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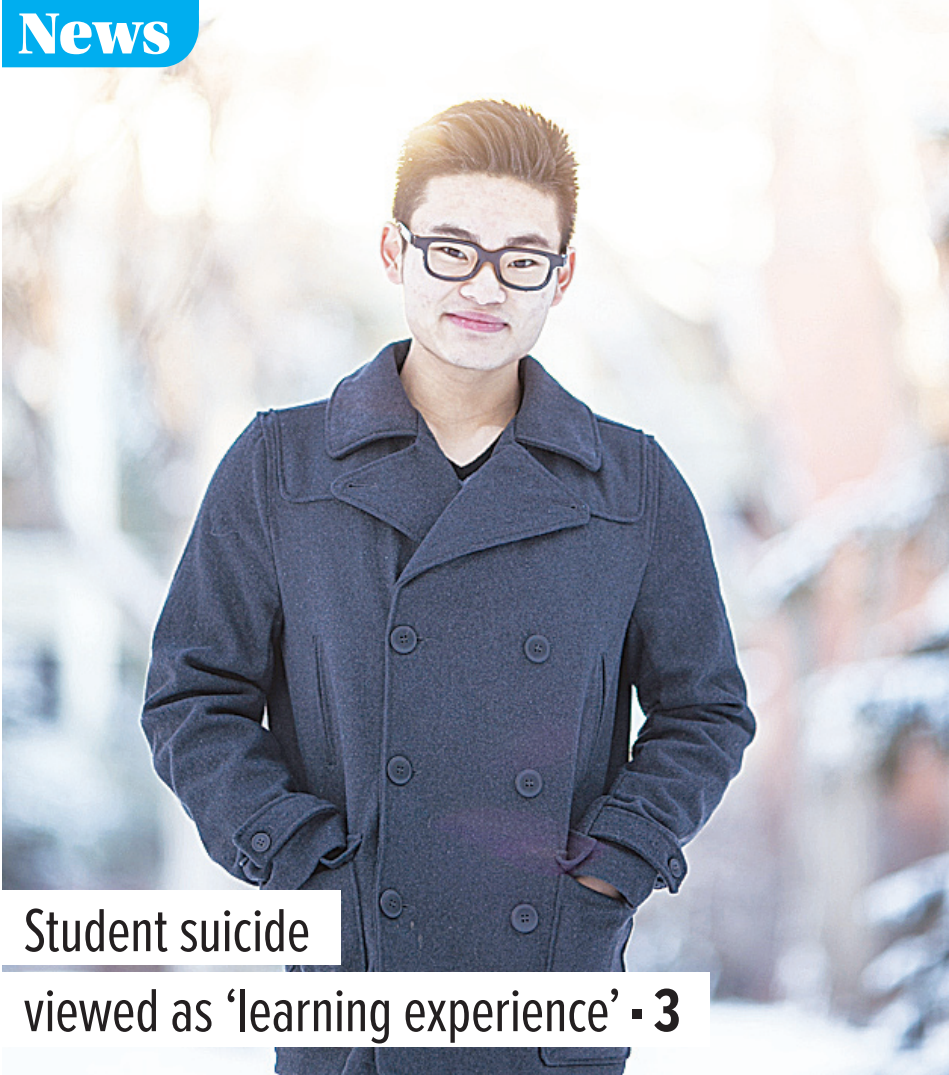
THE UNIVERSITY OF ALBERTA'S CAMPUS MEDIA SOURCE

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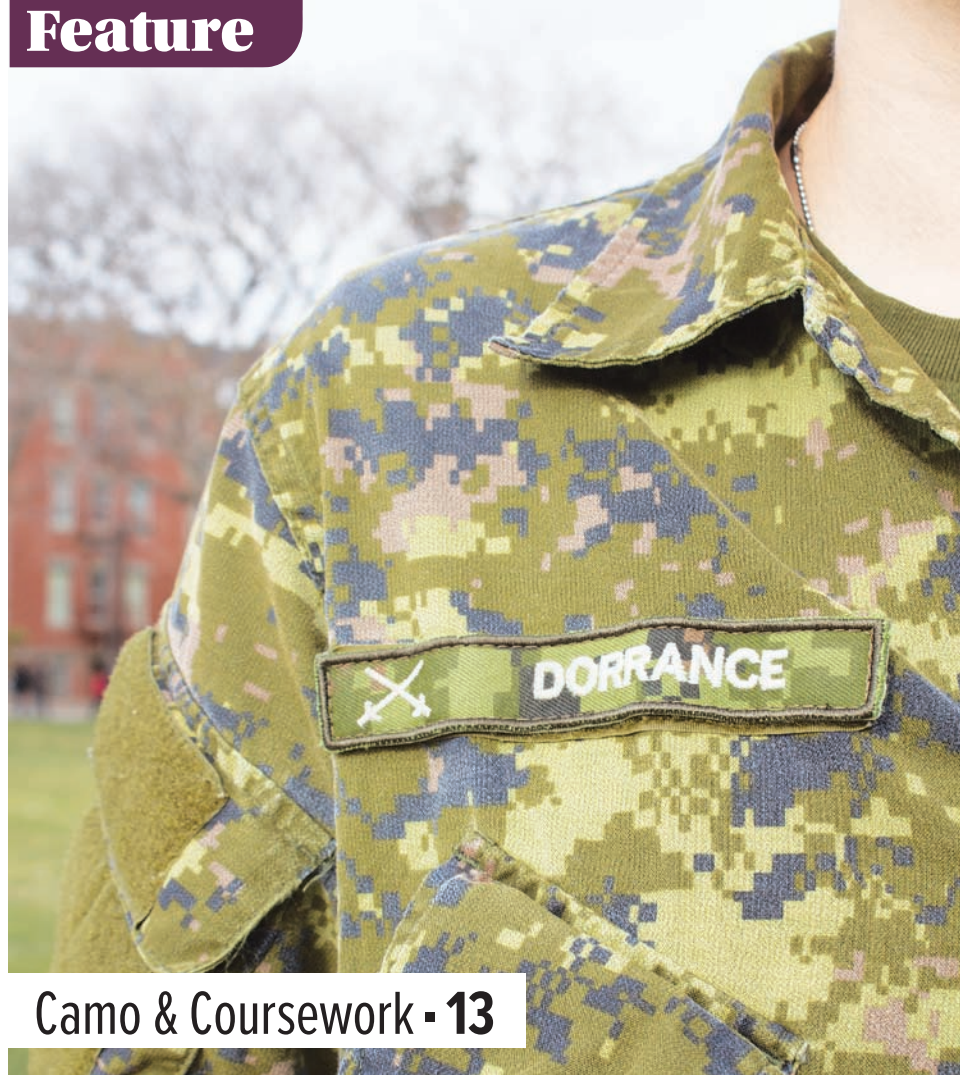
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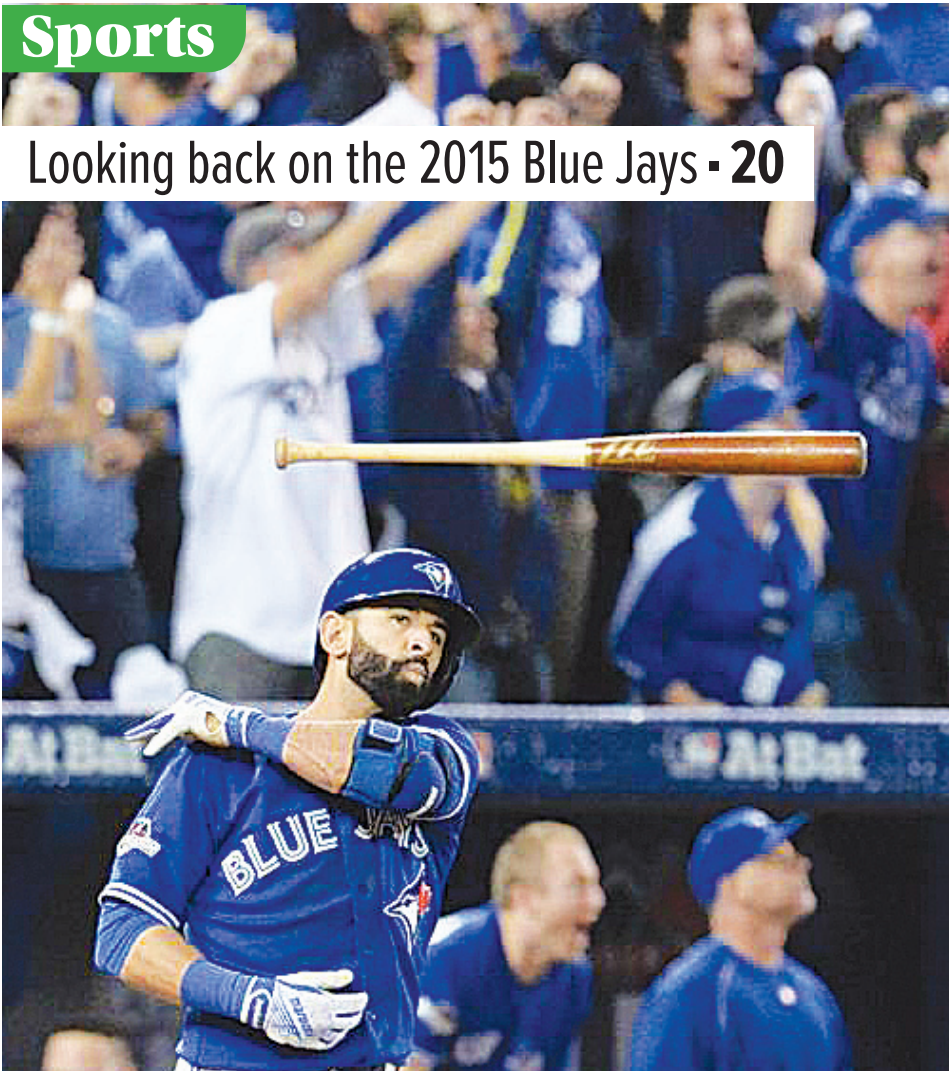
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colophon

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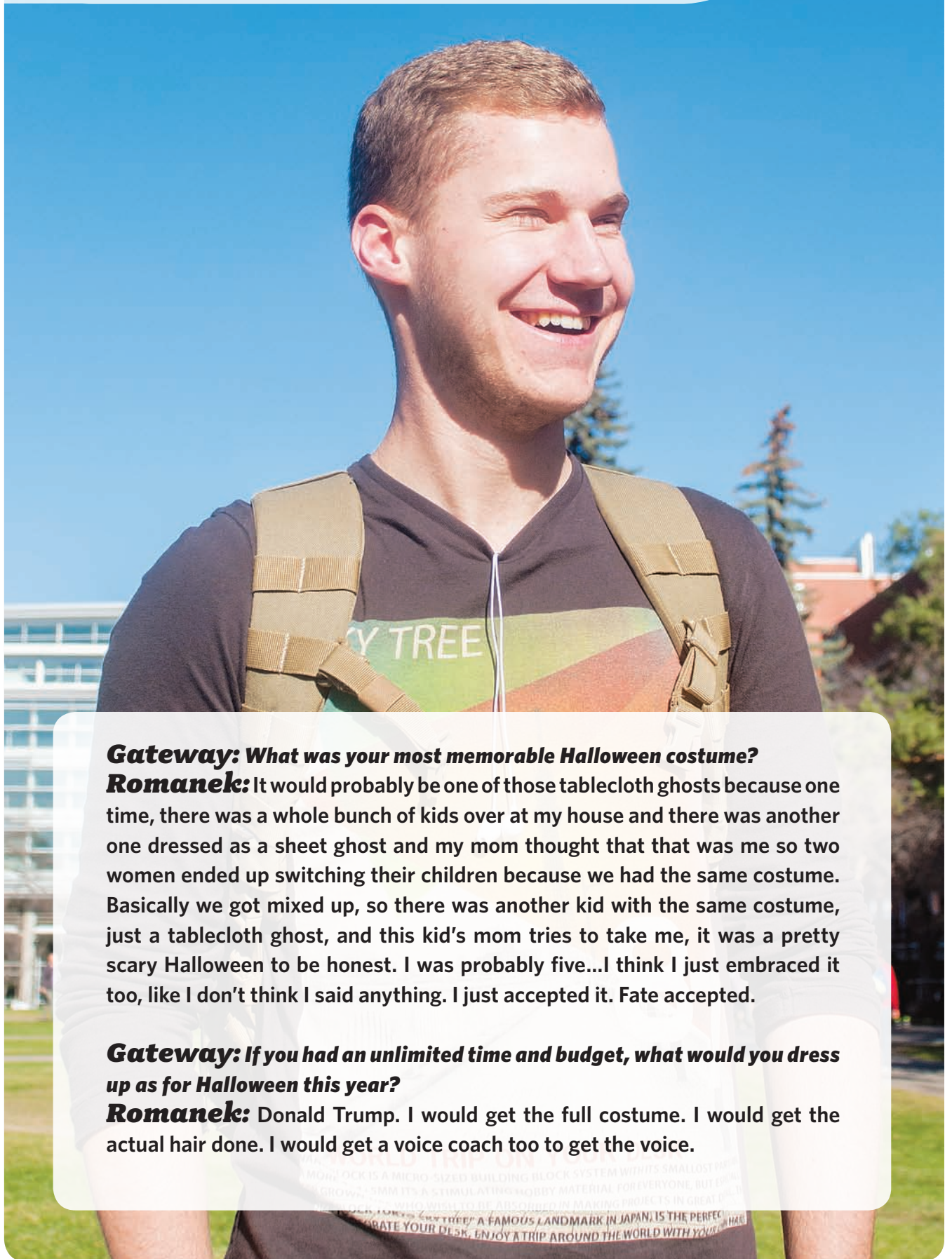


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Meeting UAlberta

Jakub Romanek

POLITICAL SCIENCE III



Gateway: What was your most memorable Halloween costume?

Romanek: It would probably be one of those tablecloth ghosts because one time, there was a whole bunch of kids over at my house and there was another one dressed as a sheet ghost and my mom thought that that was me so two women ended up switching their children because we had the same costume. Basically we got mixed up, so there was another kid with the same costume, just a tablecloth ghost, and this kid's mom tries to take me, it was a pretty scary Halloween to be honest. I was probably five...I think I just embraced it too, like I don't think I said anything. I just accepted it. Fate accepted.

Gateway: If you had an unlimited time and budget, what would you dress up as for Halloween this year?

Romanek: Donald Trump. I would get the full costume. I would get the actual hair done. I would get a voice coach too to get the voice.

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SECTION MEETING TIMES ROOM 3-04 SUB

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SPORTS Wednesdays at 3 p.m.

OPINION Wednesdays at 2 p.m.

ARTS & CULTURE Wednesdays at 4 p.m.

PHOTOGRAPHY Mondays at 2 p.m.

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Family hopes student suicide can be a 'learning opportunity'

Richard Catangay-Liew
NEWS EDITOR ■ @RICHARDCLIEW

Evan Tran's infectious smile could transcend an entire room.

Tran's delightful and quirky grin that stretched from ear to ear whenever he unfurled it is what those around him remembered him for. The signature beaming sign of affection, which seemingly never left Tran's face, was a glowing reminder of the generous and caring person Tran was known to be. To classmates and the campus community, Evan is remembered as a jokester and someone who was positive and happy all the time.

But that was just one side of who he was.

Tran battled with depression and mental health issues ever since he was 15 years old. He never expressed those feelings to his classmates or friends, but when he was at home, where he felt most comfortable, he was sad and melancholic. There were no warning signs for his friends at school.

His oldest sister, Vanlee Roblee, didn't know about his "surreal" double lifestyle either.

"We want to take away the stigma from mental health and suicide."

CINDY LU
COUSIN OF EVAN TRAN

After Evan would put on a bubbly personality at the university, she remembered him coming home and questioning why his brain wasn't working properly. He couldn't formulate any memories while studying. Something that should've taken him two minutes to read took him half an hour.

He sought help. Tran took prescribed medications and regularly saw a psychologist. He tried to overcome his bout with depression, but he was unsuccessful in trying to save himself.

On Saturday, Oct. 18, Tran was reported missing. He was last seen leaving for the university to study and was scheduled to meet his parents at the Golden Rice Bowl restaurant at 7 p.m., but never showed up. After Roblee and her husband, Colin, posted pictures of Tran to Facebook while urging others to spread the word, a flurry of social media posts ensued. But after a visit to Roblee by the police, the search was called off.

Despite his prolonged battle with mental health issues, Roblee was still in "complete shock" when she found out her brother had committed suicide.

"We were aware, but maybe just not how bad it was," she said of his depression. "Honestly, if I knew, I would've stepped in. I would've said, 'you need help now.' But it's hard, because you're navigating something where you don't want to escalate a situation that may not require it."

Angela, Tran's second oldest sister, said the pressures he faced in university were internalized and kept hidden from his friends at school. Tran, like many university students, put unrealistic academic

expectations on himself. The two talked about failure often. Tran couldn't help but hold himself to certain academic standards, many of which he didn't achieve.

He had setbacks, but never discussed them with his friends at school. He thought it was "shameful" for his friends to see him like that. Tran gave them no indication of who he really was or how he would truly feel.

That attitude, the embarrassment of knowing when you need help, is what Tran's family is trying to overcome. They see the tragedy as a learning experience, not just for them, but also for others who may find themselves in a similar situation. Society is bred to think that people can't talk about their sadness, slumps and struggles, and the family sees their openness following Tran's death as an opportunity for preventing further tragedies and keep the mental health conversation going.

"For others, how many of them didn't have that opportunity to have this sort of outlet?" Angela Tran asked. "To be given that opportunity to make a positive change, why wouldn't we take it?"

"We want to bring something positive to his death," Vanlee Roblee added. "We want to honour him."

While Tran didn't seek help from his friends, he always offered his assistance to them.

When Students' Union Vice-President (Student Life) Vivian Kwan ran in the SU elections last year, none of her volunteers showed up one day — except Tran. He taped Kwan's posters to billboards, approached random students to give them her flyers and vouched for her support on social media. He even reminded her to eat three times a day, as appetites tend to get lost on the campaign trail.

"He was like, 'Hey, just let me know what you need and I'll do it for you,'" Kwan recalled. "And then he just started taking up duties."

"It was just really heartwarming. I could never forget that."

Kwan was eventually elected with Tran's help. One of the most prevalent items in the Student Life portfolio is mental health. Kwan admits that mental health initiatives are long-term projects, but Tran's death and his family's willingness to be open about preventing future suicides could create the awareness that these battles need right now.

Tran knew about the mental health services offered on campus and used them. Kwan wants to implement an evaluation process on the services to see how the SU and university can improve each area.

"Clearly, for Evan, he used the services, but what's missing?" Tran asked. "We don't know, so hopefully we can start working and see what we can do better. If we have more students equipped with skills to identify crises, that might be a great help."

"Evan was always smiling, but you never know what's really underneath and inside."

Tran was afraid of being judged and criticized, which is why he was afraid to reach out. His family want to learn what others can take with them as tools, his cousin Cindy Lu



REMEMBERING EVAN TRAN A memorial is planned for Evan Tran at Dinwoodie Lounge on Oct. 21 at 6 p.m.

SUPPLIED

said.

"We want to take away the stigma from mental health and suicide," Lu said. "It does happen. It's a real disease, and it's not an easy fix."

Dean of Students Robin Everall called Tran's family. The family made it known that they were using his suicide as a learning experience, and Everall told them that was why she requested to meet with them as well.

"We want to bring something positive to his death."

VANLEE ROBLEE
SISTER OF EVAN TRAN

The university can appear "cold" and "institutional" when it comes to tragedy, but suicides impact Everall and the U of A deeply, she said. Tran was well known by the Dean of Students office as he volunteered for their mental health initiatives. He was a moderator for the University of Alberta Compliments website and had undergone mental health assistance training. But even then, he didn't get the help he needed. What mental health services work for others didn't work for Tran.

"Post-secondary institutions are all challenged not only in how to provide those mental health services, but in helping people reach out to them when they need to," she

said. "That's sometimes a harder piece than having the services available. What we need to help message is to say, 'We all struggle.' There's no shame in reaching out when you struggle. So when you struggle, this is what we have to offer you. Please use it."

That's why a large crowd is expected at a campus memorial for Evan on Wednesday, Oct. 21 at Dinwoodie Lounge from 6 to 9 p.m.

One of the speakers at the event is Tran's close friend, William Lau.

Tran's reach on campus went beyond volunteering. He was elected as a representative on the university's Students' Council and General Faculties Council. He was also an active participant in various student groups, including the Stollery Youth Committee, where he met Lau.

Lau felt an instant connection to Tran. They clicked right away, as they both were at an event to take photos, had wide-framed glasses and spoke Chinese. Both of them are also known for their dual radiant smiles.

"If I had to describe his role on campus, he would be a servant leader," Lau said. "He always put others first, and was extremely humble. He put this heart into making things better for other people and was a real giver. He'd just be there for others."

His viewing (Saturday, Oct. 24 from 6 to 9 p.m.) and funeral service (Sunday, Oct. 25 at 11 a.m.) at

Connelly-McKinley Funeral Homes are also expected to be overcapacity, Tran's brother-in-law Colin Roblee said.

Tran wanted to improve other's mental health through his actions on campus. When those at the viewing and funeral reminisce on Tran's life, Roblee hopes the suicide doesn't sully his memory.

"We want to change people's perceptions. We don't want people to think he took the easy way out," he said.

For Vanlee Roblee, she'll never forget being in the emergency room when Tran was born. She even named him. Evan meant "little warrior."

Tran may have lost his fight with depression, but his sister Angela Tran said she thinks he would be proud to see what he's done to create awareness on the issue of mental health. He never wanted to inconvenience anyone, so he might feel conflicted with the impact he's made, just might surprise him, and even make him smile.

"He was a complex individual and had these two lives," she said. "I want these two lives to coincide. I want people to understand that you have your good side, but you have your warts as well. That's what makes a person a person. I always saw him when he was happy. As much as he was capable of joy, he was also capable of extreme sadness. It's OK to be open and have both sides."

Canada Votes 2015



LIBERAL LEADER Justin Trudeau will lead the Liberal Party of Canada majority government after being elected on Oct. 19.

ANDREJ IVANOV — THE CONCORDIAN

Student leaders react to federal election results

News staff
@GTWYPOLITICS

Justin Trudeau's Liberal Party of Canada was elected to form a majority government with 184 seats after gaining significant ground in Eastern Canada, the Territories and British Columbia. J. Trudeau and his Liberals ousted Stephen Harper's Progressive Conservatives, who managed to win only 99 seats.

In an almost complete reversal of the 2011 election, Tom Mulcair's New Democratic Party fell to 44 seats. This figure was less than half of their 103 seats won with the late Jack Layton as leader, which saw them form the Official Opposition party.

As Trudeau moves into the driver's seat in Ottawa, the PC party announced that Stephen Harper will resign his leadership.

The Bloc Quebecois won and unprecedented 10 seats in their home province. Green Party Leader Elizabeth May retained her single seat in Saanich-Gulf Islands.

"I'm pretty shocked, I don't think anyone expected such a big Liberal majority," Students' Union President Navneet Khinda said. "I think a lot of people expected the 'Orange Wave' in Alberta to be reflected in

Canada, and we're not seeing that."

In an election that saw more than 68 per cent of eligible voters in the country cast a ballot, 73 per cent voted in the U of A's Edmonton-Strathcona riding, electing the NDP's Linda Duncan.

There were several races that came down to a small number of votes. Khinda pointed to her home constituency of Edmonton-Mill Woods, where Conservative incumbent Tim Uppal was ousted by Liberal Amarjeet Sohi by a mere 80 votes.

"I'm pretty shocked. I don't think anyone expected such a big liberal majority."

NAVNEET KHINDA
PRESIDENT, STUDENTS' UNION

"Some of these ridings were super close," Khinda said, "So I'm really glad students voted. I think having these close races and the want for change really got people excited about voting."

Khinda said that though the three non-conservative wins in Edmonton will get some people excited, she said she wasn't sure what to

make of the rest of the province going mainly blue.

"I saw a quote about how none of us are living under a Conservative Government now, even though we have a lot of Conservative MPs in Alberta" Khinda said.

SU VP (External) Dylan Hanwell, who led the national Get out the Vote (GOTV) campaign said he's waiting to see is the election demographics. Leading up to the elections, about 4,000 U of A students pledged to vote in the campaign. Along with the GOTV, Hanwell organized the advanced polling stations in SUB, where about 3,000 students cast their ballots last week.

"Hopefully (the federal government will) realise that students and youth across the country were people that voted for them, and they owe at least a portion of their success to the younger demographic," Hanwell said.

Though the original goal for GOTV was 7,500 pledges, Hanwell said he's "still happy" in reaching 4,000 students.

Students who pledged to vote were reached on Monday over email, phone, and text with reminders to vote. Making those phone calls was actually a really exciting part of the campaign, Hanwell said.

Election night, volunteers and democratic enthusiasts on campus, ended with viewing parties in Dewey's and RATT.

The Canadian Alliance of Student Associations (CASA), an organization designed to synchronize student organizations and advocate on their behalf to the federal government. As CASA's Director-at-Large, Hanwell said he is looking forward to the Liberals putting tax credits into low-income and middle-income grants for students, which is something the CASA has been lobbying for.

"This is a different party, its a new leader ... different things will be possible."

DYLAN HANWELL
VICE-PRESIDENT (EXTERNAL), STUDENTS' UNION

"We hope that (the Liberals) put it in sooner rather than later," Hanwell said.

Khinda added that she's looking forward to the reallocation of education and textbook tax credits to up-front grants, which she said the Liberals had as part of their platform.

Now that the election is over, Khinda and Hanwell pointed to the upcoming lobby week as the next major event to prepare for, both at the UASU and CASA levels.

"If students truly came out [to vote] in big numbers, and I think they did, there's going to be some pressure on the new government to make those changes," Khinda said.

Though she said the federal government is involved in university in a more hands-off way than the province, Khinda pointed to the federal level as key in attracting research dollars.

"The federal government is responsible for many loans and grants," Khinda said, "as well as handling immigration and citizenship for international students. Since there is no post-secondary minister, there are many government ministries we have to work with."

This year, U of A students have seen major turnover in leadership at three different levels: institutional, provincial, and federal. This amount of change is "incredible," Hanwell said.

"This is a different party, it's a new leader. We'll probably have to change some of the ways that we approach government," he said. "Different things will be possible."

Political science prof reacts to 'surprising' results in federal election

Jamie Sarkonak
STAFF REPORTER • @SWAGONAK

Steve Patten is an associate professor in the Department of Political Science. A specialist in Canadian political parties, public policy and democracy, Patten spends his time both researching and teaching. Party system change — a recurrent theme in this year's political land

Q: What was your reaction when the results came in?

A: I was surprised, like most people ... I didn't expect (the Liberals) to do as well as getting 39-40 per cent of the

vote, I expected it to be more like 35-36 per cent, and I expected it to be a minority.

Q: Your thoughts on having a minority as opposed to a majority?

A: Well there's two immediate thoughts. One is that this is a false majority. The Trudeau Liberals got around 40 per cent of the vote, but they got 50 more per cent of the seats. So the number of seats is actually not in line with the way Canadians voted. I was also hoping that if we had a minority, it might force Justin Trudeau to compromise to work towards cooperation. False majorities put so much power in

the hands of the leader of the governing party, and I think we're at risk of not seeing politics change as much as many of us would like to see it change.

Q: What will a Liberal majority mean for life in Alberta?

A: For the people of Alberta, the relationships that the Trudeau government builds with the provinces and with our big cities (are) very important. His plans to spend more and invest more in infrastructure is an opportunity for our mayors to work with the Federal government to advance projects in transportation, social housing, and other things that are quite vital

and quite important to them.

Q: Do you foresee any challenges with legalizing marijuana?

A: I don't expect it to happen very quickly. I think what we'll see quickly is putting in place a clear, decriminalization of marijuana, which is just changing what happens to people who are arrested with marijuana. But legalization requires some real solid policy work on what approach to take on growing and selling. There's an awful lot of detailed policy questions that need to be followed though. So I wouldn't really expect that sort of thing to be happening quickly. I sus-

pect there's a good chance it won't even happen while Justin Trudeau is Prime Minister, but we are moving in that direction.

Q: What do you think Trudeau meant by "Sunny ways?"

A: I don't remember exactly what he said, but the thing that really stood out in this is in his acceptance speech was when he talked about positive politics and diversity ... Let's just hope this positive politics is really a new style that Liberals can be pleased with, but so could New Democrats and so could Conservatives even if they don't agree with the policy direction.



ICE INSPECTOR Meet the crew that runs and maintains the Clare Drake Arena.

JAMIE SARKONAK

Campus Careers: Clare Drake Arena

Jamie Sarkonak
STAFF REPORTER • @SWAGONAK

The morning facility check, not caffeine, is what wakes Clare Drake Arena supervisor Monty Wood up in the morning. Now in his 27th year at the University of Alberta and his 16th at Clare Drake, Wood's daily routine is instinctual.

Wood arrives at Clare Drake Arena at 8 AM after dropping his kids off at daycare and school. The morning starts with a routine check of the premises. He goes through the facility, checking on everything. Leaky taps? None this morning. Burnt out lights? There's one on the second floor.

Wednesday morning is particularly important for maintenance duties. The weekly ice thickness readings must be taken, advertisements on the boards changed out. Every few Wednesdays the arena crew will clean the glass, which will never be completely clear. The outside glass is always victim to handprints, and the inside is always being beaten up by flying pucks. It's one of those things you always need to do, Wood said.

"Every day is kind of packed, but we don't think of it in those terms," Wood said. "We come to work and go, 'Okay, what do we have to do today?'"

After the morning check, the Zamboni schedule is what governs the staff. The schedule dictates when arena staff must "flood," or resurface, the ice, which has to happen between each skating group.

During the day, Wood's time is spent at his desk under the stands of the West end of the arena. The administrative grind at the arena is like that of any other, non-hockey job. Wood double-checks timesheets, coordinates with the accountant, and fires off a few emails. Wood gets a

break from office duties when Zamboni schedule dictates.

Within the framework of the Zamboni schedule, staff work on outside tasks, such as leaving the facility to buy parts, or performing maintenance on PAW exercise machines.

The only time of the year where regular arena duties are paused is right before finals, Wood said. The guys at Clare Drake are responsible for setting up the 3,000 desks in the Pavilion, Main Gym, and Education Gym as the end of the semester.

The usual shift finishes up at 4:30 p.m. in the middle of varsity practice, which run from 3 until 7 p.m.. The evening staff then takes over, and oversees the evening intramurals.

The evening staff work the ice as intramural teams cycle on and off the rink. During games, maintenance checks Clare Drake for the little things. Are the right doors locked? Yes. Has a disgruntled player damaged the locker room? No.

The Zamboni floods the ice one last time after intramurals and retires to its garage on the West end of the arena. A couple of grease points are attended to, and then it's put away until the next day.

The last little machine to work that evening deals with the rough ice in front of the bench, ravaged by the day's skaters. Closely resembling a push-lawnmower, the edger's only its blade is oriented almost vertically, to shave down ice against the boards.

The arena staff leave at 1 a.m. The cycle restarts in seven hours.

"(Clare Drake) is a neat old building," Wood said.

"You know, there's times where you wish for a variety of reasons that we could have something new and shiny ... But it wouldn't be the same feeling. It's a grand old place."

Q: What's the most rewarding thing about working at Clare Drake?

A: We get to watch the (Bears and Pandas) grow up. When they're here, they come in as a first year ... And then when they leave they're classy people. And to even see the alumni now — one of the Golden Bear alumni is the Edmonton Oiler's goalie coach. Other ones have obviously had varying degrees of success, but they come in young, naïve. Seeing them grow up is pretty cool.

Q: What's the worst damage that's ever happened to the facility?

A: There's one dressing room where there's a hole in the washroom stall door cause somebody kicked it with their skate.

Q: What do you look forward to most at work?

A: Being able to be here for hockey games. You're basically being paid to watch hockey.

Q: What's your relationship with hockey?

A: I've played the game my whole life. Refereed for 25-plus years. I was fortunate enough to be a linesman at the CIS level for six or seven years. Hockey's a great game, it's a Canadian game.

Q: What's the funniest mishap you've ever had to deal with?

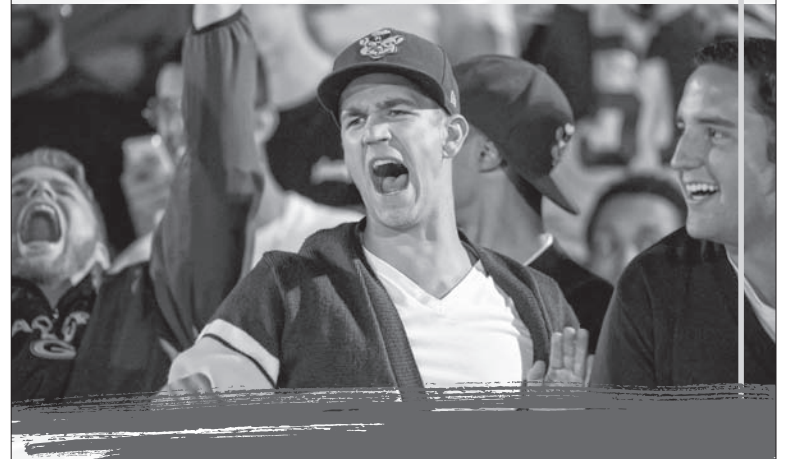
A: I don't know that it was humorous to me, but we use steam to melt the snow in the pit (the Zamboni) dumps into. And this was quite some time ago. One of the past employees left the steam on all night. So when we came in in the morning, we were literally squeegeeing the walls of the entire building cause it was raining. Like, the front lobby — that whole area was raining, it was just water.



JAMIE SARKONAK

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Is former SU President Kusmu one of Canada's smartest?

University of Alberta alumnus and Students' Union leader to participate as a contestant in CBC's *Canada's Smartest Person* program

Mitchell Sorensen

STAFF REPORTER • @SONOFAMITCHE

A familiar University of Alberta face will soon be on CBC, under the lights.

Alumnus and former Students' Union President and Vice-President (External) will appear on Sunday, Oct. 25's episode of *Canada's Smartest Person*, a CBC show tests more than just trivial knowledge.

"It's a really cool show in that it tests multiple intelligences," Kusmu said, "They set up these bizarre, ridiculous challenges to test how strong you are in the six different kinds of intelligence."

The show test competitors on linguistic, logical, social, musical, physical and visual skills. Kusmu was quick to credit his undergraduate experience at the U of A for preparing him for the show. With a double honours degree in economics and political science, Kusmu was also involved in the Musician's Club on campus.

"I think the university experience can help you work on all the intelligences you have," Kusmu said. "Even going out and partying worked on my physical abilities, with dancing and whatever."

Though Kusmu will be the second U of A alum to appear on the show, he said even speaking with Braden Lauer, who won the show's inaugural season, did little to prepare him.

"He and I chatted before the show," he said. "His advice was basically to cross your fingers and go for it."

Kusmu pointed to the variety of the show's challenges as making it particularly difficult to prepare for.

"You can try and prepare yourself by watching other shows," Kusmu said. "Really it just shows you how gut-wrenching and nerve-wracking



INTELLIGENT ALUMNUS Petros Kusmu will appear on CBC's *Canada's Smartest Person*.

CHRISTINA VARVIS

the show is. Beyond that, it's a matter of enjoying the ride."

Rather than applying to be on the show of his own volition, Kusmu recalled the CBC contacting him to be on the show. After a long dialogue between the two sides, Kusmu made the decision to put in an application, and was accepted to appear on the show.

As he was in the last months of completing a master's degree at the London School of Economics, Kusmu took some time off from working on his thesis to travel to

Toronto and participate in the competition.

"For me, it was cool to prove to my younger self that intelligence isn't just book smarts, and it's not static," Kusmu said. "I remember watching shows like Jeopardy! as a kid, those shows perpetuated the idea that intelligence is reciting facts, when it's more than that."

Kusmu also recalled that the show strives to portray intelligence as not only multi-faceted, but as something that anyone can possess. He pointed to his fellow contestants as

being very diverse in terms of age and background, as well as being great to compete with.

Although he hasn't been able to reveal to anybody the results of his episode, Kusmu said keeping the secret hasn't been difficult.

"I'm perfectly fine keeping it all under wraps," Kusmu said. "My family and my girlfriend are all excited to see what happens, so it's going to be special."

Having completed his Master's, Kusmu is working at an Edmonton startup until December, when he

will return to London to graduate. After that, he will be moving to Calgary for a position with Deloitte.

"I'm going to be a business strategy consultant," Kusmu said. "My process was essentially asking myself 'what can I do that's as close as possible to being SU president without being in office?'"

Kusmu admitted that moving away from Edmonton would be difficult, but said it was time to start a new chapter in his life.

"If anyone needed to move on (from the U of A), it was me."

Year of 52skillz celebrates trying new things

Mitch Sorensen

STAFF REPORTER • @SONOFAMITCHE

For Stephen Robinson, exploring caves and driving go-karts with former pro racers have been part of the day-to-day in the past year.

As the creator of the 52skillz blog, Robinson set out last fall with the goal of learning a new skill every week for a year. Documenting the process via weekly videos and blog posts, the 52nd skill went live on Robinson's website on Oct. 14.

"I had this massive list of things I wanted to do and never followed up on," Robinson said. "I had no one to hold me accountable to finishing stuff, so I created the blog to make sure I followed through."

Robinson said that he, like many people, accepted finishing their work or school day and watching TV instead of doing "super amazing shit." According to him, it is social accountability that pushes people to do new and exciting things.

After a year of learning new things, Robinson said his first few weeks of not doing the blog have been somewhat uncomfortable.

"I've been going a bit stir crazy," Robinson said, laughing. "It'll be nice to not have a weekly deadline to hit, but it feels like my kid is leaving the nest."

Robinson pointed to a trip to Detroit when he explored abandoned buildings as the most fun he's had this year. He called climbing into the city's various abandoned churches and apartment complexes, "one of the last true forms of exploration."

In terms of the experience that



SERIES OF SKILLS Stephen Robinson learned new things over one year.

SUPPLIED

would have the most lasting effect on him, Robinson said his experience surviving in the Amazon was above the rest.

"I went into the Amazon rainforest for three days with a machete, a guide and a backpack," Robinson said. "That one gave a lot of perspective in terms of appreciation through deprivation."

Skill #52 posed the biggest challenge for Robinson, as it involved constructing an enormous Rube Goldberg machine that would serve as a journey through the year and other 51 skills.

"I'd imagine that 200 to 300 hours went into that thing," Robinson said. "I was really lucky that my buddy's parents let me use their shop, I couldn't have asked for a better place to do it."

Entering the fifth year of a psychology degree, Robinson said that there are many ways that learning in the classroom can apply to the outside world. Promoting the series and marketing meant using the skills he gained in his psychology classes in a practical way. However, psychology

wasn't the only thing he learned.

"After the Rube Goldberg machine project, I can MacGyver anything now," Robinson said. "Give me paper clips and a hot glue gun and I can make anything."

Future entries on the website will focus on in-depth learning on specific skills, though he said he had many ideas, Robinson knew where he wants to start.

"One of the things I definitely want to do is become a zombie survival expert," Robinson said, "so stay tuned for that."

When asked about how others can start learning in the same way he did, Robinson gave the example of the skill that made him the most nervous. According to Robinson, he would never have gotten on stage to do stand up comedy without his support network.

"I think it's important to find what interests you, then get some friends together who will make sure you do it," Robinson said. "That's how you do new things and get stuff done."

List of Robinson's 52skillz

1. How to Burning Man
2. How to dumpster dive
3. How to be a less shitty roommate
4. How to be stoked at any time of day
5. How to scare a bunch of people
6. How to drift in super shitty cars
7. How to rappel down the side of a bridge
8. How to propel flaming metal objects at things
9. How to build an electric scooter with a drill
10. How to do a barrel roll in a plane
11. How to float in a sensory deprivation tank
12. How to urban exploration
13. How to affordably race rally
14. How to ski for free (and prove a point)
15. How to open a banana
16. How to turn your house into an instrument
17. How to build a synthesizer
18. How to moonwalk across Costa Rica
19. How to pole dance
20. How to drink fast
21. How to do standup comedy
22. How to turn your car into a tank
23. How to write and perform a song
24. How to ski without a ski hill
25. How to magic
26. How to have the best six months of your life.
27. How to turn vegetables into instruments
28. How to build a guitar for \$10
29. How to Viking
30. How to cook a steak
31. How to break down a door



SUPPLIED

32. How to Viking part 2
33. How to build a motorized guitar pick
34. How to be metal
35. How to attract fewer women
36. How to build the deadliest weapon in Bolivia
37. How to get out a a Bolivian jail
38. How to survive in the amazon
39. How to play a recorder at 6088m
40. How to open a beer with anything
41. How to harvest beats from the farm
42. How to milk a cow
43. How to race go karts
44. How to live in your car
45. How to juggle
46. How to make apple sauce
47. How to pun like Horatio Caine
48. How to cave
49. How to climb Everest
50. How to build an app
51. How to do a backflip
52. How to build a Rube Goldberg machine



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- Club de danse et fitness
- Earthwise
- eHUB
- Energy Management and Sustainable Operations
- Engineers Without Borders
- Facilities and Operations
- Faculty of Agricultural, Life and Environmental Sciences
- Faculty of Graduate Studies & Research
- Feminists at the University of Alberta
- Global Education Program, University of Alberta International
- Greenpeace on Campus
- Health and Wellness Movement
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EDITORIAL COMMENT

Many precautions to take before legalizing marijuana

LEFT-WINGED FOLK REJOICED WHEN IT WAS ANNOUNCED THAT Justin Trudeau, leader of the Liberal Party, is the new Prime Minister of Canada. Supporters are celebrating the optimistic campaign promises, including lower taxes, more infrastructure investments and a promise to launch an inquiry into the thousands of missing and murdered indigenous women. But a promise that has many hippies and stoners especially stoked is the promise of legal marijuana sometime in the near future. So how long until there's a dispensary in every McDonald's?

Unfortunately, probably not anytime soon. The decriminalization while we wait for legalization should lighten the "War on Drugs" economic strain via the prison system. But in the interim there is a lot that needs to be discussed before weed can and should be easily accessible. From how much to tax it, to personal plants, to approving more large-scale producers, there are significant details that need to be discussed.

Something that is absolutely necessary to the legalization process is more thorough studying of how varying amounts of THC and other psychoactive components in the bloodstream affect the brain's functioning. There are numerous of neurological changes that happen when you get high and just a few major ones are reduced multitasking ability, reduced attention span, and reduced fine motor skills. These impaired mental functions make a lot of simple tasks difficult. So if simple tasks become hard, complex tasks like driving become significantly less safe.

With the ability to drive (among other tasks) becoming unsafe when high, the most important issue regarding legalization is making sure people don't drive impaired. Mothers Against Drunk Driving (MADD) estimates that between 1200 and 1500 drunk driving fatalities occur each year — this number can't go up if the number of people driving high goes up due to easy accessibility and lack of education about marijuana. I can't count the amount of times I've heard "I drive better high." The same was said about alcohol before the huge backlash against drunk driving. We don't need a string of impaired driving-related deaths to spawn the necessity of a reaction like that of the MADD. Marijuana is already looked down upon as a negative substance by many, so don't give those people another reason to want it pushed back into prohibition. Driving drunk is becoming increasingly socially unacceptable as the years pass. Driving high needs the same taboo.

Unfortunately, awareness and public opinion is not the be-all-end-all solution to keeping people from driving high. There also needs to be a way to detect THC in the bloodstream when people are stopped and suspected of driving high. The threat of injuring another person (or yourself) isn't enough to keep everyone from getting behind the wheel when intoxicated. Breathalyzers and penalties aren't the perfect solution, but the threat of losing a license is what keeps many from driving home after too many drinks at the bar. THC breathalyzers are being researched, but more funding to decide if they are really the most effective method of detection are the best.

If we're going to legalize, a system like the one established to determine safe levels of blood alcohol content needs to be implemented, and fast. Impaired driving is a problem. Put the money saved from the strain prohibition put on the prison system into finding a quick and reliable way to detect THC in the bloodstream, along with awareness about the dangers of high driving.

Kieran Chrysler
MANAGING EDITOR

MICROTORTIAL COMMENT

A word on voting for the Libertarian Party

I didn't know there was a Libertarian Party until I saw the name on the ballot. I read the platform and actually didn't mind it. They'd do away with gun laws, they'd enforce property laws so that land-owning individuals would be less likely to be screwed by big oil, they'd repeal Bill C-51 and they'd increase immigration. The economic policy sounded like a violent affront to my university-standard sensibilities, but at the same time, hearing the poetry of "economic" terms affects something deep within my own nature. Economics 101 was an profound emotional experience. Hopefully being the opposition party will smarten up the Conservatives and they'll finally scrap Reform Party tactics, because having only two options for federal conservative parties, and one of which is a fundamental contradiction of terms, is morally repulsive.

Josh Greschner
OPINION EDITOR



ADAIRE BEATTY & JOSH GRESCHNER

letters to the editor

FROM THE WEB

You can't reclaim "slut"

(Re: *Sex Column: Sluts against Harper*, by Pia Arenata, Oct. 14)

I find this extremely troubling. You can't reclaim "slut" as something empowering. It's not "fun". It doesn't work that way. We need to stop finding excuses to objectify and subordinate women!

In the pursuit of getting rid of one of the most sexist political leaders in human history, we are resorting to calling women sluts? Sending nude photos of women to men as some sort of "female liberation"? I'm sure there is a better way, in the name of women's rights, to get people to not vote conservative.

Alex
VIA WEB

Yeah, no, you can

Reclamation of a term that has previously been used in a derogatory manner, and using it in a positive one, is actually a potent way for those who it may have been used to describe negatively to feel empowered and in control of their identities. For example, "queer" is a term that had previously been used to degrade members of the LGBT community, and in recent years, has been reclaimed as an inclusive term that individuals/groups use for identification as members of the LGBT community or possessing any type of non-binary gender identity or sexual orientation. That said, what empow-

ers or motivates one person certainly may not do the same for another, and nobody is under any obligation to associate themselves with a term like "slut" if it makes them feel uncomfortable. Essentially, what I'm getting at is that we cannot generalize or blanket what empowers or liberates others, and especially not in a country as diverse as Canada.

Hailey
VIA WEB

Cambodia voluntourism is hogwash

(Re: *Free the Children's voluntourism prioritizes emotional experience over efficient aid*, by Josh Greschner, Feb. 24, 2015)

As someone who volunteered in a Cambodian orphanage with IVHQ, I can attest that the volunteer work had little to no actual benefit for the kids. Me being there didn't get them the nutrition, health care, or education that they need and deserve. Instead they got an under qualified English teacher who spoke zero Khmer, who built emotional connections with the kids before abandoning them after 3 weeks to return to a middle class Canadian household, propagating a monthly cycle of abandonment by well-intentioned whites people. Realistically, I damaged the economy by taking away a job from a Khmer person who could have actually benefited the kids. I hugely regret the trip.

Nicole Richard
VIA WEB

Don't base legislation off of school shootings

(Re: *University warns that campus shootings aren't limited to US schools*, by Kate McInnes, Oct. 13)

Even in the US, lightning has killed more people since 1985 than school shootings have.

Seriously, this could indeed happen anywhere but it is such a fantastically rare occurrence that people do not need to live in fear of it, or base all our laws around preventing it.

Dave Davidson
VIA WEB

I disagree with Cole. Thus I might dissociate myself from him?

(Re: *Burlap Sack: Hilary Clinton*, by Cole Forster, Oct. 13)

Are you kidding us Cole? Bye.

daniel
ARTS IV

Letters to the editor should be sent to opinion@gateway.ualberta.ca (no attachments, please).

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Making sense of suicide without blaming the university



Matti Thurlin
OPINION WRITER

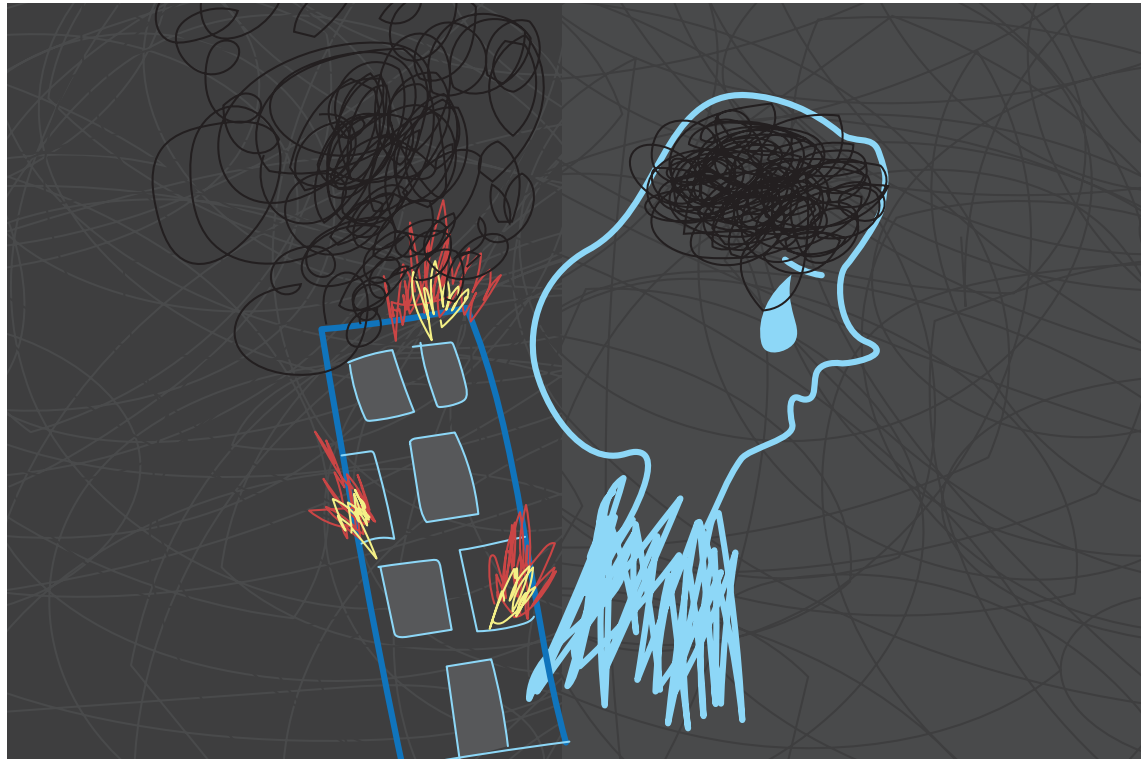
Last week, my prof opened class with the Peer Support Centre webpage on the projector. The following chat, which was delivered incredibly well and concisely, rendered the room into darkness — if only for one second — before the lecture carried on, as is procedure.

▪ **The person who tries to kill herself doesn't do so out of quote 'hopelessness' (...)** (The person) will kill herself the same way a trapped person will eventually jump from the window of a burning high-rise (...)
it's not desiring the fall; it's terror of the flames.

DAVID FOSTER WALLACE
INFINITE JEST

Our campus conversation on mental health seems to have hit the same point as gun laws in the USA. To paraphrase President Obama: tragedy is becoming routine, and so is our response.

There is, however, a distinction between the issues of gun regulation and mental health. Gun regulation is fairly straightforward to fix. Regulate guns. Mental health, on the other hand, is incredibly difficult.



ASHLEY TRUONG

In his novel *Infinite Jest*, David Foster Wallace describes why:

"The so-called 'psychotically depressed' person who tries to kill herself doesn't do so out of quote 'hopelessness' or any abstract conviction that life's assets and debits do not square. And surely not because death seems suddenly appealing. The person in whom Its invisible agony reaches a certain unendurable level will kill herself the same way a trapped person will eventually jump from the window of a burning high-rise. Make no mistake about people who leap from burning windows. Their terror of falling from a great height is still just as great as it would be for you or me standing speculatively at the

same window just checking out the view; i.e. the fear of falling remains a constant. The variable here is the other terror, the fire's flames: when the flames get close enough, falling to death becomes the slightly less terrible of two terrors. It's not desiring the fall; it's terror of the flames. And yet nobody down on the sidewalk, looking up and yelling 'Don't!' and 'Hang on!', can understand the jump. Not really. You'd have to have personally been trapped and felt flames to really understand a terror way beyond falling."

In 2008, Wallace took his own life while fighting depression. We know well that one cannot be simply "poked" out of depression. Yet, I struggle to see the difference be-

tween saying, "just be happy" and "get help, call the line," which is a phrase we seem to reiterate mechanically. The amount that we yell from the sidewalk is dangerously underestimated.

According to the CMHA, once depression is recognized, getting help "can make a difference" for 80 per cent of people, who will then return to day-to-day activities. Thus it looks like the problem can be solved if people with depression simply get help. But "getting help" doesn't equate to "having access" to programs and support: there's an ocean-wide gorge in between, if you have such an illness, which is called actually taking the step.

I read a reaction on Facebook last week. The criticism was

directed at the university, which, it was said, doesn't offer enough student mental health services. While this may be the case, the real problem is the gorge. No amount of signage or beckoning or money can fix this.

▪ **We should stop blaming institutions (...)** and start looking toward ourselves as students, friends, colleagues.

We should stop blaming institutions — which can only do so much with their means — and start looking toward ourselves as students, friends, colleagues. This means we should engage more with one another on a face-to-face level; i.e. we should not assume that those who need help will seek it out themselves. As university students, this is incredibly hard to do, given the academic battleground on which we sweat daily. It is incredibly hard to look out for one another — and this is sad, but true, because the game is rigged such that individual well-being outperforms caring for others categorically.

Despite this, those on the sidewalk should take the first step, even if it's into a burning building. If you notice something wrong, the responsibility has become yours to follow through, even if that requires losing X percent on some assignment that you'll ultimately forget about, say, two weeks later. Fine, maybe four weeks. The assumption has to be that nobody will help except you; that you're the only other person within miles.

St. Albert-Edmonton voted for a puppet in favour of experienced MP



Cole Forster
POLITICS COLUMNIST

A small tragedy occurred this week; a bona fide Shakespearean fall from greatness. In 2014 *Maclean's* baptized Brent Rathgeber the Member of Parliament who "Best Represents Constituents" in their Parliamentarians of the Year awards. He was a vociferous critic of the Conservative Party and a true people's politician in the riding he served. But on Monday, the independent fiscally-conservative, socially liberal MP who had represented St. Albert-Edmonton for seven years was replaced by voters in favour of Michael Cooper, a party pawn destined for nosebleed seats in the House of Commons. Rathgeber, having formally ended his relationship with the Harper government in 2013, ran without attaching his name to a political party and paid the price with voters on election day.

To me it appears the constituents of St. Albert-Edmonton either voted under a misapprehension or were willfully resistant to logic on the 19th. How could a fair (admittedly conservative) riding turn its back on a politician who simultaneously deconstructed the misgivings of the Harper government and remained true to principle during his tenure as an MP? The disgraceful reality is that electors in the Edmonton suburb had the choice between a man who said, "(I) think legislators like myself

need to take a stand that we're not going to read these talking points that are written by PMO staffers and we're not going to vote like trained seals" and a man who is every bit the aforementioned pinniped, and they settled on the latter.

▪ **(St. Albert-Edmonton MP Michael Cooper) has indicated he is opposed to a woman's right to have an abortion in all circumstances.**

I mean, Rathgeber published a book essentially cataloguing the parliamentary indiscretions of Mr. Harper and his crew. He was the best of both worlds for constituents; demonstrating conservative convictions while questioning the status quo. And for some reason on Monday people voted by party and not by person. Their interests were being presented to Ottawa by a local lawyer, and now Ottawa's interests will be presented to constituents by a local lawyer.

Canadians elsewhere might have envied Rathgeber as a mere choice on the ballot, but Cooper's healthy victory sequestered that envy straight away. Now instead of an independent voice in the capital, residents of St. Albert-Edmonton will have to be satisfied knowing their MP is a puppet of whomever succeeds Stephen Harper as leader of the Conservative Party. And that's not the worst of it. Whether they were aware of it or not, or only aware



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of the party designation next to the candidate's name, Michael Cooper has some rather extreme views on topics we as a society have made up our collective mind about. Local journalist David Climenhaga writing on *Rabble.ca* noted that according to the Campaign Life Coalition's

website, "Cooper has indicated he is opposed to a woman's right to have an abortion in all circumstances — including those in which pregnancy is caused by rape or the health or life of the mother is at risk." That's beyond the pale even when compared to politics south of the border.

Rathgeber was a sensible, level-headed, thoughtful MP who left the Conservative Party when they wanted to boss him around. For the people who elected him to repay his courage by replacing him with a rookie party-cheerleader is a very disheartening turn of events.



ANNA CAMPBELL

Your generation is entitled, lazy and miserable. Argh!



Daniel Decker
OPINION WRITER

Midterms are upon us again, and the effect throughout campus is obvious. Students are binge-watching that hot new show on Netflix, grabbing a nap wherever they can and hanging out with friends as stress relief. But wait a second: wouldn't the biggest stress relief be buckling down and, you know, doing some schoolwork?

The time to get blackout drunk with your friends is over. "Relaxation" is a word you should've forgotten in kindergarten. You paid how much money to be here and you think you get to have fun? Post-secondary isn't

an everyone-gets-a-participation-sticker primary school. This is the real world.

Do you think you're going to have free time when you get out of post-secondary? Get real. You're going to have a boss demanding your attention while you sleep, a nagging significant other, and a dozen kids that always need something. Don't want kids? Don't want a relationship? Too bad. Training for the work-a-day office life is the point of post-secondary. This is Canada, and you'd better be dreaming about your white picket house in the suburbs and a commute to an office job.

So yeah, you'd better be volunteering, and it's easy for everyone to work their way up a club to get that coveted leadership experience for the endless scholarships that no one applies to. You have a job because

school is just too expensive? This isn't a communist society, we believe in social Darwinism here. If you can't compete, you hate capitalism and you're spitting on the graves of all your ancestors who fought in the Cold War.

(W)e believe in social Darwinism here. If you can't compete, you hate capitalism and you're spitting on the graves of your ancestors who fought in the Cold War.

But some people really can't keep up, they're "mentally ill!" My parents called that "lazy people making excuses." There's no reason to listen to

these "mentally ill" people when they complain about having panic attacks and suicidal ideation. These people obviously just haven't tried to be happy. And if trying hard is just too much work, they can go to the Counselling and Clinical Services in SUB, where the power of psychology will fix them. They'll be completely cured in seconds and can run straight back to their essay/exam/lecture triathlon. So listen up teachers, don't let your students use this as an excuse to get out of assignments any longer!

But you have all these resources and you still can't keep up. You're working right up to the deadlines, constantly studying, and you still can't get everything done in time. No wonder this generation's going down the toilet. Look, the answer is simple: stop sleeping. Why else do you think they invented coffee and

energy drinks? While we're at it, stop eating too. Grab some instant noodles and eat them raw out of the bag, you'll save time cooking and you can eat while you're studying. Plus, it's the cheapest food money can buy, so now you can cut back on those pesky job hours. The only exercise you need is walking to your classes. Sure, you'll have health problems in a few decades, but do you really want to live in this mean, oppressive world that you keep whining about? I didn't think so.

Now that I think about it, what makes you think you have the right to stop and read this? The previous, less entitled generations were too busy walking uphill both ways in the snow, and if you don't think that makes logical sense you need to put away this article and pull out a textbook.

Three ways high school didn't prepare me for university



Akanksha Bhatnagar
OPINION WRITER

I love learning. I don't love the test-taking part of learning, but I love learning. I could spend hours in a lecture, absorbing all the information about political philosophy and the stock market.

Yet every year, students enter university unprepared. What is it that these students are lacking?

High school teachers are supposed to give students a foundation for entering university, but it's not happening. Either teachers preach the irrelevant, or at worst, spread misinformation or scary stories like 'In university you won't be able to ask for help!' Of course, now I know that isn't true.

So here are top three things I wish I learnt in high school before coming to the University of Alberta:

What BearTracks is

I feel I'm speaking for about 90 per cent of the first year population when I say that I had little to no idea about how BearTracks works. In the summer, I registered for an English class, a Political Science class, and six others in Fall semester. I thought eight classes was considered a full course load like in high school. I added them to my schedule builder, and I thought that was that. Little did I know, there was an "enroll" button. Thankfully,

I have friends smarter than I am who helped me enroll in the classes I wanted before they all filled up and lighten that load from eight classes to five. I hadn't even finished my diplomas and I was already messing up university.

What studying really entails

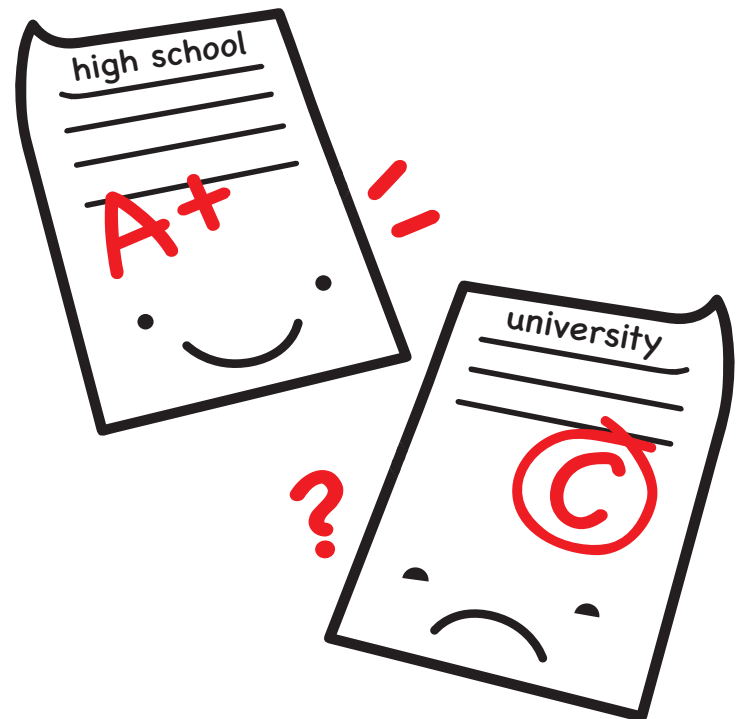
After already writing five midterms, I realized after just one midterm that my study method doesn't work. So really, I've just spent three years of my life mastering a studying method just so I could crumple it up and throw it out. I've realized the transition from just memorizing terms to actually having a comprehensive understanding of all the concepts is a lot easier said than done. In high school all the notes were printed off for you, making missing a day not the end of the world. Missing a single hour and a half lecture of Gordon Lee's Econ 101 class is practically missing a whole year of information. All this personal accountability was not something that high school emphasized but really should have.

It's okay to not have a plan

High school preaches having a plan of where you want to go in life before you've even figured out how to find your locker after your first Social class. I spent a lot of my life thinking I was going to be an engineer. I was going to design something amazing for space travel and become the first woman to land on Mars. I took

the hefty IB science courses and the hard calculus classes, all so that I could completely change my mind and (shout out to Model United Nations) realize in grade 12 I wanted to do a Political Science major — and who knows, two years from now I might not even be doing that. I wish that someone had told me in high school it's okay to just not know.

So if I'm being honest, high school was pretty much useless in trying to set me up for university. It taught me basics that don't even apply to a university lifestyle. I've constantly been spoon-fed all the information I needed to ace those diplomas, but the bigger picture was lost, and now that I'm here nothing is spoon-fed. Nonetheless, I've learnt that's almost the beauty of university, a place where you can redesign yourself and leave behind your high school self.



ANNA CAMPBELL

#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>joey richards (BATS)
club sandwiches; not seals
Raise your hand if you have ever been personally censored by the Gateway from 3FL.
Mulcair really sucks
more clubs should give out free food on campus so i can mooch off them and pretend to join them but never show up</p> | <p>such a nice day today maybe not tomorrow though ?;?;?;?
BASEball
why isnt there any good mexican food on campus
or bbq i just want some ribs or something
what if we built a tram like they have in airports that just moves people like from hub or tory to ccis</p> | <p>to etlc to ed and it goes in this huge loop wouldnt that be sick?
Alone on the plain, I stand and watch as we vote, Goodbye to Harper
The sex column is rowdy. I like it.
Haiku for Harper:
Trudeau's my long lost dad that left my mom what an asshole
What happened to album battles?</p> |
|--|--|--|

Indecision clouds your vision



Josh Hickmore
OPINION WRITER

Any decision is better than indecision.

Too often people fail to make a decision and have to face the consequences. These individuals have failed to adhere to the most important English idiom, “go with your gut.”

Making a decision on a moment’s notice may not always result in the best outcome, though the same could be said for those who spend too much time decision-making. People argue that gut decisions are primal, unso-

phisticated and ignore our critical thinking skills. But that’s why those decisions of momentary emotion are the best solution to indecision.

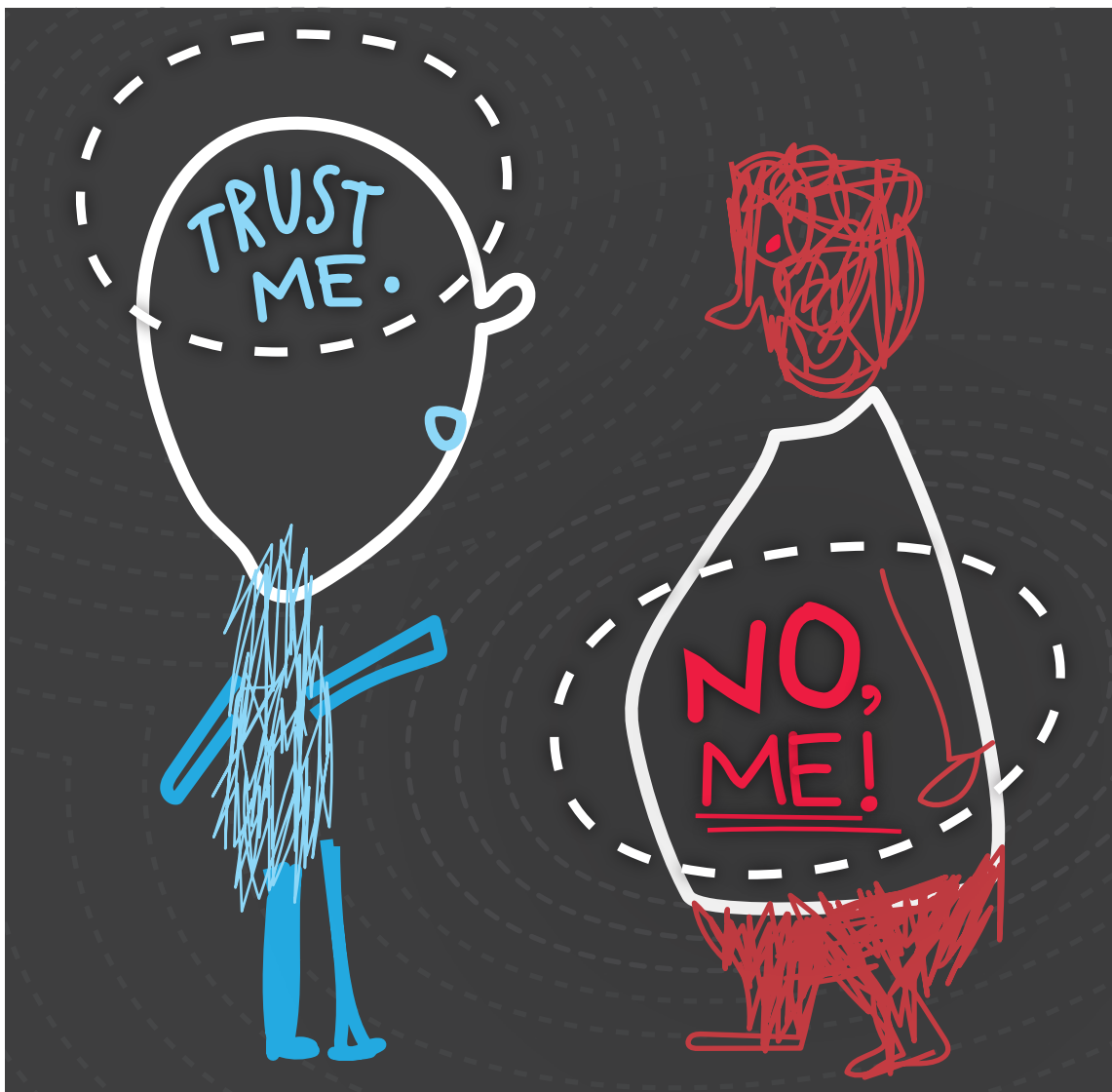
Confidence is built through every action you choose to take... take that trip to Fiji, stop hanging out with that weird guy James, go buy donuts...

Letting your gut choose what you do has its benefits in the simplicity of not having to worry or panic about the dilemma at hand and focus on what you’ve decided to do. Instead, you can give full fo-

cus to your instincts.

Quick answers also show that you trust yourself. These immediate gut answers show confidence in yourself. Nothing controls a room like confidence, and confidence is built through every action you choose to take. Radiate that confidence by knowing what you will do: take that trip to Fiji, stop hanging out with that weird guy James, go buy donuts for your office. It doesn’t matter what you decide. Just make a choice.

Worries and wonders fail to make decisions easier — they cause unease and uncertainty in decision-making. Your gut knows you better than you know yourself. If you’re ever stuck, go with your gut. Another night lying awake with the same question in your head will only ruin your sleep.



ASHLEY TRUONG

UAlberta Confession needs an archive

Josh Greschner
OPINION EDITOR

A few years ago, UAlberta Confession emerged as the unofficial student voice of the University of Alberta.

The Facebook page started as something of a free-for-all in which anyone could post virtually anything they liked. There were miscellaneous comments, student concerns, advice for timid males that suggested, more often than not, to simply “talk to her.” Anecdotes about the absurdities, banalities and glories of the university experience followed. Michael Chow and Kyle Sutton made names for themselves across campus with their bizarre and lewd comments. Debates interrupting the frivolity attracted both calculated, insightful responses and irreverent sarcasm.

It’s not as if Confession usurped *The Gateway*, but we must re-conceptualize our role on a campus that communicates online. *The Gateway* remains the source for interview-based articles, structured 500-650 word arguments, local stories, satirical experiments etc. Beginning as a space encouraging open access to comments like our Three Lines Free,

Confession has developed something like an editorial standard: funny observations are generally put on Chitter while the Facebook page proper features numbered confessions that have lately been earning a consistently high number of likes. Student organizations including *The Gateway* would do good to pay attention to the admirable online presence Confession has built.

Compared to Confession, *The Gateway* has a much more sophisticated archive. Accessing our archive for material prior to 2013 is, for the most part, easily navigable online and is best used in conjunction with our extensive hard copy archive that dates back to 1957, with a few from the 40s. The Confession archive is scattered, inconsistent and beyond a certain date, virtually non-existent except for a few popular posts. Trying to access old Confession posts involves scrolling down the page ad infinitum and communicating with admins. Although they are cordial, trying to tell someone about an old random comment is a highly ineffective method.

There is a more significant issue at hand. A former *Gateway* volunteer

recently came into the office and told a story about witnessing editors in the 80s throwing out *Gateway* archives (the reason why our in-office archives go back to only 1957 even though the newspaper was established in 1910). The scant Confession archives presently available to students and the public is subject to a similar process of erasure. Those in the future inquiring into the 2015 student consciousness would have incomplete information if they only looked at *The Gateway*.

Whether they’ve wanted to or not, UAlberta Confession has become culturally significant and should have at least an improved archive. A long-term project that Confession should consider is building a separate searchable website organized by dates featuring all posts since the page started. Obviously an easily navigable archive would be tremendous work for volunteer admins who run the page, but if the page’s popularity continues (20,199 likes as of Oct. 21), selling ads and hiring employees to organize and allow full access to Confession content could be a possibility. Current and future students deserve as much.

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Twentysomethings

Separating Fantasy & Reality

Written by Josh Greschner

In the Dec. 2, 1990 issue of the *New York Times*, four months before the release of his book *American Psycho*, Bret Easton Ellis wrote an essay called “Twentysomethings: Adrift in a Pop Landscape.” Examining popular contemporary movies, television and music, he argues that his generation of twentysomethings was “basically unshockable,” adding “culture doesn’t play the same role in our lives that it did for previous generations: to liberate, break boundaries, show the unshowable.”

25 years later, we are the inheritors of Ellis’ “twentysomething” culture. While applying Ellis’ bleak view of his own generation’s pop culture to our situation is certainly justified, our situation seems to offer more hope.

In many ways, there is little difference between his twentysomethings and us. We have been equally bombarded by images, TV shows, characters, products. Divorce rates haven’t changed while hyphenated surnames and scattered families persist. Twentysomethings today, like their progenitors, lack coherence: in many ways, we are as clueless and indecisive as Ellis claims his generation to be.

It’s not too broad a generalization to say that we harbor more economic anxiety than the previous generation. Prices have increased at a higher rate than have wages. Earning post-secondary education is hardly optional, students and parents struggle to pay tuition in the wake of its exponential rise, industries demand highly specialized skill sets and colleges sacrifice tenets of liberal arts education to adjust accordingly. The irony that university is the place that teaches ethical principles while its own business model contradicts them would be delicious if it wasn’t so bitter.

Post-education, jobs and pay are unfulfilling and it’s a struggle to maintain our parents’ lifestyle. Intuitively, campaigns to expose and erode the mental health stigma materialize because depression in its various forms seems so widespread — there’s little sense exerting effort to hide the ubiquitous.

The 80s ideal of financial success is satirized by movies such as *Wolf of Wall Street* and many twentysomethings are disillusioned and cynical toward economic aspects of the American (Canadian) dream. Distance grows between us and Wall Street, causing spontaneous, unproductive, Facebook-promoted protests. We don’t know what we want — we just know what we don’t want.

Our reality alternates between the distressing and the dull and we seek distractions of fantastical

proportions. The proliferation of fantasy movies and TV shows in the past twenty years has been spectacular. *Game of Thrones* features different characters each on their own quest for the Iron Throne within a world of unearthly creatures, awesome landscapes and, most importantly, ferocious violence. The show’s gore and mutilation are lurid and realistic. It seems that extensive research has gone into showing how blood would actually course from a slit throat and what pulling a tongue through the wound would actually look like. We seek to portray the unrealistic as realistically as possible.

Exposure to extreme violence isn’t inherently bad. Except for the most disturbed among us, twentysomethings can for the most part distinguish between fantasy and reality. Video games approach the quality of TV and movies but the former give the user control. Conjuring tanks out of the air in *Grand Theft Auto* and utterly disregarding a representation of humanity shows how deeply yet innocuously we can indulge these fantasies.

There are problems when we take as reality the assumptions that undergird fantastic narratives. Superhero plots in TV shows and various movies that blend hard-hitting drama with planet-smashing destruction have experienced a strong resurgence. A common feature of *The Avengers* movies (some of the highest grossing of all-time) is the villain’s objective: either to annihilate Earth or alter it for the worst beyond anything recognizable while killing as many people as possible. The heroes’ task, while difficult to achieve, is straightforward: to keep such change from happening. The unequivocally, self-evidently evil villain is a shadowy Other that hardly needs to be understood.

This superhero narrative applies very easily to military contexts. After 9/11, the Bush administration and the media cast roles latent in the American consciousness although the Iraqi situation had been previously ignored: the villain, Saddam Hussein, threatened innocent Iraqi citizens who needed to be saved by a hero, the U.S. Army. Chris Kyle became Captain America. Our perpetual exposure to this superhero narrative allows military roles to be cast with hardly a second thought, and the villain becomes whichever purported barbarians are in vogue.

The major difference between now and the 80s is the internet and our news consumption, or in other words, our access to social reality. Jean Baudrillard emphatically declared in the early 90s and Jon Stewart

has showed throughout the past decade that fantasies, fabrications, conjecture and heavy bias often constitute the evening news. But as far as our generation concerned, the evening news, like print media, is becoming an obsolete format. Twentysomethings now obtain information from endless social media feeds in multiple formats ranging from traditional evening news snippets to op-eds and essays. We can readily view multiple perspectives on a single topic from the most informed experts in the world.

In spite of the constant banal distractions of BuzzFeed, YouTube, Facebook, Twitter and Vines, the internet does what the pop culture of Ellis’ generation failed to do: to liberate and break boundaries. We can see unedited videos of Walter Scott being shot in the back by police; we can witness ISIS beheadings. We can experience reality without the intervention of network television. Unlike Ellis’ unshockable twentysomethings, reality can shock us.

With the multiplicity of available perspectives and a heightened media awareness, the current generation of twentysomethings has the potential to be better informed of and engaged with the realities of the world than had the previous generation, while allowing our fantasies to split off and develop as they will.

This is assuming that we don’t confuse fantasy with reality. ISIS’s strength is its ability to cast themselves as the shadowy, barbaric, self-evidently evil in order to attract American (Canadian) attention. Military historian and journalist Gwynne Dyer explains that terrorism is “the weapon of the weak,” a quick, effective means of attracting followers. ISIS makes its videos, promotes them heavily American citizens interpret ISIS as a self-evident evil that needs to be eradicated. Manifestations of the superhero movie narrative contribute significantly to justifications for invasion. In truth, military intervention from the hated American army intensifies pre-existing animosity between them and citizens of countries affected by war. Civilian casualties are many, causing people disaffected by the excesses of a military superpower to join small, fervent fundamentalist groups.

ISIS’s rhetorical techniques, while horribly violent, must be understood. Twentysomethings are affected by decapitation videos, but we have the means to consider complexities and assess the situation rather than instantly flash the Bat-Signal. We can keep our fantasies and realities separate. The internet has made the world such an interesting place that indulgent pop fantasies, while amusing, are hardly needed anymore.





CAMO & COURSEWORK

University of Alberta students who balance military and post secondary

Written by Richard Catangay-Liew

Jim Dorrance never really liked commissioned officers.

He saw commissioned officers, who require a university degree and more managerial and leadership positions, rise through the Canadian military ranks quicker than a more experienced and knowledgeable non-commissioned member (NCM) would. It was an attitude that's typical among NCMs, the tradespeople and operators of the military who do more "dirty work," as they tend to view some commissioned officers as "cocky" and difficult to respect.

Jim, an NCM, held the rank of Chief Warrant Officer, which was a "big deal" to his son, Sean, who always wanted to follow in his father's footsteps.

In kindergarten, Sean and his classmates were asked what they wanted to be when they grew up. Of course, Sean penned and coloured a drawing of his dad outfitted in his Canadian Forces uniform.

"That's what I always wanted to be," Sean says, looking back. "My dad always took me to the base. He worked in the armoury and he drove tanks so he always let me inside and start them up. That just sort of made me fall in love with the whole atmosphere."

Trips to the gas and diesel scented tank silo and flipping switches to start up the armoured vehicles "wowed" the five-year-old Sean. He vividly remembers laughing so hard the first time he climbed into a tank because of how "cool" it was.

In the summer of 2014, he decided to enlist in the military as an NCM, much like his father.

He was shocked when Jim convinced him to go to university and take the commissioned route instead.

"My parents convinced me that I shouldn't waste being smart, and that I should get a good education," Sean says. "And if (the military) is going to pay for it, why not?"

To become an officer in the Canadian Forces, applicants must have a university degree that relates to the occupation they choose when enlisting. Occupations that officers own require high academic standings and extensive leadership training, and include jobs such as bioscience officer, electrical and mechanical engineering officer, legal officer, medical officer and pharmacy officer. New recruits begin their journey as cadets and once they graduate from their university program,

they earn the commissioned officer rank. They are also guaranteed the career they choose, Sergeant Ryan Sebo, a Canadian Forces recruiter, says.

"It's one of — if not the most — secure occupation choices you can make in Canada," Sebo says. "We will give applicants insight into different occupations. We are not trying to force anyone to take a specific path."

Sebo, who has been in the Canadian Forces for the last 10 years and having worked at the Regular Force Recruiting Centre in Edmonton for the last year, says high school students visit the centre daily with questions about what the military can do for them, and if completing a university degree while enlisting is worth it. Students much like Sean.

Sean's tuition, books, lab fees and student fees are covered by the military. He doesn't need a part-time job like his friends do, and considers his academic schedule much easier to balance than other students.

"I wake up at 7 a.m., have breakfast, go to class, do homework and watch TV," Sean says of average Fall and Winter semester. "I barely have to do anything."

But his summers training at Saint-Jean Garrison in Quebec are much different.

He would wake up at 5 a.m. and be in class by 5:30. Sean and his peers were taught the history of important military battles and studied various military and battle procedures. They would then endure intense physical training and have just seven minutes to shower and change back into uniform. A stark contrast to the 400-seat psychology lectures with a professor who you barely have any personal interaction with.

"We get yelled by our commanding officers at a lot," Sean says with a light chuckle. "That's always interesting."

The tight schedule is all too familiar for political science major Dave Jones, as well. Jones enlisted in the military right after high school in 2009. Cramming for midterms may seem slow compared to the daily routine in the infantry.

"You never have enough time," Jones says, recalling his time training. "It's a structural design to make you deal with stress and how to make decisions when imposed under pressure. It's like there was always a sort of game being played with you."

Jones values the sense of doing something for his country as much as he values education. He wanted to complete his degree, which taught him the basics of development, and what constitutes Canadian society. But he can't get over what people think of him when he tells them he's in the Canadian Forces.

"People kind of look at you weird, and even think less of you at times," Jones says. "People in our generation, for whatever reason, don't see service as a viable or honourable thing to do."

"Their first response is, 'Oh, but you're smart.'"

Despite their misguided conceptions about the military and its perceived "meathead" personnel, Jones believes he enlisting in the Canadian Forces Primary Reserves was the smart decision.

University and the military are an "interesting juxtaposition" for Jones, and to him they're fun in their own, very different ways. But in 2013, Jones left the military. He was in a dark place mental health wise, and even saw himself slacking off during training activities. Right now, Jones is focused on finishing his political science degree in April 2015 and maybe starting a master's program at the U of A. He's also re-submitted an application to rejoin the reserves following convocation. His reasons to re-enlisting in the forces may sound pathetic, he admits.

"I want to make a difference," Jones says. "It's as complicated and simple as that. I think that service is an honourable thing, but I feel like if our generation appreciates it enough, its incumbent on you to do something to help them realize that."

Sean Dorrance feels the same way. He wants to use his psychology degree and apply it to his fascination with mental disorders such as post-traumatic stress disorder and how the mind works. He also wants to learn and understand how the mind works in battle situations.

For students in the Canadian Forces, the military is more than just deployment to Afghanistan, firing C7 assault rifles and shooting projectiles from highly armoured vehicles like the tanks which introduced Sean to the army 15 years ago.

"People usually don't understand what the military is all about," Sean says. "We do so much more than just war, and people don't seem to realize that."

Arts & Culture

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

fashion streeters

COMPILED & PHOTOGRAPHED BY Jiaming Wei



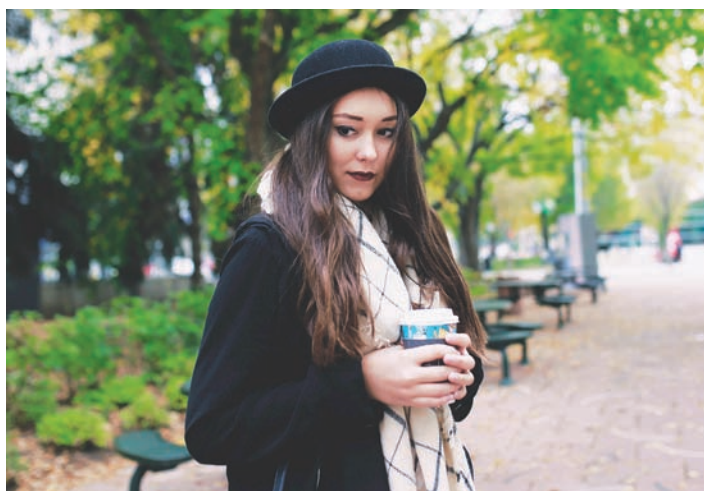
Elizaveta Kharlova
ENGINEERING III

GATEWAY: Describe your outfit and where each piece is from.

KHARLOVA: Jacket from Forever 21, scarf from Zara, dress from Bershka, shoes from Aldo, hat from H&M, knee socks from Ardene.

GATEWAY: Why do you think fashion is important?

KHARLOVA: I think it's very personal. It's all about how you feel. Whether the song or a rainy day put you in the mood for an outfit, you try to express your feelings through fashion.



SUPPLIED-ED ELLIS

Beyond Therapy prescribes hefty dose of absurdity

THEATRE PREVIEW

Beyond Therapy

WHEN Running October 15-24, 2015
WHERE Timms Centre for the Arts, University of Alberta
WRITTEN BY Christopher Durang
DIRECTED BY Glenda Stirling
STARRING Graduating BFA Acting Class of 2016
HOW MUCH \$12 for students

Kim Stone
ARTS & CULTURE WRITER

Studio Theatre's 2015/16 season opens with a hilarious exploration of the absurdity present in everyday experiences that is often taken for granted.

Beyond Therapy, written by Christopher Durang, follows troubled Manhattanites Prudence and Bruce as they try to find love with the help of their psychiatrists, who appear even more unstable than their patients. As if the characters' personalities weren't enough, Bruce's lover, Bob, further complicates the situation. While the plot itself is not ridiculous, Studio Theatre certainly pushes the limits of absurdity with this

production.

If the play's characters were to be described in one word, it would be outrageous. But the reason they are outrageous is the flawless commitment that the actors had throughout the production. The characters' emotions are conveyed through their movements that, while unnatural, are so extreme they dramatically enhance the comedy of the play.

The insane portrayal of the characters effectively reflects director Stirling's vision for the production: to convey the absurdity of real life situations that we are unable to see the comedy of until we are "safely on the other side." Specifically, while Carmen Nieuwenhuis' portrayal of the neurotic Prudence, who is seen drinking large quantities of wine and falling onto the floor or nearby couches as a result of tense situations, seems absolutely ridiculous, the character is also strangely relatable.

The rest of the characters may not be as relatable, but they are all just as entertaining. It is impossible not to laugh at the frequent emotional outbreaks of Bruce, played by Jordan Sabo, which are uncomfortably hilarious.

However manic these two characters appear, their actions are somewhat justified once we

meet their outrageous psychiatrists Stuart and Charlotte, played by Corben Kushneryk and Kristen Padayas respectively. From the animalistic advances of Stuart to the awkward gestures Charlotte uses to remember words, the audience can feel safe to laugh at them from the 'other side,' where we are not their patients in real life.

The atmosphere of the production transports the audience back to the early 80s, complete with music and dancers during scene changes. The set was surprisingly complex given the number of times it needed to be changed. However, this did not take away from the production at all. In some cases the way the actors changed the scene added to the comedy of the production.

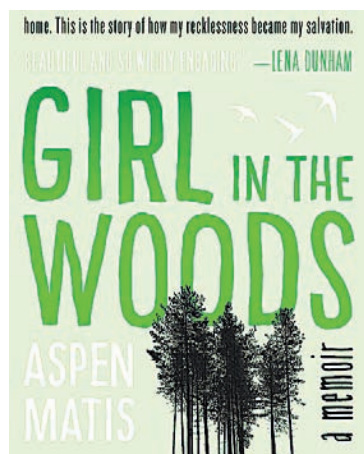
The costuming choices reflect the nature of the production as well. The brightly coloured, and in the case of Charlotte, often eccentric clothing mirrored the plays extremely lively mood. This mood was very clearly felt by the audience, who reacted to the production in an equally lively manner. In many instances it felt that the audience's reactions were part of the show itself.

With its comedy and absurdity, *Beyond Therapy* provides a strong opener to what is sure to be an excellent season from Studio Theatre.



Gateway Literature

BOOK REVIEW



Aspen Matis *Girl in the Woods*

Published by: William Morrow

Eryn Pinksen
ARTS & CULTURE WRITER

Aspen Matis undergoes a traumatic event that occurs far more than is openly spoken of as she was sexually assaulted on her second night in college. This is

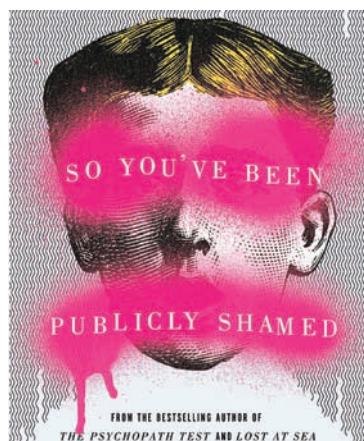
a very real fear for women in today's society and Matis' memoir sheds some light on how truly difficult recovery can be when it is too often glazed over. Matis does not write this as a trauma story but as an incredible success story that empowers people to find their own way of bursting through the wall that is their insecurities and breathe fresh air on the other side.

Any university student can pick up this novel and instantly connect to Matis' thoughts and fears as a first year. Not only do readers

gain a sense of how Matis deals with the events she goes through but there is also an interesting view of how others perceive her story. She encounters someone on her hike that is ignorant of her past and her feelings who makes very unexpected comments. As a reader you become aware of how this issue is poorly understood by so many and you feel the same tightening as Matis when she reveals, "[my] shame was unearthed, alive. The tightening in my chest, the wish to fade away like a shadow in diffused light."

Matis has this incredible ability to cause you to be sucked into her mind and you understand her every thought. Her rational and train of thought through each and every experience allows you to live what she lived even if you have nothing to base these experiences on in your own life. The connection you feel to Matis is powerful as you go through her journey of self-discovery. She was scared, as she says several times but Matis explains her process and how her fear and her "recklessness became [her] salvation."

BOOK REVIEW



Jon Ronson *So You've Been Publicly Shamed*

Published by: Riverhead Books

Kim Stone
ARTS & CULTURE WRITER

The notion of public shaming evokes images of 19th century public humiliation in the form of the stocks and pillory, a process that has fortunately died off. However, So

You've Been Publicly Shamed explores a new form of shaming, through social media, that is perhaps even more damaging.

Jon Ronson, whose other works focus on psychopaths and extremists, turns his attention to how the ability of social media platforms to give voices to otherwise voiceless people has made villains out of everyday Twitter users.

Of course these people don't see it that way. These everyday social justice activists feel proud and even excited when they can take down

someone that has done something wrong. The massive network of Twitter provides people with approval from thousands of others who believe the same things as them, giving it the power to do great things, or to tear a person apart.

Ronson's book follows the accounts of multiple people that have been victim to brutal shaming online for offences as small as a tactless joke. His description of these people following their shaming is at times tragic, showing the effects that online interactions don't con-

sider. However, Ronson's writing is also littered with humour, and the book reads easily as one complete narrative although it is composed of many different smaller stories and research.

So You've Been Publicly Shamed analyzes both the reasoning behind the current "renaissance of public shaming" and the effects it has on those involved, making a convincing statement about the extreme negative impacts well-meaning individuals can have using 140 character comments.

vino bitches

Ravenswood Vintners Blend Old Vine Zinfandel

WRITTEN BY Rachael Phillips



When you're invited as your father's plus one to a fancy work function, free alcohol is one of the first things that comes to mind. So this weekend when I attended a giant paid-for dinner, I was obviously pretty stoked about the promise of a boundless wine list. Now, everybody knows that when you attend a dinner event paid by work, you should never be the jerk who orders the most expensive wine on the menu—instead, be the jerk that orders the second-most expensive. This is exactly what I did, and I ended up with Ravenswood Vintners Blend Zinfandel. Of course, in the end they probably charged the same amount for a 9oz glass as an entire bottle

would cost at Liquor Depot—such is the vino life.

When the waitress brought me my wine, I knew I was in a good place. This Zinfandel is a deep red at the core, and semi-translucent on the rim. On the nose, you find a strong but pleasant tinge of black cherry and oak. Your first sip will be a gorgeous mix of cherry, raspberry and blueberry with a hint of smoke and spice. If this doesn't sound intriguing for you, let me tell you: it's freaking delicious. Perhaps it was the fact that I wasn't paying for it, or maybe the fact that I drank far more of it than I should have, but this wine is lovely. Picture it as the alcohol-version of Leonardo DiCaprio: it's handsome, from California and even if it hasn't won the National Wine Award (the Oscar of Winemaking), you know that it'll be good no matter what.

brew crew

Four Loko Lemonade

WRITTEN BY Jason Timmons

With midterms piling up all around you as the semester progresses, you're no doubt looking for a way to kick-start your studying. Some people choose coffee, some take straight caffeine supplements, others just snort Adderall off their TA's ass. In a world of stimulants to keep your studying on track, one solution will turn your stomach more than that D- you just pulled in calculus: Four Loko Lemonade.

This revolting concoction combines the sweet taste of lemonade with the brutal impact of malt liquor to bring you the Frankenstein's monster of beer. Not only will it energize you with its high sugar content, it will knock you on your ass with its 8% ABV. If that sounds terrible to you, you probably hold the majority opinion.

One the nose we have overwhelming notes of syrup, lemon, and rubbing alcohol. The taste brings more of the same; burning down your throat and tasting as if someone simply

carbonated 700mL of shitty Limoncello. The worst aspect of Four Loko is that long-lasting finish, taking up residence on your tongue with the same resilience as cough syrup.

Please, for the love of God, pick literally any other method to boost your studying this semester. Four Loko is an ill-conceived experiment into the extent people will go to get drunk. This half-juice half-beer travesty will knock you down faster than you can say, "I don't know why they felt the need to make the can camouflage, it's already douchebitch enough."



Sick of the same Halloween routine? Here are our remedies

Arts & Culture Staff
GROUP COMMENTARY

Have nothing to do this Halloween? We can fix that! The options of cool things going on during Halloween is only limited by your imagination. Don't waste the one night a year where you can dress like a total slut and have nobody say anything bad about it. Check out *The Gateway's* recommendations for the best activities for this Halloween season.

Scare the shit out of trick or treaters

Too often young adults rely on alcohol to make it through the end of October. Drowning their autumn woes in cheap beer and forgetting the true spirit of Halloween. I'm talking about scaring children. It's rare to find university students with a true passion for scaring anyone, let alone children. Buck the trend of letting kids escape another year without ruining a pair of costume pants. Wait in the shadows for any children to approach your door, and as soon as they begin to chant "trick or treat" release a bloodcurdling howl. It won't matter what your costume is, what matters is that those kids now have a great story to tell their friends and a new found love for Halloween. —Joshua Hickmore

Go out and make new friends

There's no better time than Halloween to make new friends. It's the easiest night of the year to approach a group of people in a bar and immediately strike up a conversation. The flashy costumes, festive drunkenness, and general high spirits make for the perfect social lubricant. Personal judgment is toned way down on Halloween; people are much more willing to openly express themselves. So be free, be yourself, dress up as exactly who you want to be and go make some kick-ass new friends this Halloween, you won't find a better chance until next Halloween rolls around. —Jason Timmons



ILLUSTRATION BY GISELLE BOEHM

Trick or Treating

I don't care if you're six, sixteen, or twenty-six, the best thing to do on Halloween is to go trick-or-treating. It's the one day out of the year when you can dress up like a maniac without people thinking you actually are one and go door-to-door begging for free candy. There's literally no better way to spend October 31st. If you feel weird about doing it at this age, here's an easy fix: offer to take a child trick or treating in exchange for half of their candy.* The best part about it is that most neighbourhoods have an early

Halloween curfew, which means that you can haul your candy home and then hit up a bar or a costume party, still floating on your sugar high. Who knows, maybe you could even convince someone to come home with you by telling them you've got free candy.

*Disclaimer: Please do not kidnap or ask children you do not know to go trick or treating with you. That would be beyond weird, and very out of line. We don't want anyone to end up in prison because they took this too literally. Neither *The Gateway* nor I condone abduction in any way, even if it's for the sake of Halloween candy. —Rachael Phillips

Deadmonton Haunted House

You might tell me to speak for myself, but this is the time of year where even the most terrified of the scaredy-cats (AKA me) don't mind a jump-scare here and there. So, for all you adrenaline junkies out there who want a change from horror movies and bar hopping, Deadmonton House is for you. Located in the old Paramount Theatre, creator Ryan Kozar promises a haunted house that "is not what you're expecting, and what you're expecting, you times it by a thousand." It's recommended for 12 and up, so don't go bringing your eight-year-old cousin, even

though he swears he can handle it. Admission is \$20 at the door, \$25 on Halloween weekend. They are open Thursday through Sunday, as well as all of Halloween week. I'd suggest going with a buddy (or five), and prepare to be scared! —Jessica Jack

Egg your asshole neighbors

Do your pesky neighbors think you're bat shit crazy? probably. Now's the time to get back at them for throwing salty looks every time you back out of your driveway. So what you trapped their house cat in a porcupine trap? That stupid cat was shitting all over the porch. Hit up your local grocery store for some eggs, but make sure it's at least a week in advance to make sure you don't look like a complete degenerate. Halloween night provides the perfect cover for any foul deed. feeling extra bitter? Throw in a roll of toilet paper or two. Cold feet? pay a few kids in full size chocolate bars and they'll gladly terrorize anyone for you. You'll have your own personal army —Jon Zilinski

Corn Maze

When Halloweening in YEG, there is nothing more token-prairie-thing-to-do-in-the-fall than go to the goddang corn maze.

Yes, the one in Edmonton is closed because a few people died, but that doesn't mean you can't go have fun at Prairie Gardens in Bon Accord! There is nothing more ass-numbingly frightening than attempting to navigate out of a maze in pitch dark, with weird noises all around you.

If that wasn't enough, there are a plethora of haunted houses, dark pathways, and hayrides that can jump-scare to rival the best horror movies. This is completely aside from the fact that you're in Bon Accord, where it is not just acceptable to be under the influence of your substance of choice, but encouraged.

Admittedly, it is a bit of a trek out to the maze itself, but you won't be disappointed if you go. —Mitch Sorenson



Jon Zilinski
ARTS & CULTURE EDITOR

Halloween and Jack-O'-Lanterns are synonyms with each other come Oct. 31. Nothing looks more awesome than having an army of these sitting on your porch. If you've never carved a pumpkin before, don't stress. Here's our simple guide on how to make a Jack-O'-Lantern

1. Pick your pumpkin

Go get your pumpkin at any grocery store, farmers market, back-alley pumpkin dealer, or whatever you want. If you're ambitious and planning to create an intricate design, get a bigger pumpkin. Now is the perfect time to get carving, the people who started in September are probably screwed since pumpkins only have a shelf life of about two weeks. Make sure to pick a healthy pumpkin with a consistent color the entire way around. It should sound hollow when you knock on it.

2. Scoop the guts

Scooping guts is easily the worst part of the entire process, so get it over with first. Find a spacious area to start your process, and scalp that pumpkin. You can either mark your

cut with a marker to make a cool design, or freehand it depending on how confident you're feeling. Whatever you decide, make sure you cut a big enough hole in the top. Once that's taken care of, get all of the seeds and nasty stringy shit out of there. This can be accomplished with a variety of kitchen utensils, but either a wooden spoon, or large soup spoon will do the best.

3. Draft your design

Whether it's a pumpkin-carving template, or you're drawing by hand, don't take your design too seriously. Intricate details take forever and patience may be wearing thin since you've already probably spent a good portion of time scooping out pumpkin guts. Not to mention, you'll probably get really pissed off when you realize that the infamous Jose Bautista bat flip carving you saw on the internet, is actually a lot harder to carve than you thought. Go with something simple and fun like a traditional spooky face, or a marijuana leaf now that the Liberals have a majority. Pro tip: for the perfectionists out there, use a dry erase marker instead of a permanent. That way if you make a mistake, you won't have to flip your pumpkin to start all over.

4. Carve Carefully

Use a decent blade, whether that is a steak knife, chef's knife, or even a machete. Whatever your tool, make sure it's sharp; otherwise you'll have a better chance of messing up a cut. Make sure you have a small blade as well if you're planning on tricky details. The most important thing to keep in mind while hacking away: take your time. Seriously you've come this far, spent probably an hour prepping and now you're going to rush? Find your chill, and if you do mess up, it's okay. The kids who come by your house are going to think it's awesome regardless.

. Get lit

Once that bad boy is all carved up and ready to go, insert a small tea light from the top and light it up. Make sure to keep your Jack-O'-Lantern away from any flammable areas, especially leading up to your residence. Last thing anyone wants on Halloween is a careless trick or treater accidentally burning your place to the ground. Once you have a safe display set up for your pumpkin, relax and marvel at the beautiful work of art you've accomplished.

Spooky themed flicks

Shaylee Foord
ARTS & CULTURE WRITER

Happy (almost) Halloween! There are people who will say that Halloween is a kids holiday, but those people are doing it wrong. Tricks, treats, and a little bit of fear are timeless. In honour of the best time of year, enjoy some of the best spooky movies out there! This list combines cheese-ball horror, beautiful scary scenes, and cute costume fun. Enjoy!

5. Halloween (1978): Slasher flicks are the only genre of movie that are simultaneously terrifying and boring as hell. This can be attributed to a very real fear of serial killers, and a general dislike for predictable movie tropes. Still, *Halloween* seems like compulsory viewing. Maybe it's the bad writing, bad acting (except for Jamie Lee Curtis - she transcends bad scripts), 70s gore, or the cult following that led to nine sequels. Whatever it is, you should probably watch this movie just so you realize how many pop culture references you've been missing until now.

4. A Nightmare Before Christmas (1993): What better concept for a movie than one that combines the two best holidays into a musical? This is the ideal flick if you're feeling a little bit witchy, but have already had Christmas carols on blast for months. Beautiful animation, catchy songs, and general Tim Burton wonderfulness all make this a movie that defies seasons.

3. A Girl Walks Home Alone at Night (2014): Even though this isn't

specifically a Halloween movie, it's definitely a spooky one. Listed as an "Iranian Vampire Western" on IMDB, this black and white film is set in a fictional oil town called Bad City. Not only is it a genre-bender, but also completely flips the script on typical scary movie gender roles. The main character (referred to only as "the girl") is the kind of skateboarding cool-girl that everyone wants to be friends with, and watching it makes you want to paint your nails black and listen to the Bee-Gees. Some parts drag on a little long, but the gorgeous dark atmosphere makes it totally worth it.

2. The Addams Family (1991): This one almost made it all the way to number one, for the sole reason that Wednesday Addams is every spooky girl's idol. There's no better excuse for showing up under dressed to a costume party than: "This is my costume. I'm a homicidal maniac, they look just like anyone else." Love for Wednesday aside, *The Addams Family* is actually just a great family film, with some important lessons hidden under all the macabre humour. Besides, Morticia and Gomez are ultimate #relationshipgoals.

1. It's the Great Pumpkin, Charlie Brown (1966): This is it. The number one Halloween movie ever created. To be honest, though, Charlie Brown and the Peanuts gang could be celebrating almost anything, and it would still skyrocket to the top of any list I write. If Charles M. Schulz created "It's Tuesday, Charlie Brown", I would watch it religiously every week. Nothing better than those little goofballs!

TOP 5

Drinking with a twist

Jessica Jack
ARTS & CULTURE WRITER

Halloween season forces us to consider the ultimate question: as University students, can we still enjoy Halloween to the extent that we did as kids. Even though it might seem impossible during midterm season, the answer is YES! This is the time of year that we have a valid excuse to dress up and get our drink on. So, here are our Top 5 drinking games with a Halloween twist. (Please drink responsibly)

5. Scary Movie Shots: We all know the classic drinking game where you take a drink or a shot when something happens in a movie: each time *The Dude* has a White Russian in *The Big Lebowski*, each time Cady references Africa in *Mean Girls*. Take this idea and apply it to scary movies! This is perfect if you are looking for some low-key fun. Take a drink each time you scream, each time a character goes upstairs to escape when they should be running outside, each time a character says "I'll be right back", etc.

4. Wrap the Mummy: Things you'll need: a lot of toilet paper and all the drinks. Separate your group into two teams. Pick a person on your team to be the mummy. Everybody else has to be the wrappers. The goal is to wrap your mummy in toilet paper head to toe. Whichever team finishes last has to down their drink. A word of advice, pick the shortest and teeniest person. There is less to wrap, and a better chance that you won't be the one downing your rum and coke!

3. Would You Rather: Here's a Halloween twist on this classic game. Instead of using the typical would you rather, like would you rather never have Internet access or have Nicholas Cage always be within one metre of you (thanks, BuzzFeed), make them Halloween related. Some ideas if you're stuck: Would you rather turn into a zombie or have your best friend turn into a zombie? Would you rather eat raw pumpkin guts or not have any Halloween candy this year? The group with the most unpopular opinion has to take a shot/take a drink.

2. Bobbing for Apples: This one will take a bit more effort and be substantially messier, but you will have hilariously fun results. Separate your group into two teams. In an open area (preferably away from your Mum's fancy china), set up two large buckets full of water on a table (add a drop or two of red food colouring or some fake eyeballs to make it creepier). Fill them with apples, and have a race to see who can get the apples out of the bucket the quickest. Losing team has to take a shot.

1. Ring of Fire/Sociables: Here's how to spice up the classic game of . You'll need a deck of cards and an empty plastic cup. Arrange the cards face down in a circle around the empty cup. Each person will grab a card and have a task to do based on the corresponding number. Feel free to keep the classics like waterfall, and thumb master, but liven it up with "categories" (Halloween movies, scary movie villains, types of candy) and Halloween themed question master. Be sure to fill the plastic cup with your drink if you draw a King.

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CEBILE MANZINI-HENWOOD

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In honour of the International Day of the Girl and in support of Crossroads International, we would like to invite you to attend a lecture hosted by the University of Alberta's Student Union to benefit girls in Ghana and Swaziland.

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Cebile Manzini-Henwood is the Executive Director of the Swaziland Action Group Against Abuse (SWAGAA). Cebile also represents civil society organizations on the UN Expanded Theme Group on Gender.

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Sports meetings every Wednesday at 3pm in SUB 3-04

Bears grounded by Thunderbirds, fall to 2-4 on season

Zach Borutski

SPORTS EDITOR • @ZACHSPRETTYCOOL

It definitely wasn't the way the University of Alberta Golden Bears football team wanted to come out of their bye week.

After losing 39-21 to the UBC Thunderbirds before the break, the Bears repeated the feat this past weekend, losing 54-10.

The first quarter was decidedly light on scoring, the only points coming courtesy of a Thunderbirds field goal, as they stymied the Bears on defence, forcing two punts and an interception. The Thunderbirds left entered the second quarter leading 3-0.

The second quarter was where things really started to unravel, as the Thunderbirds scored 21 points to break the game open. Brandon Deschamps got the scoring going for the T-Birds, converting on a one-yard run early in the second.

Then, the Thunderbirds flexed their defensive muscle, as linebacker Stavros Katsantonis scooped up an Ed Ilnicki fumble and rumbled 61 yards for the touchdown, putting the Thunderbirds up 17-0.

After the Bears got on the board with a field goal, the Thunderbirds promptly responded with a five play, 75-yard drive, capped off with quarterback Michael O'Connor throwing a 35-yard touchdown pass to Alex Morrison. The score at the half was 24-3 in the Thunderbirds' favour.

It was more of the same in the second half, with Deschamps doing the majority of the damage, busting out for 68 and 32-yard touchdown runs in the third quarter. Marcus Davis added a 20-yard run of his own before the quarter was finished, making the score 47-3 Thunderbirds heading into the fourth.

Davis piled on a punt return touchdown in the fourth quarter, while the Bears finally got on the board, when backup quarterback Brad Baker scored on a one-yard touchdown run. The final ended up



TOUGH T-BIRDS The Bears have lost both their games against UBC this year.

KEVIN SCHENK

being 54-10 for the Thunderbirds.

Head coach Chris Morris said his team simply didn't measure up to the effort put forward by the Thunderbirds.

"Overall, I would say our compete level wasn't where it needed to be to compete with a team like UBC," Morris said.

"We need to fight very hard to compete in this conference, and when we forget that, we get beat like that."

In their game before the bye week, it was Michael O'Connor beating the Bears with his arm, but it was fifth-year running back

Brandon Deschamps who was their downfall this week, rushing for 176 yards on 16 attempts, also racking up three touchdowns.

Morris said that the Thunderbirds didn't do anything different than normal, but the Bears made some mistakes that helped the Thunderbirds' rushing attack.

"It wasn't some masterful scheme they came up with, it was just basic football that we didn't deal with," Morris said.

"(We made) some really base, fundamental mistakes that we shouldn't be making at this time of year."

O'Connor's totals weren't as impressive as the previous week against the Bears, but he was solid, passing for 214 yards on 14 of 22 attempts with one touchdown.

O'Connor spread the ball around on offence, with Marcus Davis being the only receiver with five catches. He totaled 63 yards receiving, but also racked up 95 punt return yards, helping him finish with 158 total yards.

On the Bears side of the ball, quarterback Ben Kopczynski completed 15 of 20 passes for 117 yards, with no touchdowns and two interceptions, before being

replaced by backup Brad Baker in the second half, who was 10 of 15 for 65 yards, while also scoring the Bears' only touchdown of the game.

The Bears troubles on offence didn't just extend to quarterback, as Ed Ilnicki tallied a season low 70 yards on 14 carries, while Taylor Henry was the team's leading receiver with a modest 53 yards on seven catches.

Overall, the Thunderbirds out-gained the Bears 552 yards to 298, and Morris acknowledged that they'd have to be a lot better to get a win against the Manitoba Bisons next week.

"First and foremost, I would say that our compete level has to come up," Morris said.

"We've got to be able to show up and compete and match their intensity level on the field."

The Bisons themselves are coming off a high scoring 49-46 victory over the Regina Cougars, and currently sit at 4-2, the same mark as the Thunderbirds. The Bears will be in tough, as they go from facing the Thunderbirds' last ranked offence to facing the Bisons' second ranked attack, which is averaging 543 yards per game, led by quarterback Theo Deezer.

The Bears will also have to contend with rookie running back Jamel Lyles, who gave them fits last game, rushing for 121 yards while also adding a punt return touchdown.

It's a tough matchup for the Bears, and Morris stressed the importance of a good game plan.

"As coaches, you try to put the kids in a position where they can anticipate what's going to happen," Morris said.

"Preparing our kids for the opponent is the starting point and the ending point for what we've got to do this week."

With the win, the Thunderbirds officially clinched a spot in Canada West playoffs, while the Bears play their must win game against the Bisons on Friday, Oct. 23.

ATHLETE OF THE WEEK

WRITTEN BY Jamie Sarkonak

Q: How does a cross-country team feel compared to a hockey team?

A: My running teams have all been less dysfunctional than my hockey teams. Maybe it's just because you don't have to rely on each other as much. Like on a hockey team, people would often just get mad at each other, maybe the forwards think the defence are doing a bad job, and the defence just really want the forwards to back check. Whereas with cross-country I feel we just do a better job of working together — it's usually a pretty good team atmosphere. With some of the team sports, you come together when you really need to but in between there's a lot of bickering sometimes.

Q: Have you ever had someone say to you, "Run Forrest, Run"?

A: That's the most annoying thing ever. I

actually haven't seen that movie but I've heard the quote enough times.

Q: What's the funniest thing that's ever happened to you on a run?

A: One time I was doing some hill repeats, so I was breathing pretty heavily coming up to the crest of the hill. And so a trail kinda runs sideways on top of it. And so as I came over a guy was just staring at me, he was like, 'I heard you coming and I thought you were a bear because of all the panting.' I've gotten that a couple of times I get comments about the running shorts I use sometimes. Because they're often pretty short. I've had people drive by and yell, 'I can see your ass!' And I'm just like, 'Thanks ... I don't think you can.' I kinda just go with it. At least it's funnier than 'Run Forrest Run.'



Mark Lawley

Engineering 4

Hometown: Fort McMurray

Team: Cross-Country

CHRISTINA VARVIS



CHANGING THE GAME Barre Body Studio offers a unique way of working out.

SUPPLIED

New workout brings people to the Barre

Alyssa Demers
SPORTS WRITER

I walk through the front doors of the studio, a couple minutes late — the instructor's voice can be heard outside of the room. I sheepishly open the double doors to one of the studios off the main change room and look around. The walls are an attractive grey and the chandelier emanates a bright, energetic light onto the wooden studio floor. The room is full of people and the instructor is at the front, leading them with zest and joviality. I gulp nervously and adjust my pink, gripped toe socks: The Barre Fitness class has begun.

"I had read about Barre, it was starting to pop up in the fitness magazines," reflects Megan Clark, owner of Barre Body Studio in Edmonton.

"I was visiting my sister in Portland, and we tried out a Barre class and loved it," Clark said.

"Then, a while later I found out that a friend of mine was opening a Barre studio in Calgary. I spoke with her in regards to licensing the brand, and got it up here in Edmonton."

So, what is Barre Fitness?

"Barre is a blend of basic barre techniques (such as Plie, Releve, and different foot positions), yoga and Pilates."

Clark explains, "It's a low to no impact workout, and the movements are very small; it's really easy on the joints."

"We will do these high repetitions of these small movements to really burn out the muscle and then stretch it, lengthen it, and move on to another muscle group."

Clark discussed her initial draw to Barre, and explained that she was doing yoga and cross fit and trying other methods of exercise, and hadn't connected with any type of fitness — she felt as if something was missing.

"Barre is a full body work out, we start class with a warm up, to get the joints lubricated and the body moving, and then we go to resistance work on the upper body," Clark said.

"We have a small cardio component to get that heart rate up, and then slow it back down when we're on the barre to really tone the muscle."

Clark explained that due to the nature of the low impact workout, Barre caters to a wide audience: people who work out often, people that are just getting back into working out, people with injuries.

"We had one woman who was pregnant do barre right up until her due date," reflected Clark.

"It's a low to no impact workout, and the movements are very small; it's really easy on the joints."

MEGAN CLARK
OWNER OF BARRE BODY STUDIO

"We also focus on the back of the body: The hamstrings and the glutes, which tend to be very underworked," Clark said.

By focusing on the back of the body it improves our posture and gives us a more balanced body and gives us more muscles to draw on in other sports and help prevent injury and improve performance."

The origins of this fitness method shines through, as Clark explained that the founder of Barre Method, back in the 70s — Lottie Burke — derived the method as a form of rehab for herself, after years of professional ballet.

Barre Body Studio hosts several different classes: Barre Body Fit, which is a regular hour long class, comprised of cardio and full body workout; Barre Body Blast, which is a cardio focused, fast paced class;

Barre Body Bands, which incorporates resistance bands into the movements, creating a smaller, yet increasingly difficult movement; Barre Body Core, which focuses on abdominal and core muscles, and Barre Body Press, which is a condensed 45 minute class; perfect for people coming before work or on their lunch break.

I chose the Barre Fit class for my first time, and like Clark mentioned, it was a blend of cardio, arms/shoulder workouts, abs, and legs. The light weight sets, isolated movements and long reps were a much different work out than the normal heavy weights and short reps that I am typically used to. It made for a slower, more gradual burn and isolated different muscles more thoroughly. However, the energy in the room was uplifting and energetic, the music was energizing and everyone in class was excited and motivated to be there. The Barre portion was challenging and effective for working the glutes and hamstrings; the long reps were difficult, yet rewarding.

Glutes on fire and legs shaking, I caught up with my instructor, Katherine Hampson after class. Clark explained that the instructors (Or "Barretenders") are picked due to their personalities, not their initial skill.

"You can teach skill; you can't teach personality" Clark explained.

Hampson said the best part of the job is meeting all the different people that come into Barre Body Studio.

"It's for everyone, I meet all kinds of people and it's a lot of fun to get to know everyone."

Barre Body Studio has two locations: One in Whitemud Crossing and one in Holland Plaza. \$40 Two week unlimited passes are available for first time Barrestars, then 10 and 20 punch passes are available, as well as an annual membership.



SUPPLIED



CANADA WEST CHAMPIONSHIPS

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ILLUSTRATION BY ADAIRE BEATTY

Regardless of what happens, we'll never forget the 2015 Blue Jays

Cam Lewis

EDITOR-IN-CHIEF • @COOOM

With a swing of his bat, Jose Bautista reminded Canada just how great baseball is. It had been a long, long time since Canadian baseball fans have had anything to cheer for. In the early 90s, the Blue Jays were at the top of the baseball world. They won back-to-back World Series Championships in 1992 and 1993, stealing the most American thing next to apple pie away from our neighbours to the south and making it something of our own. Along with the Jays, we also had the Montreal Expos and a wealth of minor league franchises such as the Edmonton Trappers, Calgary Cannons, Vancouver Canadians, and Ottawa Lynx as mediums for us to enjoy a warm summer night with a game of baseball.

After that, though, it all came crashing down. The Expos packed up and moved to Washington and became the Nationals, and like dominoes, the minor league franchises closed shop, leaving nothing but empty stadiums in their rearview mirror. The only thing that was left from the glory days of baseball in Canada was the Jays who swung and missed for 22 years straight, never coming close to making the playoffs and igniting the country like Joe Carter did when he took a Mitch Williams fastball over the left field porch in the ninth inning of game six to win the 1993 World Series.

Here we are now. The Jays are in the American League Championship Series and it feels like a dream. Whatever happens from here, we should look back on the

2015 Toronto Blue Jays fondly, because they did a damn good job of bringing baseball back to Canada.

The 22-year playoff drought is over:

I've been watching the Blue Jays since I was nine years old. Before this year, the only time I had ever experienced them in the playoffs was when they won the 1993 World Series as an infant. Unfortunately for me, I can't remember those days, so I had to take everybody's word for it when they told me the back-to-back World Series teams weren't just clever propaganda created to lull me into a false sense of reality that the Blue Jays could actually somehow win a championship.

A lot of things have happened since the last time this team was good. To put it in perspective, we went through a few weeks of Kim Campbell, a decade of Jean Chretien, a few years of Paul Martin and then the reign of Stephen Harper as our Prime Minister between playoff berths. In baseball terms, we saw Roger Clemens, Jose Canseco, Roy Halladay, A.J. Burnett, Carlos Delgado, and Vernon Wells all come and go without a hint of October baseball.

We went through a revolving door of managers, starting with Cito Gaston, who was followed by Mel Queen, Tim Johnson, Jim Fregosi, Cookie Rojas, Buck Martinez (yeah, the guy who does the play-by-play), and John Gibbons before Cito rose from the dead for a couple years. After he finally retired for good, we got John Farrell

who eventually jumped ship and went to Boston before being replaced by John Gibbons again.

We were told time and time again that this would be the year. This free agent signing would push us over the top, this trade was what we were looking for, or this prospect would step up and make it happen — but it never happened. Finally, this year, it did. At the beginning of the season, if you had told me I would get to watch the Blue Jays play in the playoffs, I would have taken it in a heartbeat without even thinking because the concept seemed so farfetched. The team spent the first half of the season teetering around the .500 mark, finding new, creative ways to lose games despite owning the best run differential in baseball.

Then, suddenly, at the trade deadline, it all came together. They brought in Tulo and Revere to shore up the defence, Price to push everybody back a spot and make the pitching rotation legitimate, and Mark Lowe and LaTroy Hawkins to transform a dumpster fire of a bullpen into one of the best in the game. Every single night, it seemed like the Jays were going to win. We went from watching a team that could sock a few dingers and hopefully out-slug the other team to the occasional victory to watching possibly the most dominant team seen in years.

They'll be good again next season:

I really don't think we're going to witness the beginning of another 22-year run of futility next year.

Despite the fact they traded away the majority of their prospects at the trade deadline to bolster their chances of going on a playoff run, the Jays boast a nice group of both young and veteran talent who are under team control for the foreseeable future.

They managed to acquire Josh Donaldson and Troy Tulowitzki via trade without having to give up arguably their best young pitcher in Marcus Stroman, and they were able to hang on to both Roberto Osuna and Aaron Sanchez, which makes up for the losses of promoting prospects like Dan Norris and Jeff Hoffman. Besides, the Jays sold the farm in 2013 when they went "all in" the first time, and Alex Anthopoulos managed to restock the prospect shelf within a matter of two years with phenomenal scouting through the draft and the international free agent market. Who knows, maybe Sean Reid-Foley or Connor Greene could be as good, if not better than Dan Norris was when he worked his way through the system.

Outside of David Price, nearly the entire veteran core of this team will be back next year. Hell, Price could still be re-signed, but even if he doesn't, Donaldson, Tulo, Encarnacion, Bautista, and Martin will all be back to form the most potent lineup in baseball once again next season. Along with them, we're also watching Kevin Pillar, Devon Travis, Ryan Goins, and Dalton Pompey bud into solid players. It may seem like they went all in for a do or die season, but in reality, this group can and should be competitive for years to come.

It's a game and it should be fun:

Regardless of what happens, it's been a hell of a ride.

Even when the team wasn't doing well, they provided us with a lot of ridiculous memories. Kevin Pillar became superman and seemed to make a highlight catch every single game. Liam Hendriks, a career minor leaguer from Australia, came into a game at Fenway Park in Boston and struck out the meat of the Red Sox order with the bases loaded to preserve a victory. The day before, they erased an 8-1 deficit to the same Red Sox in the second inning to win 13-10, giving a hint of what this team was all about. Justin Smoak hit the first ever grand slam by a Jay in Yankee stadium, Marco Estrada almost threw a perfect game, and Marcus Stroman healed a torn ACL in just a few months to make it back in time for the playoff run. It was great.

Over the last few months, I've witnessed the birth of a lot of new Jays fans. Sure, you can call them bandwagoners, but to me they're people who have captured why baseball is so great. It's a slow, confusing game with a lot of rules where a bunch of really weird, and unpredictable stuff happens. There's also a lot of breaks where nothing will happen for a really long period of time, which leaves a lot of room for aimless conversation, but can also create nail biting suspense. It's really hard to encapsulate while baseball is so great, but if you really want to know, I suggest you go back and watch the seventh inning of game five of the American League Divisional Series. That'll pretty much sum it up.

If you're new to all this, stick around next year — it'll be a good time.

Pandas v-ball open season with sweep

Mitch Sorensen
STAFF REPORTER • @SONOFAMITCHE

If you asked Pandas Volleyball Head Coach Laurie Eisler what her starting lineup was going to look like at season's end last year, it would likely bear no resemblance to the squad that took the court last weekend.

With injuries to All-Star outside hitter Meg Casault and middle Jess Stroud, as well as the departure of middle Dione Lang and right side Josie Doerfler at the end of last season, a new-look Pandas roster took to the Savile Centre floor. Despite this, the Pandas still managed to close out two match wins against the Thompson Rivers University Wolfpack.

Friday's match was a tightly contested affair that saw Pandas fourth year outside and first time starter Karly Janssen lead her team to a 3-1 win. The Edmonton native pounded 16 kills and added six digs. The Pandas edged the Wolfpack in hitting percentage, as well as minimizing errors to eke out a win in the hotly contested match.

"We had a really good preseason and practiced a lot against other teams," Janssen said. "But coming into this is a different kind of volleyball, there's different pressure

in league play."

Though they were without two starters in Casault and Stroud, their replacements stepped up admirably to fill their shoes. Kirsten Peters poured in 10.5 points from Casault's outside spot, and Gbemisola Olutogun added an identical figure from Stroud's middle position.

"In Canada West, you have to take it a weekend at a time, and the most important opponent is the one in front of you."

Laurie Eisler
Pandas Volleyball Coach

"We've got a lot of fight in our team," Janssen said, "we're not going to give up just because we might lose a couple points. We don't have to depend on one player, everyone on this team provides something."

Saturday's match saw the Pandas settle into their new roles, as team error counts plummeted and the Pandas played much tighter volleyball. Outitting TRU by a margin of 0.260 to 0.115, the Pandas also managed to get their block on many more of

TRU's attacks. Keying in on the Wolfpack's Iuliia Pakhomenko, the Pandas managed to silence the arm 6'3" Ukrainian import with solid defense and blocking. Though they managed to grind out a straight-sets victory, there was more bad news for the Pandas at the end of the third set.

With the score at 23-23, first year outside Tessa Hill went down with a knee injury, forcing Eisler to make a triple substitution at a key point in the match. In the end, the Pandas managed to close out the set to the tune of 26-24, and Eisler was quick to credit her squad's depth for the win.

"[Our depth] has really been tested this year," Eisler said. "We've been dealing with a lot of adversity. We have two great first years, and it's great to have the ability to go deeper into the lineup if need be."

The Pandas will get a much-needed bye next week, as their banged-up team will get a chance to recover. However, Eisler says their focus is already on their Oct. 30 and 31 meetings with Mount Royal University.

"We just want to win," Eisler said, "in Canada West, you just have to take it a weekend at a time, and the most important opponent is the one in front of you."



PUNISHING PANDAS The Pandas got off to a hot start. MITCH SORENSEN



STARTING STRONG The Bears started 2-0 this year. MITCH SORENSEN

Volley Bears spike Wolfpack, start year 2-0

Mitch Sorensen
STAFF REPORTER • @SONOFAMITCHE

As their 2014-15 CIS Championship Banner was unveiled, the Bears Volleyball team were looking to start another great season at last weekend's home opener series.

Winning Friday and Saturday, the volley Bears confirmed their No. 2 CIS ranking with two dominant victories over a talented Wolfpack squad.

On Friday, a back and forth battle saw the offensive combination of TRU's Brad Gunter and Daniel Eikeland Rod combine for 39 kills. Though no set was decided by more than four points, the Bears maintained a monumental .407 team attack percentage. This, in combination with TRU's 4.0 team blocks to the Bears' 11.0, sealed the victory for the U of A.

Fourth-year outside hitter Ryan Nickifor led the team with 21 kills, as well as a .500 hitting percentage. Setter Brett Walsh had another great performance, as his 52 assists tied him with Bears great and now Assistant Coach Brock Davidiuk for most all time in a Bears uniform.

"All in all, I think it was a good first step," Head Coach Terry Danyluk said. "Some of the guys who haven't played many matches

got a chance to really get into a rhythm."

Saturday saw the Bears keep their momentum rolling, with a 3-0 win. Holding Gunter, the former CIS Player of the Year, to only 13 kills and Eikeland Rod to only four. That, in addition to outitting the Wolfpack to the tune of 0.253 to 0.316, ensured a straight-sets victory.

"Some of the guys who haven't played many matches got a chance to really get in the rhythm."

Terry Danyluk
Bears Volleyball Coach

"A guy like Gunter demands more attention, that's pretty clear," Walsh said. "But they have a bunch of good players that you have to worry about too. At the core of it, you have to shut everyone down."

Walsh ran up 38 more assists, putting him into sole possession of first all time in Golden Bears volleyball. When asked about the record, Walsh was quick to credit his experience for bringing him to this point.

"The amount of matches that I've

had the opportunity to play in here has been nothing but beneficial," Walsh said. "It's really an honour to have your name up there with all the great U of A setters from the past."

With the loss of Right Side Kevin Proudfoot, Nickifor, as well as fifth year outside Ryley Barnes will be expected to shoulder much of the offensive load for the Bears. Also expect sophomore outside Alex McMullin to see far more court time in Proudfoot's absence. For Danyluk, his players have adapted to the new roster very well.

"I think all good teams need depth," Danyluk said, "it gives your guys a chance to be really pushed in practice. It also makes players ready when they get their shot."

With a strong recruiting class including middle Mason Fairless, libero Brandon Zukowski, and left side Carter McIntyre, Danyluk said he hopes his program will be strong for years to come.

"You can see these guys have a really good head for the game," Danyluk said. "They all have the right attitude, and we really like all of these new guys."

The Bears will get a bye next week, and will have two weeks to prepare for their Oct. 30 and 31 matches on the road against Mount Royal.

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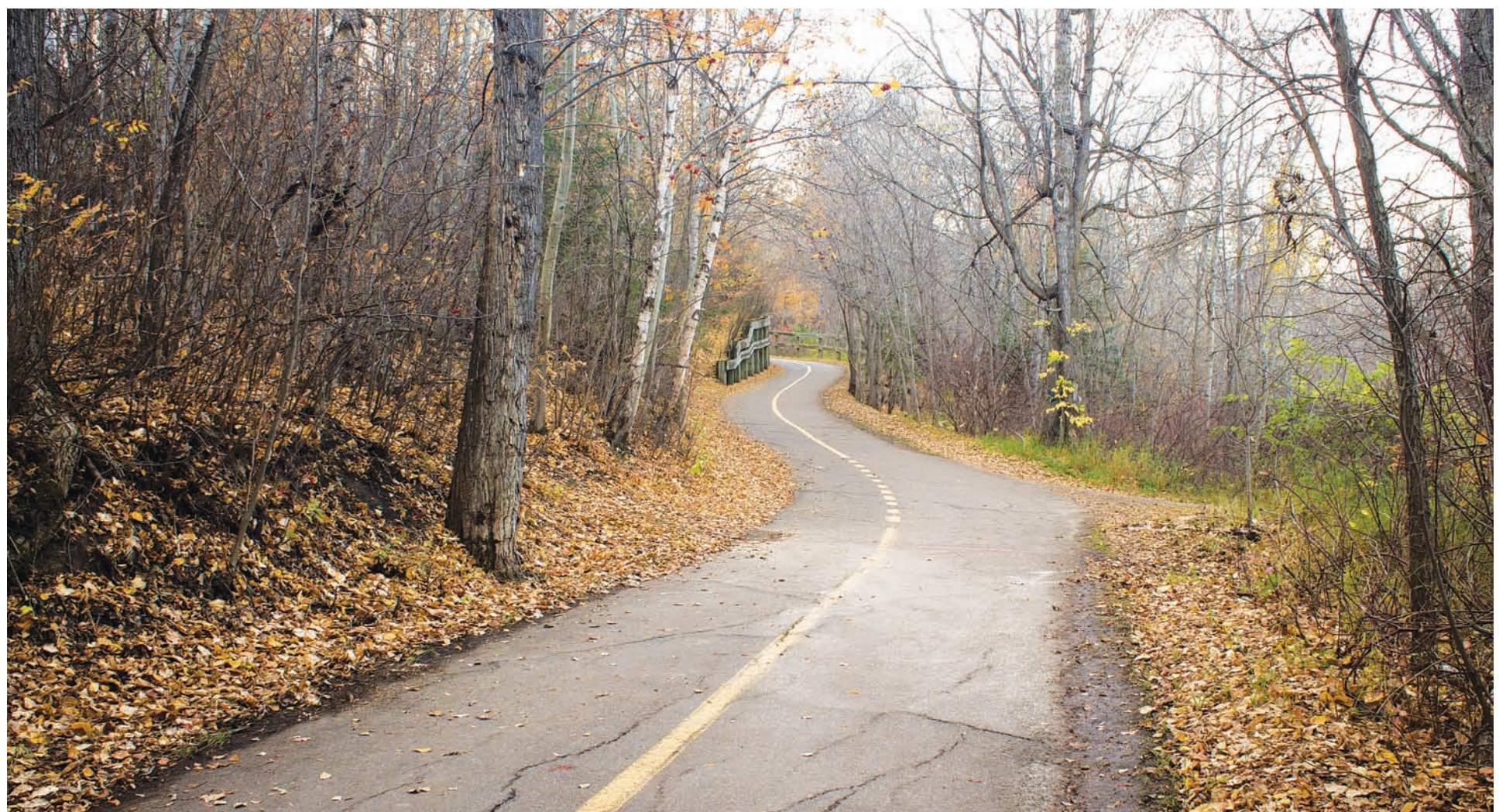
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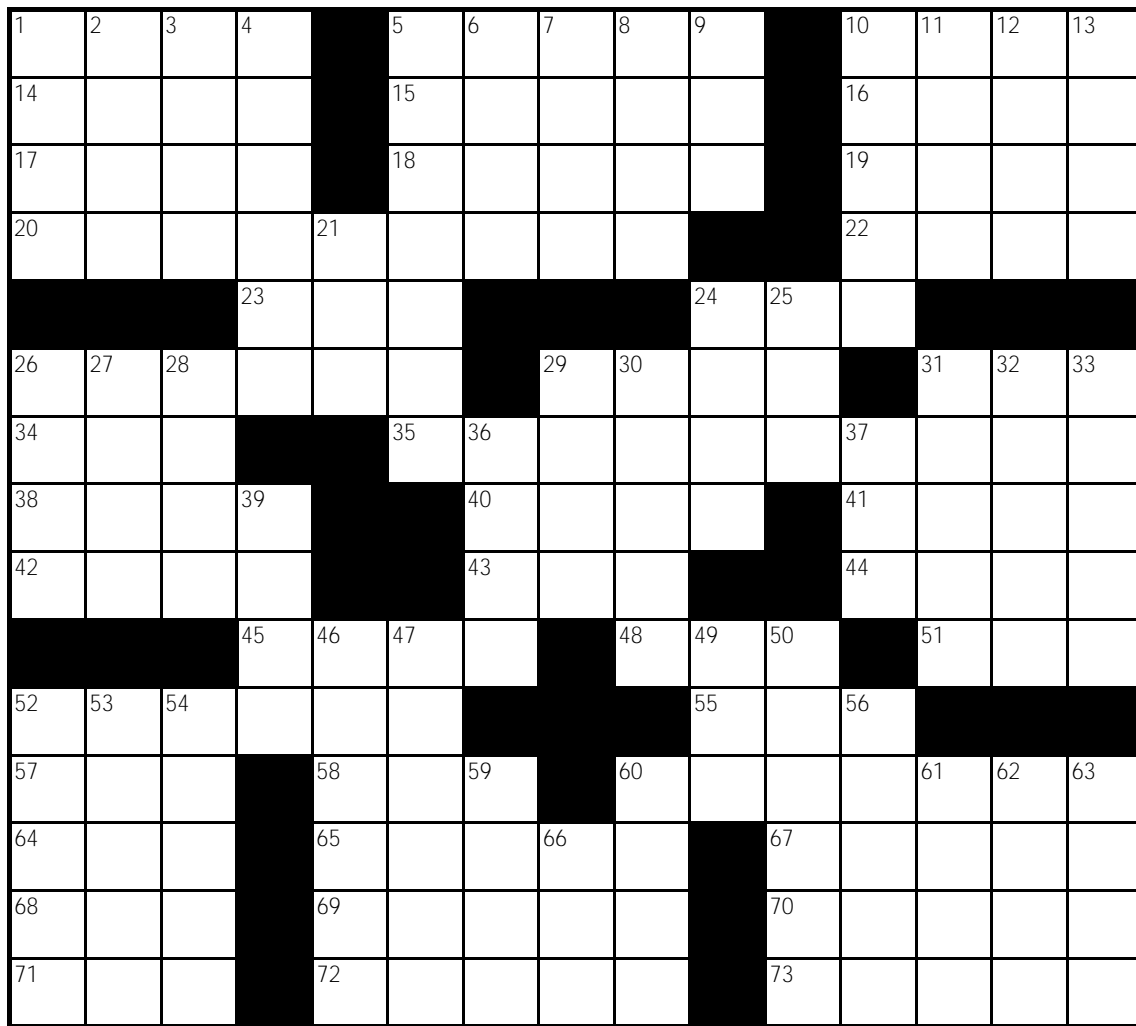


WINTER IS COMING by Sahar Saadat



TINKER, TAILOR, SOLDIER, SPY! by Kathy Hui

Results will be posted online the following week!



ACROSS

- 1. Tree's fur
- 5. Comedic spy Maxwell _____
- 10. Farm unit
- 14. Back curve
- 15. Foxy Pokemon
- 16. Accumulate
- 17. Group with a goal
- 18. Strict tone
- 19. Thus
- 20. Act of spy seducing (2 wds)
- 22. Loch_____ monster
- 23. Poor health
- 24. Point-form action
- 26. Ludlum's amnesiac
- 29. Shakespeare's "soon"
- 31. Sudan ethnicity
- 34. Plant __ (abbr.)
- 35. Secure hideaways
- 38. Commonly taken in DC or DP
- 40. Split wood
- 41. Ex. Sloth and pride
- 42. Delicious: short and vowelless
- 43. Virtual address
- 44. Found on a cliff or blade
- 45. Directs
- 48. Dog talking?
- 51. Opposite of barf
- 52. Coding machine
- 55. Garage lounge
- 57. Engineering lab's print system
- 58. Part of a keyboard key
- 60. This crossword title's novelist
- 64. MSN's rival
- 65. Pleasing to the olfactory bulb
- 67. "_____ Start Here"
- 68. Fusion fighting?
- 69. Spy's disguise
- 70. _____ in the bud
- 71. MI6's alias
- 72. 2014 move of the year?
- 73. Ex. drugs, weapons, cars

DOWN

- 1. Mental or applied
- 2. Grayscale snack
- 3. Look over
- 4. Dollop (variant spelling)
- 5. Opposite of erodes
- 6. ____kat
- 7. Australian singer Velis
- 8. Money for school from parents
- 9. Golf ball locale
- 10. Spy
- 11. Feel
- 12. Oil drillers
- 13. A book of Mormon
- 21. Yang's opposite
- 24. One of the Beatles
- 25. Same Beatles' lover
- 26. Fleming's agent
- 27. Colourful gem
- 28. State's mailpeople
- 29. Distance away
- 30. Recently
- 31. Out of the way
- 32. Civil engineer's game?
- 33. A spy, to their agency
- 36. PC brand
- 37. Put in action
- 39. Hippy carpet
- 46. Make a dent
- 47. In the bones
- 49. One or eleven
- 50. Antsy walking
- 52. MOT or EOT pains
- 53. Actress Watts
- 54. Belonging to Actress Fisher
- 56. Message Transmitter
- 59. "Habits" - ____ Lo
- 60. Bird with sky or song prefix
- 61. Bounty hunting cars
- 62. Ambush
- 63. Establishes (abbr.)
- 66. De la ____

COOL GUY by Adaire Beatty



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