+ student rights supporters protest



PHOTOS BY MARIAH WILSON

Criss Cross

Mariah Wilson
Photo Editor

"Summer in the City"

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: BBQ, Hot

4 letters: Heat, Yoga

5 letters: Grass, Relax, Sunny

6 letters: Patios

7 letters: Cycling, Flowers, Rafting, S.S. Moyie

8 letters: Bow River, Folk Fest, Ice Cream, Stampede, Swimming

9 letters: Canada Day, Fireworks, Gardening, Inglewood, The Bounce

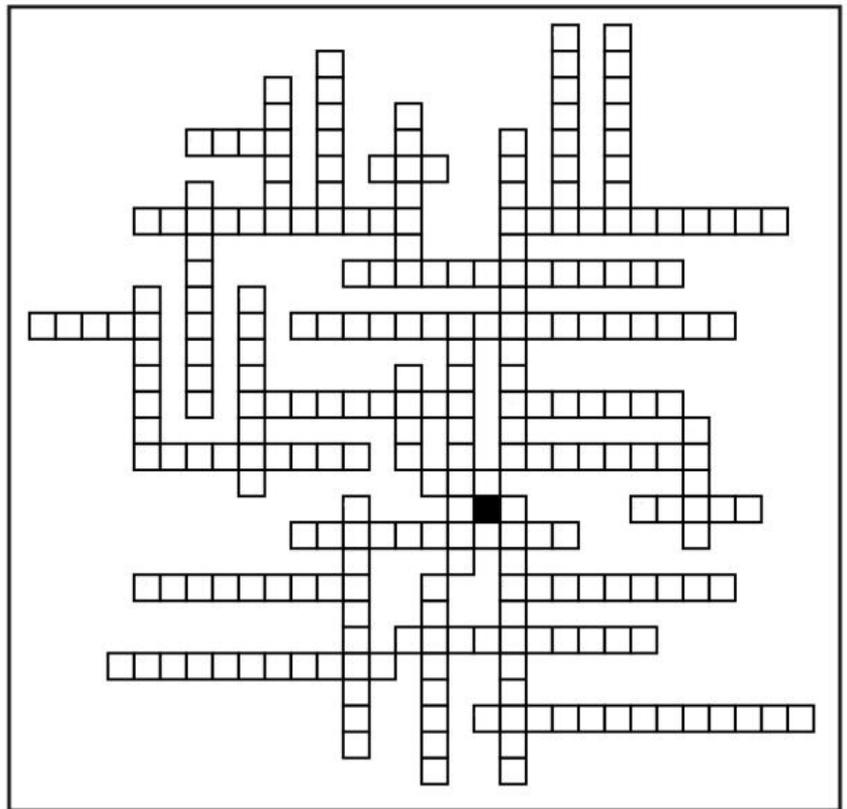
10 letters: Fresh Fruit, Kensington, Studio Bell

11 letters: Calaway Park, East Village, Fort Calgary, Night Market, Shakespeare

13 letters: Farmers' Market, Fish Creek Park, Thunderstorms

17 letters: Prince's Island Park

Previous puzzle solution:



Congratulations to Jovani Johal who submitted last month's puzzles!

Send a photo of a completed criss cross to eic@thegauntlet.ca to be congratulated in our next issue. Be the first submitter to win a Gauntlet toque! Perfect for Calgary's summer snow.



