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**January 2020**



## You Can't Afford Not to Go to This Career Conference

Join the all-star thinkers, leaders, doers and changemakers who will gather Feb. 1 at the Grow Your Career conference.

[Register Now](#)

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## *Alumni Exclusives*



This Year, Choose a Different Kind of Resolution  
Scrap the diets, the must-read book lists and your Netflix list — and think beyond yourself, suggests *Toronto Star* journalist and upcoming speaker Tanya Talaga.

[Meet Tanya on Jan. 29 →](#)

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## Alumni and Their Oscar Moments

Maybe “the” academy didn’t actually come calling, but some Arch Award honourees felt like doing one-handed push-ups when they received their award.

[Nominate Someone by Feb. 28 →](#)



## What Tomas Romero’s Geography Degree Taught Him About Entrepreneurship

The co-founder of Romero Distilling Co. — a modern-day rum runner — explains what it’s taken to open the only premium craft rum producer in western Canada.

[Bottoms Up! →](#)

## The SHORT LIST

Inspiration can strike from anywhere. Could be your news feed, the obits, a Dinos calendar, but for the person behind this new monthly column, it was Helen Sunderland's love of music and a certain crosstown smack-down that prompted this must-see roundup of events.

[Out and About? Join Us →](#)



## Campus News



## Worldwide Adventurer Leads UCalgary Outdoor Centre

The new manager of UCalgary’s Outdoor Centre, Paul Chiddle, has climbed the deadly West Ridge of Mt. Everest, skied and guided all over the world and wants to get everyone active in 2020.

[Get Moving! →](#)



## Top 10 Most-Read Student Stories of 2019

Our stories highlighted the sense of community on campus, and more than a little cool research — from climbing mountains, to measuring them accurately using satellite technology, to UCalgary's new 19,000-acre cattle ranch near Cochrane.

[Who Doesn't Like a Top 10 List? →](#)



## Employees Seeking Career Success Need 'Political Knowledge'

Backstabbing. Gossip. Passive-aggressive behaviour. Is the sting of office politics what Steve Granger means when he talks about political knowledge in the workplace?

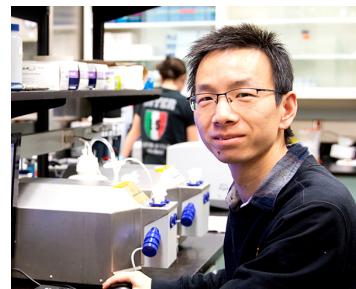
[Discover More →](#)

## HEALTH

### Some Kids with Autism Respond Positively to Keto Diet

Researchers have discovered that when kids with autism spectrum disorders were fed a version of a ketogenic diet, it changed the metabolism and trace elements in their bodies.

[Read More →](#)



### The Story of Your Plate

Partnering with The Cookbook Co. Cooks and Chef Alex Hamilton of The Allium, UCalgary Alumni presents an interactive chef-driven journey, showcasing products — and producers — grown right here in Alberta. On Feb. 27, join us in the kitchen to revel in Calgary's tantalizing community of food.

[Discover More & Register →](#)



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