



*Trudeau...*

I GUESS SO

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The Gauntlet is printed on recycled paper and uses an ink made from Trudeau's hair gel. We urge you to recycle/wipe your tears with the Gauntlet instead of joining a separatist party.  
**The Cover**  
 Photo by Justin Quantance

# We need electoral reform

Another federal election is in the books. This one was particularly nasty – it seemed as though the leaders focused more on what was wrong with the other parties than about what was good about theirs. Not only that, but it lacked a defining issue. For some people, climate change was the issue they were most concerned about, but it didn't come through as the ballot box issue for all parties. The commonly heard sentiment from voters was "anyone-but-them" and votes were cast against something, rather than for it.

This year, it seemed like people were either angry or disillusioned – maybe both. Voter turnout was 66 per cent, less than in 2015 when Trudeau-mania got just over 68 per cent of eligible Canadians to the polls. We don't yet know the demographic data of this year's voters, but something tells me young people didn't cast their votes in the numbers they were expected to. People I spoke with told me their vote didn't matter, perhaps owing to Justin Trudeau's broken promise of electoral reform.

While campaigning in the last federal election, Trudeau told Ca-

nadians that the election in 2015 would be the last under first-past-the-post. Once elected, he abandoned that promise – probably to his benefit because he likely wouldn't be forming government this time around had he implemented proportional representation.

I remember growing up in British Columbia and watching the elections on television with my parents. They always voted, but one thing my dad told me stuck with me: "I don't know why I bother – the election can be won in Ontario and Quebec before the polls even close in B.C." I recalled that moment as I watched the election coverage this year. The major networks called the Liberals as winners within minutes of the polls closing on the west coast. With 78 ridings in Quebec, 121 in Ontario and 170 needed for a majority, the election can certainly be won in the two most-populous eastern provinces. And, while the west coast can absolutely matter depending on the breakdown of seats won in Ontario and Quebec, the perception that western votes are irrelevant certainly looms.

Albertans are angry and sepa-



With a voter turnout of 66 per cent, there is need for a change to our electoral system.

MARIAH WILSON

ration was trending on Twitter in various forms post-election. In an almost all-blue sweep of the province save for one riding, Albertans aren't seeing themselves represented federally, especially considering the Conservatives garnered just over 34 per cent of the popular vote to the Liberals' 33 per cent. Trudeau's Liberals will form government with one of the weakest minorities in Canadian

history. That can mean one of two things – we'll either be back to the polls within a couple of years, or, the parties will find a way to work together and make decisions in the best interest of Canadians. Hopefully, while we wait for a party to actually come through on electoral reform, they'll work together.

—Kristy Koehler  
 Gauntlet Editorial Board

WHAT'S HAPPENING

**HALLOWDEN**  
 OCTOBER 31 @9PM  
 DENBLACKLOUNGE  


**WING UP**  

**\$5/POUND**



## FEDERAL ELECTION RESULTS »

# Election results 2019: Liberals win a minority government

Ishita Moghe  
Contributor

The Liberal Party will form a minority government as a result of Monday's election, marking a second term for prime minister Justin Trudeau. The Liberals earned a total of 157 seats, falling short of the 170 seats required for a majority government. Led by Andrew Scheer, the Conservative Party won

the popular vote and will stay on as the opposition party, having earned 121 seats.

The remaining seats in the House of Commons are split between the Bloc Québécois (32 seats), New Democrat Party (24 seats), Green Party (3 seats) and an Independent (1 seat). Alberta and western Canada were largely blue, with Conservatives winning over key Calgary and Edmonton electoral districts by large margins.

The Liberals failed to gain back the two seats in Calgary they won in 2015. The Calgary Confederation riding, home of the University of Calgary, re-elected incumbent MP Len Webber. Overall the Conservatives gained 26 seats in this election.

The results reflect a substantial decrease in support for the Liberals, who won a majority government under Trudeau in the 2015 federal election with 184 seats. With the for-

mation of a minority Liberal government, it is expected that the Liberals will attempt to recruit support from the NDP or Green Party, a prospect that has been endorsed by NDP leader Jagmeet Singh in the past. While the NDP did not see the surge of support many expected, they won enough seats to be an influential force in the House of Commons. Where the NDP lost seats the Bloc Québécois gained them, with many ridings in Quebec

switching from NDP to Bloc.

An upset in the primarily Conservative Alberta was observed in the Edmonton Strathcona riding, where NDP representative Heather McPherson was elected to office. The loss of Liberal cabinet members Amarjeet Sohi (Edmonton Mill Woods) and Ralph Goodale (Saskatchewan) will likely prompt a cabinet shuffle by Trudeau.



Justin Trudeau will serve another term as prime minister, leading a minority government.

courtesy SENIOR AIRMAN JOSHUA R.M. DEWBERRY

## FEDERAL ELECTION »

## Trudeau makes late-night campaign stop in Calgary

Kristy Koehler  
Editor-in-Chief

With just a day left before Canada headed to the polls, Prime Minister Justin Trudeau made a late-night whistle stop in Calgary.

By 9:30 p.m., a long line of supporters was already waiting in the cold outside the Magnolia Banquet Hall in the riding of Calgary Skyview to hear the Prime Minister speak. Protesters had also gathered, some donning yellow vests and others wielding "Trudeau for Treason" signs. Earlier in the day, the United Conservative Party called on its supporters to stage a protest outside the banquet hall but encouraged them to remain respectful, polite and not interfere with the private event.

Trudeau's event was scheduled to begin at 9:45 p.m., but it took a while to move the line into the hall, owing to increased security measures after he was forced to don a bulletproof vest for last week's rally in Toronto.

Calgary Skyview Liberal Party candidate Nirmala Naidoo greeted the crowd in advance of Trudeau's entrance and reminded them that the riding was one of his first campaign stops in 2015.

"It's because the city of Calgary matters to the Liberal Party of Canada, the province of Alberta matters to the Liberal Party of Canada," she said to raucous applause. "And we will take no lessons from Conservatives who have taken us for granted."

Then, with a hoarse voice and on his third campaign speech of the

day, Trudeau addressed the packed house. He also reminisced about his 2015 campaign that saw four Liberals elected in Alberta.

"We had a very different vision than Stephen Harper did, for the future of our country, for the strength of our economy and the future of our kids," he said. "We knew that what we needed to do was invest in Canadians, invest in seniors, invest in young people, invest in families and, along the way, fight climate change and get our place back on the world stage, and that's what we did."

Trudeau dragged Harper's "politics of fear and division," Scheer's late-released platform and got in a dig at the Conservative's climate policies.

"It was surprising, for once, to see the Conservative party decide to recycle," Trudeau said, calling Scheer's

platform reminiscent of Harper-era policies. "Recycling is not their strong suit."

Trudeau promised more for students, citing his platform intentions to make education more affordable.

He also made an effort to ensure Albertans didn't feel overlooked by the Liberals, saying he knew there were many supporters in the province.

"I know, because over the past 10 years of my political life, I've been coming here to Alberta a few times every year to talk with you about your priorities, to listen to you and I know that there are thousands upon thousands upon thousands of progressives who do not feel that Jason Kenney speaks for them," he said.

After speaking for about 15 minutes, he finished with a last-minute appeal to get voters to the polls on

Monday.

"We need you to send strong Alberta voices to Ottawa to make sure that we keep moving forward in a way that includes everyone from coast to coast to coast," he said. "We choose forward!"

More than once, the enthusiastic crowd burst into chants of "Trudeau, Trudeau, Trudeau," perhaps proving his point that there are indeed Liberals in Calgary.

Trudeau took no questions from the media and exited the stage to the sound of his campaign song, "One Hand Up" by The Strumbellas:

"We can be the change that we want to see / Just don't give up on me."

Trudeau and the Liberals will form government with a minority parliament.



## STUDENTS' UNION BYELECTION »

# Joshua Lee elected medicine representative

Gayathri Peringod  
News Editor

On Friday evening, the Red Room of The Den was humming with anticipation in the moments before Joshua Lee was announced as the Faculty of Medicine representative, the only elected role in this year's byelection.

Lee came first in the byelection with 40 per cent of the vote (106 votes) from students enrolled in the Cumming School of Medicine, with a total of 262 students in the Faculty of Medicine voting in the mid-October byelection. Pranav Khosla came second with 22 per cent of the vote.

Lee appeared elated and overwhelmed when speaking to the *Gauntlet* after the announcement.

Addressing his faculty directly, he expressed his desire to properly represent them.

"I'm very honoured to be serving you, and I have a lot that I am excited to present to you and I want to keep engaged with you to make sure that, as I campaigned, my impact lasts past my term," he said. "Thank you very much for all your support."

Lee ran on a campaign of creating a clear mandate and responsibilities for the Med Rep. position, hosting an online forum about SU Quality Money Projects and generating ideas for the Quality Money application and supporting and engaging Bachelor of Community Rehabilitation students, all of which he aims to complete in his elected term which ends April 30, 2020.

Most elected student representatives of the Students' Union were present for the announcement in the Red Room of The Den on Friday. The results were announced by SU Chief Returning Officer Ashley Teixeira, preceded by an announcement of all the other new student representatives from the byelection, who were acclaimed to vacant positions due to a lack of contest for their campaigns.

The acclaimed byelection representatives are Business representative Huzaifah Abbas, Veterinary Medicine representative Douglas Doyle-Baker, Social Work representative Marie Beaupre-Olsen and Engineering representative Khaled Elmalawany, all of whom will serve their term until April 30, 2020.



Joshua Lee won with 40 per cent of the vote.

MARIAH WILSON

## FACULTY RESEARCH »

# Photovoice exhibit: Life on \$1,400 a month

Mitali Pradhan  
Volunteer

On Monday, Oct. 7, the Faculty of Social Work hosted a photovoice research presentation at the National Music Center. A total of 11 portraits were showcased, one for each senior immigrant. Through the portraits, four main themes were identified: Financial Realities of Older Immigrants, Understanding Financial Literacy, Building Community, and Continued Work Despite Retirement. The presentation focuses on financial literacy in older immigrants, defined as the ability to navigate financial systems and banks.

"This project provides more complexity and nuance to that definition. It's not necessarily just about how to budget, how to save, how to do online banking," stated Ilyan Ferrer, an assistant professor in the Faculty of Social Work. "It is more about intergenerational engagements, transnational responsibility and also structural barriers imposed in immigration."

The photos, taken by senior immigrants, capture their relationship with money. Many older immigrants, despite being well-educated, cannot find employment due to their certifications not transferring over. Raj, a pseudonym used for a 60-year old immi-

grant from Nepal, despite being an engineer back home cannot find employment in Canada. The failure to recognize credentials and meaningfully engage in the economy has a profound impact on older immigrants.

These issues are increased by the 20-year dependency period. When adult children sponsor their parents to immigrate to Canada, they take on financial and social responsibility for a period of 20 years. The senior immigrants do not have access to pension programs. The project found cases, such as Helen's, where the seniors would not have enough money to buy necessary products and be forced to ask

their adult children for money.

"Because of the 20-year dependency, there is so much power given to the child that it can make for difficult conversations," stated Ferrer.

Around 2014-2016, consultations for helping older immigrant communities came to the conclusion that the dependency period must be shortened and the financial restrictions must be reduced. However, the opposite happened and the dependency period was increased.

"This is an important juxtaposition between policy and how we look at financial literacy and what the older adults themselves are say-

ing," said Ferrer.

The perception that older immigrants are a drain on social services is prevalent despite their contributions towards building local communities, providing childcare and being cultural stewards. According to Ferrer, the aim of this project was to shed light on immigration programs and the message is for society to recognize the contributions that older immigrants make.

Moving forward, Ferrer states that it is important to remove structural financial barriers such as the dependency period, recognize credentials to allow for meaningful engagement in the labour market and amplifying people's stories.



The photos, taken by senior immigrants, capture their relationship with money.

MARIAH WILSON





**1** MINUTE TO  
CONNECT & REFLECT

**+ 7** MINUTES TO UNWIND  
WITH A FREE MASSAGE

**+ 2** MINUTES TO  
FUEL UP



NOV 6TH @ NORTH COURTYARD  
10 AM - 2 PM

#SUWELLNESSWEDNESDAY



**THE BEST IDEAS COME FROM STUDENTS**

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The SU is now accepting project proposals for new spaces, projects, and services on campus. Applications are online now!

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**2 x \$1,500**  
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Fall deadline:  
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Quality Money



FESTIVALS »

# Femme Wave gives overlooked voices a stage



Femme Wave will run from Nov. 7–10.

courtesy JARRETT EDMUND

Troy Hasselman  
Arts & Culture Editor

**F**emme Wave, Calgary's feminist music, comedy, film and visual arts festival is set for another year. Since its founding in 2015, the festival has grown widely in its scope and occupies multiple venues across our city's downtown core from Nov. 7–10.

Femme Wave sets itself apart from other music festivals by having a core set of values and ethos in how it is run by acting as a platform for underrepresented groups within Calgary's art scene, including women and non-binary artists.

"When Femme Wave started, my co-founder and I, Kaely Cormack, were in the beginning stages of a band that we also share called The Shiverettes," Femme Wave co-founder and Artistic Director Hayley Muir says. "As we started playing shows together, we noticed two funny things that happened. On one hand we were often the only women around when we played shows, which we noticed early on and was kind of frustrating because on the other hand, we also knew a lot of women and non-binary folks who were in the music community in bands and as solo artists who were producing great music, so it was kind of an odd imbalance for us. At the end of the day that's the core value of Femme Wave, to give women, non-binary folks and otherwise underrepresented artists more of a spotlight and more space to share

their stories and their music and their art. Really across disciplines, across whatever it is we're doing, the ethos is to provide that space for folks who might not otherwise have it."

Acts at this year's festival include Vancouver's The Pack A.D., The Torchettes and recent Polaris Music Prize winner Haviah Mighty. Highlights will include the programming at the #1 Legion over the weekend.

"Of course, we're so excited to have Haviah Mighty. We booked her quite a few months back, before she was nominated for the Polaris Prize and before she won it, so we're really excited to have her debut solo show here in Calgary," Muir says. "That's going to be great, she's headlining at the #1 Legion on the Friday night. The Legion is always such a great time, we've got programming on all three floors, including the basement. We've got a couple of DJs down in the basement which we haven't done before, so that's something new, a nice little ravey dance party in the Legion basement."

On top of these performances, Femme Wave is also a hub for experimental musicians, with avant-garde acts both local and otherwise highlighting the festival.

"Gabi Tomé is coming in from Montréal, they're a classically trained guitarist with an incredible voice," Muir says. "They're going to be doing the brunch showcase on Saturday morning, along with the Jessica McMann Trio. Jessica is a First Nations artist, she's classically trained

in everything — piano, voice, violin I believe, she's got a host of many instruments that's she's very skilled at, so she's going to be doing a little neo-classical, experimental thing as well. We're doing a co-production with Bug Incision, which is an avant-garde, experimental collective here in Calgary lead by Chris Dudge, so we're going to be taking over Highline Brewery on the Sunday night with a few different artists. It's mostly Calgary-based but we're also excited to have an artist from Edmonton, Shumaila Hemani. She does acoustic, acapella, traditional Pakistani songs, so that will be super exciting."

The closing day of the festival will include workshops, with astrology and crafts courses serving as highlights.

"We're so happy to be welcoming back local astrologer Ariel Learoyd, she's an incredible woman and she's done astrology workshops the last couple of years and by far, they're our most popular, well-attended workshops," Muir says. "This year she's going to be giving a workshop on Chiron in the charts. Chiron is an asteroid and the wounded healer in your chart, so she'll be going through what that means in general and what it means in your chart and how you can heal from past wounds. We've got zine-making, we'll be having a panel discussion as well with local organizations Pink Flamingo and Shetox. We'll be having a couple different panelists for that discussion, as well as another artist that will be performing at the

festival. Her name is Eekwol and she's an unbelievable First Nations rapper from Regina, so that's gonna be really great as well. All day at the workshops there is a craft corner. STASH, which is a local company, is going to be on hand and they're going to do some knitting and some crafts, and probably meet some new friends and have a whole lot of fun."

Femme Wave is supported through the hard work of volunteers, its board and the support of its audience. The festival has launched Club Sandwich as a means of supporting the festival year round, Club Sandwich includes perks for its members.

"Club Sandwich came from a brainstorming session on how we can have people able to support us year-round," Muir says. "It's a minimum \$40 yearly donation, and with that you get a Club Sandwich patch, your membership patch you can put on your jacket, or your backpack or wherever you want. There are lots of other perks that go with it, you can get little goodies that we send out throughout the year. You get discount codes for festival wristbands or tickets, all that kind of fun stuff. You get one free ticket to a non-festival 'Femme Wave presents' show every year."

Femme Wave has grown steadily since it began in 2015 and is one of numerous Calgary festivals that offers access to local artists and displays work from a number of different disciplines. Femme Wave has acted as a platform into other festivals such as Sled Island and Calgary

Folk Music Festival and a means of getting local artists their first bits of exposure.

"Calgary's lucky in that we've got a lot of other amazing festivals. We've got Sled Island, Calgary Folk Music Festival, there's all these other, locally regarded, amazing festivals and we'd like to have Femme Wave situated as a gateway," Muir says. "Say you're a local emerging artist. Maybe you've never played a show before ever. We exist for those kinds of artists. I think it's really important to have that easy access entry point into what can be a really difficult world to get into, whether it's music or film or visual art or any of the disciplines we do, it can be really difficult to crack into those corners of the community. We hope to serve as a gateway drug into other festivals and other platforms. Not that we're not a big platform, but we've had a number of artists play their very first show at Femme Wave and go on to play Sled Island and have really great shows and open for really big artists and play mainstage at Folk Fest and all these really beautiful things. I think that festivals like Femme Wave exist to support those baby artists and new folks to the scene and without supporting that, then the scene and the community just goes stagnant."

Femme Wave will run from Nov. 7–10 at venues across Calgary. Festival passes are \$70. For information about tickets for individual events and the festival's schedule visit [femmewave.com](http://femmewave.com).



INTERVIEW »

# Haviah Mighty talks the Polaris Prize, race and hip-hop



Haviah Mighty won the Polaris Music Prize on Sept. 16 for her album *13th Floor*, the first hip-hop album to win the prize.

courtesy MATT BARNES

Troy Hasselman  
Arts & Culture Editor

Fresh on the heels of winning the Polaris Music Prize on Sept. 16, an annual award given to the best Canadian album based on artistic merit alone, which includes \$60,000 worth of prize money, Haviah Mighty's career has scaled new heights. The Brampton MC's album *13th Floor* looks at themes of racism and discrimination through the lens of the number 13, relating it to the 13th Amendment, the unluckiness of buildings not designating the 13th floor during construction. The album speaks for Haviah Mighty as an overlooked person — overlooked as a black woman in Canada and as a woman in a male-dominated hip-hop field.

Mighty is also a member of the all-female hip-hop group The Sorority, which was formed between herself and three other MCs after a group cypher between the four on International Women's Day in 2016. Mighty will be playing at Calgary's #1 Legion on Nov. 8 as part of the Femme Wave Festival. The *Gauntlet* caught up with Mighty to speak about the Polaris, hip-hop, racism and spaces for women in music.

**The Gauntlet:** What's the last month

of your life been like?

**Haviah Mighty:** Pretty insane. Definitely getting used to the fact that there have been a lot of changes. I'm still processing the fact that these changes are happening and trying to understand what they look like. I've been doing a lot of shows. Obviously, the Polaris happened. I look at it as another show, but also an award experience — a winning award experience, luckily. I'm processing all of that stuff. There's a lot of preparatory talks of what's to come next, tour talks for 2020. Discussing what we want to do with the financial winnings from Polaris, what new assets we want to create from the album. Just figuring all of that stuff and balancing it out. It's an amazing feeling, because it feels like more security for this career and more options and opportunity to continue to do what I've been doing.

**G:** Before you were rapping, you were singing. Do you remember a moment where you fell in love with hip-hop?

**HM:** Kind of an era I fell in love with hip-hop — the early 2000s era. The 50 Cent era with G-Unit, Ludacris, Dipset with Cam'ron and Juelz Santana. There was this era of being in

a rap crew and also being a solo artist and I fell into hip-hop in that era. That was in grade four, five or six for me, so I'm using the computer on my own and my parents are giving that little extra bit of trust. You're finding a little bit of individuality now, you can stay after school for a little bit and talk to your friends and start to formulate opinions on things that you do and don't like.

**G:** You're the first hip-hop artist to win the Polaris Prize. How do you feel about the recognition that Canadian hip-hop is getting and the current state of Canadian hip-hop?

**HM:** I think there's been a big void in recognition that Canadian hip-hop has been getting. There's been a lot of great records that have come out of Canada. I definitely don't think of Canada as a hub where hip-hop is a great place to shine with a lot of notoriety. I think a lot of the topics on the album speak to that, maybe not specific to hip-hop but more specific to culture. Something like the Polaris exists and it's focused on artistic merit alone. I also think the most hip-hop albums ever were considered this year as well. There were a few hip-hop records considered for the short list, at least three, and I don't think they've ever had that

before, so that shows a good shift in a positive direction. It's a large platform and wide format in front of the whole Canadian music industry, with so many people in that room who have the possibility of opening doors. They are tastemakers for so many different things. I think it's great that more hip-hop is being recognized, it means that more stories can be told and more narratives can be shared and more opportunities can go to people that don't normally receive them.

**G:** There's this global perception of Canada as this utopia without racism or misogyny — of course this isn't true. Could you talk about the gap between what people think of Canada and what Canada actually is?

**HM:** I've been told so many times "Well you live in Canada, so it can't be that, you don't really experience racism because you're Canadian." In order to process that thought, I'd have to dismiss my own narratives and determine the things I've felt were inaccurate, because I've felt certain things and it sure felt like racism to me. I felt it here in Canada. Canada was built on the backs of racism, just like America was, and I can understand that it's not felt the same

by everybody, but I think in Canada racism just looks different than in the States. It's a lot more discrete. Just because you can't see it doesn't mean it's not happening. The fact that it can't be seen sometimes makes it more dangerous because of the way you have to navigate it. I've navigated racism my entire life. I feel the reason why I'm as adaptable as I am is that I feel that I have to be, as a survival mechanism. Being able to navigate different realms with people that don't look or talk like me makes me more powerful, because the opportunity to refuse me is forefront as a dark skin black female. Where you have hardships is applying for a job, and sitting with a manager across the table who doesn't necessarily think they have a racist bone in their body, but they hire what's familiar to them. When they don't understand you and you're unfamiliar to them you just don't become under consideration. You have to know what they're willing to hear from you. At times that means silencing who you are as a person in order to cater to a manager. Working in certain industries for some people can't be done, having dreads. Working as a bartender or server or host at certain restaurants, they're never going to hire a girl who doesn't have straightened hair. It doesn't matter about the race —



## INTERVIEW »

black, white, it's going to be a girl with long, straight hair that hangs down. The beauty standard for certain restaurants is European, and I'm not European. I know so many black women who, in order for them to fit in industries they have to wear their hair a certain way, or put on weaves to hide their natural hair. Maybe they don't want to dye their own natural hair, so you have to put unnatural hair into your real hair and damage it because you can't wear your own hair in the way that you would be expected to in order to work in those service industries.

It's all of those different things that different types of people have to do in order to adapt into a society that has covert racism like Canada does. People are more willing to talk about racism that's obvious and not as willing to talk about racism that isn't as in your face. I try to speak on some of those themes on the album and the way that it affects people. I think some people don't think about how not simply being looked at can affect you and being asked why you are somewhere when you have the right to be there can affect you. It doesn't look big and they aren't necessarily being asked those questions. I think if we were to look into the history of Canada we'd realize how much it bids on slavery and how intrinsic slavery is to the development of Canada. Because those narratives are silent and the racism looks quiet,

we pretend that it's not there when it very much is.

**G: Your music has a lot of diverse instrumentation with influences from all over the world. You were raised in Brampton which is a very diverse city. Has growing up in Brampton had an influence on your music?**

**HM:** I think so, yeah. I experienced more racism in Toronto in my early years than I realized I was facing in Brampton. I'm sure I did, but in Toronto it was much more blatant. Maybe because I was younger, maybe because of the area. Brampton for me was true multiculturalism, where I grew up in Toronto it wasn't very multicultural. It was very white, and on top of that we didn't have a lot of money so it was very poor. I didn't have a lot of experience being outside of my house because there was this understanding that after school you come home and you don't play outside of the house even though there's a park right there because we don't know the people here, and they make comments and throw bricks at the house and could harm you. When we came to Brampton, we moved to a neighborhood where there were Portuguese kids, black kids and Indian kids and they all went to the park together. Were there still racist moments? Absolutely. Maybe black kids got into a fight with the white kids and there would be com-

ments and it would be somewhat specific to race, but the ability to get out of my home and see other black people and other races and talk to them and enjoy myself as a young person, I wasn't able to do that in Toronto. I was very grateful for Brampton and the changes it showed me because I was able to talk to people, and determine how I felt outside the walls that were my home without my Mom and Dad breathing down my back. I was able to build my own personality a little bit.

**G: You'll be playing in Calgary as part of the Femme Wave music and**

**arts festival. As a woman in a male-dominated hip-hop field, could you talk about spaces for women in music?**

**HM:** I think it's really important for there to be spaces for women in music. These spaces are important to all marginalized groups in whatever facets they exist in. Women are definitely a marginalized group when it comes to musicality at all, in the ways we get to express it and the opportunities we have to express it. I also think it's important to create inclusive environments for both men and women. I do

think it's important to have events for women and just for women, because there's so many events that even though they don't say "Just For Men," only men will be considered. But I also think it's important for women to be a part of events that men are a part of and have them be a part of regular events. I think it's also important to have women-specific events, I think as long as that's not the only way that an entity is including women, it's progressive for sure.

*This interview has been edited for clarity and brevity*



Haviah Mighty will play Calgary's #1 Legion on Nov. 8 as part of Femme Wave.

courtesy MATT BARNES



"I grew up in India in a very well off community. A day that has always stood out to me was when I was around five years old and was returning from a shopping trip with my mom. We were sitting in a car with curtains covering the windows. We stopped somewhere and suddenly children swarmed our car begging for money. I couldn't stop looking at the tear stains on their cheeks. I looked at their tattered clothes and then down at my own expensive clothing. I remember bursting into tears thinking about how different our lives were. Wanting to help, my mom and I gave them food. It's become a moment that has really defined me. It's made me aware of my privilege and the struggles people face all over the world. It made me realize now that I just want to be able to make a difference for people facing poverty."



HUMANS OF UCALGARY

The Gauntlet has teamed up with Humans of UCalgary, a campus club inspired by Humans of New York, to share university students' often unheard stories.

"I was seventeen when I joined the National Cadet Corps in India. There was no proper army training for it, but we did have to do a few hours of service. During drought season, the cadets went to areas that the government had not been able to reach yet. I remember a time when we went to a farm because they had a water shortage. The truck that was supposed to transport the water broke down, so we had to move buckets of water using carts. At the end of the day, it took little effort working as a group, but it helped a lot of people. That was one of my proudest moments."



@HUMANSOFUCALGARY





A liberal minority was declared last night with the Conservatives the Official Opposition.

JUSTIN QUAINANCE

## ELECTION »

## Election results are in

Farah Refaey  
Contributor

It could've been better. But it also could've been worse.

For far too long, Canada has been largely bipartisan. We have never had a government that was anything but Liberal or Conservative. For far too long, we've been swinging from one party to the other in an attempt to find the lesser evil. We've been voting strategically, which is to say voting out of fear. I had hope for change this election, and I thought it would come in the form of the New Democratic Party holding at least the Official Opposition.

That said, I think a minority government is the most realistically-positive outcome we could have hoped for. I had hoped it would be a minority government that brought the Liberal government forward with the help of the New Democratic Party, as opposed to one that will hold them back even further, which I believe is what we have received. The Liberal party and the Conservative party have a famous, historic rivalry but the reality is much more dynamic. Contrary to what they will present during debates and public appearances, their

platforms are really not that different. This is evident through one of the biggest election issues this year, climate change. The Liberal party's carbon emission reduction goal is "greater than" 30 per cent, a goal first established by Stephen Harper in 2015. To have the same environmental goals as the government that the Liberals had so publicly opposed is embarrassing. The Liberal Party and the Conservative Party are two sides of the same coin. They pretend to be on opposite ends of every issue but at the end of the day, they have the same foundations — keeping the rich happy and still rich, prioritizing profit over the planet and doing the minimum to keep vulnerable and Indigenous communities complacent without actually listening to any of their concerns or needs. The Liberal Party attempts to capitalize on its centrism by appealing to both sides, but ends up standing for absolutely nothing. That is why having the Conservatives as the Official Opposition will be no opposition at all — it will be a gentle nudge towards the right for a party who lives on the edge of any meaningful policy.

Really, what was the election question this year? Could you pinpoint

a main campaign promise from the Liberals or the Conservatives? The Liberals ran on the basis of "Do you really want a conservative government again? Remember what they did?" And the Conservatives did the same from the other end, "You don't want another four years of Liberal government. Remember what they did? Elect me and I'll fix the damage that was done in the last term."

It could have been worse. We could have elected a Prime Minister who has, in the past, been critical of same-sex marriage and refused to march in Pride parades. He also holds personal pro-life views despite saying he will not reopen the abortion debate. Instead, we get to have him as the leader of the Official Opposition.

Climate change is arguably the most pressing issue in this election. Provinces like Alberta and Saskatchewan bring in the majority of Canada's wealth, and they do that through oil and gas. Those provinces rely on pipelines and therefore contribute largely to Canada's carbon emissions. But that does not mean that people in Alberta and Saskatchewan are not environmentally-conscious or aware of the impact that their careers

have. It doesn't mean that they are not afraid. It means that they have to balance fear of job insecurity with the fear of the effects of climate change. Canada should stop building pipelines, but not without programs in place to transition oil and gas jobs into renewable energy projects, not without incentives for people to change their whole lives. While carbon taxes are controversial and widely-discussed, they really don't do much to reduce our footprint. We need big change — we need to transition our entire country away from fossil fuel dependency and invest in renewable energy sources and we need to do it quickly. Unfortunately, the only candidate who had plans for such transitions was Elizabeth May. No other candidate did the environmental research required to know that proposals need to be much more long-term. Reducing plastics sounds great on paper, Trudeau, but in reality the effects are incomparable to those of fossil fuels, or even your steak dinners.

Indigenous communities bear the brunt of climate change, and it does not seem like their concerns will be addressed for at least four

more years. Trudeau's insensitivity to these issues seems almost comical when you consider the effects climate change has had on the lives of Indigenous people. You don't have clean water supply? The wildlife you have depended on for years and years is contaminated? Let's get rid of plastic grocery bags by 2030.

Again, anything is better than a Conservative majority. At least Trudeau attempts to make it look like he is progressive. With the NDP, Bloc Québécois (who would've thought) and even Greens holding a solid combined number of seats, I have hope. At least this time, the Liberals do not have power over the whole house. At least we have more representation of other parties. But we should not have had to settle for that. Only 66 per cent of eligible Canadians cast a ballot this Monday. We deserve candidates that will get more than two-thirds of the population excited about the policies that will shape their future. We deserve better than having to choose the lesser evil. We deserve candidates that give us hope for the future, instead of instilling fear of it. We deserve better.





Although Facebook has gone through numerous scandals, is this enough to get people to delete the app?

MARIAH WILSON

SOCIAL MEDIA »

## The trouble with Facebook

Matthew Herring  
Contributor

My Facebook account sits completely inactive, filling with cobwebs and collecting more dust every single day. The only recent posts on my timeline are from family members wishing me a happy birthday or tagging me in photos from a family gathering. Between the occasional message or request to play 8 Ball Pool, I never have a need to open the application. This leads me to wonder why I haven't just deleted my account a long time ago, and honestly I don't have a good justification to why it's still there.

Recently, Facebook has come under fire for questionable decisions regarding who can advertise on their platform. Specifically, the platform defended the use of false information in political advertisements shown on the platform. Facebook

CEO Mark Zuckerberg commented on the situation, stating that advertisers should be free to say what they want "even if it goes against our standards," claiming that it is simply a matter of "free speech." With Facebook taking this hands-off approach to the issue encourages users to abuse the platform's relaxed advertising rules for cynical purposes. By not fact-checking or filtering advertisements, Facebook creates a platform that gives a powerful voice for hate speech and harmful misinformation. With this controversy, there were massive amounts of backlash online, causing #deletefacebook to trend on Twitter. But is this enough to hint at the end of Facebook? To put it simply, no.

The advertising controversy wasn't Facebook's first scandal — far from it. Even in Facebook's earliest days, it showed a pattern of taking advantage of, or showing negligence towards its user base. Users were

getting their information stolen by unauthorized users since Facebook's inception, which has been an issue that still plagues the site to this date. In March 2019, Facebook admitted that they had been storing "hundreds of millions" of user log-in credentials in an unsecure format that could easily be breached and give away the personal information of a significant amount of the user base.

On top of privacy concerns, Facebook has been under fire for the content that they are willing to allow on their platform. Many pages fetishizing sexual assault and dangerous health conditions such as anorexia fell under the radar of Facebook's hate speech policies, allowing users to spread speech that threatened the safety of other users. Facebook has also long been a safe haven for those who want to spread hateful and xenophobic ideologies. Facebook willingly allowed these

users to share white-supremacist content without consequences until being pressured to change their policy earlier this year. Still, after all these controversies and unwillingness to take action, Facebook stands tall and is still gaining an incomprehensible amount of users every single day.

So it seems pretty obvious that as users, we should take the initiative to protest against Facebook's reprehensible inaction to govern its platform. But, campaigns to boycott and leave the platform have always existed. In May of 2010, a movement arose to encourage users to commit to deleting their Facebook page on a specific date, which was fittingly titled "Delete Facebook Day." Though the movement gained mainstream attention and had over 40,000 individuals participate, it didn't leave a dent on the 500 million users Facebook already had.

The problem is that Facebook is a

multi-billion dollar titan that won't go down without a fight. With over 2 billion users, the company hosts the world's most active social media platform, making it a necessity for many people who need to use it as a form of communication. Let's be honest, if you've ever had a group chat for your workplace, it was most likely through Facebook Messenger. Everyone already uses Facebook, they know how it works and it's easy to use. Why would you delete Facebook when it's such a normal and routine part of life?

Should we delete Facebook? Definitely. Is there going to be an event that causes the population to move away from the social network and find a new platform? Probably not anytime soon. But it is important that as users we make our voices heard and speak out against harmful actions from the corporations and social networks that we so commonly turn a blind eye to.

JOBS »

## Dealing with a horrible boss

Shefali Rai  
Contributor

According to CBC, a new survey suggested that two out of five Canadians quit their job recently because of a bad manager. Let's dig a little deeper, shall we? Out of the 400 people surveyed, roughly 156 of these individuals said they resigned due to bad management. That's 39 per cent of the sample, and that's only looking at people who were practically able to or financially stable enough to quit. This statistic, however, doesn't consider the countless individuals who debated quitting their jobs

due to a bad boss. And if numbers and stats aren't enough to convince you, let's remember all the movies or TV shows based on the fact that a nightmare boss can make anyone quit their job. Remember Miranda Priestly from *The Devil Wears Prada*? Or how about all the awful managers in *Horrible Bosses*?

What if you could land your dream job today? And what if this amazing opportunity came with not only a phenomenal salary, but also unbelievable perks such as pre-paid travel opportunities, a prestigious 'Black Card' credit card, limitless paid sick days or a pension plan worth retiring for? I don't know about you, but I would be

over the moon if a job would simply offer me free lunches every day. But how long would you be able to survive if your direct boss or supervisor were verbally abusive, sent you off to do impossible tasks with an unrealistic time frame, forced you to work every single weekend — yes, both Saturdays and Sundays — took credit for all your hard work and you would probably have to sell your soul at some point by violating your morals? Your dream job might just turn into a frightening nightmare. And considering all the Halloween festivities coming up soon, a ghoulish boss is the last thing you want on your plate.

There are many reasons someone would resign from their current job — a better opportunity with another company, a career change, going back to school, moving to a different city or finally winning Lotto 6/49. However, quitting because of your boss is pretty high up on the list of reasons to leave your job. A horrible boss affects your mental health and well-being and can create a toxic work environment. Ideally, a manager should be your mentor, your team cheerleader and

your source of inspiration. And this isn't specific to all the hard-working employees out there. A terrible supervisor or professor falls under this category, too. Sadly, for many people, their managers remind them more of Cruella de Vil than of Martin Luther King Jr.

Unfortunately, I can say I have been previously plagued by a terrible manager. Needless to say, my daily stress levels were off the charts. I gained 20 pounds, irritability towards my family members was at an all-time high and insomnia had set in every night. I would get late-night phone calls from my manager confirming I had completed remedial tasks. I was never recognized for my achievements at work and the credit for new initiatives I had implemented was taken from me. I was blamed for other people's errors and even accused for starting a rumour about a colleague, who happens to be a close friend of mine. I was micromanaged to the point where my manager would call me just to double check I was sitting at my desk. My boss would refuse to leave voicemails when it was something truly urgent

and later call me out in front of team meetings for being unresponsive and unreliable. I could go on and on, but is there a remedy for bad bosses that seem to be infecting people everywhere?

Yes and no. Most of these bad bosses don't realize they're "bad," and until someone speaks up or a high employee turnover rate peaks the interest of HR, I doubt a cure is in sight. However, there are several strategies — many of which I have used — that could ease this nightmare. For one, try speaking with current employees or students on the team and get a sense of their feelings for the work environment. For those of you already stuck being managed by a bad boss, try setting boundaries with your boss and letting them know you don't particularly like answering their calls at 10 p.m. or working on a Sunday. And last but not least, try talking to a career counselor or reach out to the various mental health support services around Calgary and the University of Calgary. And until we can eradicate bad bosses all over the globe, you might just have to say "Hasta la vista baby."



Due to bad management, 156 out of 400 people surveyed resigned.

TRICIA LIM







## SPORTS »

DINOS WOMEN'S SOCCER »

## Dinos women's soccer team impressively ranks No. 2

Tori Taylor  
Sports and Lifestyle Editor

The Dinos women's soccer team has been on a fire-streak in their Canada West matches with only a single loss in the season so far. Game after game, the team has shown dominant defense and cohesive offense against every team they've come up against.

The titles of every game recap since the start of the season display the growing momentum and success.

Starting with their first game against the University of British Columbia Okanagan Heat on Sept. 5, Dinos fired off a 5-0 win. Kelsie MacDonald broke both the game's and season's seal with her first goal. Less than two minutes later, Montana Leonard followed suit with a second. The floodgates were opened. Both Leonard and MacDonald scored one more goal and Amy Mikuska wrapped up the game with one of her own. This game set the tone for what has now been a fiery season.

The Dinos next game proved more head-to-head with Thompson Rivers University. The match settled in a 1-1 finish.

The first 45 minutes remained 1-0 for The Wolfpack. Near the 68 minute mark in the second half of the game, MacDonald settled the score.

"They deserved that 1-0 lead after the first half," said Calgary head coach



Dinos go into the play-offs ranked 10-1-3 overall.

EMILIE MEDLAND-MARCHEN

Troye Flannery after the game, "but I thought the second half was us. We were unfortunate not to have a couple of goals today."

Momentum remained strong as the women's soccer team dominated a 4-0 shut-out against the University of Regina Cougars, on Sept 14. Dangerfield, Leonard and Mikuska all scored goals — Leonard had two goals.

The University of Saskatchewan Huskies gave the Dinos a run for their money with a tight score of 2-1. The Dinos scored the winning goal with less than a minute left thanks to a fast-footed breakaway run by Alison Pedersen. Pedersen had also opened the game with the first goal — scoring

the first two goals of her season and the only Dino goals of the game.

Dinos offence united as a mighty force in their game against the University of Lethbridge Pronghorns. The Dinos outshot Lethbridge 18-4 in total and nailed two goals in less than three minute apart within the first half of the game. MacDonald scored two goals. Damiane Sawatzky sunk her first goal of the season in an aggressive sprint to the net. Leonard and Dangerfield each contributed a goal in the second half.

Calgary went up against the Trinity West Spartans before Thanksgiving weekend — ranked as the number one team. The Dinos, ranked number six,

held their own and pulled through with a 2-1 win. MacDonald was the first to light up the scoreboard with a controversial goal. It was contested by Trinity West as offside, but was ruled legal.

"I wasn't particularly thrilled about our first half," coach Troye Flannery told Justin Mackenzie with Dinos Communication. "In the second half we turned it up a notch and really put our foot down."

In the second half, the Dinos powered through and led an offensive charge. Within the last 45 minutes of the game, three of their four shots were fired at the Spartans keeper. As the game came to an end, MacDonald

was clobbered in the box and a penalty kick was awarded. Amy Mikuska perfectly placed the penalty kick directly into the top right corner of the net.

Over this last weekend, Calgary faced the Thunderbirds in Vancouver. Both teams went into the match with strong offensive streaks — but slightly less than ideal defensive records. The Dinos fought hard. Although Dinos' lead scorer Leonard had a strong shot on net during the first half — the score remained at 0-0 by the halftime buzzer. MacDonald fired a strong kick at UBC keeper Emily Moore in the middle of the second half but Moore did not give up the stand-off. The game wrapped up with an aggressively fought tie.

On Sunday, the winning-streak came to an end against the Victoria Vikes in a 2-1 loss for the Dinos. The Dinos had three corners in a row during the end of the match. Sydney Gummerson sent the promising ball on the third corner from Mikuska. But Vikes keeper Puck Louwes shone in a four-save show and did not give up control of her net.

The Dinos are now finishing as No. 2 in their division with a 10-1-3 standing. This means they will be taking a well-deserved bye in the quarter-finals — which are being hosted on Dinosaur Field this weekend.

TOKYO 2020 »

## Canadian athletes well on their way to Tokyo 2020

Tori Taylor  
Sports and Lifestyle Editor

The World Athletic Championships in Qatar wrapped up with a very strong presence from Canadian athletes. Canada recorded five podium finishes — the highest podium count for Canada since Beijing 2015, where the tally came in at eight. This is a huge comeback from two years ago at the World Summit in London, where Team Canada did not succeed in winning any medals. The Canadian track and field team conquered a significantly better rank this year in Doha.

The first Canadian medal was won by Evan Dunfee from Nelson, B.C. He is an integral part of the Canadian track team because of his consistency and reliable athletic deliverance. Dunfee placed third in the 50-kilometre race walk and did not disappoint as he dug deep and pushed through in the latter half of



The Canadian team takes home five medals

courtesy ALEXANDRE MOREAU/  
FLICKR

the race.

Andre De Grasse placed second in the 200-metre race. This was not his best time but he still found himself on the podium and did not let the stifling heat or humidity get the best

of him.

Strong commitment and a steadfast competitive nature are always necessary for higher level athletic competitions. Canada has always been a solid representation of this

in the sprinting events. However Dunfee displayed how well-rounded Canada's team is with his bronze medal for a distance event.

Canada is not only showing up in headlines for track, middle distance and long distance events. The team offers up more than one medal contenders for field events, as well.

Damian Warner finished first in the men's 100-metre decathlon. And Pierce LePage was hot on his heels with a second place win. Both Canadian athletes delivered a strong performance despite the overwhelming weather conditions.

As the strength of the Canadian track and field team picks up momentum towards the Tokyo Olympics that is quickly approaching — it is worth noting the passionate dedication and motivation brought forward by Simon Nathan. Nathan is the High Performance Director at Athletics Canada, and has past experience as a performance team manager for Athletics Australia and UK Athletics. He moved

to Canada to establish a deeply routed track and field program that could bring home victories at all the major international meets they attended.

"The culture we're trying to build is a belief in every athlete on our team that they can win," said Nathan to CBC during the World Championships. "The sport is healthy in a country when at the top level you have two or three competitive people in every event. I want a healthy atmosphere of competition and sport pressure to come to bear on our best athletes. Our stars have to be nervous the day before they compete at our national championships because someone will challenge them."

Not only did the Canadian team take home five medals, they also saw 17 athletes qualify to compete in the finals — including marathon, race walking and longer distance events. Out of only 29 Canadian athletes, this volume of competitively ranked finalists is a truly exciting foreshadowing for Tokyo 2020.



PARALYMPICS 2020 »

# Canadian Paralympian Jessica Tuomela breaking barriers

Tori Taylor  
Sports and Lifestyle Editor

Jessica Tuomela is a Canadian athlete that was blinded by retinoblastoma at the age of three. She has had a competitive career on the national Para swimming squad, and has been to two Paralympic Games. She has been on an eight year hiatus but is making a return to sport.

"I was really trying to stay out of sport," she said to the Canadian Paralympic Committee earlier this year. "But that growing desire to compete and to train really hadn't gone away. So basically, eight years later, I decided I wanted to try a triathlon, see if I was good at it and see if I had anything left in the tank."

Tuomela has been an athlete for her whole life and thrives off of overcoming obstacles that present themselves as she trains. In her time off from competitive swimming she has become a certified massage therapist, finished her undergraduate degree and completed her Master of Social Work. She is a wonderful Canadian role model. It is easy to feel sorry for yourself and

let that self-pity block you from pursuing your dreams. However, Tuomela does not subscribe to that train of thought. She is an overly dedicated and passionate athlete that exhibits strength and humbling gratitude for what she has accomplished and is now moving forward to succeed in.

"How many people get to make a comeback eight years later? It's a huge privilege," she said about her hopeful return to the 2020 Paralympic Games in Tokyo.

Training for a triathlon has been a new experience for Tuomela. She has been accustomed to swimming at the highest level but open-water swimming in a wetsuit has been challenging.

"The first time I put a wetsuit on, I had a panic attack," said Tuomela. "Then when I got into a lake and had to swim a stroke I could only swim about 150 metres before I had to stop."

Tuomela trains attached at the hip to her guide. She is very grateful to her national team coach Carolyn Murray for the attention and persistence as she trains to be a triathlete.

There is a large difference be-



Tuomela returns to competitive athletics after an eight year break.

courtesy YOUTUBE

tween swimming and running. She is tied at the wrist to her guide as she runs. Tuomela says that running requires very different muscles and her flexible feet did not immediately take running.

"I have swimmer's feet and they are incredibly flexible," she said. "I had to learn to run and be comfort-

able at high speeds since I can't see anything at all."

Tuomela was the first fully blind athlete to win a gold medal in an event on the triathlon circuit at the ITU Para Triathlon series event in Edmonton last season.

"Up until Edmonton, I didn't even think about representing Can-

ada because I wasn't sure I could represent myself," she said.

Tuomela and her guide will compete at the international events in Montreal and Magog and the World Championships in Switzerland. The hope is to make the starting list for the 2020 Paralympic Games in Tokyo.

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## LIFESTYLE »

LIFE AND LEMONS»

## Gratitude will change your mood and perspective



Be a Positive Polly not a Negative Nancy.

PAVITAR CHAHAL

Tori Taylor  
Lifestyle Editor

**T**oss out self-pity and make room for gratitude. Spending time feeling sorry for

yourself is almost always a waste. I am a firm believer in feeling your feelings for a healthy amount of time. When life takes a dump directly in your path it is important to acknowledge the inconve-

nience, for sure. The going is not always easy. In fact, the older we get the more responsibilities we take on and this inevitably leads to stress that is hard to handle. But focusing on the negatives that accompany growing up is no way to live your life. No matter the size of the dump — you can always shovel that poo out of your way and carry on with stronger arms for the next mess that comes at you.

It is easy to complain about things. It requires more mental strength to look past difficulties in your life and find the silver-linings. But it is worth it and will build your character for the better. Choosing to be positive in your thoughts will slowly transfer to those around you. Just by showing gratitude for the good thing in life you can set an example for your family and friends.

Being an adult student with a full-time life outside of school is hard. Living on a student budget takes skill — one I'm not sure I have yet. Recently I had an experience that gave me the perfect opportunity to find positivity in a crappy circumstance.

My car stopped driving a couple weeks ago. The first big snowfall had me cranky and irritable. I was idling downtown in my car, waiting for the courage to get out and tromp through fifty feet of wet snow — mentally amping myself up because I hate the cold. Then my car stopped. It started shaking, the engine light went on and it shut down. My brain fried out. I slowly pulled the keys out of the ignition and walked into the nearby Tim Hortons. I asked for permission to use their bathroom and waited around ten minutes for the key. Once the door was locked behind me, I decided it felt right to burst into tears and full-body sob-

First example of gratitude. I am grateful for friends that pick you up from fast-food restrooms on short notice. These are friends to keep forever.

I spent too much money setting up AMA and had my car towed to an auto body shop the next day. After setting up my rental car for the week, I was feeling a bit better because I could at least get to and from work, school and home.

Two more reasons to be grateful.

I am grateful for a job that pays for AMA and Enterprise Rentals.

I am grateful I am over 25 and able to rent a car. Being old AF has its perks.

Two days after my car stopped running the mechanic called me. I left my philosophy class to answer the call and crossed my fingers that I wasn't about to get awful bank account-shattering news. The mechanic explained that my car didn't appear to have anything wrong with it. He said that he topped it up with ten dollars in gas and it was now driving just fine. My brain halted and I said, "Excuse me?"

Yes. I had heard him right. I'd run out of gas. I'd gone into stress overload and created a mountain out of a molehill. I had my car towed from downtown to the north west of Calgary, left it at an auto body shop for two days and rented a car because I hadn't noticed the zero kilometres of gas flashing in front of my face.

The worst part of this story is that I'd been parked at an ESSO. I had my car towed from an ESSO to a mechanic across the city because it ran out of gas.

A moment to feel more gratitude.

I am grateful that it only cost me \$388 (\$260 for AMA, \$88 in service fees and \$40 in gas) to fill up my tank instead of a couple thou-

sand dollars to replace a transmission.

I had to look a bit harder to find that silver-lining.

Finding the positives in my not-so-positive recent experience gave me the chance to avoid wallowing in self-pity and move forward. I have great friends that helped me out and I'm grateful that I didn't have to get a new car. That would have been a lot more expensive and would have resulted in several other bathroom sobbing sessions, for sure.

Sometimes it is difficult to feel grateful when bad things happen. It can be a good idea to keep a journal where you write down the positives. If you're wanting to shift your way of thinking into a more positive one — you can try writing down a few good things every night before bed. Even if your list is small or seems insignificant, you are still building the habit of consciously noticing gratitudes over negativity.

Make an effort to thank people out loud. Make an effort to thank yourself out loud — you can do it privately, of course. Try being thankful with audible or written words as a way of committing. This becomes an easier skill the more you practice. It is up to you whether you want to focus on looking down or looking up. It is your life and nothing is ever perfect. Life can give you lemons. Sometimes life gives you the most rotten lemons and you can't make any sort of lemonade with them at all. But your contribution to the compost — one mushy lemon added into a bucket of other rotting foods — might just be the soil enrichment that caters to your next backyard-dandelion. So be grateful. It just feels better than constantly complaining.

**Telling my story was the first step to helping others**

**Aaron So**  
Psychology student and Peer Engager

UNIVERSITY OF CALGARY

It's okay to reach out for help.  
Find wellness resources and support at  
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## HUMOUR »

INVESTIGATIVE JOURNALISM »

## My experience joining the Illuminati

Matthew Herring

Illuminated by the Illuminati

There's nothing quite like the liberating feeling of scrolling through your phone notifications and seeing that you have a new direct message request on Instagram. Usually a landmine filled with bot accounts trying to get the credit card and social security information of horny men, it's exciting when a real live human being is able to crawl their way through the trenches and land in my DMs. It's an especially exhilarating experience when their profile claims that they are part of the Illuminati and are from "Illuminativille, USA." And, just like any rational person, when such an elusive DM appears, I accept it.

Let's set the stage real quick: I am on my path to joining the world's biggest and not-so-secret society, the Illuminati. Assisting me on my journey to power and riches is recruitment agent Paul Johnson. After creating a WhatsApp account using an anonymous telephone number given by Paul, I was in the fast lane heading down the highway — straight to Illuminativille.

I lusted after what Paul offered



Wasting away again in Illuminativille.

courtesy CREATIVE COMMONS

me. The possibilities of money, fame and power flooded my mind and I knew this was a once in a lifetime opportunity that I would be stupid not to pursue. However, I did have my doubts about the legitimacy of Paul's claims. How was I to know that he is truly a member of the great Illuminati? After asking some simple questions and learning that the Illuminati does not under any circumstances expect "blood or human sacrifices," Paul made it very explicit that I was not being scammed. And if there's one thing I've learned throughout my days, it's that when someone tells you that they are not a scammer, they

have to be telling the truth.

I was so close. I could see the Illuminati's iconic pyramid just over the horizon. After giving Paul my family's names, addresses, emails, occupations, wages and everything else you could imagine someone asking for, it was finally time for my initiation. I was to go visit the official Illuminati temple in Portland, Oregon. The Big Apple. I was excited, thrilled, eager and even a bit nervous. My acceptance into the Illuminati felt so close. It was tangible.

Despite the relatively smooth sailing, I soon hit a roadblock. Before my initiation was set to take place, I was required to spend

\$350 USD on items to assist in the initiation ceremony. Now even though I fully trusted Paul, there was a hint of doubt in the back of my mind that caused me to question his true intentions. What alarmed me the most immediately was how Paul mentioned that candles were required for the initiation, but never mentioned if they were to be scented. When I asked if they should smell like vanilla or not, Paul snapped at me. On top of that, when I suggested that I could buy the required mustard seed from the grocery store on my nightly Mountain Dew run, he thought I was messing with him and told me that he has no time for jokes. Even though it was destroying our relationship, I had to be sure that Paul wasn't just trying to extort money out of me.

Then the real conflict arose. I was ready to pay for my initiation items, but I sadly did not have enough money to cover the \$350 fee. After smashing my piggy bank and checking all of my couch cushions for loose change, all I could muster up was a measly \$50. I knew this would not suffice, so I offered Paul all \$150 worth of the Red Lobster gift cards that I had sitting in my room. I pictured

that maybe someday Paul and I could eat at the Red Lobster together. Sadly, Paul refused this offer and requested I find another way to pay. Immediately I came to the brilliant conclusion that if I didn't have the money myself, I could just steal it. After scouring my mother's purse, all I could find is a lousy American Express card that expired back in February 2014. I asked Paul if this will work, but he said it will not. I told Paul that I did not have the money to pay him. He told me I could pay him the \$50 that I have now, but I refuse. The Illuminati deserves more than that.

As I reflect on my journey into the Illuminati, I've realized that maybe fame and power wasn't what I truly desired. In the end, it doesn't matter that I never made it to Illuminativille, USA. It doesn't matter that I never got my Illuminati candle or mustard seed. What matters is the connection I made on the way. If I had never delved into the new world order, I would have never learned about human sacrifices. I would have never gained the life experience of attempted credit card fraud. Most of all, I would have never met Paul.

HOROSCOPES »

## Who will you 'fall' for next?

Sophie Janos  
Auteur at amore

**Scorpio**  
(Oct. 23 – Nov. 21)  
Dick or treat! Not only is it Scorpio season, but it's also the time of Halloween spooks. Two months in with zero action whatsoever, you'll try to make a move on the first person who mentions either of those things. Happy Halloween to you, I guess.

**Sagittarius**  
(Nov. 22 – Dec. 21)  
You will get the hots for one of those people who continue to wear shorts and tank tops no matter how low the temperature drops. You won't think they're stupid because, to you, they're braver than anyone daring to take six courses a semester.

**Capricorn**  
(Dec. 22 – Jan. 19)  
Clowns. The stars say you are into that for some reason, so go wild and interpret as desired.

**Aquarius**  
(Jan. 20 – Feb. 18)  
The Dairy Queen employee who flips your Blizzard upside down will catch your eye. That power move will make your heart flip like the creamy treat and lead to many, many more trips to DQ in hopes to see the beautiful stranger do it again. Hubba hubba.

**Pisces**  
(Feb. 19 – March 20)  
You won't fall for someone, but rather you will fall on the stairs in MacHall. Don't worry, only 15 people will see and just two will laugh before you manage to scramble to your feet and attempt to recover your dignity.

**Aries**  
(March 21 – April 19)  
The new Mario Kart app has awakened your inner child but also... something else. Captivated by his thick, luscious moustache and limited vocabulary, the pint-sized Italian will capture your heart like it's a gold coin. Hey, you could do a lot worse in the Nintendo universe.

**Taurus**  
(April 20 – May 20)  
Looking for a little excitement, you'll fall for that one person who thinks it's socially acceptable to play music straight out of their phone on the CTrain ride home. Even though their taste in music is trash, their obnoxious — I mean — bold antics will entice you for a solid two minutes before the second-hand embarrassment sets in.

**Gemini**  
(May 21 – June 20)  
Desperate for human touch, you will fall head

over heels for the U of C Bookstore cashier who accidentally touches your hand when giving you your receipt. You'll go on to spend the night lying awake and listening to Cascada's "Everytime We Touch" on repeat.

**Cancer**  
(June 21 – July 22)  
You will fall into a deep depression when your Minecraft girlfriend unexpectedly ends your two-month affair. Feeling more tragic than Romeo and Juliet, you'll burst into tears every time a real-life girl passes by, as you wonder if she's the one who broke your heart.

**Leo**  
(July 23 – Aug. 22)  
While on a silent floor of TFDL trying to write the paper you forgot was due, the rustling of a Flamin' Hot Cheetos bag will steal your attention. You'll turn to give the culprit a dirty look but — oh no, they're hot! As you forget all about the paper, your GPA will drop faster than you'll fall for that flamin' hot stranger. Oof.

**Virgo**  
(Aug. 23 – Sept. 22)  
The unofficial leader of your group project will snatch your attention. The way they order you around and dominate discussions will really turn your crank. Although you'll love their dictator-like style, they still can't motivate you to do any of the work.

**Libra**  
(Sept. 23 – Oct. 22)  
A mysterious stranger who thinks wearing AirPods is a personality will pique your interest. Like their choice of headphones, your one-sided fling will have no wires, er, strings attached and it will be easily lost.



Fall into fall by tripping into a pile of leaves... or a pair of arms?

MARIAH WILSON





