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THE UNIVERSITY OF ALBERTA'S CAMPUS MEDIA SOURCE

THE gateway

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The science of growing up in university

Learning to deal with isolation, sex, loneliness and health

Jamie Sarkonak

STAFF REPORTER • @SWAGONAK

Growing up is more than turning 18. It's more than moving out of mom and dad's, starting university and having a credit card in your name. So what exactly does it mean to grow up, and what is the process that it entails?

The answer isn't always clear, and the University of Alberta's Nancy Galambos is a specialist in this field. Galambos, a developmental scientist and specialist in adolescence and the transition into adulthood, said the transition to university is a huge step towards independence because of the number of changes a student undergoes during this time. And not all of them will be ready to overcome these, she said.

"(Students) all of a sudden get a lot of freedom. What are they going to do?" Galambos said. "They have to make decisions about sex, substance use, how much to study ... a student can get lost."

Galambos started her research in adolescence, but as her research participants aged, she expanded her area into young adulthood and onward. Life stages are different in researching. Adolescent behaviour is a unique experience due to the heightened level of self-consciousness that's typical of the group. Research involves questionnaires, surveys and interviews. Participants are asked a wide variety of questions relating to school, family, friends, substance use and sleep among

many others. Questions are asked repeatedly in order to later show how people change over time.

As subjects move into new life stages, new questions must be added to account for new situations in life. Which is why the transition to university is so interesting to study, Galambos said.

"You can see people going off and changing directions in terms of what they want to do and how they see the world," she said.

Participating university students begin as subjects in their first year and are tracked as they progress through academia. Some research is collected in daily questionnaires about students' experiences, such as activities, feelings and sleep habits. Other studies collect data in monthly questionnaires, and participants are followed up annually after their first year. Along with these, academic data is sometimes collected from consenting students.

"We can try to connect their achievement and whether they drop out with their experiences in their first year of university," she said.

The transition into adulthood is commonly assumed to be chaotic. While young people tend to experiment with negative behaviours, they usually grow out of it, Galambos said. It's called the "storm and stress" view, where people in the young adult age group are thought of as confused and troublesome.

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THE gateway

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colophon

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GTWY.CA

Meeting UAlberta

Max Tran
BUSINESS III



Gateway: If you had the opportunity to make someone happy, who would you choose?

Tran: I'd have to say my dad because he is a workaholic. He works two jobs, literally his day starts at 7 a.m. and he comes home at 10 p.m. He just works his butt off. Just to see him smile would be great because he always looks tired. It kinda sucks because for days that I have night class, it is really the only times I get to see him. When I came home late, he would still be up.

Gateway: What are your thoughts on "money buying happiness?"

Tran: I'm not the richest kid in the world and I think I'm pretty happy. It's just some people kind of buy into the idea that money buys happiness because you always want things, everybody wants things and money is usually the way to get what you want. People get confused that when you get your want is what makes you happy.

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OPINION Wednesdays at 2 p.m.

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Giving Day supports campus mental health initiatives

24-hour online fundraiser reaches \$45,000 in six hours, helps fund mental health programming for campus community members

Richard Catangay-Liew
NEWS EDITOR ■ @RICHARDCLIEW

The overwhelming anxiety and pressures of student life can last years, but one day of fundraising — along with puppies and tea — at the University of Alberta could help change that.

UAlberta Giving Day is a 24-hour online marathon aimed at raising \$50,000 to support new and current mental health support programs at the U of A. In 2013, the National College Health Assessment found that 55 per cent of U of A students struggle with anxiety, 63 per cent of students report feeling lonely while 8.5 per cent of students have seriously considered suicide.

Furry Friends, a puppy-petting program as a form of anxiety relief, and Unitea, a friendly and relaxing way to sip away stress, were on display at Giving Day's launch on Tuesday afternoon.

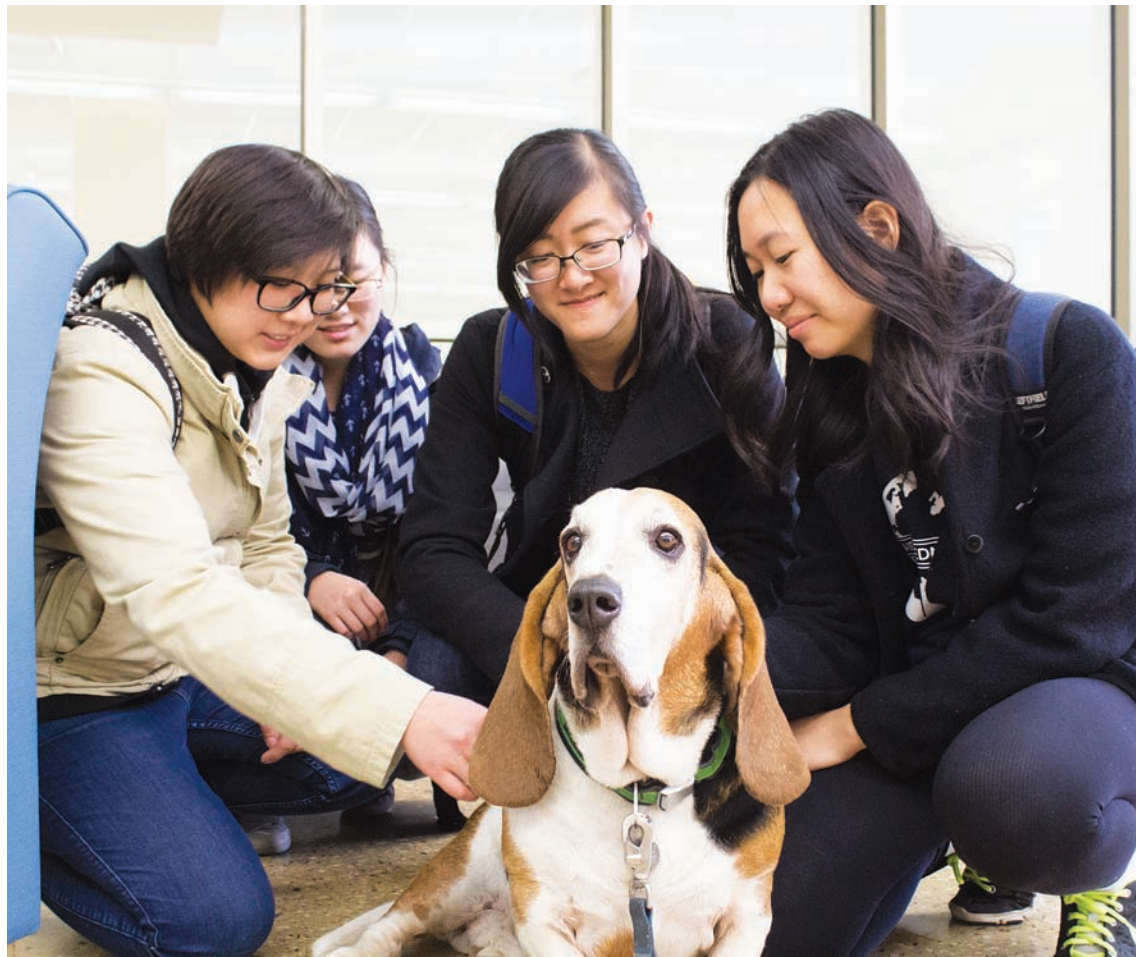
Healthy Campus Unit team lead Melissa Visconti said Giving Day is an opportunity to raise awareness of different programs, such as Furry Friends and Unitea, and what they can do to support student mental health throughout the academic year.

"Student mental health as well as student well-being is really a campus effort that involves all different kinds of people coming together to support students as well as our campus community," she said.

The reason why different mental health support programs exist is because it allows students to choose and figure out what kind of self-care works best for them, Visconti said.

For some students, a Unitea tea party might be that simple solution, Community Social Work team members Michelle Holubisky and Tiffany Sampson added.

"A tea party is a really simple way



PUPPY-PETTING PROGRAM Furry Friends is one of the programs to be supported by Giving Days' funds.

CHRISTINA VARVIS

to bring together and engage with people," Holubisky said. "To really highlight the importance of simple conversations and the importance of simple conversations in our day-to-day lives. We forget that social connection is a huge protective factor for mental health."

Sampson agreed, and said Giving Day is a way to decrease student loneliness and isolation on campus.

"It's an opportunity for people not to feel invisible," Sampson said.

As of 8 p.m. on Tuesday, Oct. 13, UAlberta Giving Day has already raised more than \$45,000.

When the Office of Advancement approached Dean of Students Robin Everall, she said it was a "tremendous opportunity" to raise awareness for student mental health on campus. With the funds, Everall said the university's network of mental health support services will be continuously improved.

"There are real challenges for stu-

dents that can take their toll to the point that students' academics and personal lives are adversely affected," Everall said. "We're always looking for new ways to reach out to our students, to provide them with the services they need, and to help them deal with challenges that life throws at them."

UAlberta Giving Day runs from Tuesday, Oct. 13 at 2 p.m. until Wednesday, Oct. 14 at 2 p.m. Donations can be made on USEED.

Mental Health Support Programs

The Suicide Prevention Program — This program provides Certified QPR (Question, Persuade, Refer) Training to students who need it. Giving Day supports the Suicide Prevention Program by ensuring its staff and volunteers are adequately trained in QPR.

Substance Abuse Outreach — Alcohol and drugs are easy to come by in university, and this outreach program aims to draw the line between healthy and unhealthy consumption.

Unitea — Set to launch in January 2016, Unitea is a way for students and staff to sip on free tea while connecting with the campus community. Donations help Unitea train volunteers and purchase supplies.

Healthy Options — Don't be surprised when someone offers you a granola bar or fresh apple while you're studying in Cameron or Rutherford Library. It's easy to binge eat during exam season, so Healthy Options volunteers offer healthy snacks and free yoga sessions to help de-stress for that calculus midterm.

Furry Friends — Who doesn't like puppies? This program, formerly known as Puppy Therapy, provides pet-assisted stress relief to students during exam periods. Social connection is essential when it comes to decreasing stress, but who says it can't be from a dog?

University warns that campus shootings aren't limited to US schools

Kate McInnes
NEWS STAFF ■ @KATEMCGUINEAIG

School shootings are on the rise, and the University of Alberta is warning students against assuming they only happen in the United States.

In 2014, Harvard University released a study that revealed mass shootings — which are defined as incidents in which at least four people are injured or killed by gun — have tripled since 2011, with many taking place in schools and universities. Additionally, a recent study revealed there have been 142 fatal school shootings in the United States since the 2012 Sandy Hook Elementary School massacre, in which 20 children between the ages of six and seven were shot and killed.

Philip Stack, the associate vice-president of Risk Management Services at the U of A, said he believes the increase in American school shootings can be attributed to a number of factors.

"There's certainly some evidence that mental health can have some aspect to this, but that's not always the case," he said.

"I think the U.S. is a unique situa-

tion because of their very different laws associated with gun control, and their culture associated with guns."

However, Stack cautioned against complacency, saying that Canada is not immune to mass shootings despite stricter gun control. He alluded to incidents like the 1989 École Polytechnique massacre in Montreal, the 2012 Eaton Centre shooting in Toronto and the 2012 HUB Mall shooting at the U of A.

"These types of active shooter situations (are) far more prevalent in the U.S. than other countries, but that is not to say that they can't happen here and haven't happened here," he said.

2015 has so far seen 294 mass shootings in the United States — about seven per week. Since Oct. 1, there have been 12 deaths caused by school shootings, including 10 as a result of the Umpqua Community College shooting in Oregon. One person was killed after someone opened fire outside a Texas Southern University Dorm on Oct. 9, and another student died after a shooting at Northern Arizona University on the same day.

When asked how the U of A can decrease the likelihood of a shooting occurring on campus, Stack said that there is no simple solution.

"All of our campuses are open and easy-accessible," he said. "However, the university has a series of very good groups and services to try to prevent these things from occurring ... (like) our protective services, the Office of Safe Disclosure, (and) resident assistants in our residence facilities."

Following the 2012 HUB Mall shooting, in which three security guards were killed, the U of A's Protective Services produced a Youtube tutorial on how to respond to an active shooter situation. The video demonstrates three courses of action: get out, hide and, as a last resort, fight.

"(The HUB Mall shooting) elevated awareness that these kinds of situations can occur on our campuses," Stack said. "We determined that (it was) the right time to bring this kind of health and safety information to our campuses."

Though there is not a specific profile for all school shooters, Stack said that signs of someone who may



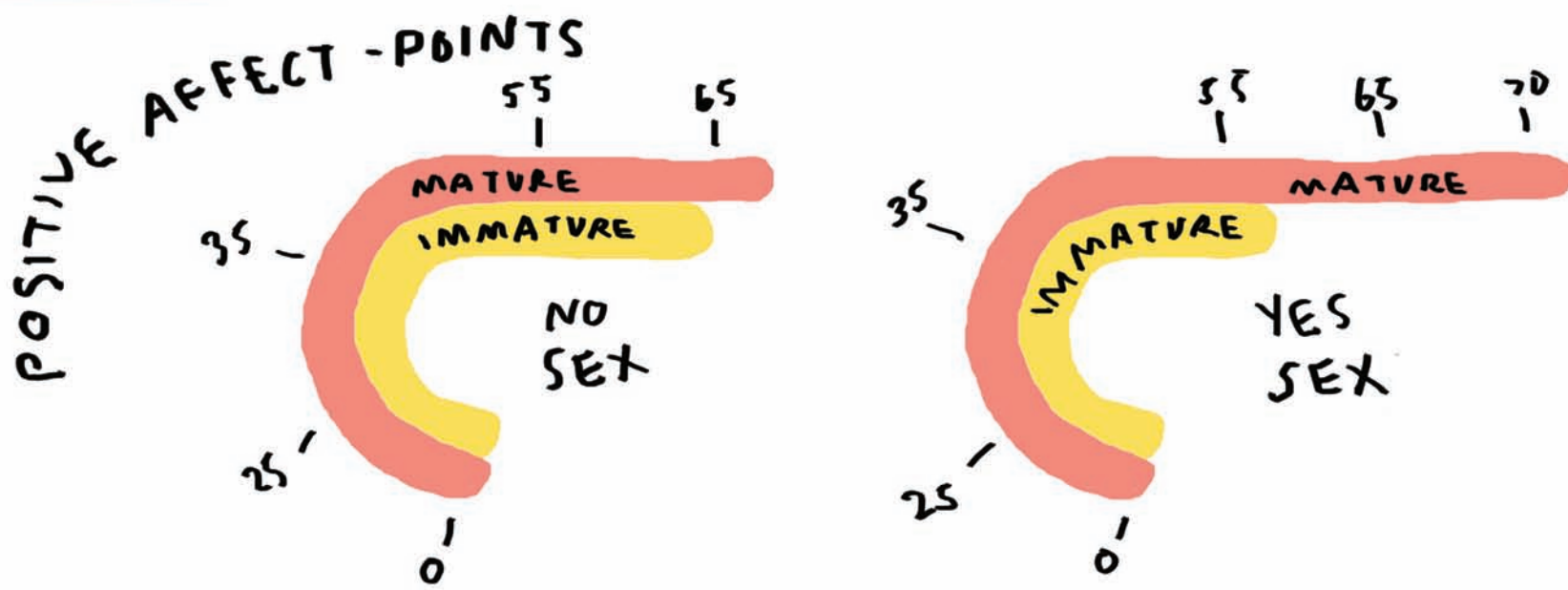
GET OUT, HIDE, FIGHT What to do if there is a shooter at the U? SCREENSHOT — SHOOTER ON CAMPUS

bring harm to themselves or others in the form of a school shooting include degradation of general appearance, removing themselves from social engagements and making threatening statements both verbally or on social media.

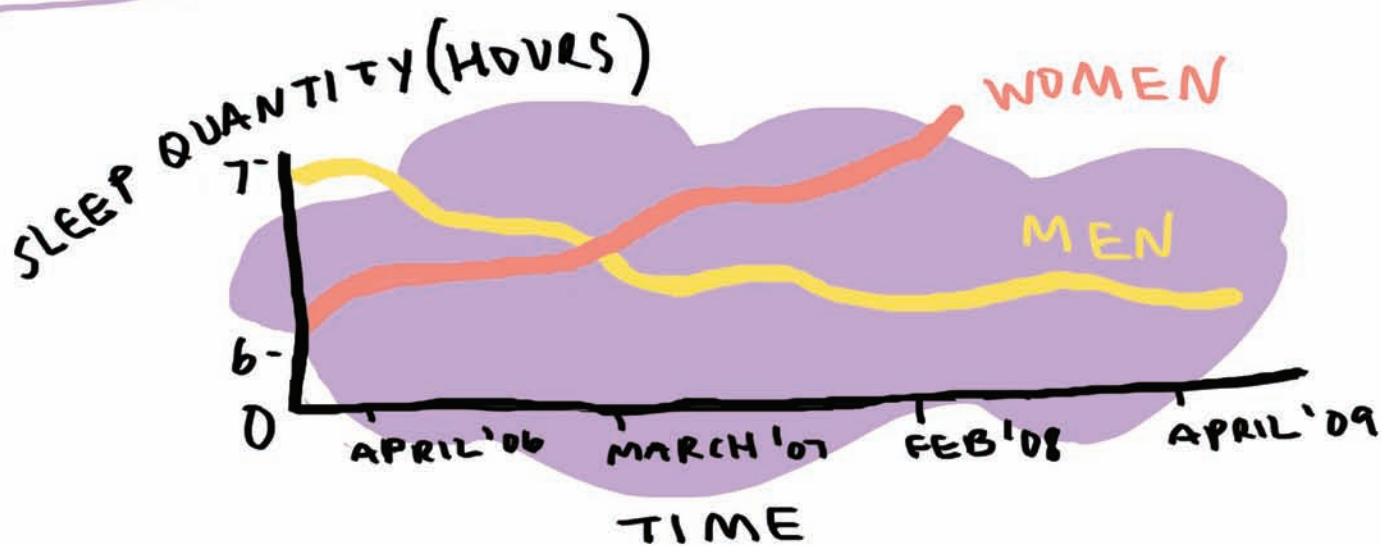
"Health and safety is a shared responsibility," Stack said.

"We need to rely on the entire campus community. There are general signs of individuals at risk of hurting themselves or others, and we need to know what those signs are, we need to educate our community and we need our community to help identify those people if (they) see them."

MONTHLY ENGAGEMENT IN PENETRATIVE SEX



QUANTITY OF SLEEP IN UNIVERSITY



DATA ORIGINALLY COMPILED BY NANCY GALAMBOS — ILLUSTRATION BY ADAIRE BEATTY

Jamie Sarkonak
STAFF REPORTER • @SWAGONAK

GROWING UP • CONTINUED FROM PAGE 1

This is the most common misconception about the area of study.

"We have a tendency to look at young people and focus on all the problems, rather than look at them as our future citizens, and all that they have to contribute to the world," she said.

SEXUAL

Going to university opens students up to sexual freedom, which was limited for many in high school by the watchful eye of parents. Though it's natural and normal to be sexually active during university, students vary in emotional maturity, which changes how they experience it, Galambos said.

"Some (students) might give into certain sexual activities when they don't really want to, or they're not ready," she said. "Whereas others are psychologically ready."

Galambos found mature students, who tended to be self-confident, independent and autonomous, felt good in months where they engaged in sex. Immature students, who were less self-confident, not quite independent and had a higher level of vulnerability, felt the opposite.

HEALTH

Leaving the context of home can lead to students developing unhealthy eating habits that can lead to eating disorders. A study by Galambos showed that female university students living out of home were three times more likely to show symptoms of binge eating than those who stayed home. They

also were much more likely to binge-eat if they weren't socially adjusted to university.

Galambos also found that students in their first year are vulnerable to sleep disturbances, and less sleep was often correlated with lower academic scores.

"All the temptations with (living out of home) can lead to less sleep, and less sleep is not good for academic performance," Galambos said.

Another big influence of academic scores was alcohol. The more alcohol one consumes, the lower the grades, she said.

Mental health is also a concern in the university student population, and not just in first years either. Any study that measures amounts of depression in students comes up with large numbers, including studies specific to the U of A.

"It's a big problem... surveys show that 40 to 50 per cent of university students are showing signs of depression," Galambos said. "That's really worrisome."

SOCIAL

Developmentally, the young adult age group undergoes intense psychosocial development, especially during the first two years of university. Research has shown that students grow in their ability to be intimate — the broad sense of feeling connected to other people. For students that stay in university, the ability to connect socially improves over the course of their degree, especially in the first couple years. The reason for this is thought to be experience, Galambos said.

"University is a wonderful opportunity for a lot of students," she said. "You're increasingly becoming

autonomous, you are able to meet new people in your courses. You can find yourself."

Isolation is a common problem in students, especially for those in that transitional first year. This is largely because it accompanies all of the other stressors that come with being in a transitional state, Shauna Rosiechuk, Counseling and Clinical Services registered psychologist said. The feeling is common in those who have to deal with issues like learning to be independent, making new friends, working out long-distance relationships and really anything that comes with being in a completely new social scene, she said.

The burden of stressors is something that students, like fourth-year computing science student Rishi Barnwal, had to learn to overcome.

"I'll be honest, first-year was one of the worst years of my life," he said.

The negativity was strongest in his first semester. Living on campus helped in terms of academics, but it came with other challenges as well. For his whole life, Rishi's parents had given him everything, which he didn't realize until he had moved away.

"It left me feeling empty when my brother finally came and dropped me off at Lister," he said.

Barnwal's feeling of loneliness would leave while he was hanging out with his floormates, but after everyone retired for the night, the feeling would return. Another problem came into play if floormates didn't get along. They couldn't go home after school and have a break. It took a while to get over, Barnwal said.

Isolation — because it's felt on

an individual basis — is difficult to identify. People vary in how they experience and show when they're feeling isolation and how they deal with it. Barnwal describes the feeling of being lonely as simply "nothing at all."

"I think that's the worst part," he said. "You're not happy or sad. You just feel empty, like something's missing, but you won't know what."

Barnwal experienced a second hard-hitting wave of loneliness the summer after third-year. It was the summer when "literally nothing at all went right." Barnwal was now living off-campus, nearly failed out of school, experienced a breakup, lost his job and had two of his pet birds pass away despite doing everything he could. His parents, who lived in Calgary, moved to Texas and his brother relocated to Los Angeles.

"In the span of a few months I pretty much lost everyone who ever loved me," he said. "I realized how powerful this horrible feeling can be. It can basically make you lose interest to do anything."

Even Barnwal's hobbies didn't interest him anymore. What got him through was the support of a few friends kept in contact and made sure he was doing OK.

For those currently dealing with isolation, it's important to note the main factor that allows the experience to become long-term is lack of action, Rosiechuk said.

"Loneliness is a passive state," she said.

"So it's really maintained by letting it continue and not doing anything to change it."

Barnwal, now in his fourth year, has many friends from different student groups and has since learned plenty of ways to deal with

loneliness. He tries to understand when he feels lonely, and understands he has nothing to lose if he were to talk to people. His biggest regret in his first year was not doing this — talking to people and reaching out, he said.

"(People) don't bite," he said. "University is where you make the best friends in your life. They're not always going to come to you."

It's important to differentiate between being loneliness and aloneness, Shauna Rosiechuk said. Loneliness is a feeling of sadness, while aloneness is the simple act of not being around others. In clinical psychology, someone feeling lonely may be asked questions to discover the source of anxiety or negativity about being alone. For some, the problem is being bored. For others, it's sadness. Some even feel the existential anxiety of being alone in the universe, Rosiechuk said.

For Barnwal, the difference is very clear — and one is definitely worse than the other.

"I like being alone sometimes," he said.

Being alone can just mean taking a "me day," which comes with many benefits the individual, such as giving time to reflect on life, but also just recharge. Barnwal's most recent "me day" was relaxing. He read books, ordered a pizza and played videogames. To him, it didn't feel lonely at all.

"Being lonely is a lot worse," he said.

It's always possible to be lonely, Barnwal said. It's possible to feel lonely even if one has lots of friends, as the problem stems from not feeling connected to them. Nobody wants to experience loneliness, but there are times where it's nice to be alone, he said.

Students tend to stay silent when cyberbullied, researcher says

Kate McInnes

NEWS STAFF • @KATEMCGUINEAPIG

While the effects of cyberbullying can be debilitating, the behavior itself often goes unreported.

According to a recent study co-authored by several University of Alberta doctors and researchers published in the JAMA Pediatrics Journal, 23 per cent of adolescents aged 12 to 18 report being bullied online. The study revealed a number of findings regarding cyberbullying, the most noteworthy being that the effects of bullying can be as bad as or worse than child abuse.

Michele Dyson, a research associate in the Faculty of Medicine's Department of Pediatrics and assistant professor at the Alberta Research Centre for Health Evidence, described how her cohort's study analyzed 36 studies on cyberbullying and compiled the data into one cross-sectional review.

"We didn't identify any research that looked at what predisposes kids (or) what causes (cyberbullying)," Dyson said.

"However, identifying some of those factors will be important for future research and for preventative management strategies."

Bullying — defined by the University of Alberta's Discrimination, Harassment and Duty to Accommodate Policy — refers to a form of aggression that may include physical, verbal or emotional abuse. The document emphasizes that the biggest victims at the U of A are members of the LGBT+ community, with 90 per cent of transgendered individuals reporting instances of cyberbullying.

According to Dyson, a major



STAYING SILENT A study by the U of A has revealed that cyberbullying can be as bad — if not worse — than child abuse.

CHRISTINA VARVIS

finding in the study was victims of cyberbullying are reluctant to tell anyone about the incident.

"It's important for us to remove the stigma surrounding (cyberbullying) and drive home the point that it's important to tell people," she said.

"Just ignoring it or pretending like it's not happening is not

necessarily the best strategy."

A recent report by the Government of Canada stated 90 per cent of Canadians would support a law that would prohibit the "use of any electronic means to coerce, intimidate, harass or cause other substantial emotional distress."

So far, no law like this has been proposed.

Because of social media's relatively recent development, Dyson said it is hard to say what the long-term psychological effects of cyberbullying are, though she is hopeful that research on the subject will continue to develop.

"What drew me into this study was the impact of these new technologies that are so prevalent on

children's mental health," Dyson said.

"I think that for cyberbullying ... the research will advance as that long-term impact moves beyond what exists now ... to see how we can use this information to prevent it in the future (and) how we can use it to treat kids when it has happened to them."

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campus crimebeat

COMPILED BY Richard Catangay-Liew

PICKUP TRUCK PICKED UP

An off-duty University of Alberta Protective Services (UAPS) Officer was passing through South Campus when he noticed a brand new Ford pickup truck was parked by two young suspicious-looking individuals.

The two individuals, one male and one female, wandered into the Saville Centre's women's change room as the UAPS officer called for reinforcements. UAPS officers and Edmonton Police Services (EPS) officers arrived, and upon inspection, determined that the Ford truck was stolen.

EPS charged the individuals with stolen property and with trespassing on U of A property.

UAPS Acting Inspector Marcel Roth said the off-duty officer's crime sense was crucial in catching the two culprits.

"Our 'Spidey-sense' was tingling that the individual (went into Saville Centre) to either commit a theft or to scope the area out while the male was keeping watch," he said. "That drew our attention as doubly suspicious once they were engaging in that type of activity."

CAUGHT ON KIJJI

A total of 10 locker thefts in CAB were reported to UAPS as broken into from mid- to late-September. One student who filled out a report to UAPS was searching for replacement items stolen from her locker on Kijiji, when she noticed her stolen property on sale from one of the vendors.

The student reported the suspicious vendor to UAPS and EPS, and

criminal charges have been laid.

Roth advises any students who had their locker broken into during that time frame call UAPS at 780-492-5050 or visit their office in the Education parkade, as they may have recovered their property.

BREAK-IN BONANZA

Break-and-enters continue to climb at the U of A, as four break-ins were reported from Sept. 22 to Oct. 9.

The Aboriginal Student Council located in the old Power Plant building received a mischievous surprise as they entered their office on Oct. 4, as some hot dog broke in and squirted mustard all over the vicinity. However, the office was able to relish in the fact that there were no signs of forced entry or stolen property.

The Second Cup in the Business Atrium is known to be a regular destination for students to get their caffeine fix, but lately it's been a regular destination for break-ins. Between Oct. 6 and 7, the kiosk was broken into, although nothing was stolen. Roth attributes the open roof of the Second Cup as the reason why this is an easy destination for break-and-enters.

Students who kept their gaming supplies in the Medical Science Building lounge were left controller-less, as thieves made away with \$700 worth of games, cables and systems on Sept. 24. There are currently no leads on the case.

Campus buildings and locker rooms are usually broken into, but this time PCL construction trailers fell victim to break-ins between Oct. 2 and 3. No significant property was stolen, and UAPS have not located any suspects.

Sustainability Awareness Week set to begin

Mitch Sorensen

STAFF REPORTER • @SONOFATMITCH

Students will have a chance to re-up their knowledge on everything from the oil sands to cooking, as the eighth annual Sustainability Awareness Week (SAW) is set to kick off on Oct. 19.

Hosted by the University of Alberta's Office of Sustainability, SAW will be coming to campus from Oct. 19 to 23. Involving a multitude of on and off-campus organizations, the event's organizers aim to provide students with the opportunity to learn about environmental, social and economic stability.

Every event on the calendar is led by a different group when it comes to sustainability, Office of Sustainability Coordinator Lisa Dockman said. Groups on campus involved with SAW this year include Healthnuts, The Landing, EcoCar Team, Energy Club, Oilsands Student Delegation and Campus Vert, among others.

"That's what makes SAW really unique, is the number of groups involved," Dockman said.

SAW will commence with a barbecue in Quad, and events will range from film screenings to bike-maintenance workshops. Students can bring used clothes to the Clothing Swap in SUB Basement and have their old electronics recycled at the SUB loading dock. University faculty are also hosting a panel, and Dockman said she is excited to see them involved.

"There's a climate change panel that profs from the U of A are hosting," Dockman said. "They're going to share their research and generate some buzz for the climate change talks in Paris later this year."

In addition, those who sign up will be able to visit sustainability sites around Edmonton. Ranging from the Waste Management Centre



GREEN, NOT GAS One of SAW's attractions at this year's awareness week. CHRISTINA VARVIS

to a tour highlighting the variety of trees on campus, Dockman pointed to a tour of the newly-constructed Mosaic building as something to look forward to.

"It's Edmonton's first net-zero commercial building, which means it generates as much energy via solar and geothermal as it consumes," Dockman said. "Many people said that would be impossible in Edmonton."

In scheduling all of the events for SAW, Dockman said that keeping options open for attendees was important.

"People can come to as many or as few events as they like," Dockman said. "A lot of these things are designed as a taste of sustainability, and only last an hour or two."

For students interested in adding to their academic experience, there will be various information sessions on sustainability-related courses, as well as the newly-minted Certificate in Sustainability program. In addition, networking events like Green Drinks at Dewey's are also scheduled.

With the new Campus Sustainability Plan being released in early 2016, Dockman said the process

of drafting the plan brought many new influences to SAW.

"In the process of making a plan like that, you talk to a lot of people," Dockman said. "They learn your ideas about sustainability as an institution, and that opens doors for them to become more involved."

Dockman also encouraged students who might be hesitant to come see what all the events had to offer.

"It doesn't have to take a lot of time," Dockman said. "You could take a few minutes to come by the Sustainability Fair, or a few hours for the tour. There's a lot of stuff to do and ways to get involved."

From his perspective, Office of Sustainability Communications Coordinator Trevor Chow-Fraser said he hopes that SAW's events will make students broaden their horizons when it comes to sustainability.

"Something that will surprise people about SAW is the breadth of topics that are covered," Chow-Fraser said. "It's not just about energy saving and recycling, we talk a lot about social inclusion, community, and the economics of how it all works as well."

Ugandan dentists cut their teeth at U of A's School of Dentistry

Mitch Sorensen

STAFF REPORTER • @SONOFATMITCH

Though it involved flying halfway around the world, eight dental workers from Uganda jumped at the chance to be hosted at the University of Alberta and NAIT in September.

The party from Uganda, which included four dentists and four dental health officers spent a week refreshing their knowledge, learning new techniques and brainstorming dental health programming with members of the School of Dentistry.

As founder of the nonprofit "Adopt an African Clinic" organization, U of A alumnus Drew Cahoon has worked for years to build dental clinics throughout Africa. In partnering with the Rotary Association, Cahoon was able to get a vocational grant to bring the team of dental professionals to the university.

Steve Patterson, Associate Chair for the School of Dentistry, worked with Cahoon in hosting the Ugandan delegation. Patterson recalled the long term support given to Cahoon's organization by the school of Dentistry, which included donating old dental chairs and textbooks.

"We've had a group of our faculty who have helped support the development of these clinics," Patterson said. "So we've been involved in a variety of ways."

According to Patterson, the most profound problem with dental care in Uganda is lack of practitioners.

"In Canada, we have over 20,000 dentists, or one for every 1,700 people or so," Patterson said. "In Uganda,

they have one for every 110,000 citizens. There's only 350 dentists for their whole population."

Due to this lack of trained practitioners, the Ugandan dentists primarily practice emergency procedures. Patterson said that most procedures performed by these dental workers were emergency extractions, and consequently they had little practice in preventative dentistry.

"I think it's certainly part of our goals as a school to be more socially responsible and globally-minded towards those issues, and something we want our students to be focused on."

STEVE PATTERSON
ASSOCIATE CHAIR, SCHOOL OF DENTISTRY

"One goal of the program was to provide an update and some refresher training on preventative procedures," Patterson said. "We wanted to show them the perspectives we have as a North American dental school."

The delegation spent time not only at the U of A dental simulation lab, but also several days at NAIT's dental facility. Both these experiences were meant to improve their skills in delivering restorative and preventative procedures.

However, Patterson recalled that

one of the most profound learning experiences the dentists had came on a trip to a First Nations reserve rather than in the classroom.

"We do outreach programs in the province surrounding prevention of dental disease," Patterson said. "They want to do more of that in their country; they want to maximize benefit to their countrymen with a very limited workforce."

Assisting in the establishment of such a program in Uganda is expected to be a high priority in a return exchange planned for late next year. A delegation from the U of A is anticipating a trip to Africa to work in the same clinics their Ugandan counterparts do, and will look to put new protocols in place. Until then, the School of Dentistry will continue to establish links with the health care providers in Africa.

"We do have opportunities for students to go on a 'dental mission,' and we have just started sending them to Africa," Patterson said. "In the long term, I suspect we'll just collaborate [with dentists in Uganda] as colleagues do across the world, helping each other out."

Whatever the project, Patterson emphasized the benefits both sides received from co-operation.

"I think it's certainly part of our goals as a school to be more socially responsible and globally minded towards those issues, and something we want our students to be focused on," Patterson said. "It's part of the global look at dental disease and how we can help in treatment that we like to take as a school."



TRAVELING TOOTH DOCS The African dentists hosted by the U of A.

SUPPLIED



Sustainability Awareness Week

October 19-23, 2015

Take part in over 50 events, tours, discussions, workshops and more. Discover how social, economic and environmental sustainability connects to you.

Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Electronics Roundup, SUB loading dock and HUB east loading dock, 10am to 2pm				
SAW Clothing Swap, SUB 051, 10am to 3pm				
Sustainable Food Days, Lister Market, 11am to 8pm				
Veggie Days, EuroMarket - Education Building, 11am to 3pm				
Local Food Days, Engrained Cafe - 2nd floor ECHA, 11am to 3pm				
SAW 2015 Kick Off Event Main Quad 11:30am to 2pm	Greening the University Vehicle Fleet Celebration Plaza 9am to 3pm	Campus Tree Tour Meet at Celebration Plaza 11am to 12:20pm	★ Women Entrepreneurs Breakfast ECHA L1-140 8am to 10am	★ Sustainable Methods in Modular and Offsite Construction Practices GSB 511 10am to 10:50am
Certificate in Sustainability Information Session ED 128 2pm to 3:30pm	Sustainability Fair SUB 10am to 3pm		★ Tour: UAlberta District Energy System Meet at the Cooling Plant on Campus 9:30am to 11am	★ Sustainability Campus Tour Admin Building, Main Floor Noon to 1pm
Launch: Earth Common Journal MacEwan University, Paul Byrne Room, Robbins Health Sciences Centre 4pm to 6pm	★ Free Bike Checks and Open House SAB 113 10am to 1pm	CAKE DAY: Asexual Awareness & Celebration The Landing (0-68 LL SUB) 11am to 2pm	Farmers' Market SUB 10am to 2pm	★ Net Zero Home Tour Meet at the Office of Sustainability 2pm to 4pm
Oil Sands Film Series CCIS 1-140 5pm to 7pm	Sustainability Scholars Information Session CAB 273 3pm to 4pm	Public Perspectives on Energy Transition in Canada: Seminar with Dr. John Parkins GSB 802 Noon to 1pm	Fruit Stand ECHA 10am to 4pm	EcoCar Sustainability Challenge ETLC Solarium 3pm to 5pm
Energy Club Panel ETLC 2-001 5pm to 7pm	Careers in Sustainability Speaker Series CCIS L1-140 5pm to 7pm	★ Introduction to Living Building Challenge – Bring your own Lunch event ECHA 2-190 Noon to 1:15pm	★ Green Building Crawl Meet at CCIS South Patio 11am to 12:20pm	Wednesday evening events: ★ Social Entrepreneurship Pitch Night Jean de La Bruyere Lounge (BUS 4-06) 5pm to 6:30pm Film Screening: Watermark CAB 243 5pm to 7pm Oilsands Student Delegation Primer: An Insight into Sustainable Oil Sands Development CCIS 1-440 5pm to 7pm Taking Action with Systems Mapping ETLC 2-009 5:15pm to 6:30pm ★ Sustainable Cooking Class East Campus Commons (111 St & 89 Ave) 5:30pm to 8pm ★ Green Drinks on Campus Dewey's Restaurant 7pm to 10pm
	Film Screening: The City Dark CAB 243 5pm to 7pm	★ Mock Dragon's Den Athabasca Hall Lounge (AT 227) Noon to 2:30pm	★ Sustainability Campus Tour Admin Building, Main Floor 1pm to 2pm	
	How to Ride Your Bicycle from Edmonton to Mexico: An Introduction to Adventure Cycling ED 221 5:30pm to 6:15pm	★ Edmonton Waste Management Centre Tour Meet at the Office of Sustainability Noon to 4pm	★ Biotechnology and Sustainable Food Production: Seminar with Dr. Henry An GSB 802 2pm to 3pm	
	Tour: Starry Nights - Explore UAlberta's Observatory CCIS, 5th floor observatory 8pm to 9pm	★ Composting: How to help the environment in your underwear! ED 128 1pm to 2pm	★ Tour: Mosaic Centre – Net Zero Building Tour Meet at the Office of Sustainability 2pm to 4pm	
		Free Bike Checks and Open House SAB 113 2pm to 5pm	★ Winter Cycling Workshop SAB 113 4pm to 6pm	
		Rainbow Peers The Landing (0-68A LL SUB) 4pm to 5:30pm	★ Film Screening: The Power of One Voice CAB 243 5pm to 7pm	
			★ Global Climate Change Week: UAlberta Contributions on the Road to Paris 2015 CCIS 1-160 7pm to 9pm	

- Awareness
- Discussion
- Food
- Speaker
- Tour
- Workshop
- ★ Registration Required



Register for events and download calendars for Augustana Campus and Campus Saint-Jean at sustainability.ualberta.ca/saw



Brought to you by the Office of Sustainability with campus and community partners

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Opinion meetings every Wednesday at 2pm in SUB 3-04

EDITORIAL COMMENT



CHRISTINA VARVIS

University teaches invaluable life lessons

WHEN I WAS IN MY SECOND YEAR OF UNIVERSITY, ONE OF MY professors posed a question to the class.

It was, simply, “Why are you here?”

After hearing a myriad of responses from the class, which included students working towards careers, towards a Master’s degree, and many who just said, “I don’t know,” it was my turn to answer.

Slightly in jest, I replied, “To learn.”

Most laughed including the professor, and while I wasn’t being entirely serious, I think my response reflected the prevailing attitude of many university students and educators today who treat university more of a means to an end as opposed to an experience.

I started my university experience not having a clue what I wanted to do with my life, and five years later, I still don’t really know. I definitely have a better idea, but in terms of a career, I still haven’t come close to deciding yet.

I won’t remember my university experience as one where I found a career. I’ll remember it for all of the other things I learned outside of the classroom, which will be relevant in my life for many years to come.

For starters, I learned about prioritizing my time. In high school, I found I could spend a negligible amount of time on my schoolwork and still get by with adequate grades. By grade 12, I nearly had this down to a science, spending no more than an hour or two on homework each week, usually right before bed, so I had the maximum amount of goof-off time after school.

The importance of this really hit home during my second year of university, my first at the U of A. Having transferred to a school where I could freely hang out with friends at almost any point of the day on campus was exciting to me, and I started doing just that — in lieu of going to classes or studying. I sailed by with the same mentality that I had in high school, and it cost me. I failed Stats 141, and nearly flunked out of university.

In a weird way, that was my first dose of the real world. I didn’t put as much effort into a task as I should, and I nearly paid the consequences — something that I didn’t have to deal with in high school. Time management isn’t something that has a corresponding class in university, it doesn’t have a syllabus or a textbook. It’s something you learn informally throughout your degree.

In high school you had teachers keeping track of your every move — your attendance, whether you handed in homework, and even when you went to the bathroom. That’s not the case in university, and some students struggle with the fact that there’s nobody monitoring their activities. I certainly did after skipping my fair share of classes in my first year here. I didn’t have my Stats professor seeking me out in Tory basement and asking why I hadn’t been to class in two weeks. I had to learn the value of going to class on my own. I had to be self-reliant. Sometimes people aren’t going to look out for you, and you’ve got to look out for yourself.

Most importantly, I learned to appreciate my time at university. Your time at the U of A, or wherever you choose to spend your post-secondary career, is a unique life experience. You’ll have highs and lows, but throughout it all, you’ll learn lessons that will stick with you for the rest of your life.

Be it first years living away from home for this first time — learning how to cook, living on their own money, and attempting to balance school and work, or someone like me, we all have to learn the value of time management and putting the right amount of effort into our work.

Chances are most of the adults around you learned these skills and more when they were in university, and chances are, they didn’t find the solutions in the back of their Stats 141 textbook.

Treasure your time here and use it to better yourself. You won’t get a better opportunity to do that than right now.

Zach Borutski
SPORTS EDITOR



MULCAIR BEARS in a socialist paradise. Bluebear Steve’s like “Get off of my cloud.” But honestly, we’re sick of this election. ADAIRE BEATTY

letters to the editor

Cost of period products are too damn high

(Re: *SUBMart to begin stocking, selling groceries at comparable prices*, by Mitchell Sorensen, Oct. 6)

One thing I think needs to be addressed as well is how expensive period supplies are on campus. Like getting milk is great and I’m really excited to be able to grab it before heading home if I need, but periods and supplies being too expensive are a huuuuge issue on this campus. I spent almost 10 dollars on a 12 pack of (small) pads from SUBmart this year - which won’t last me the whole week. Can we also examine the prices of those?

Let’s talk about periods
VIA WEB

Absolutely! I will pass this on to the manager of SUBmart, and personally take a look at the margins for what we carry to see if we can do better :)

Cody
VIA WEB

Well done computer man

(Re: *Feature: the basics of coding*, by Kevin Schenk, Oct. 7)

As someone who has just introduced themselves to programming and learning languages in general, I find this article just brilliant. Thank you Kevin Schenk, and thank you Gateway!

Sai Vemula
VIA WEB

Perspectives on niqab debate

(Re: *Conservative Party’s campaign regarding Muslim women is nauseating*, by Mim Fatmi, Oct. 6)

Today’s most useful target for abuse by the Conservative party, while claiming that they are protecting them from abuse, is muslim women. In past days and years they have done the same to sex trade workers, legitimate voters, native Canadians, veterans, and tax payers. The full list might be longer. This is the politics of division, a tactic that pits one faction of the populace against another, and appears to be friendly to them all, repeatedly, until everyone finds enemies among everyone else and can only find a friend within the party that created all of the problems.

It is nauseating to see our populace so fractured, intentionally, for the sole purpose of dominating all of the fractured and with no interest in doing any good. This is your Conservative party.

Ian Coutts
VIA WEB

This is indeed a “manufactured issue,” but only insofar as Zunera Ishaq and her financial backers have opted to make it so, with help from each of the parties (including the Conservatives) who thought to make political hay out of it and the media who have exploited the issue for their own ends.

The Conservative government is abiding by its principals in continuing to appeal this case and in so doing

they have the backing of a substantial majority of Canadians. This is all about establishing precedent and given the rapid Islamisation of Western societies and the steady encroachment of practices and cognitions that are anathema to fundamental liberal democratic values, it is incumbent upon whatever government in power to hold the line on such challenges that strike at the very heart of Canadian identity. A handful of women now could very well turn into a flood in subsequent years, just as the demolition of one sacred principle (that of equality between the sexes in deference to cultural relativism) could well lead to a further tumbling down of additional principles held dear, all in the name of multiculturalism and accommodation.

It should also be noted that the niqab and burqa are symptomatic of a much broader ideological and cultural divide in the Islamic world. It’s adoption is on the increase even in once comparatively modern societies that had previously shunned such regressive and misogynistic garb and is indicative of the more rigid, fundamentalist strain of Islam that is increasingly supplanting the more moderate variants. In consideration of the future of this country and of its female populace in particular, we must put an abrupt halt to the spread of this pathogen on Canadian soil once and for all. That means not only to ban the wearing of this restrictive and ideological apparel at the citizenship ceremony but in the country at large.

Nervous Gentleman
VIA WEB



KEVIN SCHENK

UAlberta Pro-Life: explanation for suing university administration



Cameron Wilson
UALBERTA PRO-LIFE

This spring our club, UAlberta Pro-Life, set up a display in quad. The display, approved by the U of A in advance, featured pictures of what abortion does to a pre-born child. Needless to say, the pictures were unpleasant to look at. Naturally, the display garnered significant controversy on campus from those who support abortion.

Unfortunately, rather than engaging us in arguments, rather than attempting to show either that one or more of our premises were wrong or that our premises do not guarantee our conclusion, protestors decided to block our display to prevent others from seeing the evidence that we were putting forward. University of Alberta Protective Services (UAPS) did not stop them. As section 30.3.4(1)b of the U of A Student Code of Behavior states “no Student shall, by action, words, written material, or by any means whatsoever, obstruct University Activities or University-related Functions.” It is clear that the mob was in direct violation of university policy.

Following this, rather than investigate those who flaunted the law on campus, or in fact take any steps whatsoever to prevent a crazed mob from shutting down university-approved events in the future, the university decided to impose security costs on our group. Let that sink in for a second. The security costs fall not on the group that broke the law and shut down the debate on campus by force, but on the group which was peacefully trying express their unpopular opinion. Furthermore, based on UAPS’ track record of protecting our speech, there seems to be no guarantee that even if we paid for security that we would get any. After all, they stood aside and did nothing when the lawless mob last struck. We have now taken the U of A to court, in the hopes that a judge will require the U of A to live up to its constitutional and contractual obligations.

Some people doubtless don’t like the tactics of my

group. That’s fair. The photos are gruesome and disturbing (perhaps because abortion itself is gruesome and disturbing), but these images are nonetheless factually-accurate representations of what abortion does to a pre-born child. These pictures are valid pieces of evidence in the debate considering that the abortion debate centers around two questions, “Are the pre-born human?” and “What does abortion do to the pre-born?” The images perform a role very similar to that of crime scene photos in a courtroom.

▪ Rather than investigate those who flaunted the law on campus, or in fact take any steps whatsoever to prevent a crazed mob from shutting down university-approved events in the future, the university decided to impose security costs on our group (...) which was peacefully trying to express their unpopular opinion.

So while the pictures are gory and disturbing, they are important pieces of evidence. Blocking the pictures is nothing less than preventing people on campus from accessing relevant information on an important social debate. Even if you think the pictures do not establish what we at UAlberta Pro-Life believe they establish, it is still essential to a fair debate that both sides of the debate be given the power to decide what is the best way to make their argument. In other words, even if you think we are making a mistake in debate, it is still our mistake to make.

We believe we have a right to the same freedom of expression on campus as every other group. We also believe that the university is a place of higher learning, where rival viewpoints are expected to have the freedom to peacefully make their case. Until the University of Alberta changes its behavior towards pro-life students, it cannot claim to be such a place. That’s why we are going to court.

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Please stop shaming men who live alone in their parents' basement



Stephen Malinovic
OPINION WRITER

It happens to the best of us. A date is going perfectly and the two of you couldn't be getting along more famously. The next step is obviously to extend an invitation to go back to your place, so you do. But somewhere between discussing your favourite Tom Hardy performance and engaging in what my mother calls "the dirty," your date is laughing at you and you can't help but feel that this is somehow unfair. I'm here to tell you that you're right. It's unacceptable.

I am, of course, talking about the phenomenon of "basement-dweller-shaming." If you have experienced it, you know all too well about the intense pain it can inflict on a person. This hateful, immature act of ridiculing men who still live at home and reap the rewards of a rent-free life is rude and harmful.

The reality of the situation is daunting. Laughter, mockery, confusion, and outright disgust are all reactions becoming much too common as a response. How is something like this possible? In

this progressive, politically correct world, the fact that something this abhorrent can be taking place seems ludicrous, almost farcical. It is, much to the chagrin of those targeted, all too real.

It seems as though dealing with this issue has taken a backseat to seemingly more "important" problems. Distractions such as the conflicts in the Middle East, supposed economic instability, and the growing concern about security vs. personal freedom (the "niqab debate") have all unfortunately stolen the public attention that the basement-dweller-shaming phenomenon so badly needs.

"Basement-dweller" is a term that needs to be re-evaluated. Activists campaigning in favour of these marginalized individuals point to the alternative and more politically correct term of "stay-at-home son." This positive outlook argues for a new understanding of the lifestyle and a forward-thinking attitude.

Experts in the field suggest re-educating the population-at-large in order to help erase some of the stigma these men face on a daily basis. They encourage people to identify stay-at-home sons as "financially savvy" as opposed to "ungrateful mooches" and to characterize this group's behaviour as "challenging hegemonic

orthodoxy" instead of "antisocial." Grungy bedrooms should be seen as an expression of collective identity and an important part of the culture rather than as signs of laziness.

One scholar wants the public to see the positives in the stay-at-home lifestyle. He points to the incredible wealth of knowledge and ingenuity many of these stay-at-home sons possess as they spend countless hours watching TV series after TV series. Surfing the web endlessly allows these men to contribute to society by being highly skilled trivia game experts, and one cannot forget to mention that stay-at-home sons were pioneers in innovating a t-shirt to be used as both a plate and a napkin. For this we owe them the recognition they have not yet received. There is much more to a stay-at-home son than meets the judgmental eye.

In this writer's humble opinion, the role of the stay-at-home son needs to be re-evaluated in our society. It is clear that past concerns are unfounded and prejudices unrealistic. Rather than putting these brave and honourable men down, we must propel them into the mainstream. They should not only be fully integrated into our society, but celebrated as paragons for the advancement of our culture.



ADAIRE BEATTY

A letter to my neighbour



Brooklyn Davidson
OPINION WRITER

Dear neighbour,

Ever since formally introducing ourselves a few months ago after we moved in to our half of the duplex, I'm saddened that my roommates and I haven't had much of a chance to make face-to-face contact with you. I must admit, I was a little puzzled after one too many ignored "good mornings" and snubbed waves from your end as we passed by. But then I discovered that you decided to hate having university students for neighbours without even giving us a shot. Now I can deal with hurt feelings from a lack of neighbourly exchanges. But the police? C'mon, man. What's up with that?

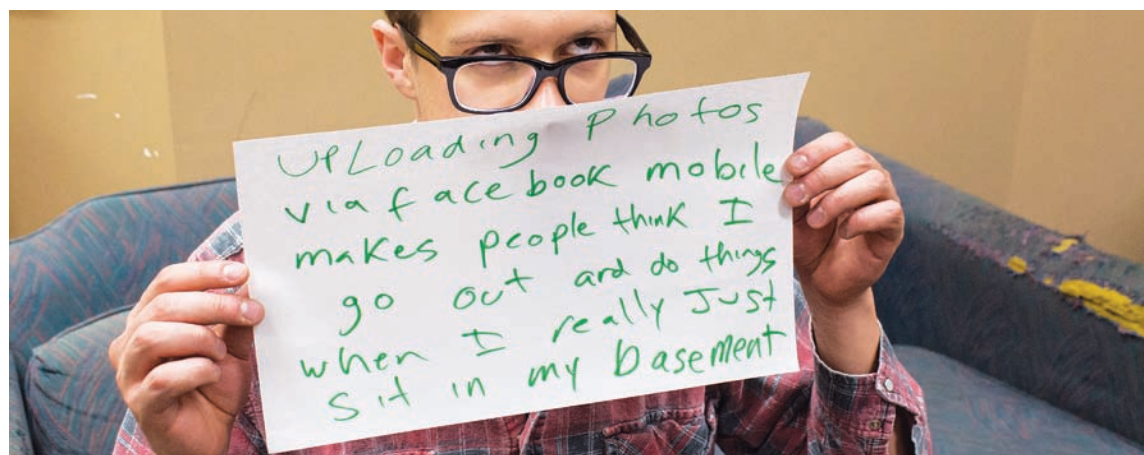
There are six of us girls that live on the other side of these paper-thin walls that divide our homes. All of us are hard working university students who are striving to work off our student loans. Because of that, it is essential that we throw a party on occasion to ensure our sanity. Yes, we're going to have people over. Yes, we're going to play music. Yes, it's bound to get rowdy sometimes. Surely you remember your university days. We try our best to keep the noise level down, but apparently you'd rather call the cops than walk two steps to knock on our door. All you'd have to do is ask and we'd

make an effort to be quieter. Honestly, the police have better things to do than to tell us to turn down the volume. Those are your tax dollars you're wasting — surely you understand the necessity of frugal government spending, given your "Vote Conservative!" sign on your half of the lawn.

Let's talk about you for a second. You never hear us complaining about your annoying mutt that yaps incessantly in the early hours of the morning (but who are we kidding, we're still up writing an essay that's due the next day anyways). And let's talk about that weird aerobic music you blast every morning at 11 a.m. I'd be happy to make you a playlist of workout tunes that we can both enjoy. Also, please do us a favour and close your robe when you go out to grab your newspaper in the morning. If that's too much to ask, could you at least keep your schedule consistent so we can make sure to be no where near a window at that time?

Now, my elderly friend, you may have noticed that we've mowed your half of the lawn on occasion, and we haven't even attempted to vandalize your campaign signs! We're good people. And we're all about that open communication business. We don't know what your situation is like or what your circumstances are, but if this is because you're lonely on the other side of the wall, then by all means, come join the party! No need to squander in bitterness. You're always invited.

Cordially,
Your neighbours



CHRISTINA VARVIS

Sex Column: Sluts Against Harper



Pia Araneta
SEX COLUMNIST

Perverts and protestors! Harlots and home-owners! Gather and gawk at the most politically arousing statement we have seen thus far.

"Sluts Against Harper," also known as the Instagram account VOTES4NUDES, is a Canada-wide initiative fuelled by the sheer disdain toward the Harper administration. The premise of the movement is basically anyone who direct messages a photo of themselves voting for anyone except Harper, receives their own personalized nude. Now, if that doesn't give you enough incentive to get off your ass, vote, and then proceed to jerk off as part of a symbolic political protest, you are seriously lost, and I'm going to pray for you.

The head of the campaign, going by the alias "Jessica Simps," is a 24-year old university student living in Montreal. According to VICE, Simps referenced her name to Jessica Simpson, who embodies the three core values of her initiative: "being fun, flirty, and getting away with shit." I admire this im-

mensely, mainly because "Public affair" will forever be incorporated in my pre-party rituals, and if that doesn't appeal to you, you are lying to yourself.

Despite the campaign only being launched last Tuesday, the account already had over 5000 followers within the first 24 hours, and doubled over the weekend. Simps has been working non-stop with her all-female team of nudists, scrambling to address thousands of submissions. The account had experienced some drawbacks when first created, however, and was both banned and reinstated overnight. Now focusing on a direct message basis, the public posts are seldom and censored to take extra precaution. Featuring all genders, races, and body types, the movement advocates a body-posi perversion, all united by the tag #FuckHarper.

In her recent interview with VICE, Simps remarks on why using nudes as a means of empowerment rather than exploitation, can encourage people to see the term "slut," in a less critical lens.

"In the sex-positive and queer community, "slut" is a really empowered word. It's also fun. We want to keep it equally light-hearted and flirty, and engage people in a way that is engaging, while making "sluts" a powerful thing. If there's

anything that Stephen Harper doesn't care about, it's women and women's bodies, that's for sure."

Simps had initially promised free blowjobs, but due to — what I can only assume — as too much time consumption, a deficit of able and willing mouths, and general health reasons, Simps decided the public would just have to settle for nudes. "The first thing I did was post a status on Facebook promising BJs for votes, but I think that scared too many people away because it's not realistic," she tells VICE.

Growing exponentially each day, Simps' initiative has demonstrated voter apathy can be solved the same way most other issues can be solved: via vagina. The vagina vote, as I am now declaring it, is a step towards women's rights and issues that Harper has proved to neglect time and time again. And with voter turn-out being notoriously low in recent polls, Simps' initiative luckily provides a real opportunity for change by targeting emerging adults.

So to all you silly sluts out there, wipe that dust off your shoulders, because you are now part of a revolutionary community — tossing all clothing and inhibitions to the wind, to give a solid FU to Harper. Raise your erections in protest and take part in the vagina vote today.

#3LF

three lines free

Got something that you need to get off your mind? Either email us at threelinesfree@gateway.ualberta.ca, tweet @threelinesfree, or message us at www.thegatewayonline.ca/threelinesfree

<p>TEXAS BASEBALL SUCKS If other people know what it is, is it really coding? Your Three Lines Free was submitted successfully. Thanks, I guess. Let's turn quad into an orchard Dear person in cameron whose cutting their nails; PLEASE DO NOT. Just disgusting and unsanitary. I don't want your nails to get in my books, food, or anything that comes in contact with the carrel. Do it in the comfort of your own home/washroom/appropriate places to groom yourself. THANKS Kinda wanna drink, kinda wanna</p>	<p>study... I'll just do both did you hear that the bird guys won the man game i know when that hotline bling dominos is calling to confirm my pizza order yes I want five toppings and wings nelly furtado sings through her nose im going to miss the mackernan yard sale SHUT YOUR MOUTH SHE IS A NATIONAL TREASURE ..Richard.(Richard){Rich}..[Ric] RIchard RICHardd RicCHARD news RICHARD</p>
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Voting in advance polls is too early



Cole Forster
OPINION STAFF

Advance voting is a wonderful system established by Elections Canada that contributes to the vitality of our democracy. But the drawbacks of the process aren't always borne in mind. While it gives many people an easier way to cast their ballot, advance voting puts early-birds at slight disadvantage when it comes to decision making.

The polls in SUB for example, have been open since the 5th of October, a full two weeks

before election day. Anyone who votes that prematurely makes themselves a hostage to fortune. Surely there are developments in the federal campaign that will come to pass after many people have already voted. Even though this is one of the longest election races in Canadian history, most of the action in terms of advertising and media coverage will take place during the final week or so leading up to the 19th of the month. What if a scandal implicating a party leader is revealed before election day? What if the policy wonks decide to reshuffle a party's platform to benefit from updated poll results? These contingencies are unaccounted for in the electoral calculus of the advance-voter.

Doubtless, the introduction of special ballots and advance voting systems are stepping stones on the path towards more participatory democracy in Canada, but people tend to forget that they necessarily entail a downside. It might seem like an inconsequential reminder — indeed, the likelihood of any development that could change voters mind is slim — however a part of me wants to see the campaign run its course before I transfer my political voice to another person. With a week yet to go in this arduously long campaign season, something tells me to run down the clock and wait for the parties and candidates to turn out their pockets, roll up their sleeves and put their cards on the table.



KEVIN SCHENK

Participating in class: just do it

Putting your hand up in class is the best way to get the most out of your degree



Joey Wald
OPINION STAFF

Participation points: a free GPA boost, or an effective incentive to understand the material? Who cares, either way your marks will go up!

There is a direct correlation between raising a hand and a high GPA. Students that contribute to class discussion will find that they have a more thorough understanding of the material and better relationships with their professors, while the participation portion of the grade will earn a

beautiful A. So you'd think we'd see a lot more class participation.

If you're one of the lucky ones with a professor willing to allow the students to have a say, go for it.

Part of this is the transition from high school to university. There's little incentive to participate in the former. Uninspiring course material plus a room full of judgmental teenagers (which basically is most 100-level courses) doesn't foster discussion or group learning. But if you are one of the lucky ones who is blessed with a professor willing to hold back and allow the students

to have a say, go for it.

With great power comes great responsibility. Don't be that guy asking philosophical "what if..." questions in a packed lecture hall and don't be that woman who begins her answer with "as a mother..." and ends with a completely irrelevant point about raising her children. Stay on topic, let others have a say, and don't get offended or angry if someone disagrees with you. It's part of the process.

If the professor asks a question that you have an informative response to, don't just sit there. Too often a question will be asked and the classroom turns to crickets. So put your hand up. It's that easy. Having a voice is a powerful thing, and university is about learning to use it.

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My Beautiful Dark Twisted Road to Recovery

Written by Evan Mudryk

Design by Adaire Beatty & Photo by Kevin Schenk

2010 was an important year in my life. I was working as the Arts & Entertainment editor at *The Gateway*, which was to turn 100 that year. Kanye West released *My Beautiful Dark Twisted Fantasy*, which would become one of my all-time favourite albums. I was in my second year of a Bachelor of Arts degree at the University of Alberta. And on Nov. 21, at the age of 20, I had a stroke.

I have a vivid recollection of the night I had the stroke. *The Gateway* hosted a party to celebrate its centennial, and afterwards we ended up at the Sherlock Holmes pub. We were sitting on the second floor and having a few drinks. A picture was posted of me and a friend and I gave a thumbs up with my right hand, which would end up being my bad side after the stroke happened later that night.

I watched the hockey game highlights from the Chicago Blackhawks vs. Vancouver Canucks game and drank half my beer. I was talking with my friends, usual bar chat. At this point, is when I think my stroke began.

After using the washroom, I went to get more beer. The bartender laughed at me saying, “You have had quite enough!” and walked away. I was disjunctive and confused, there was no way I’d had that much to drink, but the bartender thought differently. I felt myself start to drool and my speech was almost gone. I ran upstairs and my face didn’t feel right. Instead I ran downstairs to get fresh air, to cool off. It was wintertime but I persisted and I tripped with my whole body hitting the floor. I was paralyzed and couldn’t move. Then my colleagues, two or three other people carried me into the freezing cold outside of Sherlock Holmes. They kept asking, “You okay?” and “what’s wrong?” and I said to myself, “Something is quite wrong here. Call the ambulance right away!” But that probably came out as gibberish. Everyone there from my brother Lance to the bartender brushed me off, thinking I was just too drunk to function. If it weren’t for then Editor-in-Chief Jonn Kmech, who decided that someone should call an ambulance, I would probably be dead. At 1:50 a.m. on Nov. 21, 2010, I faded out of consciousness in an ambulance heading straight for the hospital.

My stroke wasn’t caused by a preventable illness. I have an existing condition called Arterial Venous Malformation (AVM), which in the simplest term, is a blood vessel abnormality in the brain. The tangle of abnormal arteries and veins can bleed often without any symptom. In my case, it happened until it became a bigger problem.

AVM affects probably less than one per cent of the popu-

lation. In some families there is a genetic susceptibility, but in others it’s a random occurrence. The causes of AVM are at this point, unknown.

After the ambulance picked me up and realized that I was having a stroke, I went into emergency surgery to stop the hemorrhage and save my life. The surgery was performed by Dr. Cian O’Kelly, a neurosurgeon.

A piece of my skull was removed to take pressure off my brain, but it was not reattached immediately so my brain could sufficiently heal. So for the five months following the surgery I wore a helmet while a piece of my skull was kept on ice, waiting to be reunited with my head.

10 days after the stroke, on Dec. 1, I woke up in the U of A hospital from a coma, unable to speak or walk. Unable to comprehend what had happened to me, I immediately tried to rip the feeding tube out of my throat (this happened two more times while I was in the hospital). I can’t explain why, maybe I didn’t believe anything was wrong. I was in the coma for several days after surgery. But, surprisingly, I was awake for a while, looking around but not speaking. My mother says I played with her ring turning it round and round and pulling it up and down on her finger. I have no recollection of this.

Having a stroke at age 20 put a halt on a lot of things happening in my life. I left my job as Arts & Entertainment editor at *The Gateway* and abandoned my degree to focus on my recovery. It’s been a long, winding process.

When I started recovery, I didn’t know what I would be able to accomplish again. I’m now paralyzed on my right side, so I struggle with moving my right arm, leg and facial muscles. It’s hard work, I’m still trying to get mobility back. I focus on how good it is to be alive and well. I look at what’s ahead and embrace the challenge. The uncertainty pushed me. I’m here, but not where I want to be yet. The uncertainty of where I will end up is exciting. It’s a funny thing to be uncertain.

Soon after I began the recovery process, I was out of the wheelchair. I was lucky to regain mobility quickly. I now have a WalkAide, which helps my paralyzed right leg to walk. I can almost walk perfectly again, and I’ve begun incorporating slow jogging and semi-daily swimming into my routine.

When I came out of the coma, I only spoke in gibberish. I could only say “yes,” “no,” and “good times” over and over

— which, to be fair, is super cute — but it was frustrating to have such little means of communication. It seems trivial, but “good times” has had an impact on how I view recovery. “Good times” is past tense so it was like I was saying the good times are over. I’ve worked so hard to push forward to better times, so I want to push to live life in future tense. I’m happy, enjoying life and I’m talking more and more. Happiness is everywhere, but sometimes only in little bits of progress. Rome wasn’t built in a day, the epigram says. I’m focusing on that.

Getting my speech back has been a long, ongoing struggle. I spent time recovering in Ponoka at the Centennial Centre for Mental Health and Brain Injury in 2011. My speech therapist worked with me in a Tim Horton’s there — I learned how to say “Coffee. Double double” as soon as I could. I still spend a lot of time on speech therapy. Monday to Friday I spend two hours each day working to get my speech back. Today I’m talking well and I love to talk. Speech is important — I learned when I lost the ability to talk how much I take it for granted. Take advantage of the fact you can speak. It’s a gift.

In 2012 I was re-admitted to the U of A to finish my Bachelor of Arts degree. Now it’s difficult post-stroke. In fall 2012 I tried Anthropology 101. There was a multiple choice exam that I thought would be super easy but it wasn’t. Student Accessibility Services (SAS) at the U of A has been first-class in helping me. Some of my grades were less than ideal before I starting using their services. I now have an SAS tutor to help me with finishing my degree.

In October of 2012, I got my driver’s license back. There’s a few changes to the vehicle: the gas pedal is switched to the left foot position and I have a steering wheel spinner knob (so disabled drivers can use it with one hand). I have been a safe driver so far, no accidents and I plan to keep it that way.

I cried a lot early on in my recovery at the U of A hospital and Glenrose Rehabilitation Hospital, but less and less as time passed. It was a good cry, a sanguine cry because I’m alive, present and still ticking along.

I am who I am and that’s a good thing. Because I love to write, doing articles and essays, it is fun to me, and through writing about my story and reflecting on what happened to me, I can heal.

“I am happy to be alive” was my first full sentence I made after my brain surgery. I’m here and I love each moment I can.

I had a stroke and everyone around me assumed I was drunk. If one person hadn't realized that something else wasn't right with me and called an ambulance, I wouldn't be here today. Understanding and recognizing the signs of stroke is important. Luckily, there is a simple acronym that has been adopted globally to help people to identify the signs of a stroke and act as quickly as possible.

Face drooping

If you suspect someone is having a stroke, ask them to smile. Is one side of their face drooping or uneven? Is it numb?

Arm Weakness

Is one arm numb or unable to move? Can the person hold their arms up?

Speech Difficulty

Ask the person to say a simple sentence, like "the sky is blue." Are they slurring their words or having trouble getting full sentences out?

Time to call an ambulance

If someone is experiencing these symptoms, call an ambulance as soon as possible. Acting quickly will save their life.



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Volunteer
Arts meetings every Wednesday at 4pm in SUB 3-04



JONATHAN ZILINSKI

Professional gamer Justin Wong discusses the community behind video games

Noah Toth
ARTS & CULTURE WRITER

Justin Wong wasn't always good at fighting games. His humble beginning started in the now defunct Chinatown Fair Arcade in downtown New York. He became engrossed in the camaraderie and competition that arcade culture offered. After he cut his teeth, Justin was encouraged to enter his first tournament, where he finished fifth. The thrill pushed him to play in more tournaments which eventually lead him to where he is today — one of the top professional fighting game players in the world. His success wouldn't have happened if it weren't for the community's inviting and encouraging disposition.

"Even if you're not good at all, you're gonna find someone that's gonna be your friend, that's gonna

show you the ropes," says Wong.

Wong was a featured guest at Edmonton's inaugural Trading Card and Electronic Gaming Convention that took place last weekend. The tabletop and card game event showcased a plethora of fighting games, which occupied a substantial part of the event floor, creating a cacophony of button mashing, cheering and jeering. Edmonton's ardent gaming community filled the halls of the Edmonton Expo Centre to revel in the atmosphere that such events provide.

Wong shares in the adoration of these events which fuels his devotion to the gaming community.

"The best part about pro gaming and going to so many events is just meeting new people, making new friends, making connections. It's like our own little world," expresses Wong.

Video game culture is proliferating rapidly, and events like TCEG provide an outlet for the growing number of gamers to consolidate around their favourite hobby. The open-participation and competitiveness that the fighting game community promotes creates an experience that is as raw as it is entertaining.

At Fighting game tournaments " ... you hear screaming, a fight's going down — it's kind of like 8 Mile, your'e watching 8 Mile go down..." quipped Wong, describing the excitement.

This rapid growth, however, has led to misconceptions in the minds of some non-participants and much of mainstream media. Having been ingrained in the scene for so long, Wong is well aware that these misconceptions are misguided. On-lookers who only get a glimpse of the scene are quick to judge it as

time-wasting. Older generations are often prone to disregarding video games as time wasters, or even mind-warping celebrations of violence. From his earliest steps into the world of video games, Wong himself has dealt with these notions. His parents discouraged him from playing video games which led him to hide his gaming career from them for ten years.

Wong offers an optimistic perspective on the scene and has experienced the opportunities it provides first hand.

"With fighting games you just show up and play. I think that's really cool because even if you lose, you meet so many people, and they'll play with you until the events over. That's the type of experience, you get like that family experience when you come to a fighting game tournament. So we always welcome

new people," says Wong sincerely.

Video Games' inherent interactivity is matched by the way gamers interact with each other. It's a hobby that brings like-minded people together in a setting that breeds companionship and support. For many it's more than a hobby, though. It has informed who they by surrounding them with life-long friends — after visiting TCEG and talking to Justin Wong, that's obvious. Wong is inextricably connected to video games, and that's not going to change anytime soon. He recently started a position at the graphics hardware company, Nvidia, so he can stay involved in the scene and continue going to the thirty-plus events he attends each year. If that wasn't enough, he also streams on his Twitch profile, EG_JWong, where you can check him out most weeknights.

Yukon Blonde team up with Hey Rosetta! for Edmonton show



SUPPLIED

MUSIC PREVIEW

Yukon Blonde

WITH Hey Rosetta!
WHEN November 9th 2015 8:00 p.m.
WHERE Winspear Centre (4 Sir Winston Churchill Square Northest)
HOW MUCH \$27-\$34.50 tickets.winspearcentre.com

Mitch Sorensen
STAFF REPORTER • @SONOFAMITCH

Not many acts can boast the range of venues that Yukon Blonde and Hey Rosetta! will play on their upcoming tour. From the legendary Troubadour of West Hollywood to Toronto's Massey Hall, the mainstays of Canadian indie rock will play 20 shows together.

"I think [performing with Hey Rosetta!] is going to be really great," Yukon Blonde guitarist and vocalist Brandon Scott said. "We're really stoked that they wanted to take us, and we think it's a good combo."

With Hey Rosetta! hailing from Newfoundland and Yukon Blonde calling Vancouver home, the union of east and west coast music is gracing the country. For Scott, playing in ven-

ues that they might not necessarily be used to presents a unique opportunity.

"Normally, I would say we're not a 'theatre band,'" Scott says. "We're a pretty full-on, loud band. It's gonna be fun to cater to those smaller venues, and I think each venue will have an influence on the songs we play."

Yukon Blonde's newest release *On Blonde* dropped on Jun. 16, and Scott recalls that the creative process behind the new LP was different from what the band had done in past.

"It wasn't rehearsed for a two-week recording session, this one was done over six months," Scott says. "We arranged four songs, just to have a direction, then just did bass and drums and built from there. It was a ton of fun."

Scott recalls that writing the album semi-spontaneously led to an entirely new way of creating, and the music was more exciting for it.

"This one just kept growing," Scott says, "we'd take a few weeks off and come back with different ideas, and that was really cool."

Scott also points to the involvement of mixer Tony Hoffer (veteran of Beck, Foster the People, and Depeche Mode projects) as having a profound influence on the sound of *On Blonde*.

"We sent him the tracks as a basically a big bunch of soup," Scott says,

"[Hoffer] sent it back and it sounded incredible."

Though their album is generating significant hype in the indie community, Hey Rosetta! and Yukon Blonde have teamed up more recently on "Love this Land," a song calling for Canadians to get out and vote "anything but conservative" on Oct. 19. Written by Hey Rosetta!'s Tim Baker, Scott says that getting the song and accompanying video recorded at all was an achievement.

"I got an email from Tim with the song, and he asked if we'd be involved," Scott says. "At the time, [Hey Rosetta!] was in Germany and we were in Australia, but we managed to shoot the video and put the song together, and I'm glad we did."

Scott says the bands are encouraging the non-conservative vote, but not endorsing any specific party.

"We just wanted to encourage people to get out and [vote]," Scott says. "We are pretty unhappy with the Conservative government at this point."

Politics aside, Scott says that those in the Winspear for their concert can expect a high energy show.

"It's gonna be fun," Scott says, "we're gonna be blending a lot of old and new. Hopefully, it makes for an energetic show."

fashion streeters

COMPILED & PHOTOGRAPHED BY Christina Varvis

Hannah Schmidts
OPEN STUDES I



GATEWAY: Describe your outfit.

SCHMIDTS: Well, it's very black; I'm very monochromatic in my wardrobe for sure. I'm wearing ripped skinny jeans from Topshop, rain boots from Joe Fresh, an oversized coat and belt from Value Village, and a body suit from Zara.

GATEWAY: What inspires your outfits day-to-day?

SCHMIDTS: It's a mixture of a lot of things. My best friend actually lives in Sydney, Australia, so I follow all of her friends and they're very into the whole vintage 70s look. I'm not that into the 70s look but there are certain aspects to it and of course, monochromatics are a go-to for me



ILLUSTRATION BY ADAIRE BEATTY

Doin' You: Cooking with booze

Jason Timmons
ARTS & CULTURE STAFF • @JOURNOPHOBIC

As broke ass students, we're always looking for ways to get creative with a minimal food budget. Spices are absurdly expensive and oftentimes wasted on a dish that they don't truly fit. Cooking with liquor has always been a great way to add flavour to a dish for a fraction of the cost. Here's how to prepare the perfect sweet barbecue chicken on a budget using every student's favourite ingredient, liquor.

Step 1: Take three medium sized chicken breasts, cover them in olive oil, and then cover them in a spice rub made of kosher salt, paprika, and garlic powder.

Step 2: Place your rubbed chicken breasts in your crockpot and cover them in one cup of water, one cup of your favorite rum, and as much honey as you like. (Bonus points if you add a touch of cinnamon to amp up the sweetness)

Step 3: Set the crockpot on high for six hours, and wait while your kitchen is filled with the delicious

smell of rum and honey.

Step 4: Once the crockpot is done working its magic, drain the liquid and shred your chicken breasts with a fork.

Step 5: Cover your chicken in your favourite barbecue sauce to balance out the sweetness.

Though it may take time and use a fair bit of that rum you love so much, this is a great recipe that is full of flavour and low on overhead cost. Enjoy your sweet barbecue chicken!

finer things

WRITTEN BY Lisa Szabo

Basic Bitches

This is for you. Yes, you. You, in your plaid button down and leggings, with that masterful line of liquid black above your Volume-Express lashes. You, who spend thirty minutes in the morning trying to look like you just woke up, have at least one tattoo, and watched Fifty Shades of Grey—but only because your friends wanted to.

The haters are going to try to tell you that you're ordi-

nary and un-cultured—that you hop on every bandwagon within twerking distance and have nothing of value to offer because let's face it, you're a Basic Bitch. But I'm here to tell you they're wrong.

So what if you think The Lumineers are Indie? Or that you own 12 pairs of Lululemon pants? Who cares that you take a post-workout selfie after every stint on the elliptical? Or that you reward yourself with a grande non-fat, no whip, pumpkin-spice latte afterward because gosh-darnit you deserve it?

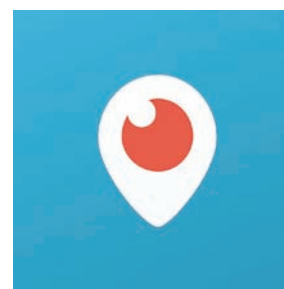
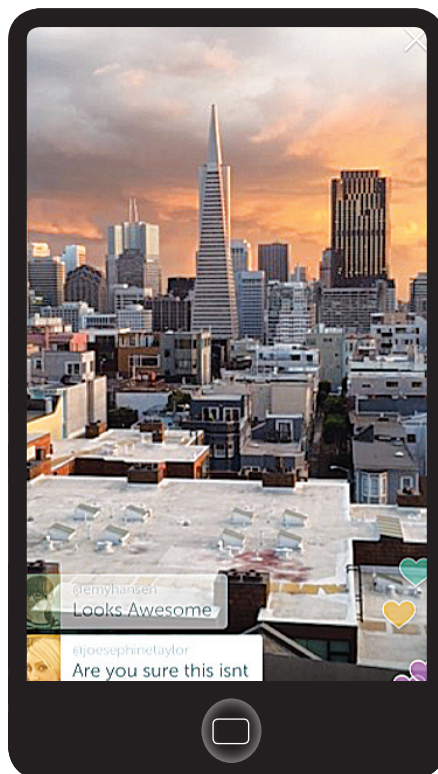
Liking popular things doesn't make you less interesting—because despite what people may try to make you think, your music and fashion tastes don't define you.

Cheers to the Basics. You just do you.

The Finer Things is a semi-regular feature in which Gateway pop culture pundits point to a particularly relevant or pretentious example of art celebrating it for all of its subjective merit. The opinions reflected by Lisa Szabo do not necessarily represent those of The Gateway. We may or may not condone the majority of these actions. We're looking at you Zobo.

datapp

WRITTEN BY Oumar Salifou



Periscope

COST Free
PLATFORM iPhone, Android

Periscope brings live streaming capabilities to anyone with a Twitter account brave enough to expose their unique experience for the entire world to see. With the click of three buttons you can see life through the eyes of a Saudi Prince, a French radio host, or a South Korean teenager.

The interface is simple and easy to use, a map of the world with circles indicating where people are live streaming from, click on the feed and you enter their

world.

The app definitely has some weird moments because of how free it is, tons of financial schemes, occasional nudity and various cringe worthy moments but that's what makes the app so great it allows you to get an unfiltered look into anyone's world.

I've spent hours on Periscope commenting on complete strangers live streams and that's what makes it so different from any social media platform, complete interaction with people you would otherwise never meet is encouraged and made easy. If you aren't live streaming yet you should be.

Dat App is a semi-regular feature exploring the potential alternatives to chat roulette. We cannot guarantee that there won't be any erect penis, plastic fetishes, or generally creepy ass people while you Periscope

GTWY WIBBLE

ALBUM REVIEW



City and Colour *If I Should Go Before You*

Dine Alone Records
cityandcolour.com

Rachael Phillips
ARTS & CULTURE WRITER

If you listened to City and Colour's *If I Should Go Before You* expecting something similar to all other City and Colour albums, you wouldn't be wrong, but you might be pleasantly surprised. The new album boasts

eleven gorgeous tracks, each demonstrating an absolute break-through in the band's already memorable sound. Perhaps most of the similarity between this album and his older stuff comes from Dallas Green's dis-

tinct voice, but that's about it. Listeners of *If I Should Go Before You* are welcomed with the (unheard of in the world of City and Colour) nine-minute opener "Woman," an ambient track featuring sounds of psychedelic and progressive rock and resounding guitar solos. Green continues to explore full-band sounds throughout the album, providing a seemingly more complex and buoyant track list than anything previously done by City and Colour.

One of the greatest surprises on *If I Should Go Before You* is middle track "Killing Time," with guitar work that's both funky and sporadic with smooth vocals that elegantly prove why Dallas Green is one of today's

favourite troubadours. The classic City and Colour acoustic sound hasn't been dumped, but instead was completely expanded upon. Tunes like "If I Should Go Before You" and "Map Of the World" demonstrate Green's decision to revamp the band's sound, mixing the beloved City and Colour acoustics with full, dazzling changes—the refreshing richness and strangely upbeat tempo of the new tracks are only a couple of the deviations that Green made from some of his older work.

Dallas Green has evidently been struck with inspiration, and City and Colour's *If I Should Go Before You* successfully and brightly displays it.

ALBUM REVIEW



Majical Cloudz *Are You Alone?*

Matador
majicalcloudz.com

Sam Beetham
ARTS & CULTURE WRITER

Are You Alone? is the third studio album by Canadian indie pop duo Majical Cloudz. They clearly emphasize their own aesthetic, consisting of layers of ambient synths, minimal drums and Devon Welsh's singsong

baritone, which prominently guides the listener through his own longing and heartbreak. *Are You Alone?* features a somber collection of electronic ballads detailing a relationship on decline. Opening track "Disappeared,"

features gentle plucked chords and airy pads which creates a sparse, melancholic atmosphere that maintains throughout the entirety of this record. The album's titular track's organ and rhythmically pulsating drums makes for the group's most dynamic effort. Unfortunately, the rest of the album remains rather static.

Majical Cloudz' aesthetic becomes central to the album, as opposed to interesting songwriting. While some tracks achieve greatness through the formula, such as "Downtown," which by far has one of the best instrumentals here, others become bland and fade away into the rest of the record. The synths and drums rarely navigate into new sonic terri-

tories, resulting in very few unique musical moments. The subject matter itself is rather one-dimensional too, exploring the singer's emotions and insecurities and not much else. As break-up song flows into break-up song, any intimacy the group may have developed is worn down by each track hitting the exact same notes.

On the song "Change", Welsh repeatedly states, "I am feeling change," however, the listener may not share that sentiment. This album would be best paired with a failing long-term relationship for the objectives of the album to achieve its potential. Otherwise, *Are You Alone?* remains rather soft, static and otherwise boring.

ALBUM REVIEW



Grandtheft *Quit This City*

Pirate Blend Records
soundcloud.com/grandtheft

Jason Timmons
ARTS & CULTURE STAFF • @JOURNPHOBIC

The music world is saturated with talented artists, limitless skill and dedication exist in the hearts of young people all fighting for their chance to make it big and share their

craft with the world. In today's digitally driven world, the chance for artists to share a piece of themselves with the world is tenfold; anyone with enough drive can make

themselves known to the greater music community with just a few simple clicks.

Talented new artists are so ubiquitous that it's oftentimes too easy for extra talented individuals to fall through the cracks without getting the recognition they deserve. Grandtheft is one such new artist. His debut EP *Quit This City*, shows Grandtheft arriving on the scene ready to show the world exactly who he is: a genre-bending DJ with the enough talent to attract features way above his pay grade.

Every track on *Quit This City* follows a different stylistic direction. From the house-inspired "Hold On" to the socially conscious

reggae track "Politics," Grandtheft repeatedly proves that he is unrestricted by the bounds of conventional genre.

Some may say that Grandtheft spreads himself too thin on this album, trying to check all the boxes for appealing genres, but it can be argued that he does so with such meticulousness that he manages to spread himself thin without completely disappearing between the wide expanses of genres he explores. Whether you're in the mood for a down-tempo background song for your next party or a pounding trap beat, Grandtheft will have you covered with *Quit This City*.

ALBUM REVIEW



CHVRCHES *Every Open Eye*

Universal
chvrch.es

Kieran Chrysler
MANAGING EDITOR • @CHRYSLEERRR

It's no question that CHVRCHES had a lot to live up to after their critically-acclaimed first album *The Bones of What You Believe*. After being hyped up by the internet and receiv-

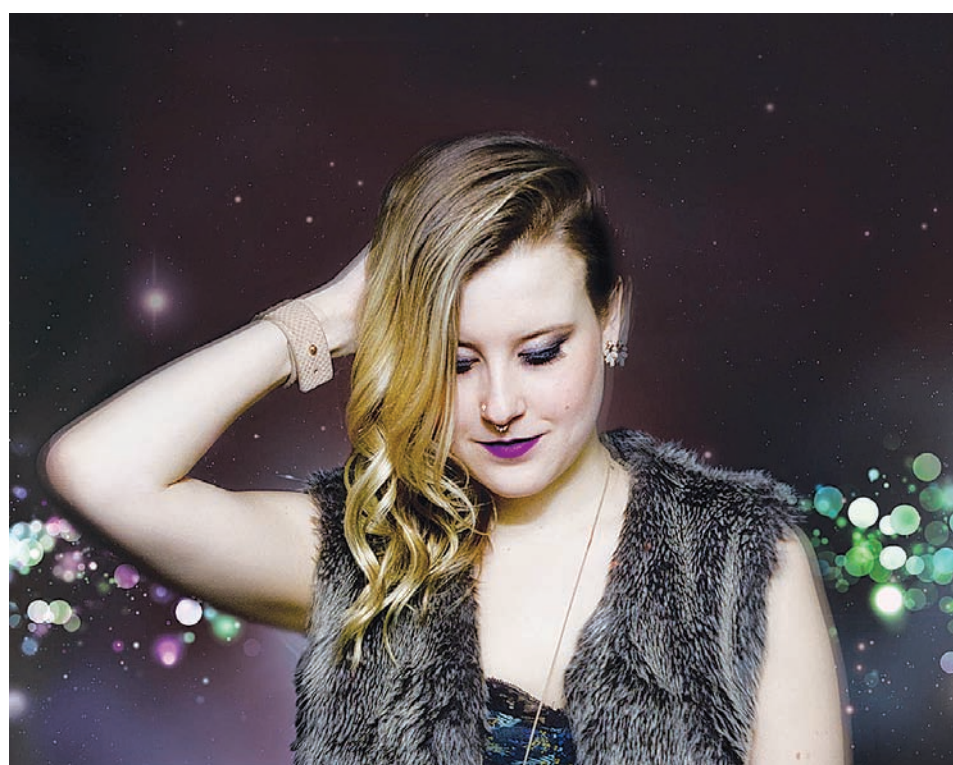
ing great reviews across the board, it seemed that the band managed to bring stadium pop out of its vapid connotations and into a more sophisticated musical palate. *Every Open Eye*,

the band's sophomore record, keeps the accessible nature of their music, while refining and pulling sophistication out of their signature 80's-influenced synthpop.

Keeping with the borderline 80s synths and tracks dedicated mostly to love (or lack thereof) of their first work, CHVRCHES don't stray far from their musical niche. Why fix what isn't broken? But even with their innate talent, they still managed to capitalize on their strengths, and use them to grow for their second record. Most notably, they stripped back their signature electronics that accompany vocalist Lauren Mayberry's impressive range. Iain Cook and Martin Doherty dial back the

synths and samples to a less-frenzied backdrop to Mayberry's voice. She isn't drowned out behind sweeping keyboards like she had been in the past, probably the smartest move the band has made. When you have a pop star who can actually sing, don't hide them behind overproduced stadium pop.

Every Open Eye keeps the synthpop that made CHVRCHES into the indie-scene heavyweights they are today. But with a dialled back sound that puts more focus on Mayberry's powerhouse vocals, they manage to maintain their signature sound, while adding sophistication and a more refined nature to their music.



SUPPLIED-MADISON CURRAH

This summer MacEwan grad Terrian is coming to a festival near you

Raylene Lung
ARTS & CULTURE WRITER

As most post-grads tend to do at the age of eighteen, Teresa Dzavik, who goes by the stage name Terrian, came to the University of Alberta to study general arts. Not even a semester later, she realized she was travelling down the wrong path. "It was just a downward spiral from there," says Dzavik, who realized that if she wasn't studying music, there was no point.

However, there was a light at the end of the tunnel. While here, Dzavik attended her first EDM show at the Starlite Room in 2010: it was a Doctor P show and she witnessed the blossoming dub step scene and

her thoughts began to shift. "That night changed my life and that's kind of when I realized that I wanted to find a way to mix that kind of music with the pop music that I was more skilled at writing," she recounts.

Her journey began and her music inspirations continued to expand across multiple genres. On the electronic side of things, Dzavik looked to influences such as Sigma and drum-bass producers like Metrik. Dzavik has greatly modeled her musical style after the U.K. artist Katy B, who manages to seamlessly blend a mix of house, dubstep and U.K. garage together with a pop ambience.

After parting ways with the

University of Alberta, Teresa entered the music program at Grant MacEwan, a diploma that was primarily jazz-focused. But without it, Dzavik claims she would not be where she is now, vocally.

"That's where it benefited me the most," she explains, "I got to learn about the chords and theory that I would have needed to know." She went on to praise the professionalism, saying that she never played with a band or started music groups without studying in the program.

After gigging during and at school, she felt the need to extend her musical arms and start to perform outside of school.

"I had to do that before I graduated or else I might not ever do it ...

people graduate, and never end up performing again. You have to do it while you're in that musical setting or you might not get that motivation back." Her wise words lead to her wise decision to do just that.

Once she graduated, without wasting a second of time, she released her debut self-titled E.P. on the very last day of her school career. And she did it all independently.

"It's hard when you're doing it as a solo artist ... it is solely my project and my responsibility," Dzavik says. "It's hard to find ways to branch out and get more people to listen."

But Dzavik got people to listen. After playing several shows in Edmonton, she adopted her stage

name Terrian and made her festival debut at Astral Harvest this past summer, while also playing a number of other of other shows, a big turning point came playing the Phantasm festival in Saskatchewan.

"I was there by myself, I drove there by myself and it was just a very liberating moment. I got to do everything on my own and I had to set up everything on my own," she says.

As for next summer? Dzavik plans on playing at least five festivals as well as releasing another single. It's evident that there are big things ahead for this passionate young woman, as she isn't wasting a second of potential stardom.

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ONE GIANT LEAP The NWHL is the first ever professional women's hockey league.

SUPPLIED

The dawn of a new era in women's hockey

With the inception of the NWHL, women finally have the ability to play professional hockey — but will the league be a lasting success?

Jamie Sarkonak

STAFF REPORTER • @SWAGONAK

The newly-started National Women's Hockey league had its very first games last weekend, marking the first hockey game in which women are paid to play the sport at a professional level. Currently, other women's hockey leagues do exist, such as the Canadian Women's Hockey League (CWHL), but players aren't paid. The NWHL, mainly through sponsorship deals, pays its players; average salary is \$10,000 a year, with top players earning around \$25,000.

Four teams faced off for the first time on October 11 — the Boston Pride, the Buffalo Beauts, the New York Riveters, and the Connecticut Whale. The teams are scheduled for 18 games to be played from now to February. This season is a start, but in the sporting community, opinions vary as to whether they'll continue to face off for years to come.

Optimism:

In Pandas hockey, news of a paid league for women is met with a sense of optimism — “controlled optimism,” in the words of head coach Howie Draper. In his 19 years of coaching, there has always been sentiment towards setting up a professional women's hockey league. Finally a pro league exists, but the NWHL is still very new, so a lot of Pandas still aren't considering hockey as a viable career option. There are a few, which shows things are starting to change, Draper said.

“Five years ago, (players) wouldn't have even considered continuing their hockey careers,” Draper said.

Like in men's hockey, few players have the ability to make Canada's national team. A lot of men who don't reach that level can still play in the NHL. Women who don't make the national team usually don't have that option — so a lot of university level players will move on to having a family and career outside of hockey, Draper said. With the NWHL, there's optimism that players will be able to continue their hockey careers while making a living, Draper said. Though current pro players are being paid minimal amounts, it's a start,

he said.

Starting with small salaries is typical of early pro sport — in the early days of the NHL and the CFL, players had to have second jobs in the off-season. Women's hockey is in a similar place, still in its infancy as a pro sport, Draper said. Though women in the NWHL aren't being paid enough live exclusively off of their salaries right now, hopefully that's where the sport will go in the future, Draper said.

Players in hockey's early days participated for the love of the sport — to experience the game and the complete value that came with it. Back then they were barely equipped, and the physical force that is seen in today's NHL wasn't there. For those reasons, female hockey is hockey in its purest sense, Draper said.

■ **“I like to think that female hockey is the essence of what hockey should be, and what it started off as.”**

HOWIE DRAPER
U OF A PANDAS HOCKEY COACH

“I think this male-dominated sport needs to approach (women's hockey) and see it for what it is,” he said. “When and how that domino falls is the question. And maybe this is the start of it.”

The women's game is much different from the men's game, Draper said. Big differences show up in the rulebook: women's hockey doesn't allow body checking and fights. A lot of hockey fans fail to see the relevance of female hockey for this reason, he said. Women's hockey doesn't have the same level of physicality and intimidation.

The NWHL and the CWHL both have a very high level of hockey, as their players are coming from national teams from across the world, Draper said.

“Female hockey and male hockey is kind of like comparing apples to oranges,” Draper said. “The female hockey game is a great game if you can separate yourself from this im-

age of what hockey should be. And the majority of fans can't separate themselves from the male game.”

“I like to think that female hockey is the essence of what hockey should be, and what it started off as,” Draper said. “It's finesse, it's more wide-open ... Females play it because they love playing it.”

The growth in female hockey is progressing in leaps and bounds, Draper said. However, there needs to be a step between the university level and the national level. For athletes that aren't strong enough to make the national team, the possibility of playing pro could help them find more motivation as they move through their university careers.

A pro league is something to work towards in your university career, Pandas goaltender Lindsey Post said. In the past, players in women's hockey either make the national team or they don't — and a lot of them don't, she said.

“I never expected to have a career as a hockey player, I just did it because it was fun,” Post said. “I always liked it for the sake of the game.”

Playing pro would be a “really cool” experience out of university, but it would be questionable whether it would be feasible, Post said. The lower salaries and the high amount of effort required to play at that level are her main concerns — the current average salary in the NWHL isn't nearly enough to cover living, especially if you want to start a family, Post said.

“That doesn't make sense if you're 30 or 40 years old,” she said.

The biggest difference between men's and women's hockey is the amount of opportunities for players, Post said. Females are pushed through the university stream of hockey, where they will play, but also get a degree and enter the workforce, she said. Males on the other hand are pushed through the competitive stream where they will try to make a career out of their hockey.

“As a female, you use hockey to get you a career through scholarships and school,” Post said. “For guys, (hockey) is a job.”

Like many university students, Post isn't entirely decided on what she wants to do after university. Her

practicum at the end of her Bachelor of Arts in Recreation Sport might lead her to a career she loves, but she might also just stick with hockey, she said.

“(Women's hockey) is still great hockey,” Post said “I think (the bigger promoters) just aren't giving it the attention it deserves.”

Skepticism:

Judy Davidson, Associate Professor in the Faculty of Physical Education & Recreation, studies feminism in sport and predicts an NWHL will not last.

The reason lies with society being patriarchal and capitalist, Davidson said. Advertising dollars are what keep pro sport alive, so they need consumers, but the predominant consumers of hockey are white, straight men, she said. In male dominated sports, the female rendition usually markets to the same target demographic.

■ **“I never expected to have a career as a hockey player, I just did it because it was fun.”**

LINDSAY POST
U OF A PANDAS GOALIE

Pro sports are driven by the sports-industrial complex, which has three components: the league, the massive media contract and the consumers. The NWHL has a league, and still needs a major television contract. But it also needs a consumer base. The question for the NWHL is whether it will attract that consumer base that will pay for commodities that advertisers want to sell, she said.

“For any professional hockey league to flourish, it's imperative that they get a major television contract,” Davidson said.

In the NWHL, different marketing of the sexes might be seen in promotional material. Players will likely be described as “dutiful mothers” and “good girls,” with their athleticism made secondary to their role in the family structure, Davidson said.

Though there are more opportunities for male athletes in pro sport, it's

still a rare and privileged position, Davidson said. The path to professionalism is difficult for both men and women.

One of the problems with having women play a sport defined by aggressive masculinity is that they don't play with the same level of physical force, due to regulation. While this is good when it comes to matters of health, it shows the deep ways in which gender roles are imposed in sport, Davidson said.

“(A woman's league) will always be a derisive, secondary form of the sport because those who ‘play’ masculine sports must always be under the sign of erasure,” Davidson said.

Women will play, but they will play according to rules that will allow them to appear as feminine. Those who don't appear as feminine are not considered “women” in the traditional sense, Davidson said. It would be unattractive to the target consumer if the women in pro sport leagues were to be as physically aggressive, or “masculine” as in men's leagues.

The larger forces at play when it comes to pro sport all have to do with marketing. The NHL is able to sell itself because of its intrinsic hyper-masculinity, Davidson said. Players hit, fight, and can expect injury that may alter their facial features. With this as the established version of hockey most people know, women's hockey is going to be a hard sell, she said.

The NHL itself has a large number of players who are allowed to play despite having sexual assault charges. The NHL's dismissive attitudes towards violence against women shows a deep misogyny, Davidson said. Allowing for these behaviors in hockey while trying to also sell a women's game will be an interesting shift, she said.

Looking at the history of women's hockey in Canada, a very marginal, pro women's hockey league can emerge, Davidson said. A lot of this is due to the changing face of the sport — Canada has a very successful national team with an established winning record. And, importantly, an established fanbase. Pro sports need massive fan bases that are willing to spend money and spectate, she said.



LONG ROAD TO THE TOP Nathan Filipek's journey to success has been a long and winding one.

MITCH SORENSEN

Filipek finds success on track and gridiron

Mitch Sorensen
STAFF REPORTER • @SONOFAMITCHE

Though there was a time when it might have looked like he was never going to take the field in CIS athletics, Nathan Filipek was determined to compete at the highest level.

Filipek is not only a wide receiver for the Golden Bears football team, but also a decorated pole-vaulter when track and field season comes around. Averaging 22.2 all-purpose yards per game this season in football, the fourth-year Sciences student also boasts a personal best pole vault of 5.00 metres.

Growing up in Langley, B.C., Filipek recalls developing a love for football from a very young age.

"My parents were both football fans, so they always had it on the TV," said Filipek. "I wanted to play from the time I was six, but they wouldn't let me until I turned eight."

Though this talent on the gridiron was developed throughout his youth, he came to track and field only in Grade 10. Injured and unable to play rugby, Filipek said he came to track practice because throwing the javelin "sounded super cool." Where pole vault was concerned, however, the story is even more down to chance.

"One of my track teammates said that his life goal was to do a backflip," said Filipek. "I hopped up and did one right there. My coach saw, then looked at me and said 'I've got a plan for you.'"

After high school, Filipek moved to Vancouver Island to attend the University of Victoria. Having no other plan in mind than to attend university, Filipek played junior football and participated in club

pole vault, as UVic had no varsity programs. After a few years, it looked like Filipek's academic and athletic careers may have been over.

"[My time at UVic] was a mess, really," said Filipek. "I ended up being dead broke and moving back to the lower mainland, just trying to make enough money to move somewhere."

In his years at UVic and the limbo that followed, Filipek said he maintained a dialogue with U of A pole vault coach Cory Choma. After scraping together the funds he needed to live for a few months, Filipek packed up his car and moved to Edmonton.

"I came here knowing that I wanted to go back to school," said Filipek. "I had no plan, no money, and didn't know anyone, but I knew pole vault was a way into school."

Arriving in July 2012, Filipek worked construction through summer and winter vacation to pay his bills. Eventually making it onto the track and football teams, Filipek credits sports for keeping him going through whatever tough times he had.

"I moved here with the goal of playing both sports, and that's what keeps me focused when I'm working long hours or studying for exams," Filipek said. "Athletics is what brought me here, and it's still the end goal I keep in sight."

Though Filipek is only in his fourth year of CIS eligibility, he will exceed the age limit for CIS football after this season. In terms of what he sees for the future of the program, Filipek has high hopes.

"Being a part of a team that has been on the edge of winning so many games, and goes out

believing every game is winnable has been spectacular," Filipek said. "I'm glad I get to help pull the team in that positive direction."

According to Filipek, playing on the football team also helps him focus for track season. While he trains for football, his rivals train track year-round. This helps him hit the ground running from the first day of track training.

"The second I get to track practice, I'm behind, and I know I'm behind," Filipek said. "I have to make sure all the focus and work is there on day one."

As the defending CIS silver medalist in pole vault, Filipek has his sights set on beating longtime friend and competitor David Mckay of York University, last year's CIS champion.

"We've faced off a lot, and on most occasions, he's won," Filipek said. "So I'd really like to take him down this year."

Whether it be the five seconds it takes to run a football play, or the time he spends in pole vault, Filipek says the desire to get better is common to both sports.

"I wasn't born to be a football player, but I've worked my way to hold my own on the field," said Filipek. "It's the same with track, you can never be stagnant as an athlete and 'just okay' with the level you're at."

Whatever he may have fought through or given up to play high-level sports, Filipek says he has no regrets.


"The day of my first football game last year, I couldn't believe it," Filipek said. "I was just overwhelmed with happiness the whole day. It costs you a lot, but it's worth it in the end."




ROB HISOP



ROB HISOP




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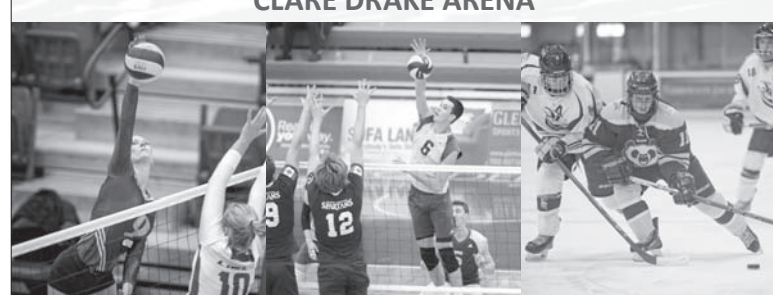






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Varsity sports roundup

pandas soccer



4-0
1-0



After a slow start, the Pandas soccer team is rounding into form heading into the final four games of the season. They extended their winning streak to four games this past weekend, posting a pair of shutout wins over the University of Northern British Columbia Timberwolves — a 4-0 win on Saturday, and a 1-0 win on Sunday. Kristen Livingstone scored a hat trick in the 4-0 victory, with Julia Ignacio adding a goal for good measure.

The Sunday game was a more closely contested affair, with fifth year forward Jesse Candlish netting the only goal of the match, off a rebound from the Timberwolves' keeper. The Pandas now sit above the .500 mark for the first time since the season's opening week, and will look to continue their strong play and make a push for a playoff spot with matchups against the Saskatchewan Huskies and Regina Cougars this weekend. - Zach Borutski

bears soccer



3-0



The Bears soccer team stayed hot over the weekend, securing a 3-0 win against their cross-town rivals, the MacEwan Griffins at Jasper Place field on Saturday. The scoring started early, as rookie Niko Cuglietta scored in the 17th minute to give the Bears an early advantage. The away team controlled the play for the majority of the game, as the Bears fired 18 shots, with 11 reaching the target, while the Griffins only had four, with Bears keeper Connor James only having to make two saves the entire match, as he was able to record his third clean sheet of the year.

Tolu Esan and Shamit Shome also scored in the match, bringing both of their season goal totals to six so far this year — a figure that has them tied for second in the league. The Bears now sit alone atop the prairie division with a 7-1 record, and will look to keep the momentum rolling as they face the Calgary Dinos and Mount Royal Cougars this upcoming weekend. - Zach Borutski

bears football



VS.



After the Thanksgiving bye week, the Bears football team gets back at it this weekend, with a rematch against the UBC Thunderbirds, who won their last meeting 39-21. After starting the season 2-0, the Bears have faced struggles on both defence and offence, suffering from the inability to stop other teams from scoring, and also failing to put up points in key situations.

During their losing streak, the Bears have failed to hold the opposition under 30 points, including giving up a CIS record 80 points to the Calgary Dinos in week three. The Bears will certainly have an easier time winning if they can contain Thunderbirds' quarterback Michael O'Connor, who threw for 203 yards and two touchdowns in last week's meeting. The Bears are currently in a tie for third in Canada West with the Saskatchewan Huskies, while the Thunderbirds are tied for second with the Manitoba Bisons, meaning this rematch will have major playoff implications for both teams. - Zach Borutski



AND WE'RE OFF! Bears hockey started their season this past weekend, seeking a third straight CIS title.

KEVIN SCHENK

Hockey Bears split opening games

Zach Borutski

SPORTS EDITOR @ZACHSPRETTYCOOL

The Bears hockey team started its search for a third consecutive national title this past weekend, splitting their opening games against the Lethbridge Pronghorns, winning 2-0 on Friday and losing 3-2 in double overtime the following night.

Friday night's opener was a low scoring affair, with both teams unable to find the net through the first two periods, but with the Bears holding the overall shot advantage, 20-16.

Both Pronghorns goalie Dylan Tait and his counterpart Luke Siemens stood tall, with Tait especially making some excellent saves to keep his team in the game.

Bears head coach Serge Lajoie said his team took a little while to find their footing in the first game.

"It took a while to find our groove and get going," Lajoie said.

"We're still in the early stages of figuring out what kind of team we are."

The Bears broke through in the third period, with Jordan Hickmott beating Tait through a screen to put his team up one.

After that, the Bears were able to play solid shutdown defense, killing a penalty and holding the Pronghorns at bay, with Riley Keiser adding an empty net goal with under a minute left, making the final 2-0.

Lajoie thought his team's effort improved over the course of the

game.

"Every period we got stronger and stronger," Lajoie said.

The second game was a different story, with the Bears dominating the game, firing 53 shots at the Pronghorns' net, but ultimately falling short of a victory.

The Bears were able to jump out to a first period lead on Saturday, with captain Kruike Reddick jumping on a loose puck in the crease and putting it home, staking his team to a 1-0 lead.

"We're still in the early stages of figuring out what kind of team we are."

SERGE LAJOIE
BEARS HOCKEY COACH

After getting a goal from Rhett Rachinski to put them up 2-0, the Bears stumbled, and allowed the Pronghorns to claw their way back into the game. Goals from Ryon Moser and Tim Campbell evened the score heading into the third. Excellent play from Tait kept the score level, and the game headed to overtime.

Tait continued to stand on his head during the overtime period, stopping all 17 shots the Bears directed his way. The Pronghorns managed only five shots in that same period.

A fluke play in the second overtime ended up giving the Pronghorns the win. The puck

was cleared from the Pronghorns end, with both the Pronghorns' Campbell and the Bears' Siemens racing towards the puck. Campbell was able to win the race, and easily deposited the puck into the yawning cage, giving his team a victory.

Despite the loss, Lajoie praised his team's effort during the game.

"When you assess the performance of our guys, I could not criticize the effort," Lajoie said.

"Sometimes you run into a hot goalie... and that was the difference between us getting only one point of a possible two."

The Pronghorns have finished at the bottom of the Canada West standings the past two years, but played the Bears tough all weekend. Lajoie spoke about the fact that there is no such thing as an easy win in Canada West.

"From a coach's standpoint, I'm happy with a tough weekend, it shows that attention to detail is important," Lajoie said. "The reality is, we get everybody's best game."

Lajoie said he was very complementary of the Pronghorns' performance over the weekend as well.

"They're a hard working team," Lajoie said. "The nature of both games allowed them to stay disciplined within their structure."

The Bears will now take to the road to face the Regina Cougars, who split their opening games against the Manitoba Bisons, while the Pronghorns will look to build on their win when they take on the Saskatchewan Huskies.



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KEVIN SCHENK

Pandas v-ball major threat this year

Mitch Sorensen
STAFF REPORTER • @SONOFAMITCHE

Last Season: The Pandas were looking to have a breakout season, as they had spent the past few years rebuilding a strong program in the highly competitive Canada West conference. After finishing the season at 19-5 and atop the CIS Top 10 Rankings, the Pandas looked like they were preparing to make a deep run into playoffs.

After a hotly contested 3-2 victory over the UBC Thunderbirds in Canada West quarters, the Pandas jumped out to a 2-0 lead in the finals against Trinity Western. It was not to be, however, and the Spartans clawed back into the match, eventually coming from behind to win 3-2.

Still having won a spot in the CIS tournament, the Pandas were looking to avenge their loss. Demolishing Ottawa 3-0 in quarters and outlasting Toronto 3-2 in the semis, the Pandas set up a rematch with the Spartans for the CIS championship. However, déjà vu reared its ugly head, as the Pandas fell in five sets again.

This Season: Having established themselves as championship contenders, look for the Pandas to as-

sert this position early and often throughout the season. Head Coach Laurie Eisler has a squad she can be confident in, regardless of the game situation, and should expect to be in the hunt for CIS and Canada West glory.

Though it has lost several starters from last season, the Pandas offence is still a consistent, driving system spread through all the players. Look for outside hitters like Meg Casault to lead the charge, but don't be surprised if the Pandas have multiple hitters with double-digit kills on a consistent basis.

In addition to their strong offense, the Pandas boast one of the best defenses in Canada. Led by fifth-year libero Jessie Niles, the Pandas have a strong passing game, as well as airtight serve reception and blocking.

None of the games on the Pandas regular season calendar are bigger than their January 8th and 9th matchups with Trinity Western. Look for the Pandas to avenge their two heartbreaking losses and assert their dominance in what is becoming the premiere rivalry in CIS women's volleyball.

Key Players: After several strong classes of young players, Eisler fi-

nally has a championship-hardened team to put on the court. Inexperience is no longer an excuse in 2015-16, look to the Pandas to play like a championship team right out of the gate.

Fourth-year outsiders Casault and Kacey Otto will lead the team on offense, as Casault will look to repeat a 2014-15 season that saw her finish as a Canada West first-team all-star.

Niles will also be called on to shoulder much of the defensive burden, as her 358 digs last year were good for fifth in the nation last year. Look for her to have a world-beating season in her final year of eligibility.

Most missed of all the non-returnee Pandas will be 6'4" middle Dione Lang. Lang, who played her fifth year of CIS volleyball last year, was an incredibly efficient attacker and absolute force on the block. As Pandas captain last year, her leadership will be missed.

Season pPrediction: The Pandas should be disappointed with anything but a Canada West finals appearance. They have no more excuses of inexperience to fall back on. In terms of CIS, anything less than a trip to the semifinals should be taken as a bitter disappointment



QUEST FOR THREE Bears volleyball expects success. JOSHUA STORIE



PANDA PRIDE The Pandas are looking to contend. ROLLIN FU

Volley Bears looking for CIS three-peat

Mitch Sorensen
STAFF REPORTER • @SONOFAMITCHE

Last Season: The Golden Bears came into last year as defending CIS and Canada West champions, and the premiere men's volleyball program in Canada. After blazing to a 15-0 start to the season, the Bears slowed after the winter break and finished with a 21-3 record.

Any inconsistencies in play vanished in Canada West Finals, as the Bears held firm on their home court, victorious against UBC in the semis and Trinity Western in the final by identical scores of 3-1.

Incredibly, the CIS Championship saw the Bears look even more dominant, as they demolished Waterloo in the quarterfinal, Dalhousie in the semi, and Trinity Western in the final, all in straight sets.

This Season: As back-to-back CIS and Canada West champs, the Volley Bears come in to the season as favorites to bring the Chrysanthou Trophy back to Edmonton. With only two players departing from last year's squad, anything less than a three-peat will be a disappointment for the Bears.

The Bears' greatest strength remains their depth. With scoring threats at all positions, look for setter Brett Walsh to spread the ball evenly throughout the season.

With an average starting lineup height of over 6'5", the Bears gave opposing teams fits all season long thanks to their stellar blocking. Led by middles Taylor Arnett and

John Goranson, look for this team to own net play throughout the year.

The premiere matchup in the regular season will come on the weekend of January 8th and 9th, when the Bears will go head-to-head with their longtime rivals, the Trinity Western Spartans.

Key Players: With his starting lineup remaining essentially unchanged, Coach Terry Danyluk will have plenty of faith in his starting lineup. Senior leadership from Goranson as well as 2014-15 CIS First team all-star left side Ryley Barnes complements a crop of younger talent, led by fourth-year Ryan Nickifor and second-year Alex McMullin.

Barnes is coming off of a season that saw him lead the nation in kills, with 376. Averaging 5.19 points per set, Barnes was named a first team Canada West All-Star, as well as All-Star spots in both the CIS and Canada West Finals tournaments.

Fourth year outside hitter Ryan Nickifor will also be leaned on for a large portion of the offensive swings this year. The Sherwood Park native spent the summer captaining the Canadian National Junior Team, and will look to bring that experience to this year's Bears squad.

As MVP at last year's CIS and Canada West Championships, fourth-year setter and team captain Walsh is not only the best setter in Canada, but one of its best

players period. After a summer spent with the Canadian National B team, Walsh will look to better his world-beating 2014-15. With a scarcely believable, CIS all-time best 1,031 assists in regular season play last year, there seems to be no ceiling for how good Walsh can actually get.

Though the Bears only lost two players from last year's championship squad, they will leave a hole in the leadership team of the Volley Bears. Right side Kevin Proudfoot is not returning for a fifth year, and his ballistic missile of a right arm will be dearly missed. In addition, veteran setter Ian Cooper was lost to eligibility.

Season Prediction: In all honesty, it will be an immense disappointment if the Bear's don't bring the Tantramar and Chrysanthou trophies back to Edmonton.

They have enviable depth at all positions, and could probably make a deep run into playoffs with their second string on the court. In addition, the comparative strength of teams in Canada West conference means that their in-season competition will be on par with the victors in the OUA, RSEQ, and AUS divisions.

Lastly, with Danyluk in his 23rd season, and retirement rumors afloat, look for the Bears to send him into retirement with style. The Golden Bears will three-peat as CIS and Canada West Champions.

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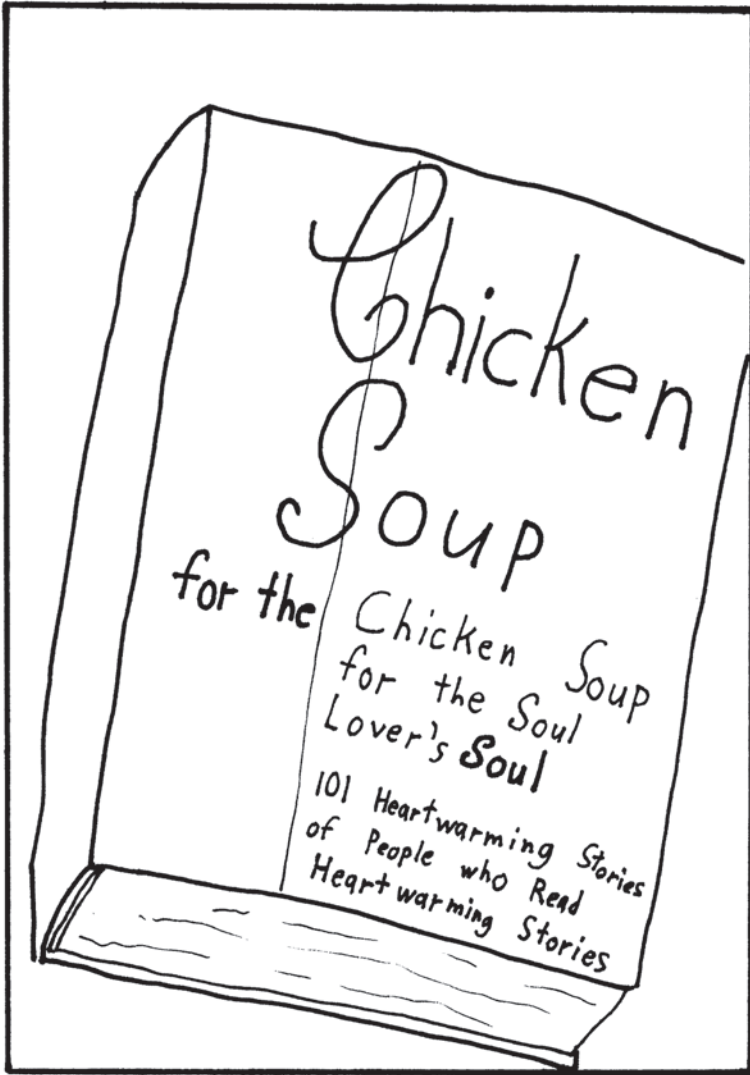
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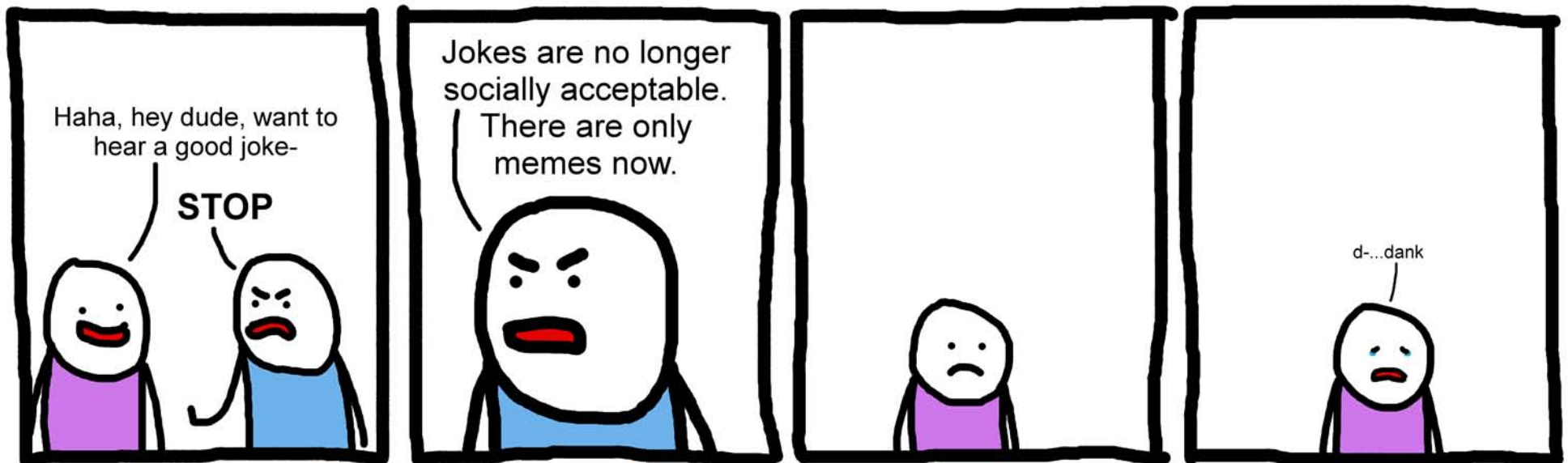
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